

Polypharmacy Project 2023

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N322 Introduction to Pharmacology

Lakeview College of Nursing

Professor Armstong

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

Karen is a 40-year-old female that presents to the emergency department with complaints of severe abdominal pain with an onset of 7 days ago. Karen states that the pain started several days ago and has gradually increased over the past week. She is currently rating the pain at 10/10. She states that she started taking her ibuprofen to assist in alleviating the pain, but it is no longer helping at all. She states that when her pain started getting worse she started developing nausea, and has vomited times two this morning. Her emesis was blood tinged. Other significant assessments include abdominal tenderness and reports of increased symptoms of GERD over the last month. Karen had a pituitary tumor surgical excision 1 month ago and has an extensive past medical history.

Insurance: Karen has sufficient medical insurance

Allergies: NSAIDS

Diet: No added salt and low concentrated sweets

Medical Diagnosis: Cushing's, gastroesophageal reflux disease, recurrent constipation, hypertension, depression, type 2 diabetes mellitus

Current medications include the following:

Drug #1	Drug Name (Generic): hydrocortisone Drug Name (Trade): Cortef Drug Class: Glucocorticoid
How is the medication taken: (include dose, route, and frequency)	Dose: 15 mg am; 5 mg pm Route: Oral Frequency: Twice a day
Specific Directions not included above:	Take once in the morning and once in the afternoon. Take tablets either with milk or food to prevent upset stomach (Jones & Bartlett Learning, 2022, p. 659).
Does this medication interact with any other medication(s) on this list?	<ul style="list-style-type: none"> ● Hydrocortisone and saxagliptin interact with each other by potentially interfering with blood glucose levels and causing hyperglycemia (Drugs.com Staff, n.d.). ● Hydrocortisone interacts with spironolactone by potentially affecting the antihypertensive medication effects, which can lead to sodium and fluid retention

	<p>(Drugs.com Staff, n.d.).</p> <ul style="list-style-type: none">● Hydrocortisone and hydrochlorothiazide can cause a decrease in potassium levels, which can lead to hypokalemia (Drugs.com Staff, n.d.).● Hydrocortisone and metoprolol tartrate interact and can lead to sodium and fluid retention because corticosteroids tend to antagonize the antihypertensive medication (Drugs.com Staff, n.d.).● Hydrocortisone and MiraLAX may interact with each other when overuse of laxatives occurs, which depletes electrolytes and can cause hypokalemia (Drugs.com Staff, n.d.).● Hydrocortisone and ibuprofen used together can interact by increasing the chances of inflammation, bleeding, ulceration, perforation, and GI toxicity. In the elderly, the use of these two medications can increase the risk of peptic ulcer disease and GI hemorrhage (Drugs.com Staff, n.d.).
Lifestyle interactions:	While this patient does not admit to any tobacco, drug, or alcohol use, it should be noted that

<p>(Daily tobacco use, alcohol, drugs, etc.)</p>	<p>using alcohol while on this medication can increase the patient's risk of gastrointestinal distress and bleeding (Jones & Bartlett Learning, 2022, p. 660).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>This medication is contraindicated because of the interaction it has with the diagnosis of depression. This medication has the capability of increasing symptoms of psychosis and destabilizing emotions (Drugs.com Staff, n.d.).</p> <p>This medication is contraindicated because of the interaction it has with the diagnosis of Type 2 Diabetes. This medication has been known to have the capability of raising blood sugar levels (Drugs.com Staff, n.d.).</p> <p>This medication is contraindicated because of the interaction it has with the diagnosis of hypertension. This medication can potentially cause the following, hypokalemia, hypernatremia, hypertension, and fluid retention (Drugs.com Staff, n.d.).</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</p>	<p>This medication has been known to treat patients who have endocrine dysfunction (Jones & Bartlett Learning, 2022, p. 658). The client has been diagnosed with Cushing's Disease, which is a rare endocrine disorder.</p>

medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Educate the patient to speak to their provider before suddenly stopping the medication (Jones & Bartlett Learning, 2022, p. 661). Suddenly, stopping the medication can cause an adrenal crisis. 2. Educate the patient on recognizing signs and symptoms of adrenal insufficiency, such as anorexia, shortness of breath, tiredness, dizziness, nausea, fainting, joint pain, and muscle weakness (Jones & Bartlett Learning, 2022, p. 661).
How much would medication cost per month if paying out of pocket?	A one-month supply of hydrocortisone could cost anywhere between \$6.58 to \$29.08 (GoodRX Staff, 2023d).

