

Polypharmacy Project

Kristy Geier, BSN Student

N322 Introduction to Pharmacology

Lakeview College of Nursing

Brittany Lawson MSN, RN

April 3, 2021

Patient: Jerry is an 88-year-old male who lives with his spouse Clara in an independent living facility. They have two children that live nearby and assist them as needed. Jerry's dementia has been progressing recently. He frequently forgets what medication he has taken, and his children want him admitted to a long-term care: as the assisted living facility he lives in does not provide medication administration services. Jerry refuses to move to an assisted living facility – and has not been deemed incapable of making his own decisions, thus he will remain in assisted living.

Social history: Both he and his wife have Medicare and social security.

Medical history: Dementia, hypertension, chronic kidney disease, hyperlipidemia, chronic anemia, rheumatoid arthritis

Allergies: Lisinopril, Sulfa, latex                      Wt. 250 pounds   Ht 6ft 4in

Medications:

Rivastigmine 6 mg by mouth twice daily

Enalapril 10mg PO BID

Fenofibrate 145mg PO Daily

Oxycodone 2.5mg Q6H PRN PO

MiraLAX packet 17 G mixed with juice/water every morning PO

Prednisone 10mg PO every day

Alprazolam 0.5 mg po TID PRN

Aranesp 0.45mcg/kg SUBQ every 4 weeks

Ferrous Sulfate 325mg PO Daily

Paroxetine 20mg PO Daily

<p><b>Drug #1</b></p> <p><b>Drug Class:</b></p> <p><b>Pharmacologic Class:</b> Cholinesterase inhibitor</p> <p><b>Therapeutic Class:</b> Antidementia</p>	<p><b>Drug Name (Generic):</b> rivastigmine</p> <p><b>Drug Name (Trade):</b> Exelon</p>
<p><b>How is the medication taken: (include dose, route, and frequency)</b></p>	<p>6mg Capsule, by mouth, twice daily</p>
<p><b>Specific Directions not included above:</b></p>	<p>Should be taken with meals in the morning and evening (Jones &amp; Bartlett Learning, 2020, p. 1106).</p>
<p><b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b></p>	<p>1. rivastigmine + prednisone = Combination could increase risk of gastrointestinal ulceration, perforation, or bleeding (Epocrates, 2018).</p>
<p><b>Lifestyle interactions:</b> <b>(Daily tobacco use, alcohol, drugs, etc.)</b></p>	<p>1. May impair driving performance (Epocrates, 2018).</p>
<p><b>Does any of the client's past medical history contradict the use of this medication?</b></p>	<p>Patients with renal impairment may tolerate lower doses only (Epocrates, 2018).</p>
<p><b>What is the indication for use of this medication based on the client's past medical history? (If unable</b></p>	<p>To treat mild, moderate, and severe dementia caused by Alzheimer's disease (Jones &amp; Bartlett Learning, 2020, p. 1106). Jerry has a Dementia diagnosis.</p>

<b>to determine an indication based on past medical history, please list potential indications for use of the medication in general)</b>	
<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"><li>1. Taking rivastigmine is not a cure for Alzheimer's or Dementia. I would teach them that taking this medication may help slow the progression of the disease, however.</li><li>2. Take each dose with food to help prevent gastrointestinal upset.</li><li>3. If the patient forgets to take the medication for a few days, instruct to discontinue use of the medication.</li><li>4. Inspect skin daily after administering the drug to check for any allergic reactions such as rash, itching, hives, or redness (Jones &amp; Bartlett Learning, 2020, p. 1106).</li></ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$19.44 for a 30-day supply with coupon from Meijer Pharmacy (Goodrx, 2020).

