

Adult/Geriatric Medication Worksheet - Current Medications

Drew Raagas IM 4

Allergies: Vancomycin, Levofloxacin, Fenofibrate

Primary IV fluid and rate: N/A

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

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
Amlodipine (Norvasc)	10 mg TAB PO Daily		Calcium-channel Blocker. Anti-hypertensive.	<ol style="list-style-type: none"> 1. This medication is used to control high blood pressure (hypertension) or angina (chest pain). It helps manage these conditions but does not cure them. 2. Check your blood pressure regularly at home as instructed by your doctor and keep a log of the readings. This is vital for managing your condition effectively. 3. This medication can cause dizziness. Rise slowly when changing positions to lower the chance of feeling dizzy or passing out. 4. Due to sensory loss in the lower extremities, it's essential to perform daily visual checks for swelling. Elevating your legs when sitting can help reduce swelling(in the ankles and feet is a common side effect). If swelling is severe or persistent, contact your doctor; a dose adjustment or different medication may be needed. 5. Report any severe or prolonged headaches, fatigue, nausea, flushing (warmth and redness of the skin), or a pounding heartbeat to your healthcare provider. 6. Amlodipine works best when combined with a heart-healthy diet (especially low sodium), regular physical activity, and stress reduction. 7. Limit or avoid consuming large amounts of grapefruit or grapefruit juice, as this can increase the amount of amlodipine

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				in your body and worsen side effects.
Ceftriaxone (Rocephin)	100 mg / 1 mL IVP Q 24	2g in sterile water 20mL syringe 100 mg / 1 ml IVP Q 24	Antibiotic. Used to treat many kinds of bacterial infections.	<ol style="list-style-type: none"> 1. Continue receiving the medication until the entire prescribed course is finished, even if you start feeling better within the first few days. Stopping an antibiotic too soon can cause the infection to return and the bacteria to become resistant to the medication. 2. Diarrhea is a common side effect. However, if you experience severe, watery, or bloody diarrhea, fever, or stomach cramps during or even up to several months after treatment, call your doctor right away. Do not take over-the-counter diarrhea medicine without checking with your doctor first. 3. Report any signs of liver problems (unusual tiredness, yellowing of skin or eyes, dark urine, upper abdominal pain) or kidney stones (severe pain in the back/side, painful urination, blood in urine). 4. Ensure adequate hydration to help maintain kidney health. 5. Sensory impairment from paraplegia might make it harder to feel pain or other physical symptoms of side effects like pain at the injection site, stomach cramps, or signs of infection. Rely on visual inspections of injection sites for redness or irritation. 6. Monitor overall well-being and ask caregivers to help watch for non-pain symptoms like fever, chills, confusion, or unusual fatigue.
Enoxaparin (Lovenox)	40 mg / 0.4 mL Injection 40 mg SUBQ Daily		Anticoagulant. Helps prevent blood clots.	<ol style="list-style-type: none"> 1. This medication prevents blood from clotting normally, so it may take longer than usual to stop bleeding if injured. Try to avoid activities that have a high risk of causing injury. Always

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				<p>ask for help when you try to move from the bed to your wheelchair. CALL DON'T FALL!</p> <p>2. Report any signs of unusual bleeding or bruising immediately to your doctor: blood in urine or stools, nosebleeds, bleeding gums that last longer than 15 minutes, or excessive bleeding from a small cut.</p> <p>3. Due to your paraplegia, rely on visual inspection (or caregiver assistance) to check injection sites and monitor for signs of bleeding or bruising, as you may not feel pain or tenderness on your lower extremities.</p>
<p>Gabapentin (Neurontin)</p>	<p>600 mg CAP PO BID</p>		<p>Used to treat partial seizures and neuropathy.</p>	<p>1. This medication commonly causes drowsiness, dizziness, and unsteadiness. Exercise caution during transfers or activities requiring balance until you know how the drug affects you.</p> <p>2. Monitor your mood and behavior closely. Report any signs of depression, anxiety, agitation, aggression, or suicidal thoughts to your doctor immediately. Your family or caregiver should also be aware of these symptoms.</p> <p>3. There is a risk of serious breathing problems, especially when combined with other central nervous system depressants like opioids or alcohol. Seek emergency medical attention if you experience slow, shallow breathing; confusion; or bluish-tinted skin, lips, or fingernails.</p> <p>4. Gabapentin is cleared by the kidneys. If you have kidney disease, your dose may need adjustment. Report any changes in urine output, painful urination, or swelling in your legs/feet.</p> <p>5. Due to reduced sensation below the level of injury, it might be harder to notice some side effects, such as muscle pain or swelling (edema) in the lower legs/feet. Perform visual checks</p>

