

N307 Polypharmacy Rubric

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

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

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

What type of PMH can you determine you have based off your medication list?		20
What would you teach yourself about your medications?		15
What was difficult about maintaining your medication regiment?		10
Why do you think it is difficult for patients to remain compliant?		10
What would you do if you missed a medication or had questions?		5
How much would your medications cost per month if you were to pay for them out of pocket? (best assessment based off of research)		10
Return of medication box, undamaged.		5
Source citation, rubric attached for grading, reference page		10
Reflective statement of experience.		15
Total Points		200

Polypharmacy Project

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N307-01: Introduction to Pharmacology

Lakeview College of Nursing

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April 20, 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. Lorazepam	4. Clopidogrel Bisulfate	7. Paroxetine	10. Atorvastatin
2. Quetiapine Fumarate	5. Furosemide	8. Gabapentin	11. St. John's Wort
3. Naltrexone Hcl	6. Metoprolol Succinate	9. Norco	12. Ginseng

PMH Based on Medication List:

1. Anxiety	4. MI	7. Anxiety and depression	10. High cholesterol
2. Depression	5. Edema caused by heart failure	8. Seizures	11. Depression
3. Alcohol and drug abuse	6. Hypertension	9. Chronic pain	12. Type 2 diabetes

<p>Drug #1</p> <p>Drug Class: Benzodiazepine/ antianxiety</p>	<p>Drug Name (Generic): Lorazepam</p> <p>Drug Name (Trade): Ativan</p>
<p>How I will take the medication:</p>	<p>I will take this medication by mouth twice a day, 1 mg per dose at 0800 and again at 1700.</p>
<p>What is the lowest dose of the medication?</p>	<p>0.5 mg</p>
<p>Specific Directions:</p>	<p>Take this medication by mouth as instructed by provider.</p> <p>The medication will be increased gradually as tolerated.</p> <p>If the medication does need increased the provider will prescribe a higher dose most likely on the evening dose.</p> <p>It is important to start with a small dose to prevent being over sedated. Do not stop the medication abruptly to prevent withdrawal symptoms.</p>
<p>Does it counteract with my other medications?</p>	<p>Furosemide (combining can lower blood pressure)</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>With lorazepam it is important not to drink alcohol.</p> <p>Mixing alcohol with lorazepam alcohol can increase CNS depression and severe respiratory depression.</p>

<p>Does any of your PMH contradict your medications?</p>	<p>Yes, this medication contraindicates with my depression and alcohol abuse.</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>anxiety</p>
<p>What would you teach yourself if you were taking these medications?</p>	<p>It is important to take this medication exactly as prescribed and not to stop meds abruptly. I also need to avoid hazardous activities until i know how the drug will affect me. I should avoid the use of alcohol because they both depress my CNS. If i become excessively drowsy or nauseas i need to inform my provider. There are also extreme additive effects if lorazepam is taken with opioids so it is important to inform any other providers of lorazepam usage when pain medication could be prescribed.</p>
<p>What would you do if you missed a medication?</p>	<p>If I miss a dose I can take it as soon as I remember, but if it is close to time for the next does then skip the one that was missed</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$7.86 for 30 tabs</p>

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World Headquarters.

GoodRx. (2019). Lorazepam. Retrieved April 20, 2019, from

<https://www.goodrx.com/lorazepam>

<p>Drug #2</p> <p>Drug Class: Dibenzothiazepine derivative/antipsychotic</p>	<p>Drug Name (Generic): Quetiapine Fumarate</p> <p>Drug Name (Trade): Seroquel</p>
<p>How I will take the medication:</p>	<p>I will take this medication twice daily at 25mg per dose.</p>
<p>What is the lowest dose of the medication?</p>	<p>25 mg</p>
<p>Specific Directions:</p>	<p>Initially a patient is prescribed he lowest dose at 25 mg twice daily. The dose will be increased to 50mg twice or three times a day. Do not exceed 750 mg daily.</p>
<p>Does it counteract with my other medications?</p>	<p>Lorazepam (can possibly increase the effect), Gabapentin (can increase the risk of dizziness, drowsiness, confusion and decrease concentration), St John's Wort (decreases the effect of st john's wort), Ginseng (can exaggerate the effects of this drug)</p>

