

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

November 20, 2018

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. Hypertension	4. Heart failure, Hypertension/ Hypokalemia	7. Hypercholesterolemia	10. Depression/Anxiety Antipanic
2. Depression/Anxiety/OCD	5. Type II Diabetes	8. Depression	11. Gout/Hyperuricemia
3. Anxiety	6. Hypertension/CAD	9. Angina	12. Acute mania/ Bipolar

Drug #1 Labetalol Hcl**Drug Class:** Alpha-beta-adrenergic blocker
ReferenceFrandsen, G., & Pennington, S. S. (2018). *Abrams clinical***Drug Name (Generic):** labetalol Hcl**Drug Name (Trade):** Normodyne

Reference

<i>drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health.	<i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.
How I will take the medication:	PO Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.
What is the lowest dose of the medication?	100 mg Reference Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health
Specific Directions:	Take labetalol Hcl twice daily by mouth. It can be increased 100 mg twice daily as needed and tolerated every 2-3 days. It can be taken with or without food. Take at the same time every day. References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Labetalol: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a685034.html
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Amlodipine Besylate- increase anti-hypertensive channel blocking ▪ Metformin- increased risk of hyperglycemia ▪ Nitroglycerin- possible hypertension Reference Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol with labetalol hct increases the effects of labetalol in lowering blood pressure. Labetalol might take longer to leave the body, which can increase the side effects of the drug. Taking labetalol with alcohol can cause dizziness, lightheadedness, fainting, and change in heart rate. References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Labetalol and Alcohol / Food Interactions. (n.d.). Retrieved from https://www.drugs.com/food-interactions/labetalol.html
Does any of your PMH contradict your medications?	Diabetes Reference Labetalol: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a685034.html
What type of PMH can you determine you have based off this medication	High blood pressure

	<p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Report any confusion, difficulty breathing, rash, or swelling in the arms and legs ▪ Take at the same time everyday ▪ Do not stop taking the drug abruptly; doing so could cause rebound hypertension ▪ Change positions slowly to reduce the effects of hypotension ▪ Scalp tingling can occur early in the treatment but should subside ▪ Do not drink alcohol while on this medication ▪ If cataract surgery is needed, make sure the provider is aware of being on this medication ▪ Store at room temperature and away from excessive heat and moisture; the bathroom is not a good place to keep this medication ▪ Keep out of reach of children <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Labetalol: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a685034.html</p>
<p>What would you do if you missed a medication?</p>	<p>Take the missed dose as soon as soon as you remember, unless it is not almost time for the next dose. If it is almost time for the next dose, skip it. Do not double dose to make up for a missed one.</p> <p>Reference Labetalol: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a685034.html</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$49.30</p> <p>Reference Labetalol Prices and Labetalol Coupons. (n.d.). Retrieved from https://www.goodrx.com/labetalol</p>

<p>Drug #2 Sertraline HCL</p>	<p>Drug Name (Generic): sertraline hydrochloride</p>
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<p>Drug Class: Selective Serotonin Reuptake Inhibitor</p> <p>Reference Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice</i>. Philadelphia: Wolters Kluwer Health.</p>	<p>Drug Name (Trade): Zoloft</p> <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>How I will take the medication:</p>	<p>PO</p> <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning</p>
<p>What is the lowest dose of the medication?</p>	<p>25 mg</p> <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning</p>
<p>Specific Directions:</p>	<p>Take sertraline at the same time every day by mouth either in the morning or evening. It can be increased in increments of 25-30 mg daily every week, as needed. The maximum dose is 200 mg daily.</p> <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning</p>
<p>Does it counteract with my other medications?</p>	<ul style="list-style-type: none"> ▪ Paroxetine-both paroxetine and sertraline increase serotonin levels; too much SSRI ▪ St. John's Wort- increased risk of potentially fatal serotonin syndrome ▪ Risperidone- sertraline increases the level or risk of risperidone by effecting hepatic enzyme CYP2D6 metabolism ▪ Metformin- sertraline increases the effect of metformin <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>Drinking alcohol while taking sertraline can make your depression and anxiety worse. Alcohol can counteract the effects of the medication. The side effects of sertraline can be worse if you drink alcohol. Combing alcohol and antidepressants can affect judgment, coordination, motor skills, and reaction time. It may also may you sleepy.</p> <p>Reference Hall-Flavin, M. D. (2017, June 09). Antidepressants and alcohol: What's the concern? Retrieved from https://www.mayoclinic.org/diseases-conditions/depression/expert-answers/antidepressants-and-alcohol/faq-20058231</p>
<p>Does any of your PMH contradict your medications?</p>	<p>Bipolar</p>

