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Inappropriate nursing procedure of administering metered-Dose inhaled medication used by asthmatic patients

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Review: Bronchial asthma is a long-term chronic disease. It is more prevalent among children under 15 years of age (12%) with prevalence rate of 3%-5.3% among older age groups. Most of them used inhaler medication mainly Beta-adrenergic and steroid metered -dose inhalers (MDI). Most of patients complained of inadequate response to therapy which adversely affects their attacks control.

Objective: To verify the client abuse of inhaled medication in treating their asthmatic attacks.

Design: A cross -sectional study

Methods: Random samples of 120 asthmatic patients were systematically selected from outpatient of public medical clinic in Kufa city during April 2011. They were interviewed and asked to perform procedures of administering their inhaled medication (Butadin) which are widely used in this locality and evaluate whether they administered them appropriately according to instructions including their symptomatic response to such metered-dose therapy. A well prepared questionnaire was applied for interviewing.

Results: All the patients mentioned the explaining of the procedure and purpose of inhaler administration from nurses, physicians or a family member. About 76% missed the shaking of MDI with canister before puff to mix medication. From noticing performance, 82% of the patients failed to depress inhalation device releasing a puff while inhaling slowly and deeply (3-5 seconds) to get medication goes to lower respiratory tracts. A large proportion of the clients (87.4%) missed to hold their breath for about 10 seconds and failed to remove unit with slowly exhale through pursed lips which are important to ensure absorption and good response to the drug. No significant difference in procedure performance between males and females ($P>0.05$). About half of the patients failed to wait 1-2 minutes between inhalations with shaking of the canister before puff. Moreover 65.8% of them were not aware of cleaning the mouthpiece daily with soap and water to prevent germ growth. There were 48.6% of clients experienced no effective response to their inhalers.

Conclusion: Most of the asthmatic patients administered their MDI medication in inappropriate way which reflects their poor response to the inhaled therapy. Training of clients and family members on appropriate nursing procedure on MDI medication is required.

Biography

Najah R Hadi is a Professor of cardiovascular pharmacology and consultant physician, Kufa College of Medicine/Iraq. He is Fellow of the American colleges of physicians and chest physicians, Fellow of the Royal College of London, Edin. Glasgow and Ireland. He had published more than 100 papers in National and International journals like Lancet, BMJ, American Journal of Physiology, American journal of Biomedicine Clinical, Experimental Cardiology, Atherosclerosis and Cardiovascular Therapeutics. His area of research interest is atherosclerosis and ischemia/reperfusion injury.

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