Drug #2	Drug Name (Generic): metoprolol tartrate Drug Name (Trade): Toprol XL Drug Class: Beta-adrenergic blocker
How is the medication taken: (include dose, route, and frequency)	Dose: 25 mg

	<p>Route: Oral</p> <p>Frequency: Twice a day</p>
Specific Directions not included above:	Take medication at the same time each day, with food or after a meal (Jones & Bartlett Learning, 2022, p. 879).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none">● Metoprolol tartrate and hydrochlorothiazide/spironolactone used together have the possibility of increasing a person's chance of hyperglycemia and hypertriglyceridemia, especially if those patients have diabetes or latent diabetes. Also, there is an increased risk for prolonged QT interval and arrhythmias (Drugs.com Staff, n.d.).● Metoprolol tartrate and hydrocortisone used together may alter the effects of high blood pressure medication by inducing sodium and fluid retention (Drugs.com Staff, n.d.).● Metoprolol tartrate and Prozac used together have been shown to cause bradycardia, hypotension, and complete heart block in patients who were stabilized on beta-blockers before starting any SSRI medication (Drugs.com Staff, n.d.).

	<ul style="list-style-type: none"> • Metoprolol tartrate and ibuprofen used together can cause fluid retention, which leads to an increase in blood pressure (hypertension) (Drugs.com Staff, n.d.).
<p>Lifestyle interactions:</p> <p>(Daily tobacco use, alcohol, drugs, etc.)</p>	<p>While this patient does not admit to any tobacco, drug, or alcohol use, it should be noted that using alcohol while on this medication can increase the medication’s side effects causing the patient to feel dizzy and light-headed (National Health Service Staff, 2022).</p> <p>This medication also has an increased bioavailability, which helps the body to absorb its contents quicker without needing a higher dose (Jones & Bartlett Learning, 2022, p. 880).</p>
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<p>This medication is contraindicated because of the interaction it has with the diagnosis of Type 2 Diabetes. Medications such as beta-adrenergic blockers have the capability of masking hypoglycemic symptoms, which could potentially be very dangerous for the client (Drugs.com Staff, n.d.).</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</p>	<p>This medication has been used to manage hypertension by itself or prescribed along with another antihypertensive medication (Jones & Bartlett Learning, 2022, p. 878). This patient has been diagnosed with hypertension.</p>

medication in general)	
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 client to contact the provider if the heart rate goes below 60 beats per minute or is much lower than the client's norm (Jones & Bartlett Learning, 2022, p. 881). 2. Encourage diabetic clients to monitor their blood glucose regularly while taking medication (Jones & Bartlett Learning, 2022, p. 881).
How much would medication cost per month if paying out of pocket?	A one-month supply of Metoprolol-tartrate would cost anywhere between \$1.97 - \$22.47 (GoodRX Staff, 2023e).
Drug #3	<p>Drug Name (Generic): spironolactone-hydrochlorothiazide</p> <p>Drug Name (Trade): Aldactazide</p> <p>Drug Class: spironolactone drug class: potassium-sparing diuretic</p> <p>hydrochlorothiazide drug class: thiazide diuretic</p>
How is the medication taken: (include dose, route, and frequency)	Dose: 50 mg

	<p>Route: Oral</p> <p>Frequency: Once a day</p>
<p>Specific Directions not included above:</p>	<p>Client can take the medication with or without food but make sure they are consistent. Tablets cannot be crushed, chewed, or opened; they must be swallowed whole (Jones & Bartlett Learning, 2022, p. 652).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<ul style="list-style-type: none"> ● Spironolactone-hydrochlorothiazide and ibuprofen used together along with a diuretic can negatively affect renal function because of the use of the NSAID, which stops the synthesis of prostaglandins that aids in renal perfusion and dehydrated patients (Drugs.com Staff, n.d.). <ul style="list-style-type: none"> ○ Combining these two medications can also cause sodium and water retention and CHF (Drugs.com Staff, n.d.). ● Spironolactone-hydrochlorothiazide and saxagliptin used together may affect the potency of the insulin and can disrupt the patient controlling their blood sugar potentially causing hyperglycemia (Drugs.com Staff, n.d.). ● Spironolactone-hydrochlorothiazide and MiraLAX, used together for long periods of

time, can inadvertently cause diuretic effects (Drugs.com Staff, n.d.).