<p><b>Drug #2</b></p> <p><b>Drug Class:</b></p> <p><b>Pharmacologic Class:</b> Angiotensin converting enzyme (ACE) inhibitor</p> <p><b>Therapeutic Class:</b> Antihypertensive vasodilator</p>	<p><b>Drug Name (Generic):</b> enalapril</p> <p><b>Drug Name (Trade):</b> Epaned, Vasotec</p>
<p><b>How is the medication taken: (include dose, route, and frequency)</b></p>	<p>10mg, by mouth, twice daily</p>
<p><b>Specific Directions not included above:</b></p>	<p>Adults are prescribed 5mg daily, which is increased after 1 to 2 weeks, as needed.</p> <p>Maintenance therapy includes 10 to 40mg daily or in divided doses twice daily (Epocrates, 2018).</p>
<p><b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b></p>	<ol style="list-style-type: none"> <li>1. enalapril + oxycodone = Monitor Blood Pressure. May increase risk of hypotension.</li> <li>2. enalapril + prednisone = Monitor Blood Pressure. Taking these combination medications may decrease antihypertensive agent efficacy (Epocrates, 2018).</li> </ol>
<p><b>Lifestyle interactions:</b> <b>(Daily tobacco use, alcohol, drugs, etc.)</b></p>	<p>Do not drink alcohol when using enalapril; this can further lower blood pressure and cause other adverse side effects (Epocrates, 2018).</p>
<p><b>Does any of the client's past medical history</b></p>	<p>Yes – instructions state to tell your doctor if you have a kidney disease. The patient does</p>

<b>contradict the use of this medication?</b>	suffer from chronic kidney disease (Epocrates, 2018).
<b>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)</b>	<p>This medication is an ACE inhibitor (Angiotensin converting enzyme) inhibitor. This drug works by decreasing the production of angiotensin II. This helps to dilate the blood vessels in the body and especially around the heart, which lowers blood pressure (Epocrates, 2018).</p> <p>The patient does have hypertension.</p>
<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"> <li>1. Take medication as directed.</li> <li>2. If you miss a dose, take it as soon as you remember. If it is almost time for the next dose, do not take two doses at the same time.</li> <li>3. Store enalapril at room temperature, away from moisture and heat.</li> <li>4. Change positions slowly, as this medication can make patient dizzy.</li> <li>5. Drinking alcohol can lower blood pressure further, so avoid drinking alcohol.</li> <li>6. Do not use salt substitutes which contain potassium supplements.</li> <li>7. Avoid excessive sweating while taking enalapril due to the medication can decrease sweating in the body (Epocrates, 2018).</li> </ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$20.48 for a 30-day supply with a coupon (60 pills) from Meijer Pharmacy (Goodrx, 2020).

<b>Drug #3</b>  <b>Drug Class:</b>	<b>Drug Name (Generic):</b> fenofibrate  <b>Drug Name (Trade):</b> Lipofen
--	--

<b>Pharmacologic Class:</b> Fibrate	
<b>Therapeutic Class:</b> Antilipemic	
<b>How is the medication taken: (include dose, route, and frequency)</b>	145mg, taken by mouth, daily
<b>Specific Directions not included above:</b>	Follow directions on the medicine label. Some brands of fenofibrate should be taken with food to better absorb the medication. Other brands can be taken without food (Epocrates, 2018).
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	None.
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	Do not drink alcohol when taking this medication. May raise triglyceride levels which can cause liver disease (Epocrates, 2018). The patient does have a history of hyperlipidemia.
<b>Does any of the client's past medical history contradict the use of this medication?</b>	The patient should avoid eating foods high in cholesterol while taking this medication (Epocrates, 2018). The patient does have hyperlipidemia.
<b>What is the indication for use of this medication based on the clients past medical history? (If unable to determine an indication based on past medical</b>	Hyperlipidemia

<b>history, please list potential indications for use of the medication in general)</b>	
<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"> <li>1. Take medication exactly as prescribed.</li> <li>2. If you miss a dose, take as soon as possible, however, if the missed dose is close to the next dose, do not double up on doses.</li> <li>3. Store medication in a dry place.</li> <li>4. Do not crush, chew, or break capsule, swallow it whole.</li> <li>5. Avoid eating foods with high cholesterol, as fenofibrate may not be as effective.</li> <li>6. Avoid alcoholic beverages while taking fenofibrate as it may increase risk of liver damage (Epocrates, 2018).</li> </ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$15.31 for a 30-day supply with a coupon (60 pills) from Meijer Pharmacy (Goodrx, 2020).