<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>I should not drinking alcohol to avoid the possible enhanced CNS depression.</p>
<p>Does any of your PMH contradict your medications?</p>	<p>Yes, since quetiapine can cause heart failure it is contraindicated in making my heart failure worsen.</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>Depression</p>
<p>What would you teach yourself if you were taking these medications?</p>	<p>I can take quetiapine with food to prevent GI upset. I should not drive or operate machinery until I know how the medicine effects me. Watch for suicidal tendencies and sit up and move positions slowly. Monitor for cataracts and a slow heart rate.</p>
<p>What would you do if you missed a medication?</p>	<p>If I missed the dose and I remembered later that day then I could take it, but if it comes close to my next scheduled dose then it is important not to double dose.</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$7.33 for 30 tablets</p>

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World Headquarters.

GoodRx. (2019). Quetiapine Fumarate. Retrieved April 20, 2019, from

<https://www.goodrx.com/quetiapine>

<p>Drug #3</p> <p>Drug Class: Thebaine derivative/ opioid antagonist</p>	<p>Drug Name (Generic): Naltrexone Hcl</p> <p>Drug Name (Trade): ReVia</p>
<p>How I will take the medication:</p>	<p>I will take this medication daily at 50 mg for 12 weeks.</p>
<p>What is the lowest dose of the medication?</p>	<p>25 mg</p>
<p>Specific Directions:</p>	<p>This medication will start out at 25 mg to check for withdrawal symptoms, but then will be increased to 50mg.</p>
<p>Does it counteract with my other medications?</p>	<p>Norco (can decrease the effects of Opioid)</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>This medication is to help treat alcoholism and opioid dependence so I should stop drinking alcohol.</p>

Does any of your PMH contradict your medications?	Yes, the Norco I use for chronic pain will be blocked by the effect of Naltrexone. It is also not safe to take Naltrexone while having blood clots.
What type of PMH can you determine you have based off this medication	Alcoholism and opioid dependency
What would you teach yourself if you were taking these medications?	While on this medication I should not take any opioids because I will be more sensitive to them and it could lead to coma, injury, or death. Report if I am experiencing any adverse effects especially abdominal pain, coughing, dyspnea, jaundice, wheezing, and suicidal tendencies. Do not operate heavy machinery or drink alcohol because this medication could depress my central nervous system.
What would you do if you missed a medication?	Do not double doses. If I remember the missed dose soon then I can take it unless it is almost time for the next scheduled dose.
How much would your medication cost per month if you had to pay for it out of pocket?	\$31.50 for 30 tabs

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World Headquarters.

GoodRx. (2019). Naltrexone Hcl. Retrieved April 20, 2019, from

<https://www.goodrx.com/naltrexone>

<p>Drug #4</p> <p>Drug Class: Platelet aggregation inhibitor</p>	<p>Drug Name (Generic): Clopidogrel Bisulfate</p> <p>Drug Name (Trade): Plavix</p>
<p>How I will take the medication:</p>	<p>I will take 75 mg once daily.</p>
<p>What is the lowest dose of the medication?</p>	<p>75 mg</p>
<p>Specific Directions:</p>	<p>Take this medication exactly as directed around the same time each day. I can take this medication with or without food.</p>
<p>Does it counteract with my other medications?</p>	<p>St John's Wort (patient's response to medication is enhanced)</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>It is always a good idea to stop smoking especially when it can cause comorbidities that can increase the risk of blood clots including causing a buildup of plaque.</p>

Does any of your PMH contradict your medications?	Yes, with alcohol abuse I have an increased chance of liver damage and being on this medication means I have an increased chance of my liver bleeding.
What type of PMH can you determine you have based off this medication	MI
What would you teach yourself if you were taking these medications?	I should not take NSAIDs for the increased risk of bleeding. With the increased risk of bleeding I should not participate in dangerous activities and I will need to stop the medication before surgery. Watch for adverse effects such as my skin being pale, having a fever, any neuro changes, purple skin patches, weakness, or jaundice. I should not stop the medication abruptly. If I expect that I am pregnant I should tell my doctor.
What would you do if you missed a medication?	It is important to not take two doses at once, but if I remember it soon after the dose was required then I can take the medication.
How much would your medication cost per month if you had to pay for it out of pocket?	\$9.00 for 30 tablets

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World Headquarters.

