

Polypharmacy Project

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N322 Introduction to Pharmacology

Lakeview College of Nursing

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

Polypharmacy Case 2

Background: 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 pre-filled medication packages (accu-pacs) every week. These packages are labeled with the date and time of administration. (see example picture attached). Amy is expected to take her medications 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 r/t diabetic retinopathy. Amy does not drink, or use illicit drugs. Amy does have a history of smoking cigarettes (26 pack years). She quit 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 II Diabetes, diabetic retinopathy, diabetic neuropathy, osteoporosis

Current medications include the following:

Aspirin 81 mg by mouth two times a day

Calcium 500 mg by mouth two times a day

Multivitamin with minerals by mouth one time a day

Docusate Sodium 100 mg by mouth two times a day

Glyburide 10 mg by mouth one time a day

Levemir 15 units SC at HS

Novolog per sliding scale SC AC & HS

Ranibizumab 0.5 mg via intravitreal injection (given at doctor's office) once a month

Gabapentin 300 mg by mouth three times a day

Ibuprofen 400 mg by mouth every six hours as needed

Drug #1 Aspirin	Drug Name (Generic): Aspirin
Drug Class: NSAID	Drug Name (Trade): Acetylsalicylic acid
How is the medication taken: (include dose, route, and frequency)	81 mg by mouth two times a day.
Specific Directions not included above:	Don't crush timed-release or controlled-release aspirin tablets unless directed. Take with food or after meals if aspirin upsets your stomach. You must chew the chewable tablet before you swallow it.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Aspirin and Ibuprofen interact each other. Ibuprofen may reduce the effectiveness of Aspirin if you are taking it to prevent heart attack or strokes. Combining these 2 meds may increase your risk of developing gastrointestinal ulcers and bleeding.

	<p>Aspirin interacts with calcium when taken together, calcium decreases the effects of aspirin. Aspirin interact with Levemir when taking together with other diabetes medicine can increase the risk of hypoglycemia, which can cause headache, perspiration, palpitation, and CNS symptoms. Aspirin increases effects of insulin Aspart by pharmacodynamic synergism it may increase risk for hypoglycemia. Aspirin used together with glyburide may increase the risk of hypoglycemia.</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Avoid drinking alcohol while taking aspirin, it can increase your risk of stomach bleeding. Even though this patient does not drink or use illicit drugs it is important to instruct her about lifestyle interaction.</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>no</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>Aspirin is indicated to relieve mild pain from inflammation, relieve fever, reduce the risk of recurrent transient ischemic attacks or ischemic stroke, to reduce the severity of or prevent acute MI, to reduce risk of death and MI in patient with CAD. I would say that patient is taking aspirin for pain due to osteoporosis and also to prevent any cardiovascular event since she has uncontrolled DM.</p>
<p>What would you teach the client about taking this</p>	<p>Not to take aspirin at same time with ibuprofen as it will decrease the effectiveness of</p>

medication?	aspirin, avoid drinking alcohol while taking aspirin it can increase your risk of stomach bleeding instruct patient to stop taking aspirin and notify prescriber if stomach or intestinal bleeding occur with bloody or tarry stools or coughing up blood, or vomit that looks like coffee grounds.
How much would medication cost per month if paying out of pocket?	If buying from CVS pharmacy, patient has to pay \$3.38 for 90 tablets, which will cover full month and half.

