Polypharmacy Project

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N322 Introduction to Pharmacology

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

Patient: Kathryn is a 58-year-old female that lives alone in a third-story apartment. She has no family in the area for support. She recently lost her job.

Social History: Recently has lost her job and insurance. Smokes a pack of cigarettes per day but is trying to quit.

Medical History: Diabetic Type 1, Diabetic neuropathy, hypertension, hyperlipidemia, depression, insomnia, and gastroesophageal reflux disease

Allergies: Codeine and Latex **Weight:** 175 pounds **Height:** 5 ft 9 inches

Medications:

- Novolin R 10 units with each meal (TID) SUBQ
- Novolog sliding scale SUBQ PRN
- Gabapentin 400 mg TID PO
- Aspirin 81 mg by mouth once a day
- Benicar HCT 20 mg / 25 mg PO daily
- Lexapro 20mg by mouth once daily
- Ambien CR 12.5 mg as needed at bedtime
- Protonix 40 mg daily PO
- Conjugated g-estrogens (Premarin) 0.625 mg daily PO

- Atorvastatin 20mg PO daily

Drug #1 **Drug Class:** Insulin	**Drug Name (Generic):** Insulin Regular **Drug Name (Trade):** Novolin R
How is the medication taken: (include dose, route,	**Dose:** 10 units

and frequency)	**Route:** SUBQ injection **Frequency:** Three times a day (TID)
Specific Directions not included above:	Take with each meal
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Aspirin;** The use of Novolin R and aspirin together can increase the risk of hypoglycemia. **Benicar HCT (Hydrochlorothiazide/Oslmesartan);** Hydrochlorothiazide may interfere with blood glucose control and reduce the effectiveness of Novolin R. Patients should monitor their blood sugar levels closely as a dose adjustment of their diabetic medications may be needed during and after treatment with hydroCHLOROthiazide. The use of olmesartan along with insulin could increase the patient's risk for hypoglycemia. **Lexapro (Escitalopram);** The use of escitalopram alongside insulin can increase a person's risk of hypoglycemia. **Conjugated g-estrogens (Premarin);** Conjugated estrogens may interfere with the control of blood glucose levels and reduce the effectiveness of insulin medications. Patients should monitor their sugar levels closely as an adjustment of their insulin medication may be needed

	during and after treatment with conjugated estrogens.
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	Avoid drinking alcohol while on this medication. Alcohol can affect blood glucose levels in individuals with diabetes, resulting in the possible occurrence of hypoglycemia (low blood sugars) or hyperglycemia (high blood sugar), depending on how much and how often they are consuming alcohol. Patients should avoid alcohol if their diabetes is not well controlled or if they have high triglycerides, neuropathy or pancreatitis. While moderate alcohol consumption generally does not affect your glucose levels if diabetes is well controlled it may be best to limit your daily intake to one drink daily for women and two drinks daily for men, one drink consists of either 5 ounces of wine, a 12 ounce beer or 1.5 ounce distilled spirits. Patients should avoid drinking alcohol on an empty stomach or post exercise as it increases their risk of hypoglycemia.
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	The patient is a type 1 diabetic

to determine an indication based on past medical history, please list potential indications for use of the medication in general)	
What would you teach the client about taking this medication?	Follow all directions on your prescription label and read all medication guides or instruction sheets. Use the medicine exactly as directed. Use a different place each time you give an injection. Do not inject into the same place two times in a row. After taking this medication you should eat a meal within 30 minutes. In case of emergency, you should wear or carry medical identification to let others know you have diabetes. Keep this medicine in its original container and away from heat and light. You should not freeze insulin or store it near the cooling element in a refrigerator. Throw away any insulin that has been frozen. You should seek medical attention if you are having signs of an allergic reaction or allergy to insulin such as redness, swelling, sweating, itchy skin rash over the entire body, trouble

	breathing, fast heartbeats, feeling like you might pass out, or swelling in your tongue or throat.
How much would medication cost per month if paying out of pocket?	$153.26 for 10ml

