

Psychiatric Nursing

Client Medication Profile worksheet

Medication Classification: Alprazolam 1mg @ TID

Expected Pharmacological Action (s): Acts in the CNS to produce anxiolytic effects

Therapeutic Use: Relief of anxiety

Side/Adverse Effects	Medications/Food Interactions
<ul style="list-style-type: none"><li>• Dizziness, drowsiness, lethargy</li><li>• Blurred vision</li><li>• N/V, diarrhea, weight gain</li></ul>	<ul style="list-style-type: none"><li>• Alcohol + antidepressants ↑ CNS depression</li><li>• Hormonal contraceptives ↑ levels + effects</li><li>• May ↓ efficacy of levodopa</li><li>• Smoking ↓'s levels</li></ul>

Nursing Interventions	Client Education
<ul style="list-style-type: none"><li>• Assess degree and manifestations of anxiety</li><li>• Assess for drowsiness + light headedness</li><li>• Risk for falls</li><li>• Prolong ↑ dose use may lead to dependence</li></ul>	<ul style="list-style-type: none"><li>• Take meds as directed</li><li>• Avoid drinking grape fruit juice + alcohol</li><li>• Usually only prescribed for short term use.</li></ul>