ACTIVE LEARNING TEMPLATE: *Medication*

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MEDICATION Spironolactone

REVIEW MODULE CHAPTER

CATEGORY CLASS Potassium-Sparing Diuretic

## PURPOSE OF MEDICATION

### Expected Pharmacological Action

Increases the excretion of sodium and decreases the excretion of water.

### Therapeutic Use

Improved survival in patients with HF.

Weak diuretic and antihypertensive response when compared with other diuretics.

### Complications

- hyperkalemia
- hyponatremia
- dysuria
- muscle cramps
- dizziness
- arrythmias
- increased hair growth
- headache
- sedation

### Medication Administration

25 mg tablet PO once daily for HF

25-100 mg/day PO as a single dose or 2 divided doses for hypertension

25-100 mg/day PO as a single dose or 2 divided doses for edema

### Contraindications/Precautions

- hypersensitivity
- anuria
- acute renal insufficiency
- hyperkalemia

Caution with:
- hepatic dysfunction
- lactation
- Addison's disease

### Nursing Interventions

- monitor I&O
- monitor daily weight
- assess for hyperkalemia
- assess BP
- periodic ECGs

### Interactions

- increased risk of hypotension with other antihypertensives
- decreased lithium excretion
- NSAIDS decrease effectiveness
- Increased risk for hyperkalemia with ACE inhibitors, NSAIDS, potassium supplements, etc.

### Client Education

- medication importance
- take at same time each day
- avoid salt substitutes
- avoid driving when dizzy
- contact provider before taking OTC medications (cold remedies)
- contact provider with muscle weakness/cramps, fatigue, or N/V

### Evaluation of Medication Effectiveness

- improved survival with HF
- Decrease in edema
- Decrease in BP
- Increase in diuresis