

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

Abby Erickson, BSN Student

N307-01: Introduction to Pharmacology

Lakeview College of Nursing

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04/19/2019

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. Ginseng	4. Dabigatran	7. Atorvastatin	10. Amiodarone HCl
2. Omeprazole	5. Lithium	8. Lorazepam	11. Furosemide
3. St. John's Wort	6. Fish Oil	9. Clopidogrel	12. Lisinopril/HCTZ

PMH Based on Medication List:

1. Diabetes	4. Atrial fibrillation	7. Hypercholesterolemia	10. Irregular heart rhythm
2. GERD	5. Bipolar Disorder	8. Anxiety	11. Congestive heart failure
3. Depression	6. Hypertriglyceridemia	9. Myocardial infarction	12. Hypertension

Drug #1	Drug Name (Generic): Ginseng
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Drug Class: Herbal product	Drug Name (Trade): Asian Ginseng
How I will take the medication:	PO
What is the lowest dose of the medication?	100 mg
Specific Directions:	Take Ginseng with a full glass of water. Do not take more than the FDA recommended amount. Do not use different forms of Ginseng at once (i.e. Liquid, capsule).
Does it counteract with my other medications?	Herbal and vitamin supplements should not be used in conjunction with prescription medications without consulting your physician first. This is because they can interfere with the effectiveness of other medications. Specifically, Ginseng counteracts with Clopidogrel, Amiodarone, Omeprazole, and Furosemide.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol or tobacco while taking Ginseng may cause interactions to occur. You should avoid or limit your alcohol intake while taking this supplement. Ginseng can increase the metabolism and excretion of alcohol.
Does any of your PMH contradict your medications?	Yes, Ginseng should not be used in clients with heart disease. This is because it can affect heart rhythm and blood pressure.
What type of PMH can you determine you have based off this medication	Diabetes
What would you teach yourself if you were taking these medications?	You should only use this medication for a maximum of three to four weeks. Monitor your blood glucose levels periodically while taking Ginseng, as these supplements may cause blood sugar to lower too much. In addition, do not use in conjunction with other herbal or vitamin supplements that also lower blood sugar. Monitor for side effects, such as headache and diarrhea. You may have to stop taking Ginseng two weeks before a surgery or procedure.

What would you do if you missed a medication?	Take the dose as soon as you remember it. If it is almost time for the next dose skip the missed dose and continue regular dosing schedule. Do NOT take a double dose.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: 5.99/30 capsules

Reference: RxList. (2019). Ginseng, Panax. Retrieved April 19, 2019, from https://rxlist.com/ginseng_panax/supplements.htm#

Drug #2	Drug Name (Generic): Omeprazole
Drug Class: Proton Pump Inhibitor	Drug Name (Trade): Prilosec
How I will take the medication:	PO
What is the lowest dose of the medication?	10 mg
Specific Directions:	Always follow medication regimen exactly as prescribed. Take before meals, preferably breakfast. Swallow capsule whole with a full glass of water. Do not chew, break, or crush the capsules. Avoid drinking cranberry juice while taking this medication. Do not discontinue this Omeprazole without consulting your physician first.
Does it counteract with my other medications?	Yes, proton pump inhibitors should not be used in conjunction with Clopidogrel. This is because the effectiveness of Clopidogrel is then decreased. In addition, this medication should not be taken with herbal or vitamin supplements, such as St. John's Wort for example.

<p>My lifestyle interactions:</p> <p>(Daily tobacco use/ETOH – 3 beers daily)</p>	<p>Using alcohol and tobacco while taking Omeprazole may cause interactions to occur.</p> <p>Consumption of alcohol should be avoided because it can irritate the stomach and also increases your risk of liver damage.</p>
<p>Does any of your PMH contradict your medications?</p>	<p>No.</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>GERD</p>
<p>What would you teach yourself if you were taking these medications?</p>	<p>Omeprazole should only be taken for a maximum of 14 days in a row. There should be a 4 month break in between regimen courses. This medication is not used for immediate heartburn relief. It may take several days for Omeprazole to relieve stomach pain. It is important to keep all appointments while taking this medication. Routine check-ups and blood work may be needed. This medicine may cause a decrease in Vitamin B12 and increase your risk of having fractures of the hip, waist, and spine. Avoid taking NSAIDS and other stomach irritating medications while taking Omeprazole.</p>
<p>What would you do if you missed a medication?</p>	<p>Take it as soon as possible. If it is close to the time of your next dose, skip missed dose and follow regular schedule. Do not double dose.</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>Walmart: \$22.90/30 Capsules</p>

