

**I. Management of Care****• Client's right (1)**

- **Complementary, Alternative, and Integrative Therapies: Alternative Therapy for Benign Prostate Hypertrophy (RM Pharm RN 8.0 Chp 49 Complementary, Alternative, and Integrative Therapies, RM Pharm RN 8.0 Chp 49 Complementary, Alternative, and Integrative Therapies v2, Active Learning Template: System Disorder)**
  1. Become more familiar with alternative natural products and herbal therapies ( **aloe, aloe vera, black cohosh, echinacea, feverfew, garlic, garlic root, ginkgo biloba, glucosamine, kava, St. John's wort, saw palmetto, valerian**) and how it interacts with treatments/ other medications.
  2. Become more familiar with integrative substances (**cannabis 'medical marijuana', CBD**) and how it interacts with treatments/ other medications.
  3. Use colorful charts to help remember what alternative therapy can help with which symptoms.

**II. Safety and infection control****• Reporting of incident/ event/occurrence/variance (3)**

1. **Familiarize self with Rights of safe medication administration**
  - **Right client**
  - **Right medication**
  - **Right dose**
  - **Right time**
  - **Right route**
  - **Right documentation**
  - **Right client education**
  - **Right to refuse**
  - **Right assessment**
  - **Right evaluation**
2. **Use 2 patient identifiers to prevent medication errors**
  - **Name**
  - **DOB**
3. **What to do if an error is made**
  - **Evaluate clients' response to medication and document and report them**
  - **be aware of therapeutic effect and common adverse effects of wrong medication**
  - **Identify adverse effects as they occur, and document/report them**
  - **Notify the provider of all errors, and implement corrective measures**
  - **Complete an incident report within 24 hours including**

- Client identification
- Name and dose of medication
- Time and place of incident
- Accurate and objective account of the event
- Who you notified
- What actions you took
- Your signature
- Don't include incident report in patient's medical record
- Report all errors to the facilities risk managers.

### III. Pharmacology and Parenteral therapies

- **Adverse effect/contraindications/side effects/ interactions (11)**
  1. Know signs of potential adverse effects/anaphylaxis for medication giving
  2. Ask patient about any allergies prior to administering the drug
  3. Compare any possible interactions to other medication that the patient might be taken prior to administering
- **Medication administration (7)**
  1. Go through the six rights to administration prior to administering
    - Right client
    - Right dose
    - Right medication
    - Right route
    - Right time
    - Right documentation
  2. Check IV site prior to administering any meds parenterally
  3. Know push times for medications given parenterally
  4. Know medication interactions for the drug you are giving
  5. Watch for any adverse effects and signs of allergic reaction/ anaphylaxis
- **Expected actions/outcomes (3)**
  1. No sign of infiltration or infection
  2. I&O are maintained and recorded
  3. No adverse effects found
- **parenteral/ intravenous therapies (3)**
  1. Know signs of infiltration and extravasation
  2. Inspect IV regularly for any signs of infection or irritation
  3. IV/parenteral = most rapid form of getting medicine into the body
- **Pharmacological pain management**
  1. Pain can be seen as the 5th vital sign, but not actually a true vital sign
  2. Parental routes are best for intermediate and short-term pain relief
    1. Can administer:
      - a) Opioid analgesics

- b) Non-opioid analgesics
- c) Adjective analgesics
- d) Anticonvulsants
- e) Antianxiety
- f) Tricyclic antidepressants
- g) Anesthetics
- h) Antihistamine
- i) Glucocorticoids
- j) Antiemetic
- k) Bisphosphonates and calcitonin

#### IV. Reduction of Risk Potential

- **Laboratory values**
  - Focus on potassium normal level
    - $K^+ = 3.5 - 5.0$  mEq/L
  - Focus on Magnesium normal level
    - $Mg = 1.3-2.1$  mEq/L
  - Focus on Phosphorus normal level
    - Phosphorus = 3.0-4.5 mEq/L

#### V. Physiological adaptation

- **Fluid and electrolyte imbalance**
  1. Identify signs and symptoms of client fluid or electrolyte imbalance/  
monitor I&Os
  2. Signs and symptoms of fluid volume excess (hypervolemia)
    - a. Edema
    - b. Jugular vein distention
    - c. Crackles in the lungs
    - d. Ascites
    - e. Body swelling
    - f. Cramping
    - g. Shortness of breath
    - h. Lab value: increased Na- levels
  3. Signs and symptoms of fluid volume depletion
    - a. Pale/cool skin
    - b. Increased heart rate
    - c. Decreased blood pressure
    - d. Sweating
    - e. Confusion
    - f. Increased urine output