	<p>Reference Zoloft (Sertraline Hcl): Side Effects, Interactions, Warning, Dosage & Uses. (n.d.). Retrieved from https://www.rxlist.com/zoloft-drug.htm#warnings</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>Depression and Anxiety</p> <p>References 2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Have an exam before starting the therapy because the drug can cause mild pupillary dilation much can cause an episode of acute closure glaucoma ▪ Avoid hazardous activities until the CNS effects are known ▪ Family and friends need to monitor you for signs of suicidal thinking, especially around the time of dosage changes ▪ Do not stop taking the drug abruptly; the drug needs to be gradually tapered ▪ You should notify your provider if you become pregnant ▪ Talk to your provider before taking any over the counter medicines <p>Reference 2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>What would you do if you missed a medication?</p>	<p>If you miss a dose, you should take it as soon as you remember. If it is almost time for the next dose, skip the missed dose and continue the regular dosing schedule. Do not double dose.</p> <p>Reference Sertraline: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a697048.html</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$ 47.39</p> <p>Reference Sertraline Prices and Sertraline Coupons. (n.d.). Retrieved from https://www.goodrx.com/sertraline</p>

<p>Drug #3 Lorazepam</p> <p>Drug Class: Benzodiazepines</p> <p>References 2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</p>	<p>Drug Name (Generic): lorazepam</p> <p>Drug Name (Trade): Ativan</p> <p>References 2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>How I will take the medication:</p>	<p>PO</p>

	<p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What is the lowest dose of the medication?	<p>1 mg</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Specific Directions:	<p>Take lorazepam two to three times daily (depending on the prescription) by mouth. The maximum dose is 10 mg daily. It can be taken with or without food. This is a habit-forming medication, so do not take a larger dose, take it more often or longer than prescribed.</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Lorazepam: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682053.html</p>
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Risperidone- both increase sedation ▪ Atorvastatin- metabolism of atorvastatin decreased ▪ St. John's Wort-metabolism of lorazepam increased <p>Reference Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker</p>
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	<p>Lorazepam should not be taken with alcohol because it can cause serious life-threatening side effects. It increases CNS depression and can cause severe respiratory depression. Taking lorazepam while using tobacco products can decrease the effectiveness of the medication. Tell your doctor if you are a tobacco user.</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Lorazepam: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682053.html</p>
Does any of your PMH contradict your medications?	<p>Alcohol abuse (3 beers daily) Depressive disorder or psychosis (Bipolar)</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Ativan (Lorazepam): Side Effects, Interactions, Warning, Dosage & Uses. (n.d.). Retrieved from https://www.rxlist.com/ativan-drug.htm#warnings</p>
What type of PMH can you determine you have based off this medication	<p>High anxiety levels</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What would you teach yourself if you were taking	<ul style="list-style-type: none"> ▪ Do not stop without talking to your provider first

these medications?	<ul style="list-style-type: none"> ▪ Avoid hazardous activities until the CNS effect is known ▪ Avoid alcohol while taking lorazepam ▪ Report excessive drowsiness and nausea ▪ If pregnant, discontinue the medication early in the third trimester to avoid withdrawal symptoms in the newborn ▪ Inform all providers of lorazepam use, especially when pain medication may be prescribed ▪ There is potentially fatal additive effects of combining lorazepam and opioids ▪ Inform provider of all medications you are taking, including over the counter and herbals ▪ Tell your doctor if you ever been diagnosed with glaucoma, had seizures, and heart, lung, or liver disease <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Lorazepam: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682053.html</p>
What would you do if you missed a medication?	<p>If you take multiple doses a day and miss one, skip the missed dose and continue taking on the normal schedule. Do not double dose to make up for a missed dose.</p> <p>Reference Lorazepam: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682053.html</p>
How much would your medication cost per month if you had to pay for it out of pocket?	<p>\$44.15</p> <p>Reference Lorazepam Prices and Lorazepam Coupons. (n.d.). Retrieved from https://www.goodrx.com/lorazepam</p>

Drug #4 Spironolactone	Drug Name (Generic): spironolactone
Drug Class: Aldosterone receptor antagonists	Drug Name (Trade): Aldactone
How I will take the medication:	<p>PO</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What is the lowest dose of the medication?	<p>25 mg</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>