Reference: GoodRx. (2019). Omeprazole. Retrieved April 19, 2019, from <https://goodrx.com/omeprazole>

Drug #3	Drug Name (Generic): Hypericum Perforatum
Drug Class: Herbal supplement	Drug Name (Trade): St. John's Wort
How I will take the medication:	PO
What is the lowest dose of the medication?	300 mg
Specific Directions:	Do not take more than the recommended amount. Take in the morning to avoid insomnia. Take with a full glass of water. St. John's Wort can be taken with or without food. Do not discontinue this medication without consulting your physician first.
Does it counteract with my other medications?	St. John's Wort interacts with many prescription medications. This is why is important for clients to consult their provider before taking any herbal or vitamin supplements. Specifically, Omeprazole, Clopidogrel, Lithium, and Atorvastatin should not be taken in conjunction with St. John's Wort.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol and tobacco while taking St. John's Wort may cause interactions to occur. Consumption of alcohol can increase the central nervous system side effects of this medication. These include; dizziness, drowsiness, and difficulty concentrating.
Does any of your PMH contradict your medications?	Yes, St. John's Wort should not be used in clients with bipolar disorder as it can lead to more manic episodes.
What type of PMH can you determine you have based off this medication	Depression
What would you teach yourself if you were taking	St. John's Wort is deactivated by light. Because of this, it is important to keep the lid on the

these medications?	container and to keep it stored properly. This medication has been proved to be safe when taken by mouth for up to 12 weeks. Monitor for adverse side effects or allergic reactions. In high doses, it has been proven to be possibly unsafe, as it can cause severe reactions to sun exposure. When directly exposed to the sun, clients should take appropriate precautions. St. John's Wort decreases the effectiveness of birth control. This medication interacts with many drugs, so it is important to always contact your physician prior to taking any herbal or vitamin supplements.
What would you do if you missed a medication?	Take it as soon as possible. If it is close to the time of your next dose, skip missed dose and follow regular schedule. Do not double dose.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$4.00/30 Capsules

Reference: RxList. (2019). St. John's Wort. Retrieved April 19, 2019, from https://rxlist.com/st_johns_wort/supplements.htm#

Drug #4	Drug Name (Generic): Dabigatran
Drug Class: Anticoagulants	Drug Name (Trade): Pradaxa
How I will take the medication:	PO
What is the lowest dose of the medication?	75 mg
Specific Directions:	Follow medication regimen exactly as prescribed. Take with a full glass of water. You can take this medication with or without food. Swallow capsule whole. Do not crush,

	break, or open it. Do not discontinue this medication without consulted your physician first. The container should be used within 30 days of opening.
Does it counteract with my other medications?	Yes, this medication counteracts with Amiodarone and Clopidogrel. In addition, Pradaxa should not be used in conjunction with herbal or vitamin supplements unless prescribed by a physician.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol or tobacco while taking this medication may cause interactions to occur. Daily alcohol use may increase your chances of stomach bleeding. Because of this, alcohol should be avoided while taking Pradaxa.
Does any of your PMH contradict your medications?	No.
What type of PMH can you determine you have based off this medication	Atrial Fibrillation
What would you teach yourself if you were taking these medications?	It is important to keep all appointments while taking this medication. Routine check-ups and blood work may be needed. This medication may cause you to bleed or bruise easily. Because of this, it is important to avoid activities that can result in injury. Observe for signs and symptoms of bleeding. You may have to stop taking this medication a few days prior to a procedure or surgery. Do not let anyone else take your medication.
What would you do if you missed a medication?	Take is as soon as possible. However, if you have less than 6 hours before the next scheduled dose, skip the missed dose and continue on the regular schedule. Do not double doses.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$209.93/30 Capsules

Reference: GoodRx. (2019). Pradaxa. Retrieved April 19, 2019, from <https://goodrx.com/pradaxa>