Sinha, S. (2020). Aspirin. Drugs.com. Know more. Be sure. <https://www.drugs.com/aspirin.html>

GoodRx. (n.d). Aspirin. GoodRx Care. <https://www.goodrx.com/aspirin>

Jones & Bartlett Learning. (2020). 2020 *Nurse's Drug Handbook*. (19th ed.). Burlington, MA

Drug #2 Calcium Drug Class: Antacid	Drug Name (Generic): Calcium Carbonate Drug Name (Trade): Apo-Cal (CAN), Calci-Mix, Calsan
How is the medication taken: (include dose, route, and frequency)	500 mg by mouth two times a day.
Specific Directions not included above:	If taking calcium citrate effervescent, tell patient to dissolve tablets in water and drink it immediately. Instruct patient to take calcium carbonate tablets 1 to 2 hours after meals

	and other forms with meals. The chewable tablets should be chewed before you swallow it.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Aspirin interacts with calcium when taken together, calcium decreases the effects of aspirin. Calcium carbonate taken together with Glyburide affect the absorption of glyburide and alter its effects on blood glucose. Calcium supplement can interact with multivitamins with minerals, it is recommended to be taken at different time; calcium can affect absorption of iron, zinc and magnesium.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Tell patient to avoid excessive use of tobacco and excessive consumption of alcoholic beverages, caffeine containing products, and high fiber foods because of decreased calcium absorption.
Does any of the client's past medical history contradict the use of this medication?	no
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)	For osteoporosis and calcium supplement. This drug can also be used to treat and prevent hypocalcemia, heartburn.

What would you teach the client about taking this medication?	Aspirin interacts with calcium when taken together, calcium decreases the effects of aspirin Tell patient to avoid excessive use of tobacco and excessive consumption of alcoholic beverages, caffeine containing products, and high fiber foods because of decreased calcium absorption. Remind patient to take calcium separate from other prescribed drugs.
How much would medication cost per month if paying out of pocket?	Patient will spend about \$2.20 to 4.20 to buy 60 chewable tablets

Jones & Bartlett Learning. (2020). 2020 *Nurse's Drug Handbook*. (19th ed.). Burlington, MA

Multum, C. (2020). Calcium carbonate. Drugs.com. Know more. Be sure. <https://www.drugs.com/mtm/calcium-carbonate.html>

GoodRx. (n.d). Calcium Carbonate. GoodRx. <https://www.goodrx.com/calcium-carbonate>

Drug #3 Multivitamin with minerals	Drug Name (Generic): Multivitamins with minerals
Drug Class: Vitamins	Drug Name (Trade): Rena-Vita Rx, Vol-Plus, Reguloid, Natalins Rx, Nestabs CBF,
How is the medication taken: (include dose, route, and frequency)	1 tablet by mouth once daily.
Specific Directions not included above:	Take multivitamins with a full of glass of water. Chewable tablets must be chewed

	before swallowed. Place the sublingual tablet under the tongue and allow it to dissolve completely and should not be chewed or swallowed.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Calcium supplement (antacid) can interact with multivitamins with minerals, it is recommended to be taken at different time; calcium can affect absorption of iron, zinc and magnesium.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Avoid regular use of salt substitutes in your diet if your multivitamins contain potassium.
Does any of the client's past medical history contradict the use of this medication?	no
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)	To treat or prevent vitamin deficiency.
What would you teach the client about taking this medication?	Avoid regular use of salt substitutes in your diet if your multivitamins contain potassium. Never take more than the recommended dose of multivitamins. Taking similar multivitamin products together can cause vitamin overdose.

How much would medication cost per month if paying out of pocket?	Patient will spend about \$8.58 to 12.56 to buy 30 tablets
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Jones & Bartlett Learning. (2020). *2020 Nurse's Drug Handbook*. (19th ed.). Burlington, MA

Multum, C. (2019). Multivitamin with minerals. Drugs.com. Know more. Be sure. <https://www.drugs.com/mtm/multivitamins-and-minerals.html>

GoodRx. (n.d). Multivitamin with minerals. GoodRx Care. <https://www.goodrx.com/multivitamin-and-mineral-supplements>

Drug #4 Docusate Sodium Drug Class: Laxative, Stool softener.	Drug Name (Generic): Docusate Sodium Drug Name (Trade): Colace, Colax, Correctol, Dialose, Diocto,Silace
How is the medication taken: (include dose, route, and frequency)	100 mg by mouth two times a day.
Specific Directions not included above:	Take with a full glass of water or juice

Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	no
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	N/A
Does any of the client's past medical history contradict the use of this medication?	Patient should only take tablets form of this med and not the liquid form (syrup) it may contain large amount of sugar.
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)	To treat or prevent occasional constipation.
What would you teach the client about taking this medication?	Do not use for longer than 1 week, unless directed by a doctor. If taking docusate sodium for one week and it does not seem to help with your constipation or if rectal bleeding occurs, stop taking the med and contact your provider.
How much would medication cost per month if paying out of pocket?	Patient will spend about \$2.93 to 5.29 to buy 60 tablets for the month.

Multum, C. (2020). Docusate Sodium. Drugs.com. Know more. Be sure. <https://www.drugs.com/search.php?searchterm=docusate+sodium&sources%5B%5D=>

GoodRx. (n.d). Docusate Sodium, Dok. GoodRx Care. <https://www.goodrx.com/docusate-sodium>

Drug #5 Glyburide	Drug Name (Generic): glyburide
Drug Class: Sulfonylurea/ Antidiabetic	Drug Name (Trade): Diabeta, Euglucon, Glynase
How is the medication taken: (include dose, route, and frequency)	10 mg by mouth one time a day.
Specific Directions not included above:	Take glyburide as a single dose before first meal of the day.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Insulin (levemir) used together with glyburide can increase the risk of hypoglycemia. You may need a dose adjustment or more frequent monitoring of blood sugar to safely use both medications. Aspirin used together with glyburide may increase the risk of

	<p>hypoglycemia. Using glyburide together with Novolog insulin can increase the risk of hypoglycemia, you may need a dose adjustment. Calcium carbonate taken together with Glyburide affect the absorption of glyburide and alter its effects on blood glucose</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Alcohol use causes altered blood glucose control by lowering or increasing it. Avoid sunlight or tanning beds, glyburide could make you sunburn more easily. Wear protective clothing and use sunscreen when you are outdoors.</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>Glyburide is contraindicated to sulfa allergy; patient is allergic to sulfa.</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>To help control blood sugar and manage type two diabetes mellitus.</p>
<p>What would you teach the client about taking this medication?</p>	<p>Avoid or use dose adjustment when using Insulin (levemir) at same time together with glyburide it can potentially increase the risk of hypoglycemia. Alcohol use causes altered blood glucose control by lowering it. Avoid sunlight or tanning beds, glyburide could</p>

	make you sunburn more easily. Wear protective clothing and use sunscreen when you are outdoors.
How much would medication cost per month if paying out of pocket?	Patient will spend about \$12.66 to 20.25 to get 5mg 60 tablets she needs for one month.

Jones & Bartlett Learning. (2020). *2020 Nurse's Drug Handbook*. (19th ed.). Burlington, MA

Multum, C. (2020). Glyburide. Drugs.com. Know more. Be sure. <https://www.drugs.com/search.php?searchterm=glyburide&a=1>

GoodRx. (n.d). Glyburide. GoodRx Care. <https://www.goodrx.com/glyburide>

Drug #6 Levemir	Drug Name (Generic): Insulin detemir
Drug Class: Long-acting insulin	Drug Name (Trade): Levemir
How is the medication taken: (include dose, route, and frequency)	15 units, injection SC at HS. Can be given once or twice a day.
Specific Directions not included above:	Rotate sites of injection, check blood glucose before and after the injection, and every 3-4 hours, use the vial for 30 days after opening if under room temperature, and proper syringe disposable. To be taken with evening meal, at bedtime, or 12 hours following the morning dose.

