

Denise Heywood

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 Espitor Zocor	Apidra Dyctta 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 XL Tenormin	Flexeril Motrin Norco Tylenol with Codeine Ultram

App/Website: Epocrates

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

DMA Code #1 8801

DMA Code #2 1903

DMA Code #3 2708

ATIVAN
(Lorazepam)
Seizure disorder.
epilepsy

~~Seizure disorder~~
~~disorder~~

SE drowsiness, dizziness
dry mouth, nausea

W - appetite, constipation.
heart burn.

dose { 0.5, 1, 2
1mg, 2mg

By mouth

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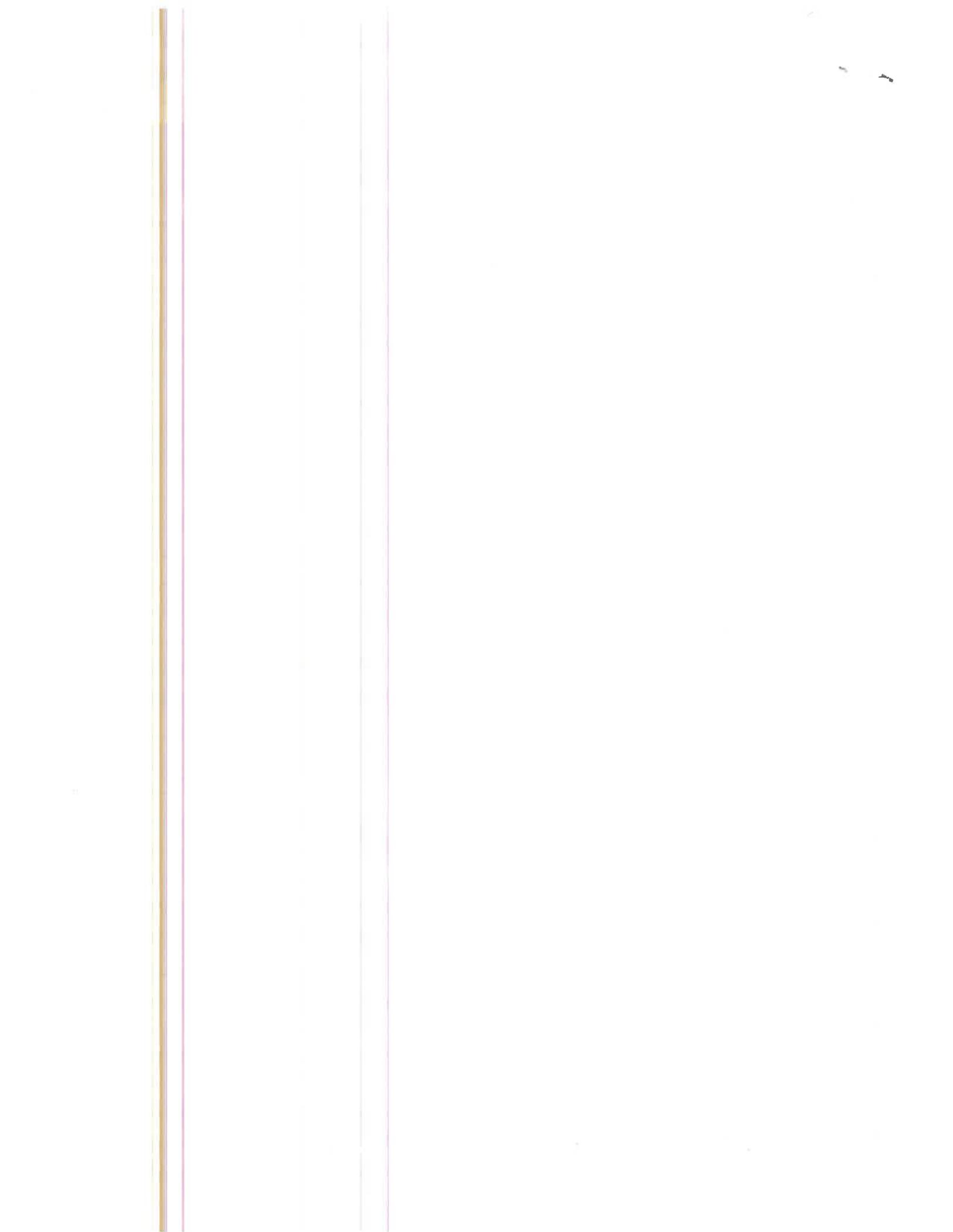
DRUG NAME	Abilify
GENERIC NAME	Aripiprazole
DOSAGE RANGE	2mg, 5mg, 10mg, 15mg, 20mg, 30mg
HOW TO TAKE	tablet by mouth, liquid by mouth.
USES	Schizophrenia, bipolar disorder.
SIDE EFFECTS	agitation, restless, twitching, stiff muscles, low blood pressure
WARNINGS	Dementia-Related psychosis