- Spironolactone interacts with hydrocortisone by potentially affecting the antihypertensive medication effects, which can lead to the retention of sodium and fluids (Drugs.com Staff, n.d.).
- Hydrochlorothiazide and hydrocortisone can cause a decrease in potassium levels, which can lead to hypokalemia (Drugs.com Staff, n.d.).
- Spironolactone-hydrochlorothiazide and Prozac used together could potentially cause hyponatremia, commonly due to the mix of diuretics and SSRIs or SNRIs (Drugs.com Staff, n.d.).
- Spironolactone-hydrochlorothiazide and metoprolol tartrate used together have the possibility of increasing a person's chance of hyperglycemia and hypertriglyceridemia, especially if those patients have diabetes or latent diabetes. Also, there is an increased risk for prolonged QT interval and arrhythmias (Drugs.com Staff, n.d.).
- Spironolactone can interact with bismuth subsalicylate by affecting the primary

	metabolite, canrenone, utilized when taking spironolactone by damaging the tubular location where it is secreted (Drugs.com Staff, n.d.).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	While this patient does not admit to any tobacco, drug, or alcohol use, it should be noted that using alcohol while on this medication can potentially cause orthostatic hypotension and an increased risk of liver damage or pancreatitis (Jones & Bartlett Learning, 2022, p. 652).
Does any of the client's past medical history contradict the use of this medication?	This medication is contraindicated because of the interaction it has with the diagnosis of Type 2 Diabetes. This medication can lead to hyperkalemic effects due to it being a potassium-sparing diuretic (Drugs.com Staff, n.d.). The serum potassium level and renal function in patients with diabetes need to be closely monitored.
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 has been used to manage hypertension by itself or prescribed along with other antihypertensive medications (Jones & Bartlett Learning, 2022, p. 652). This patient has been diagnosed with hypertension.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. Educate the client who takes spironolactone for hypertension on properly taking blood pressure. Notify the provider if the results show a systolic value greater than 140 mm Hg or a

	<p>diastolic value greater than 90 mm Hg (Jones & Bartlett Learning, 2022, p. 1262).</p> <p>2. Educate the client that this medication requires a high-potassium diet, and they should consume foods such as citrus fruits, bananas, tomatoes, and dates (Jones & Bartlett Learning, 2022, p. 654).</p>
How much would medication cost per month if paying out of pocket?	A one-month supply of spironolactone-hydrochlorothiazide would cost anywhere between \$2.39 - \$32.39 (GoodRX Staff, 2023g).
Drug #4	<p>Drug Name (Generic): fluoxetine</p> <p>Drug Name (Trade): Prozac</p> <p>Drug Class: Selective serotonin reuptake inhibitors</p>
How is the medication taken: (include dose, route, and frequency)	<p>Dose: 20mg</p> <p>Frequency: twice a day</p> <p>Route: PO</p>
Specific Directions not included above:	The patient should take medication as prescribed by the provider. The patient should not crush or chew the medication, and the patient should swallow the pill whole (Drugs.com

	Staff, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none">● Interacting Prozac and NSAIDs together increases the risk of bleeding (Jones & Bartlett Learning, 2022, p. 572).● Interacting Prozac and anticonvulsants together can increase the risk for toxicity (Jones & Bartlett Learning, 2022, p. 572).● An interaction between Prozac and MiraLAX can cause an irregular heart rhythm that may be serious and potentially life-threatening, although it is a relatively rare side effect. The risk is increased if you have low blood levels of magnesium or potassium, which can occur with bowel cleansing preparations or excessive use of medications that have a laxative effect (Drugs.com Staff, 2023).● Interacting Prozac and metoprolol tartrate together have been shown to cause bradycardia, hypotension, and complete heart block in patients who were stabilized on beta-blockers before starting any SSRI medication (Drugs.com Staff, n.d.).● Interacting Prozac and spironolactone-hydrochlorothiazide together could potentially cause hyponatremia, commonly due to the mix of diuretics and SSRIs or SNRIs

