

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

Urvish Amin, BSN Student

N307-01: Introduction to Pharmacology

Lakeview College of Nursing

Shawna Storm, MSN, RN, Ed.

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Drug List:

1. Aspirin (ASA), 81mg Once daily for pain, at 1800	4. Citalopram Hydrobromide 20mg once daily every morning and at the same time	7. St. John's Wart 300mg One time a day preferably morning	10. Prozac 20mg PO once daily, preferably in the morning.
2. Nitroglycerin +0.3mg PRN for chest pain	5. Amlodipine Besylate 5mg once daily PO every morning	8. Ginseng 100mg PO BID once at 0800 and once at 1500	11. Advair 88mcg BID after waking up and if need at 1700
3. Fluticasone Propionate 55mcg (2 sprays) Preferably in the morning once a day.	6. Losartan/HCTZ Once a day in the morning 25mg of Losartan and 12.5mg go HCTZ	9. Fish Oil 0.85g Once daily after breakfast	12. Omeperazole 20mg TID or before every meal

PMH Based on Medication List:

1. Patient is taking this to help with their rheumatoid arthritis	4. Patient has severe depression that he is taking this for.	7. This medicine is being taken as an anti-depressant	10. This drug along with St. John's Wort is being taken as an anti-depressant
2. Patient had a heart attack and is now taking this for mild chest pain.	5. Patient is put on this medication because of his angina.	8. Patient is taking this med to increase energy and cognitive function.	11. Patient is taking this medication to treat his asthma symptoms
3. Patient has a PMH of Asthma that he is taking this drug for.	6. This drug is being taken to reduce high blood pressure and damage to the kidneys from polypharmacy.	9. Patient is taking this medication to help control his triglycerides which in turn will help to lower is BP	12. Patient is taking this medication for GERD

<p>Drug #1</p> <p>Drug Class: Salicylate</p>	<p>Drug Name (Generic): Aspirin</p> <p>Drug Name (Trade): Bayer</p>
<p>How I will take the medication:</p>	<p>This medicine is taken Orally</p>
<p>What is the lowest dose of the medication?</p>	<p>81mg</p>
<p>Specific Directions:</p>	<p>Before taking aspirin, tell your doctor or pharmacist if you are allergic to it; or to other salicylates (such as choline salicylate); or to other pain relievers or fever reducers (NSAIDs such as ibuprofen, naproxen); or if you have any other allergies. Caution patients that have an allergy to tartrazine dye, have asthma, and bleeding conditions such as hemophilia.</p>
<p>Does it counteract with my other medications?</p>	<p>This medicine does not interact with any other medications you're taking but make sure you tell your doctor you're taking this because it can cause a false positive for labs in urine sugar test.</p>
<p>My lifestyle interactions:</p> <p>(Daily tobacco use/ETOH – 3 beers daily)</p>	<p>This product is not recommended to be used along side with alcohol because it can cause stomach issues including peptic ulcers, liver toxicity, and jaundice.</p> <p>Patients should be cautioned about the use of NSAIDs as well because of the effect on liver and stomach</p>

Does any of your PMH contradict your medications?	This medication is not contraindicated by any other medicine, except nitroglycerin, this medicine can cause orthostatic hypotension so patients taking both should be cautioned on the mixture of these medicines.
What type of PMH can you determine you have based off this medication	The patient has rheumatoid arthritis and aspirin helps with the mild inflammation associated with it.
What would you teach yourself if you were taking these medications?	Keep these medications away from children because it can cause Reye's Syndrome, also advise patients taking aspirin to not take ibuprofen because this reduces the cardioprotective effects of aspirin, also advise patients to take aspirin with food or after meals because it may cause GI upset if taken on an empty stomach, don't crush or chew tablets.
What would you do if you missed a medication?	I would wait until the next dose should be administered and then take it then.
How much would your medication cost per month if you had to pay for it out of pocket?	According to drugs.com a bottle of aspirin 81mg is \$8.54 for 36 extended release tablets.