DRUG NAME	Flonase Allergy Relief
GENERIC NAME	Fluticasone propionate nasal
DOSAGE RANGE	4-11 yo 1 actuation/nostril, 12yo+ 1-2 actuation/nostril.
HOW TO TAKE	activation in nostril.
USES	relieves allergic rhinitis symptoms.
SIDE EFFECTS	Headaches, nasal burning, Nausea, Cough, Dizziness, Abdominal Pain.
WARNINGS	Unhealed nasal ulcer, wound, if hepatic impairment, glaucoma, TB infection

DRUG NAME	Lipitor
GENERIC NAME	atrovastatin
DOSAGE RANGE	Tab 10mg, 20mg, 40mg, 80mg
HOW TO TAKE	tablet by mouth w/ water
USES	lower bad cholesterol
SIDE EFFECTS	UES, headache, arthralgia, diarrhea, extremity pain, dyspepsia, nausea, insomnia.
WARNINGS	pregnancy, myopathy, alcohol, active hepatic dz, hypersensitivity to drug/class/component

DRUG NAME	Byetta
GENERIC NAME	exenatide
DOSAGE RANGE	INJ (pen) 5mcg, 10mcg /injection
HOW TO TAKE	inject under skin in arm or belly.
USES	anti diabetes. treats type 2.
SIDE EFFECTS	nausea, vomiting, diarrhea, hyperglycemia, constipation, headache, pancreatitis.
WARNINGS	Do not use if severe kidney disease or on dialysis

DRUG NAME	Topamax
GENERIC NAME	topiramate
DOSAGE RANGE	sprinkle cap, 15mg, 25mg, Tab 25mg, 30mg, 100mg, 200mg
HOW TO TAKE	capsule or tab by mouth.
USES	treat seizures 2yo+ & migraine/headaches in teens & adults.
SIDE EFFECTS	tremor, anxiety, asthma, fever, taste change.
WARNINGS	vision problems, increase risk of birth defect cleft lip, increase body temp



