

N307 Polypharmacy Rubric

You will use the 7-day pill box given in pharmacology to take your medications as directed. This box will need to be returned at the end of the project for points, undamaged.

Please address all rubric items. Please include a reflection of your experience. You may place drugs in each separate paragraph or in a table. You must cite your source for each paragraph or table.

Graded Item	Points Received	Points Possible
Take your selected medication list and determine how you will take your medications. (ie: Trade (generic), 20mg, BID, I will take this twice a day, once at 0800 and once at 1800.)		35
What is the lowest dose of the medication?		10
Is there any type of medication on your list that have specific directions? (before bed, before breakfast, 30 minutes before meals, etc..)		15
Do any of your medications counteract each other?		15
Do any of your lifestyle factors counteract your medications? You are a daily tobacco user, ETOH use - 3 beers daily		10
Does any of your PMH contradict your medications? You will determine what you believe is the PMH based off your given medication list.		15
What type of PMH can you determine you have based off your medication list?		20
What would you teach yourself about your medications?		15

What was difficult about maintaining your medication regiment?		10
Why do you think it is difficult for patients to remain compliant?		10
What would you do if you missed a medication or had questions?		5
How much would your medications cost per month if you were to pay for them out of pocket? (best assessment based off of research)		10
Return of medication box, undamaged.		5
Source citation, rubric attached for grading, reference page		10
Reflective statement of experience.		15
Total Points		200

Polypharmacy Project

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N307-01: Introduction to Pharmacology

Lakeview College of Nursing

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I have read and understand the plagiarism policy as outlined in the Catalog relating to the LCN Honesty/Cheating Policy. By signing this statement to the, I certify that I have not cheated or plagiarized in the process of completing my course

assignments/exams/quizzes. If it is found that cheating and/or plagiarism did take place in this course, I understand the possible consequences of the act/s, which could include expulsion from Lakeview College of Nursing.

Drug List:

1. Labetalol HCL	4. Spironolactone	7. Atorvastatin	10. Paroxetine HCL
2. Sertraline HCL	5. Metformin	8. St. John's Wart	11. Allopurinol
3. Lorazepam	6. Amlodipine Besylate	9. Nitroglycerin	12. Risperidone

PMH Based on Medication List:

1. To treat hypertension	4. To treat heart failure, hypertension, and edema	7. To treat hypercholesterolemia	10 To treat major depression, anxiety, PTSD and obsessive-compulsive disorder.
2. To treat anxiety, depression	5 To treat diabetes	8. To treat depression, anxiety	11. To treat gout
3.	6.	9.	12.

To treat anxiety	To treat hypertension	To treat acute angina, manage hypertension	To treat schizophrenia, bipolar disorder
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Drug #1 Labetalol HCL	Drug Name (Generic): Labetalol HCl
Drug Class: Antihypertensive	Drug Name (Trade): Normodyne, Trandate
How I will take the medication:	I will take this medication by mouth twice daily. Once in the morning and then afternoon
What is the lowest dose of the medication?	100mg
Specific Directions:	100mg twice daily, increased by 100mg twice daily as needed and tolerated every 2 to 3 days.
Does it counteract with my other medications?	Yes, it counteracts with digoxin, calcium channel blockers, NSAIDS, allergen immunotherapy
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Alcohol increased the labetalol effect
Does any of your PMH contradict your medications?	Yes
What type of PMH can you determine you have based off this medication	Past medical history of hypertension
What would you teach yourself if you were taking these medications?	Report confusion, do not stop drug abruptly doing so could cause angina and rebound hypertension, rise slowly, check blood glucose levels, avoid alcohol, inform healthcare provider if cataract surgery
What would you do if you missed a medication?	Take the recommended dosage the next time. Do not take missed one
How much would your medication cost per month if	\$19.46 with GoodRx price

