

Polypharmacy Project

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N322 Introduction to Pharmacology

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Polypharmacy Case 1

Background: Caroline is a 78-year-old female that resides at home with her daughter who is her primary care giver. No one else lives with them. Caroline requires extensive assistance from her daughter in completing all of her activities of daily living, as she cannot follow simple commands to complete the steps of her activities of daily living. She also is experiencing extensive communicative difficulties resulting in the majority of her communication being word salad. She expresses anger often and was recently discharged from the local psychiatric hospital related to her physically combative behaviors during care. Caroline has a history of smoking – but quit about ten years ago. She has a history of drinking socially, and currently drinks one glass of wine a day at lunch. Caroline and her daughter have no other family in the area.

Insurance: Caroline has prescription medication insurance only. She does not have insurance for medical visits.

Allergies: Penicillin's & Peanuts

Diet: Mechanical Soft with thin liquids related to difficulty chewing

Medical diagnosis: Alzheimer's with behavioral disturbance, COPD, hyperlipidemia, and chronic kidney disease

Current medications include the following:

Zyprexa 7.5 mg by mouth one time a day

Donepezil 10 mg by mouth at HS

Colace 200 mg by mouth one time a day

Haloperidol 2 mg IM every 4-hour PRN

Atrovent HFA take 2 inhalations four times a day

ProAir HFA take 2 puffs via inhalation four times a daily PRN

Namenda 5 mg by mouth twice a day

Ibuprofen 400 mg by mouth every 6 hours PRN

Lipitor 30 mg by mouth once daily

Miralax 17 gm mixed in 8 ounces of juice or water by mouth once a day

<p>Drug #1 Zyprexa</p> <p>Drug Class: Atypical Antipsychotic</p>	<p>Drug Name (Generic): Olanzapine</p> <p>Drug Name (Trade): Zyprexa Relprevv, Zyprexa Zydis.</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>7.5 mg by mouth one time a day</p>
<p>Specific Directions not included above:</p>	<p>Medication should initially be taken daily at bedtime; increase over several weeks to 20 mg daily, if necessary (Frandsen & Pennington, 2021).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>Olanzapine may reduce the effectiveness of Donepezil, and in patients with Alzheimer’s Disease or other dementia may be more likely to experience nervous system side effects of olanzapine (Drugs.com, n.d.). Using haloperidol together with olanzapine may increase the blood levels or add to the side effects of either medication (Drugs.com, n.d.). Using ipratropium together with olanzapine may increase side effects (Drugs.com, n.d.). Using olanzapine together with ProAir HFA (albuterol) can increase the risk of an irregular heart rhythm that may be serious and potentially life-threatening, although it is a relatively rare side effect (Drugs.com, n.d.). Using olanzapine together with Namenda (memantine) may increase side effects and may be more likely to occur in the elderly (Drugs.com, n.d.).</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Patient has a history of drinking socially and currently drinks one glass of wine a day at lunch. Alcohol use is an additive CNS depression which can cause dizziness, drowsiness,</p>

	difficulty concentrating, and potentiated orthostatic hypotension (Jones & Bartlett, 2020).
Does any of the client's past medical history contradict the use of this medication?	Zyprexa shouldn't be used for elderly patients with dementia-related psychosis because it increases the risk of death in these patients (Jones & Bartlett, 2020).
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)	Patient has a diagnosis of Alzheimer's with behavioral disturbance. She cannot follow simple commands to complete steps of her activities of daily living, communication being word salad, expresses anger, and physically combative behaviors associate with schizophrenia bipolar.
What would you teach the client about taking this medication?	<p>Avoid driving or hazardous activities until you know how it will affect you.</p> <p>Avoid getting up too fast from a lying or sitting position or you may feel dizzy.</p> <p>Avoid drinking alcohol dangerous side effects could occur.</p> <p>Avoid becoming overheated or dehydrated.</p> <p>Encourage her to monitor for weight gain.</p> <p>Drink plenty of fluids in hot weather and during exercise.</p> <p>Get emergency help if you have signs of an allergic reaction such as hives, difficulty breathing, swelling of face, lips, or throat.</p> <p>Call your doctor if you have uncontrolled muscle movements, trouble speaking or</p>

