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### A mixed methods approach to develop a nursing educational program concerning QT interval prolongation to prevent sudden cardiac death

Multitudinous studies have suggested that a prolonged QT interval may be a marker of increased risk of sudden death in patients with a variety of diseases, and have discovered an inverse relationship between the QT interval and patient mortality in the general population that includes patients with or without heart attack. For safety, patients rely on the care of nurses, who have expertise in overseeing high-tech monitors. Existing nursing educational programs concerning QT interval as primarily focus on measurements of QT intervals, and they reveal much inappropriate measurement-taking and poor knowledge about QT intervals. An educational program for critical care nurses on strategies for managing patients with QT prolongation to prevent related cardiovascular events is via mixed methods approach. Thirty-nine subjects enrolled in this study completed three phases in one hospital. Major findings of subjects' knowledge, attitude and practice are : 1.

improved knowledge across all subjects; 2. moderate decreases in delay tests. 3. Low correct response in measurement of QT interval and prolongation causes of QT intervals. 3. subjects' knowledge of normal ranges of QT intervals in post-tests showed increases; however, correct answer rates remained below 70%. 4. Qualitative findings on awareness and behavioral changes revealed that many subjects focused better while administering QT- prolonging drugs and discussed considerations with nursing or medical colleagues. Although some knowledge remained unclear for critical care nurses at the post-test, the total right response rate declined slightly for delay tests and the project raised awareness among subjects about QT interval prolongation and their behavioral changes when encountering this critical situation. Lastly, we opened up several new areas of investigation including multifaceted nursing issues.

#### Biography

Shu Ling Lo is an Associate Professor of School of Nursing, Chang Gung University of Science and Technology, Taoyuan, Taiwan. She is also teaching critical care nursing, nursing research and current issues in nursing. Currently, she also serves as a nursing consultant of Taiwan Diabetic Association. She has received a BS in nursing from Boston University, MS in nursing with cardiovascular speciality from University of Rochester. She also holds a PhD in nursing with heart rhythm speciality from University of San Diego. She received awards from Taiwan and USA, which included " Best Abstract Award at American Heart Association Council of Cardiovascular Nursing in Year 2002. Her research interests focus on QT analysis, Sudden Unexpected Death, she presented those findings at American Heart Association, European Heart Rhythm Association, World Congress of Cardiology, etc. She has authored textbook chapters of Medical Surgical Nursing, Nursing Procedures and Current Issues in Nursing. Currently, she is working as co-editor of Current Issues in Nursing, and continues to serve as a reviewer of the Journal of Nursing.

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