

Chapter 58 Activity

1. Look in your refrigerator...please list any and all foods you have that may be a migraine trigger.

In my refrigerator we have many foods that would be considered triggers. We have cheese, hot dogs, an onion, alcohol, diet coke, flavored carbonated water, iced coffee mix, clementines, chocolate, and if you open our freezer we definitely have some ice cream.

2. Please pick 3 medications from the PowerPoint. List 3 side effects and 3 patient teaching points.

1. Triptan

- a. Side Effects

- i. Possible MI/Stroke in people with CAD or other vascular issues.
- ii. Chest pressure
- iii. CNS effects like numbness and tingling.

- b. Teaching Points

- i. You may give a second dose if the first is not effective, but not more than 2 in 24 hours.
- ii. Notify physician if chest tightness or heaviness in back, jaw or throat is not immediately relieved.
- iii. Report CNS signs/symptoms.

2. Carbamazepine

- a. Side Effects

- i. Fluid retention
- ii. Skin rash
- iii. Photosensitivity

- b. Teaching points

- i. Use two forms of birth control
- ii. Avoid grapefruit and grapefruit juice
- iii. Use sunscreen, limit sun exposure

3. Valproic Acid

- a. Side Effects

- i. GI upset
- ii. Bruising/bleeding
- iii. Increase ammonia levels in blood

- b. Teaching Points

- i. Have regular liver function tests/labwork drawn
- ii. Watch for bruising/bleeding

iii. Look for jaundice or other signs of decreased liver function.

3. Why might younger patient's diagnosed with Parkinson's disease be prescribed Pramipexole?

Younger people diagnosed with PD may be prescribed pramipexole first because the other med(levodopa) may only be effective for 3-5 years. So by starting with this med, symptoms may be controlled longer.

4. List three nursing considerations/teaching points in patients with Multiple Sclerosis.

1. You may need to teach your patient about proper technique to perform a self-catheterization in order to avoid infection.
2. You may need to teach about limitations due to decreased muscle weakness like the use of an assistive device to get around.
3. You may teach the patient about increasing their dietary fiber to avoid constipation.