

Adult/Geriatric Medication Worksheet – Current Medications & PRN from 0700-1400 current day

Generic Name	Dosage with route and schedule	IVP-List diluent solution, volume, and rate of administration IVPB- List concentration and rate of administration	Patient specific therapeutic reasoning	Patient specific teaching with reasoning
Diltiazem	PO 240mg daily		Controls ventricular rate in atrial fibrillation	<ol style="list-style-type: none"> 1. Check your pulse daily. If it is very slow <60bpm, or if you feel dizzy, lightheaded or unusually tired, call your provider. This drug can slow conduction through the AV node to control your AFIB. Too much slowing can cause bradycardia, dizziness or syncope. 2. Rise slowly from sitting or lying down. Check your blood pressure at home and report dizziness, fainting or swelling in your ankles. This drug lowers blood pressure and may cause hypotension. 3. Do not stop taking this medication suddenly, even if you feel better. Always talk with your provider first. Sudden withdrawal can cause rebound tachycardia, hypertension or worsen atrial fibrillation which can increase your risk for complications like stroke. 4. Avoid grapefruit juice while on this medication. Grapefruit juice inhibits the metabolism of this drug which can raise levels in your blood and put you a risk for low heart rate and blood pressure.
Famofidine	PO 20mg nightly		Reduce gastric acid and control GERD symptoms worsened by years of smoking	<ol style="list-style-type: none"> 1. Take this med at bedtime or before your largest meal. Famotidine works best when acid production is highest, which is often at night. Taking it consistently helps control GERD symptoms and prevent reflux-related damage. 2. Call your provider if you notice black stools, vomiting blood, or worsening abdominal pain. These are signs of GI bleeding or ulcer complications, especially since you are on an

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				<p>anticoagulant, which increases bleeding risk.</p> <p>3. Avoid large, spicy, or fatty meals before bedtime, and try to remain upright for 2-3 hours after eating. Smoking makes reflux worse, so cutting back or quitting will help your symptoms. Even with acid suppression medication, GERD symptoms are strongly influenced by diet, positioning, and smoking. Combining lifestyle changes with medication increases effectiveness.</p> <p>4. Let your provider know if you experience confusion, dizziness, or unusual fatigue. Older adults and patients with multiple conditions may be more sensitive to H2 blockers. Famotidine can rarely cause CNS effects or fatigue, especially in patients with COPD or other chronic illnesses.</p>
Enoxaparin	Injection 40mg q24hrs		History of pulmonary embolism	<p>1. This medication is given as a shot under the skin, usually in the belly. Rotate injection sites and avoid rubbing the area after the injection. This med is subcutaneous, so rubbing increases risk of bruising and hematoma.</p> <p>2. Watch for unusual bleeding such as nosebleeds, bleeding gums, blood in the urine or stool, or easy bruising. Use a soft toothbrush and an electric razor. This med increases bleeding risk.</p> <p>3. Do not take aspirin, ibuprofen, or naproxen unless your provider tells you to, since these can increase your risk of bleeding. NSAIDs and aspirin further impair platelet function, raising the chance of GI bleeding, especially with her GERD and smoking history.</p> <p>4. Call 911 if you develop sudden shortness of breath, chest pain, coughing up blood, or if you have severe headache or vision changes. These may indicate another PE, stroke, or major bleeding</p>

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Allergies: None

Primary IV fluid and rate: None

Patient specific reasoning for IV fluids (including type isotonic, hypotonic, hypertonic):

Medication reference: [Drugs.com](https://www.drugs.com)