



Service Priorities and Programmes Electronic Presentations

Convention ID: 421

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Empowerment of Cardiac Patients on Using TNG

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Keywords:

Empowerment of drug education

Implementation for patient education

Usage, storage of TNG

Care of chest pain by using TNG

Introduction

Coronary heart disease (CHD) is the third leading cause of death in Hong Kong. Angina is a common symptom in CHD and patients can be self-managed with sublingual TNG. TNG still remains as the first-line drug therapy for many patients. However, most patients lacked knowledge on the proper use of sublingual TNG and some patients used the drug for other symptoms. Some studies stated only 43% of patients using TNG have received related education, only 10% of patients knew how to store and use TNG.

Objectives

(1) To assess patients' knowledge on appropriate usage, storage and carrying sublingual TNG. (2) To enhance patients' knowledge on TNG therapy, so as to maximize drug effect & minimize risks of misuse. (3) To empower patients on proper storage of TNG so as to maintain drug stability. (4) To engage nursing staff on education on TNG therapy.

Methodology

Eligible participants were alert and mental sound cardiac in-patients who were prescribed sublingual TNG in two acute medical wards of Yan Chai Hospital during 22 October, 2017 to 10 December, 2017. Verbal consent was obtained. Drug knowledge was assessed using 8 questions by pre-test and post-test questionnaires. Participants should answer total 8 questions before and after the education program. Post education questionnaires were conducted 7 days after the education program. Meanwhile, satisfactory survey was done to assess patients' satisfaction index on this program. The minimum calculated sample size was 35.

Result

The average score of pre-education was 5.5 and post-education was 7.8 out of 8. The mean score difference between pre and post-education was increased by 2.3 (29%) after the education program. Overall, patients' knowledge regarding self-administration (score of question 2 & question 3) were markedly increased by 37% & 40% respectively. Knowledge on usage, storage (score of question 6 &

question 7) were markedly increased by 37% & 43% respectively and knowledge on carry of sublingual TNG was improved. All patients satisfied with this program and extremely agreed that the program was useful. This education program has enhanced patients' knowledge on TNG therapy and empowered them to obtain maximize effect when using sublingual TNG. The findings support the need for more frequent reinforcement on patient education.