<b>Drug #4</b>	<b>Drug Name (Generic):</b> oxycodone
<b>Drug Class:</b>	<b>Drug Name (Trade):</b> OxyContin, Roxicodone

<p><b>Pharmacologic Class:</b> Opioid</p> <p><b>Therapeutic Class:</b> Opioid analgesic</p>	
<p><b>How is the medication taken: (include dose, route, and frequency)</b></p>	<p>2.5mg, taken by mouth, taken every 6 hours, or as needed.</p>
<p><b>Specific Directions not included above:</b></p>	<p>Misuse of oxycodone can cause opioid addiction, overdose, or death. Keep this medication in a safe place (Epocrates, 2018).</p>
<p><b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b></p>	<ol style="list-style-type: none"> <li>1. oxycodone + alprazolam = May increase oxycodone levels. Risk of serious central nervous system issues, and psychomotor impairment.</li> <li>2. oxycodone + paroxetine = May increase risk of profound CNS depression, psychomotor impairment, serotonin syndrome.</li> <li>3. oxycodone + enalapril = May increase risk of hypotension (Epocrates, 2018).</li> <li>4. oxycodone + prednisone = May decrease oxycodone levels, may increase hepatic metabolism (Epocrates, 2018).</li> </ol>
<p><b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b></p>	<p>Do not drink alcohol. Can increase risk of central nervous system and decrease respiratory system depression (Epocrates, 2018).</p>
<p><b>Does any of the client's past medical history contradict the use of this medication?</b></p>	<p>None.</p>

<p><b>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)</b></p>	<p>Pain medication potentially for rheumatoid arthritis (Epocrates, 2018).</p>
<p><b>What would you teach the client about taking this medication?</b></p>	<ol style="list-style-type: none"> <li>1. Patient should take oxycodone with food.</li> <li>2. Do not drive while taking oxycodone.</li> <li>3. Do not take oxycodone with alcohol, could cause respiratory depression.</li> <li>4. Long term use of oxycodone may affect fertility in both men &amp; women (Epocrates, 2018).</li> </ol>
<p><b>How much would medication cost per month if paying out of pocket?</b></p>	<p>\$17.98 for a 30-day supply with a coupon (120 pills because they are taken Q6H/PRN) from Meijer Pharmacy (Goodrx, 2020).</p>

<p><b>Drug #5</b></p>	<p><b>Drug Name (Generic):</b> polyethylene glycol 3350</p>
-----------------------	---

<b>Drug Class:</b>  <b>Pharmacologic Class:</b>  <b>Therapeutic Class:</b>	<b>Drug Name (Trade):</b> MiraLAX
<b>How is the medication taken: (include dose, route, and frequency)</b>	17G mixed with juice/water every morning, taken orally.
<b>Specific Directions not included above:</b>	Polyethylene glycol powder should be mixed with cold or hot beverages and consumed right away (Drugs.com, 2019)
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	No medication interactions with what patient is already taking.
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	No known lifestyle interactions.
<b>Does any of the client's past medical history contradict the use of this medication?</b>	Contraindications for patients who are elderly. Contraindications for patients who suffer from renal failure ( <i>Miralax: Dosage, Side Effects, Uses, and More</i> , n.d.). The patient does have chronic kidney disease.
<b>What is the indication for use of this medication based on the client's past medical history? (If unable</b>	Constipation, potentially from taking oxycodone ( <i>What You Can Do About Opioid Induced Constipation</i> , 2020). Constipation potentially from just being an older adult and not drink

<b>to determine an indication based on past medical history, please list potential indications for use of the medication in general)</b>	enough throughout the day. Constipation potentially from taking ferrous sulfate.
<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"> <li>1. This medication should be mixed with either cold or hot liquids and consumed immediately</li> <li>2. A bowel movement should be produced within 1-3 days (Drugs.com, 2019).</li> </ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$13.60 for a 30-day supply with a coupon from Meijer Pharmacy (Goodrx, 2020).