<p>Specific Directions:</p>	<p>Take spironolactone with food or milk by mouth once daily if your serum creatinine is equal to or less than 2.5 mg/dl and serum potassium is equal to or less than 5.0 mEq/L. It should be taken early in the day to avoid frequent trips to the bathroom at night. Dosage can be increased up to 50 mg once daily as needed. Take at the same time every day.</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health.</p>
<p>Does it counteract with my other medications?</p>	<ul style="list-style-type: none"> ▪ Labetalol Hct- both increase serum potassium ▪ Atorvastatin- increased level or effect of atorvastatin ▪ Risperidone- increased level of effect of atorvastatin <p>Reference Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>You should not drink alcohol while taking spironolactone. It can decrease the effectiveness of the drug. Avoiding tobacco is helpful in treating high blood pressure. You should avoid tobacco products.</p> <p>Reference Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health. Spironolactone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682627.html</p>
<p>Does any of your PMH contradict your medications?</p>	<p>Diabetes, Hyperkalemia, Hyperuricemia</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>Heart Failure, Hypertension, Hypokalemia</p> <p>Reference Spironolactone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682627.html</p>
<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Take with meals or milk ▪ If you can't swallow tablets, the pharmacy can crush and mix them in a syrup ▪ Monitor your blood pressure and report greater pressure than 140 mm Hg

	<p>systolic or 90 mm Hg diastolic</p> <ul style="list-style-type: none"> ▪ You may have dizziness if your fluid balance is altered ▪ Do not drive or perform any hazardous activities until you know the effects of the drug ▪ Inform your provider if you begin taking any new medications, including over the counter ▪ Reduce sodium intake in your diet; avoid excessive salt use and salty foods ▪ Have your serum potassium levels checked regularly ▪ Check and record your weight two to three times per week ▪ Avoid prolonged sun exposure; use sunscreens and protective clothing ▪ Do not drink alcohol ▪ Tell your doctor if you have Addison’s disease or any other conditions that cause high potassium levels ▪ It can take a couple of weeks to see the effectiveness of the drug <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health. Spironolactone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682627.html</p>
<p>What would you do if you missed a medication?</p>	<p>Take the missed dose as soon as you remember it. If it is almost time for the next dose, skip the missed dose and continue with normal scheduling. Do not double dose to make up for the missed dose.</p> <p>Reference Spironolactone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682627.html</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$16.03</p> <p>Reference Spironolactone Prices and Spironolactone Coupons. (n.d.). Retrieved from https://www.goodrx.com/spironolactone</p>

<p>Drug #5 Metformin</p>	<p>Drug Name (Generic): metformin</p>
<p>Drug Class: Dimethylbiguanide</p>	<p>Drug Name (Trade): Glucophage</p>

References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.	References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.
How I will take the medication:	PO Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.
What is the lowest dose of the medication?	500 mg Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.
Specific Directions:	Take metformin twice daily by mouth, increased as prescribed by 500 mg a week or by 850 mg every two weeks. This is done until the desired response is achieved. The maximum daily dose is 2,550 mg a day. You need to take immediate-release tablets at breakfast if you are taking it once a day. If you are taking it twice a day take one at breakfast and one at dinner. Swallow tablets whole. Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Paroxetine- increases the effect of metformin ▪ Sertraline- increases the effect of metformin ▪ Amlodipine- decreases the effect of metformin ▪ Risperidone- risk of hyperglycemia Reference Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	You should not drink alcohol while taking metformin. Alcohol increases the effectiveness of the drug and increases the risk for hypoglycemia. Drinking alcohol while on metformin also increases the risk for developing lactic acidosis. Avoiding tobacco products can help in the management of diabetes. Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health. Metformin: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a696005.html#if-i-forget
Does any of your PMH contradict your medications?	Heart Failure Reference Contraindications for Metformin Oral. (n.d.). Retrieved from https://www.webmd.com/drugs/2/drug-11285-7061/metformin-oral/metformin-oral/details/list-contraindications

<p>What type of PMH can you determine you have based off this medication</p>	<p>Type II Diabetes</p> <p>Reference Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice</i>. Philadelphia: Wolters Kluwer Health.</p>
<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Take at breakfast if you are taking once a day; take at breakfast and dinner if you are taking it twice a day ▪ Check blood glucose levels know the signs and symptoms of hypoglycemia and hyperglycemia ▪ Notify provider of abnormal glucose levels ▪ Avoid alcohol- it can increase the risk of hypoglycemia ▪ Report signs of lactic acidosis such as drowsiness, hyperventilation, malaise, and muscle pain ▪ Glycosylated hemoglobin labs should be done every 3 months blood glucose is under control ▪ Family members should be able to recognize and manage hypoglycemia ▪ Ask for written instructions for “sick days” <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning. Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice</i>. Philadelphia: Wolters Kluwer Health.</p>
<p>What would you do if you missed a medication?</p>	<p>Take the missed dose as soon as you remember it. If it is almost time for the next dose, skip the missed dose and continue taking as scheduled. Do not overdose.</p> <p>Reference Metformin: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a696005.html#if-i-forget</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$27.53</p> <p>Reference Metformin Prices and Metformin Coupons. (n.d.). Retrieved from https://www.goodrx.com/metformin</p>

