Training patients with Multiple Sclerosis for the use of interferon β1a auto injector.
The principal nurse role.

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Background

• The nurse to work with Multiple Sclerosis (ME) patients is a very important factor in the multidisciplinary group that attend this disease. The nurse has many functions like adviser and educator of the people to get a better understanding and knowledge about ME, in the social and health issues. Add, this person is significant for pharmacological treatment of this kind of patients.
Objectives

• To train patients and parents to the use of auto injector interferon β1a Rebif-44mcg (1 a).
Subjects and Methods

Sample’s characteristics

<table>
<thead>
<tr>
<th>FORMS OF DISEASE</th>
<th>GENDER</th>
<th>TOTAL</th>
<th>EVOLUTION TIME (years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relapsing-remiting</td>
<td>M</td>
<td>F</td>
<td>1-10</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>40</td>
<td>45</td>
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</tbody>
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- The method to use the autoinjector was explained to the patients. The templates to applied the injection were designed according to weight and bulk, and biotype of each patient.
AUTOINJECTOR TO DELIVER INTERFERÓN ß1a Rebif-44mcg
Each area is divided in six portions

These portions are distributed through the body in the following way:
Using the measures described in the previous figure, the nurse designed the templates of each injection area. It was adjusted to the dimensions of each subject, making easier the localization of the injection’s site with a high precision.

Template for the abdominal area:

- Right side
- Left side
General template for arms, gluteal region, and thighs, with the specific form of the area.

These templates were made with paper, localizing with a great facility the exact place to deliver the drug.
Results

- One hundred percent of patients learned the technique, and made the autoinjection without complications in the inoculation sites.
- The reinjection in the same site was avoided, having 48 points to the administration of the drug.
- It was no necessary to take a skin fold for the procedure, which is precise with other techniques of subcutaneous deliver of the drug.
Conclusions

- The use of the designed templates by the nurse allowed the least number of injections in the inoculation sites of the interferon ß 1a.

- This method provides a better administration of that drug without lesions of the injection site and increases the evolution to the patients.

- We confirmed the important paper of the nurse in the patients training and improve your quality of life.
Opinions to the patients

• The patients feel that it's more easy to take this method, produced less pain and can be used in many places without help.

• It's more comfortable to have an allergy to injection only three times a week.

• The beginning of the treatment has been good and not made a secondary effect more than the traditional method.

• The patients are so happy to have a good drug for the Multiple Sclerosis.