<p>Drug #2</p> <p>Drug Class: Nitrate</p>	<p>Drug Name (Generic): Nitroglycerin (glyceryl trinitrate)</p> <p>Drug Name (Trade): Nitrostat</p>
<p>How I will take the medication:</p>	<p>Sublingual tablets PRN for pain</p>
<p>What is the lowest dose of the medication?</p>	<p>+0.3mg</p>
<p>Specific Directions:</p>	<p>Patient should sit down and grab a phone, place one tablet sublingually for chest pain and dial 911, then place one tablet under the tongue every 5 mins until help arrives.</p>
<p>Does it counteract with my other medications?</p>	<p>This medicine will contract Losartan with the patient is taking for hypertension</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>Patient will have to make strict dietary changes and reduce the amount of consumption for alcohol. Tobacco does not interfere with this drug, but there are no strong research results to base this from.</p>
<p>Does any of your PMH contradict your medications?</p>	<p>This does contradict with high blood pressure for which the patient is taking Losartan. With the patient having this, Nitro may cause orthostatic hypotension which in turn with having a low blood pressure due to Losartan may cause a drastic drop.</p>

What type of PMH can you determine you have based off this medication	Patient has most likely had a Myocardial Infarction which caused chest pain and the patient was prescribed Nitro because of that.
What would you teach yourself if you were taking these medications?	You are more likely to overdose so watch out for confusion, diaphoresis, dyspnea, flushing hypotension, and tachycardia. You should also be taught that do not crush or chew the tablets, just let them dissolve under the tongue.
What would you do if you missed a medication?	This medication is only taken if needed for chest pain so there is no reason to miss this.
How much would your medication cost per month if you had to pay for it out of pocket?	Per bottle of this medicine is \$68.13 for 100 tablets.

Drug #3	Drug Name (Generic): Fluticasone propionate
Drug Class: Trifluorinated Corticosteroid	Drug Name (Trade): Flonase
How I will take the medication:	Take this medicine as a nasal spray 55mcg (2 sprays) in each nostril daily preferably in the morning.
What is the lowest dose of the medication?	55mcg is the lowest that we will start you off from

Specific Directions:	Take this medicine once daily
Does it counteract with my other medications?	this drug is not interacting with any other drugs that I am taking as the patient
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	This patient should try to cease smoking because this drug is contraindicated for patients that have smoking induced asthma. Alcohol doesnt affect this drug but should be avoided for health reasons
Does any of your PMH contradict your medications?	Past medical history is not contraindicated with this drug.
What type of PMH can you determine you have based off this medication	The patient is taking this for Asthma
What would you teach yourself if you were taking these medications?	Urge pt to use fluticasone regularly, Learn how to administer drug according to prescribed dose, Shake canister vigorously, Instruct to clean cannister according to manufacture guidelines.
What would you do if you missed a medication?	If you missed a dose of this medicine its not too bad of a deal, just take it when the next dose is due.
How much would your medication cost per month if you had to pay for it out of pocket?	Out of pocket this drug is going to cost \$13.99

<p>Drug #4</p> <p>Drug Class: Antidepressant</p>	<p>Drug Name (Generic): Citalopram hydrobromide</p> <p>Drug Name (Trade): Celexa</p>
<p>How I will take the medication:</p>	<p>Take this medication PO every morning and preferably take at the same time each day. This medication is going to block serotonin reuptake so it can be harmful if taken more than dosed.</p>
<p>What is the lowest dose of the medication?</p>	<p>This medication is started on 20mg and the up'ed to 40mg after one week as needed.</p>
<p>Specific Directions:</p>	<p>Monitor patient for possible serotonin syndrome when dosage increases and which may include agitation, chills, confusion, diaphoresis, diarrhea, fever, and twitching.</p>
<p>Does it counteract with my other medications?</p>	<p>This medicine is contraindicated with OTC aspirin and NSAIDs. But this medicine is on high alert with taking St. Johns Wort because this can increase risk for bleeding.</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>This patient should avoid alcohol because it can make the blood much thinner along with taking St Johns Wort and Celexa.</p>