Drug #2 **Drug Class: Insulin**	**Drug Name (Generic): insulin aspart** **Drug Name (Trade): Novolog**	
How is the medication taken: (include dose, route, and frequency)	**Blood glucose (mg/dL):**	**Insulin (units):**
	60-150	**0**
	151-200	**3**
	201-300	**5**
	251-300	**8**
	301-350	**10**

	351-400 12 **>400 15 (contact physician)** **Dose: refer to sliding scale** **Route: SubQ** **Frequency: PRN- AC/HS**
Specific Directions not included above:	**Needle location should be changed every 3 days**
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Aspirin - using this medicine with Novolog increases risk for hypoglycemia; glucose levels should be closely monitored** **Benicar HCT- may reduce the effectiveness of insulin aspart; glucose levels should be closely monitored** **Lexapro- may increase the risk of hypoglycemia; glucose levels should be closely monitored** **Conjugated g estrogens- may interfere with the effectiveness of insulin aspart; glucose**

	levels should be closely monitored
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	**Alcohol may affect blood glucose levels in patients with diabetes. Both hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) may occur, depending on how much and how often you drink.**
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)	**The patient is a type 1 diabetic**
What would you teach the client about taking this medication?	**Patient was educated on sliding-scale insulin therapy as follows:** **1. In the sliding-scale method, the dose of insulin to be taken is based on your blood**

	sugar level, just before your meal. If the pre-meal blood sugar is high- check the sliding scale and take a higher dose of insulin. **2. Blood sugar is taken about four times a day (every four to six hours, before every meal) and the dose of insulin to be taken is based on the blood sugar reading.** **3. Novolog, a fast acting insulin, is use given on sliding scale therapy.** **4. Sliding scale therapy always considers the performance of the previous insulin dose, reflected by the pre-meal blood sugar. This method of treatment does not account for insulin needed for the current meal.** **5. As the doses are administered four to six times a day and as fast acting insulins are used usually in this method, doses of insulin can get stacked up, resulting in very low blood sugar readings.** **6. Currently, the popular practice is to give the patient a long acting basal insulin that will control the blood sugars steadily over a period of 24 hours. Along with this, giving rapid acting mealtime insulin along with a correction dose to regulate blood sugar levels after meals will be more effective.**

How much would medication cost per month if paying out of pocket?	**The cost for Novolog injectable solution (100 units/mL) is around $312 for a supply of 10 milliliters. (price may vary depending on usage)**

Drug #3 **Drug Class:** Gamma-aminobutyric acid analogs anti-epileptic/ anticonvulsant medication	**Drug Name (Generic):** Gabapentin **Drug Name (Trade):** Gralise, Horizant, Neurontin, Gabarone
How is the medication taken: (include dose, route, and frequency)	**Dose:** 400 mg **Route:** Oral (PO) **Frequency:** Three times a day (TID)
Specific Directions not included above:	Depending on which form they are taking it may need to be taken with meals. Do NOT crush, chew, or break open the capsule; you should take it whole.
Does this medication interact with any other medication(s) on this list? (see rubric for further	**Lexapro (escitalopram);** Treatment with escitalopram may cause hyponatremia (low sodium levels), using it alongside gabapentin increases the risk of hyponatremia. escitalopram can

instruction)	also lead to seizures in susceptible patients, which may reduce the effectiveness of medications used to control seizures such as gabapentin. **Ambien CR (zolpidem);** The use of zolpidem with gabapentin may increase side effects such as dizziness, drowsiness, confusion, and ability to concentrate. In some patients, especially elderly patients, there is also the risk of impaired judgment, thinkinking and motor coordination.
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	**Alcohol Interactions;** Alcohol should be avoided or limited while being treated with gabapentin. Alcohol can increase nervous system side effects such as dizziness, drowsiness, and difficulty concentrating. In some people, impairment in judgement in thinking may occur. **Tobacco Interactions;** None found Patients should avoid driving until they know how gabapentin affects them.
Does any of the client's past medical history contradict the use of this medication?	The patient's past medical history does not contradict the use of this medication.
What is the indication for use of this medication	Diabetic Neuropathy

based on the clients 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)	
What would you teach the client about taking this medication?	I would teach the client that depending on which form of gabapentin they are taking it may need to be taken with food, for example the forms Gralise and Horizant should be taken with food, however, Neurontin can be taken with or without food Swallow the capsule or tablet whole. do not crush, chew, break, or open it. Store at room temperature away from light and moisture.
How much would medication cost per month if paying out of pocket?	$14.35 for 30 (400mg) capsules