<p>Drug #6 Amlodipine Besylate</p> <p>Drug Class: Calcium Channel Blocker</p> <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning.</p>	<p>Drug Name (Generic): amlodipine besylate</p> <p>Drug Name (Trade): Norvasc</p> <p>Reference <i>2018 Nurses drug handbook</i>. (2018). Burlington, MA: Jones & Bartlett Learning.</p>
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How I will take the medication:	PO Reference <i>2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</i>
What is the lowest dose of the medication?	5 mg Reference <i>2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</i>
Specific Directions:	Take daily by mouth with food to prevent GI upset. The dose is increased gradually over 10-14 days if needed. The maximum daily dose is 10 mg. Reference <i>2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</i>
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Labetalol- they both increase anti-hypertensive channel blocking ▪ Nitroglycerin- increases toxicity of one another ▪ St. John's Wort- decreases level of amlodipine ▪ Metformin- amlodipine decreases the effect of metformin
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Drinking alcohol can raise your blood pressure. If you have more than 3 drinks at one time, it can temporarily raise your blood pressure. If you drink every day, it can keep your blood pressure high. You should abstain from alcohol or limit the amount consumed while on a medication that is helping to lower your blood pressure. Tobacco use can increase your blood pressure. If you are trying to lower your blood pressure, you need to quit smoking. Reference 10 ways to control high blood pressure without medication. (2018, April 10). Retrieved from https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974 Sheps, M. S. (2015, October 03). Alcohol: Does it affect blood pressure? Retrieved from https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/expert-answers/blood-pressure/faq-20058254
Does any of your PMH contradict your medications?	Diabetes, Heart failure References <i>2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</i>
What type of PMH can you determine you have based off this medication	High blood pressure and stable angina Reference <i>2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning</i>

<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Notify provider immediately of dizziness, arm or leg swelling, difficulty breathing, hives, or rash ▪ Take with food to reduce GI upset ▪ Have blood pressure checked routinely for hypotension ▪ Take at the same time each day ▪ <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health.</p>												
<p>What would you do if you missed a medication?</p>	<p>If you miss a dose, take the dose as soon as you remember and take the next dose in 24 hours.</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>												
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Dosage</th> <th style="text-align: left;">Quantity</th> <th style="text-align: left;">Price Without Insurance</th> </tr> </thead> <tbody> <tr> <td>2.5mg</td> <td>30 tablets</td> <td>\$33.00</td> </tr> <tr> <td>5mg</td> <td>30 tablets</td> <td>\$34.00</td> </tr> <tr> <td>10mg</td> <td>30 tablets</td> <td>\$35.00</td> </tr> </tbody> </table> <p>Reference Amlodipine Price. (n.d.). Retrieved from https://www.truemedcost.com/amlodipine-price/</p>	Dosage	Quantity	Price Without Insurance	2.5mg	30 tablets	\$33.00	5mg	30 tablets	\$34.00	10mg	30 tablets	\$35.00
Dosage	Quantity	Price Without Insurance											
2.5mg	30 tablets	\$33.00											
5mg	30 tablets	\$34.00											
10mg	30 tablets	\$35.00											

<p>Drug #7: Atorvastatin</p> <p>Drug Class: HMG CoA inhibitors</p>	<p>Drug Name (Generic): atorvastatin</p> <p>Drug Name (Trade): Lipitor</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>How I will take the medication:</p>	<p>PO</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>What is the lowest dose of the medication?</p>	<p>10 mg</p>

	<p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Specific Directions:	<p>Take atorvastatin once daily by mouth with or without food. Take it at the same time each day. Your provider may increase your dose according to lipid level.</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Atorvastatin: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a600045.html</p>
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Amlodipine- increase atorvastatin level ▪ St. John's Wort- decrease the level or effect of atorvastatin ▪ Risperidone- atorvastatin will increase the level of risperidone ▪ Spironolactone- increases level of atorvastatin <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker</p>
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	<p>Drinking alcohol while taking atorvastatin can raise triglyceride levels and can increase your risk of liver damage. You need to follow a lifestyle that will lower cholesterol. Using alcohol and tobacco is not included in this lifestyle.</p> <p>Reference Lipitor (Atorvastatin) - Side Effects, Dosage, Interactions - Drugs. (2014, October 06). Retrieved from https://www.everydayhealth.com/drugs/lipitor</p>
Does any of your PMH contradict your medications?	<p>Coronary Artery Disease, Alcohol Use, Hypertension</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What type of PMH can you determine you have based off this medication	<p>Hypercholesterolemia</p> <p>Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice</i>. Philadelphia: Wolters Kluwer Health</p>

