

# ACTIVE LEARNING TEMPLATE: Medication

STUDENT NAME Caroline Maul

MEDICATION estrogen REVIEW MODULE CHAPTER \_\_\_\_\_

CATEGORY CLASS hormone

## PURPOSE OF MEDICATION

### Expected Pharmacological Action

modulates release of gonadotropin-releasing hormone, reduces FSH, LH.

### Therapeutic Use

Reduces elevated levels of gonadotropins, LH, & FSH.

### Complications

vaginal bleeding, breast pain, gynecomastia, HA, HTN, intolerance to contacts  
Adverse: prolonged use may increase risk of breast, cervical, endometrial, hepatic, vaginal carcinoma

### Medication Administration

PO: adults  
VASOMOTOR sx w/ menopausal/vulvar/vaginal atrophy: 0.3-1.25mg/day given 3 wks on & 1 off  
hypoestrogenism: 2.5-7.5 mg/day  
breast cancer: 10mg 3x/day  
prostate cancer(advanced): 1.25-2.5mg 3x/day.

### Contraindications/Precautions

breast cancer, hepatic disease, hx/current thrombophlebitis, abnormal vaginal bleeding, pregnancy, DVT, PE, angioedema  
Caution: asthma, epilepsy, migraines, diabetes, cardiac/renal dysfunction

### Nursing Interventions

ASSESS BP periodically  
ASSESS for edema/weight daily  
MONITOR for loss of vision, migraine, sudden onset of proptosis.

### Interactions

DRUG: decrease effect of anticoagulants, anastrozole, exemestane.  
HERBAL: estrogenic properties (fenfex, red clover) can ↑ adverse effects.

### Client Education

- avoid smoking
- diet/exercise
- stop taking med/contact Dr. if pregnancy suspected
- report SOB, severe HA, weakness, loss of coordination, chest pain, weight gain of >5 lbs. a week
- self breast exam

### Evaluation of Medication Effectiveness

FSH, LH, and gonadotropins will be lowered.

# ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Caroline Maul

DISORDER/DISEASE PROCESS menopause

REVIEW MODULE CHAPTER \_\_\_\_\_

**Alterations in Health (Diagnosis)**  
menopause

**Pathophysiology Related to Client Problem**  
after 1 year of amenorrhea, declining ovarian function

**Health Promotion and Disease Prevention**  
exercise, adequate sleep, healthy diet

## ASSESSMENT

**Risk Factors**  
- aging  
- female

**Expected Findings**  
- vaginal dryness/itching/burning  
- insomnia  
- joint pain  
- irritability  
- hot flashes

**Laboratory Tests**  
- FSH  
- LH

**Diagnostic Procedures**  
- ↑ estrogen levels  
- ↑ FSH/LH levels

## SAFETY CONSIDERATIONS

- eat diet rich in calcium and vitamin D
- mental health

## PATIENT-CENTERED CARE

**Nursing Care**  
- provide support  
- educate

**Medications**  
- hormone replacement therapy (estrogen, progesterone)  
- vitamins/herbal supplement  
- calcium supplements

**Client Education**  
- nutrition

**Therapeutic Procedures**  
- estrogen therapy

**Interprofessional Care**  
- PCP  
- obstetrician-gynecologist

**Complications**  
- osteoporosis  
- weight gain  
- depression  
- decreased libido  
- night sweats  
- heart disease

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME Caroline Mann

CONCEPT testicular self exam

REVIEW MODULE CHAPTER \_\_\_\_\_

**Related Content**

(E.G., DELEGATION,  
LEVELS OF PREVENTION,  
ADVANCE DIRECTIVES)

Identify structures

**Underlying Principles**

- warm environment

**Nursing Interventions**

WHO? WHEN? WHY? HOW?

- risk 20-35

- done monthly

- use both hands,  
palpate scrotum