

Polypharmacy Project

Happy Kalavadia, BSN Student

N322 Introduction to Pharmacology

Lakeview College of Nursing

Gina Brassard MSN, RN or Brittany Lawson MSN, RN

3/26/2021

PLEASE INSERT YOUR CLIENT SCENARIO HERE – THIS WILL BE PAGE TWO OF THE DOCUMENT

Amy is an 87-year-old female that lives in an assisted living facility. Part of the living arrangements in the facility is a pharmacy service that delivers their meds in prefilled medication packages (accu- pacs) every week. These packages are labeled with the date and time of administration. Amy is expected to take her medication independently. She has no family nearby to assist her. She is followed by her primary care physician as well as an endocrinologist, whom she currently visits monthly as her diabetes is not well controlled. Amy does not have a driver's license and is experiencing significant difficulty with her vision due to diabetic retinopathy. Amy does not drink or use illicit drugs. Amy does have a history of smoking cigarettes (26 packs years). She quit smoking 10 years ago and smoke 1 pack per day for 26 years.

Insurance: Amy has good health insurance that covers the cost of her prescription medications with little co-pay.

Allergies: Sulfa Pepto-Bismol.,

Diet: Controlled carbohydrates

Medical Diagnosis: Type 2 diabetes, diabetic retinopathy, diabetic neuropathy, osteoporosis.

Drug #1	Drug Name (Generic): Aspirin (acetylsalicylic acid)
Drug Class: NSAID	Drug Name (Trade): Aspir-81
How is the medication is taken: (include dose, route, and frequency)	Amy is prescribed Aspirin 81 by mouth two times a day. The typical dose for adults is 80 mg once or twice daily. The maximum dose of aspirin is 325 mg in patients with chronic

	coronary artery disease. (Jones & Bartlett Learning, 2020). Aspirin can be administered orally or through IV infusion.
Specific Directions not included above:	Amy must take aspirin with or without food and at the same time every day to increase absorption and its effectiveness (Jones & Bartlett Learning, 2020). Aspirin is chewable, enteric, and also available in suppositories forms
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Taking aspirin with a diabetic agent such as glyburide causes a possible enhanced hypoglycemic effect. Also taking aspirin with ibuprofen causes decreased cardioprotective side effects and increased risk of bleeding. (Jones & Bartlett Learning, 2020). Using aspirin with the insulin Aspart can cause hypoglycemia and symptoms like dizziness, confusion, nausea, and vomiting. Do not give aspirin to children to prevent Reye's syndrome. Using aspirin and glyburide can increase the risk of hypoglycemia and can have symptoms like dizziness, drowsiness, weakness, and a rapid heartbeat. Using aspirin with Levemir and Novolog causes hypoglycemia, dizziness, nausea, tremor, and rapid heartbeat. Aspirin decreases the effectiveness of gabapentin and can cause adverse effects like breathing problems and lowers the seizure threshold(Jones & Bartlett Learning, 2020). Taking Aspirin with Ibuprofen decreases the cardioprotective and stroke protective effects of aspirin. (Jones & Bartlett Learning, 2020).

<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>When drinking alcohol with aspirin increases the risk of ulcers (GI bleeding)(Jones & Bartlett Learning, 2020).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>None</p>
<p>What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	<p>The patient has a history of uncontrolled diabetes and hyperlipidemia. She is prescribed aspirin to control the risk of formation of clots and potential cardiac complications, also, she has diabetic neuropathy, and taking aspirin will prevent the pain in peripheral neuropathy. (Jones & Bartlett Learning, 2020).</p>
<p>What would you teach the client about taking this medication?</p>	<p>I would advise Amy to do not to crush timed-release or controlled released aspirin tablets unless directed. Also, take aspirin with food or after meals because it causes GI to upset if taken on an empty stomach. Also, I would teach her not to take ibuprofen because it reduces the cardio protectiveness of and stroke preventing effects of aspirin. Also, I would teach her that Glyburide and Gabapentin also interact with aspirin, and hence she should talk to her provider about that.</p>

How much would medication cost per month if paying out of pocket?	The cost of aspirin if Amy buys at Meijer Pharmacy is \$1.66 monthly if she uses Good Rx coupon (Good Rx, 2021).