<b>Drug #6</b>  <b>Drug Class:</b>  <b>Pharmacologic Class:</b> Glucocorticoid  <b>Therapeutic Class:</b> Immunosuppressant	<b>Drug Name (Generic):</b> prednisone  <b>Drug Name (Trade):</b> Apo-Prednisone
---	--

<b>How is the medication taken: (include dose, route, and frequency)</b>	10mg, Taken by mouth, daily
<b>Specific Directions not included above:</b>	Do not use prednisone if you have a fungal infection anywhere in your body (Epocrates, 2018).
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<ol style="list-style-type: none"> <li>2. prednisone + enalapril = may decrease antihypertensive medication</li> <li>3. prednisone + darbepoetin alfa = may increase risk of hypertension</li> <li>4. prednisone + rivastigmine = Combination could increase risk of gastrointestinal ulceration, perforation, or bleeding.</li> <li>5. prednisone + oxycodone = May decrease oxycodone levels, may increase hepatic metabolism (Epocrates, 2018).</li> <li>6. prednisone + darpoetin alpha = Combination may increase risks for hypertension (Epocrates, 2018).</li> </ol>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	Avoid drinking alcohol (Jones & Bartlett Learning, 2020, p. 1028).
<b>Does any of the client's past medical history contradict the use of this medication?</b>	Yes. Patient does have a history of hypertension. He also has a history of kidney disease. There is a contraindication for renal impairment (Jones & Bartlett Learning, 2020, p. 1027).
<b>What is the indication for use of this medication</b>	Hypertensive changes

<b>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)</b>	Renal impairment changes (Epocrates, 2018).
<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"><li>1. Take prednisone with food.</li><li>2. Prednisone can weaken your immune system.</li><li>3. Carry medical identification letting medical personal know you are taking a steroid.</li><li>4. Store in a dry area away from moisture, heat, and light.</li><li>5. Take medications as prescribed.</li><li>6. In the case of a missed dose, take as soon as remembered, but if it is close to the next dose, only take the next dose. Do not take two doses at once.</li><li>7. Do not stop using prednisone suddenly; follow provider's instructions on tapering off (Jones &amp; Bartlett Learning, 2020, p. 1028).</li></ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$4.91 for a 30-day supply with a coupon from Meijer Pharmacy (Goodrx, 2020).

<b>Drug #7</b> <b>Drug Class:</b> <b>Pharmacologic Class:</b> Benzodiazepine <b>Therapeutic Class:</b> Anxiolytic, antimanic	<b>Drug Name (Generic):</b> alprazolam <b>Drug Name (Trade):</b> Xanax
<b>How is the medication taken: (include dose, route, and frequency)</b>	0.5mg, taken by mouth, three times per day or as needed
<b>Specific Directions not included above:</b>	Tell your doctor if you have kidney or liver disease. Patient should be aware of addiction,

	dependance and risks of using benzodiazepines and opioids concurrently (Epocrates, 2018).
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<ol style="list-style-type: none"> <li>1. alprazolam + oxycodone = Use alternative medication, or monitor respiratory rate while patient is taking combination.</li> <li>2. alprazolam + paroxetine = combination may increase risk of central nervous system and respiratory depression. May increase risk of psychomotor impairment (Epocrates, 2018).</li> </ol>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	Avoid drinking alcohol. Dangerous side effects could occur (Jones & Bartlett Learning, 2020, p. 45).
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<ol style="list-style-type: none"> <li>1. Caution in elderly or debilitated patients</li> <li>2. Caution in those patients with renal impairment (Epocrates, 2018).</li> </ol>
<b>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)</b>	This medication is an anti-anxiety medication (Jones & Bartlett Learning, 2020). Potentially, because the patient does have a dementia diagnosis and is likely "sundowning" in the afternoon, this medication would help calm him down more.
<b>What would you teach the client about taking this</b>	<ol style="list-style-type: none"> <li>1. Do not stop taking alprazolam suddenly. Serious side effects could occur from</li> </ol>

<b>medication?</b>	withdrawal.  2. Store at room temperature away from moisture, light, and heat. Keep track of all medication.  3. If patient misses a dose, take as soon as possible. But if missed dose is close to the next dose, skip the missed dose. Do not double up on doses of alprazolam.  4. Never share this medication with anyone else. This medication can be highly addictive.  5. Avoid hazardous activity such as driving.  6. Avoid drinking alcohol while taking alprazolam.  7. Avoid drinking grapefruit juice or grapefruit products (Epocrates, 2018).
<b>How much would medication cost per month if paying out of pocket?</b>	\$10.33 for a 30-day supply with a coupon (90 pills because they are taken TID/PRN) from Meijer Pharmacy (Goodrx, 2020).