	<p>(Drugs.com Staff, n.d.).</p> <ul style="list-style-type: none"> • Interacting Prozac and bismuth subsalicylate can increase the risk of bleeding.
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>The patient should avoid consuming alcohol as it can cause different side effects to the Prozac. The patient should also not drive or do any activities that could be harmful until the patient is on the medication for a while and knows how their body reacts to the medication, because the medication can cause impairment to certain reactions (Drugs.com Staff, 2023).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>The patient has no past medical history that contradicts the use of this medication.</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>The patient is prescribed Prozac because the patient has a history of depression. Prozac is a medication used to treat acute depression (Jones & Bartlett Learning, 2022, p. 571).</p>
<p>What would you teach the client about taking this</p>	<p>1. Monitor for any signs of bleeding. The patient is at risk for bleeding since the patient is</p>

<p>medication? You must prioritize 2 (see rubric)</p>	<p>taking NSAIDs (Jones & Bartlett Learning, 2022, p. 574).</p> <p>2. Advise patient and family members to monitor for any signs of suicide. Since Prozac is an anti-depressant medication it increases the risk for suicidal ideation (Jones & Bartlett Learning, 2022, p. 574).</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>The cheapest one-month supply that contains 30 tablets of Prozac is \$6.89 (GoodRX Staff, 2023c).</p> <p>The most expensive option for one month of 30 tablets of Prozac is \$16.89 (GoodRX Staff, 2023c).</p>
<p>Drug # 5</p>	<p>Drug Name (Generic): Onglyza</p> <p>Drug Name (Trade): Saxagliptin</p> <p>Drug Class: Dipeptidyl peptidase 4 inhibitors</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>Dose: 5mg</p> <p>Frequency: daily</p> <p>Route: PO</p>
<p>Specific Directions not included above:</p>	<p>The patient should take as ordered by the provider. The patient can take it with or without food. The patient should not chew or crush the pill and should swallow the pill whole. The</p>

	patient should check their blood glucose levels frequently (Drugs.com Staff, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> • Interacting saxagliptin and hydrocortisone can potentially interfere with blood glucose levels and cause hyperglycemia (Drugs.com Staff, n.d.). • Interacting saxagliptin and spironolactone-hydrochlorothiazide together may affect the potency of the insulin and can disrupt the patient controlling their blood sugar potentially causing hyperglycemia (Drugs.com Staff, n.d.). • Bismuth and oral glyceic medications like saxagliptin can increase the risk for a hypoglycemic event (Drugs.com Staff, 2023).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The patient should follow the provider's orders on dietary restrictions (Drugs.com Staff, 2023). The patient is on a no-added salt and low-concentrated sweets diet. The patient is on a low-concentrated sweets diet because the patient should avoid foods high in sugar to help control her blood sugar levels.
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	The patient is taking saxagliptin due to the client having type 2 diabetes mellitus. The

<p>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>medication saxagliptin along with diet and exercise is used in individuals to help maintain blood glucose control in individuals who have type 2 diabetes (Jones & Bartlett Learning, 2022, p. 1218).</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. Educate the patient that this medication can be taken at any time during the day, but the medication needs to be taken at the same time each day (Jones & Bartlett Learning, 2022, p. 1219). 2. Inform the patient that this medication does not replace healthy dieting and exercise (Jones & Bartlett Learning, 2022, p. 1219).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>The cheapest one month that includes a 30-tablet supply of saxagliptin is \$25.76 (GoodRX Staff, 2023f).</p> <p>The most expensive one month of a 30-tablet supply of saxagliptin is \$523.49 (GoodRX Staff, 2023f).</p>
<p>Drug # 6</p>	<p>Drug Name (Generic): atorvastatin</p> <p>Drug Name (Trade): Atorvaliq, Lipitor</p>

	Drug Class: Statins
How is the medication taken: (include dose, route, and frequency)	<p>Dose: 10mg</p> <p>Frequency: daily</p> <p>Route: PO</p>
Specific Directions not included above:	The patient should take medication as ordered by the provider. The patient can take it with or without food (Drugs.com Staff, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Atorvastatin does not interact with any other medication on this list.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The patient needs to avoid consuming alcohol while on this medication, it can increase the risk of liver damage. The patient should avoid foods that are high in cholesterol and high in fat. The patient should also avoid drinking grapefruit juice (Drugs.com Staff, 2023).
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	The patient is taking Atorvastatin due to the patient having hypertension. It is to help lower