	<p>swallowing, swelling in hands or feet, confusion, unusual thoughts or behavior, hallucinations, or thoughts about hurting yourself, dry mouth, fruity breath, or increased urination.</p> <p>Give patient a list of the side effects that can occur with the medication (Jones & Bartlett, 2020).</p>
How much would medication cost per month if paying out of pocket?	The lowest GoodRx price for the most common version of generic Zyprexa 7.5mg with 30 tablets is around \$6.36, 96% off the average retail price of \$172.55 for a month's supply.

<p>Drug #2 Donepezil</p> <p>Drug Class: Cholinesterase inhibitor</p>	<p>Drug Name (Generic): Donepezil</p> <p>Drug Name (Trade): Aricept, Aricept ODT</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>10 mg by mouth at HS</p>
<p>Specific Directions not included above:</p>	<p>Take only once per day just before going to bed, take with food. Take at same time each day (Jones & Bartlett, 2020).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>Medications like olanzapine may reduce the effectiveness of donepezil, and patients with Alzheimer's or other dementia may be more likely to experience nervous system side effects. Medications like haloperidol may reduce the effectiveness of donepezil, and patients with Alzheimer's or other dementia may be more likely to experience nervous system side effects of haloperidol. Donepezil can occasionally cause slowing of the heart rate or other irregular heart rhythm and combining it with medications like albuterol may increase that risk (Drugs.com, n.d.).</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Patient has a history of drinking socially and currently drinks one glass of wine a day at lunch avoid alcohol when taking donepezil, it can stop your medicine from working as well as it</p>

	should. Drinking alcohol can make the symptoms of dementia worse (Jones & Bartlett, 2020).
Does any of the client's past medical history contradict the use of this medication?	Patient has COPD and using this medication may increase bronchoconstriction and bronchial secretions (Jones & Bartlett, 2020).
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)	Patient has a diagnosis of Alzheimer's with behavioral disturbance.
What would you teach the client about taking this medication?	<p>Advise patient to take this medication only once per day just before going to bed.</p> <p>Inform her that it may be taken with or without food.</p> <p>Instruct patient to avoid hazardous activities such as driving and urge her to take safety precautions to prevent falling because of dizziness (Jones & Bartlett, 2020).</p> <p>Side effects may occur nausea, vomiting, insomnia, fatigue and confusion (Frandsen & Pennington, 2021).</p>
How much would medication cost per month if paying out of pocket?	Lowest price on GoodRx website is \$2.40 monthly.

Drug #3 Colace Drug Class: Laxative	Drug Name (Generic): Docusate and Senna Drug Name (Trade): Colace 2-in-1, Dok Plus, Peri-Colace, Senexon-S, Senna Plus, Senna S, Senna-Time S, Senokot S, SenoSol-SS, Stool Softener with laxative.
How is the medication taken: (include dose, route, and frequency)	200 mg by mouth one time a day
Specific Directions not included above:	Take with a full glass of milk or water (Jones & Bartlett, 2020).
Does this medication interact with any other	Haloperidol with this medication can cause an irregular heart rhythm that may be serious and

medication(s) on this list? (see rubric for further instruction)	potentially life-threatening, although it is a relatively rare side effect (Drugs.com, n.d.).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Mineral oil increases the risk of toxicity (Jones & Bartlett, 2020).
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)	Patient needs assistance with all ADLs, therefore when her daughter is not around to assist her, she is inactive and at risk for constipation. Patients with Alzheimer's may also forget to stay hydrated and not drink an adequate amount of water and become constipated.
What would you teach the client about taking this medication?	Do not use when experiencing abdominal pain, nausea, or vomiting. Advise patient to take with full glass of milk or water. Encourage patient to increase fiber intake, exercise regularly, and drink 6 to 8 glasses of water daily to help prevent constipation. Notify prescriber about rectal bleeding; symptoms of electrolyte imbalances such as dizziness, light-headedness, muscle cramping, and weakness; and unrelieved constipation (Jones & Bartlett, 2020).
How much would medication cost per month if	Using GoodRx Colace is around \$1.70, 61% off the average retail price of \$4.40 for a month's supply.

