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Herbal-drug interactions, poison vs. medicine: How is your patient coping?

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The prevalence of non-traditional medicine is on the rise. More and more patients are turning to herbal medicine to casually treat what ails them. As a health care practitioner, it is important to recognize that concurrent use of herbs and drugs can exacerbate or minimize the effects of primary prescriptive drugs. Synergistic effects can create a cascade of pharmacodynamics chaos creating not only safety issues within mental health clients, but all persons who mix over the counter concoctions with their current medication profile. Integrating the six core competencies of the Quality and Safety Education for Nursing (QSEN) can provide patient-centered care that promotes safety through the use of interdisciplinary collaboration, evidence based practice, informatics and quality improvement. Collaborating with clients and their interdisciplinary team will enhance a better understanding of how to prevent the pharmaceutical effects of prescribed medications from transforming into poisonous tentacles.

Biography

Joanne Zanetos has her expertise in nursing education, specifically pharmacology in a patient-centered approach. She has utilized interactive teaching strategies concentrating on the six core competencies of quality and safety education in nursing (QSEN) in the clinical and didactic settings. She is a graduate from Duquesne University earning her DNP in Nursing Education, Master's degree in Nursing Education from Capital University and her Bachelor's degree in Nursing from Capital University in Columbus, OH.

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