<p>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>the patient's cholesterol which helps lower the patient's blood pressure.</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. Educate the patient that if she misses a dose, take that dose as soon as she can. If it is close to the time to take another dose of the medication, the patient should not take the next dose, because she should not double the dose (Jones & Bartlett Learning, 2022, p. 119). 2. Educate the patient to monitor her blood glucose levels frequently, since she has type 2 diabetes and atorvastatin can cause hyper/hypo-glycemia (Jones & Bartlett Learning, 2022, p. 119).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>The cheapest one-month 30-tablet supply of atorvastatin is \$8.31 (GoodRX Staff, 2023a). The most expensive one-month 30 tablet supply of atorvastatin is \$21.25 (GoodRX Staff, 2023a).</p>
<p>Drug # 7</p>	<p>Drug Name (Generic): ranitidine</p> <p>Drug Name (Trade): Zantac</p> <p>Drug Class: H2 antagonist</p>

	<p>This medication is no longer prescribed and as of April 2020 has been pulled from the shelf due to the formulary of the medication containing NMDS, a probable human carcinogen. Famotidine has been the replacement for Ranitidine. The below information is what was found for Ranitidine.</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>Ranitidine 150 mg, comes as a tablet, an effervescent tablet, effervescent granules, and a syrup to be taken by mouth; It is usually taken once or twice a day 30 to 60 minutes before eating or drinking foods that cause heartburn, and patient will need to follow the directions on the prescription or the package label carefully (Medline Plus Staff, 2020). If prescribed a tablet you will need to take it with a full glass (6 to 8 ounces) of water, if prescribed an effervescent tablet or granules dissolve it in a full glass (6 to 8 ounces) of water before drinking (Medline Plus Staff, 2020).</p>
<p>Specific Directions not included above:</p>	<p>Do not take over-the-counter ranitidine for longer than 2 weeks unless your doctor tells you to. If symptoms of heartburn, acid indigestion, or sour stomach last longer than 2 weeks, stop taking ranitidine and call your doctor (Medline Plus Staff, 2020). Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose</p>

	and continue your regular dosing schedule, and do not take a double dose to make up for a missed one (Medline Plus Staff, 2020). Unless your MD tells you otherwise there are no dietary changes you have to make for this drug (Medline Plus Staff, 2020).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Very minor interaction is possible with metoprolol.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Avoid alcohol consumption as very serious interactions can occur (Medline Plus Staff, 2020).
Does any of the client's past medical history contradict the use of this medication?	This medication is contraindicated in those who have a blood disorder called porphyria, those who have kidney disease, those with liver problems, and those with stomach problems such as stomach tumors (WebMD Staff, n.d.). Karen doesn't have any of those diagnoses.
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	This medication is prescribed to this client for her diagnosis of GERD. When this medication was active it could be prescribed by a physician at a specialty strength that is prescription only or purchased over the counter at a lesser strength.

medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. Do not take for longer than 2 weeks unless told to do so by your physician. If symptoms persist then contact your physician (Medline Plus Staff, 2020).</p> <p>2. Take as prescribed/directed. Take the missed dose once you remember you need to take it. If it is close to the next dose time when you remember, just take the one dose. DO NOT double the dose for the missed dose.</p>
How much would medication cost per month if paying out of pocket?	Depending on how many tablets one would purchase, you could pay anywhere from \$8.95 to \$21.48 for 100 tablets. This information was obtained for famotidine on Amazon.com since none could be found for ranitidine due to its discontinued use (Amazon.com, n.d.b).
Drug # 8	<p>Drug Name (Generic): polyethylene glycol</p> <p>Drug Name (Trade): MiraLAX</p> <p>Drug Class: Osmotic Laxative</p>
How is the medication taken: (include dose, route, and frequency)	MiraLAX 17 grams by mouth daily. Using the provided measuring lid, mix the 17 grams of powder into a cup containing 8 ounces of water, juice, soda, coffee, or tea; stir to dissolve the powder and drink immediately (Medline Plus Staff, 2020). If given packets, each packet is one dose so the patient will need to mix one packet into the 8oz of above-stated fluid options.

	This has been prescribed for daily use.
Specific Directions not included above:	It is usually taken once a day as needed for up to 2 weeks and the patient should take the MiraLAX exactly as directed. The patient shouldn't take a larger dose, take it more often, or take it for a longer period of time than their doctor tells them to; It can take up to 2 to 4 days to have a bowel movement (Medline Plus, 2020). This medication can be habit-forming. Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule, and do not take a double dose to make up for a missed one (Medline Plus Staff, 2020).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>Hydrocortisone and MiraLAX can interact causing possible depletion of electrolytes and hypokalemia to occur (Drugs.com Staff, 2023).</p> <p>Spirolactone and MiraLAX can cause possible dehydration resulting in electrolyte imbalance (Drugs.com Staff, 2023).</p> <p>Prozac can cause an irregular heart rhythm that may be serious and potentially life-threatening, although it is a relatively rare side effect. The risk is increased if you have low blood levels of magnesium or potassium, which can occur with bowel cleansing preparations</p>