Drug #4 **Drug Class:** salicylate	**Drug Name (Generic):** Aspirin **Drug Name (Trade):** Bufferin, Durlaza, Ecotrin, Ecpirin, Miniprin
How is the medication taken: (include dose, route,	Oral, 81 mg, daily

and frequency)	
Specific Directions not included above:	The patient should not use aspirin if you have a bleeding disorder such as hemophilia, a recent history of stomach or intestinal bleeding, or if you are allergic to an NSAID
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Aspiring and novolin r -** Using aspirin together with insulin or certain other diabetes medications may increase the risk of hypoglycemia, or low blood sugar. **Aspirin and benicar HCT -** combining these medications may reduce the effects of olmesartan in lowering blood pressure. In addition, these medications may affect kidney function, especially when they are used together frequently or chronically. The patient is more likely to develop impaired kidney function during treatment with these medications. **Aspirin and lexapro -** Using escitalopram together with aspirin may increase the risk of bleeding. The interaction may be more likely if you are elderly or have kidney or liver disease. **Aspirin and protonix -** Coadministration with proton pump inhibitors may decrease the oral bioavailability of aspirin and other salicylates.

	but other than that no other interaction has been reported
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	There are no lifestyle interactions.
Does any of the client's past medical history contradict the use of this medication?	Use cautiously in patients with hypertension (Jones & Bartlett, 2018)
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)	Aspirin is a salicylate. It works by reducing substances in the body that cause pain, fever, and inflammation. Aspirin is used to treat pain, and reduce fever or inflammation. It is sometimes used to treat or prevent heart attacks, strokes, and chest pain (angina).
What would you teach the client about taking this medication?	Take aspirin exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended. Always follow directions on the medicine label about giving aspirin to a child.

	Take with food if aspirin upsets your stomach. Chew the chewable tablet before swallowing it. Do not crush, chew, break, or open an enteric-coated or delayed/extended-release pill. Swallow the pill whole. If you need surgery, tell the surgeon ahead of time that you are using this medicine. You may need to stop using it for a short time. Do not use aspirin if you smell a strong vinegar odor in the bottle. The medicine may no longer be effective.

	Store at room temperature away from moisture and heat.
How much would medication cost per month if paying out of pocket?	$13.51

Drug #5 **Drug Class:** Diuretic	**Drug Name (Generic):** hydrochlorothiazide and olmesartan **Drug Name (Trade):** Benicar HCT
How is the medication taken: (include dose, route, and frequency)	Oral - 20 to 25 mg - daily
Specific Directions not included above:	Not using Benicar HCT if you are unable to urinate If Having diabetes, do not use Benicar HCT together with any medication that contains aliskiren (a blood pressure medicine)
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Aspirin and benicar HCT -** combining these medications may reduce the effects of olmesartan in lowering blood pressure. In addition, these medications may affect kidney function, especially when they are used together frequently or chronically. The patient is

	more likely to develop impaired kidney function during treatment with these medications. **Benicar HCT and novolin R -** may interfere with blood glucose control and reduce the effectiveness of insulin regular and other diabetic medications **Benicar hct and lexapro -** may occasionally cause blood sodium levels to get too low. A condition known as hyponatremia. **Benicar and Ambien -** may have additive effects in lowering your blood pressure, may experience headache, dizziness and lightheadedness. **Benicar and protonix -** Chronic use of drugs known as proton pump inhibitors including pantoprazole can sometimes cause hypomagnesemia (low blood levels of magnesium), and the risk may be further increased when combined with other medications such as benicar
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	There are no lifestyle interactions.

