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**FOLLOW UP OF PRE AND POST GRADUATES THAT STUDIED DRUG CURRICULA IN THREE  
NURSING FACULTIES FROM MÉXICO: MONTERREY, QUERETARO AND CELAYA  
MARIA MAGDALENA ALONSO CASTILLO**



Organización de los Estados  
Americanos/OEA Comisión  
Interamericana para El Control de  
Abuso de Drogas  
CICAD/Washington/EUA



Universidad Autónoma  
de Nuevo León  
Facultad de Enfermería

**Follow up of Graduates Who Have  
Been Trained on Drug Issues in Three  
Schools of Nursing from Mexico:  
University of Nuevo Leon,  
University of Guanajuato and  
University of Queretaro**

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## **Introduction**

- **ES/CICAD/OEA Schools of Nursing project started In 2001 in three universities in Mexico.**
- **This project includes three basic components: curriculum development with drug content, outreach activities, and research.**
- **Today this project has been expanded to sixteen Universities distributed geographically in Tamaulipas, Nayarit, Coahuila, Federal District, Zacatecas, north of Baja California, Durango, Yucatan, Sinaloa, Chiapas, Puebla, Michoacán, Oaxaca, Veracruz.**

## **Objectives**

**Describe the Nursing Graduates' activities in the areas of teaching, care, management and research in Drug Demand Reduction.**

**Identify if the under and graduate drug curricula are according to the professional competences needed to work in the Drug Demand Reduction Area.**

## Methodology

- **Survey with Alpha de Cronbach .91**
- **Study areas:**
  - **Socio-demographics**
  - **Nursing activities related with the drug issue at the workplace**
  - **Research**
  - **Scientific production**
  - **Continuing education**

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## Sampling

- **Probabilistic Sample.**
- **In the case of small populations (up to 70) a census was applied to 100% of the population.**
- **In the case of a population larger than 70, a sample size proportional to finite population was obtained, with a significance level of .95 and estimated error limit of less than .05.**
- **Samples taken from the Bachelors program:**
  - **University of Nuevo Leon: Total 1586 graduates. n=255**
  - **University of Queretaro: Total 250 graduates. Sample n=114**
  - **University of Guanajuato: Data was not collected**
- **Samples taken from the Masters program:**
  - **University of Guanajuato: Total 30 graduates. Sample n=30**
  - **University of Nuevo Leon: Total 99 graduates. Sample n=47**
  - **University of Queretaro: Data was not collected**
- **A single database was developed with SPSS (Statistical Package for Social Science) version 17.**
- **The project was approved by the Ethics Committee and by the Academic Committees responsible for the assessment of each University.**

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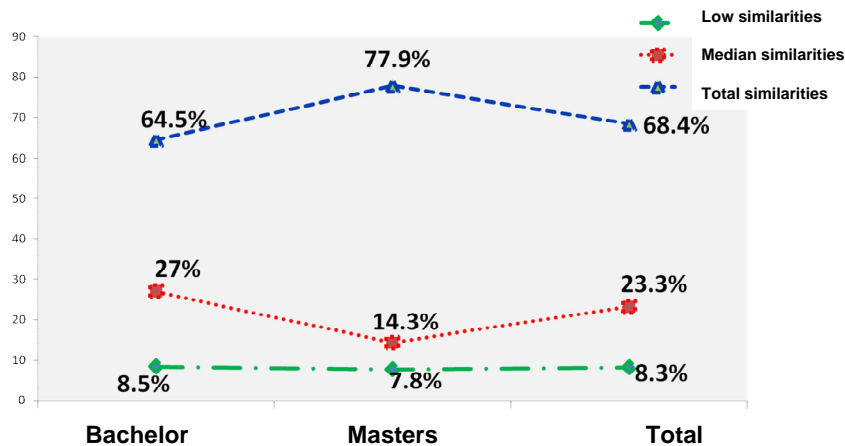
# Results