	or excessive use of medications that have a laxative effect (Drugs.com Staff, 2023).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Eat a well-balanced diet that includes fiber-rich foods, such as unprocessed bran, whole-grain bread, and fresh fruits and vegetables; drink plenty of fluids and exercise regularly (Medline Plus Staff, 2020).
Does any of the client's past medical history contradict the use of this medication?	This client has symptoms of possible bowel obstruction. This client recently had surgery, which could lead to a bowel obstruction.
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 history of recurrent constipation
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Tell your doctor if you have symptoms of bowel obstruction (upset stomach, vomiting, and stomach pain or bloating). 2. Can be habit-forming. Only use as prescribed and for the duration prescribed. (Drugs.com Staff, 2023)

<p>How much would medication cost per month if paying out of pocket?</p>	<p>If the patient went with the store brand they could pay as low as \$5.88 or the name brand Miralax at \$14.40 per bottle both containing 14 doses (GoodRX Staff, 2023b).</p>
<p>Drug # 9</p>	<p>Drug Name (Generic): bismuth subsalicylate</p> <p>Drug Name (Trade): Pepto-Bismol</p> <p>Drug Class: Antidiarrheal</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>Oral medication that can be a tablet, chewable tablet, capsule, compounding powder, or liquid suspension medication. Karen is prescribed 30ml by mouth every 6 hours as needed.</p>
<p>Specific Directions not included above:</p>	<p>Suspension medication should be measured with the provided medication cup. Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule, and do not take a double dose to make up for a missed one (Medline Plus Staff, 2020).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>Using fluoxetine with bismuth subsalicylate could increase the risk of bleeding.</p> <p>Some salicylates may impair the tubular secretion of canrenone, the main active metabolite of spironolactone (Drugs.com Staff, 2023). This effect could inhibit the natriuretic properties of</p>

	<p>spironolactone (Drugs.com Staff, 2023). If diuresis is inadequate, the clinician should consider discontinuing the salicylate or increasing spironolactone dosage while paying careful attention to the patient's serum potassium concentration (Drugs.com Staff, 2023).</p> <p>Bismuth and oral glyceic medications like saxagliptin can increase the risk of a hypoglycemic event (Drugs.com Staff, 2023).</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Alcohol does not affect the way bismuth works but alcohol does trigger the stomach to produce more acid than normal which can make the stomach upset worse (Drugs.com Staff, 2023).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>Karen does have type 2 DM which can lead to renal impairment, this medication contains salicylic acid that may harm the kidneys (Drugs.com Staff, 2023). Bismuth and oral glyceic medications can increase the risk of a hypoglycemic event (Drugs.com Staff, 2023).</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</p>	<p>Karen does have a diagnosis of GERD. Bismuth is used for heartburn, nausea, indigestion, stomach upset, and diarrhea.</p>

medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. Bismuth and oral glycemic medications can increase the risk of a hypoglycemic event (Drugs.com Staff, 2023).</p> <p>2. Medication may turn your tongue black temporarily, as well as your stools. This is temporary and should be resolved after medication use has stopped (Drugs.com Staff, 2023).</p>
How much would medication cost per month if paying out of pocket?	<p>Looking on Amazon.com Karen could pay as low as \$6.99 for a house brand 8 fl oz bottle of bismuth (Amazon.com, n.d.e) or \$9.96 for an 8 fl oz bottle of name brand Pepto (Amazon.com, n.d.d).</p> <p>Unable to determine the price Karen will pay a month for this drug since the information provided does not state that she is actively using this medication and how often she is using it.</p>
Drug # 10	<p>Drug Name (Generic): ibuprofen</p> <p>Drug Name (Trade): Advil</p> <p>Drug Class: NSAID</p>
How is the medication taken: (include dose, route, and frequency)	<p>This medication was prescribed to Karen at a dose of 400mg by mouth every 6 hours as needed. This medication comes in tablet form, oral suspension, chewable tablets, IV, and capsules.</p>
Specific Directions not included above:	<p>Take as directed. Taking more than directed can cause serious health complications.</p>

