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Testing the effects of nursing education on pharmacodynamics in the elderly: The impact on fall rates

Joanne M Zanetos

Ohio State University College of Nursing, USA

A pretest-posttest no control group design was conducted to test nursing knowledge on adverse drug reactions and geriatric pharmacology for nursing staff in a skilled rehabilitation center in the Midwest. Twenty-six staff nurses were educated on fundamental geriatric pharmacology and physiological changes occurring during the aging process that can ultimately affect pharmacodynamics in the elderly. Results of a 2-tailed t-test showed a significant increase in posttest scores (t -test (50) = 3.53, p =0.003). Retrospective fall and medication data collected over two months in 2011 and two months in 2012 were compared. The incidence of falls decreased (44.7%) with total number of residents falling (30.7%) post intervention in 2012. Results suggest staff nurses need to have continuing pharmaceutical education and medication management classes about the elderly.

These data suggest critical roles for Cr/NF- κ B signaling in memory and suggest that the regulation of cellular energy homeostasis may be one potential mechanism that becomes dysfunctional as we age and in AD. The data also suggest that the use of Cr might provide resilience to aging and may prevent AD by enhancing mitochondrial function in key areas of the brain involved in memory processing.

Biography

Joanne M Zanetos completed her DNP with a specialization in Nursing Education at Duquesne University at 56 years. She completed her MSN and BSN from Capital University and her ADN from Columbus Technical Institute. She currently works in the Grad-entry program and online RN to BSN program at the Ohio State University College of Nursing. She is an associated clinical faculty member who also serves in community outreach programs to educate stakeholders on health and wellness prevention. She serves as a judge in the Denman Undergraduate Research Forum at The Ohio State University. She has recently published her work on associations between drug interactions and falls in the older adult.

zanetos.4@osu.edu, jzanetos@hotmail.com