Does any of your PMH contradict your medications?	Patient is taking other medications to help treat severe depression and this medicine should not be given to patients with long QT intervals and if patients have other medications for depression.
What type of PMH can you determine you have based off this medication	The patient is taking this for depression so notify provider for any suicidal thoughts or actions
What would you teach yourself if you were taking these medications?	Teach patient that it can take up to 4 weeks for this med to take its full effect, Urge to monitor closely for suicidal tendencies, report any sudden or severe adverse reactions, caution against taking OTC aspirin
What would you do if you missed a medication?	Since this is a high alert medication if taken with the herbal St Johns Wort patient should go in to have labs drawn to check platelet levels. Ask doctor about the process to follow in the case of a missed dose.
How much would your medication cost per month if you had to pay for it out of pocket?	\$34.58 before tax

Drug #5	Drug Name (Generic): Amlodipine besylate
Drug Class: Anti Hypertensive, Antianginal	Drug Name (Trade): Norvasc

How I will take the medication:	PO medication to be taken in the morning once daily
What is the lowest dose of the medication?	Start patient out on 5mg and gradually increase to a maximum of 10mg after 10-14 days.
Specific Directions:	Patient should be monitoring self while taking this medication for chest pain. Because patient does have a Hx of heart problems, patient is taking this for chronic stable anginal pain. DO NOT crush or chew PO tablet
Does it counteract with my other medications?	Because this medication interacts with Ace inhibitors, and Beta blockers patient is put on losartan/HCTZ to help avoid any adverse reactions.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Patient should reduce smoking and should also avoid alcohol to keep health better
Does any of your PMH contradict your medications?	Ace inhibitors, Simvastatin, Beta blockers, CYP3A4 inhibitors, Patient are at an increased risk for severe hypotension and increased fluid volume requirements.
What type of PMH can you determine you have based off this medication	Patient would be having chronic anginal pain from previous infarction to be prescribed this medication
What would you teach yourself if you were taking these medications?	Tell patient to take missed dose as soon as remembered and the next dose after 24hrs, Tell pt to immediately notify prescriber of dizziness, arm or leg swelling, and difficulty breathing or rash, and routinely check blood pressure for hypotension.

What would you do if you missed a medication?	Tell patient to take the missed dose immediately and then next dose at 24hrs. Monitor BP routinely.
How much would your medication cost per month if you had to pay for it out of pocket?	\$39.68 before tax

Drug #6	Drug Name (Generic): Losartan/Hydrochlorothiazide
Drug Class: Anti-hypertensive	Drug Name (Trade): Cozaar
How I will take the medication:	PO 25mg daily followed by 12.5mg HCTZ once a day
What is the lowest dose of the medication?	25mg is the lowest amount for Losartan and 12.5mg is the lowest for HCTZ
Specific Directions:	This medicine needs to be taken at the same time each day and blood pressure should be monitored daily. Contraindicated in patients that have a low GFR due to diabetes or renal impairment. Hypersensitivity to either meds should be reported.

<p>Does it counteract with my other medications?</p>	<p>This medicine counteracts with Aspirin due to its possibility to impact the renal and hepatic system. Patients that have this should ask PCP for a change if any adverse effects are noticed. Patients should also be monitored for hyperkalemia because of the renal impact.</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>Patient should not smoke or drink alcohol while taking this medicine because it can damage the hepatic and renal function even moire.</p>
<p>Does any of your PMH contradict your medications?</p>	<p>None of my past medical hx is contraindicating this medicine. Infact the addition is helping to reduce damage caused to the kidneys due to polypharmacy.</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>Patient has a hx of hypertension and to help reduce the risk of a stroke due to left ventricular hypertrophy</p>

