

34TH INTERNATIONAL NURSE EDUCATION & NURSE SPECIALIST CONFERENCE

November 08-09, 2017 | New Orleans, USA

Knowledge of food and drug interactions among nurses: Assessment strategy for continuing education

Nkechi M Enwerem and Priscilla O Okunji
Howard University, USA

Background: The effect of medication errors on patient quality care and safety is a critical ongoing concern requiring solutions. Although medication safety has been a concern of all healthcare professions, registered nurses play an important role in medication safety as patients' advocates.

Method: A cross sectional study with structured questionnaire on common FDI found in the medical journal was used in this study. The questionnaire consisted of 37 questions (dichotomous and multiple choice questions). A convenience sample of 271 nurses from different inpatient community nursing units (60 medical surgical, 60 telemetry, 29 Intensive care (ICU), 21 emergency, and 101 'others') across the DC-MD-VA metropolitan areas were recruited for this study. The data was subjected to descriptive analysis. The study protocol was approved by the Office of Regulatory, Research Compliance, Howard University.

Result: The result, showed no significant differences in the knowledge of FDI among the 5 groups of registered nurses. The authors propose continuing education for all nurses to update dosage calculation, follow drug administration protocol and enhance knowledge of pharmacology as avenues to reduce medication error.

Conclusion: The authors also recommend that future studies focus on a larger sample size, inclusion of more associated FDI variables and use of high level statistical analysis.

Biography

Nkechi Enwerem's research interest is to investigate the knowledge, perception and awareness of drug interactions with: OTC drugs, herbs, dietary supplements, food and other drugs among health care providers and patients. Older adults are the largest per capita consumers of prescription medications and the most at risk for medication-related adverse events. Such interaction can lead to a decrease or augmentation of the effect of the prescribed medication (toxicity). Interaction can also lead to changes in the absorption, distribution, metabolism or excretion of the prescribed medication. Dr.Enwerem's preliminary studies on the knowledge of food and drug interactions among nurses show some differences with respect to education, experience and area of specialization (Enwerem et al., 2015, 2016 and 2017). She recommends the need for continuing education on food and drug interaction.

nkechi.enwerem@howard.edu

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