

ACTIVE LEARNING TEMPLATE: Medication

STUDENT NAME Ayanna Williams

MEDICATION Estrogen REVIEW MODULE CHAPTER _____

CATEGORY CLASS estrogens/hormone

PURPOSE OF MEDICATION

Expected Pharmacological Action

Promotes the growth and development of female sex organs and the maintenance of secondary sex characteristics in women

Therapeutic Use

It can be used to restore the hormonal balance in various deficiency states and treatment of hormone-sensitive tumors

Complications

Edema, HTN, MI, thromboembolism, acne, oily skin, hyperglycemia, breakthrough bleeding, breast tenderness, headache, depression, angioedema, malignancy (breast, endometrial, ovarian)

Medication Administration

Osteoporosis/menopause:

- PO: 0.3-1.25mg once daily

Ovariectomy/primary ovarian failure:

- 1.25mg once daily administered cyclically (3 weeks on, 1 week off)

Uterine bleeding:

- IM/IV: 25mg, may repeat in 6-12hrs if necessary

Contraindications/Precautions

Contraindications: hx of anaphylaxis or angioedema, thromboembolic disease, undiagnosed vaginal bleeding
Caution: underlying CV disease, invasive breast cancer, stroke, risk of MI, hypertriglyceridemia

Nursing Interventions

- Assess BP before and periodically
- Monitor I&O/weight
- Assess frequency and severity of vasomotor symptoms in menopause

Interactions

Drug: can change the requirement of warfarin, oral hypoglycemic agents, or insulins, and smoking can increase the adverse cardiovascular reactions

Labs: can increase serum glucose, HDL, triglycerides, cortisol, prolactin, prothrombin

Food: grapefruit juice can increase the risk of adverse effects

Client Education

- Take as directed
- Avoid drinking grapefruit juice
- Discontinuing abruptly could lead to withdrawal bleeding
- Report signs of fluid retention (weight gain)

Evaluation of Medication Effectiveness

- Resolution of menopausal vasomotor symptoms
- Control of the spread of advanced metastatic breast or prostate cancer
- Normalization of estrogen levels in patients with an ovariectomy or hypogonadism

ACTIVE LEARNING TEMPLATE: *Medication*

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MEDICATION Viagra (sildenafil) REVIEW MODULE CHAPTER _____

CATEGORY CLASS phosphodiesterase type 5 inhibitor/erectile dysfunction agent/vasodilator

PURPOSE OF MEDICATION

Expected Pharmacological Action

Enhances effects of nitric oxide released during sexual stimulation. Nitric oxide produces cGMP, which produces smooth muscle relaxation of the corpus cavernosum to promote increased blood flow and subsequent erection

Therapeutic Use

It helps enhance the blood flow to the corpus cavernosum and erection sufficient to allow sexual intercourse in those who have erectile dysfunction

Complications

hypotension, MI, sudden death, flushing, headache, hearing loss, dizziness, insomnia, urinary tract infection

Medication Administration

PO: 50mg taken 1 hr before sexual activity, not more than once daily

- do not use 50-100mg dose within 4 hours of alpha blocker

Contraindications/Precautions

Contraindications: concurrent use of nitrates, hypersensitivity
Caution: serious underlying CV disease (MI, stroke), dehydration, renal impairment, alpha adrenergic blockers, bleeding disorders

Nursing Interventions

- Monitor BP and HR when used with antihypertensive medications
- Monitor for pulmonary edema (SOB)
- Determine presence of the erectile dysfunction before administration because it has no effect in the absence of sexual stimulation

Interactions

Drug: concurrent use of nitrates can cause life-threatening hypotension, it can increase the risk of bleeding with warfarin

Client Education

- Explain the purpose and side effects
- Not indicated for use in women
- No protection against STIs
- Notify provider if the erection lasts more than 4 hours

Evaluation of Medication Effectiveness

Enhanced blood flow to the corpus cavernosum and erection sufficient to allow sexual intercourse, requires sexual stimulation

ACTIVE LEARNING TEMPLATE: *System Disorder*

STUDENT NAME Ayanna Williams

DISORDER/DISEASE PROCESS Menopause REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)

permanent cessation of menstruation

Pathophysiology Related to Client Problem

occurs in response to normal physiologic changes of aging in the hypothalamic-pituitary-ovarian axis, can be induced

Health Promotion and Disease Prevention

- depression screening
- bone density screening
- mammography

ASSESSMENT

Risk Factors

- age 40-58
- women

Expected Findings

- erratic hormone fluctuations
- irregular menstrual cycles
- hot flashes
- profuse sweating
- sleep disturbances
- mood changes

Laboratory Tests

- follicle-stimulating hormone
- thyroid hormones

Diagnostic Procedures

- 12 consecutive months of amenorrhea
- symptom diary
- pelvic ultrasound

SAFETY CONSIDERATIONS

- assess for contraindications for hormone therapy such as hx of breast cancer, stroke, coronary heart disease, liver disease, and thromboembolic disorders

PATIENT-CENTERED CARE

Nursing Care

- encourage fluid intake
- intake/supplements of calcium and vitamin D

Medications

- hormone therapy
- estrogen
- progesterone
- antidepressants
- gabapentin
- antihypertensives

Client Education

- common signs and symptoms
- smoking cessation
- breathable or moisture-wicking fabrics

Therapeutic Procedures

- routine health checkups
- diet changes
- exercise
- sleep hygiene

Interprofessional Care

- physical, psychological, and emotional support for the effects of menopause
- target specific symptoms and systemic effects

Complications

- if you have estrogen and progesterone deficiencies in postmenopause, it can increase the risk of CV disease, urogenital atrophy, bone mineral density loss, dementia, and cancer

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME Ayanna Williams

CONCEPT Testicular Self-Exam

REVIEW MODULE CHAPTER _____

Related Content

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

- men are at risk for testicular cancer
- perform once a month

Underlying Principles

- understand where the epididymis and the spermatic cords are (behind the testicles)
- the testicle should feel like a grape
- place the index and middle finger under the testicle with the thumb on top and gently roll it between the fingers
- repeat on the other side

Nursing Interventions

WHO? WHEN? WHY? HOW?

- educate to notify the provider if there are any lumps, swelling, or changes in the shape or color
- educate on how to perform the exam at home