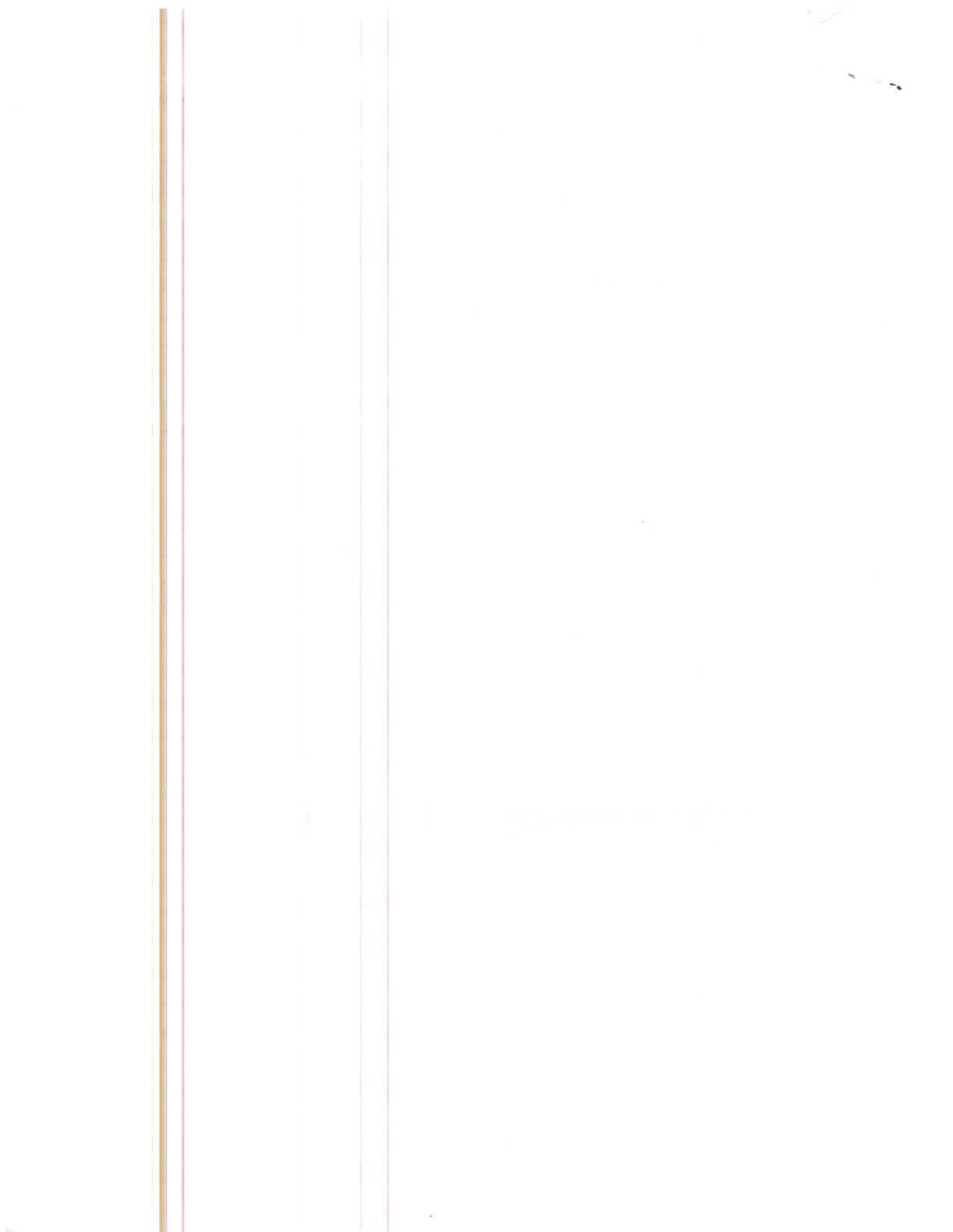
DRUG NAME	Colace
GENERIC NAME	docusate sodium
DOSAGE RANGE	50mg, 100mg capsules, 2-11 ^{yo} 50-150 per day, 12 ^{yo} 50-300mg/day
HOW TO TAKE	capsule by mouth w/ water
USES	emollient laxative, softens stool
SIDE EFFECTS	diarrhea, abdominal cramps, throat irritation, rash ^{bitter taste}
WARNINGS	side effects ↑ electrolyte disease

DRUG NAME	Toprol XL
GENERIC NAME	metoprolol succinate
DOSAGE RANGE	tab 25mg, 50mg, 100mg, 200mg
HOW TO TAKE	tab by mouth w/ water
USES	heart failure, chest pain, high blood pressure
SIDE EFFECTS	dizziness, depression, tiredness, nausea, dry mouth, stomach pain, weight
WARNINGS	avoid abrupt cessation

DRUG NAME	Ultram
GENERIC NAME	tramadol
DOSAGE RANGE	50mg - 100mg
HOW TO TAKE	tab by mouth / water
USES	moderate severe pain
SIDE EFFECTS	dizziness, blood in urine, bloating
WARNINGS	change walk, ing, balance

