

Research Round up October 2023

Nurse prescribing- A global perspective.

### Introduction

Last month the research round-up provided you with an overview of articles looking at prescribing in atrial fibrillation. This month we are going to look at prescribing in countries outside of the UK to try and gain a more global perspective on nurse prescribing practices.

The first article looks at nurses' readiness to prescribe under supervision in Saudi Arabia using a cross sectional methodology, the second looks at enablers and barriers to nurse prescribing in Spain via a Delphi study, while the final article looks at dermatology nurse prescribing in China, again using the Delphi method to gain data.

### Nurses' readiness to prescribe under supervision in Saudi Arabia: A cross-sectional study.

Monir M. Almotairy a,† , Amal T. Alghamdi b , Ali M. Alzahrani c , Mohammed S. Alqarni d , Sultan A. Alghamdi e , Mohammed A. Alshahrani (2023) *Nurses' readiness to prescribe under supervision in Saudi Arabia: A cross-sectional study.* Saudi Pharmaceutical Journal 31:1294-1305

This Study, published in the Saudi Pharmaceutical Journal aimed to explore nurses' readiness to prescribe under supervision. It further sought to identify any association between the prescribing practices and demographic differences. This study was carried out in Saudi Arabia using a cross sectional study design. Convenience sampling was employed and between December 2022 and March 2023 379 participants were identified eligible for inclusion in the study. A survey method of collecting data was used with a 32-item questionnaire to be completed. The nurses recruited were specialist nurses, nurse technicians, senior and consultant nurses. Of the 309 nurses surveyed only 30 were prescribing independently but 70% of those questioned were in pursuit of prescribing training. Rationale and motivation for prescribing was mostly to improve patient care and contribute to the multidisciplinary team. Supervision of prescribing was considered very important to these motivations and the availability of good supervisors was seen to be a positive enabler, as was the support of colleagues. Demographic analysis revealed differences in 3 key areas, those being motivation to prescribe, years of experience and qualifications and the types of organisations allowing the supervision and training. The authors conclude that most nurse saw prescribing as favoured path to improving patient care outcomes. They also state that supervised prescribing practice should be supported and feel their findings have the potential to impact on practice in this area.

Identifying the Enablers and Barriers to Advance Nurse Prescribing of Medication in Spain According to Experts' Views: A Delphi Study

Francisco Javier Gomis-Jimeno and Manuel Lillo-Crespo (2023) *Identifying the Enablers and Barriers to Advance Nurse Prescribing of Medication in Spain According to Experts' Views: A Delphi Study* International Journal of Environmental Research and Public Health:20 4681

This article published in the International Journal of Environmental Research and Public Health aimed to identify enablers and barriers to advanced nurses prescribing medication in Spain. The article outlines current legal and practice situations allowing the prescription of medications by nurse in this European country. The researchers used a Delphi study approach to garner the views of experts in the field of prescribing according to royal decree at the time. The study was qualitative in nature and views and opinions were sought in an online forum approach. The group of experts surveyed consisted of those in healthcare education, healthcare research, those in current practice and those involved in management and policy making roles. In total 15 participants were included in the study and were from across different Spanish communities and regions. It was noted that the role out of the royal decree was different in speed of implementation across these regions. Data collection included use of open-ended questions in three rounds via email in the last few months of 2022. Delphi studies consist of different phases of data collection and analysis, following an iterative process designed to reach a consensus on the relevant aspects explored. Potential barriers and enablers identified included identifying 3 positive aspects of nurses prescribing medication and 3 possible barriers or risks. All potential barriers and enablers are well outlined and discussed in the article and lead the researchers to make some conclusions based around them. These include recommendations such as development of additional protocols in chronic disease, a movement towards independent nurse prescribing, the inclusion of a joint multidisciplinary pharmaceutical care model, the controversial role played by national nursing councils and boards, the variability in the speed of implementation among the autonomous communities, and the lack of nursing training in the field of medication prescription. The authors feel that the introduction of specific content about nurse prescribing at universities and at different academic levels, and the stressing of the specialization of nurses depending on the areas where they develop their professional activity, could promote the autonomy of nurses, and provide greater competence in the nursing workforce for decision-making at the national, regional and local level, and promote the figure of the prescribing nurse towards higher levels of independency as well as the development of a unified framework and new clinical practice guidelines or individualized protocols for more types of chronic diseases.

### Dermatology nurse prescribing in China: a Delphi method.

Shi-Fan Han\*, Jin-Ping Gao, Yan Cao, Rui-Fang Zhu, Ya-Ping Wang (2023] *Dermatology nurse prescribing in China: a Delphi method* *Frontiers of Nursing* 10 (1)

This article published in the journal *Frontiers of Nursing* aimed to identify dermatological drugs that may be prescribed by nurses specialised in dermatology in China. The study aimed to obtain expert views and opinions towards a consensus on the drugs that could be used. The researchers employed a two round Delphi study approach. Participants were medical and nursing experts in the field of dermatology. In total 32 experts participated, and data was collected between September 2019 and June 2020. The data was collected by means of a questionnaire distributed by email, on site distribution and via an online tool. Following this round, 8 experts were selected for semi structured interviews around the contents of the questionnaire. After this, the dermatology questionnaire of 117 kinds of drugs in 20 categories was formulated. Results suggested that a consensus could be obtained about 63 drugs across 13 categories as appropriate for nurses to prescribe while working in dermatology departments. Of these however only one was prescribed independently with 17 being prescribed in a supervised and collaborative manner and 45 prescribed either independently or in a collaborative way. The authors conclude that this expert consensus can be used to inform the training and supervision of nurse in this key clinical area to become prescribers and suggest that this could provide the basis for the implementation of nurse prescribing rights in China in the future and provide a reference framework for legislative change.

### Conclusion

Nurse and non-medical prescribing is now well established in the UK and some other countries across the globe, but it has not been embedded in all healthcare systems and as we have examined here some identified systems and practices across differing countries we can see that the different speed and patterns of adoption of this extension of prescribing rights to non-medical prescribing is wide and varied. In many areas the right to prescribe is still very firmly with the medical profession, but many countries are looking at the potential effects of extending prescribing to other professions and its potential impact on patient care, safety and outcomes.