<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Atorvastatin is not a replacement for a low-cholesterol diet ▪ Take the medication at the same time everyday ▪ Contact your provider before taking over the counter niacin ▪ Notify provider immediately if you experience muscle pain, tenderness, or weakness and if you have a fever or fatigue ▪ If you are diabetic, monitor blood glucose levels closely ▪ It is important to keep appointments to monitor liver function ▪ Tell your doctor if you have liver disease ▪ Tell your doctor of alcohol use ▪ Do not breastfeed while taking atorvastatin ▪ Eat a low-fat, low-cholesterol diet ▪ Drink large amounts of water while taking this medication ▪ Grapefruit juice, pomegranate juice, red yeast rice, sitostanol, and vitamin B3 all increase the effects of atorvastatin <p>References 2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning. Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice</i>. Philadelphia: Wolters Kluwer Health. Atorvastatin: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a600045.html</p>
<p>What would you do if you missed a medication?</p>	<p>If you miss a dose, take the next dose as soon as you remember. If it is almost time for the next dose, skip the missed dose and continue on the normal dosing schedule. Do not double dose.</p> <p>References 2018 Nurses drug handbook. (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$122.36</p> <p>Reference Atorvastatin Prices and Atorvastatin Coupons. (n.d.). Retrieved from https://www.goodrx.com/atorvastatin</p>

<p>Drug #8 St, John’s Wort</p>	<p>Drug Name (Generic): Hypericum perforatum</p>
<p>Drug Class:</p>	<p>Drug Name (Trade): St. John’s Wort</p>
<p>How I will take the medication:</p>	<p>Oral</p>

	Reference St. John's Wort. (n.d.). Retrieved from https://www.webmd.com/depression/supplement-guide-st-johns-wort
What is the lowest dose of the medication?	300 milligrams Reference St. John's Wort. (n.d.). Retrieved from https://www.webmd.com/depression/supplement-guide-st-johns-wort
Specific Directions:	St. John's Wort should be taken with meals. After the initial treatment of 300 milligrams, the dose may be changed to 600 milligrams. Reference St. John's Wort. (n.d.). Retrieved from https://www.webmd.com/depression/supplement-guide-st-johns-wort
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Paroxetine- both increase serotonin levels; risk for serotonin syndrome ▪ Sertraline- both increase serotonin levels; risk for serotonin syndrome ▪ Atorvastatin- decreases the level of atorvastatin ▪ Risperidone- decreases level of risperidone ▪ Amlodipine- decreases level of amlodipine Reference Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol may decrease the effectiveness of the medication. St. John's Wort may actually help with smoking cessation. References St. John's wort Uses, Side Effects & Warnings. (n.d.). Retrieved from https://www.drugs.com/mtm/st-john-s-wort.html
Does any of your PMH contradict your medications?	Hypercholesterolemia, Hypertension, Bipolar Reference St. John's wort Uses, Side Effects & Warnings. (n.d.). Retrieved from https://www.drugs.com/mtm/st-john-s-wort.html
What type of PMH can you determine you have based off this medication	Depression References St. John's wort Uses, Side Effects & Warnings. (n.d.). Retrieved from https://www.drugs.com/mtm/st-john-s-wort.html
What would you teach yourself if you were taking	<ul style="list-style-type: none"> ▪ St. John's Wort can interact with many medications. Do not take it with any prescriptions.

these medications?	<ul style="list-style-type: none"> ▪ Check with your doctor before taking this medication <p>Reference St. John's wort. (2017, October 13). Retrieved from https://www.mayoclinic.org/drugs-supplements-st-johns-wort/art-20362212</p>
What would you do if you missed a medication?	<p>If you miss a dose, you can take it when you remember. If it is almost time for the next dose, do not take the missed dose. Do not double dose.</p> <p>References St. John's wort Uses, Side Effects & Warnings. (n.d.). Retrieved from https://www.drugs.com/mtm/st-john-s-wort.html</p>
How much would your medication cost per month if you had to pay for it out of pocket?	<p>\$8.29</p> <p>Reference St. Johns Wort. (n.d.). Retrieved from https://www.walgreens.com/q/st-johns-wort</p>

<p>Drug #9 Nitroglycerin</p> <p>Drug Class: Nitrate</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>	<p>Drug Name (Generic): nitroglycerin</p> <p>Drug Name (Trade): Nitro-Bid</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
How I will take the medication:	<p>Sublingual Tablet</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What is the lowest dose of the medication?	<p>0.3 mg</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Specific Directions:	<p>Put 1 nitroglycerin sublingual tablet under your tongue at the start of chest pain. Sit or lie down. Make sure it dissolves completely. If pain does not subside, call 911. Sublingual tablets are used 5 mins apart for 15 minutes. The maximum dose is 3 tablets.</p>

