

Nursing education of prevalence, assessment and treatment of dexmedetomidine administration in MICU.

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Background/Introduction:

Dexmedetomidine, an alpha-2 adrenergic agonist, is a sedative medication that is commonly used in ICU settings due to its decreased risk of associated respiratory depression (Keating, 2015). There are concerns regarding potential withdrawal symptoms resulting from its prolonged use. Historically, it has been perceived as having a lower withdrawal risk than other sedatives. However, recent findings challenge this understanding. A study by Bouajram (2019) identified numerous patients experiencing dexmedetomidine withdrawal. Previously, withdrawal was linked with the duration of dexmedetomidine infusions. However, withdrawal symptoms may correlate more with dexmedetomidine dose than infusion duration (Bouajram, 2019). This possibility underscores the importance of equipping our nursing staff with the necessary knowledge and tools to screen for withdrawal signs effectively. This project will educate ICU nurses on dexmedetomidine withdrawal screening.

Goal:

To create and implement an evidence-based reference sheet and presentation for ICU nursing staff to screen for withdrawal symptoms following dexmedetomidine administration..

Product:

Educational reference sheet and presentation

Objectives

- Summarize the scientific literature on dexmedetomidine withdrawal symptoms in ICU settings into a comprehensive review.
- Develop a reference sheet and presentation based on the literature review for ICU nursing staff.
- Facilitate an educational session for ICU nursing staff using the developed materials.
- Evaluate the effectiveness of the reference sheet through feedback and a post-session quiz.
- Compile and submit all materials, evaluations, and reports for Honors.

Reflection

Through my project, the most valuable knowledge I've acquired is the intense importance of evidence-based medicine. Learning how to identify credible resources has also been a great learning moment that I am sure I'll be able to use in the future.

This whole journey has really shown me just how key nurses are in patient care. We are the ones providing care day in and day out, putting evidence-based practices into action and making a real difference in patient care. And because we're so hands-on, we get to see firsthand how different treatments play out, which means we've got a strong voice when it comes to pushing for what truly works best. My honors project has been an example of how a bedside nurse can use evidence-based medicine to educate and make changes in patient care.