

Chapter 58 Activity

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

Hot dogs, cheese, pop, oranges, tomatoes, onions, sloppy joe meat.

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

NSAID, side effects-Stomach pain heartburn, headaches dizziness, high blood pressure. Patient teaching points. Take this medication with food or with 8oz glass of water or milk. GI Upset. Avoid alcohol while taking this medication. May administer Prilosec of an H2 receptor antagonist to decrease the risk of ulcer.

Triptans, side effects- Dizziness, dry mouth, feeling heavy in your face arms legs and chest. Patient teaching points. This medication should only be taken during a migraine attack, overdose of this medication may lead to exacerbation of headaches, avoid alcohol which aggravates headaches during use.

Beta blockers such as propranolol side effects- Dizziness, fatigue, memory loss. Patient teaching points. Abrupt withdrawal from this medication can cause life-threatening arrhythmias or myocardial ischemia. Check blood pressure before administering medication. This medication may increase sensitivity to cold.

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

The effectiveness of Sinemet wears off after time. Other drugs such as Pramipexole may be started first this medication directly stimulates the DA receptors. Pramipexole may be taken alone or combination with Sinemet.

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

Help patient to identify triggers that may affect their daily living routine. Find ways to avoid or minimize what triggers them to help with their daily living. Assist patient with anxiety, depression and grief caused by MS. Teach good balance use of equipment such as walker and cane.