

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

Rebecca Lance, BSN Student

N307-01: Introduction to Pharmacology

Lakeview College of Nursing

Shawna Storm, MSN, RN, Ed.

4 December 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. Lorazepam	4. Quetiapine Fumarate	7. Furosemide	10. Gabapentin
2. St. John's Wart	5. Naltrexone Hcl	8. Metoprolol Succinate	11. Norco
3. Ginseng	6. Clopidogrel Bisulfate	9. Paroxetine	12. Atorvastatin

PMH Based on Medication List:

1. Social Anxiety	4. Bipolar	7. Diuretic	10. for nerve pain and an anticonvulsant
2. Depression	5. It can help prevent relapses into alcohol or drug abuse	8. HTN,	11. Pain reliever
3.	6. Blood thinner	9. SSRI	12. It can treat high cholesterol and triglyceride levels. This may reduce the risk of angina, stroke, heart attack, and heart and blood vessel problems.

Drug #1	Drug Name (Generic): Lorazepam
Drug Class: Benzodiazepine	Drug Name (Trade): Ativan

How I will take the medication:	PO BID at 0900 and 2100
What is the lowest dose of the medication?	0.5 mg tablet
Specific Directions:	Take twice a day with water.
Does it counteract with my other medications?	No interaction.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Urge patient to avoid alcohol use.
Does any of your PMH contradict your medications?	Nothing contraindicated this medication, but a few cautionary items are: alcohol use and depression
What type of PMH can you determine you have based off this medication	History of anxiety or possibly a sleep disturbance, but given other medications, most likely anxiety.
What would you teach yourself if you were taking these medications?	Urge patient to stop alcohol use and to not stop medication abruptly due to withdrawal symptoms.
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up.
How much would your medication cost per month if you had to pay for it out of pocket?	For 0.5 mg, twice a day the average monthly out of pocket cost of the medication would be \$5.72 with the average retail price being \$23.97. Lorazepam is covered by most Medicare and insurance plans.

Drug #2	Drug Name (Generic): St. John's Wort
Drug Class: Supplement	Drug Name (Trade):

How I will take the medication:	One tablet with each meal, by mouth
What is the lowest dose of the medication?	This strongly varies because this is an as needed supplement, one tablet 30 minutes before bed time.
Specific Directions:	Take with water, can take with food if GI upset occurs
Does it counteract with my other medications?	This is contraindicated to take with Norco
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	You should not consume alcohol while taking this
Does any of your PMH contradict your medications?	No
What type of PMH can you determine you have based off this medication	A history of depression
What would you teach yourself if you were taking these medications?	You shouldn't take this med while pregnant Ask your doctor before starting this medication Can cause sun sensitivity
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up.
How much would your medication cost per month if you had to pay for it out of pocket?	150 capsules costs \$7.88 out of pocket and is not covered by Medicare or insurance plans.

Drug #3	Drug Name: Ginseng
Drug Class: Supplement	
How I will take the medication:	One tablet with each meal, by mouth
What is the lowest dose of the medication?	This medication is supposed to be taken 3 to 4 times daily, because this is a supplement a lot

	of it is personal preference. So one tablet would be the lowest dose roughly 500 mg)
Specific Directions:	From the bottle the directions state: Take 1 caplet three or four times daily as a dietary supplement or as directed by a healthcare professional.
Does it counteract with my other medications?	This medication should not be taken with heart medications unless you first consult with your doctor. This herb can increase the risk of bleeding when taken with blood thinners.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Ginseng may intensify the effects of caffeine and other stimulants, causing a rapid heartbeat.
Does any of your PMH contradict your medications?	Because this medication has side effects of irritability, nervousness and sleep problems this could interfere with this patients bi-polar disorder, specifically any manic episodes. This patient is taking an anti-consultant
What type of PMH can you determine you have based off this medication	I think this patient would be taking this medication for reasons related to their depression. This medication is supposed to increase energy and improve cognitive function. This can also help with erectile dysfunction, a side effect that often occurs with depression medications.
What would you teach yourself if you were taking these medications?	This medication should not be taken with MAOIs. Women can experience swollen breasts or vaginal bleeding. Some side effects include sleep problems, nervousness, irritability, convulsions and seizures. Protect from light and store in a cool, dry place
What would you do if you missed a medication?	Because this medication is listed to be taken 3 to 4 times daily, if a dose is missed depending when you realize just wait until the next dose, don't double up
How much would your medication cost per month if	4.30 for 90 tablets