Does any of the client's past medical history contradict the use of this medication?	The patient's past medical history does not contradict the use of this medication.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	**Benicar HCT is a combination medicine used to treat high blood pressure (hypertension). Lowering blood pressure may lower your risk of a stroke or heart attack**
What would you teach the client about taking this medication?	Follow all directions on your prescription label and read all medication guides or instruction sheets. Use the medicine exactly as directed. Keep using Benicar HCT as directed, even if you feel well Your blood pressure will need to be checked often.
How much would medication cost per month if paying out of pocket?	$40

Drug #6	**Drug Name (Generic):** Escitalopram oxalate

Drug Class: SSRIs	**Drug Name (Trade):** Lexapro
How is the medication taken: (include dose, route, and frequency)	**Dose:** 20 mg **Route:** PO **Frequency:** 1x daily
Specific Directions not included above:	Can be taken with or without food, take at the same time everyday to help remember.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Ambien:** Using zolpidem together with escitalopram may increase side effects such as dizziness, drowsiness, confusion, and difficulty concentrating. Some people, especially the elderly, may also experience impairment in thinking, judgment, and motor coordination. **Aspirin:** Using escitalopram together with aspirin may increase the risk of bleeding. The interaction may be more likely if you are elderly or have kidney or liver disease. **Gabapentin:** Treatment with escitalopram may occasionally cause blood sodium levels to get too low, a condition known as hyponatremia, and using it with gabapentin can increase that risk. In addition, escitalopram can cause seizures in susceptible patients, which may reduce the effectiveness of medications that are

	used to control seizures such as gabapentin.
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	Should avoid the use of alcohol, and drinking grapefruit juice.
Does any of the client's past medical history contradict the use of this medication?	Patient has no contradictions
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)	This medication is used to treat depression.
What would you teach the client about taking this medication?	Take escitalopram exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor. Your doctor may start you on a low dose of escitalopram and increase your dose after 1 week. It may take 1 to 4 weeks or longer before you feel the full benefit of escitalopram.

How much would medication cost per month if paying out of pocket?	Average cost of Escitalopram is $61.59

Drug #7 **Drug Class:** Miscellaneous anxiolytics, sedatives, and hypnotics	**Drug Name (Generic):** Zolpidem **Drug Name (Trade):** Ambien CR
How is the medication taken: (include dose, route, and frequency)	**Dose;** 12.5 mg **Route;** PO (by mouth) **Frequency;** PRN at bedtime
Specific Directions not included above:	Use Ambien CR (zolpidem extended-release tablets) as ordered by your doctor. Take Ambien CR (zolpidem extended-release tablets) at bedtime, only 1 time per night. Take on an empty stomach, do not take with or right after a meal. Take Ambien CR (zolpidem extended-release tablets) right before you get into bed. Swallow whole. Do not chew, break, or crush.

	Store at room temperature in a dry place. Do not store it in a bathroom. Protect from light. Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Gabapentin;** The use of zolpidem together with gabapentin can increase side effects such as drowsiness, dizziness, confusion, and ability to concentrate. In elderly patients, you may also see impaired thinking, judgement, and motor coordination. Alcohol consumption should be avoided or limited while taking these medications. Driving and operating heavy machinery should be avoided until you know how the medication affects you. **Benicar HCT (hydrochlorothiazide/olmesartan);** Hydrochlorothiazide and zolpidem may lower your blood pressure causing side effects such as headache, dizziness, lightheadedness, fainting, and changes in your pulse or heart rate. These side effects are most likely to be seen at the beginning of treatment, following a dose increase, or when treatment is restarted after an interruption. **Lexapro (escitalopram);** The use of zolpidem together with escitalopram may increase side effects such as dizziness, drowsiness, and ability to concentrate. Elderly patients may also