	<p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Amlodipine- increases the effects of nitroglycerin <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	<p>Alcohol can increase the effects of nitroglycerin and cause orthostatic hypotension. Caution the amount of alcohol consumed. Do not use tobacco while the nitroglycerin is dissolving.</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health. Nitroglycerin (Oral Route, Sublingual Route) Proper Use. (2018, October 01). Retrieved from https://www.mayoclinic.org/drugs-supplements/nitroglycerin-oral-route-sublingual-route/proper-use/drg-20072863</p>
Does any of your PMH contradict your medications?	<p>Heart Failure</p> <p>Reference Nitrostat (Nitroglycerin): Side Effects, Interactions, Warning, Dosage & Uses. (n.d.). Retrieved from https://www.rxlist.com/nitrostat-drug.htm#warnings</p>
What type of PMH can you determine you have based off this medication	<p>Angina attacks</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What would you teach yourself if you were taking these medications?	<ul style="list-style-type: none"> ▪ Know the signs and symptoms of angina pectoris ▪ Place tablets under tongue when angina starts then sit or lie down ▪ Do not swallow the sublingual tablet, let it dissolve ▪ Do not rise mouth or spit for 5 minutes after using the drug ▪ If pain does not stop, use another sublingual tablet 5 minutes after the first one ▪ Call 911 if the patient does not subside ▪ Carry the sublingual tablets in the original brown bottle and away from heat ▪ Store in a dry place at room temperature ▪ Replace after 6 months ▪ Headaches are common but usually resolves ▪ Notify provider of blurred vision, dizziness, and severe headache ▪ Change positions slowly to minimize effects of orthostatic hypotension ▪ Avoid alcohol and erectile dysfunction medications during therapy

	<p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What would you do if you missed a medication?	<p>Sublingual tablets are taken as needed for angina pain. They are not to be used on a regular basis.</p> <p>Reference Nitroglycerin (Oral Route, Sublingual Route) Proper Use. (2018, October 01). Retrieved from https://www.mayoclinic.org/drugs-supplements/nitroglycerin-oral-route-sublingual-route/proper-use/drg-20072863</p>
How much would your medication cost per month if you had to pay for it out of pocket?	<p>\$54.34</p> <p>Reference Nitroglycerin Prices and Nitroglycerin Coupons. (n.d.). Retrieved from https://www.goodrx.com/nitroglycerin</p>

<p>Drug #10 Paroxetine Hcl</p> <p>Drug Class: Serotonin Reuptake Inhibitor</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>	<p>Drug Name (Generic): paroxetine Hcl</p> <p>Drug Name (Trade): Paxil</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
How I will take the medication:	<p>Po</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What is the lowest dose of the medication?	<p>25 mg</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Specific Directions:	<p>Take paroxetine by mouth daily with food in the morning. Taking it in the morning decreases the insomnia and taking it with food decreases GI upset. It may be increased 12.5 mg daily every week if prescribed. The maximum daily dose is 62.5 mg. Do not take it within 2 hours of an antacid.</p>

	<p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Risperidone- increased plasma levels of the drug ▪ St. John's Wort- both increase serotonin levels, increasing the risk of serotonin syndrome ▪ Sertraline- both increase serotonin levels, increasing the risk of serotonin syndrome ▪ Metformin- increases the effect of metformin <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Drug Interaction Checker. (n.d.). Retrieved from https://reference.medscape.com/drug-interactionchecker</p>
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	<p>The effects of paroxetine with alcohol are not entirely unknown but it may cause paroxetine to be less effective. Alcohol can make depression worse, so it is advised to avoid any consumption. Talking alcohol while on paroxetine can also increase some of the side effects of the medication such as, dizziness, sleepiness, trouble concentrating, irregular heart rhythm, mood swings, suicidal thoughts, and hallucinations. Using tobacco can also increase side effects.</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Paroxetine (Oral Route) Side Effects. (2018, October 01). Retrieved from https://www.mayoclinic.org/drugs-supplements/paroxetine-oral-route/side-effects/drg-20067632?p=1 Paroxetine: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a698032.html</p>
Does any of your PMH contradict your medications?	<p>Heart Failure</p> <p>Reference Paroxetine: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a698032.html</p>
What type of PMH can you determine you have based off this medication	<p>Major depression</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What would you teach yourself if you were taking these medications?	<ul style="list-style-type: none"> ▪ Take in the morning to decrease insomnia ▪ Take with food to reverse GI reactions ▪ Do not take within 2 hours of antacid ▪ Swallow tablets whole; do not crush, chew, or cut them ▪ The drug may cause mild pupillary dilation and acute angle closure glaucoma, you need to have an eye exam before beginning the medication ▪ Tell family to observe for suicidal behaviors