Aspirin uses, Dosage, side effects & interactions. (n.d.). Retrieved March 30, 2021, from

<https://www.drugs.com/aspirin.html>

Compare aspirin prices. (n.d.). Retrieved March 26, 2021, from <https://www.goodrx.com/aspirin>

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Drug #2 Drug Class: Calcium Salts	Drug Name (Generic): Calcium Drug Name (Trade): Calphron
How is the medication taken: (include dose, route, and frequency)	<p>Amy is prescribed 500 mg tablet by mouth two times a day. The typical dose is 500 mg, but the maximum dose can be 1500 mg of calcium for adults every day(Jones & Bartlett Learning, 2020). Calcium can be taken orally, IV infusion, or be taken parentally.</p>
Specific Directions not included above:	<p>Take calcium with food and the same time every day to increase absorption. Store at room temperature away from moisture and heat.</p>
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>Calcium decreases the absorption rate of multivitamins.</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<p>Smoking and alcohol use cause possible decreased calcium absorption. Also, caffeine and high fiber food prevent calcium absorption.(Jones & Bartlett Learning, 2020).</p>
Does any of the client's past medical history contradict the use of this medication?	<p>None</p>

<p>What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	<p>The patient has age-related osteoporosis and hence she takes calcium supplements to have strong bones which reduce the risk of fracture. The patient is older age and hence her estrogen levels are low which could lead to osteoporosis so taking calcium supplements could prevent osteoporosis.</p>
<p>What would you teach the client about taking this medication?</p>	<p>I would instruct the patient to avoid tobacco and excessive consumption of alcoholic beverages because it may decrease calcium absorption. (I understand that she quit smoking, but I want to remind her to ensure that she understands the risk of restarting smoking again). Also, combining calcium with multimineral decreases its absorption so I would suggest Amy ask to her provider in her next follow-up visit. Also, I would advise her to store at room temperature and avoid direct sunlight. Also, I would advise preventing excessive consumption of medication as can leads to constipation, bone pain, and confusion.</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>Amy must pay out of pocket of copay of 2.73\$ monthly at CVS pharmacy if she uses goodrx coupon (Good Rx, 2021).</p>

Calcium acetate uses, side effects & warnings. (n.d.). Retrieved March 30, 2021, from <https://www.drugs.com/mtm/calcium-acetate.html>

Calcium acetate Prices, coupons & savings tips. (n.d.). Retrieved March 30, 2021, from <https://www.goodrx.com/calcium-acetate>

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Drug #3	Drug Name (Generic): Multivitamins with minerals
Drug Class: Vitamins and Minerals	Drug Name (Trade): Daily visits

How is the medication is taken: (include dose, route, and frequency)	Amy has been prescribed a tablet to take by mouth one time a day. The dose for this medication varies and available over the counter. The medication is available in only oral form.
Specific Directions not included above:	Take multivitamins with minerals with food and at same time to prevent absorption. Take the multivitamin with a full glass of water. Store at room temperature and do not freeze the medication.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Calcium decreases the absorption rate of multivitamins.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The use of tobacco (smoking) can decrease its absorption. (Amy quit smoking 10 years ago but still, I would remind her just in case she is thinking to start the medication).
Does any of the client's past medical history contradict the use of this medication?	None
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the	The patient is older in age and lives by herself in assisted living facility. She must not be consuming nutrition-rich food and hence need multivitamin supplement so that her body can get all needed vitamins and minerals. Also, the absorption of vitamins and minerals from food decreases in older age and hence taking multivitamins restores all the needed vitamins and

medication in general)	minerals.
What would you teach the client about taking this medication?	I would teach to take the tablet at the same time every day to increase absorption. Also, taking the tablet after meals increases absorption (Jones & Bartlett Learning, 2020). I would teach Amy to avoid taking multivitamins with milk and other dairy products. Since the calcium interacts with a multivitamin, I would strongly suggest Amy to talk with the provider about it in her follow-up visit. to I would also teach Amy to avoid the regular use of salt substitute with multivitamins as it decreases its absorption.
How much would medication cost per month if paying out of pocket?	It cost 5. 5\$ monthly at Meijer pharmacy if she uses good RX coupon(Good Rx, 2021).