Drug #5	Drug Name (Generic): Lithium
Drug Class: Antimanic	Drug Name (Trade): Eskalith
How I will take the medication:	PO
What is the lowest dose of the medication?	300 mg
Specific Directions:	Follow medication regimen exactly as prescribed. Take with a full glass of water. Swallow the tablet whole. Do not crush, break, or chew it. Do not miss a dose. Do not discontinue medication without consulting your physician first. Do not stop taking Lithium, even if you feel better.
Does it counteract with my other medications?	Yes, Lisinopril/hydrochlorothiazide and furosemide should not be taken concurrently with Lithium. This is because of the increased risk of Lithium toxicity. In addition, herbal and vitamin supplements should not be used in conjunction with Lithium.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol or tobacco while taking this medication can cause interactions to occur.
Does any of your PMH contradict your medications?	Yes, this medication should be used cautiously in clients with heart disease.
What type of PMH can you determine you have based off this medication	Bipolar Disorder
What would you teach yourself if you were taking	It is important to keep all appointments while taking this medication. Routine check-ups and

these medications?	blood work may be needed. Lithium may take several weeks to be fully effective. Maintain adequate sodium intake. Drink extra fluid daily to prevent dehydration from occurring. Monitor for signs and symptoms of Lithium toxicity. Do not drive or operate machinery until you know how Lithium affects you. Avoid becoming overheated. Do not let anyone else take your medication.
What would you do if you missed a medication?	If you miss a dose, skip the missed dose and return to the regular dosing schedule. Do NOT double doses.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$9.00/30 Tablets

Reference: GoodRx. (2019). Lithium. Retrieved April 19, 2019, from <https://goodrx.com/lithium>

Drug #6	Drug Name (Generic): Omega-3-carboxylic acids (Fish oil)
Drug Class: Lipid lower agent	Drug Name (Trade): Epanova
How I will take the medication:	PO
What is the lowest dose of the medication?	1 g

Specific Directions:	Do not take more than the recommended amount. Take with a full glass of water. Swallow capsules whole. Do not break, crush, or chew them. This medication works best when taken with food. Do not change or stop taking Epanova without first consulting your provider.
Does it counteract with my other medications?	Yes, Epanova should be used cautiously in clients that are taking Atorvastatin and Pradaxa. In addition, this medication should not be used in conjunction with other herbal or vitamin supplements without a physician's approval.
My lifestyle interactions:	Using alcohol or tobacco while taking Epanova may cause interactions to occur.
(Daily tobacco use/ETOH – 3 beers daily)	Consumption of alcohol can increase triglyceride levels.
Does any of your PMH contradict your medications?	Yes, Diabetes Mellitus.
What type of PMH can you determine you have based off this medication	Hypertriglyceridemia
What would you teach yourself if you were taking these medications?	Routine check-ups and blood work may be needed while taking Epanova. This medication is used in conjunct with a healthy diet. Avoid eating foods high in fat or cholesterol. Maintain adequate fluid intake. High doses of fish oil supplements can increase your risk of bleeding. Know that common side effects include; A fishy aftertaste, bad breath, indigestion, nausea, loose stools, and a rash. You should not take this medication if you are allergic to fish, shellfish, or soybeans.
What would you do if you missed a medication?	If you miss a dose, skip the missed dose and return to the regular dosing schedule. Do NOT double doses.
How much would your medication cost per month if	Walmart:

you had to pay for it out of pocket?	\$15.74/30 Capsules
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Reference: Davis's Drug Guide. (2019). Omega-3-carboxylic acids. Retrieved April 19, 2019, from

https://drugguide.com/ddo/view/Davis-Drug-Guide/110194/all/omega_3_carboxylic_acids?q=fish+oil

Drug #7	Drug Name (Generic): Atorvastatin
Drug Class: Antihyperlipidemic	Drug Name (Trade): Lipitor
How I will take the medication:	PO
What is the lowest dose of the medication?	10 mg
Specific Directions:	Follow medication regimen exactly as prescribed. Take with a full glass of water. Take at the same time every day. Swallow the tablet whole. Do not break, crush, or chew tablet. Do not drink grapefruit juice while taking this medication. Do not change or discontinue the medication without consulting your physician first.
Does it counteract with my other medications?	Yes, you should avoid using Atorvastatin in clients that are taking Amiodarone and Clopidogrel. In addition, you should not take herbal or vitamin supplements unless prescribed by a physician.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol or tobacco while on this medication may cause interactions to occur. Concurrent use with alcohol can lead to unwanted effects on the liver.