What would you teach yourself if you were taking these medications?	Patient should avoid potassium containing salt substitutes because they can increase the risk for hyperkalemia, Avoid exercising in hot weather and drinking excessive amounts of alcohol, Warn patients to tell all providers about losartan therapy, Notify provider if pregnancy occurs in women, Also advise to take in the morning and if taking the HCTZ in the evening to do it early to prevent night urinating, Take this drug with food or milk to avoid GI disturbances, Advise patient to change position slowly, and urge them to report decreased urination.
What would you do if you missed a medication?	This is a high alert medication so patient should be advised to take it at the same time everyday but if they forget they should take this medication the next time it is supposed to be taken.
How much would your medication cost per month if you had to pay for it out of pocket?	\$73.70 before tax

Drug #7	Drug Name (Generic): Hypericum perforatum
Drug Class: Herbal Drug	Drug Name (Trade): Perforate St. Johns Wort
How I will take the medication:	This medication should be taken in the morning after having breakfast.

What is the lowest dose of the medication?	The lowest dose is 300mg for this herbal drug
Specific Directions:	This medicine is considered an SSRI so it should be taken cautiously in patients that are going through depression. The drug is derived from plants which makes it herbal but having too much can cause adverse effects.
Does it counteract with my other medications?	This medication does interact with Citalopram hydrobromide and Prozac because both of those medications are being taken for depression. St Johns Wort is known to increase serotonin levels in the brain helping the patient feel more pleasure in everyday activities.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Patient should be advised to stop smoking and drinking because they can cause depression as well if done excessively.
Does any of your PMH contradict your medications?	None of the patients PMH is contraindicating this medicine but patient should be assessed if taken with Prozac and Citalopram hydrobromide.
What type of PMH can you determine you have based off this medication	The patient has depression and is unable to feel pleasure in everyday tasks.
What would you teach yourself if you were taking these medications?	Stop using St. John's wort at least two weeks before a scheduled surgery, In people with major depression, St. John's wort might bring on mania, a state marked by excessive physical activity and impulsive behavior,

What would you do if you missed a medication?	This medication should be taken the next time it is time for it. Missing a dose might make the patient feel fatigued but patient should be cautioned on taking the dose even after missing it.
How much would your medication cost per month if you had to pay for it out of pocket?	The patient should expect between \$6-\$10 dollar range depending on the amount and brand.

Drug #8	Drug Name (Generic): Panax quinquefolius
Drug Class: Herbal	Drug Name (Trade): Ginseng
How I will take the medication:	Patient should take this drug PO BID
What is the lowest dose of the medication?	Lowest medication dose is 100mg
Specific Directions:	Ginseng can cause tachycardia so it should be used cautiously
Does it counteract with my other medications?	This medicine doesn't counteract with any other medicine.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Patient should stop drinking alcohol and stop smoking due to the adverse effects that occur with these social habits

Does any of your PMH contradict your medications?	This is a safe drug because it does not interact with any other drugs. The only worrisome adverse effect is tachycardia and this can be monitored by not taking this drug in excessive amounts
What type of PMH can you determine you have based off this medication	The patient would be taking this to bring out more energy and to stop feeling lethargic so this drug is most commonly used by patients that have depression.
What would you teach yourself if you were taking these medications?	Do not use this drug excessively This drug should only be taken once a day if it is prescribed in high doses
What would you do if you missed a medication?	If you missed a dose of this medicine you should just take this medicine at the next indicated time of dose
How much would your medication cost per month if you had to pay for it out of pocket?	This drug would cost between \$10-\$15 dollar depending on the brand

Drug #9	Drug Name (Generic): Fish Oil
Drug Class: Herbal	Drug Name (Trade): Docosahexaenoic acid
How I will take the medication:	Patient will take this medicine orally
What is the lowest dose of the medication?	Lowest is 0.85g

Specific Directions:	Only take high doses of fish oil while under medical supervision, Some people who are allergic to seafood such as fish might also be allergic to fish oil supplements so tell your doctor about any allergies.
Does it counteract with my other medications?	Fish oil is known to decrease blood pressure so if taken with other medications that treat blood pressure like Losartan so patient should ask a doctor before starting this medication.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Patient will have to stop drinking alcohol and smoking in order for them to become healthy. Fish oil can cause hypotension and drinking alcohol can also cause this type of problem.
Does any of your PMH contradict your medications?	Having hypertension and taking medications like Losartan for this can cause the patient to have severe orthostatic hypotension. Since the patient is taking losartan for hypertension and will also be taking this, patient should be cautious about hypotension.
What type of PMH can you determine you have based off this medication	This patient is taking fish oil for controlling triglycerides to better have control over their blood pressure and prevent additional heart problems. This medicine is used by this patient to also control his high blood pressure.