Compare multivitamin with fluoride prices. (n.d.). Retrieved March 30, 2021, from <https://www.goodrx.com/multivitamin-with-fluoride>

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Multivitamins and minerals Use, side effects & warnings. (n.d.). Retrieved March 30, 2021, from <https://www.drugs.com/mtm/multivitamins-and-minerals.html>

Drug #4	Drug Name (Generic): Docusate Sodium
Drug Class: Laxative, Stool Softener	Drug Name (Trade): Doxidan
How is the medication is taken: (include dose, route, and frequency)	It is taken 500 mg by mouth two times a day. The typical dose usually is 200 mg oral and is taken two times a day (Jones & Bartlett Learning, 2020).It is available in capsules and syrup form as well.
Specific Directions not included above:	Take it at the same time to increase the effects of this medication and to have regular bowel

	movements.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	none
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	None
Does any of the client's past medical history contradict the use of this medication?	None
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	She has chronic DM type 2 and it causes constipation because it alters the urge to defecate due to neuropathy. Also, she might be not consuming nutrition fiber rich food at assisted living facility and hence might be constipated. Another reason is taking calcium supplement which causes constipation as well.
What would you teach the client about taking this medication?	I would teach to talk about this medication with milk to prevent acidity. Also, I would encourage Amy to increase her fiber intake and daily intake of water (240 ml /glass) to help prevent constipation. Also, I would teach Amy to notify provider if she has rectal bleeding and symptoms of electrolyte imbalance such as dizziness, light headedness and cramping.

How much would medication cost per month if paying out of pocket?	Amy must pay 2.98-dollar copay per month at Walmart pharmacy if she uses Good Rx coupon(Good Rx, 2021).
--	--

Compare Docusate Sodium prices. (n.d.). Retrieved March 30, 2021, from <https://www.goodrx.com/docusate-sodium>

Docusate sodium (INACTIVE INGREDIENT). (n.d.). Retrieved March 30, 2021, from <https://www.drugs.com/inactive/docusate-sodium-313.html>

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Drug #5	Drug Name (Generic): Glyburide
----------------	---------------------------------------

Drug Class: Sulfonylurea	Drug Name (Trade): Glynase
How is the medication taken: (include dose, route, and frequency)	Amy is prescribed to take this medication by mouth 10 mg once daily. The maximum dose for it varies depending upon the blood glucose levels but can be 30 mg (Jones & Bartlett Learning, 2020). The medication is only available in oral or IV infusions.
Specific Directions not included above:	She must take the tablet at the same time every day and before meals to be more effective. Avoid drinking alcohol on an empty stomach. Avoid using alcohol especially on an empty stomach as it reduces the effectiveness of the drug.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Using aspirin and glyburide can increase the risk of hypoglycemia and can have symptoms like dizziness, drowsiness, weakness, and a rapid heartbeat.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Alcohol use causes altered blood glucose levels and can cause hypoglycemia.
Does any of the client's past medical history contradict the use of this medication?	None
What is the indication for use of this medication based on the client's past medical history? (If unable	Amy has type 2 diabetes for many years and her diabetes is not well controlled. She also has diabetics related complications like retinopathy and neuropathy, so it is very important to take

to determine an indication based on past medical history, please list potential indications for use of the medication in general)	this medication.
What would you teach the client about taking this medication?	Take the medication at the same time every day to increase absorption. I would advise the patient to take glyburide just before the first meal of the day. I would also teach Amy to note for signs of hypoglycemia like dizziness, anxiety, confusion, and nausea. I would instruct the patient to avoid direct sunlight and wear sunscreen as it causes photosensitivity(Jones & Bartlett Learning, 2020).
How much would medication cost per month if paying out of pocket?	Amy must pay 12.78 copay per month at Meijer pharmacy if she uses good rx coupon (GoodRx, 2020).

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). *Nurse's drug handbook*. Sudbury, MA: Jones and Bartlett Publishers.

Glyburide: Uses, dosage, side effects. (n.d.). Retrieved March 31, 2021, from <https://www.drugs.com/glyburide.html>

Glyburide prices, coupons & savings tips. (n.d.). Retrieved March 31, 2021, from <https://www.goodrx.com/glyburide>

<p>Drug #6</p> <p>Drug Class: Insulin</p>	<p>Drug Name (Generic): Insulin Detemir</p> <p>Drug Name (Trade): Levemir</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>Amy is prescribed 15 units SC at HS (Half strength). Amy is prescribed to take Levemir after meals. The units are different depending upon the blood glucose levels. The units are decided based on a sliding scale. Insulin is only given through subcutaneous, IV or parental route.</p>
<p>Specific Directions not included above:</p>	<p>Administer insulin in the abdomen area to increase its absorption. Also taking the insulin after evening meals or bedtime increases the glucose levels slowly which regulates her blood glucose levels.</p>
<p>Does this medication interact with any other</p>	<p>Using aspirin with Levemir causes hypoglycemia, dizziness, nausea, tremor, and rapid</p>

