

DMA TRAINING
LIST OF MEDICATIONS TO COMPLETE FOR DMA TRAINING

Use the attached forms to look up each of the medications listed below. Each line must be completed and turned in the day that you do your final DMA Evaluation with your ROM (Regional Operation Manager) for your area. You will not be able to become DMA certified until all of the forms are completed [48] See slide 65 in DMA Packette

| Mental Illness Anxiety Disorders | Inhalers Allergy / Asthma | Hyperlipidemia Statins | Diabetes Endocrine & Metabolic |
|--|--|--|---|
| Abilify Ativan Clozaril Depakote Haldol Invega Klonopin Lamictal Lithium Risperdal Seroquel Tripleptal Zyprexa | Advair Discus Atrovent Flonase Flovent Loratadine Proventil | Crestor Lipitor Zocor | Apidra Byetta Glucophage Glyburide Lantus Levemir Levothyroxine Novolog Synthroid |
| | | | |
| Seizures | Gastrointestinal Disorder Constipation | Blood Pressure Meds | Pain & Inflammation |
| Dilantin Keppra Neurontin Topamax | Colace Miralax Prilosec Protonix Zantac | HCTZ (hydrochlorothiazide) Lisinopril Toprol Tenormin | Flexeril Motrin Norco Tylenol with Codeine Ultram |

App/Website: Epocrates

Please complete 10 of the above medications prior to attending DMA class.

| | |
|--------------|--|
| DRUG NAME | Ativan |
| GENERIC NAME | Lorazepam |
| DOSAGE RANGE | 2-6 mg Per day |
| HOW TO TAKE | by mouth w/ or w/o food. |
| USES | Treat anxiety |
| SIDE EFFECTS | Drowsiness, dizziness, blurred vision, |
| WARNINGS | Coma, depression, Sedation |

| | |
|--------------|---|
| DRUG NAME | Lithium |
| GENERIC NAME | Lithium |
| DOSAGE RANGE | 20-30 mg/kg Per day |
| HOW TO TAKE | by mouth (whole) w/ water or juice |
| USES | treat bipolar & major depressive disorder |
| SIDE EFFECTS | Nausea, diarrhea, and dizziness, fatigue |
| WARNINGS | heart disease, kidney disease, thyroid |

| | |
|--------------|---|
| DRUG NAME | Seroquel |
| GENERIC NAME | quetiapine fumarate |
| DOSAGE RANGE | 400-800 mg Per day |
| HOW TO TAKE | by mouth w/ or w/out food |
| USES | treat bipolar & major depression |
| SIDE EFFECTS | Upset stomach, dry mouth, weight gain |
| WARNINGS | increased mortality, suicidal thoughts, |

| | |
|--------------|---|
| DRUG NAME | Flonase |
| GENERIC NAME | Fluticasone Propionate nasal spray |
| DOSAGE RANGE | 1-2 sprays |
| HOW TO TAKE | nasal |
| USES | treats symptoms of allergic rhinitis |
| SIDE EFFECTS | runny nose, chills, fever, eye pain |
| WARNINGS | Epistaxis, nasal ulceration, nasal septal perforation |

| | |
|--------------|--|
| DRUG NAME | Crestor |
| GENERIC NAME | rosuvastatin calcium |
| DOSAGE RANGE | 10-20 mg once per Once per day |
| HOW TO TAKE | by mouth w/ or w/o food. |
| USES | to lower cholesterol |
| SIDE EFFECTS | muscle pain, liver problems, nausea |
| WARNINGS | Proteinuria & Hematuria, liver enzyme abnormalities |

| | |
|--------------|---|
| DRUG NAME | Lipitor |
| GENERIC NAME | Atorvastatin Calcium |
| DOSAGE RANGE | 10 or 20 mg once per day |
| HOW TO TAKE | by mouth (to tablet) |
| USES | lower to bad cholesterol and increase good cholesterol |
| SIDE EFFECTS | loss of appetite, dark urine, Weakness Weakness |
| WARNINGS | liver problems, kidney disease, thyroid disorder |

| | |
|--------------|--|
| DRUG NAME | Lantus |
| GENERIC NAME | insulin glargine injection |
| DOSAGE RANGE | Varies per person |
| HOW TO TAKE | injection |
| USES | to control high blood sugar (insulin) |
| SIDE EFFECTS | hypoglycemia, hypersensitivity |
| WARNINGS | heart failure, liver or kidney disease |

| | |
|--------------|---|
| DRUG NAME | Zantac |
| GENERIC NAME | famotidine |
| DOSAGE RANGE | 1 tablet (2 max) |
| HOW TO TAKE | mouth or injection (sometimes) |
| USES | relieve heart burn / sour stomach |
| SIDE EFFECTS | constipation, headache, insomnia |
| WARNINGS | easy bleeding, fever/chills, dark urine |

| | |
|--------------|---|
| DRUG NAME | Motrin |
| GENERIC NAME | Ibuprofen |
| DOSAGE RANGE | OTC = 200 - 400 mg every 4-6 hours rx = 400-800 mg every 6hrs |
| HOW TO TAKE | to tablet or oral suspension |
| USES | pain reliever & fever reducer |
| SIDE EFFECTS | itching, flu-like symptoms, nausea nausea |
| WARNINGS | high blood pressure, liver disease |

| | |
|--------------|---|
| DRUG NAME | Tylenol w/ codeine |
| GENERIC NAME | Acetaminophen and codeine |
| DOSAGE RANGE | 5-15 mL every 4 hours (Adult) 5-10 mL 3-4 times daily (1-2 1-2) |
| HOW TO TAKE | Tablet or oral suspension. |
| USES | Pain reliever (Severe/moderate) |
| SIDE EFFECTS | nausea, drowsiness, dry mouth, blurred vision |
| WARNINGS | Asthmatic episodes, elevated cerebrospinal fluid |