

I. Title

Inclusion of Energy Drink Usage in an Assessment

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II. Significance & Background

The literature clearly links energy drink usage to increased cardiac events. However, many in- and out-patient settings do not routinely ask about energy drink consumption during intake assessments.

This poster presentation will provide: (1) a background on the energy drink consumption literature, and, (2) results after including energy drink usage items on a nursing intake assessment in an integrated health care delivery system which includes six hospitals.

III. Evaluation Methods

This poster will feature results after the energy drink item went live in a nursing admission assessment. Along with this item, the research team has been pulling additional data like: (1) how many patients use energy drinks, (2) patient age, (3) gender, (4) cardiac rhythms, (5) electrolytes and complete blood count and (6) diagnosis encountered in all six CHS hospitals.

IV. Outcomes

Findings will be presented on 159 patients who endorsed using energy drinks as of early December 2017. The average age was 39.78 ($SD = 14.55$), with 119 males (74.9%) and 40 females (25.1%). The majority of participants presented with NSR (50.3%), and the most common diagnosis was alcohol or substance abuse (37.2%). Red Bull was the most commonly consumed energy drink (45.7%). Significance was demonstrated between energy drink consumption and increased sodium levels and serious arrhythmias.

V. Implications:

Since there is significance between patient's use of energy drinks, and increased sodium levels and serious arrhythmias there should be a broader inclusion of energy drink consumption questions in intakes – similar to the inclusion of items related to tobacco use, alcohol use, and illicit drug use. The field will have additional data on: how many patients use energy drinks, and the age, gender, and energy drinks consumed and the statistical significance related to consumption and sodium levels and arrhythmias encountered in all six Catholic Health Service hospitals.

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