

Training patients with Multiple Sclerosis for the use of interferon β 1a 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 β 1a Rebif-44mcg (1 a).

Subjects and Methods

Sample's characteristics

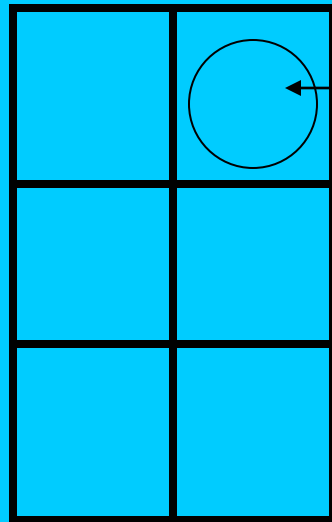
FORMS OF DISEASE	GENDER		TOTAL	EVOLUTION TIME (years)
Relapsing-remitting	M	F		1-10
	5	40	45	

- 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 β 1a Rebif-44mcg



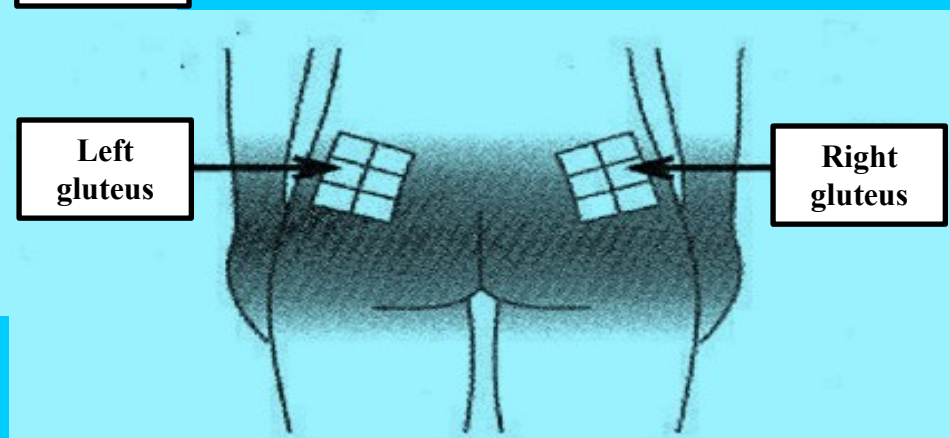
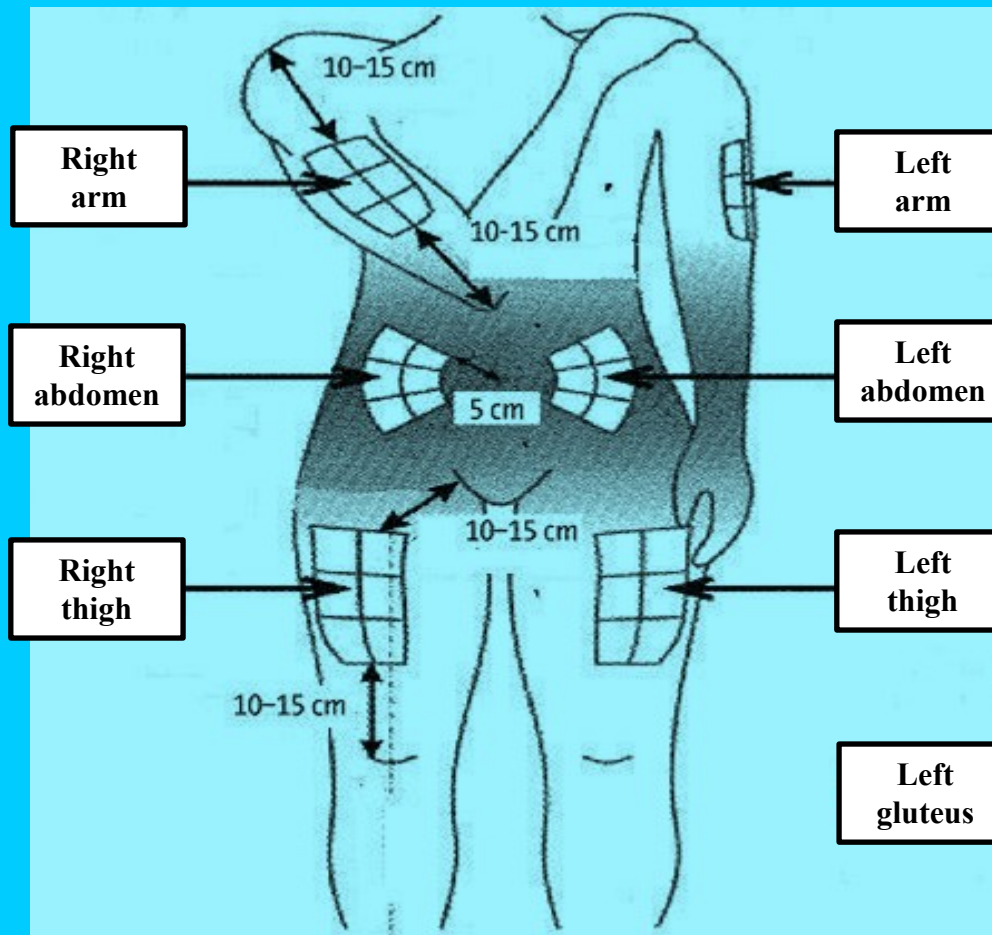
Each area is divided in six portions



Injection place inside each portion



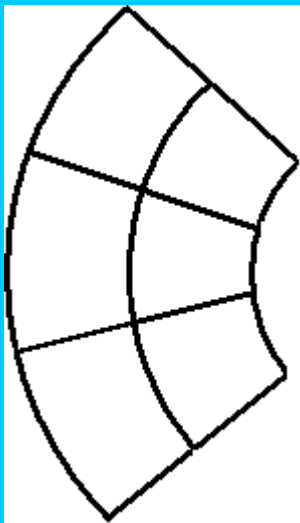
These portions are distributed through the body in the following way:



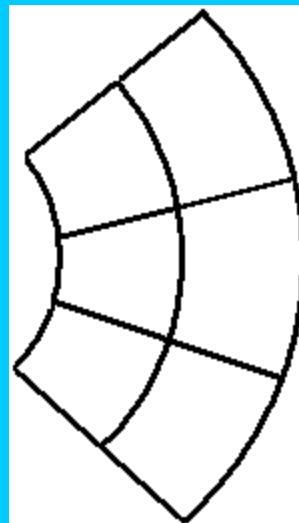
Using the measures described in the previous figure, the nurse designed the templates of each injection area. It was adjusted to the dimensions of each subject, making easier the localization of the injection's site with a high precision.

Template for the abdominal area:

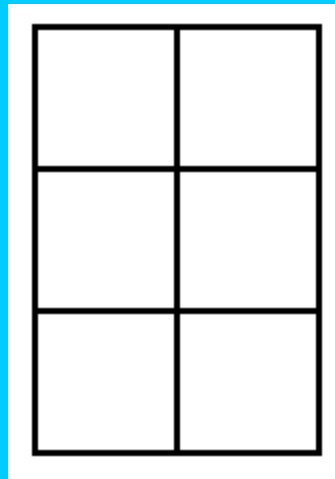
Right side



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, wich 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 β 1a .
- This method provide a better administration of that drug without lesions of the inyection site and increase 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 feelings that its more easy take this method , produced less pain and can used en many places without help .
- Its more comfortable have an a plaining to injection only three times for week .
- The begining of the treatment have good and not maked a secondary effects more than the traditional method.
- The patients are so happy to have a good drug for the Multiple Sclerosis.