<b>Drug #8</b> <b>Drug Class:</b> <b>Pharmacologic Class:</b> Recombinant human erythropoietin <b>Therapeutic Class:</b> Antiemetic	<b>Drug Name (Generic):</b> darbepoetin alfa <b>Drug Name (Trade):</b> Aranesp
<b>How is the medication taken: (include dose, route, and frequency)</b>	0.45mcg/kg, Given subcutaneously, every 4 weeks
<b>Specific Directions not included above:</b>	1. darbepoetin alfa is given subcutaneously every 4 weeks. A nurse will give the first dose and teach the patient how to inject the medication.

	<ol style="list-style-type: none"> <li>2. Do not shake medication.</li> <li>3. Call provider if feeling short of breath, tired, light-headed, or weak or skin is pale. This may be a sign that body is not responding from darbepoetin alfa.</li> <li>4. Store in the refrigerator and protect from light.</li> <li>5. If a dose is missed, call healthcare provider (Epocrates, 2018).</li> </ol>
<p><b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b></p>	<ol style="list-style-type: none"> <li>1. darbepoetin alfa + prednisone = Combination may increase risks for hypertension (Epocrates, 2018).</li> </ol>
<p><b>Lifestyle interactions:</b> <b>(Daily tobacco use, alcohol, drugs, etc.)</b></p>	<p>No lifestyle interactions found.</p>
<p><b>Does any of the client's past medical history contradict the use of this medication?</b></p>	<p>Contraindicated in patients with uncontrolled hypertension (Jones &amp; Bartlett Learning, 2020, p. 299). The patient does have a history of hypertension but is taking medications for it.</p>
<p><b>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)</b></p>	<p>Indication of use is to treat anemia caused by kidney failure (Jones &amp; Bartlett Learning, 2020, p. 300).</p>

<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"><li>1. darbepoetin alfa is given subcutaneously every 4 weeks. A nurse will give the first dose and teach the patient how to inject the medication.</li><li>2. Do not re-use syringes.</li><li>3. Discard any un-used medication and used syringes in proper receptacle.</li><li>4. Patient will need educated that doses will come in 2 vials. One vial will be completely used, while only 20mcg from another vial will only be used.</li><li>5. Do not shake medication.</li><li>6. Call provider if feeling short of breath, tired, light-headed, or weak or skin is pale. This may be a sign that body is not responding from darbepoetin alfa.</li><li>7. Store in the refrigerator and protect from light.</li><li>8. If a dose is missed, call healthcare provider (Jones &amp; Bartlett Learning, 2020, p. 300-301).</li></ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$389.21 for a 30-day supply with a coupon (2 vials of 0.25mcg each which the patient will need to draw out 0.25mcg of one vial, and only 0.20 from another vial during administration) from Meijer Pharmacy (Goodrx, 2020).

<b>Drug #9</b> <b>Drug Class:</b> <b>Pharmacologic Class:</b> Hematinic <b>Therapeutic Class:</b> Antianemic, nutritional supplement	<b>Drug Name (Generic):</b> ferrous sulfate <b>Drug Name (Trade):</b> Feosol, Iron
<b>How is the medication taken: (include dose, route, and frequency)</b>	325mg, taken by mouth, daily
<b>Specific Directions not included above:</b>	Take ferrous sulfate on an empty stomach at least 1 hour before a meal or 2 hours after a meal. Avoid taking antacids or antibiotics 2 hours before or after taking ferrous sulfate (Epocrates, 2018).
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	No known medications interact with ferrous sulfate.
<b>Lifestyle interactions:</b>	No known lifestyle interactions.