## Socio-Demographics Characteristics

Variable	Bachelor Degree	Master Degree
Sample Population: n=446	369	77
Average Age	24 years	36 years
Gender	82.9% Females 17.1 % Males	80.5% Females 19.5% Males
Marital Status	83.2% single	50.6% married and/or living with partner
Employment Status	<b>100% Work:</b> <ul style="list-style-type: none"> <li>■ UNL/Monterrey: n=120 (47%) (Hospital) n=135 (53%) (Community)</li> <li>■ UQ/Querétaro n=53 (46%) (Hospital) n=61 (54%) (Community)</li> </ul>	<b>100% Work</b> <ul style="list-style-type: none"> <li>■ UNL/Monterrey 71.4% Teaching and Research 28.6% Management and Care</li> <li>■ UG/Celaya 100% teaching and research</li> </ul>
Seniority in the Position	2 years average	6 years average
Hours worked	37 hours average/week	38 hours average/week
Income	Average US\$529 month	Average \$1,101 dls/month

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## Similarities of drug content curricula with professional work activities of graduates from bachelor and masters degrees



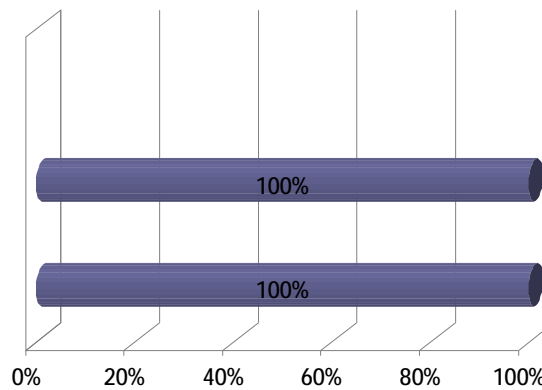
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## Graduates nursing care activities related with drug issues

Total professional nurses with bachelor degree.  
Sample: n=369

University of Nuevo Leon School of Nursing n=255

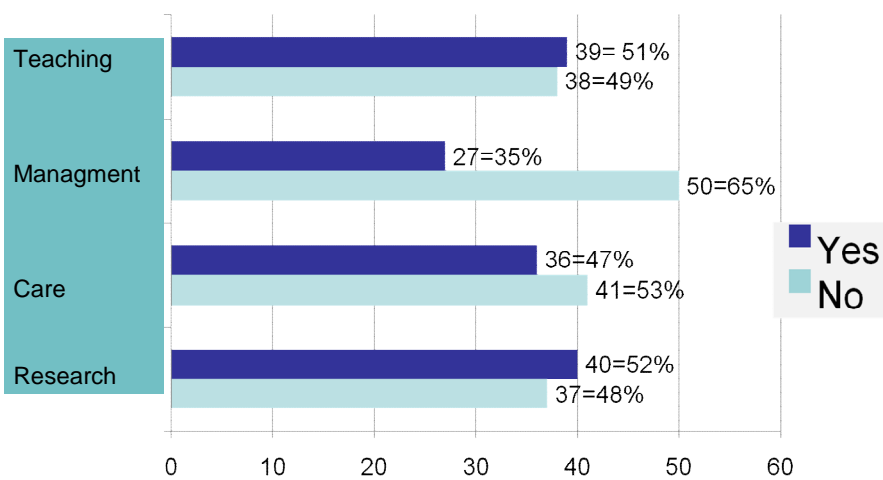
University of Queretaro School of Nursing n=114



§ Nursing Care activities

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## Graduates professional activities related with drug issues



n=77

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## Type of nursing activities related with prevention of drug use in the hospital

Hospital

n=173 (46.7%) Professional nurses with bachelor degree

- ü Orientation and reference to other services of patients with drug addiction problems
- ü Identification of protective factors related to the drug use
- ü Nursing care to alcoholic patients in the Emergency Room
- ü Family orientation in emergency cases for drug use
- ü Prevention of intoxication by medical drugs
- ü Drug use prevention during pregnancy and breastfeeding
- ü Promotion of non-drug use among peers

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## Type of nursing activities related with prevention of drug use in community centers

Community Centers

n=196 (53.3%) Professional nurses with bachelor degree

- ü Preventive education to reduce drug abuse among workers with fatigue and stress
- ü Preventive education to families and relatives with family members with alcoholism and drug use
- ü Early detection of people with drug problems
- ü Medical prescription follow up
- ü Creation of self-help groups
- ü Identification of protective factors
- ü Promotion of a healthy lifestyle and social skills

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## Type of nursing activities related with prevention of drug use in the hospital

