

Polypharmacy Project

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N322 Introduction to Pharmacology

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Polypharmacy Case - Caroline

Background: Caroline is a 78-year-old female that resides at home with her son who is her primary caregiver. No one else lives with them. Caroline requires extensive assistance from her son 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 smokes half a pack of cigarettes a day. She has a history of drinking socially, and currently drinks one glass of wine a day at lunch. Caroline denies illicit drug use. 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: Penicillins & 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:

Abilify 7.5 mg by mouth daily

Donepezil 10 mg by mouth at bedtime

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 day PRN

POLYPHARMACY

Namenda XR 28 mg by mouth once daily

Ibuprofen 400 mg by mouth every 6 hours PRN

Lipitor 30 mg by mouth once daily

Ativan 1 mg by mouth three times a day

Drug #1	Drug Name (Generic): aripiprazole Drug Name (Trade): Abilify Drug Class: antipsychotic
How is the medication taken: (include dose, route, and frequency)	7.5 mg, P.O., daily
Specific Directions not included above:	This medication may be taken at night as it can cause side effects such as dizziness, fatigue
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	This medication interacts with benzodiazepines such as Ativan (lorazepam). This combination puts the patient at increased risk for orthostatic hypotension (Jones & Bartlett, 2021).
Lifestyle interactions:	Patients on this medication should avoid alcohol (Jones & Bartlett, 2021). Our patient stated that they drink so this could pose a potential risk. It is also recommended that these patients avoid grapefruit

(Daily tobacco use, alcohol, drugs, etc.)	juice (Jones & Bartlett, 2021).
Does any of the client's past medical history contradict the use of this medication?	It states in the text that this medication shouldn't be used to treat dementia-related psychosis in the elderly as it can cause an increased risk of death (Jones & Bartlett, 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)	The patient is diagnosed with Alzheimer's with behavior disturbances. She often has fits of anger and was recently discharged from a psychiatric hospital. Although the patient is not diagnosed with any of the disorders listed in the drug book for indications of use it can help improve thinking, mood, and behavior (Jones & Bartlett, 2021).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. I would advise the patient to change positions and to get up slowly to minimize orthostatic hypotension 2. Try to minimize the risk for falls as this medication may affect the CNS (ect. drowsiness).
How much would medication cost per month if paying out of pocket?	The average retail price for this drug without insurance is \$683.67 (GoodRx).

Drug #2	Drug Name (Generic): donepezil hydrochloride
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	<p>Drug Name (Trade): Aricept</p> <p>Drug Class: Acetylcholinesterase</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>10 mg, P.O., HS</p>
<p>Specific Directions not included above:</p>	<p>This medication is to be taken at bedtime as prescribed</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>This medication interacts with anticholinergics, cholinergic agonists, succinylcholine, and similar neuromuscular blockers which my patient isn't on.</p>
<p>Lifestyle interactions:</p> <p>(Daily tobacco use, alcohol, drugs, etc.)</p>	<p>No lifestyle interactions were noted in the drug book.</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>This medication should be used with caution in those with pulmonary disorders such as COPD because it has a weak affinity for peripheral cholinesterase, which may increase bronchoconstriction and bronchial secretions (Jones & Bartlett, 2021). My patient has a medical diagnosis of COPD so this could pose a potential risk to my patient.</p>

<p>What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	<p>This medication is used to treat mild to moderate Alzheimer's disease which my patient has.</p>
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<ol style="list-style-type: none"> 1. This medication should be taken before bed. 2. This medication can cause GI discomfort, fatigue, insomnia, muscle cramps, which are signs of an adverse reaction (Jones & Bartlett, 2021). These s/s should be reported to the provider if they are persistent.
<p>How much would medication cost per month if paying out of pocket?</p>	<p>The average retail price for donepezil hydrochloride is \$270.20 (GoodRx).</p>
<p>Drug #3</p>	<p>Drug Name (Generic): docusate sodium</p> <p>Drug Name (Trade): Colace</p> <p>Drug Class: Surfactant</p>
<p>How is the medication taken: (include dose, route,</p>	<p>200 mg, P.O., one time daily</p>