What would you teach yourself if you were taking these medications?	Patient should be cautious about having severe drop in blood pressure because of taking it with Losartan.
What would you do if you missed a medication?	If you missed a dose of fish oil, patient should take it the next time it is due because if blood pressure is low then this can become deadly to the patient
How much would your medication cost per month if you had to pay for it out of pocket?	Fish oil can likely cost between \$10-\$20 dollars depending on the brand and strength

Drug #10	Drug Name (Generic): Fluoxetine
Drug Class: SSRI, Anti-depressant	Drug Name (Trade): Prozac
How I will take the medication:	This medicine should be taken orally once daily preferably in the morning
What is the lowest dose of the medication?	The lowest dose of this medicine is 20mg
Specific Directions:	For patients with mild hepatic dysfunction, all dosages should be reduced by 50%, An elevated serotonin level may increase mood and reduce depression so be careful about your surroundings, don't drive or operate heavy machinery while on this drug.

Does it counteract with my other medications?	The patient is taking this drug along with St. John's Wort, Citalopram and Ginseng so patient should report any abnormal changes in behavior as this drug can cause euphoria.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Patient should not drink alcohol or smoke while taking this medicine as this can cause CNS depression. This habit is destructive just because of the bodily harm it does. It can reduce any healthy progress the patient is making.
Does any of your PMH contradict your medications?	There are lots of past medications that are contraindicating this medicine so personally I would not recommend that the patient take this drug but if taken along with these medications patient should have labs checked for hepatotoxicity.
What type of PMH can you determine you have based off this medication	If the patient is taking an SSRI, I would think that the patient is depressed or has a history of depression.
What would you teach yourself if you were taking these medications?	Patient could possibly have some adverse reactions such as psychosis, dysuria, and EPS, Monitor patient for liver failure or elevated BUN and also monitor patient for a GI bleed especially if patient is taking any NSAIDs.
What would you do if you missed a medication?	If a patient were to miss a dose of medicine then they should take this the next day. Do not take this medication randomly throughout the day.

How much would your medication cost per month if you had to pay for it out of pocket?	Fluoxetine would cost \$18.99 before tax at CVS
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Drug #11	Drug Name (Generic): Fluticasone propionate and Salmeterol
Drug Class: Anti asthmatic, antiinflammatory	Drug Name (Trade): Advair
How I will take the medication:	This medication should be inhaled using the Advair machine which will crush the pill into powder.
What is the lowest dose of the medication?	Lowest dose of this medicine is 88mcg
Specific Directions:	Patient should not turn the machine over after initiating the treatment in order to prevent loss of medicine. And patients should use this regularly as prescribed and this is not for acute bronchospasm.
Does it counteract with my other medications?	Hypersensitivity to fluticasone or its components, or untreated nasal infections, if taking the nasal form, may cause trouble for the patient. Strong cytochrome P-450 3A4 inhibitors can possibly increase or decrease serum cortisone levels.

<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>Patient is able to drink alcohol while taking this but should be careful not to over do it, but smoking should be stopped by the patient to prevent asthma like symptoms</p>
<p>Does any of your PMH contradict your medications?</p>	<p>There is no past medications that interact with Advair. This drug is safe as long as the patient isn't added on to a P-450 3A4 inhibitor</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>Patient would have asthma based on this medication. This medicine does also treat seasonal allergic rhinitis.</p>
<p>What would you teach yourself if you were taking these medications?</p>	<p>Urge patient to use this regularly, Patient should be taught how to use this weather it be nasal spray or oral inhaler, Advise patient to shake canister and use according to package</p>
<p>What would you do if you missed a medication?</p>	<p>If patient missed a dose of this medication, they should take this medicine at the next available time but never double the dose</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>This medication costs \$167 out of pocket</p>