<b>(Daily tobacco use, alcohol, drugs, etc.)</b>	
<b>Does any of the client's past medical history contradict the use of this medication?</b>	The only caution is in elderly patients (Epocrates, 2018). There is no other contradicting medical history with the patient's previous diagnosis'.
<b>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)</b>	<ol style="list-style-type: none"> <li>1. Patient may have constipation due to taking opioids as well as iron. He may need to use MiraLAX as a daily regimen.</li> </ol>
<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"> <li>1. This medication should be mixed with either cold or hot liquids and consumed immediately</li> <li>2. A bowel movement should be produced within 1-3 days (Drugs.com, 2019).</li> </ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$13.60 for 1 bottle/30 doses, 17g/dose with a coupon at Meijer Pharmacy (Goodrx, 2020).

<p><b>Drug #10</b></p> <p><b>Drug Class:</b></p> <p><b>Pharmacologic Class:</b> Selective serotonin reuptake inhibitor (SSRI)</p> <p><b>Therapeutic Class:</b> Antianxiety, antidepressant, antiobsessional, antipanic, premenstrual analgesic</p>	<p><b>Drug Name (Generic):</b> paroxetine</p> <p><b>Drug Name (Trade):</b> Paxil</p>
<p><b>How is the medication taken: (include dose, route, and frequency)</b></p>	<p>20mg, taken by mouth, daily</p>
<p><b>Specific Directions not included above:</b></p>	<ol style="list-style-type: none"> <li>1. Take medication exactly as directed.</li> <li>2. Notify doctor before taking any NSAIDS such as Ibuprofen as taking Ibuprofen and paroxetine in combination may increase bleeding risks.</li> <li>3. Do not stop taking paroxetine suddenly as withdrawal symptoms can occur (Epocrates, 2018).</li> </ol>
<p><b>Does this medication interact with any other</b></p>	<ol style="list-style-type: none"> <li>1. paroxetine + oxycodone = Avoid combination use. If using both drugs together,</li> </ol>

<p><b>medication(s) on this list? (see rubric for further instruction)</b></p>	<p>monitor respiratory rate, symptoms of irritation/titration, serotonin syndrome.</p> <p>Combination use may decrease respiratory rate, and central nervous system, may increase drowsiness and psychomotor impairment.</p> <p>2. paroxetine + paroxetine (generic) = Concurrent use may increase risk of serotonin syndrome. May have an increased risk of bleeding. May have psychomotor impairment.</p> <p>3. paroxetine + alprazolam = Combination medications may increase risk of central nervous system, and respiratory depression, and psychomotor effects (Epocrates, 2018).</p>
<p><b>Lifestyle interactions:</b> <b>(Daily tobacco use, alcohol, drugs, etc.)</b></p>	<p>Do not drink alcohol while taking paroxetine (Jones &amp; Bartlett Learning, 2020, p. 958).</p>
<p><b>Does any of the client's past medical history contradict the use of this medication?</b></p>	<p>Hypertension, kidney disease (Epocrates, 2018).</p>
<p><b>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</b></p>	<p>1. Use caution with use in elderly patients</p> <p>2. Use caution if patient has severe renal impairment (Epocrates, 2018). The patient does have chronic kidney disease.</p>

<b>medication in general)</b>	
<b>What would you teach the client about taking this medication?</b>	<ol style="list-style-type: none"><li>1. Do not abruptly stop taking this medication. Adverse withdrawal effects could occur.</li><li>2. The patient may not see any change when first taking this medication. It may take up to 4 weeks to see that symptoms are improving.</li><li>3. Store at room temperature away from heat, moisture and light.</li><li>4. If a dose is missed, take as soon as remembered. However, if it is too close to taking the next dose, skip the original dose. Do not double up on doses.</li><li>5. Notify provider before taking any NSAID's such as Ibuprofen or Aleve.</li><li>6. Avoid driving or hazardous activity while taking paroxetine.</li><li>7. Do not stop taking paroxetine suddenly, as withdrawal symptoms may occur (Epocrates, 2018).</li></ol>
<b>How much would medication cost per month if paying out of pocket?</b>	\$198.15 for 30-day dose with a coupon at Meijer Pharmacy (Goodrx, 2020).