	experience impairment in thinking, judgment, and motor coordination. Alcohol consumption should be avoided or limited while taking these medications.
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	**Alcohol;** Avoid the use of alcohol while being treated with zolpidem. Alcohol can increase the nervous system side effects of zolpidem such as dizziness, drowsiness, and difficulty concentrating. Some people may also experience impairment in thinking and judgment.
Does any of the client's past medical history contradict the use of this medication?	The client has a past medical history of depression which may affect the use of this medication.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The patient is taking this medication to treat insomnia.
What would you teach the client about taking this medication?	Take this medicine only as directed by your doctor. If too much is taken, it may become habit-forming (causing mental or physical dependence). Take zolpidem just before going to bed, when you are ready to go to sleep or when you are

	having trouble falling asleep. This medicine works very quickly to put you to sleep. Swallow the extended-release tablet whole. Do not divide, crush, or chew it.
How much would medication cost per month if paying out of pocket?	$769.26 for 30 (12.5mg) tablets

Drug #8 **Drug Class:** Proton-pump inhibitor	**Drug Name (Generic):** Pantoprazole **Drug Name (Trade):** Protonix
How is the medication taken: (include dose, route, and frequency)	**Dose:** 40 mg **Route:** Oral **Frequency:** 1x daily
Specific Directions not included above:	Pantoprazole tablets are taken by mouth, with or without food.Pantoprazole oral granules should be taken 30 minutes before a meal. Do not crush, chew, or break the tablet. Swallow it whole. The oral granules should be mixed with applesauce or apple juice and given either by mouth or through a nasogastric (NG) tube
Does this medication interact with any other	**Atorvastatin:** Combining these medications may increase the blood levels and effects of

medication(s) on this list? (see rubric for further instruction)	atorvastatin. This can increase the risk of side effects such as liver damage and a rare but serious condition called rhabdomyolysis that involves the breakdown of skeletal muscle tissue. In some cases, rhabdomyolysis can cause kidney damage and even death. You may need a dose adjustment or more frequent monitoring by your doctor to safely use both medications, or your doctor may prescribe alternative medications that do not interact.
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	Alcohol does not interact with this drug.
Does any of the client's past medical history contradict the use of this medication?	Patient has no contradiction.
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)	Client has gastroesophageal reflux disease. Protonix is used to treat the symptoms of esophagitis caused by the stomach acid due to gerd.

What would you teach the client about taking this medication?	Take this medicine at least thirty minutes before a meal.
How much would medication cost per month if paying out of pocket?	Average price for 30 tablets are $71.27

Drug #9 **Drug Class:**	**Drug Name (Generic):** Conjugated g-estrogens **Drug Name (Trade):** Premarin
How is the medication taken: (include dose, route, and frequency)	Oral - 0.625 mg - daily
Specific Directions not included above:	Reporting any unusual vaginal bleeding right away Using this medicine can increase your risk of blood clots, stroke, or heart attack, or cancer of the breast, uterus, or ovaries
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Premarin and novolin R-** premarin may interfere with blood glucose control and reduce the effectiveness of insulin regular and other diabetic medications

	Premarin and atorvastatin - Coadministration with atorvastatin may increase the plasma concentrations of estrogens and progestins
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	Avoiding smoking. It can greatly increase your risk of blood clots, stroke, or heart attack while using conjugated estrogens.
Does any of the client's past medical history contradict the use of this medication?	The patient's past medical history does not contradict the use of this medication.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	Premarin is used to treat menopause symptoms such as hot flashes and vaginal changes, and to prevent osteoporosis (bone loss) in menopausal women. Premarin is also used to replace estrogen in women with ovarian failure or other conditions that cause a lack of natural estrogen in the body.
What would you teach the client about taking this medication?	Not using Premarin if you are allergic to estrogens, or unusual vaginal bleeding that has not been checked by a doctor; liver disease; a history of heart attack, stroke, or blood clot; an increased risk of having blood clots due to a heart problem or a hereditary blood disorder; or a history of hormone-related cancer, or cancer of the breast, uterus/cervix, or vagina.