DRUG NAME	lamictal
GENERIC NAME	lamotrigine
DOSAGE RANGE	tab 25, 100, 150, 200mg tab 25, 100, 150, 200mg chewable 25, 75mg
HOW TO TAKE	chew-able, take tab by mouth w/ water
USES	partial seizures, Lennox-Gastaut syndrome
SIDE EFFECTS	vertigo, nausea, headache, blurred vision, sunburn, fever, pain, tremor
WARNINGS	serious rash

DRUG NAME	Ativan
GENERIC NAME	lorazepam
DOSAGE RANGE	Tab, 0.5, 1mg, inj 2mg per ml, 4mg per ml
HOW TO TAKE	Tab by mouth w/ water, injected under skin
USES	seizure disorder, epilepsy
SIDE EFFECTS	drowsiness, dizziness, dry mouth, nausea, constipation, heart burn
WARNINGS	Concomitant opioid use, Addiction, Abuse, Dependence, withdrawal



ANNUAL DMA RECERTIFICATION TEST

1. List the six patient rights:

<u>Person</u>	<u>Documentation</u>
<u>Time</u>	<u>Dose</u>
<u>Route</u>	<u>medication</u>

2. Liquid medication is poured at eye level holding the cup with your hand?

Yes No Explain:

Should be poured on a flat surface.

3. Controlled substance log is signed after the shift is over?

Yes No Explain:

After med has been passed and end of each shift

4. The DMA may crush tablets if resident does not want to swallow whole?

Yes No Explain:

Only if directed by a doctor to crush

ANNUAL DMA RECERTIFICATION TEST

5. Controlled substances are stored (single locked) according to policy and procedures?

Yes No Explain:

They should be locked in cabinet, behind
locked door.

6. Medication errors only need to be reported if the error causes harm?

Yes No Explain:

All med errors need to be reported.

7. The medication room keys are left hanging on a special hook in the office area?

Yes No Explain:

DMA staff should carry on person at
all times

8. If a resident runs out of a psychotropic medication and another bubble pack is not in the house, you can use one from another resident?

Yes No Explain:

No never use another residents meds

ANNUAL DMA RECERTIFICATION TEST

9. Always give Lantus insulin irregardless of the glucose level?

Yes No Explain:

Always follow instructions by doctor.

10. Blood pressure readings are used to monitor the treatment results of Lisinopril, Tenormin, or Norvasc?

Yes No Explain:

These are medications for blood pressure

11. Eight o'clock medication may be given at 8:00, 9:00, or 10:00?

Yes No Explain:

1 hour before, 1 hour after.

12. Medications that have been popped and then the resident refuses are put back in the bubble packs?

Yes No Explain:

put in zip bag, label to be used for next day.
Record it as refused on EMAR IF resident
changes their mind contact on call nurse for
approval.

ANNUAL DMA RECERTIFICATION TEST

13. Orders do not have to be on record for insulin injections?

Yes No Explain:

All sugar levels need to be recorded in
MARs.

14. When a resident gets up late for a medication pass, just enter in the quickMAR, resident not in house for the med pass, and give the medication whenever they get up?

Yes No Explain:

Contact nurse FIRST get approval before
med can be passed

15. OTC means other than called for?

Yes No Explain:

non-prescription meds, needs to be
on MARs.

16. One Tablespoon is equal to 30ml?

Yes No Explain:

30 mL = 2 tablespoons

ANNUAL DMA RECERTIFICATION TEST

17. NPO means para oral?

Yes No Explain:

By mouth

18. All controlled substances are returned to the pharmacy to be repackaged?

Yes No Explain:

Disposed of

19. Choking and aspiration is a rare problem among residents on psychotropic medications?

Yes No Explain:

No, some residents have issues eating,
Encourage slow, small bites

20. Constipation is never a side effect of psychotropic medications?

Yes No Explain:

It is & can be a side effect.
mild + severe-