medication(s) on this list? (see rubric for further instruction)	heartbeat.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Avoid drinking alcohol as can reduce its absorption.
Does any of the client's past medical history contradict the use of this medication?	None.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	Amy has uncontrolled type 2 Dm and hence taking oral form as well insulin to control her blood sugar.
What would you teach the client about taking this medication?	Take the insulin at different sites every day to prevent bruising. Also, I would teach her how to self-administer insulin in her abdomen so that Amy can give insulin by herself. Aspirin interacts with Levemir and I would strongly suggest Amy to talk with her provider about it in her next follow-up visit(Jones & Bartlett Learning, 2020) . Also, taking Levemir after dinner or during bedtime can regulate her glucose levels.
How much would medication cost per month if	Amy must pay 495 \$ monthly as a copay at Walmart pharmacy if she uses good RX coupon(Good Rx, 2021).

paying out of pocket?	
-----------------------	--

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Insulin Detemir: USES, Dosage, side effects & warnings. (n.d.). Retrieved March 31, 2021, from <https://www.drugs.com/insulin-detemir.html>

Levemir prices, coupons & savings tips. (n.d.). Retrieved March 31, 2021, from <https://www.goodrx.com/levemir>

Drug #7	Drug Name (Generic): Insulin Aspart
Drug Class: Insulin	Drug Name (Trade): Novolog
How is the medication taken: (include dose, route, and frequency)	It is administered per sliding scale HS. The units vary in different patients and it is administered according to the sliding scale. The insulin is only administered via subcutaneous route, parental or IV route. Amy is prescribed Novolog before and after meals.
Specific Directions not included above:	Administer insulin at different sites and after meals to prevent bruising and increase its effects respectively.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Using aspirin with the insulin Aspart can cause hypoglycemia and symptoms like dizziness, confusion, nausea, and vomiting (Jones & Bartlett Learning, 2020).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Alcohol can reduce its effectiveness and hence should be avoided.
Does any of the client's past medical history contradict the use of this medication?	None
What is the indication for use of this medication based on the client's past medical history? (If unable	Amy has chronic uncontrolled type 2 Dm and hence she uses insulin to control her blood

to determine an indication based on past medical history, please list potential indications for use of the medication in general)	sugar.
What would you teach the client about taking this medication?	This insulin is taken before and after meals to be effective. So, I would teach Amy to take the insulin at the same time and before and after meals via the subcutaneous route into her abdomen. Aspirin interacts with insulin Novolog, so I would strongly suggest Amy talk to her provider about the interactions in her next follow-up visit. Also, I would teach how to self-administer insulin and to rotate different site on the abdomen to prevent bruising.
How much would medication cost per month if paying out of pocket?	It costs 298 \$ per month at Walmart pharmacy if she uses good rx coupon(Good Rx, 2021).

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Insulin ASPART/INSULIN ASPART protamine drug interactions. (n.d.). Retrieved March 31, 2021, from <https://www.drugs.com/drug-interactions/insulin-aspart-insulin-aspart-protamine.html>

Novolog prices, coupons & savings tips. (n.d.). Retrieved March 31, 2021, from <https://www.goodrx.com/novolog>

Drug #8	Drug Name (Generic): Ranizumab
Drug Class: VEG F antagonists	Drug Name (Trade): Lucentis
How is the medication taken: (include dose, route, and frequency)	Amy is prescribed to take 0.5 mg as an intravitreal injection once a month at the doctor's office. It is only available as an injection which is an intravitreal route into the eyes.
Specific Directions not included above:	The eyes need to check regularly in order to make sure that the drug is not toxic or causing any adverse side effects. The drug can cause blurred vision (Jones & Bartlett Learning, 2020)
Does this medication interact with any other	none

medication(s) on this list? (see rubric for further instruction)	
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	none
Does any of the client's past medical history contradict the use of this medication?	none
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	Amy has diabetic retinopathy and hence taking this drug to prevent macular edema and degeneration.
What would you teach the client about taking this medication?	The drug can cause blurred vision so I would advise Amy if somebody can drive her to the doctor's office. She can also experience side effects like eye pain, itchy eyes, blurred vision, and nausea.
How much would medication cost per month if paying out of pocket?	Amy has pay \$1170 per month if she pays out of pocket(Good Rx, 2021).