How much would medication cost per month if paying out of pocket?	$219.00

Drug #10 **Drug Class:** HMG CoA reductase inhibitors ("statins")	**Drug Name (Generic):** Atorvastatin **Drug Name (Trade):** Lipitor
How is the medication taken: (include dose, route, and frequency)	**Dose:** 20mg **Route:** PO (by mouth) **Frequency:** Daily
Specific Directions not included above:	Take atorvastatin exactly as prescribed by your doctor. Follow all directions on your prescription label. Atorvastatin is usually taken once a day, with or without food. Take the medicine at the same time each day. Store at room temperature away from moisture, heat, and light.

Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	**Protonix (pantoprazole);** Taking atorvastatin together with pantoprazole may increase blood levels and the effects of atorvastatin. This can increase an individual's risk of developing side effects such as liver damage, a rare condition known as rhabdomyolysis which can lead to kidney damage and even death in some cases. You may need a dose adjustment or frequent monitoring by your healthcare provider to safely use both of these medications together. **Conjagulated g-estrogens (Premarin);** Administering Premarin with atorvastatin may increase the plasma concentrations of estrogens and progestins.
Lifestyle interactions: **(Daily tobacco use, alcohol, drugs, etc.)**	**Alcohol;** Atorvastatin may increase a person's risk for liver problems and using alcohol increases the risk for liver damage. You should limit the use of alcohol while being treated with atorvastatin. Call your doctor immediately if you have fever, chills, joint pain or swelling, unusual bleeding or bruising, skin rash, itching, loss of appetite, fatigue, nausea, vomiting, abdominal pain, dark urine, pale stools, and/or yellowing of the skin or eyes, as these may be signs and symptoms of liver damage. **Foods;** Grapefruit juice can increase the blood levels of atorvastatin causing an increased risk of side effects such as liver damage and a rare but serious condition called rhabdomyolysis.. In some cases, rhabdomyolysis can cause kidney damage and even death. You should limit

	your consumption of grapefruit juice to no more than 1 quart per day during treatment with atorvastatin. Let your doctor know immediately if you have unexplained muscle pain, tenderness, or weakness during treatment, especially if these symptoms are accompanied by fever or dark colored urine. You should also seek immediate medical attention if you develop fever, chills, joint pain or swelling, unusual bleeding or bruising, skin rash, itching, loss of appetite, fatigue, nausea, vomiting, dark colored urine, and/or yellowing of the skin or eyes, as these may be signs and symptoms of liver damage.
Does any of the client's past medical history contradict the use of this medication?	The client's past medical history does not contradict the use of this medication
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	To treat hyperlipidemia
What would you teach the client about taking this medication?	You should not take atorvastatin if you are pregnant or breastfeeding, or if you have liver

	disease. Stop taking this medication and tell your doctor right away if you become pregnant. Avoid eating foods that are high in fat or cholesterol. Minimize alcohol consumption. It can raise triglyceride levels and may increase your risk of liver damage. Avoid drinking more than 1 liter per day of grapefruit juice while taking this medicine as grapefruit and grapefruit juice may interact with atorvastatin and can lead to potentially dangerous side effects.
How much would medication cost per month if paying out of pocket?	$18.83 for 90 (20mg) tablets

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

Medications are going to be inherently harder to remain compliant with if the regimen goes on for multiple days, alternates in days, or has multiple doses in one day. However, the time of taking medications for this scenario is straightforward enough.

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

There are medications on the list that do not need to be taken every day, making the regimen less daunting. Novolog, Ambien CR are taken as needed, making the medication regimen more flexible.

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)

A lot of medications typically interact with smoking and alcohol, I would advise the client to avoid these activities while on a high-medication count regimen. To the prescriber, I would recommend that they double check the medication reconciliation list and use an interaction checker before prescribing new medications to the client.

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

The total out of pocket expense for all of the medications would be $1,673.07 due to the patient no longer having insurance due to losing her job.

Reflective Statement of Experience:

As healthcare professionals, it is our responsibility to ensure the client's safety. This project has taught us that medications are complicated, easily interact with other drugs, and can be harmful toward particular preexisting conditions. Prescribing medications can become very dangerous, very quickly. As nurses, it is our responsibility to do a thorough job while taking medical histories and drug reconciliation to minimize harm to the client.

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