you had to pay for it out of pocket?	
Drug #4	Drug Name (Generic): Quetiapine Fumarate
Drug Class: Antipsychotic	Drug Name (Trade): Seroquel
How I will take the medication:	½ tablet (200mg) PO BID at 0900 and 2100
What is the lowest dose of the medication?	25 mg
Specific Directions:	Take the medication with food to reduce stomach upset. Advise patient to not stop taking the quetiapine suddenly because it may exacerbate their symptoms or cause withdrawal symptoms.
Does it counteract with my other medications?	This has the possibility to increase the effects of lorazepam.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Alcohol use: possibly enhanced CNS depression, increase dizziness and drowsiness
Does any of your PMH contradict your medications?	Nothing contraindicates this medication but it should be cautioned in patients with a seizure hx, this patient is on an anticonvulsant but gabapentin can also be used for nerve pain. This medication should also be cautioned in patients who have recently had an MI, hyperlipidemia and cardiovascular disease, all of which this patient could have given the medication list.
What type of PMH can you determine you have based off this medication	A history of bipolar disease or schizophrenia. This medication helps treat manic and depressive episodes.
What would you teach yourself if you were taking	This medication may cause dizziness or drowsiness, so patient should rise slowly from a

these medications?	sitting to standing position Get regular eye exams A false positive on a drug test may occur
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up.
How much would your medication cost per month if you had to pay for it out of pocket?	For 400 mg a day the average monthly out of pocket cost of the medication would be \$23.65 with the average retail price being \$628. Quetiapine is covered by most Medicare and insurance plans.

Drug #5	Drug Name (Generic): Naltrexone Hcl
Drug Class: Opioid Antagonist	Drug Name (Trade): Revia
How I will take the medication:	50 mg tablet in the morning
What is the lowest dose of the medication?	50 mg
Specific Directions:	Patient should be in some type of rehabilitation in addition to taking this medication.
Does it counteract with my other medications?	Norco, this medication may reverse the effects of Norco and cause withdrawal like symptoms
My lifestyle interactions:	Alcohol should not be consumed when taking this medication
(Daily tobacco use/ETOH – 3 beers daily)	Opioids should also not be used. (this patient is prescribes Norco prn)
Does any of your PMH contradict your medications?	This patient is currently drinking 3 beers daily and must have a history of abuse or addiction to either alcohol or Norco. Both could be possible with a prescriptions for nerve pain (gabapentin) and Norco for pain, opioid abuse may be more likely. Chronic pain is a huge risk factor for patient who develop an opioid addictions.

	This medication should be cautioned in patients with depression, given the other prescriptions the Provider should address this accordingly
What type of PMH can you determine you have based off this medication	Alcoholism or opioid abuse
What would you teach yourself if you were taking these medications?	Until you know how you react when taking this drug patients should avoid operated heavy machinery
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up
How much would your medication cost per month if you had to pay for it out of pocket?	For 50 mg a day the average monthly out of pocket cost of the medication would be \$31.50 with the average retail price being \$109.26.