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Ranibizumab ophthalmic Uses, side effects & warnings. (n.d.). Retrieved March 31, 2021, from
<https://www.drugs.com/mtm/ranibizumab-ophthalmic.html>

Ranibizumab prices, coupons & savings tips. (n.d.). Retrieved March 31, 2021, from
<https://www.goodrx.com/ranibizumab>

Drug #9	Drug Name (Generic): Gabapentin
Drug Class: Anticonvulsant	Drug Name (Trade): Neurontin
How is the medication taken: (include dose, route, and frequency)	Amy is prescribed to take this medication by 300 mg by mouth three times a day. It is available in oral solution and capsule form only.
Specific Directions not included above:	Neurontin can be taken with or without food. Swallow the medication with water or food and not chew or crush. Store the medication away from sunlight and at room temperature.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Aspirin decreases the effectiveness of gabapentin and can cause adverse effects like breathing problems and lowers the seizure threshold(Jones & Bartlett Learning, 2020).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Drinking alcohol can increase CNS depression.
Does any of the client's past medical history	None

contradict the use of this medication?	
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The patient had peripheral neuropathy due to chronic type 2 DM and hence taking this medication to relieve her pain.
What would you teach the client about taking this medication?	Aspirin interacts with Gabapentin and I would strongly suggest Amy to talk with her provider and watch for any signs of breathing discomfort(Jones & Bartlett Learning, 2020). I would teach Amy to not to crush or chew the extended-release tablets. If using gabapentin capsules and have trouble swallowing, she can open them and sprinkle them in juice or soft food. Also, I would teach Amy to notify the provider if she having trouble breathing and have swelling of the lips. Also, this drug should not be stopped abruptly. I would also caution Amy, not the double the dose if she misses the dose and takes the dose as soon as she remembers.
How much would medication cost per month if paying out of pocket?	Amy must pay \$ 7.69/ month out of pocket if she buys at Kroger Pharmacy and uses goodRx coupon(Good Rx, 2021).

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Gabapentin: Uses, Dosage, side Effects, Warnings. (n.d.). Retrieved March 31, 2021, from <https://www.drugs.com/gabapentin.html>

Gabapentin prices, coupons & savings tips. (n.d.). Retrieved March 31, 2021, from <https://www.goodrx.com/gabapentin>

Drug #10	Drug Name (Generic): Ibuprofen
Drug Class: NSAID	Drug Name (Trade): Advil
How is the medication taken: (include dose, route, and frequency)	Amy is prescribed to take 400 mg by mouth every six hours as needed. Ibuprofen comes in oral as well as IV form.
Specific Directions not included above:	Take the tablet only as needed and taking excess than the recommended dose can increase the risk of stomach bleeding.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Taking Aspirin with Ibuprofen decreases the cardioprotective and stroke protective effects of aspirin.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Strictly avoid alcohol because it causes an increased risk of GI bleeding.
Does any of the client's past medical history contradict the use of this medication?	None
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical	Amy has chronic diabetic peripheral neuropathy and has chronic pain for years. Hence, she is taking the drug to relieve her peripheral neuropathy pain.

history, please list potential indications for use of the medication in general)	
What would you teach the client about taking this medication?	I would teach Amy to take the tablet with a full glass of water and not to lie down for 15 to 30 minutes to prevent esophageal irritation.(Jones & Bartlett Learning, 2020)I would teach patients to wear sunscreen and protective clothing when outdoors. Also, I would teach Amy to see immediate medical attention for blisters, fever, itching, and hypersensitivity to NSAID. Also, since Aspirin interacts with Ibuprofen, I would strongly suggest Amy to talk with her provider in her next visit.
How much would medication cost per month if paying out of pocket?	Amy must pay 3.62 \$ per month at Meijer Pharmacy if she uses good RX coupon(Good Rx, 2021).

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Ibuprofen uses, Dosage & side effects. (n.d.). Retrieved April 01, 2021, from <https://www.drugs.com/ibuprofen.html>

Compare advil prices. (n.d.). Retrieved April 01, 2021, from <https://www.goodrx.com/advil>

Is there anything about this medication regimen scenario that might indicate a potential difficulty in maintaining compliance with the orders as listed?

I anticipate that Amy is an older adult who lives alone in the assisted living facility and has no family to help her. To remain to complain about different prescribed medications is very difficult because there are higher chances, she would forget to take her medications. Also, she is expected by her physician to take the medication independently which is difficult because there are chances that she might be non-compliant due to her complexity of different prescribed medications. In addition, Amy has to pay copay of 2000 \$ monthly which will be difficult for her because she is unemployed . The positive aspect is that the assisted living facility delivers prefilled medication packages or acc checks so that her blood glucose levels can be monitored and regulated. In addition, she does not have a driver's license which is difficult because it can be difficult to pick up her medication from the nearby pharmacy. It is very hard to remain complaint due to her age and not a good support system. Her polypharmacy medication prescription is hard to

maintain and has several drug interactions which she should talk about with her provider in the next follow-up visit. There are two insulin which she must take every day also with an oral antidiabetic agent. It will be difficult for her to remember when to administer insulin every day and it could be very dangerous if she is not complaint taking insulin by herself, as her blood glucose levels could be not controlled which could lead to potential diabetic complications. Lastly, she has difficulty in vision due to diabetic retinopathy and it might be very difficult for her to see different labels of the drug properly as well giving subcutaneous insulin is difficult especially when blurry vision which could result in noncompliance in her medication regimen.