GoodRx. (2019). Clopidogrel. Retrieved April 20, 2019, from

<https://www.goodrx.com/clopidogrel>

<p>Drug #5</p> <p>Drug Class: High- Ceiling Loop Diuretic</p>	<p>Drug Name (Generic): Furosemide</p> <p>Drug Name (Trade): Lasix</p>
<p>How I will take the medication:</p>	<p>I will take this medication at 20 mg once daily by mouth at the same time each day.</p>
<p>What is the lowest dose of the medication?</p>	<p>20 mg</p>
<p>Specific Directions:</p>	<p>I will take 20 mg as a single dose as the doctor directs. If my edema does not resolve on a low dose the doctor could increase the dose to as much as 80 mg. Always take this medication as prescribed with a full glass of water.</p>
<p>Does it counteract with my other medications?</p>	<p>Metoprolol (decreases heart rate and blood pressure), Lorazepam (combining them can have a double effect on decreasing blood pressure), Norco (together can lower</p>

	blood pressure), Ginseng (can increase the effects of Furosemide).
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Drinking alcohol while taking this medication can make me feel drowsy or dizzy. With alcohol also being a CNS depressant then drinking while being on this medication can drop my blood pressure.
Does any of your PMH contradict your medications?	Yes, since I have type 2 diabetes this medication should be used cautiously.
What type of PMH can you determine you have based off this medication	Congestive Heart Failure
What would you teach yourself if you were taking these medications?	Take the medication at the same time each day, do not take the medication before bed to prevent nocturia, and change positions slowly to avoid the effects of orthostatic hypotension. I should monitor my weight and blood pressure daily to see how the medication is affecting me. Since the lasix are pushing fluid from my body, it is important to increase my fluid intake to prevent dehydration. I should also monitor my blood glucose levels.

What would you do if you missed a medication?	Take the dose ASAP when you remember unless it is close to your next dose. Skip the dose you missed and return to the schedule.
How much would your medication cost per month if you had to pay for it out of pocket?	\$4.00 for 30 capsules

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World Headquarters.

GoodRx. (2019). Furosemide. Retrieved April 20, 2019, from

<https://www.goodrx.com/furosemide>

Drug #6 Drug Class: Beta1-adrenergic antagonist/ antianginal, antihypertensive, MI prophylaxis and treatment	Drug Name (Generic): Metoprolol Succinate Drug Name (Trade): Toprol-XL
How I will take the medication:	I will take 25 mg once daily by mouth.
What is the lowest dose of the medication?	25 mg

Specific Directions:	Initially starts out with 25-100 mg daily with the dose adjusted weekly. I cannot go over 400 mg daily.
Does it counteract with my other medications?	Furosemide (can lower heart rate and blood pressure), Quetiapine Fumarate (lowering blood pressure), Paroxetine (increases the effects of metoprolol), Ginseng (can affect blood pressure)
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Alcohol can make me more drowsy or dizzy if I drink in this medication.
Does any of your PMH contradict your medications?	Yes, alcohol abuse can increase the side effects of metoprolol including shortness of breath or dizziness.
What type of PMH can you determine you have based off this medication	Hypertension and angina
What would you teach yourself if you were taking these medications?	I should take medication with food at the same time each day, but not to chew or crush the tablets. Since I am a type 2 diabetic it is important for me to check my blood glucose. I should not stop the drug suddenly.

What would you do if you missed a medication?	I should take the medication when as soon as I remember unless it is within 4 hours of the next dose.
How much would your medication cost per month if you had to pay for it out of pocket?	\$9.00 for 30 tabs

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World Headquarters.