Drug #6	Drug Name (Generic): Clopidogrel
Drug Class: Platelet aggregation inhibitor	Drug Name (Trade): Plavix
How I will take the medication:	75 mg tablet taken daily (can be taken in the morning or at night) every morning
What is the lowest dose of the medication?	75 mg
Specific Directions:	Can be taken with food to reduce stomach upset Do not discontinue this medication suddenly without consulting your provider
Does it counteract with my other medications?	No drug interactions
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Discourage use of NSAIDS
Does any of your PMH contradict your medications?	No

What type of PMH can you determine you have based off this medication	From the medications this patient is on, I would assume the have a past history of an MI. This is a blood thinner to prevent any furfure clots and heart attacks
What would you teach yourself if you were taking these medications?	<p>Make sure to tell your dentist you are on a blood thinner</p> <p>Notify provider if you experience any skin color changes</p> <p>Do not discontinue this medication abruptly</p> <p>Women should not be pregnant on this drug or be breastfeeding</p>
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up
How much would your medication cost per month if you had to pay for it out of pocket?	For 75 mg a day the average monthly out of pocket cost of the medication would be \$8.27 with the average retail price being \$105.15. Clopidogrel is covered by most Medicare and insurance plans.

Drug #7 Drug Class: Sulfonamide	Drug Name (Generic): Furosemide Drug Name (Trade): Lasix
How I will take the medication:	20 mg daily PO in the morning, may be increased by 20 mg until desired outcome is achieved
What is the lowest dose of the medication?	20 mg
Specific Directions:	<p>This medication should be taken at the same time every day</p> <p>Should be taken in the morning so sleep isn't interrupted by the increased need to urinate</p>
Does it counteract with my other medications?	It does not

My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Drinking alcoholic beverages should be cautioned because it might increase hypotensive action of furosemide Limit salt intake
Does any of your PMH contradict your medications?	Alcohol use can possibly increase hypotensive and diuretic effects of furosemide
What type of PMH can you determine you have based off this medication	Most likely this patient is taking this because of HTN, they are also prescribed a beta blocker (metoprolol)
What would you teach yourself if you were taking these medications?	Orthostatic hypotension is a risk factor so rise slowly from a sitting to a standing position
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up
How much would your medication cost per month if you had to pay for it out of pocket?	For 20 mg a day the average monthly out of pocket cost of the medication would be \$3.99 with the average retail price being \$11.48.

Drug #8	Drug Name (Generic): Metoprolol
Drug Class: Antihypertensive	Drug Name (Trade): Lopressor
How I will take the medication:	Initial dose is 25 mg daily and can be increased to 100 mg, with a change in mg weekly
What is the lowest dose of the medication?	25 mg
Specific Directions:	Metoprolol should be taken at the same time each day with food
Does it counteract with my other medications?	No
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Alcohol use is a contraindication for this medication

Does any of your PMH contradict your medications?	The only contraindication is alcohol use
What type of PMH can you determine you have based off this medication	High blood pressure and a history of an MI
What would you teach yourself if you were taking these medications?	Notify provider of HR goes below 60 bpm
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up
How much would your medication cost per month if you had to pay for it out of pocket?	For 25 mg a day the average monthly out of pocket cost of the medication would be \$3.99 with the average retail price being \$16.36. Metoprolol is covered by most Medicare and insurance plans.

Drug #9	Drug Name (Generic): Paroxetine
Drug Class: Anti-depressant/anti-anxiety	Drug Name (Trade): Paxil
How I will take the medication:	20 mg PO daily for social anxiety
What is the lowest dose of the medication?	10 mg
Specific Directions:	Advise patient to take paroxetine in the morning to minimize insomnia and to take it with food if adverse GI reactions develop Shouldn't be taken within 2 hours of an antacid Do not crush or chew medication
Does it counteract with my other medications?	Metoprolol can cause decreased metabolism and increased effects of this drug
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	This medication is cautioned with alcohol use