Is there anything about this medication regimen scenario that might assist the client in maintaining the medication regimen as ordered?

Amy can get a pillbox from a dollar tree and organize her each prescribed medication. This will help her not forget the medications and hence prevent complications. Also, Amy should ask help from staff members at the assisted living facility to give her insulin every day as her vision is deteriorating due to diabetic nephropathy. One positive aspect is that Amy regularly follows her primary care physician as well as her endocrinologist so there are chances that Amy will follow her medication regimen and her physician can treat diabetic complications like neuropathy and retinopathy. Another positive aspect of the scenario is that Amy quit smoking 10 years ago and she does not consume alcohol or drugs. Alcohol decreases the effectiveness of many prescribed medication and since she is not consuming alcohol, this is a positive aspect of her lifestyle. In the scenario, it is also mentioned that accu- checks are

prefilled and delivered to the assisted living facility which is a positive factor because Amy can regulate her blood glucose by closely monitoring. Also, Amy consumes a controlled carbohydrate diet which will help prevent sudden peak in glucose levels after meals and will prevent diabetic complications. Lastly, she has good insurance coverage and hence has less amount of copay which is good because diabetic medications especially insulin are very expensive.

What suggestions might you make to the prescriber and/or client (or questions you might ask the prescriber) to help this client scenario? (think about decreasing the potential for interaction(s) through medication reduction, other potential medications, diet changes, lifestyle changes, etc)

I would suggest Amy ask to the provider why she has prescribed two different forms of insulin in addition to oral antidiabetic medication. Despite that, her glucose levels are not controlled, and she is having trouble with vision. Also, why she is practicing polypharmacy and she can ask questions that the prescribed drugs interact with one another and she wants to change her medications which are interacting with each other. For example, I would also suggest Amy to ask the provider why she has prescribed aspirin with glyburide and gabapentin as it interferes with each other.

What would the patients monthly out of pocket expense for all 10 medications? (Total Cost for all 10 meds)?

Amy must pay 1999.96 \$ per month if she must pay out of pocket and her insurance does not pay it .

Reflective Statement of Experience:

I had a great time completing this project and I learned what polypharmacy is its detrimental effects. It can be defined as the use of many drugs to treat single or multiple conditions. I did not know that drugs could interact with each other and can cause certain life-threatening problems and sometimes even death until I did this project. Polypharmacy is not a good practice of consuming medications, especially in the elderly population as the side effects from these medications could be very life-threatening. It is very important to let the provider know about all the over-the-counter medications as well as herbal supplements the patient is taking. In my scenario, I would strongly suggest Amy to ask her endocrinologist why she has been prescribed two different forms of insulin and an oral antidiabetic drug. Also, I learned that smoking and alcohol intake leads to various potential problems of the drug altering its effectiveness. Finally, I would like to thank Professor Brassard to assign me a polypharmacy project. I gained knowledge of what the actual meaning of polypharmacy is and how it is important to minimize taking a lot of drugs to prevent further complications.

References

Aspirin oral: Uses, side effects, interactions, pictures, warnings & dosing. (n.d.). Retrieved April 01, 2021, from

<https://www.webmd.com/drugs/2/drug-1082-3/aspirin-oral/aspirin-oral/details>

Dagli, R., & Sharma, A. (2014). Polypharmacy: A global risk factor for elderly people. Retrieved April 01, 2021, from

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295469/>

Jones & Bartlett Learning., & Jones & Bartlett Publishers. (2020). Nurse's drug handbook. Sudbury, MA: Jones and Bartlett Publishers.

Prescription drug Information, interactions & side effects. (n.d.). Retrieved April 01, 2021, from <https://www.drugs.com/>

Prescription prices, coupons & Pharmacy Information. (n.d.). Retrieved April 01, 2021, from <https://www.goodrx.com/>

N322 Polypharmacy Rubric

You will be given a scenario about your client with a list of medications. You will make sure your client is taking medications correctly, educate them on educations, and look for contradictions, costs, over the counter lifestyle factors & compliance with medications.