you had to pay for it out of pocket?	\$48.61 without discount
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Drug #2 Sertraline HCL	Drug Name (Generic): Sertraline HCL
Drug Class: Antianxiety	Drug Name (Trade): Zoloft
How I will take the medication:	I will take this orally by mouth in the morning
What is the lowest dose of the medication?	50mg
Specific Directions:	Initial 50mg daily, increased in 25 to 50mg every week, as needed. Maximum 200mg daily
Does it counteract with my other medications?	Yes
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	May cause suicidal ideations and alcohol is a depressant, should not mix this two together.
Does any of your PMH contradict your medications?	No
What type of PMH can you determine you have based off this medication	I have anxiety, and depression
What would you teach yourself if you were taking these medications?	May cause mild pupillary dilation, which may lead to acute closure glaucoma, have eye exam before starting, dilute oral concentrate before taking it. Mix with ginger ale, lemon or lime soda, lemonade, orange juice, or water. Increases the risk of serotonin syndrome and reactions that resemble neuroleptic malignant syndrome. Advise family members or caregivers to watch for suicidal thinking or behavior. Do not stop abruptly, taper off the med to avoid withdrawal symptoms.
What would you do if you missed a medication?	Take missed dose when you remember you forgot it.
How much would your medication cost per month if	\$8.63 with GoodRx discount

you had to pay for it out of pocket?	\$45.60 without (Walmart)
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Drug #3 Lorazepam	Drug Name (Generic): Lorazepam
Drug Class: Antianxiety, anticonvulsant, sedative	Drug Name (Trade): Ativan
How I will take the medication:	I will take tablets by mouth daily. Once in the morning and then again in the afternoon
What is the lowest dose of the medication?	1mg or 0.5 mg for elderly
Specific Directions:	Adults take 1 to 3 mg twice daily or three times daily. Maximum 10 mg daily. Elderly or debilitated patients, initial dose may be reduced to 0.5 to 2mg daily in divided doses.
Does it counteract with my other medications?	Yes
My lifestyle interactions:	Alcohol use can increase my CNS depression and severe respiratory depression
(Daily tobacco use/ETOH – 3 beers daily)	
Does any of your PMH contradict your medications?	Yes, acute angle-closure glaucoma
What type of PMH can you determine you have based off this medication	Past medical history of anxiety
What would you teach yourself if you were taking these medications?	Take exactly as prescribed and not to stop without consulting doctor for risk of withdrawal symptoms, avoid hazardous activities, avoid alcohol, if pregnant discontinue early in third trimester, can have fatal effects if mixed with opioid
What would you do if you missed a medication?	Can take dose later in day just as long as you don't exceed 10mg
How much would your medication cost per month if you had to pay for it out of pocket?	\$9.05 with GoodRx \$44.15 without (Walmart)

Drug #4 Spironolactone	Drug Name (Generic): Spironolactone
Drug Class: Antihypertensive	Drug Name (Trade): Aldactone
How I will take the medication:	I will take this by mouth once daily
What is the lowest dose of the medication?	25mg
Specific Directions:	100mg daily as single dose for at least 5 days
Does it counteract with my other medications?	Yes, NSAIDS
My lifestyle interactions:	There is no reason for not being able to have my three drinks
(Daily tobacco use/ETOH – 3 beers daily)	
Does any of your PMH contradict your medications?	Yes, my hypotension medication
What type of PMH can you determine you have based off this medication	Heart failure, hypertension, and edema
What would you teach yourself if you were taking these medications?	I will take with meals or milk, measure blood pressure and report above 140/90, may cause dizziness, avoid driving, and hazardous activities
What would you do if you missed a medication?	If medication is missed, then I will take mine the next morning.
How much would your medication cost per month if you had to pay for it out of pocket?	\$14 for a 30 day supply (Walmart)

Drug #5 Metformin	Drug Name (Generic): Metformin
Drug Class: Antidiabetic	Drug Name (Trade): Fortamet, Gen-Merformin (CAN), Glucophage, Glucophage XR, Glumetza, Glycon (CAN), Novo-Metformin (CAN), Riomet
How I will take the medication:	I will take this medication by mouth
What is the lowest dose of the medication?	500mg