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

There are a few potential difficulties with the patient, Jerry, and medication regimen. One potential difficulty is the fact that Jerry has a Dementia diagnosis, and it is progressively worsening. He frequently forgets to take his medications. Some medications state that if a dose is missed, to take the dose as soon as the patient remembers. However, if the dose is close to the next dose, only take one dose, do not double up on medication doses. There is also a potential for caregiver strain due to the independent living facility not providing medication administration services. A third potential difficulty is affording medications. The patient and his wife are on Medicare and Social Security.

Since the scenario does not mention if they have Medicare parts A&B or have a D plan, it is hard to determine what their insurance will pay. The Medicare part D is a specific drug coverage plan that helps keep senior citizens' medication costs low.

The total cost of his drugs out of pocket with savings coupons from Meijer Pharmacy is \$703.01. For someone on a fixed income, this is quite a bit of money each month for medications. Of course, I also have not factored in how much they receive with their Social Security checks each month, how much their independent living facility is each month, or if the patient's wife takes medications.

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

Most of the patient's medications are taken once daily. A few of the medications are listed to be taken multiple times per day.

Perhaps organizing the patient's medications in separate pill containers may help the patient and his wife stay organized.

Planning to take the daily medications at the same time each day is also essential. Administering medications before or with breakfast may help the patient and his wife stay organized because the patient can get on a routine of taking his medications at the same time each day.

**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)**

One suggestion I may make for the provider is that the patient is taking a benzodiazepine and an opioid simultaneously. These medications taken in a combination can decrease the level of consciousness, decrease respiratory rate, and increase drowsiness (Epocrates, 2018). The patient is elderly and has a Dementia diagnosis, and he is at a greater risk for a fall in his independent living facility. The patient also has a history of chronic kidney disease, and many of the medications are contraindicated. He has a higher potential for drug toxicity with those medications.

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

The patient's total monthly out of pocket expense for all 10 medications would be \$703.01 (Goodrx, 2020).

**Reflective Statement of Experience:**

This project was a fun and interactive way to make me think about medications and their potential interactions. In real life, providers do look at medications and the possible drug interactions. However, having a nurse reconcile these medications is also crucial for patients who live independently out in the community. Many patients who do not have a medical background do not understand polypharmacy and how dangerous mixing medications. The nurse plays an essential role in medications and reconciliation for this patient. This project made me think about medications, interactions, and what signs to watch when patients are prescribed multiple medications.

### References

Jones & Bartlett Learning. (n.d.). *2020 nurse's drug handbook* (19<sup>th</sup> ed.).

(2018). <https://online.epocrates.com/drugs/130/alprazolam>

(2018). <https://online.epocrates.com/drugs/2479/Aranesp>

(2018). <https://online.epocrates.com/drugs/1380/enalapril>

(2018). <https://online.epocrates.com/drugs/1330/fenofibrate>

(2018). <https://online.epocrates.com/drugs/326/ferrous-sulfate>

(2018). <https://online.epocrates.com/drugs/7264/Oxaydo>

(2018). <https://online.epocrates.com/drugs/1093/paroxetine>

(2018). <https://online.epocrates.com/drugs/199810/polyethylene-glycol-3350/Monograph>

(2018). <https://online.epocrates.com/drugs/273/prednisone>

(2018). <https://online.epocrates.com/drugs/2263/rivastigmine>

*Drug interactions - drugs.com.* (n.d.). Drugs.com. [https://www.drugs.com/interaction/list/?drug\\_list=2023-0,972-0,1071-0,1770-0,1893-0,1936-0,133-0,784-0,1082-0,1800-0](https://www.drugs.com/interaction/list/?drug_list=2023-0,972-0,1071-0,1770-0,1893-0,1936-0,133-0,784-0,1082-0,1800-0)

*Miralax: Dosage, side effects, uses, and more.* (n.d.). <https://www.medicalnewstoday.com/articles/325170>

*What you can do about opioid induced constipation.* (2020, January 27). Verywell Health. <https://www.verywellhealth.com/opioid-induced-constipation-4153814>

## 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"> <li>• Drug class</li> <li>• Generic name</li> <li>• Trade name</li> <li>• How is the medication taken (include dose, route, frequency)</li> </ul>	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
Specific Directions not included above: <ul style="list-style-type: none"> <li>• Is there any type of medication on the patient list that have specific directions?  (before bed, before breakfast, 30 minutes before meals, etc..)</li> </ul>	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
Does this medication have any	All	The student did list	Student failed to	___/20