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.

N322 Polypharmacy Grading Rubric

Criteria	Excellent 40 points	Acceptable 31-39 points	Unacceptable 0-30 points	Points Earned
Each drug should have a completed breakdown within the tables provided, which includes the following: <ul style="list-style-type: none"> • Drug class • Generic name • Trade name • How is the medication taken (include dose, route, frequency) 	All key components were addressed within the paper and were accurate.	The student provided the required information for some of the medications, but not all and/or the answers provided were inaccurate. (Each individual component for each medication is worth one point)	The student failed to address a sufficient number of the listed components within the paper and/or the components were addressed but were inaccurate. (Each individual component for each medication is worth one point)	___/40

Criteria	Excellent 10 points	Acceptable 8-10 points	Unacceptable 0 - 7 points	Points Earned
<p>Specific Directions not included above:</p> <ul style="list-style-type: none"> Is there any type of medication on the patient list that have specific directions? <p>(before bed, before breakfast, 30 minutes before meals, etc..)</p>	All key components were addressed within the paper.	The student did list some of the medications that required specific directions, however some of the medications included specific directions that were not addressed and/or were inaccurate. (For each medication this question if worth one point)	Student failed to answer the questions and/or the answers were inaccurate. (For each medication this question is worth one point)	___/10
Criteria	Excellent 0 points	Acceptable 16-19	Unacceptable 0-15 points	Points Earned
<p>Does this medication have any potentially serious interactions with any other medication(s) on this list, and/or potential interactions that should be closely monitored due to co-administration?</p> <ul style="list-style-type: none"> Do any of the medications interact with each other? <p>(Please note: if there is an interaction between two medication, you MUST list that interaction on BOTH medications to receive full credit. You may utilize the same verbiage/wording on each medication, we want to know you are thinking about it</p>	All medications reviewed and student explained medication interactions.	The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)	Student failed to answer question and/or The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)	___/20

when considering each medication)				
-----------------------------------	--	--	--	--

Criteria	Excellent 5 points	Acceptable 4 points	Unacceptable 0 -3 points	Points Earned
Lifestyle interactions: <ul style="list-style-type: none"> What lifestyle factors counteract with the medications? (tobacco user, ETOH use – 3 beers daily)	Student showed knowledge why lifestyle would counteract with medications	The student listed lifestyle interactions for some of the medications, but not all and/or the interactions listed were not priority or were incorrect. (For each medication, this question is worth half a point)	Student failed to answer question or the student listed lifestyle interactions for some of the medications, but not all and/or the interactions listed were not priority or were incorrect. (For each medication, this question is worth half a point)	___/5
Criteria	Excellent 10 points	Average 8-9	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> Does any of the 	Student	Student provided answers to	Student failed to	___/10

<p>client's past medical history contradict the use of this medication?</p>	<p>showed knowledge why the client's past medical history would contradict the use of the medication(s).</p>	<p>the question(s), but failed to answer all the questions and/ or the answers provided were inaccurate. (For each medication this question is worth one point)</p>	<p>answer question or Student provided answers to the question(s), but failed to answer all the questions and/or the answers provided were inaccurate. (For each medication this question is worth one point)</p>	
<p>Criteria</p>	<p>Excellent 10 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0-7 points</p>	<p>Points Earned</p>
<ul style="list-style-type: none"> What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general) 	<p>Student showed knowledge of medications and what conditions corresponds with medications</p>	<p>The student provided appropriate indications for some of the medications, but failed to capture all of the appropriate indications for use. (For each medication this question is worth one point)</p>	<p>Student failed to answer the question or The student provided appropriate indications for some of the medications, but failed to capture all of the appropriate indications for use. (For each medication this question is worth one point)</p>	<p>___/10</p>
<p>Criteria</p>	<p>Excellent</p>	<p>Acceptable</p>	<p>Unacceptable</p>	<p>Points</p>