and frequency)	
Specific Directions not included above:	The patient should take this medication with a full glass of milk or water (Jones & Bartlett, 2021).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	This medication interacts with mineral oils which this patient isn't prescribed (Jones & Bartlett, 2021).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	No lifestyle interactions were noted in the drug book.
Does any of the client's past medical history contradict the use of this medication?	The patient doesn't have any prior medication history that could interact with 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 indication for use of this medication is constipation. Medications such as anticholinergic agents, antidepressants, anticonvulsants, antispasmodics, calcium channel antagonists, diuretic agents, opioids, aluminum- and calcium-based antacids, and iron preparations can cause constipation (Hinkle & Cheever, 2018). My patient is on several drugs that can cause constipation.
What would you teach the client about taking this	1. Do not use this medication if you have abdominal pain, nausea, or vomiting (Jones & Bartlett,

medication? You must prioritize 2 (see rubric)	2021). 2. Take this medication with a full glass of milk or water (Jones & Bartlett, 2021).
How much would medication cost per month if paying out of pocket?	The average retail price is \$5.47 (GoodRx).
Drug #4	Drug Name (Generic): haloperidol Drug Name (Trade): Haldol Drug Class: Butyrophenone derivative
How is the medication taken: (include dose, route, and frequency)	2 mg, IM, every 4 hours PRN
Specific Directions not included above:	Administer this medication into the gluteal muscle using the Z-track technique and a 21G needle (Jones & Bartlett, 2021).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	This medication interacts with anticholinergics such as Ipratropium bromide, and benzodiazepines (Jones & Bartlett, 2021). Although my patient isn't on the benzodiazepine noted in the book, she is taking lorazepam which can cause similar reactions.

<p>Lifestyle interactions:</p> <p>(Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Patients taking haloperidol should avoid alcohol while on this drug (Jones & Bartlett, 2021).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>This medication shouldn't be used to treat dementia-related psychosis in the elderly due to increased mortality risk (Jones & Bartlett, 2012). My patient is an older client had has Alzheimer's disease so this medication could be contraindicated.</p>
<p>What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	<p>This patient is known to be psychically combative towards staff members so this medication might be used to treat such behaviors due to its sedative effects.</p>
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<ol style="list-style-type: none"> 1. You should not drink alcohol while using this medication (Jones & Bartlett, 2021). 2. Avoid driving and other hazardous activities if cessation occurs. Patients should also be aware they are at risk for falls on this medication (Jones & Bartlett, 2021).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>The cost without insurance would be \$28.19 (GoodRx).</p>
<p>Drug # 5</p>	<p>Drug Name (Generic): Ipratropium bromide</p>

	<p>Drug Name (Trade): Atrovent HFA</p> <p>Drug Class: Anticholinergic; Bronchodilator</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>2 inhalations four times a day</p>
<p>Specific Directions not included above:</p>	<p>Instruct patient to rinse mouth after each nebulizer or inhaler treatment to help minimize throat dryness and irritation (Jones & Bartlett, 2021).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>This medication interacts with anticholinergic causing increased anticholinergic effects (Jones & Bartlett, 2021).</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>The patient smokes half a pack a day, but the drug book states no interactions. Smoking can cause COPD flare ups.</p>

Does any of the client's past medical history contradict the use of this medication?	The client does not have any prior medical history that would interact with 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)	This medication is to provide maintenance and treatment for bronchospasm in COPD which this patient has (Jones & Bartlett, 2021).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Inform the patient to shake the inhaler well before each use (Jones & Bartlett, 2021). 2. Inform the patient to rinse their mouth after use to prevent irritation.
How much would medication cost per month if paying out of pocket?	The average retail price is \$61.59 without insurance (GoodRx).
Drug # 6	<p>Drug Name (Generic): Albuterol</p> <p>Drug Name (Trade): ProAir HFA</p> <p>Drug Class: Albuterol; Bronchodilator</p>

How is the medication taken: (include dose, route, and frequency)	2 puffs via inhalation four times a day PRN
Specific Directions not included above:	One inhalation every four hours (Jones & Bartlett, 2021).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p><u>Medications that interact with Albuterol</u></p> <p>Beta blockers: Inhibited effects of albuterol bronchodilators (sympathomimetics), such as Theophylline: Possibly adverse CV effects</p> <p>Digoxin: Decreased serum digoxin level</p> <p>MAO inhibitors, tricyclic antidepressants: Increased vascular effects of albuterol</p> <p>Potassium-lowering drugs: Possibly hypokalemia</p> <p>Potassium-wasting diuretics: Possibly increased hypokalemia (Jones & Bartlett, 2021).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The patient does smoke half a pack a day, but the drug book does not list anything about lifestyle changes. Smoking can cause COPD flare-ups.
Does any of the client's past medical history contradict the use of this medication?	The client does not have any prior medical history that would interact with this medication.
What is the indication for use of this medication	This medication is for preventing exercise-induced asthma and treating bronchospasm with reversible