<p>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"> <li>Do any of the medications interact with each other?</li> </ul> <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 when considering each medication)</p>	<p>medications reviewed and student explained medication interactions.</p>	<p>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)</p>	<p>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)</p>	
--	--	--	--	--

Criteria	Excellent 5 points	Acceptable 4 points	Unacceptable 0 -3 points	Points Earned
----------	-----------------------	------------------------	-----------------------------	------------------

<p>Lifestyle interactions:</p> <ul style="list-style-type: none"> <li>• What lifestyle factors counteract with the medications?</li> </ul> <p>(tobacco user, ETOH use – 3 beers daily)</p>	<p>Student showed knowledge why lifestyle would counteract with medications</p>	<p>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)</p>	<p>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)</p>	<p>___/5</p>
<p><b>Criteria</b></p>	<p><b>Excellent 10 points</b></p>	<p><b>Average 8-9</b></p>	<p><b>Unacceptable 0-7 points</b></p>	<p><b>Points Earned</b></p>
<ul style="list-style-type: none"> <li>• Does any of the client's past medical history contradict the use of this medication?</li> </ul>	<p>Student showed knowledge why the client's past medical history would contradict the use of the medication(s).</p>	<p>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>Student failed to 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</p>	<p>___/10</p>

Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> <li>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)</li> </ul>	Student showed knowledge of medications and what conditions corresponds with medications	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)	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)	___/10
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<p>What would you teach the client about taking this medication?</p> <ul style="list-style-type: none"> <li>What education is needed for the medication? (For each medication listed the student must prioritize two topics for client)</li> </ul>	Student showed the importance of medication education, and appropriate prioritized client education for the scenario provided.	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)	Student failed to answer the question OR The student provided some appropriate education for the client, but failed to capture all of the	___/20

<p>education) (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>appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	
<p><b>Criteria</b></p>	<p><b>Excellent 10 points</b></p>	<p><b>Acceptable 8-9 points</b></p>	<p><b>Unacceptable 0-7 points</b></p>	<p><b>Points Earned</b></p>
<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"> <li>Why would the patient have difficulty maintaining the medication regiment?</li> </ul> <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 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 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>___/10</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 assist the client in maintaining the medication regimen as ordered?</p> <ul style="list-style-type: none"> <li>• What factors are present to remain compliant?</li> </ul> <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>
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0 points	Points Earned
<ul style="list-style-type: none"> <li>• How much would this medication cost per month if the patient were to pay for them out of pocket? (best assessment based off of research)</li> <li>• What would the client's monthly out of pocket expense for all 10 medications?</li> </ul>	<p>Student showed research on medication costs</p>	<p>The student provided accurate research for some of the medications, but failed to 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 failed to answer the question OR The student provided accurate research for some of the medications, but failed to provided research for all medications (This question is</p>	<p>___/15</p>

Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<p>The student must appropriately format the paper and include all of the following:</p> <ul style="list-style-type: none"> <li>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 inaccurate portion per APA is worth one point)</li> <li>The student provided a rubric attached for grading (3 points)</li> <li>The student included the provided client scenario on page two of the document</li> </ul>	<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 manual.</p>	<p>The document did not meet all of the criteria for formatting/ referencing. See "criteria" to the left for further breakdown.</p>	<p>worth one point for each medication, with the total cost being worth 5 points)</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>(2 points)</p> <ul style="list-style-type: none"> <li>The paper included a minimum of five references which were cited within the document (each reference with one citation is worth 5 points)</li> </ul>				
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<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>Elaborate on this, explaining why you feel it should be addressed, why it is priority and provide evidence behind your presentation.</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 thinking.</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>
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> <li>Reflective statement</li> </ul>	<p>The students</p>	<p>The student provided a</p>	<p>Student failed to</p>	<p>___/10</p>

<p>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>	<p>provided reflection showed good insight into the project itself, polypharmacy, and the nurses role in client advocacy</p>	<p>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>reflect on their project OR the student addressed only of the topics of reflection</p>	
<p><b>Total Points</b></p>				<p>____/200</p>