Does any of your PMH contradict your medications?	Yes, this medication should not be used in clients that have alcohol abuse or diabetes.
What type of PMH can you determine you have based off this medication	Hypercholesterolemia
What would you teach yourself if you were taking these medications?	Routine check-ups and blood work may be needed while taking Atorvastatin. It may take up to 2 weeks before cholesterol levels improve. Maintain adequate fluid intake and a healthy diet. Avoid foods high in sugar, fat, and cholesterol. Monitor for adverse side effects. This is important because Atorvastatin can cause the breakdown of muscle tissue, leading to kidney failure.
What would you do if you missed a medication?	Take the dose as soon as you remember it. If it is almost time for the next dose skip the missed dose and continue regular dosing schedule. However, do not take 2 doses of the medication within 12 hours. Never take a double dose.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$9.00/30 Tablets

Reference: GoodRx. (2019). Atorvastatin. Retrieved April 19, 2019, from <https://goodrx.com/atorvastatin>

Drug #8	Drug Name (Generic): Lorazepam
Drug Class: Antianxiety	Drug Name (Trade): Ativan
How I will take the medication:	PO
What is the lowest dose of the medication?	0.5 mg
Specific Directions:	Follow medication regimen exactly as prescribed. Take with a full glass of water. Swallow the tablet whole. Do not crush, chew, or break it. Take at the same time every day. Do not discontinue without consulting your physician first. Never share your medication.
Does it counteract with my other medications?	Yes. This medication should not be used in conjunction with herbal or vitamin supplements.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol or tobacco while taking this medication may cause interactions to occur. Alcohol and Lorazepam are both central nervous system depressants. When used concurrently extreme drowsiness, respiratory depression, impaired cognition, and overdose may occur. Due to this, alcohol should be avoided while taking this medication.
Does any of your PMH contradict your medications?	Yes, this medication should not be used in clients with depression or alcohol abuse.
What type of PMH can you determine you have based off this medication	Anxiety
What would you teach yourself if you were taking these medications?	It is important to follow the medication regimen exactly as prescribed, as this medication can be habit forming. Because of this, withdrawal can occur if medication is stopped abruptly. Dizziness and drowsiness are common side effects of benzodiazepines. Do not drive or operate machinery until you know how Lorazepam affects you. Do not take with other central nervous system depressants.
What would you do if you missed a medication?	Take the dose as soon as you remember it. If it is almost time for the next dose skip the missed

	dose and continue regular dosing schedule. Do NOT take a double dose.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$6.70/30 Tablets

Reference: GoodRx. (2019). Lorazepam. Retrieved April 19, 2019, from <http://www.goodrx.com/lorazepam>

Drug #9	Drug Name (Generic): Clopidogrel
Drug Class: Platelet Aggregation Inhibitor	Drug Name (Trade): Plavix
How I will take the medication:	PO
What is the lowest dose of the medication?	75 mg
Specific Directions:	Follow medication regimen exactly as prescribed. Take with a full glass of water. You can take Clopidogrel with or without food. Avoid drinking grapefruit juice while on this medication. Do not stop taking Clopidogrel without first consulting your physician.
Does it counteract with my other medications?	Yes. When taken concurrently with proton pump inhibitors, the effectiveness of Clopidogrel is decreased. In addition, this medication should not be taken concurrently with herbal or

	vitamin supplements.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using tobacco or alcohol while taking this medication may cause interactions to occur. Using alcohol in conjunction with Clopidogrel may increase your risk of stomach bleeding.
Does any of your PMH contradict your medications?	No.
What type of PMH can you determine you have based off this medication	Myocardial Infarction (MI)
What would you teach yourself if you were taking these medications?	This medication may increase your risk of bleeding and bruising. Because of this, avoid activities that can result in injury. If you have bleeding that will not stop, seek medical attention. It is important to recognize the signs and symptoms of an allergic reaction, so you know when to emergency medical attention. You may have to stop taking Clopidogrel 5 days before any kind of surgery or procedure.
What would you do if you missed a medication?	Take the dose as soon as you remember it. If it is almost time for the next dose skip the missed dose and continue regular dosing schedule. Do NOT take a double dose.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$9.00/30 Tablets

