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## Results of training desferrioxamine administration by intrasubcutaneous in thalassemic patients

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Thalassemia is a genetic disease. The most side effect in thalassemic patients are iron overload, prevention by Iron chelator. Desferrioxamine have proved effective but needs administered by parenteral route several days a week. Follow through the patients if they use Desferrioxamine once a week, no problem but if more than once a week. The patients can't hold because of poor compliance. Then in 2011, our team researchers have pilot study of desferrioxamine administration by intrasubcutaneous in thalassemic patients. Each injection needle was used twice thus reducing the number of needle sticks. The study show that this method can reduce pain, no fever, no edema and non complication of the patients. In 2014, our team researcher want to follow the thalassemic patients who use this method, they have problem or can have activity for example can exercise, can do their homework, how to protect the needle withdraw, and this method appropriate for their live style or not. This investigation aims to determine 30 thalassemic patients on Desferrioxamine infusion more than once a week. It was found that, the patients can prepare and correct inject, no blood in needle line, no one to hunt the inject site, the patients can have activity, a little problem about sleeping, middle to height satisfaction level, prevent from contamination when take a bath by elevates the injection site, prevent from needle withdraw in night by sticky transpose and not lay down the injection site. In part of caregiver, This method should be highly recommended.

### Biography

Ruenrudee Kaennak has completed her BS in nursing from Nursing Faculty of Khon Kaen University, now she is pursuing her Master's degree of Nursing Administration in Nursing Faculty of Khon Kaen University. She is the Head Nurse of out patient pediatric unit at Srinagarind Hospital, Khon Khane University, Thailand. She has experience in caring the thalassemic patients more than 30 years, especially teaching how to use iron chelator both orally and through injection in the iron overload thalassemic patients.

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