

ACTIVE LEARNING TEMPLATE: *Medication*

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MEDICATION Valsartan _____ REVIEW MODULE CHAPTER _____

CATEGORY CLASS antihypertensives/ angiotensin II receptor antagonists _____

PURPOSE OF MEDICATION

Expected Pharmacological Action

- Blocks the vasoconstrictor and aldosterone-secreting effects of angiotensin II at various receptor sites, including vascular smooth muscle and the adrenal glands

Therapeutic Use

- Lowering of BP in patients with hypertension
- Decreased risk of HF-related hospitalizations in patients with heart failure
- Decreased risk of death from CV causes in patients with Left Ventricular systolic dysfunction following myocardial infarction

Complications

- Hypotension
- Pharyngitis
- Hyperkalemia
- Abdominal pain
- Angioedema

Medication Administration

- PO
 - o 40 mg twice daily
 - o (skyscape)

Contraindications/Precautions

Contra:

- Hypersensitivity
- Concurrent use with aliskiren in patients with diabetes or moderate to severe renal impairment

Precautions:

- Volume or salt depleted patients or patients receiving large doses of diuretics
- Black patients
- Impaired renal function

Nursing Interventions

- Assess bp (lying, sitting, standing), and pulse frequently during initial dosage adjustment
- Monitor frequency of prescription refills to determine compliance
- Assess pts for angioedema
- Monitor daily weight and assess patient routinely for resolution

Interactions

- Additive hypotension with other antihypertensives
- Excessive hypotension may occur with concurrent use of diuretics
- Increased risk of hyperkalemia with potassium supplement
- NSAIDs may blunt the antihypertensive effect and increase risk of renal dysfunction

Client Education

- Emphasize the importance of continuing to take as directed
- Caution patients to avoid salt substitutes containing potassium
- Caution patient to change positions slowly
- Notify HCP of all medications and supplements
- Notify HCP of swelling of face, eyes, lips, or tongue

Evaluation of Medication Effectiveness

- Decrease in BP w/o appearance of excessive side effects
- Decreased heart-failure-related hospitalizations in pts with HF
- Decreased risk of death from CV causes in patient with left ventricular systolic dysfunction in patients following myocardial infarction