GoodRx. (2019). Metoprolol Succinate. Retrieved April 20, 2019, from

<https://www.goodrx.com/metoprolol-er>

Drug #7	Drug Name (Generic): Paroxetine
Drug Class: Phenylpiperidine/ antianxiety, antidepressant	Drug Name (Trade): Paxil
How I will take the medication:	By mouth 25 mg daily.
What is the lowest dose of the medication?	10 mg
Specific Directions:	I will start out with 25 mg daily. If my depression increases or does not decrease then my provider will increase my dose by 12.5 mg weekly. I cannot exceed 62.5 mg daily.

Does it counteract with my other medications?	Lorazepam, Quetiapine Fumarate, Gabapentin, and Norco (can increase dizziness, drowsiness, confusion, and a decrease in concentration), Naltrexone Hcl (increases seizure risks), St John's Wort (can cause too much serotonin when combined)
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	I should avoid drinking alcohol until i know how the medication will affect my CNS.
Does any of your PMH contradict your medications?	Yes, patients with diabetes should not take this medication.
What type of PMH can you determine you have based off this medication	Anxiety and major depression
What would you teach yourself if you were taking these medications?	I should take this medication in the morning to prevent having anxiety, I should not take with an antacid, I need to watch for suicidal thoughts, avoid alcohol, I my have small episodes of depression throughout treatment, and I will alert my provider if I become pregnant.

What would you do if you missed a medication?	I should take the missed dose once I remember unless it is almost time for my next dose. I should not double doses.
How much would your medication cost per month if you had to pay for it out of pocket?	\$4.00 for 30 tabs

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World

Headquarters.

GoodRx. (2019). Paroxetine. Retrieved April 20, 2019, from

<https://www.goodrx.com/paroxetine>

Drug #8	Drug Name (Generic): Gabapentin
Drug Class: Cyclohexane-acetic acid derivative/ anticonvulsant	Drug Name (Trade): Neurontin
How I will take the medication:	I will take this medication at 300 mg by mouth 3 times a day.
What is the lowest dose of the medication?	100 mg
Specific Directions:	I will start out by taking this medication at 300 mg 3 times a day. My provider will increase the medication

	gradually based on if I my seizures are being treated. The max dose I can have is 3,600 mg a day.
Does it counteract with my other medications?	Quetiapine Fumarate and Norco (can increase the risk of dizziness, drowsiness, confusion and decrease concentration), St John's Wort (can affect the metabolism of drug)
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Gabapentin can affect the CNS so it is important to stop drinking.
Does any of your PMH contradict your medications?	Yes, this medication can increase LDL cholesterol so a patient with hypercholesterolemia should not take this medication.
What type of PMH can you determine you have based off this medication	Seizures
What would you teach yourself if you were taking these medications?	I should not take this medication and an antacid within 2 hours of each other, I should use good oral hygiene because of oral effects from the medication, and I should let my provider know if I become pregnant.

What would you do if you missed a medication?	I can take the dose once I remember unless it is within 2 hours of my next dose.
How much would your medication cost per month if you had to pay for it out of pocket?	\$5.17 for 30 capsules

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World Headquarters.

GoodRx. (2019). Gabapentin. Retrieved April 20, 2019, from <https://www.goodrx.com/gabapentin>

Drug #9 Drug Class: Opioid	Drug Name (Generic): Hydrocodone Drug Name (Trade): Norco
How I will take the medication:	I will take this medicine at 5mg/300mg every 4-6 hours as needed.
What is the lowest dose of the medication?	5mg/300mg
Specific Directions:	I should take this medication with food if I have GI upset with it. Take exactly as provider prescribes to prevent getting addicted.

<p>Does it counteract with my other medications?</p>	<p>Furosemide (combining can lower blood pressure), Gabapentin and Paroxetine (can increase the risk of dizziness, drowsiness, confusion and decrease concentration), Naltrexone (can decrease the effects of Opioid)</p>
<p>My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)</p>	<p>I cannot drink alcohol on this medication because it is a CNS depressant.</p>
<p>Does any of your PMH contradict your medications?</p>	<p>Yes, since alcohol and Norco have similar effects on the brain, abusing alcohol can be dangerous. Also Norco can increase my risk for an irregular heart beat which can increase my chances of another MI.</p>
<p>What type of PMH can you determine you have based off this medication</p>	<p>Chronic pain</p>
<p>What would you teach yourself if you were taking these medications?</p>	<p>I need to follow my providers exact instructions. This medication can be very addictive.</p>

What would you do if you missed a medication?	Since this medication is as needed I can take the dose as soon as I remember, but I would have to push the next dose back 4-6 hours.
How much would your medication cost per month if you had to pay for it out of pocket?	\$25.32 for 30 tabs

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World

Headquarters.