	<ul style="list-style-type: none"> ▪ It may take 4 weeks for the drug to become effective ▪ Do not take aspirin or NSAIDs with paroxetine because they increase the risk of bleeding ▪ Do not stop taking abruptly ▪ Tell your doctor of any herbal medications you are taking, especially St. John’s Wort and Tryptophan ▪ Tell your doctor if you become pregnant <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Paroxetine: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a698032.html</p>
<p>What would you do if you missed a medication?</p>	<p>If you miss a dose, take it as soon as possible. If it is almost time for the next dose, skip the missed dose and continue with the normal dosing schedule. Do not double dose to make up for a missed dose.</p> <p>Reference Paroxetine: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a698032.html</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$147</p> <p>Reference Paroxetine Prices, Coupons & Patient Assistance Programs. (n.d.). Retrieved from https://www.drugs.com/price-guide/paroxetine</p>

<p>Drug #11 Allopurinol</p> <p>Drug Class: Xanthine oxidase inhibitor</p> <p>Reference Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health.</p>	<p>Drug Name (Generic): allopurinol</p> <p>Drug Name (Trade): Zyloprim</p> <p>Reference Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health.</p>
<p>How I will take the medication:</p>	<p>PO</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>What is the lowest dose of the medication?</p>	<p>10 mg</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>

Specific Directions:	<p>Take allopurinol once daily by mouth after meals. You need to drink 8-10 full glasses of water daily, so that you produce a daily urinary output of at least 2 liters. Your dose may be increased by 100 mg a week until your serum acid level is 6 mg/dl or less. The maximum daily dose is 800 mg.</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Lorazepam- decreases excretion of allopurinol, resulting in higher serum levels ▪ Metformin- decreases excretion of allopurinol, resulting in higher serum levels ▪ Amlodipine- decreases the excretion of allopurinol, resulting in higher serum levels ▪ Labetalol- decreases excretion of labetalol, resulting in higher serum levels ▪ Paroxetine- decrease excretion of paroxetine, resulting in higher serum levels <p>Reference Drug Interaction Checker. (n.d.). Retrieved from https://rxisk.org/tools/drug-interaction-checker/</p>
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	<p>Drinking alcohol while taking allopurinol decreases the excretion of uric acid. Tobacco products are associated with factors that increase the risk of gout. This includes hypertension, dyslipidemia, and lower body mass.</p> <p>References Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health. Wang, Weiqi, Krishnan, & Eswar. (2014, August 01). Cigarette smoking is associated with a reduction in the risk of incident gout: Results from the Framingham Heart Study original cohort. Retrieved from https://academic.oup.com/rheumatology/article/54/1/91/1840902</p>
Does any of your PMH contradict your medications?	<p>Heart failure</p> <p>Reference Allopurinol: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682673.html</p>
What type of PMH can you determine you have based off this medication	<p>Gout and Hyperuricemia</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>

<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Report bleeding or bruising, chills, gout attacks, numbness, and tingling ▪ Acute gout attacks may occur more often at the beginning of treatment ▪ It may take 2 weeks or longer to see improvement ▪ Do not drive if the medication makes you tired ▪ Drink 8-10 full glasses of water a day; you want to have a urinary output of at least 2000 mL a day ▪ Report cloudy urine or a decreased urine output ▪ Report any rashes ▪ You will need to keep appointments to have labs drawn for serum uric acid levels, liver enzymes, and creatinine clearance <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Frandsen, G., & Pennington, S. S. (2018). <i>Abrams clinical drug therapy: Rationales for nursing practice.</i> Philadelphia: Wolters Kluwer Health.</p>
<p>What would you do if you missed a medication?</p>	<p>If you miss a dose, take it as soon as you remember. If it is almost time for the next dose, skip the missed dose and continue your normal schedule. Do not double dose to make up for a missed dose.</p> <p>Reference Allopurinol: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a682673.html</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$14.93</p> <p>Reference Allopurinol Prices and Allopurinol Coupons. (n.d.). Retrieved from https://www.goodrx.com/allopurinol</p>

<p>Drug #12 Risperidone</p> <p>Drug Class: Benzisoxazole derivative</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>	<p>Drug Name (Generic): risperidone</p> <p>Drug Name (Trade): Risperdal</p> <p>Reference <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>How I will take the medication:</p>	<p>PO</p>