paying out of pocket?	
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Drug #4 Haloperidol Drug Class: Antipsychotic	Drug Name (Generic): Haloperidol Decanoate Drug Name (Trade): Haldol Decanoate
How is the medication taken: (include dose, route, and frequency)	2 mg IM every 4-hour PRN
Specific Directions not included above:	Initial dose up to 100 mg, depending on previous dose of oral drug, then titrated according to

	response, usually given every 4 weeks (Frandsen & Pennington, 2021).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	This medication interacts with Ibuprofen by increasing drowsiness and confusion (Frandsen & Pennington, 2021).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	This medication interacts with alcohol by increasing sedation and anticholinergic effects such as urinary retention and sexual dysfunction (Frandsen & Pennington, 2021).
Does any of the client's past medical history contradict the use of this medication?	Black Box Warning indicates patients who suffer from dementia and receive Haloperidol have an increased risk of death compared with those patients who receive a placebo (Frandsen & Pennington, 2021).
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)	Patient has a diagnosis of Alzheimer's with behavioral disturbance. She cannot follow simple commands to complete steps of her activities of daily living, communication being word salad, expresses anger, and physically combative behaviors associate with schizophrenia bipolar disorder (Frandsen & Pennington, 2021).
What would you teach the client about taking this medication?	Take the medication as prescribed and don't stop abruptly because withdrawal symptoms may occur (Jones & Bartlett, 2020).

	<p>Report sore throat or fever to the prescriber (Frandsen & Pennington, 2021).</p> <p>Notify prescriber of any adverse effects such as tardive dyskinesia (lip smacking, tongue protrusion, and facial grimaces), dystonia (uncoordinated bizarre movements of neck, face, eyes, tongue, trunk, or extremities), or akathisia (motor restlessness and inability to be still).</p> <p>Dizziness or decreased mental alertness may occur, do not drive or operate dangerous machinery (Frandsen & Pennington, 2021).</p> <p>If you go outdoors, wear protective clothing or sunscreen.</p> <p>Maintain adequate hydration.</p> <p>Urge patient not to drink alcohol during therapy (Jones & Bartlett, 2020).</p> <p>Use lozenges to counteract anticholinergic effects (Frandsen & Pennington, 2021).</p> <p>Realize that dark-colored urine that is pink or brown is normal (Frandsen & Pennington, 2021).</p>
How much would medication cost per month if paying out of pocket?	The lowest GoodRx price is \$12.80 monthly.

<p>Drug #5 Atrovent HFA</p> <p>Drug Class: Anticholinergic bronchodilator</p>	<p>Drug Name (Generic): Ipratropium inhalation</p> <p>Drug Name (Trade): Atrovent HFA, Atrovent</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>Take 2 inhalations four times a day</p>
<p>Specific Directions not included above:</p>	<p>If with nebulizer then 250 to 500 mcg dissolved in preservative-free sterile normal saline solution, space doses 6 to 8 hours apart (Jones & Bartlett, 2020).</p> <p>If aerosol four times a day (36 to 72 mcg) (Jones & Bartlett, 2020).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further</p>	<p>Using ipratropium together with Zyprexa (olanzapine) may increase side effects such as drowsiness, blurred vision, dry mouth, heat intolerance, flushing, decreased swelling,</p>

instruction)	difficulty urinating, abdominal cramping, constipation, rapid heart rate, confusion, memory problems, and glaucoma (Drugs.com, n.d.).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Caffeine may enhance the cardiac inotropic effects of beta-agonist (Sredzinski,2021).
Does any of the client's past medical history contradict the use of this medication?	Ipratropium has not been studied in patients with renal insufficiency. Therapy with this agent should be used with caution in this patient (Drugs.com, n.d.).
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 chronic obstructive pulmonary disease and increase air flow to the lungs (Drugs.com, n.d.).
What would you teach the client about taking this medication?	Do not use to treat acute bronchospasm. Inform that although some people feel relief within 24 hours of drug use, maximum effect may take up to two weeks. Teach how to use inhaler and to shake inhaler well before each use. Keep spray out of eyes to prevent blurry vision. Instruct to rinse mouth after each use to minimize throat dryness and irritation. Advise patient to report decreased response as well as difficulty voiding, eye pain, nasal dryness, nose bleeds, palpitations, and vision changes (Jones & Bartlett, 2020).

