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Evaluation of various ways to deliver information concerning non-steroidal anti-inflammatory drugs to osteoarthritis patients

Évaluation de l'impact de l'utilisation de différents modes d'information dans l'amélioration des connaissances des patients arthrosiques concernant la prise d'AINS

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Abstract

Introduction. – It is essential to provide complete information to patients using non-steroidal anti-inflammatory drugs (NSAIDs) because of the risk of side effects. Today, most healthcare professionals recommend and privilege oral information regarding NSAIDs.

Objective. – Evaluate the impact of three standardized NSAIDs information-delivery modalities on knowledge, anxiety and satisfaction of patients hospitalized in a Physical Medicine and Rehabilitation unit for debilitating and degenerative locomotor diseases.

Method. – Randomized prospective study with an alternate month design. Two control groups were provided with only one type of information modality: written (information sheet) or oral (presentation). The intervention group received both modalities of information. The information included: the definition of NSAIDs, advantages and side effects, and practical advice regarding proper use. The main evaluation criterion was knowledge progression assessed by a specific questionnaire. Secondary criteria were anxiety evolution (STAI-Y questionnaire) and satisfaction related to the information delivered.

Results. – One hundred and forty patients were included. Knowledge was improved in the three groups, with a greater score improvement in the group that received both modalities ($P = 0.05$). No intergroup difference was noted on anxiety or satisfaction.

Discussion and conclusion. – Associating both information-delivery modalities (written + oral) contributes to improving knowledge but does not seem to have an impact on the anxiety of patients treated with NSAIDs for their degenerative locomotor disease. Using standardized information sheets with a validated content could help pharmacists in their role as healthcare education provider and effectively complement the information delivered orally.

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Keywords: Information; Education; Non-steroidal anti-inflammatory drugs; Knowledge; Anxiety; Osteoarthritis

Résumé

Introduction. – L'information des patients utilisant des anti-inflammatoires non stéroïdiens (AINS) est indispensable, en raison du risque d'effets indésirables. Le mode oral est actuellement recommandé et privilégié par la majorité des professionnels de santé.

Objectif. – Évaluer l'impact de trois modalités d'information standardisée concernant les AINS sur les connaissances, l'anxiété et la satisfaction de patients hospitalisés dans un service de médecine physique et de réadaptation pour prise en charge de pathologies locomotrices dégénératives invalidantes.

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Méthode. – Étude prospective randomisée de type *alternate month design*. Le groupe témoin recevait l'information sous un seul mode : écrit (fiche) ou orale (exposé). Le groupe intervention recevait l'information selon les deux modalités. L'information contenait la définition des AINS, leurs effets bénéfiques et indésirables, et des conseils pratiques d'utilisation. Le critère principal d'évaluation était l'évolution des connaissances, déterminées par un questionnaire spécifique. Les critères secondaires étaient l'évolution de l'anxiété (questionnaire STAI-Y) et la satisfaction liée à l'information reçue.

Résultats. – Cent quarante patients ont été inclus. Les connaissances étaient améliorées dans les trois groupes, avec une variation du score supérieure dans le groupe ayant reçu les deux modalités associées ($p = 0,05$). Il n'y avait pas de différence intergroupe sur l'anxiété, ni sur la satisfaction.

Discussion et conclusion. – L'association de deux modes d'information (écrit + oral) contribue à améliorer les connaissances mais ne semble pas influencer l'anxiété des patients traités par AINS pour une pathologie locomotrice dégénérative. L'utilisation de fiches d'information standardisées au contenu validé, pourrait aider les pharmaciens dans leur rôle d'éducateur de santé en complétant efficacement l'information orale.

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Mots clés : Information ; Éducation ; Anti-inflammatoire non stéroïdien ; Connaissances ; Anxiété ; Arthrose

1. English version

1.1. Introduction

International scientific organizations recommend an integrated approach of pharmacologic and nonpharmacologic therapies for optimal care of patients with osteoarthritis [29]. Overall, pharmacologic options are the same, regardless of the affected area [26]. Paracetamol (acetaminophen) in oral administration remains the first-line treatment for mild to moderate arthritic pain [29]. When pain relief is not adequate or when faced with severe pain/and or an inflammatory component another pharmacologic treatment should be considered. In this case, non-steroidal anti-inflammatory drugs (NSAIDs) are the primary alternative option [29]. In patients with symptomatic arthritis, the lowest effective dose should be used for NSAIDs and for the shortest possible duration. NSAIDs remain one of the most used and prescribe drugs in the world. In France, they amount to 3.6% of prescriptions in general practice [7]. They are among the most used over-the-counter products for self-medication, essentially for their analgesic properties [22]. However, NSAIDs have several side effects. They are linked to at least 2000 to 2500 deaths annually in countries like France or Great Britain [6]. Severe complications, i.e. affecting the digestive tract, skin and mucous membranes as well as renal or cardiovascular functions, (especially with coxibs) can mostly be avoided by respecting the published recommendations for good practices. Because NSAIDs are so commonly used for self-medication, they are one of the leading causes of iatrogenic adverse events [2,10]. In a study directed in a rheumatology department, Berthelot et al. [4] reported that patients were not well informed on how to safely use NSAIDs, and unveiled the poor educational value of fact sheets provided with the medications. Thus, if patients were better educated on the proper use of NSAIDs, they would be more cautious and thus limit the onset of adverse events related to improper use.

The objective of our study was to educate patients on NSAIDs using different types of information-delivery modalities and evaluate their impact on knowledge and anxiety of patients hospitalized for osteoarthritis as well as patients' satisfaction regarding the way the information was delivered to them.

1.2. Population and method

1.2.1. Population

Inclusion criteria were: patients hospitalized for debilitating degenerative locomotor disease taking or having taken NSAIDs. Exclusion criteria were: age above 70 years, inflammatory rheumatoid arthritis, major cognitive disorders and poor written and oral comprehension of the French language.

1.2.2. Study site

The study was conducted within the inpatient and outpatient services of the PM&R unit of the Montpellier University Hospital Lapeyronie, specialized in the care management of degenerative diseases of the locomotor system.

1.2.3. Evaluation criteria

The main evaluation criterion was the patients' level of knowledge regarding NSAIDs one week after having received the information. Secondary criteria were anxiety and satisfaction of patients regarding the information received. This choice was made based on the common use of these criteria in this type of study [8,13,18,24,25].

To determine the level of knowledge, in the absence of any questionnaires validated in the French language, we used a multiple choice questionnaire developed in a preliminary validation study on NSAIDs information sheets [9]. This questionnaire was derived from the French translation of the one designed by Pope et al. in the English language [25]. It includes 15 single-choice questions, covering accepted general data on NSAIDs, therapeutic effects, most common drug interactions as well as adverse side effects. A score between 0 and 15 (0 = no knowledge; 15 = maximum knowledge) is obtained by adding-up the points attributed to each answer (right answer = 1, wrong answer = 0, no answer = 0). Anxiety was assessed using the State-Trait Anxiety Inventory Form Y (STAI-Y) developed by Spielberger. This scale is validated in French and has been widely reported in the literature [5]. The STAI-Y form includes two distinct scales including 20 items each, anxiety-state (sensitive indicator of changes in transitory anxiety) and trait-anxiety (evaluates the usual anxiety state).

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