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)	obstructive airway disease. This patient is using it for COPD.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Instruct the patient to shake the canister before use and to check if a new canister is working by spraying it the appropriate number of times into the air while looking for a fine mist (Jones & Bartlett, 2021). 2. Wait at least one minute between inhalations (Jones & Bartlett, 2021).
How much would medication cost per month if paying out of pocket?	The average retail price is \$55.87 without insurance (GoodRx).
Drug # 7	<p>Drug Name (Generic): Memantine</p> <p>Drug Name (Trade): Namenda XR</p> <p>Drug Class: NMDA inhibitors; Memantine</p>
How is the medication taken: (include dose, route, and frequency)	28 mg by mouth once daily
Specific Directions not included above:	Avoid excessively eating fruits and vegetables to reduce the risk of alkaline urine (Jones & Bartlett,

	2021).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p><u>Medication that interact with Memantine</u></p> <p>Amantadine, Dextromethorphan, Ketamine: Possibly additive effects</p> <p>Carbonic anhydrase inhibitors, sodium bicarbonate: Decreased memantine clearance, leading to increased blood drug levels and risk of adverse effects (Jones & Bartlett, 2021).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<p>The patient drinks one glass of wine at lunch, typically medications and alcohol do not react well.</p> <p>Especially since this medication can cause liver damage (Jones & Bartlett, 2021).</p>
Does any of the client's past medical history contradict the use of this medication?	<p>This medication can cause acute renal failure in which this patient has chronic kidney disease, but there are no contradictions listed (Jones & Bartlett, 2021).</p>
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	<p>This medication is to help treat moderate to severe dementia of Alzheimer's which this patient does have.</p>
What would you teach the client about taking this	<p>1. Instruct the patient not to double dose if they miss a single dose, just continue with the next</p>

medication? You must prioritize 2 (see rubric)	scheduled dose (Jones & Bartlett, 2021). 2. Instruct the patient not to chew or crush the pill, since the patient has trouble chewing/swallowing, instruct the patient to mix it in applesauce (Jones & Bartlett, 2021).
How much would medication cost per month if paying out of pocket?	Average retail price is \$157.17 (GoodRx).
Drug # 8	<p>Drug Name (Generic): Ibuprofen</p> <p>Drug Name (Trade): Advil, Motrin</p> <p>Drug Class: NSAID; Analgesic, Anti-inflammatory, Antipyretic</p>
How is the medication taken: (include dose, route, and frequency)	400 mg by mouth every 6 hours PRN.
Specific Directions not included above:	3.2 grams daily maximum amount (Jones & Bartlett, 2021). The client should take with a full glass of water and not lie down for 15-30 minutes after to protect against irritation of the esophagus (Jones & Bartlett, 2021). The client can also take with food to prevent GI upset.
Does this medication interact with any other medication(s) on this list? (see rubric for further	This medication interacts with angiotensin-converting enzymes (ACE) inhibitors, angiotensin receptor blockers (ARBs), beta-blockers, and diuretics by decreasing the antihypertensive effects, which this

instruction)	client is not taking (Jones & Bartlett, 2021).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The client drinks one glass of wine at lunch and used to drink socially, which can put the client at risk while taking this medication. Alcohol use can increase the risk for adverse GI effects (Jones & Bartlett, 2021).
Does any of the client's past medical history contradict the use of this medication?	Since the client does have a medical diagnosis of chronic kidney disease, this medication can cause a severe adverse effect of acute renal failure, but there are no contraindications noted (Jones & Bartlett, 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)	The client is possibly taking 400 mg by mouth every 6 hours PRN for mild to moderate pain related to her chronic kidney disease (Jones & Bartlett, 2021).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. The client should be educated about the increased risk of cardiovascular reactions. These reactions would include chest pain, shortness of breath, slurring speech, weight gain, and swelling in the legs (Jones & Bartlett, 2021). Seek treatment right away if these signs and symptoms occur. 2. The client should be educated on avoiding alcohol, aspirin, other NSAIDs, and corticosteroids