Specific Directions:	500 to 1,000 mg once daily in the evening. Increased in increments of 500mg weekly as needed. Maximum of 2,500mg daily. If control isn't achieved after 4 weeks at maximum dosage, an oral sulfonylurea may be prescribed.
Does it counteract with my other medications?	No, it does not
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Alcohol increases the risk of hypoglycemia and lactate formation
Does any of your PMH contradict your medications?	No
What type of PMH can you determine you have based off this medication	I am prediabetic. In the pre- phase of disease. This medication can help lower my A1C and I can lose weight to help also.
What would you teach yourself if you were taking these medications?	Take immediate release form at breakfast if taking it once day or at breakfast and dinner if twice day. Take exactly as prescribed do not change dosage or frequency. Check blood glucose levels regularly, controlling weight, exercise and following diet. Avoid alcohol, report early signs of lactic acidosis, drowsiness, hyperventilation, malaise, and muscle pain, expect lab testing every 3 months until blood glucose is controlled.
What would you do if you missed a medication?	Do not take missed dose. Take the required dose the following day.
How much would your medication cost per month if you had to pay for it out of pocket?	\$4.00 with GoodRx price \$27.53 without (Walmart)

Drug #6 Amlodipine Besylate	Drug Name (Generic): Amlodipine Besylate
Drug Class: Antianginal, antihypertensive	Drug Name (Trade): Norvasc
How I will take the medication:	I will take this medication by mouth daily
What is the lowest dose of the medication?	2.5mg
Specific Directions:	5mg daily, increased gradually over 10 to 14 days, as needed. Maximum 10mg daily
Does it counteract with my other medications?	No this does not
My lifestyle interactions:	Alcohol does not have an effect on this drug
(Daily tobacco use/ETOH – 3 beers daily)	
Does any of your PMH contradict your medications?	No
What type of PMH can you determine you have based off this medication	I have hypertension
What would you teach yourself if you were taking these medications?	Immediately notify provider of dizziness, arm or leg swelling, difficulty breathing, hives or rash. Take with food to reduce GI upset. Have blood pressure checked routinely for possible hypotension
What would you do if you missed a medication?	Take missed dose as soon as remembered and next dose within 24 hours
How much would your medication cost per month if you had to pay for it out of pocket?	\$11.87with GoodRx coupon \$37.29 without Walmart

Drug #7 Atorvastatin	Drug Name (Generic): Atorvastatin
Drug Class: Antihyperlipidemic	Drug Name (Trade): Lipitor

How I will take the medication:	I will take this medication by mouth daily in the morning
What is the lowest dose of the medication?	10mg
Specific Directions:	Initial 10 to 20mg once daily, then increased according to lipid level. Maintenance 10 to 80mg once daily.
Does it counteract with my other medications?	Yes, Amlodipine
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	It does not show any side effects to my drinking 3 beers daily
Does any of your PMH contradict your medications?	Yes, this can contraindicate my medicine for hypertension and MI
What type of PMH can you determine you have based off this medication	Hypercholesterolemia
What would you teach yourself if you were taking these medications?	It is not a substitute for low cholesterol diet, take drug same time each day to maintain effect, consult doctor before taking OTC niacin due to risk of rhabdomyolysis, muscle pain, tenderness, or weakness especially if accompanied by fatigue or fever. Monitor blood glucose levels closely
What would you do if you missed a medication?	Take missed dose as soon as possible. If almost time for next dose, skip the missed dose. Do not double the dose
How much would your medication cost per month if you had to pay for it out of pocket?	\$8.90 GoodRx \$122.36 Walmart

Drug #8 St. John's Wort	Drug Name (Generic): St. John's Wort
Drug Class: OTC dietary supplement	Drug Name (Trade): Hypericum perforatum
How I will take the medication:	I will take this by mouth

What is the lowest dose of the medication?	300mg
Specific Directions:	Take one pill 3x per day with meals. Not recommended for children
Does it counteract with my other medications?	Yes, it does. Anticonvulsant medications
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	I should not drink alcohol while taking this medication it can enhance the relaxation and sleep promoting effects.
Does any of your PMH contradict your medications?	Yes, this medication can increase a chemical in the brain if taken with other medications for depression.
What type of PMH can you determine you have based off this medication	I am using this medication as a supplement to treat depression, and anxiety
What would you teach yourself if you were taking these medications?	I should not take this with other antidepressant medications, risk of serotonergic crisis, may cause mania, do not take if pregnant, or lactating, avoid strong sunlight, stop taking if side effects are intolerable or drug interactions unacceptable
What would you do if you missed a medication?	If missed dosage, just take the next dose when it is time. No need to double up doses
How much would your medication cost per month if you had to pay for it out of pocket?	\$8.29 Walgreens