Reference: GoodRx. (2019). Clopidogrel. Retrieved April 19, 2019, from <https://www.goodrx.com/clopidogrel>

Drug #10	Drug Name (Generic): Pacerone
Drug Class: Antiarrhythmic	Drug Name (Trade): Amiodarone HCl
How I will take the medication:	PO
What is the lowest dose of the medication?	100 mg
Specific Directions:	Always follow medication regimen exactly as prescribed. Do not miss any doses. Take at the same time every day. Can be taken with or without food, but should continue to be taken the same way every time. Avoid taking this medication with grapefruit juice.
Does it counteract with my other medications?	Yes, this medication should not be used in conjunction with herbal or vitamin supplements. In addition, Amiodarone should not be taken concurrently with diuretics, as this can increase the risk of dysrhythmias.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol and tobacco concurrently with Amiodarone may cause interactions to occur. Alcohol can increase the likelihood of adverse side effects. Alcohol should be avoided or limited while taking this medication.
Does any of your PMH contradict your medications?	Yes, this medication is contradicted in clients with heart failure.
What type of PMH can you determine you have based off this medication	Irregular heart rhythm
What would you teach yourself if you were taking these medications?	Due to the increased risk of toxicity with this medicine, you will have to attend regular check-ups and lab appointments periodically while taking Amiodarone. Medication can take between

	1 and 3 weeks to be fully effective. Do not drive or operate machinery until you know how Amiodarone affects you. Rise to a standing position to avoid dizzy or fainting spells. This medicine can make your skin more sensitive to the sun, take precautions when directly exposed. Amiodarone may cause skin to turn a blue-gray color after taking medication for a long time. This will fade after medication therapy has ended.
What would you do if you missed a medication?	If you miss a dose, skip the missed dose and return to the regular dosing schedule. Do NOT double doses.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$72.44/30 Tablets

Reference: GoodRx. (2019). Amiodarone. Retrieved April 19, 2019, from <https://www.goodrx.com/amiodarone>

Drug #11	Drug Name (Generic): Furosemide
Drug Class: High-Ceiling Loop Diuretic	Drug Name (Trade): Lasix
How I will take the medication:	PO
What is the lowest dose of the medication?	20 mg
Specific Directions:	Always follow medication regimen exactly as prescribed. Take furosemide at the same time every day with a full glass of water. If there are multiple doses, take last one no later than

	14:00 to avoid nocturia. This medication can be taken with or without food.
Does it counteract with my other medications?	Yes, this medication counteracts with my other medications. Furosemide can increase serum lithium levels in the blood. In addition, concurrent use with another antihypertensive medication can cause an additive hypotensive effect to occur. For these reasons, Lithium and Lisinopril should not be used concurrently with this medication.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol or tobacco with certain medications can cause interactions to occur. Concurrent use of alcohol and furosemide can make you feel more drowsy or dizzy. In addition, using alcohol and furosemide together can cause an additive effect and lower your blood pressure. Avoid alcohol while taking this medication.
Does any of your PMH contradict your medications?	Yes, this medication should be used cautiously in clients that have diabetes mellitus, and clients that's are prescribed Lithium.
What type of PMH can you determine you have based off this medication	Congestive Heart Failure (CHF)
What would you teach yourself if you were taking these medications?	Monitor your weight and blood pressure daily and keep a log of the findings. Rise slowly from sitting positions to avoid dizziness. Maintain adequate daily fluid intake. Do not drive or operate machinery until you know how furosemide affects you. Consume foods that are high in potassium. This medicine can make your skin more sensitive to the sun, take precautions when directly exposed. Monitor for elevated blood glucose levels.
What would you do if you missed a medication?	Take the dose as soon as you remember it. If it is almost time for the next dose, skipped the missed dose and continue regular dosing schedule. Do NOT take a double dose.