	unless prescribed because it can interfere with their effects (Jones & Bartlett, 2021).
How much would medication cost per month if paying out of pocket?	The average out-of-pocket cost would be \$13.43 (GoodRx).
Drug # 9	<p>Drug Name (Generic): Atorvastatin calcium</p> <p>Drug Name (Trade): Lipitor</p> <p>Drug Class: HMG-CoA reductase inhibitor; Antihyperlipidemic</p>
How is the medication taken: (include dose, route, and frequency)	30 mg by mouth once daily.
Specific Directions not included above:	Avoid drinking grapefruit juice while taking atorvastatin because it can increase blood atorvastatin levels (Jones & Bartlett, 2021). The client should take the medication at the same time each day.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	This medication does not interact with any medications on this list, but it does interact with antifungals, colchicine, erythromycin, fibric acid, lopinavir, and ritonavir and if so the client should be taking atorvastatin at a lower dosage (Jones & Bartlett, 2021).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Since the client used to socially drink and still drinks a glass of wine once daily, the client should use caution when taking this medication with alcohol because it increases the risk for liver dysfunction

	(Jones & Bartlett, 2021).
Does any of the client's past medical history contradict the use of this medication?	Contraindications of this medication are active hepatic disease, breastfeeding, or hypersensitivity to this medication (Jones & Bartlett, 2021). Which do not pertain to the client's past medical history.
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 client has a past of hyperlipidemia, so the indication for use would be to control and reduce lipid levels (Jones & Bartlett, 2021).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Since the client is severely confused and cannot follow simple commands, the son should be taught that if she misses a dose do not double the dose. The client should take the medication as soon as her next time frame but skip her missed dosage. 2. Education can be done by knowing not to substitute the medications for a low cholesterol diet. Since the client has her son as a caretaker, and she is severely confused, cannot follow simple commands, and the majority of communication is word salad, the son should be educated.
How much would medication cost per month if paying out of pocket?	The client would be paying \$69.39 out of pocket without insurance (GoodRx).
Drug # 10	Drug Name (Generic): Lorazepam

	<p>Drug Name (Trade): Ativan</p> <p>Drug Class: Benzodiazepine; Anxiolytic</p>
How is the medication taken: (include dose, route, and frequency)	1 mg by mouth three times a day.
Specific Directions not included above:	The medication is to be taken as prescribed and can be taken with or without food.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	This medication interacts with atypical antipsychotics like Aripiprazole (Abilify). This interaction can lead to CNS depression and fatal respiratory depression (Jones & Bartlett, 2021).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The client drinks one glass of wine with her lunch which can interact with this medication by causing CNS depression and severe respiratory depression (Jones & Bartlett, 2021).
Does any of the client's past medical history contradict the use of this medication?	This medication has contraindication of hypersensitivity to lorazepam or if the patient has acute angle-closure glaucoma, but this does not apply to my clients' past medical diagnosis (Jones & Bartlett, 2021).
What is the indication for use of this medication based on the client's past medical history? (If unable	<p>The client has been having episodes of anger and was just released from a psychiatric hospital, so this could have been given to help treat her anxiety.</p> <p>The indication of use for lorazepam is to treat anxiety and control emotional behavior (Jones &</p>

to determine an indication based on past medical history, please list potential indications for use of the medication in general)	Bartlett, 2021).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1.The client and son should be taught on how to monitor the client's respiratory status because this medication can cause severe respiratory depression (Jones & Bartlett, 2021).</p> <p>2.The client should be educated on taking the medications exactly how it is prescribed and do not stop abruptly due to the risk of withdrawal symptoms. Notify the provider before stopping this medication (Jones & Bartlett, 2021).</p>
How much would medication cost per month if paying out of pocket?	The average price for out-of-pocket clients with no insurance is \$23.99 (GoodRx).

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

The client is a 78-year-old female who relies on her son to complete her daily living activities. She is severely confused, cannot process simple commands, and her type of communication is word salad. Also, since she is diagnosed with Alzheimer's, this can cause forgetfulness if she does not have the proper assistance. These can create difficulty when trying to follow a medications regimen schedule. The clients' medications can also cause non-compliant due to taking many different medications.

