Parent Use of Over the Counter Cough and Cold Medication in Children in a Spanish Speaking Population

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Introduction to the issue

- Children frequently take cough and cold medications
  - (Sharfstein, North, & Servint, 2007)
- Many parent’s expect cold medication for colds and cough
  - (Garbutt et al., 2010)
- Parent will get over the counter medication and administer them to their children
  - (Yaghmai et al, 2010)
Current Evidence
related to cough and cold medications in children

• No current evidence to support use of CCM
  » (Ryan, Brewer, & Small, 2008)
• Parents are continuing to administer CCM
  » (Garbutt et al., 2010; Lokker et al., 2009)
• Healthcare providers have to make difficult decisions
• Nurse Practitioners where does this fit with the model of health care we provide.
Current Research

• CCM’s are dangerous (Dart, et al., 2008)

• Parents are not efficient at dispensing medication (Garbutt et al., 2010; Lokker et al., 2009; and Yaghmai et al, 2010)

• Mexican American parents may not be using CCM due to their health belief structure (Robledo, Wilson, & Gray, 1999)

• Acculturation has been related to Medication use in Hispanic (Foster, Read, & Bethell, 2009)
Purposed Study

• A prospective correlation study of parents that are monolingual in Spanish to identify
  – Knowledge and actions as related to
    • Acculturation
    • Use of OTC CCM
Goals

• Explore parent’s
  – Beliefs
  – Attitudes
  – Knowledge

• Evaluate
  – Relationship of parents
    • acculturation to utilization of CCM.
Research Question

– In Mexican-American parent

• is there an association between acculturation to and knowledge of CCM

• are actions to use OTC CCM
  – or other remedies utilized to treat symptoms
Methodology

• A convenience sample
• Primary care Pediatric Clinic
• Exclusion
  – Parents of children with chronic conditions
• Inclusion- Parents
  – Monolingual, Spanish
  – Mexican American
  – Willing to Participate
Timeline

• **September, 2010**
  1. Meet with Capstone committee
  2. Submit proposal for IRB approval
  3. Obtain consent from Clinical Site

• **October, 2010**
  1. Train clinical site staff for data collection
  2. Enroll participants
  3. Enter data into Lime Survey

• **November, 2010**
  – Data analysis

• **December, 2010**
  – Submit Capstone
Ennis Children’s Clinic
(Site and Personnel)

- **Demographics**
  - Current population 9,335
    - Ages 0-15 years old
  - **Ethnicity**
    - 5% African American
    - 25% Caucasian
    - 70% Hispanic
  - **Insurance coverage**
    - 1% private pay
    - 30% Private Insurance
    - 70% Medicaid
Ennis Children’s Clinic
(Site and Personnel)

Personnel

– Front Office Staff
  • Approach participant to consent
  • Distribute tools

– Medical Assistance
  • Answer question
  • Assess for completion of tools

– Providers
  • Provide current research information
  • Distribute literature on CCM use in children
Institutional Support

• Texas Women’s University
  – Capstone Committee
  – Internal Review Board
  – Project Approval

• Ennis Children’s Clinic
  – Consent to allow research
  – Administering
  – Collecting data
  – Advising participants.
Tools

- Yaghmai et al. tool
- Acculturation Rating Scale for Mexican Americans-II
Deliverables to the Institution

• Pilot study
  – Of Mexican American parent’s
    • knowledge & actions related to cough and cold medications
  – Action to educate parents on
    – current medication measurements
    – FDA recommendations
Benefits and Anticipated Outcomes

• Parent’s educational needs
• Additional information
  – Mexican American belief
  – Impact on children’s health
• Development of
  – Educational tool
  – Programs for Parent
  – Information for provider
References


• Sharfstein, J., North, M., & Serwint, J. (2007). Over the counter but no longer under the radar pediatric cough and cold medications. *New England Journal of Medicine, 357*(23), 2321-2324.