How much would medication cost per month if paying out of pocket?	Using GoodRx the price for the most common version of generic Atrovent is around \$8.49, 69% off the average retail price of \$27.41 for a month's supply.
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Drug #6 ProAir HFA Drug Class: Bronchodilator	Drug Name (Generic): Albuterol Sulfate (salbutamol sulphate) Drug Name (Trade): ProAir HFA
How is the medication taken: (include dose, route, and frequency)	Take 2 puffs via inhalation four times a day PRN
Specific Directions not included above:	Use Albuterol inhaler before using any other inhaler. Wait 5 minutes or more before between using different inhalers. To prevent exercise induced bronchospasms, take 2 inhalations 5 minutes before exercising (Frandsen & Pennington, 2021).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Interacts with Olanzapine (Zyprexa) and can increase the risk of irregular heart rhythm. Interacts with Polyethylene Glycoelectrolyte Solution (Miralax) because it can cause an irregular heart rhythm and there is an increased risk of having low blood levels of magnesium

	or potassium which can occur with bowel cleansing preparations (Drugs.com n.d.).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Albuterol can stimulate cardiovascular beta 1 and beta 2 receptors and cause hypertension (Drugs.com, n.d.).
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)	Patient has a history of smoking (but quit about ten years ago) and diagnosed with COPD.
What would you teach the client about taking this medication?	Recognize acute asthma attacks and have a plan to treat or seek help. Patient teaching and general considerations on how to take medication properly. <ol style="list-style-type: none"> 1. Shake well immediately before each use. 2. Remove cap from the mouthpiece. 3. Exhale the end of a normal breath. 4. With the inhaler in the upright position, place the mouthpiece just inside the mouth, and use the lips to form a tight seal or hold the mouthpiece approximately two finger

	<p>widths from the open mouth.</p> <ol style="list-style-type: none"> 5. While pressing down on the inhaler, take a slow deep breath for 3 to 5 seconds and hold your breath for 10 seconds and exhale slowly. 6. Wait 3 to 5 minutes before taking a second inhalation of the drug. 7. Rinse your mouth with water after each use. 8. Rinse the mouthpiece and store the inhaler away from heat. 9. If you have difficulty using an inhaler, ask your provider about a spacer device which will make it easier to use (Frandsen & Pennington, 2021).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>The lowest GoodRx price is \$18.27 monthly.</p>

<p>Drug #7 Namenda</p> <p>Drug Class: Miscellaneous central nervous system agent</p>	<p>Drug Name (Generic): Memantine</p> <p>Drug Name (Trade): Namenda, Namenda XR</p>
<p>How is the medication taken: (include dose, route,</p>	<p>5 mg by mouth twice a day</p>

and frequency)	
Specific Directions not included above:	Take at the same time every day (Jones & Bartlett, 2020).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Using olanzapine together with memantine may increase side effects. Using haloperidol together with memantine may increase side effects (Drugs.com, n.d.).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	None
Does any of the client's past medical history contradict the use of this medication?	Memantine should be used in caution in patients with severe renal impairment and a dosage reduction is recommended (Jones & Bartlett, 2020).
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)	Namenda reduces the actions of chemicals in the brain that may contribute to the symptoms of Alzheimer's disease (Drugs.com, n.d.).
What would you teach the client about taking this medication?	Take exactly as prescribed. Avoid a diet excessively high in fruits and vegetables because these foods contribute to alkaline urine, which can alter memantine clearance and increase adverse reactions. Capsule should be swallowed whole and not chewed. Caution patient to

	avoid hazardous activities. Alert patient or caregiver that this medication can cause suicidal thoughts (Jones & Bartlett, 2020).
How much would medication cost per month if paying out of pocket?	GoodRx price for the most common version of memantine is around \$12.00, 94% off the average retail price of \$224.37 for a supply of 60 tablets.

