

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 <u>Ativan</u> Clozaril Depakote Haldol Invega Klonopin Lamictal <u>Lithium</u> Risperdal Seroquel Tripleptal Zyprexa	Advair Discus <u>Atrovent</u> Flonase Flovent Loratadine Proventil	Crestor <u>Lipitor</u> Zocor	Apidra Byetta Glucophage Glyburide Lantus <u>Levemir</u> Levothyroxine <u>Novolog</u> Synthroid
Seizures	Gastrointestinal Disorder Constipation	Blood Pressure Meds	Pain & Inflammation
Dilantin Keppra <u>Neurontin</u> Topamax	Colace Miralax <u>Prilosec</u> Protonix Zantac	HCTZ (hydrochlorothiazide) <u>Lisinopril</u> Toprol Tenormin	<u>Flexeril</u> Motrin Norco Tylenol with Codeine Ultram

App/Website: Epocrates

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

DMA Code #1 0611

DMA Code #2 0925

DMA Code #3 0515

DRUG NAME	Novolog
GENERIC NAME	Insulin aspart
DOSAGE RANGE	1-10 units daily
HOW TO TAKE	injected subcutaneously
USES	fast-acting insulin that lowers glucose in the blood
SIDE EFFECTS	low blood sugar, weight gain, swelling
WARNINGS	hypersensitivity, episodes of hypoglycemia

DRUG NAME	Neurontin
GENERIC NAME	Gabapentin
DOSAGE RANGE	300-600mg daily
HOW TO TAKE	oral
USES	anti-seizure + neuropathic pain
SIDE EFFECTS	many problems, trouble concentrating, headache
WARNINGS	can cause life threatening breathing problems

DRUG NAME	Prilosec
GENERIC NAME	omeprazole
DOSAGE RANGE	20-40mg 1 to 3 times daily before meal
HOW TO TAKE	oral
USES	to treat GERD / stomach acid
SIDE EFFECTS	cold symptoms, fever, stomach pain
WARNINGS	can cause kidney failure

DRUG NAME	Lisinopril
GENERIC NAME	Zestril (Brand Name)
DOSAGE RANGE	5-40mg / daily
HOW TO TAKE	oral
USES	ACE Inhibitor / High Blood pressure
SIDE EFFECTS	headache, cough, chest pain
WARNINGS	do not take if pregnant or kidney issues

DRUG NAME	Flexeril
GENERIC NAME	cyclobenzaprine
DOSAGE RANGE	5-10mg 3x day
HOW TO TAKE	oral
USES	Muscle relaxant
SIDE EFFECTS	drowsiness, upset stomach, dry mouth
WARNINGS	Do not use if you have thyroid / heart issues

DRUG NAME	Ativan
GENERIC NAME	Lorazepam
DOSAGE RANGE	1 to 10 mg/day
HOW TO TAKE	oral
USES	used to treat anxiety disorder
SIDE EFFECTS	dizziness, drowsiness, weakness, feeling unsteady
WARNINGS	misuse can lead to addiction, overdose, or death

DRUG NAME	Lithium
GENERIC NAME	Lithium
DOSAGE RANGE	long term control → 900-1200 mg/day
HOW TO TAKE	orally (tablet or liquid)
USES	Mood stabilizer used to treat/control manic episodes/bipolar disorder
SIDE EFFECTS	feeling sick, diarrhea, dry mouth, metallic taste in mouth
WARNINGS	lithium toxicity can cause death

DRUG NAME	Atrovent
GENERIC NAME	Ipratropium Inhalation
DOSAGE RANGE	2-12 inhalations in 24 hr period
HOW TO TAKE	inhaler
USES	to prevent bronchospasm/narrowing airways of lungs
SIDE EFFECTS	dry mouth, bitter taste, headache
WARNINGS	do not get into eyes / used as a prevention; not to treat an attack once it has begun

DRUG NAME	Lipitor
GENERIC NAME	Atorvastatin
DOSAGE RANGE	10 to 80 mg once daily
HOW TO TAKE	oral
USES	to treat high cholesterol + lower risk of stroke
SIDE EFFECTS	Muscle weakness, stomach pain
WARNINGS	can cause breakdown of skeletal muscle tissue + kidney failure

DRUG NAME	Levemir
GENERIC NAME	Insulin Detemir
DOSAGE RANGE	10 units 1-2x per day
HOW TO TAKE	administered subcutaneously
USES	long-acting insulin to control high blood sugar
SIDE EFFECTS	low blood sugar, itching, skin rash
WARNINGS	can cause low blood sugar