How much would your medication cost per month if you had to pay for it out of pocket?	Walmart \$4.00/30 Tablets
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Reference: GoodRx. (2019). Furosemide. Retrieved April 19, 2019, from <https://www.goodrx.com/furosemide>

Drug #12	Drug Name (Generic): Lisinopril/HCTZ
Drug Class: Angiotensin Converting Enzyme Inhibitor	Drug Name (Trade): Prinzide, Zestoretic
How I will take the medication:	PO
What is the lowest dose of the medication?	10mg/12.5mg
Specific Directions:	Always follow medication regimen exactly as prescribed. Take lisinopril at the same time every day with a full glass of water. This medication can be taken with or without food.
Does it counteract with my other medications?	Yes, this medication counteracts with my other medications. ACE inhibitors can increase serum lithium levels in the blood. In addition, concurrent use with a diuretic can contribute to first-dose hypotension. For these reasons, Furosemide and Lithium should not be used concurrently with this medication.
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Using alcohol or tobacco with certain medications can cause interactions to occur. Concurrent use of alcohol and lisinopril can make you feel more drowsy or dizzy. Avoid alcohol while taking this medication.
Does any of your PMH contradict your medications?	Yes, congestive heart failure (CHF).
What type of PMH can you determine you have based off	Hypertension

this medication	
What would you teach yourself if you were taking these medications?	Monitor blood pressure regularly and keep a log of the findings. Rise slowly from sitting positions to avoid dizziness caused from orthostatic hypotension. Avoid activities that require alertness until you know how lisinopril affects you. Maintain adequate fluid intake. Dry cough is often a complication of ACE inhibitors. Discontinue the medication and notify your primary care provider if this occurs. Avoid salt substitutes and limit daily sodium intake. This medicine can also make your skin more sensitive to the sun, take precautions when directly exposed.
What would you do if you missed a medication?	Take the dose as soon as you remember it. If it is almost time for the next dose skip the missed dose and continue regular dosing schedule. Do NOT take a double dose.
How much would your medication cost per month if you had to pay for it out of pocket?	Walmart: \$5.79/30 Tablets

Reference: GoodRx. (2019). Lisinopril/HCTZ. Retrieved from April 19, 2019, from <https://www.goodrx.com/lisinopril-hctz>

Questions

What was difficult about maintaining your medication regiment?

The most difficult part of maintaining this medication regiment was trying to accommodate the needs of every medication. Each medication has its own instructions, dosages, food and drug interactions, and precautions that the client has to adhere to. I found it troublesome trying to keep up with all of this. For an older adult, this would be almost unmanageable. In addition, many of the medications should not be taken together or at least not at the same time. This would mean that the client would be taking medications multiple times a day and at different times. Lastly, a lot of these medications require clients to attend regular check-ups and laboratory appointments, which could pose as a burden for some people.

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

I think there are multiple reasons that contribute to noncompliance in older adult clients. Some examples include; complexity of the medication regiment, financial issues, and the inability to drive or attain transportation. Following along with the correct dosages, food and drug interactions, and precautions for each medication can be overwhelming. Medical jargon and extensive instructions also pose an issue for older adults. Next, even with insurance, the cost of medications is astounding. If clients cannot afford their medications, they may ration them or not pay for them at all. Lastly, many medications require regular check-ups and blood draws. If patients do not have the ability to drive or attain transportation, they could miss pertinent appointments. All of these factors could be responsible for medication compliance issues.

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

There are many resources available for patients to get information on missed medications or other inquiries. The most reliable source of information is the drug insert that should be attached to the medication when the picked up at the pharmacy. This is the first choice for information as it comes directly from the medication manufacturer. Secondly, the physician that prescribed the medication should be able to answer questions that patients have. Lastly, the internet is full of information on medications that can be useful to patients. Although, clients would need to ensure that they are looking at credible and evidenced-based websites.

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

My total out of pocket expense for all twelve medications would be \$374.49.

Reflective Statement of Experience:

Overall, I think this assignment was a great learning experience. Maintaining a weekly medication regimen from a patient's point of view has really opened my eyes to what they have to experience on a daily basis. As a nurse, it is important to look at all these factors when admitting and discharging clients with new medications, as they can all contribute to medication noncompliance. Assessing their ability to understand the instructions, financial situation, and their ability to attend follow-up appointments are all important components nurses should investigate. After completing this assignment, I will always make sure that I am paying close attention to these details when assessing and interviewing my clients.

References

- Davis's Drug Guide. (2019). Omega-3-carboxylic acids. Retrieved April 19, 2019, from https://drugguide.com/ddo/view/Davis-Drug-Guide/110194/all/omega_3_carboxylic_acids?q=fish+oil
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