GoodRx. (2019). Norco. Retrieved April 20, 2019, from <https://www.goodrx.com/norco>

Drug #10 Drug Class: HMG CoA reductase inhibitors “statin”/ antihyperlipidemic	Drug Name (Generic): Atorvastatin Drug Name (Trade): Lipitor
How I will take the medication:	I will take this medication once daily at 10 mg by mouth.
What is the lowest dose of the medication?	10 mg
Specific Directions:	I have an initial dose of 10 mg per dose and then have my lipid levels checked. If my levels are still high the

	provider can increase my dose up to 80 mg daily. Take exactly as provider prescribes.
Does it counteract with my other medications?	St John's Wort (decreases the effect of atorvastatin),
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	It is important to stop smoking on this medicine because cigarettes raise cholesterol. The combination of drinking with this drug can cause some liver damage.
Does any of your PMH contradict your medications?	Yes, I should not take this medication if I abuse alcohol.
What type of PMH can you determine you have based off this medication	High Cholesterol (hypercholesterolemia)
What would you teach yourself if you were taking these medications?	Even while taking this medication I still need to maintain a low cholesterol diet. The medication will be best effective when taken at the same time each day. I should watch for adverse effects such as muscle pain, tenderness, or weakness.

What would you do if you missed a medication?	I should take this medication as soon as I remember unless it is time for the next dose then I should not double up on the dose.
How much would your medication cost per month if you had to pay for it out of pocket?	\$7.90 for 30 tabs

Jones, & Bartlett. (2018). *2018 Nurse's Drug Handbook* (17th ed.). Burlington, MA: World

Headquarters.

GoodRx. (2019). Atorvastatin. Retrieved April 20, 2019, from

<https://www.goodrx.com/atorvastatin>

Drug #11	Drug Name (Generic): Hypericum Perforatum
Drug Class: Herbal Supplement	Drug Name (Trade): St. John's Wort
How I will take the medication:	I will take this medication 300 mg 3 times a day by mouth.
What is the lowest dose of the medication?	300 mg
Specific Directions:	I will start out on a dose of 300 mg, but once I know there are no side effects then I can increase the dose to 1,200 if necessary. I should consult my provider before

	starting the herb or increasing the dose because it can interact with multiple medications.
Does it counteract with my other medications?	Metoprolol Succinate (can cause too much serotonin when combined), Atorvastatin (St John's Wort decreases the effect of atorvastatin), Quetiapine Fumarate (decreases the effect of st john's wort), Clopidogrel Bisulfate (St John's Wort increases the patient's response to Clopidogrel), Paroxetine (combining the two can cause too much serotonin), Gabapentin (metabolism of Gabapentin is increased)
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	Drinking alcohol while taking St. John's Wort can increase dizziness, drowsiness, and having difficulty concentration. Since St. John's Wort helps with depression, it can help with stopping smoking.
Does any of your PMH contradict your medications?	Yes, St John's Wort should not be used in patients with heart failure, seizures, or high cholesterol because it effects the medications used to treat them.
What type of PMH can you determine you have based off this medication	Depression

<p>What would you teach yourself if you were taking these medications?</p>	<p>Since St. John's Wort interacts with so many medications, it is important to talk to your provider before starting this medication. This herb can also decrease the effects of birth control so patients should use other contraceptives also. It is also important to keep the herb stored properly because light can alter it. I need to wear sunscreen because the herb can cause my skin to react to sun exposure.</p>
<p>What would you do if you missed a medication?</p>	<p>It is important not to double dose this medication. If I miss the dose I should just continue with my regular schedule.</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$4.00 for 30 capsules</p>