Hospital

n=42 (53.5%) Professional nurses with masters degree

- ü Implementation of regulations related with smoke-free environment.
- ü Training and workshops for professional and nonprofessional staff related with the prevention of drug use.
- ü Identification of risk factors and referral to the CAPA centers of the health department.
- ü Implementation of programs to reduce risk factors.
- ü Training of nursing staff on screening and early intervention.
- ü Promotion activities through strengthening healthy lifestyles and social skills.
- ü Prevention education to patients recovering from accidents caused by alcohol and drug use.
- ü Participation on group discussions, workshops, and seminars related with drug issues.
- ü Presentation of case studies of patients with drug abuse.

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## Type of nursing activities related with prevention of drug use in community centers

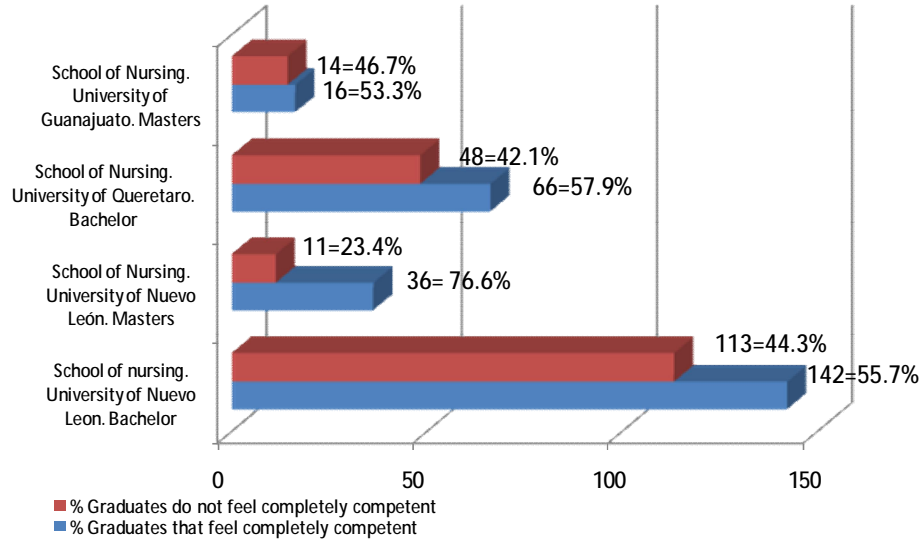
Community Centers

n=22 (28%) Professional nurses with master degree

- ü Promotion and monitoring of smoke-free schools program
- ü Drug prevention education and activities among workers
- ü Nursing care and intervention related to violence against women and drugs
- ü Prevention and social education for youth against violence
- ü Nursing intervention on patients with depression and drug use
- ü Youth prevention programs

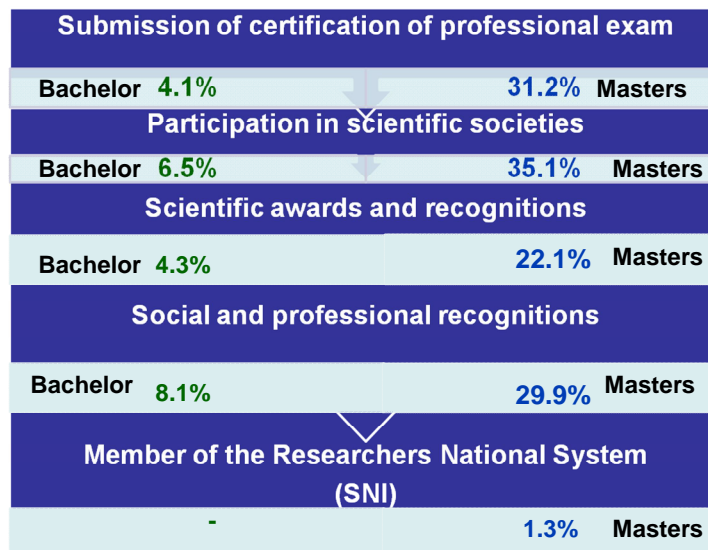
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## Competence of graduates to apply the drug content in their professional career



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## Professional development of nursing graduates related with drug issues



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## Continuing education and participation in graduate programs in drug demand reduction