Drug #12	Drug Name (Generic): Omeprazole
Drug Class: Anti-Ulcer	Drug Name (Trade): Prilosec
How I will take the medication:	Patient should take this medication in the pill form and take it before a meal
What is the lowest dose of the medication?	20mg is the lowest dose found for the pill form
Specific Directions:	Report any adverse effects that are witnessed. This pill also should not be broken in half because it is a delayed-release tablet. This medication should be taken cautiously because it has been known to lead to osteoporosis in the long run.
Does it counteract with my other medications?	If this drug is taken along side with St. John's Wort then it may put the patient at risk for a decreased plasma level.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Patient should be warned about the adverse effects of drinking alcohol along with this medication. Patient should avoid an irritant such as nicotine as well due to the stimulant aspect of it causing stomach ulcers to flair up.
Does any of your PMH contradict your medications?	The medicines that interacts with this mdicine is st johns wort but it is entirely manageable, and the other one is Aspirin. Patients taking aspirin should be careful of irritation or progression of ulcers and to report any blood in stool.
What type of PMH can you determine you have based off this medication	Patient has Gastroesophageal Reflux disease or GERD. This medication is used to treat the symptoms that occur with GERD.

<p>What would you teach yourself if you were taking these medications?</p>	<p>Tell the patient taking this medicine that they should take it before eating, Swallow delayed-release capsules whole, Encourage the patient to avoid alcohol, aspirin products and NSAIDs, Advise them to notify provider immediately if abdominal pain or blood in stool is noticed, Inform all providers of omeprazole therapy.</p>
<p>What would you do if you missed a medication?</p>	<p>If the patient missed a dose of this medication, they should take it again before their next meal.</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>Prilosec would cost \$12 dollars before tax</p>

What was difficult about maintaining your medication regiment?

I think the hardest part about maintaining the medication regiment was being compliant with correct timing and being careful not to interact too many medications together. Being the patient I really got the feel of how people actually take their medications. There are so many factors to watch out for including what the social aspects the patient engages in. The past drugs that are being taken have to work in such a perfect manor that they don't interact with any other medicine in a deadly way.

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

For patients to be compliant they have to know the importance of them taking the drug. If they miss doses they have to be adamant about being taking it the next day. Also the cost of these drugs is a huge factor for why patients are not compliant with most drug regiments. If the patient comes from a middle class family, they might be able to afford some of these drugs out of pocket for a couple months but if the patient comes from a poor family it would be tremendously expensive to be compliant. Patients are also non compliant with this drug regiment because they want to be able to enjoy their life with friends and not just be sidelined because of their health issues.

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

If the medicine wasn't something that had to be taken at a specific time, I would just take it the next time it was supposed to be taken. But if it was medicine that would harm me as the patient, I would call my doctors office and see what he or she recommends that I do. Patients should always talk to their doctors about what they should and should not do if they do miss a dose.

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

The patient would have an out of pocket cost of \$491.61 per month on just the medication they are prescribed. With such a high figure for twelve mediations they need to keep their health in optimal condition it is no wonder patients decide to be non compliant.

Reflective Statement of Experience:

This project was one that will stick with me through out my nursing career. What blew my mind was that if you really think about it, this is one person that is taking this many drugs. This was such a hard project to maintain because of the strict dietary regiment and also the strict compliant you have to maintain with time and order of taking these medications. With all of the medications that I was given, it really got me to thinking about the families that have to go through this with the patient and how hard it must be for both the patient and the family. It is obvious with the medication regiment that I have that the patient is facing depression and I think that having this disease would make it just as hard for the patient to stay compliant due to being low in energy and motivation to take care of your health. Along with this if we were to assume the patient is older in age it would be ten times harder for them to see or understand what medication they are taking and at what time they have to take it. I think this was a great experience to learn about all these different drugs and what they are capable of doing.

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