<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>Aspirin interact with Levemir when taking together with other diabetes medicine can increase the risk of hypoglycemia, which can cause headache, perspiration, palpitation, and CNS symptoms. Insulin (levemir) used together with glyburide can increase the risk of hypoglycemia. You may need a dose adjustment or more frequent monitoring of blood sugar to safely use both medications.</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Alcohol can both decrease or increase blood glucose levels in patients with diabetes.</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>N/A</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>Diabetes mellitus type 2.</p>
<p>What would you teach the client about taking this medication?</p>	<p>Alcohol decreases blood glucose levels in patients with diabetes. You need dose adjustment when taking Levemir at same time with glyburide to avoid risk of hypoglycemia. Aspirin interact with Levemir when taken together with other diabetes</p>

	<p>medicine can increase the risk of hypoglycemia, which can cause headache, perspiration, palpitation, and CNS symptoms. Proper technic to check the glucose, syringe to use and proper disposable, time, recognize sign of hypoglycemia, and intervention like taking orange juice. Rotates injection site, foot care, use an opened vial for 30 days on room temperature.</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>She will spend about \$ 494.15 to 557.17 per month.</p>

Jones & Bartlett Learning. (2020). *2020 Nurse’s Drug Handbook*. (19th ed.). Burlington, MA

Multum, C. (2020). Levemir. Drugs.com. Know more. Be sure. <https://www.drugs.com/search.php?searchterm=Levemir&sources%5B%5D=>

GoodRx. (n.d). Levemir. GoodRx Care. <https://www.goodrx.com/levemir>

<p>Drug #7 Novolog</p>	<p>Drug Name (Generic): Novolog</p>
<p>Drug Class: Insulin aspart, fast-acting</p>	<p>Drug Name (Trade): Humalog</p>
<p>How is the medication taken: (include dose, route,</p>	<p>Injection, Novolog per sliding scale SC AC& HS</p>

and frequency)	
Specific Directions not included above:	Administer within 5 to 10 minutes before a meal, rotate sites of injection, check blood glucose before and after the injection, also every 3-4 hours, use the vial for 30 days after opening if under room temperature, and proper syringe disposal.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Aspirin increases effects of insulin Aspart by pharmacodynamic synergism it may increase risk for hypoglycemia. Using glyburide together with Novolog insulin can increase the risk of hypoglycemia, you may need a dose adjustment.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Alcohol affects blood glucose levels; it can increase or decrease levels of blood sugar.
Does any of the client's past medical history contradict the use of this medication?	N/A
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)	Diabetes mellitus type 2

What would you teach the client about taking this medication?	Alcohol decreases blood glucose levels in patients with diabetes. Aspirin interact with Novolog when taken together can increase the risk of hypoglycemia, which can cause headache, perspiration, palpitation, and CNS symptoms. Proper technic to check blood glucose, syringe to use and proper disposable, time, recognize sign of hypoglycemia, and intervention like taking orange juice. Rotates injection site, foot care, use an opened vial for 30 days on room temperature.
How much would medication cost per month if paying out of pocket?	She will spend about \$292.01 to 340.83

Jones & Bartlett Learning. (2020). *2020 Nurse's Drug Handbook*. (19th ed.). Burlington, MA

GoodRx. (n.d). Novolog. GoodRx Care. <https://www.goodrx.com/novolog>

Sinha, S. (2020). Novolog. Drugs.com. Know more. Be sure. <https://www.drugs.com/novolog.html>

Drug #8 Drug Class: Anti-angiogenic ophthalmic agents/ Vascular endothelial growth factor	Drug Name (Generic): ranibizumab Drug Name (Trade): Lucentis
How is the medication taken: (include dose, route,	0.5 mg, via intravitreal injection once a month.

and frequency)	
Specific Directions not included above:	This medicine is given as an injection into the eye with local anesthetic by a healthcare professional. The eye is monitored before and after the injection. Ranibizumab is usually given once a month.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Ranibizumab does not yet have any drug interaction studies to date. It is recommended to tell the provider about OTC medicine, other prescribed medicine, and herbal before taking them.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Avoid alcohol and tobacco because they increase the risk of macular degeneration.
Does any of the client's past medical history contradict the use of this medication?	N/A
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)	Diabetes retinopathy
What would you teach the client about taking this	This medicine is given as an injection into the eye with local anesthetic by a health