Does one of your PMH contradict your medications?	<p>This medication is cautioned with alcohol use</p> <p>This medication is cautioned if the patient is a bleeding risk which this patient is because they are on a blood thinner (clopidogrel)</p> <p>This is also cautioned in patients with a history of seizures. If this patient is taking gabapentin as for anticonvulsant reasons instead of nerve pain this would be cautioned.</p>
What type of PMH can you determine you have based off this medication	This patient is either dealing with social anxiety and/or major depressive disorder along with their bipolar disorder
What would you teach yourself if you were taking these medications?	<p>Patient should avoid hazardous activities until the drug's CNS symptom are known</p> <p>Patient should avoid alcohol</p> <p>Have patient and patient's family observe for suicidal tendencies</p> <p>No not take aspirin or NSAIDS</p>
What would you do if you missed a medication?	If a dose is missed, take the missed dose as soon as you remember, but if it is almost time for the next dose, just take the next dose and don't double up
How much would your medication cost per month if you had to pay for it out of pocket?	For 20 mg a day the average monthly out of pocket cost of the medication would be \$4.00 with the average retail price being \$39.53.

Drug #10	Drug Name (Generic): Gabapentin
Drug Class: Anticonvulsant	Drug Name (Trade): Neurotin
How I will take the medication:	For nerve pain plan on taking 300 mg on day 1, increase to 300 mg twice on day 2, and 300 mg three times on day 3. This can be increased until 1,800 mg per day if needed. PO capsule

What is the lowest dose of the medication?	100 mg
Specific Directions:	<p>Tell patient who has difficulty swallowing to open capsule and sprinkle the contents in juice or on soft food immediately before use.</p> <p>Do not take this drug within 2 hours after of taking an antacid</p> <p>Do not stop the drug sbruptly</p> <p>Urge women who become pregnant while taking gabapentin to enroll in the North American antiepileptic drug pregnancy registry.</p>
Does it counteract with my other medications?	<p>Hydrocodone: decreased hydrocodone exposure</p> <p>Alcohol use can increase CNS depression</p>
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	<p>Alcohol use can increase CNS depression</p> <p>Encourage good dental hygiene</p>
Does any of your PMH contradict your medications?	<p>No contraindications but this drug should be cautioned with a history of depression, alcohol use or a history of drug abuse. All of which this patient seems to be dealing with</p>
What type of PMH can you determine you have based off this medication	<p>This patient seems to be dealing with chronic pain of some sort, I think specifically nerve pain</p> <p>This medication is also to prevent seizures</p>
What would you teach yourself if you were taking these medications?	<p>Watch out for increased suicidal tendencies</p> <p>I would want to be taught about the signs of an allergic reaction and anaphylaxis</p>
What would you do if you missed a medication?	<p>Urge the patient to take a missed dose as soon as he remembers. If the dose is in less than 2</p>

	hours, tell them to resume their regular schedule. Caution against doubling the dose
How much would your medication cost per month if you had to pay for it out of pocket?	For 300 mg a day the average monthly out of pocket cost of the medication would be \$11.05 with the average retail price being \$78.07 Gabapentin is covered by most Medicare and insurance plans.

Drug #11	Drug Name (Generic): Hydrocodone/acetaminophen
Drug Class: Analgesic	Drug Name (Trade): Norco
How I will take the medication:	By mouth as needed for moderate/severe pain
What is the lowest dose of the medication?	2.5 mg/325mg
Specific Directions:	Urge patient to consume plenty of fluids and high-fiber foods to prevent constipation Enough water should be taken with the capsule or tablet to insure complete swallowing immediately after placing the drug in mouth Avoid alcohol and medications containing alcohol Avoid hazardous activities
Does it counteract with my other medications?	Naltrexone Hcl St John's Wort Lorazepam
My lifestyle interactions:	Alcohol use: Possibly increased hydrocodone plasma levels with potentially fatal overdose
(Daily tobacco use/ETOH – 3 beers daily)	Notify the provider as soon as a pregnancy occurs
Does any of your PMH contradict your medications?	Alcohol use: Possibly increased hydrocodone plasma levels with potentially fatal overdose

What type of PMH can you determine you have based off this medication	Moderate or severe pain Given other medications I think its nerve pain
What would you teach yourself if you were taking these medications?	Keep away from children Heavy caution against alcohol because of CNS depression Rise slowly from sitting to standing
What would you do if you missed a medication?	This patient is taking this medication PRN
How much would your medication cost per month if you had to pay for it out of pocket?	For 5mg/ 325mg on a 12 tablet a month prescription, out of pocket the medication would be \$4.11 with the average retail price being \$14.22. Norco is covered by most Medicare and insurance plans.

