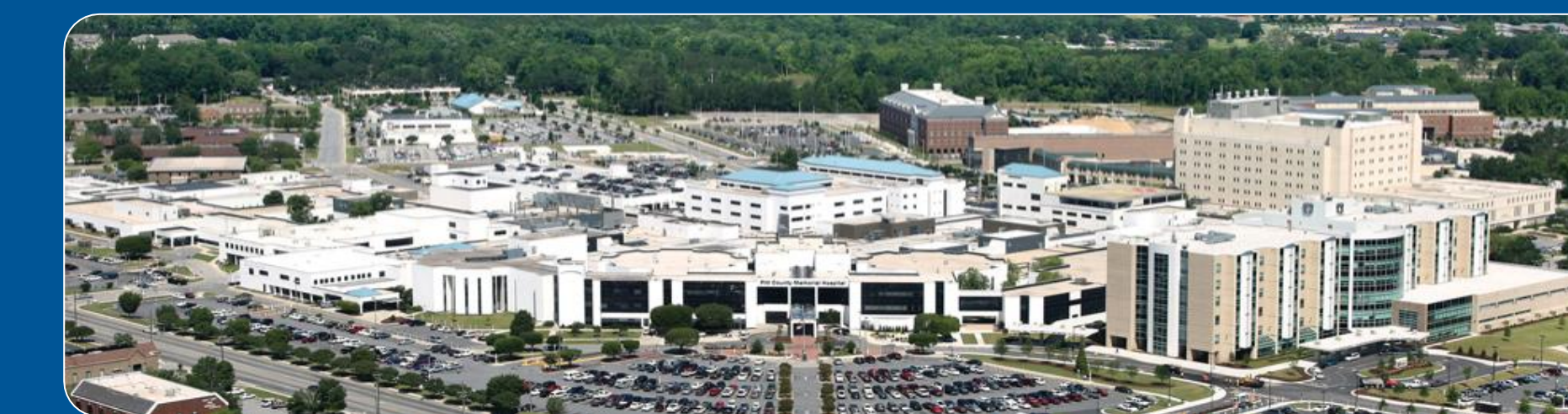


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# Enhancing Nursing Education Using Online Webinars to Improve Healthcare Disparities in Patients with Multiple Myeloma and Chronic Myeloid Leukemia

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## Background

Rapid changes in diagnosis, treatment, and management of Multiple Myeloma (MM) and Chronic Myeloid Leukemia (CML) patients offer an opportunity to enhance nursing education. Based on a 2014 survey, almost 60% of nurses reported a need for more education about hematologic malignancies and the newer oral anti-neoplastic medications. We developed a quality improvement project with one of the primary goals to offer continuing education (CE) credits to regional nurses who are working toward their Oncology Nursing Certification (OCN®) and seeking to gain stronger competency for providing face-to-face patient education on oral anti-neoplastic medications.

## Methods

A senior faculty Oncology Certified Nurse in conjunction with a Hematology/Oncology physician developed innovative topics for five 1-hour webinars. Webinars were created to reduce travel burden and to facilitate learning for the target audience. Content was based on the Oncology Nursing Society (ONS®) tools for oral adherence toolkit. Experts were recruited and topics were presented from 12-1pm during fall 2014 and spring 2015 in collaboration with Eastern AHEC. Nurses were invited to attend in person or view live via computer. Hematology/Oncology nurses working in five regional hospitals of Vidant Health were the target population of our education intervention.

## Results

- 5 webinars educated 83 nurses from 18 different organizations
- Web apps for medication compliance (85%) and techniques for motivational interviewing (82%) were highly rated
- Desired changes in practice:
  - Being more sensitive to patients' difficulties with affording medications
  - More fully explaining regimens, side effects, and interactions
  - Optimizing use of phone applications

## Response Rates for Nursing Webinars

	Nursing Webinar Topics	No. Registered	No. Attending	No. responding to evaluation	% Fully satisfied with content
1.	Oral Chemotherapy Agents for CML and Myeloma	29	26	20	75
2.	Pharmacies and Reimbursement for Oral Chemotherapy Agents	22	16	8	75
3.	Barriers to Oral Chemotherapy Agents	17	22	14	86
4.	Motivational Interviewing	24	25	11	82
5.	Change Theory	20	19	4	25

## Desired Changes in Practice

### Education

- Ask patients to repeat instructions given with regard to oral chemo administration
  - Become more aware that complexity of regimens can cause patient confusion and frustration regarding oral chemo compliance
- Practice the MI Core skills with patients
  - Consider educational and economic background when communicating with and educating patients

### Clinical

- Take a closer look at patients' side effects while on treatment
  - Ensure patients are taking their medications as directed
    - Note observed drug interactions
    - Assess treatment for efficacy
- Greater sympathetic care towards patients who struggle to pay for high cost medications
- Implement better follow up protocols to improve compliance

### Tools

- Be sure patients have oral chemotherapy calendars
- Make more use of patient assistance programs
- Inform patients with smartphones of apps to download to help with their healthcare

## Conclusion

Results are baseline data for an educational intervention aimed at increasing competency of regional nurses who educate patients on oral chemotherapy medications. A survey is being developed to measure change in practice after attending the webinars.

## Future Research

Discoveries suggest patients have a difficult time remembering to take all of their medications at their prescribed time. A mobile smartphone application may be helpful to structure a regimen schedule and remind patients to take their medications. The app will also use location settings to alert the patient to take necessary medication with them for the duration of time away from their home. A feasibility assessment will be necessary to determine if patients have smartphone apparatuses and whether patients will be inclined to use this technology.

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