<p>medication?</p>	<p>professional. The eye is monitored before and after the injection. Ranibizumab is usually given once a month. It has serious adverse effects: blurred vision, tunnel vision, eye pain, increased sensitivity to light. Avoid alcohol and tobacco because they increase the risk of macular degeneration. It is recommended to tell the provider about OTC use, other prescribed medicine, and herbal before taking them.</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>This medicine is provided by the doctor and not generally available at a pharmacy. It may cost \$2,023 per dose.</p>

Jones & Bartlett Learning. (2020). *2020 Nurse’s Drug Handbook*. (19th ed.). Burlington, MA

GoodRx. (n.d). Ranibizumab. GoodRx Care. <https://www.goodrx.com/ranibizumab>

Multum, C. (2020). Levemir. Drugs.com. Know more. Be sure. <https://www.drugs.com/mtm/ranibizumab-ophthalmic.html>

<p>Drug #9 Gabapentin</p> <p>Drug Class: anti-seizure/ anticonvulsant</p>	<p>Drug Name (Generic): Gabapentin</p> <p>Drug Name (Trade): Neurontin</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>300 mg, 3 times/day PO</p>
<p>Specific Directions not included above:</p>	<p>Gabapentin can be taken with food or without food, do not crush.</p>

Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	N/A
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Alcohol can increase CNS side effect like dizziness, drowsiness, and fall risk. They both also result in sever mood changes, poor decision making, and slow breathing.
Does any of the client's past medical history contradict the use of this medication?	N/A
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)	Diabetic neuropathy.
What would you teach the client about taking this medication?	Avoid or limit alcohol use when taking this med. Do not stop this medicine suddenly even all the symptoms are gone. It can cause breathing problems, suicidal thought, increase seizures or behavior changes, and avoid hazardous activity. Avoid taking antacid 2 hours before taking gabapentin can decrease gabapentin absorption.
How much would medication cost per month if	Patient will spend about \$14.29 to 20.37 to get 90 capsules 300mg she needs for one month.

paying out of pocket?	
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Jones & Bartlett Learning. (2020). 2020 Nurse’s drug handbook (19th ed.). Burlington,

MA.

GoodRx. (n.d). Gabapentin. GoodRx Care. <https://www.goodrx.com/gabapentin>

Durbin, K. (2021). Drugs.com. Know more. Be sure. <https://www.drugs.com/gabapentin.html>

Drug #10	Drug Name (Generic): Ibuprofen
Drug Class: NSAIDs	Drug Name (Trade): Advil, Genpril, Midol IB
How is the medication taken: (include dose, route, and frequency)	400 mg, orally, every 6 hours as needed.
Specific Directions not included above:	Take drug with milk or food to reduce stomach distress, take with 8 oz of water. Do not lie down for 30 min right after taking it to avoid esophageal irritation.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Aspirin and Ibuprofen interact each other. Ibuprofen may reduce the effectiveness of Aspirin if you are taking it to prevent heart attack or strokes. Combining these 2 meds may increase your risk of developing gastrointestinal ulcers and bleeding.

Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Alcohol use while taking Ibuprofen can increase the risk of stomach bleeding caused by Ibuprofen.
Does any of the client's past medical history contradict the use of this medication?	N/A
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)	Diabetes neuropathy pain
What would you teach the client about taking this medication?	Be aware that Aspirin and Ibuprofen interact each other. Ibuprofen may reduce the effectiveness of Aspirin if you are taking it to prevent heart attack or strokes. Combining these 2 meds may increase your risk of developing gastrointestinal ulcers and bleeding. Avoid alcohol use while taking Ibuprofen it can increase the risk of stomach bleeding caused by Ibuprofen, Call the provider if taking the medicine for more than 10 days. Do not use it for long period because it can cause stomach bleeding.