Drug #9 Nitroglycerin	Drug Name (Generic): Nitroglycerin
Drug Class: Antihypertensive, vasodilator	Drug Name (Trade): Gen-Nitro, GoNitron, Minitran, Nitro-Bid, Nitrocot
How I will take the medication:	I will take this medication sublingual when needed.
What is the lowest dose of the medication?	0.3mg
Specific Directions:	0.3 to 0.6mg, repeated every 5 min. Maximum 3 tabs in 15 minutes
Does it counteract with my other medications?	Yes, antihypertensives
My lifestyle interactions:	Alcohol can increase orthostatic hypotension

(Daily tobacco use/ETOH – 3 beers daily)	
Does any of your PMH contradict your medications?	Hypotension, acute MI, anemia
What type of PMH can you determine you have based off this medication	Hypertension, acute myocardial infarction
What would you teach yourself if you were taking these medications?	Recognize signs and symptoms of angina pectoris, chest fullness, pain and pressure. Pain may radiate down left arm or into neck or jaw, notify provider immediately about blurred vision, dizziness or severe headache, change positions slowly to minimize orthostatic hypotension, avoid alcohol and erectile dysfunction drugs, keep medication in original container
What would you do if you missed a medication?	If after the first dose, I don't feel relief need to call 911 and take second dose, then wait 5 minutes and take 3rd and final dose if still don't feel relief.
How much would your medication cost per month if you had to pay for it out of pocket?	2.5mg (60 each) \$48.55 6.5mg (60 each) \$53.08 9mg (60 each) \$66.99

Drug #10 Paroxetine Hydrochloride	Drug Name (Generic): Paroxetine Hydrochloride
Drug Class: Antianxiety	Drug Name (Trade): Paxil, Paxil CR
How I will take the medication:	I will take this medication by mouth daily. 2 12.5mg tablets daily every week. Maximum 62.5 mg daily. If taken orally it will be 20 to 60 mg daily.
What is the lowest dose of the medication?	Tablets 12.5mg

	Orally suspension 10mg
Specific Directions:	12.5mg daily in the morning, increased as needed after 1 week to 25mg daily. Or 12.5mg daily in the morning only during luteal phase of menstrual cycle.
Does it counteract with my other medications?	Yes, this counteracts with St. John's Wort
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Avoid alcohol during therapy, effects with paroxetine are unknown
Does any of your PMH contradict your medications?	Non-known
What type of PMH can you determine you have based off this medication	I have anxiety, depression and panic disorder
What would you teach yourself if you were taking these medications?	Take this medication in the morning to minimize insomnia and take with food. Avoid taking C.R. paroxetine within 2 hours of antacid. Swallow tablet whole, do not chew, crush or cut. May cause mild pupil dilation, watch for suicidal ideations, do not take aspirin or NSAIDS due to risk of bleeding, do not stop drug abruptly instead taper off, notify provider if unexplained bone pain, bruising, joint tenderness or swelling, have eye exam before starting medication
What would you do if you missed a medication?	Do not double up on dose. Take the next prescribed dosage
How much would your medication cost per month if you had to pay for it out of pocket?	\$11.94 GoodRx price \$38.31 Walmart without coupon

Drug #11 Allopurinol	Drug Name (Generic): Allopurinol
Drug Class: Antigout	Drug Name (Trade): Lupurin, Purinol, Zyloprim, Aloprim

How I will take the medication:	I will take this medication by mouth daily
What is the lowest dose of the medication?	100mg
Specific Directions:	Take 100mg daily increased by 100mg/wk until serum uric acid level is 6mg/dl or less. Dosage above 300mg daily given in doses. Maximum 800mg daily.
Does it counteract with my other medications?	Yes, this will interact with chlorpropamide
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	I should avoid alcohol
Does any of your PMH contradict your medications?	No, this does not have contraindications to my past medial history
What type of PMH can you determine you have based off this medication	I have gout
What would you teach yourself if you were taking these medications?	Take after meals and drink enough water 8 to 10 full glasses to produce daily urinary output of at least 2L, report unusual bleeding or bruising, fever, chills, gout attack, numbness, tingling, inform that gout attacks may occur more often in early allopurinol treatment, results may not be noticeable for 2 weeks or longer, not to drive or perform hazardous tasks if drug causes drowsiness
What would you do if you missed a medication?	If dosage is missed, then take the next prescribed dosage do not double up on doses
How much would your medication cost per month if you had to pay for it out of pocket?	\$8.73 with GoodRx \$15.78 Walmart

