

# ACTIVE LEARNING TEMPLATE: Medication

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MEDICATION Estrogen (Menest) REVIEW MODULE CHAPTER \_\_\_\_\_  
CATEGORY CLASS Hormone

## PURPOSE OF MEDICATION

### Expected Pharmacological Action

Reduces elevated lvs of gonadotropins, LH, FSH

Responsible for development/maintenance of female reproductive system + secondary sexual characteristics

### Therapeutic Use

Manage moderate-severe vasomotor s/s associated w/ menopause. Tx of hypoestrogenism due to hypogonadism, castration, or primary ovarian failure. Palliative tx of inoperable/progressive cancer of prostate/breast in men. Prevention of osteoporosis in postmenopausal women.

### Complications

SE: vaginal bleeding (spotting), breast pain/tenderness, gynecomastia. Headache, HTN, intolerance to contact lenses.  
High doses: anorexia, nausea. Rare: loss of scalp hair, depression  
AE: prolong admin - CAD, gallbladder disease, hypercalcemia

### Medication Administration

Vasomotor s/s w/ menopause: PO adults+elderly: 0.3-1.25 mg/day given cyclically (3wks on and 1 wk off)  
Vulvar+Vaginal atrophy: PO adults+elderly: 0.3-1.25mg/day. initiate at lowest dose and adjust, give cyclically 3 wks on and 1 wk off. Intravaginal: 0.5-2g/day  
Breast Cancer PO adults+elderly: 10mg 3 times/day for at least 3 mos  
Prostate cancer: 1.25-2.5 mg 3 times/day

### Contraindications/Precautions

Hypersensitivity, breast cancer (except in pt being tx for metastatic disease), hepatic disease, Hx of or current thrombophlebitis, undx abnormal vaginal bleeding, pregnancy, DVT or PE, angioedema, antithrombin deficiency  
Precaution: Asthma, epilepsy, migraine headache, diabetes, cardiac/renal dysfunction, Hx of severe hypocalcemia, lupus erythematosus, gallbladder disease, hypoparathyroidism, Hx of cholestatic jaundice

### Nursing Interventions

Assess BP. Assess edema + weigh daily. Monitor for loss of vision, migraine, sudden onset of proptosis

### Interactions

May decrease therapeutic effect of anticoagulants (warfarin), anastrozole, exemestane.  
Herb: w/ estrogenic properties (fennel, red clover, ginseng) may increase adverse effects.  
Lab: may increase serum glucose, HDL, calcium, triglycerides. May decrease serum cholesterol, LDH. May affect serum metapyrone testing, thyroid function tests

### Client Education

Avoid smoking bc it can increase risk for heart attack, blood clots. Avoid grapefruit products.  
Diet/exercise - to prevent osteoporosis  
Report sudden onset of severe HA, SOB, vision/speech disturbance, weakness/numbness of extremity, pain in chest/groin/leg, abnormal vaginal bleeding  
Tx female pt to perform breast self-exam  
Report weight gain of more than 5 lbs/wk  
Stop taking med + contact DR if pregnant

### Evaluation of Medication Effectiveness

Lvs of gonadotropins, LH, FSH are decreasing  
BP within normal range 120/80  
No s/s of vision loss, HA, or vaginal bleeding  
No weight gain