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				of your extremities daily, or have a caregiver help.
Insulin Glargine (Semglee)	72 units SUBQ Every morning		Long-acting insulin. Used to improve and maintain blood glucose levels.	<ol style="list-style-type: none"> 1. Insulin glargine provides a steady insulin level over 24 hours to manage blood sugar between meals and overnight. 2. Administer the injection once daily at the same time every day to ensure consistent coverage. The time of day (morning or evening) can be flexible as long as the consistency is maintained. 3. Always check the appearance before use. Insulin glargine should be a clear, colorless solution. Do not use it if it is cloudy, colored, or has particles. 4. Check your blood sugar levels as often as your doctor advises, especially when starting a new routine or during times of stress. 5. It is essential to rotate injection sites within the chosen body region (e.g., in the abdominal area, rotate sites a few inches apart each time). This helps prevent skin problems like lumps, thickening, or pits in the skin (lipodystrophy), which can affect how insulin is absorbed. 6. Due to your paraplegia, your body's ability to maintain its core temperature is impaired. Be aware that extreme skin temperatures can affect insulin absorption. Avoid injecting into cold or warm skin.
Insulin Lispro (Admelog)	10 units SUBQ TID		Rapid-acting insulin. Lowers glucose levels in the blood.	<ol style="list-style-type: none"> 1. Take injections 15 minutes before a meal or immediately after eating a meal. 2. This medication works quickly and may cause a rapid drop in your blood sugar. Keep an eye out for signs of low blood sugar: sweating, shakiness, dizziness, confusion, hunger, irritability. 3. Always have a source of fast-acting sugar (e.g., glucose

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				<p>tablets, juice) readily available to treat low blood sugar immediately.</p> <p>4. High blood sugar can occur if the insulin is not administered correctly (e.g., incorrect dose, faulty pump, expired insulin). Be familiar with the symptoms of high blood sugar (e.g., increased thirst/urination, nausea) and have a "sick day" plan from your doctor.</p> <p>5. Make sure to rotate injection sites to prevent lumps or pits in the skin which compromise insulin absorption.</p>
<p>Leflunomide (Arava)</p>	<p>20 mg TAB PO Daily</p>		<p>Used to treat the symptoms of rheumatoid arthritis.</p>	<ol style="list-style-type: none"> 1. Leflunomide can cause severe liver damage, which can be fatal. Avoid or limit alcohol consumption, as this increases the risk of liver injury. 2. Report any signs of liver problems immediately: nausea, unusual tiredness, loss of appetite, pain in the upper right abdomen, dark urine, or yellowing of the skin or eyes. 3. This medication weakens the immune system, making you more susceptible to serious infections. Report any signs of infection (fever, chills, persistent cough, sore throat, painful urination, unhealed wounds) to your doctor right away. 4. Wash or sanitize your hands regularly and avoid crowds to minimize the risk of infection. 5. This medication can raise your blood pressure, so we will check your bp before giving this med to you and we will continue to monitor your bp regularly thereafter. 6. Report any new or worsening burning, numbness, pain, or tingling in the arms, hands, legs, or feet, as this could be a sign of nerve damage.

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<p>Rosuvastatin (Crestor)</p>	<p>5 mg TAB PO Daily</p>		<p>Used to treat high cholesterol and prevent heart attacks and strokes.</p>	<ol style="list-style-type: none"> 1. Continue taking the medication regularly, even if you feel well, as high cholesterol usually has no symptoms. Adhere to your HCP's recommendations for a low-fat, low-sugar, and low-cholesterol diet. 2. While you may not use your legs for walking, you can still experience muscle pain, tenderness, or weakness in your shoulders, arms, thighs, hips, or other areas. It is vital to pay close attention to any unexplained symptoms, as they can indicate a serious condition called rhabdomyolysis, a serious medical condition where damaged muscle tissue breaks down, releasing harmful contents into the bloodstream that can lead to kidney damage. 3. Try to maintain adequate fluid intake to support kidney health. 4. This medication can also affect your liver function. Report any signs of liver problems immediately: unusual tiredness, loss of appetite, pain in the upper abdomen, dark urine, or yellowing of your skin or eyes.
<p>Topiramate (Topamax)</p>	<p>75 mg TAB PO BID</p>		<p>Anticonvulsant. Used to treat seizures.</p>	<ol style="list-style-type: none"> 1. Take topiramate by mouth, with or without food, at the same time(s) every day as prescribed. Swallow tablets whole; do not crush, chew, or break them, as they have a bitter taste. 2. Do not stop taking the medication suddenly, even if you feel well. Abrupt discontinuation, especially for seizure control, can cause serious reactions or seizures. The dosage must be tapered down slowly under your doctor's supervision. 3. Make sure that you are well hydrated throughout the day to help prevent kidney stones. 4. Due to your paraplegia, your body's ability to maintain its core temperature is impaired. This medication can reduce the

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				ability to sweat and increase your body temperature. Notify your HCP immediately if you experience a persistent fever, little to no sweating, or hot, dry skin. 5. This medication may cause some common side effects: dizziness, drowsiness, confusion, or difficulty with concentration, attention, memory, or speech.
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Medication reference: Drugs.com

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