Some problems Abilify could cause while trying to keep a regimen could be due to causing dizziness, fatigue, and orthostatic hypotension. Donepezil could make the client's medication regimen schedule difficult because it can cause adverse effects like GI upset and fatigue. This could be a cause for the client's non-compliant with the medication regimen. Ipratropium bromide and Albuterol could cause non-compliance due to both being inhalers and how many puffs they both need. She could potentially get them confused if her son was not there to help her. Due to the patient being combative may be more challenging for the son to give the client Namenda, leading to the potential risk of double dosing. Not being able to properly communicate or express to the son when experiencing pain can cause non-compliance with Ibuprofen.

Haloperidol can interact with Ipratropium causing side effects that could relate to non-compliance with the medication. Also, the client will have to rely on the son to give her injections, which could lead to non-compliance. Lipitor does need to be taken at the same time each day for full effectiveness. This can cause non-compliance due to the client's medical diagnosis of Alzihmers, which could cause confusion and forgetfulness. Ativan should be taken three times a day which could cause

medication non-compliance due to the client forgetting. Colace can cause undesirable side effects like GI upset or diarrhea, leading to the client not wanting to take the medications. With this scenario, these medications can cause many different kinds of potential non-compliance and lead to the regime not being followed.

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

The client's son takes care of her and helps her with all of her activities of daily living. Having her son be her caretaker could help her stay on schedule with her medications and keep her regimen going. Most of the drugs like Abilify, Donepezil, Colace, Namenda, and Lipitor can all be taken at night simultaneously, so this can help maintain the medication regimen as ordered. Albuterol and Ipratropium are two puffs four times a day, so she could take this at the same time every day to stay on her schedule. Since Ibuprofen and Haloperidol are as-needed medications, this can help the client's regimen because it is not set for daily use. Since the client does have medication insurance for prescriptions, this can help with these 10 medications' monthly costs. Overall, it can help maintain a medication regimen and stay on schedule each month.

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)

Since the client has COPD, it is essential to educate the client that smoking can cause COPD flare-ups which narrows the airway and causes respiratory distress. The prescriber could write a prescription for nicotine patches to help with the clients' nicotine cravings. If the patient stops smoking, it can prevent further decline of lung function. The patient should also be aware that many of her medications can cause respiratory depression and liver damage when drinking alcohol daily.

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

The client's monthly cost for all 10 medications is \$1,368.97 out of pocket.

Reflective Statement of Experience:

This project was unique compared to other projects I have completed during nursing school. My group members and I collaborated on one document to look at each medication in-depth and determine how it relates to the patient's condition and the other drugs listed. It also opened my eyes to how expensive prescription medications can be without insurance which is disheartening.

Older adult clients are the most significant healthcare consumers and have chronic conditions that require polypharmacy (Frandsen & Pennington, 2021). My patient has Alzheimer's with behavioral disturbance, COPD, hyperlipidemia, and chronic kidney disease, which require many medications. Polypharmacy is the use of multiple drugs at one time, but this does not come without risk. Taking multiple medications can lead to more significant complications and diminished mental status, so the risk-to-benefit ratio must be evaluated (Frandsen & Pennington, 2021).

As a nurse, you are responsible for making sure your patients and their family members have a complete understanding of their diagnosis and the medications they are on to treat said diagnosis. In this specific scenario, I would have sat the son down with his mother to go over all these medications and discuss the risks and benefits. I would also recommend/suggest that his mother goes to an LTC facility specializing in Alzheimer's and dementia patients. If my patient were admitted to an LTC facility, this would give the son peace of mind knowing his mom was in a safe environment.

References

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N322 Polypharmacy Grading Rubric

Criteria	Excellent 40 points	Acceptable 31-39 points	Unacceptable 0-30 points	Points Earned
<p>Each drug should have a completed breakdown within the tables provided, which includes the following:</p> <ul style="list-style-type: none"> ● Drug class ● Generic name ● Trade name ● How is the medication taken (include dose, route, frequency) 	All key components were addressed within the paper and were accurate.	The student provided the required information for some of the medications, but not all and/or the answers provided were inaccurate. (Each individual component for each medication is worth one point)	The student failed to address a sufficient number of the listed components within the paper and/or the components were addressed but were inaccurate. (Each individual component for each medication is worth one point)	___/40
Criteria	Excellent 10 points	Acceptable 8-10 points	Unacceptable 0 - 7 points	Points Earned
<p>Specific Directions not included above:</p> <ul style="list-style-type: none"> ● Is there any type of medication on the patient list that have specific directions? 	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