	20 points	16-19 points	0-15 points	Earned
<p>What would you teach the client about taking this medication?</p> <ul style="list-style-type: none"> What education is needed for the medication? (For each medication listed the student must prioritize two topics for client education) <p>(You must consider all component(s) of the medication list when answering this question... if there are potential interactions with other medication this may be a priority over general education for this one medication)</p>	<p>Student showed the importance of medication education, and appropriate prioritized client education for the scenario provided.</p>	<p>The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	<p>Student failed to answer the question OR The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	<p>___/20</p>
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<p>Is there anything about this medication regimen/ scenario that might indicate a potential difficulty in maintaining compliance with the orders as listed?</p> <ul style="list-style-type: none"> Why would the patient have difficulty maintaining the medication 	<p>Student had knowledge on why a patient would have difficulty with medication regiment</p>	<p>The student indicated some potential reasons that the client may have difficulty, however the student failed to indicate a reason OR an appropriate reason for some of the medications (This question is worth one point for each medication)</p>	<p>Student failed to answer the question OR the student indicated some potential reasons that the client may have difficulty, however the</p>	<p>___/10</p>

<p>regiment? (Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc)</p>			<p>student failed to indicate a reason OR an appropriate reason for some of the medications (This question is worth one point for each medication)</p>	
<p>Criteria</p>	<p>Excellent 10 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0-7 points</p>	<p>Points Earned</p>
<p>Is there anything about this medication regimen/ scenario that might assist the client in maintaining the medication regimen as ordered?</p> <ul style="list-style-type: none"> • What factors are present to remain compliant? <p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.</p>	<p>Student had knowledge on medication compliance</p>	<p>The student answered the question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	<p>Student failed to answer the question OR The student answered the question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	<p>___/10</p>
<p>Criteria</p>	<p>Excellent 10 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0 points</p>	<p>Points Earned</p>
<ul style="list-style-type: none"> • How much would this medication cost per month if the 	<p>Student showed research on</p>	<p>The student provided accurate research for some of the medications, but failed to</p>	<p>Student failed to answer the question OR The</p>	<p>___/15</p>

<p>patient were to pay for them out of pocket? (best assessment based off of research)</p> <ul style="list-style-type: none"> • What would the client's monthly out of pocket expense for all 10 medications? 	<p>medication costs</p>	<p>provided research for all medications (This question is worth one point for each medication, with the total cost being worth 5 points)</p>	<p>student provided accurate research for some of the medications, but failed to provide research for all medications (This question is worth one point for each medication, with the total cost being worth 5 points)</p>	
<p>Criteria</p>	<p>Excellent 20 points</p>	<p>Acceptable 16-19 points</p>	<p>Unacceptable 0-15 points</p>	<p>Points Earned</p>
<p>The student must appropriately format the paper and include all of the following:</p> <ul style="list-style-type: none"> • Entire document must include appropriate citations, reference page, title page, page numbers, running head, all with appropriate formatting per APA (10 points - each missing or 	<p>The document included a title page, the rubric, the client scenario, a reference page which included five references that were cited within the document. APA formatting was consistent with the APA</p>	<p>The document did not meet all of the criteria for formatting/ referencing. See "criteria" to the left for further breakdown.</p>	<p>The document did not meet all of the criteria for formatting/ referencing. See "criteria" to the left for further breakdown.</p>	<p>___/20</p>

<p>inaccurate portion per APA is worth one point)</p> <ul style="list-style-type: none"> • The student provided a rubric attached for grading (3 points) • The student included the provided client scenario on page two of the document (2 points) • The paper included a minimum of five references which were cited within the document (each reference with one citation is worth 5 points) 	<p>manual.</p>			
<p>Criteria</p>	<p>Excellent 20 points</p>	<p>Acceptable 16-19 points</p>	<p>Unacceptable 0-15 points</p>	<p>Points Earned</p>
<p>What suggestions might you make to the prescriber and/or client (or questions you might ask the prescriber) to help this client scenario? (think about decreasing the potential for interaction(s) through medication reduction, other potential medications, diet changes, lifestyle changes, etc)</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client. This question showed evidence of good critical</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client, however there was a much higher priority question/suggestion/issue within the scenario that should have been addressed.</p>	<p>The student failed to answer the question OR the student answered the question, however the students answer was dangerously inaccurate.</p>	<p>____/20</p>

<p>Elaborate on this, explaining why you feel it should be addressed, why it is priority and provide evidence behind your presentation.</p>	<p>thinking.</p>			
<p>Criteria</p>	<p>Excellent 10 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0-7 points</p>	<p>Points Earned</p>
<ul style="list-style-type: none"> • Reflective statement of experience should include the following: -insight into the project itself (a specific example within the project and its implications) -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver 	<p>The students provided reflection showed good insight into the project itself, polypharmacy, and the nurses role in client advocacy</p>	<p>The student provided a reflection, however the reflection lacked one of the following -insight into the project itself (a specific example within the project and its implications). -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver</p>	<p>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>
<p>Total Points</p>				<p>___/200</p>