Drug #12	Drug Name (Generic): Atorvastatin
Drug Class: Antihyperlipidemic	Drug Name (Trade): Lipitor
How I will take the medication:	40 mg PO once daily for lipid level to be decreased 40%
What is the lowest dose of the medication?	10 mg
Specific Directions:	This drug should be taken at the same time each day to maintain its effects
Does it counteract with my other medications?	No
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Caution with alcohol abuse No grapefruit juice
Does any of your PMH contradict your medications?	None
What type of PMH can you determine you have based off	High cholesterol which may have led to the heart attack the other medications are

this medication	preventing
What would you teach yourself if you were taking these medications?	Emphasize that atorvastatin is NOT a substitute for a low cholesterol diet No grapefruit juice Notify provider immediately if unexplained muscle pain, tenderness, weakness or fatigue develop. Especially if accompanied by a fever
What would you do if you missed a medication?	Instruct the patient to take a missed dose as soon as possible. If it's almost time for the next dose they should skip the missed dose. Tell them not to double the dose.
How much would your medication cost per month if you had to pay for it out of pocket?	For 40 mg a day the average monthly out of pocket cost of the medication would be \$9.00 with the average retail price being \$122.36. Atorvastatin is covered by most Medicare and insurance plans.

What was difficult about maintaining your medication regiment?

I have four prescriptions that I take every day and have for years so I came into this project thinking that I was going to get the hang of taking this many medications pretty easily. I was mistaken. Having to take medications at varying times of the day was definitely a challenge. I found myself forgetting to bring my pill container with me when I would go to lunch. I think this would be easier if these were medications I would actually need for my heart and mental health.

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

I think a lot of the difficulty comes from a lack of education about why they need to take the medication or a lack of motivation. If patients don't make these taking medications as recommended a priority it would be incredibly hard to keep track of

twelve different medications. I can't imagine developing a side effect and trying to figure out which medication is causing the reaction.

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

The first thing I would do in all honesty is look up the answer online. Thankfully two of my aunts are both pharmacists so I am able to ask any questions I have. I have noticed recently a lot of doctors' offices have an online component. At the doctor's office I go to this is called "MyChart" and you are able to send direct messages to your provider. I think that this addition is so important because you are able to ask questions and change dosing without having to make an appointment. A lot of people don't have the time or finances to make a doctor's appointment whenever they have a question.

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

These medications would cost \$117.48 but the website I was looking at says that the retail price of all these medications would be \$1160.50. For patients without insurance this could be an amount that they would not be able to manage.

Reflective Statement of Experience:

This assignment showed how difficult it would be to take multiple medications and be informed about all of the medications and potential interactions. It also showed me how vital it is for a nurse to take the extra time to look further into orders from a provider. It would be easy for even a competent provider to look in depth to each medication and to memorize all of this information would be impossible. Patient, thorough, and competent nurses/provider are so incredibly important to have. Patients who come into

the hospital trusting our judgment and our education and we have the ability to do detrimental damage if we are not intentional with our care. I think this project is necessary for nursing students to accomplish and continue to think of these questions as we look at a med list and give meds throughout our career.

References

(n.d.). Retrieved December 4, 2018, from Epocrates. doi:BMJ Publishing Group Ltd.

2019 nurses drug handbook. (2018). Burlington: Jones & Bartlett Learning.

Nordqvist, J. (2017, September 20). Ginseng: Health benefits, facts, and research. Retrieved from

<https://www.medicalnewstoday.com/articles/262982.php>

The Internet Drug Index for prescription drug information, interactions, and side effects. (n.d.). Retrieved from

<https://www.rxlist.com/script/main/hp.asp>