St. John's wort Uses, Side Effects & Warnings. (n.d.). Retrieved from

<https://www.drugs.com/mtm/st-john-s-wort.html>

<p>Drug #12</p> <p>Drug Class: Herbal supplement</p>	<p>Drug Name (Generic): Ginseng</p> <p>Drug Name (Trade): Asian Ginseng</p>
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How I will take the medication:	I will take this herbal supplement 200 mg daily by mouth.
What is the lowest dose of the medication?	100 mg
Specific Directions:	I should start on a low dose of this medication and increase over time. The amount of how much i will increase depends on how much I would like to control my condition.
Does it counteract with my other medications?	Furosemide (Ginseng may decrease the effects of Furosemide), Quetiapine Fumarate (Ginseng can exaggerate the effects of this drug), Metoprolol (can affect blood pressure)
My lifestyle interactions: (Daily tobacco use/ETOH – 3 beers daily)	This medication can reduce the symptoms of a hangover because it helps in the metabolism and excretion of alcohol, but it would be best to not drink on this herb all together. The use of Ginseng can make smoking less appealing and help with nicotine addiction.
Does any of your PMH contradict your medications?	Yes, Ginseng can affect blood pressure and I have a history of high blood pressure.

<p>What type of PMH can you determine you have based off this medication</p>	<p>Type 2 diabetes</p>
<p>What would you teach yourself if you were taking these medications?</p>	<p>Since I am taking this medication for diabetes it is important to remember to check my glucose levels to make sure the herbal supplement is not making my levels drop too low. I should not continue to take Ginseng for more than four weeks. I should tell my provider before starting Ginseng and also before starting any other herbal supplement because others can also affect blood pressure when used together.</p>
<p>What would you do if you missed a medication?</p>	<p>If I remember to take the dose soon after it was missed then I can take it, but I should not double up doses so if it too close to my next scheduled time then I should skip the previous dose.</p>
<p>How much would your medication cost per month if you had to pay for it out of pocket?</p>	<p>\$5.99 for 30 capsules</p>

RxList. (2019). Ginseng, Panax. Retrieved April 21, 2019, from

https://www.rxlist.com/ginseng_panax/supplements.htm

What was difficult about maintaining your medication regimen?

I believe the most difficult part of maintaining my medication regimen was following all the recommendations and rules that came along with each medication. Each medication had certain instructions that had to be followed on how to take and when to take that it was difficult to keep track of all of them. I found this extremely hard so I could only imagine an elderly patient trying to do this on their own. I thought the pill box was going to help, and even though it did some, it was tricky when it came to the medications that had to be taken more than once a day. More helpful tricks had to be done like keeping a time schedule and a paper next to the pill box so I could be sure about each dose.

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

I believe most people have such a hard time being compliant because there are so many accommodations for each medication. With each medication having to be taken a certain way, with or without food, or multiple times a day at certain times, people get tired of keeping it all straight. It also does not help that each medication is so expensive out of pocket. Some people do not have insurance to cover all the medications or have money to buy them so they skip the medications completely.

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

The best place to ask questions about missing a dose or anything else about the medication is talking to your prescriber. There are also multiple resources such as websites or drug inserts. Drug inserts come with the medication when you pick it up at the pharmacy that

includes information about the medication and its uses. When a patient looks at a certain website it is important to make sure that website is giving out credible information. When you are being prescribed medication a patient should never feel like they cannot ask the provider questions. It is important to understand each medication you are taking.

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

For a whole month of 12 medications out of pocket I would pay \$121.07.

Reflective Statement of Experience:

I do believe that this project is a great learning tool for future nurses. It can help us all understand what a patient goes through on a daily basis. This project can help us not take for granted our health and helps us be considerate for the patients that do have to take this many medications. It can also remind us of all the recommendations and interactions that come with each drug. I have to always remember that when administering medications to a patient and also be able to advocate for a patient when I know the medications interact. Lastly, an important thought to take away from this project is the financial burden that having health issues can have on a patient. Not only are the health issues themselves a lot to handle, but considering the financial aspect of it all can be a challenge in itself. It is important for us as future nurses to remember all these points to better us in our future careers.

References

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