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## Assessing prescribing patterns for the prevention of chemotherapy-induced nausea and vomiting in the National Center for Cancer Care and Research

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**Introduction:** Chemotherapy is the mainstay of cancer treatment. However, chemotherapy treatment may cause nausea and vomiting, which could cause 25–50% of patients to consider delaying or refusing further cancer treatment. Chemotherapy-induced nausea and vomiting (CINV) can be prevented in 70–80% of patients with evidence-based anti-emetic regimen. The purpose of this study is to assess prescribing patterns with regard to prevention of CINV, in the NCCCR, and develop and implement a standardized evidence-based guideline for the management of CINV.

**Methods:** 25 anti-emetic prescriptions were audited to assess their conformity with either of the published guidelines; Multinational Association of Supportive Care in Cancer (MASCC), American Society of Clinical Oncology (ASCO), or the National Comprehensive Cancer Network (NCCN), to establish baseline data. A multidisciplinary team of clinical pharmacists and oncologists developed and implemented a guideline for the prevention of CINV. The guideline was promoted using a variety of strategies; education, pocket cards, academic detailing and pharmacist intervention. Physician anti-emetic orders were audited by pharmacists, to assess their conformity with NCCCR anti-emetic guidelines. A data collection form was developed to capture relevant information including; patient demographics, type and emetogenic level of chemotherapy, and the conformity of anti-emetic order with NCCCR guidelines. SPSS statistical software was used to analyze the data.

**Results:** The conformity of anti-emetic physician order with NCCCR anti-emetic guidelines increased from 0% baseline in June 2008 to an average of 60.006% (n=331) by December 2010 and consistently increased reaching 94.3827% (n=792) by December 2013, (p value=0.0002).

**Conclusion:** The introduction of anti-emetic guidelines succeeded in standardizing CINV management, toward an evidence-based approach.

### Biography

Manal Zaidan holds BSc (Pharm), PharmD degrees. She obtained her BSc Pharmacy degree from University of Jordan in 2001 and PharmD degree from Purdue University, Indiana, USA in 2013. She is currently the Pharmacy Director at the NCCCR since 2007 and was the Director of the Heart Hospital Pharmacy from 2007 to 2015. She has worked as Program Coordination Assistant to the Dean of the College of Pharmacy, Qatar University from December 2006 to July 2007. Her role was mainly to assist the new Dean in the planning, development and establishment of the new College of Pharmacy according to the Canadian Accreditation Standards CCAP Canada. She has conducted several research projects, has published several papers in reputable pharmacy journals and has presented several papers in local and International conferences.

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