Certificate on drug addiction prevention n=9	17.8%
Specialization program regarding the drug phenomena n= 4	7.1%
Workshop-seminar regarding licit and illicit drug prevention and violence n= 7	14.3%
Participation in a course about addictions in the masters program n= 1	1.8%
Training through GREECA addiction prevention seminars n= 9	16.1%
National and international congresses in mental health and addictions n= 12	19.6%
Doctoral degree in psychiatric nursing with concentration in drugs and alcohol use and abuse n= 1	1.8%
On-line drug abuse basic courses and forums n= 13	21.4%

Sample n= 446  
 Graduates n= 56(12.5%)  
 • Bachelor n=26  
 • Masters n=30

## Suggestions of graduates to improve drug education, outreach activities and research

<b>1. Education</b>	<ul style="list-style-type: none"> <li>• Bachelor and masters programs should focused more on treatment and rehabilitation aspects, as well as, social integration.</li> <li>• Incorporate of more scientific evidence base at all levels of education;</li> <li>• Training how to work with the media messages.</li> <li>• Training on use of new promotion and prevention educational materials.</li> <li>• Training on interactive education models</li> <li>• Capacitating in the use of scientific evidence with special focus on the decision making related to the drug issues</li> <li>• Offer of continuing education in the drug related area.</li> </ul>
<b>2 Out-Reach Activities</b>	<ul style="list-style-type: none"> <li>• Promote integrating prevention programs.</li> <li>• Development of nursing care protocols for treatment and rehabilitation.</li> <li>• Development of social networks to support the work with families and drug users and dependents.</li> </ul>
<b>3 Research</b>	<ul style="list-style-type: none"> <li>• More drug research among university students.</li> <li>• Create epidemiological surveillance and control of drug use and addictions at University level and at public and private schools systems.</li> <li>• Development of interdisciplinary drug research</li> </ul>

## Preliminary conclusions

- 1 Most graduates recognize they have competence to implement promotion of healthy life style, prevention and early detection of drug use and abuse in their professional activities;
- 2 The graduates recognized they need more training related to treatment, rehabilitation, and social integration aspects to enhance their competence to work in these areas;
- 3 The data indicated that graduate and postgraduate programs should strengthen the subjects in general and specifically those related to drug issues with the incorporation of scientific evidence.
- 4 The Nursing Graduates indicated they want more opportunity of work in the new Addictions Centers (CAP)
- 5 The Nursing Graduates indicated they have been invited to participate in the projects developed by the State Drug Control Council
- 6 The Nursing Graduates recommended the universities provide an additional certificate with the Degrees indicating the number of hours and credits that were included in the undergraduate and graduate curricula related to drug issues.

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## Nursing education related to drug content curricula - recommend hours -

Area	2004 Rio de Janeiro Meeting Recommendations	2010 Panama Meeting Recommendations
<b>Pre or Undergraduate</b>		
Health Promotion	80	142
Use and Abuse Prevention	100	
Treatment	35	80
Rehabilitation	15	60
Social Integration	40	30
<b>Total</b>	<b>270 hours</b>	<b>312 hours</b>
<b>Specialty</b>		
	<b>Any Specialty</b>	<b>Mental Health and Drugs Specialty</b>
Health Promotion	8	8
Use and Abuse Prevention	10	10
Treatment	7	175
Rehabilitation	3	24
Social Integration	7	40
<b>Total</b>	<b>35 hours</b>	<b>257 hours</b>

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<b>Master</b>	<b>Nursing Masters Degree General</b>	<b>Nursing Masters Degree with Emphasis on Drugs</b>
Health Promotion	10	10
Use and Abuse Prevention	15	15
Treatment	7	10
Rehabilitation	3	45
Social Integration	10	10
<b>Total</b>	45 hours	90 hours
<b>Doctorate</b>	<b>Nursing PhD.</b>	<b>Nursing PhD. with an emphasis on Drugs</b>
Health Promotion	8	8
Use and Abuse Prevention	15	15
Treatment	10	10
Rehabilitation	5	30
Social Integration	7	45
<b>Total</b>	45 hours	108 hours

The total number of hours recommended includes the development of monographs in the case of **Specialty**, of Thesis for **Master** and of dissertation for **Doctorate**.