(before bed, before breakfast, 30 minutes before meals, etc..)				
Criteria	Excellent	Acceptable	Unacceptable	Points Earned
	0 points	16-19	0-15 points	
<p>Does this medication have any potentially serious interactions with any other medication(s) on this list, and/or potential interactions that should be closely monitored due to co-administration?</p> <ul style="list-style-type: none"> ● Do any of the medications interact with each other? <p>(Please note: if there is an interaction between two medication, you MUST list that interaction on BOTH medications to receive full credit. You may utilize the same verbiage/wording on each medication, we want to know you are thinking about it when considering each medication)</p>	All medications reviewed and student explained medication interactions.	The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)	Student failed to answer question and/or The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)	___/20

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

Criteria	Excellent 10 points	Average 8-9	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> Does any of the client's past medical history contradict the use of this medication? 	Student showed knowledge why the client's past medical history would contradict the use of the medication(s).	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)	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 each medication this question is worth one point)	___/10
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, 	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

<p>please list potential indications for use of the medication in general)</p>				
<p>Criteria</p>	<p>Excellent 20 points</p>	<p>Acceptable 16-19 points</p>	<p>Unacceptable 0-15 points</p>	<p>Points Earned</p>
<p>What would you teach the client about taking this medication?</p> <ul style="list-style-type: none"> ● What education is needed for the medication? (For each medication listed the student must prioritize two topics for client education) <p>(You must consider all component(s) of the medication list when answering this question... if there are potential interactions with other medication this may be a priority over general education for this one medication)</p>	<p>Student showed the importance of medication education, and appropriate prioritized client education for the scenario provided.</p>	<p>The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	<p>Student failed to answer the question OR The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	<p>___/20</p>
<p>Criteria</p>	<p>Excellent</p>	<p>Acceptable</p>	<p>Unacceptable</p>	<p>Points Earned</p>

	10 points	8-9 points	0-7 points	
<p>Is there anything about this medication regimen/ scenario that might indicate a potential difficulty in maintaining compliance with the orders as listed?</p> <ul style="list-style-type: none"> ● Why would the patient have difficulty maintaining the medication regiment? <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"> ● What factors are present to remain 	<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</p>	<p>___/10</p>

<p>compliant?</p> <p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.</p>			<p>point for each medication)</p>	
<p>Criteria</p>	<p>Excellent</p> <p>10 points</p>	<p>Acceptable</p> <p>8-9 points</p>	<p>Unacceptable</p> <p>0 points</p>	<p>Points Earned</p>
<ul style="list-style-type: none"> ● 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) ● What would the client's monthly out of pocket expense for all 10 medications? 	<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 worth one point for each medication, with the total cost being worth 5 points)</p>	<p>___/15</p>
<p>Criteria</p>	<p>Excellent</p> <p>20 points</p>	<p>Acceptable</p> <p>16-19 points</p>	<p>Unacceptable</p> <p>0-15 points</p>	<p>Points Earned</p>
<p>The student must appropriately format the</p>	<p>The document included a title page, the rubric, the client</p>	<p>The document did not meet all of the criteria for</p>	<p>The document did not meet all of the criteria for formatting/</p>	<p>___/20</p>

<p>paper and include all of the following:</p> <ul style="list-style-type: none"> ● Entire document must include appropriate citations, reference page, title page, page numbers, running head, all with appropriate formatting per APA (10 points - each missing or inaccurate portion per APA is worth one point) ● The student provided a rubric attached for grading (3 points) ● The student included the provided client scenario on page two of the document (2 points) ● The paper included a minimum of five references which were cited within the document (each 	<p>scenario, a reference page which included five references that were cited within the document. APA formatting was consistent with the APA manual.</p>	<p>formatting/ referencing. See “criteria” to the left for further breakdown.</p>	<p>referencing. See “criteria” to the left for further breakdown.</p>	
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reference with one citation is worth 5 points)				
Criteria	Excellent	Acceptable	Unacceptable	Points
	20 points	16-19 points	0-15 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	Acceptable	Unacceptable	Points Earned

	10 points	8-9 points	0-7 points	
<p>● Reflective statement of experience should include the following:</p> <ul style="list-style-type: none"> -insight into the project itself (a specific example within the project and its implications) -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver 	<p>The students provided reflection showed good insight into the project itself, polypharmacy, and the nurses role in client advocacy</p>	<p>The student provided a reflection, however the reflection lacked one of the following</p> <ul style="list-style-type: none"> -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>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>
<p>Total Points</p>				<p>___/200</p>