Drug #8 Ibuprofen Drug Class: Analgesic, anti-inflammatory, antipyretic	Drug Name (Generic): Ibuprofen Drug Name (Trade): Motrin, Advil
How is the medication taken: (include dose, route, and frequency)	400 mg by mouth every 6 hours PRN
Specific Directions not included above:	Max dose is 3200 mg a day (Jones & Bartlett, 2020).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Interacts with Polyethylene Glycoelectrolyte Solution (Miralax) because bowel cleansing causes dehydration and electrolyte imbalances which causes an increased risk of irregular heart rhythm, seizures, and kidney problems (Drugs.com, n.d.). Interacts with Donepezil Hydrochloride (Aricept) by increasing the risk of gastrointestinal bleeding (Frandsen & Pennington, 2021).
Lifestyle interactions:	Patient drinks alcohol socially and currently drinks one glass of wine at lunch which increases

(Daily tobacco use, alcohol, drugs, etc.)	the risk of stomach bleeding (Drugs.com, n.d.).
Does any of the client's past medical history contradict the use of this medication?	Patient has a diagnosis of chronic kidney disease and taking Ibuprofen can cause further kidney damage (Frandsen & Pennington, 2021).
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)	Unable to determine an indication based on past medical history.
What would you teach the client about taking this medication?	<p>Report any signs of bleeding such as nosebleeds, vomiting blood, bruising, blood in the urine or stool, difficulty breathing, severe stomach upset, swelling, or weight gain.</p> <p>Make sure to take drug with food to prevent stomach upset and to drink 2 to 3 quarts of liquid when taking this drug regularly (Frandsen & Pennington, 2021).</p>
How much would medication cost per month if paying out of pocket?	The lowest GoodRx price for this medication is \$5.72 monthly.

Drug #9 Lipitor	Drug Name (Generic): Atorvastatin
Drug Class: Antihyperlipidemic	Drug Name (Trade): Lipitor
How is the medication taken: (include dose, route, and frequency)	30 mg by mouth once daily
Specific Directions not included above:	Dosage should not exceed 40 mg daily (Jones & Bartlett, 2020).
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.)	Grapefruit juice increases blood atorvastatin level (Jones & Bartlett, 2020).
Does any of the client's past medical history contradict the use of this medication?	Renal disease. Caution and close monitoring is advised when using these drugs in patients with renal impairment (Drugs.com, n.d.).
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	Hyperlipidemia Lipitor is used to treat high cholesterol (Drugs.com, n.d.).

history, please list potential indications for use of the medication in general)	
What would you teach the client about taking this medication?	Take at same time each day to maintain its effects. Take missed dose as soon as possible, if it is almost time for next dose, skip missed dose. Notify provider if unexplained muscle pain, tenderness, or weakness, especially if accompanied by fatigue or fever (Jones & Bartlett, 2020).
How much would medication cost per month if paying out of pocket?	The lowest GoodRx price for the most common version of generic Lipitor is around \$4.33, 93% off the average retail price of \$69.17 for a month's supply.

Drug #10 Miralax**Drug Class:** Laxative**Drug Name (Generic):** Polyethylene Glycol 3350**Drug Name (Trade):** Miralax

How is the medication taken: (include dose, route, and frequency)	17 g mixed in 8 ounces of juice or water by mouth once a day.
Specific Directions not included above:	<p>Use Miralax exactly as directed on the label or as prescribed by provider, do not take larger or smaller amount or for longer than recommended.</p> <p>Do not use Miralax more than once per day and 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)	Interacts with Albuterol and Haloperidol because Albuterol and Haloperidol can cause an irregular heart rhythm which there is an increased risk if there are low blood levels of magnesium or potassium from bowel cleansing preparations or excessive use of laxatives (Drugs.com, n.d.).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	None
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	Patient needs assistance with all ADLs, therefore when her daughter is not around to assist her, she is inactive and at risk for constipation. Patients with Alzheimer's may also forget to stay hydrated and not drink an adequate amount of water and become constipated.

