

# Medication

STUDENT NAME: Hannah Rossi

MEDICATION: Lorazepam (Ativan)

CATEGORY CLASS: Benzodiazepine (schedule IV) (anti anxiety)(sedative-hypnotic)  
(antiemetic)(Skeletal muscle relaxant)(amnesiac)(anticonvulsant)

## Expected Pharmacological Action:

Enhances action of inhibitory neurotransmitter, gamma aminobutyric acid (GABA) in CNS, affecting memory, motor, sensory, and cognitive function. (produces anxiolytic, anticonvulsant, sedative, muscle relaxant, antiemetic effects)

## Therapeutic Use:

management of anxiety disorders, short term relief of symptoms of anxiety, anxiety associated with depressive symptoms (tx of alcohol withdrawal, psychogenic catatonia, agitation )

**Complications:** drowsiness; dizziness; weakness; ataxia; headache; hypotension; n/v; confusion

**AE:** d/c abruptly can cause restlessness; irritability; insomnia' hand tremors; abd cramps; muscle cramp; diaphoresis;; vomiting; seizure

**Antidote:** Flumazenil

## Medication Administration:

-Anxiety: initially 0.5-2mg q4-6hr as needed up to 10mg/day max dose 2mg

give with food

tablets may be crushed

dilute oral solution in water, juice, soda, or semisolid food

## Contraindications/Precautions:

**Contraindications:** hypersensitivity to this drug or other benzo, Acute narrow angle glaucoma, severe respiratory distress (except during mechanical ventilation)

**Precautions:** Neonates, renal/hepatic impairment, compromised pulmonary function, depression, comitant use of CNS depressants, pts at high risk for suicidal ideation/behavior, hx of drug abuse/misuse and dependency

## Nursing Interventions:

-provide emotional support to anxious pt

Assess motor and autonomic responses

Assess for drug seeking behavior and risk for abuse and misuse

monitor BP/HR/RR

screen for suicidal ideation and new onset of worsening anxiety

Assess for paradoxical response (esp in early therapy)

**Interactions:** Valproic acid may increase concentration/effect. Alcohol, other CNS depressants (morphine and phenobarbital) may increase CNS depression. Herbs with sedative properties (chamomile, kava-kava-valerian) may increase CNS depression. **therapeutic level: 50-240 ng/mL**

## Client Education:

-drowsiness usually subsides during cont. therapy

-avoid task that require alertness or motor skill until response is established

-smoking reduces drug effectiveness  
do not abruptly d/c after long term therapy

-seek immediate medical attention for thoughts of suicide, worsening anxiety, depression, or change in mood

## Evaluation of Medication Effectiveness:

Evaluate for therapeutic response: calm facial expression, decreased restlessness, insomnia, and/or decreased in seizure related activity