Title:
Nurses' Knowledge of Alcohol-Interactive Medications

Kyle Serafico
Carolyn M. Jarvis, PhD, MSN, BSN
School of Nursing, Illinois Wesleyan University, Bloomington, IL, USA

References:
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Abstract Summary:
In the United States, 41.5% of current drinkers are on alcohol-interactive medications, and alcohol related adverse drug reactions are suspected to contribute to 25% of all emergency room admissions. This literature review examines the prevalence of alcohol-interactive medications and efforts to mitigate such risks.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to name three categories of medications that interact adversely with alcohol.	A table that displays classes of alcohol-interactive (AI) medications.

The learner will be able to state the mechanisms by which three categories of medications interact with alcohol.	A table that displays the mechanisms by which AI medications interact with alcohol.
	• Current literature about concurrent consumption of AI medications and alcohol, including: o The distribution, absorption, and metabolism of alcohol o The pharmacodynamic and pharmacokinetic means of alcohol related adverse drug reactions (ADR) o The nurse's role in decreasing likelihood of alcohol related ADR by means of vigilance in assessment and patient teaching

Abstract Text:

In the United States, 56.9% of people ages 18 years or over consumed at least one alcoholic beverage in the past month; 24.7% of people in the same age group reported binge drinking in the past month; 6.8% of people in the same age group reported having an alcohol use disorder in the past year. Also, approximately 59% of adults take prescription medications, many of which are considered alcohol-interactive (AI); AI medications are those that interact negatively with alcoholic beverages, resulting in alcohol related adverse drug reactions (ADRs). An estimated 41.5% of current drinkers are on AI medications. Because alcohol related ADRs are suspected to contribute to 25% of all emergency room admissions, we are concerned about concurrent consumption of alcohol and medications, even for responsible drinkers and medication users. The purpose of this literature review is to examine the prevalence of AI medications and the means by which healthcare providers mitigate the risks of alcohol related ADRs.

Literature related to the prevalence of alcohol consumption, the prevalence of AI medication consumption, the mechanisms by which the two substances interact, and the prophylactic efforts of healthcare workers to mitigate risks of alcohol related ADRs was reviewed. Preliminary findings from this review reveal a lack of patient education related to alcohol and that the degree of patient education does not match the potential severity and prevalence of alcohol related ADRs. More effort is required to reduce the specific risks of alcohol related ADRs, even to patients who practice responsible drinking and self-managed medication management.

Literature related to healthcare providers' functional knowledge about AI medications was searched, but, to date, no such studies specifically focused on healthcare provider knowledge have been published. A functional knowledge of AI medications is necessary for nurses to be vigilant and perform effective patient education to patients on AI medications. This review suggests future research should nurses' assess knowledge of AI medications, as nurses are on the frontline of patient care.