history, please list potential indications for use of the medication in general)	
What would you teach the client about taking this medication?	<p>You should not use Miralax for a bowel obstruction or blockage.</p> <p>Miralax should produce a bowel movement within 1 to 3 days of using the medication and it could produce loose or watery stools.</p> <p>Do not use Miralax more than once per day and to call your provider if you are still feeling constipated or irregular after using this medication.</p> <p>Also contact your provider if you experience any nausea, vomiting, or severe stomach pain (Drugs.com, n.d.).</p>
How much would medication cost per month if paying out of pocket?	The lowest GoodRx price for this medication is \$11.02 monthly.

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 reasons why this patient's medication regimen may cause difficulties in compliance. The patient has Alzheimer's and cannot do her activities of daily living on her own. Therefore, having medications that need to be taken at a specific time may be hard to remember, and medications may be taken inappropriately. Some of the drugs that have contraindications may need to be taken a certain amount of time apart from each other and that may be difficult to remember. Since the patient has Alzheimer's it would be easy for her to forget to take the medication or not remember if she took them. Along with that, some medications need to be taken with food or water and that may not be accessible to the patient if her daughter is not there. It could be very difficult to keep all the medication instructions in order and the daughter would have to be the one to manage them being the patient's primary care giver.

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

The daughter could keep a calendar of the medication schedule and set a reminder 30 minutes before the medication is due to prepare. The nurse could also provide a handout of the side effects of the medication, scheduled times on a calendar, instructions on how to administer each medication, which drugs should be taken separately and how far apart, write which ones to take with food and water, and lastly have information on what each drug is used for. The patient has prescription medication insurance and most of her medications are prescriptions which will help with cost, the ones that are over the counter can be discounted using GoodRx coupons. The nurse can give a handout regarding the GoodRx website for the daughter to look into to save some money. Overall, the most

important thing for the medication regimen is having a schedule and sticking to it, therefore, education about this is the most essential thing to provide to the patient and her family member.

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)

This patient has her daughter taking care of her full-time. Therefore, I think it would be beneficial to her and her daughter to have a home health nurse come and help manage everything considering her extensive medication list. I would also recommend to the physician to change the medication of Zyprexa due to its harsh interaction with dementia-related psychosis. There are also a few medications she is taking that are used with caution in patients with renal disease, such as her chronic kidney disease, the doctor may be able to come up with a different medication that is less harmful. We should also focus on educating the patient and her daughter about how alcohol affects the many medications she is taking. It would be beneficial to the family to speak with someone from case management to see if there is another insurance they could apply to, considering they only have prescription insurance and some of her medications are over the counter. Case management would also offer ideas on how the patient will be taken care of as her illness progresses and can maybe take some stress off the daughter.

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

\$83.09 would be the monthly total cost for all 10 medications.

Reflective Statement of Experience:

Looking through a patient's list of information and correlating everything to understand why she is on certain medications is undoubtedly educational. It is helpful to investigate all the patient's medications and figure out why she is on them based on her past medical history. This assignment taught me how to relate medications to illnesses. I discovered the side effects of the medications and how each one would interact with each other. It is crucial to know what drug-drug interactions are before giving the patient the medications to look out for signs and symptoms. After learning about how strict the medication regimen is for this patient, I realize that it is likely hard for many patients who are taking this many medications. In this case, the patient's family member is the one learning her medication schedule and probably has her own life to manage as well. The daughter has to be educated by the nurse about when to take the medications, the side effects, drug-drug interactions, and how to administer them properly. Understanding how difficult it is for patients to manage an intense medication regimen is essential. It can be easy to assume that all patients are non-compliant but, they may need further education. This project was informative and will ensure I am thorough with educating my patients in the future and assisting them with ways to stay on track.

References

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