Drug #12 Risperidone	Drug Name (Generic): Risperidone
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Drug Class: Antipsychotic	Drug Name (Trade): Risperdal, Risperdal Consta
How I will take the medication:	I will take these tablets by mouth twice daily. With my morning breakfast and then again with my dinner
What is the lowest dose of the medication?	1mg adults 0.5 children
Specific Directions:	1mg twice daily on day 1; 2mg twice daily on day 2; 3mg twice daily on day 3; or 2mg daily on day 1; 4mg daily on day 2; 6mg daily on day 3. Then increased by 1 to 2 mg daily at 1 -2- week intervals, as needed. Maximum 16mg daily
Does it counteract with my other medications?	Yes, it interacts with my other antihypertensive medications
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Alcohol causes addictive CNS depression
Does any of your PMH contradict your medications?	Yes, I am elderly, and with seizure medications and schizophrenia, I should use cautiously
What type of PMH can you determine you have based off this medication	Bipolar disorder, psychotic disorder
What would you teach yourself if you were taking these medications?	Dilute with water, coffee, orange juice, or low-fat milk, but not with cola or tea. Avoid alcohol because addictive CNS effects, monitor blood glucose levels closely. Place immediately on tongue where it will dissolve, do not chew tablets
What would you do if you missed a medication?	Take the dose when remember it was forgotten and then take next prescribed dose at given time
How much would your medication cost per month if you had to pay for it out of pocket?	\$13.55 with GoodRx \$78.10 without at Walmart

What was difficult about maintaining your medication regiment?

I found this to be difficult due to some of the medications had to be taken at exact times, and if doses were missed some needed to be doubled up on and others were not taken till the next dose. Remembering how many tablets of each to take and the different interactions that certain medications had with others. Some pills were to be taken with food while others were not to be taken with food or water. Knowing which meds could be crushed or chewed and which ones had to be swallowed whole. The hardest part is knowing how many, what time, and what to do if missed. Also, they had different side effects and when to notify provider of serious side effects.

Why do you think it is difficult for patients to remain compliant?

I feel that it is hard for patients to remain compliant with all these medications, because there are so many to take. As we get older, we tend to forget things and to remember to take 12 different pills more than once a day for some of them can be confusing. Yes, the pill container is nice, but we need to remember to fill it up. I also think that as we age, we lose our grip and getting those pills out can be tricky, not to mention see which one we are taking or need to take. I know for me, I tend to have a hard time swallowing large pills, as it takes me a lot of water to get them down. This may also be an issue for the elder as well.

What would you do if you missed a medication or had questions?

If I missed a medication, I would take the missed dose with the next dosage for some. On other medications I would just take the next dosage and not double them up. If I had questions about what medications to take or what to do if missed, then I would call my providers office and ask the appropriate questions.

What would your monthly out of pocket expense for your twelve medications cost you (Total Cost for all 12 meds)?

With GoodRx the cost will be: \$96.13 per month

Without discount the cost will be: \$528.57 per month

Reflective Statement of Experience:

After looking up and learning about the daily medications that one must take, it makes more sense as to why older people do not like to go to the doctor. I feel like this is too many medications for one person to take and some of them treat the same things such as anxiety and depression, yet I was taking multiple drugs for these. I also, don't understand how we as health care providers can expect

people to be compliant with taking the medications daily. This is a cost they might not be easily budgeted into an already tight budget. After doing this project it makes one think twice about how I treat my body. I might not feel the effects today but as I age who knows what medications I may be on for the choices I made in my early years.

References

Jones & Bartlett Learning, 2018 Nurse's Drug Handbook. 17th Ed

Pharmacy Coupons. <https://www.goodrx.com/coupons>

Epocrates

Walmart.com