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Determination of problems of patients who are using oral anticoagulants

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Objective: The purpose of this study is to determine the problems and educational needs of patients using oral anticoagulants.

Methods: This prospective, descriptive and cross-sectional study was conducted between August-December 2016 at the General Secretariat of the Bolu Public Hospitals Association, Abant İzzet Baysal University İzzet Baysal Training and Research Hospital and Bolu İzzet Baysal State Hospital Cardiology and Cardiovascular Services Outpatient Clinics. The universe of researching patients who are taking oral anticoagulants for a month; 102 patients who volunteered to participate in the research constituted the sample of the research. The data were collected by a survey form and face-to-face interview technique by researchers.

Findings: The mean age of the patients participating in the study was $63,0 \pm 10,3$. It was determined that 57.8% of the patients participated in the study had a social security of $n = 59$ (female), 56.9% of elementary school graduates ($n = 58$) and 92.2% of the patients ($n = 94$). 34.3% ($n: 35$) of the patients were found to use oral anticoagulants for 5-10 years. Of the patients, 59.8% ($n: 61$) had a chronic illness other than chronic illness requiring oral anti-coagulant use, and 90.2% ($n: 92$) had regular use of oral anticoagulant. It was determined that 65.7% ($n: 67$) of the patients did not know how to interact with oral anticoagulant drugs and 97.1% ($n: 99$) did not have a document that oral anticoagulants were used. It was determined that 83.3% ($n: 85$) of the patients did not receive training for the use of medicine, 16.7% ($n: 17$) and 10.8% of the training areas received education from the physician. It was determined that 76.5% of the patients participating in the study did not know their INR value. 60.8% ($n: 62$) of the patients stated that they forgot to take the oral anticoagulant drug.

Conclusion: It was seen that patients with oral anticoagulant medications had knowledge about nutritional interactions, duration of use and INR values, careful attention to daily activities and emergency situations that should be reported to physicians and nurses. It was seen that the patients were not informed adequately about the use of oral anticoagulant medication. Considering the negative consequences of regular oral anticoagulant medication, the importance of patient education is clear.

Key words: Oral anticoagulation, patient education, nursing, coumadin

Biography

Ummuhan YIGIT Born in Bolu on 01.01.1987. After completing her primary, secondary and high school education in Bolu, she graduated from Abant İzzet Baysal University Bolu Health School in 2008 with a degree. In 2009, she was appointed as a nurse to Abant İzzet Baysal University Medical Faculty Hospital. Until 2015, she worked as a nurse in infectious nursing, brain and neurosurgery nursing, intensive care nursing and cardiovascular and thoracic surgery and intensive care unit. Abant İzzet Baysal University, Faculty of Education, Department of Computer and Instructional Technology Education finished. She received the Pedagogical Formation Education Certificate from Abant İzzet Baysal University in the field of health in 2015. She started his graduate studies in 2015. She is currently working as research assistant at Abant İzzet Baysal University Bolu Health School Surgical Diseases Nursing Department.

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