	<p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
What is the lowest dose of the medication?	<p>1 mg</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
Specific Directions:	<p>On day 1, take 1 mg risperidone twice. On day 2, take 2 mg twice. On day 3, take 2 mg twice. The maximum daily dose is 16 mg. You can take it with or without food. Take it at the same time every day.</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Risperidone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a694015.html</p>
Does it counteract with my other medications?	<ul style="list-style-type: none"> ▪ Sertraline- increase effect of risperidone; effects hepatic enzyme CYP2D6 enzyme ▪ Atorvastatin- Increase level of risperidone ▪ Spironolactone- increase level of risperidone ▪ St. John's Wort-decrease level of risperidone ▪ Paroxetine- decrease metabolism, resulting in increased levels of risperidone ▪ Lorazepam- lorazepam and risperidone both increase sedation ▪ Metformin- can alter blood glucose levels resulting in hyperglycemia <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Risperidone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a694015.html</p>
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	<p>Drinking alcohol while taking risperidone can cause depressed vital signs. The central nervous system effects are increased and can cause CNS depression. This can lead to respiratory arrest. You should not drink alcohol while taking risperidone.</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Risperidone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a694015.html</p>
Does any of your PMH contradict your medications?	<p>Alcohol Use, Dyslipidemia, Angina</p> <p>Reference Risperidone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a694015.html</p>

<p>What type of PMH can you determine you have based off this medication</p>	<p>Bipolar Disorder</p> <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning.</p>
<p>What would you teach yourself if you were taking these medications?</p>	<ul style="list-style-type: none"> ▪ Avoid alcohol ▪ Closely monitor blood glucose levels (for diabetics); you may experience hyperglycemia ▪ It may take several weeks to see the full effect of the medication ▪ Do not drink alcohol ▪ Get out of bed slowly to reduce dizziness and lightheadedness ▪ It may be harder for your body to warm up if you are exposed to cold and it may be harder to cool off if you become too hot ▪ Keep all of your lab appointments <p>References <i>2018 Nurses drug handbook.</i> (2018). Burlington, MA: Jones & Bartlett Learning. Risperidone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a694015.html</p>
<p>What would you do if you missed a medication?</p>	<p>If you miss a dose, take it as soon as you remember. If it is almost time for the next dose, skip the missed dose and continue taking medication per normal schedule. Do not double dose to make up for a missed dose.</p> <p>Reference Risperidone: MedlinePlus Drug Information. (n.d.). Retrieved from https://medlineplus.gov/druginfo/meds/a694015.html</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$77.50</p> <p>Reference Risperidone Prices and Risperidone Coupons. (n.d.). Retrieved from https://www.goodrx.com/risperidone</p>

What was difficult about maintaining your medication regiment?

Some medications needed to be taken in the morning and others at night. Some medications cannot be taken within a certain number of hours with other medications. Some need to be taken with food and some without food. There were medications that

needed to be taken with water. All the different times and specifications of the drugs makes it difficult to follow the medication regiment.

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

I think it is difficult for patients to remain compliant because of all the different instructions each medication has. It would be very hard for a patient to take all the drugs listed as they are directed. All you would be doing is keeping track of your medications and that would become very frustrating. It is almost nearly impossible to take each medication as directed because of the time, food directions, and fluid directions. Some of the medications do not advise driving on until you know how it affects you. If it affects you enough that you cannot drive, it would be difficult to pick up the other prescriptions.

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

Almost all of the medications instructed to take the missed dose as soon as you remember it however, if it is almost time for the next dose, most said not to take the skip dose. Most medications contraindicate a double dose to make up for a missed dose. If I had questions regarding a medication, I would contact the prescribing physician's office or read the paper that comes with the

medication. There is a lot of information on the internet, but it is not as reliable as calling the office or reading the information given with the medication.

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

Labetalol Hct- \$49.30
Sertraline- \$47.39
Lorazepam- \$44.15
Spironolactone- \$16.03
Metformin- \$27.53
Amlodipine Besylate- \$33.00
Atorvastatin- \$122.36
St. John's Wort- \$ 8.29
Nitroglycerin- \$ 54.34
Paroxetine- \$147
Allopurinol- \$ 14.93
Risperidone- \$77.50

Total Cost= \$641.82

Reflective Statement of Experience:

This experience taught me how difficult it can be for people to manage a large amount of medications. It gave me insight as to why some people may not be compliant to their medication regime. It also showed me how expensive some medications as be! Unfortunately, there are many people who do not have health insurance and the medications I researched were very expensive to pay

out of pocket. It's sad that some people may not be getting their medications, because they cannot afford it. It is important for nurses to advocate for their patients and if I know a patient has financial problems, I see why I should contact the provider about an alternative medication. I know there are coupons and discounts for some and for a lot of people they would benefit from using them. Overall, this experience gave me a great insight as to how difficult it can be for people to manage several medications a day and to do anything I can to help them.

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