How much would medication cost per month if paying out of pocket?	She will have to spend \$4.08 to 4.97 to get 60 tablets she needs for one month

Jones & Bartlett Learning. (2020). 2020 Nurse's drug handbook (19th ed.). Burlington,

MA.

GoodRx. (n.d). Ibuprofen. GoodRx Care. <https://www.goodrx.com/ibuprofen>

Durbin, K. (2021). Drugs.com. Know more. Be sure. <https://www.drugs.com/ibuprofen.html>

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

Medications that might be a potential difficulty in maintaining compliance could be insulin and the other diabetes medication because this is a lifelong treatment and she is expected to take the meds independently, injecting herself the meds every day and more than once a day because she takes 3/10 meds once a day, 4/10meds twice a day, 1/10 meds 3 times a day. Seeing her age, it is very difficult for her to keep tracking those scheduled meds because she can easily forget either to get all the meds for that day or get more doses than scheduled. She may also get tired injecting herself needles more than once every day. Another issue is that Ranibizumab that

must only be given at doctor's office even though once a month, since she doesn't drive, she must either ride a bus or ask for a ride from someone if the facility doesn't provide transportation for the residents' appointments, this might also be a concern to maintaining compliance with the orders. One more thing is that she definitely needs a prefilled pill box with labels of weekdays. This should be refilled every week.

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

Yes, since the client lives in an assisted living facility, it is important that the healthcare givers in that facility to assist Amy to maintain the medication regimen as ordered, at least to remind her even though Amy is expected to take her meds independently. Also, the pharmacy service that delivers the pre-filled medication packages for every week plays an important role in assisting the client to maintain the medication as she doesn't have to go out and pick them up by her own.

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)

Some of my suggestions to make to the prescriber include reducing the diabetes meds (Glyburide, Levemir and Novolog, a long acting and rapid acting). I would also suggest the provider to change the prescription of Glyburide because it interacts with aspirin, Novolog, Levemir, and calcium. Also, it is glyburide is contraindicated to client with sulfa allergy, the patient is allergic to sulfa. I would also

suggest to the provider to take off docusate sodium and encourage patient to increase fluid intake and increase intake of rich- fiber foods to naturally solve her problem of constipation. Finally, I would suggest Amy to naturally control her diabetes through a list of good choices of foods for diabetic diet that her endocrinologist can provide her. This may reduce daily administration of insulin.

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

The prices for the meds are different depending on the pharmacy the sells them. Some of the meds are affordable at a lower price but some are really expensive. For the 9 meds that she can buy from the pharmacy the total price is about \$ 834.28 if considering the cheapest pharmacies. But when including \$2,023 for the Ranibizumab the total price is \$2,857.28. This would be the patients monthly out of pocket expense for all 10 meds in case the insurance cannot cover any of the cost for the meds.

Reflective Statement of Experience:

This project has taught me with evidence about how hard it is for patients especially old people to maintain a compliance regiment of meds as prescribed by the physician. The case of this old lady who has deal with 10 different medications in her list while she has nobody to assist her to control dosing her meds, maybe to remind her taking them regularly as prescribed as some are taken more than once at different times a day. At the age of 87, this client might say I have lived long enough I don't have to care that much of my life to keep pocking herself to many injections of insulin multiple times a day. This why some patient would just quit taking their meds and deal with the disease. On the other hand, I can imagine how expensive are the meds and not everyone is able to afford them especially if you don't have a health coverage that support all your prescriptions.

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Multum, C. (2020). Levemir. Drugs.com. Know more. Be sure. <https://www.drugs.com/search.php?searchterm=Levemir&sources%5B%5D=>

GoodRx. (n.d). Levemir. GoodRx Care. <https://www.goodrx.com/levemir>

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Sinha, S. (2020). Novolog. Drugs.com. Know more. Be sure. <https://www.drugs.com/novolog.html>

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