<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>Metformin and ibuprofen combined increase the risk of a rare potentially life-threatening condition called lactic acidosis which is a build-up of lactic acid in the blood (Drugs.com Staff, 2023).</p> <p>Prozac and ibuprofen use can increase the risk of bleeding (Drugs.com Staff, 2023).</p> <p>Spirolactone-hydrochlorothiazide and ibuprofen used together along with a diuretic can negatively affect renal function because of the use of the NSAID, which stops the synthesis of prostaglandins that aids in renal perfusion and dehydrated patients (Drugs.com, n.d.).</p> <p>Combining these two medications can also cause sodium and water retention and CHF (Drugs.com, n.d.).</p> <p>Combining metoprolol tartrate and ibuprofen may reduce the effects of metoprolol in lowering your blood pressure, especially if you use ibuprofen frequently or regularly (Drugs.com Staff, 2023).</p> <p>Combining hydrocortisone and ibuprofen may increase the risk of side effects in the gastrointestinal tract such as inflammation, bleeding, ulceration, and rarely, perforation</p>
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	(Drugs.com Staff, 2023).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	It doesn't state that Karen drinks but if she did this medication mixed with alcohol will increase her risk for bleeding and GI upset.
Does any of the client's past medical history contradict the use of this medication?	Karen just had a Pituitary Cancer removal surgery 4 weeks ago. According to Dr. DiNapoli from Mayfield Clinic, Karen probably should have consulted her physician before starting an NSAID due to the potential for bleeding risks post-surgery (DiNapoli, 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)	This medication is used as needed as a pain reliever, anti-inflammatory, and antipyretic. Karen stated to the ER staff that she was having pain in her abdomen at a 10/10 and started taking this medication to help alleviate the pain she was experiencing.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. Possible clot formation can happen with this drug seek emergency medical help if you experience chest pain, slurring speech, shortness of breath, or weakness (Drugs.com Staff, 2023). 2. Stomach bleeding can occur if taking this medication for long periods of time. To avoid GI

	upset, make sure to take with 8 oz of water and don't lay down for 15 to 30 minutes to prevent heartburn from occurring (Drugs.com Staff, 2023).
How much would medication cost per month if paying out of pocket?	Looking on Amazon.com if Karen purchased a bottle of ibuprofen 500 tab bottle she would pay \$9.99 for the generic brand (Amazon.com, n.d.c) and about \$16.65 for the name brand Advil which would only have 300 tabs (Amazon.com, n.d.a). I am not able to do a cost out per month for Karen on this medication because the information given is that she took Ibuprofen when she started having pain. I don't know how much she took only that she took it for 7 days.

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

Karen has a diagnosis of depression, which could lead to her not taking care of herself or taking her medications appropriately. Karen also has a diagnosis of Cushing's, and she also continues to use steroids, which can continue to contribute to her cortisol problem. This can eventually lead to a decline in health and eventual death. When people do not feel well, they tend to stop taking care of themselves, and this includes compliance with medications. Karen does have sufficient medical insurance, but sometimes that doesn't cover medication costs as well as some people need it to. Karen, without the knowledge of supplemental insurance to help her with cost, could potentially stop taking some medications or possibly only take part of her prescribed dose if she is not able to afford her monthly medication costs, which would interfere with medication compliance.

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

Karen has sufficient medical insurance. This will help Karen pay for the medications that she needs, which helps her maintain the medication regimen as ordered. Although Karen might have good insurance, the insurance may not have good prescription coverage. So Karen can use a subscription to GoodRX to help her pay for the medications she needs. Karen also seems to be very alert and oriented, so understanding the situation and the importance of taking these medications will also help Karen follow this medication regimen.

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 polypharmacy poses many potential issues with this client, I would suggest a few things. The prescriber might do some due diligence and ask Karen how she organizes her medications. The prescriber might suggest a better way of keeping her medications organized in order to reduce potential administration errors, such as the client accidentally taking the medication twice. Due to the client's medication list, I would suggest that Karen ask the provider/prescriber if any medications might be taken off her required list.

The prescriber could review the list of medications and decide which medications are critical for the patient's care and which could potentially be taken off. The prescriber could also potentially look at alternative medications that might be newer to the market to take the place of several medications that are on her list. To help Karen reduce possible medication interactions, she may want to ask the prescriber if any scheduling options may be more beneficial to her in reducing potential drug-drug interactions. Another way she can cut down on any drug interactions is to ask the prescriber if there are certain foods or drinks she should not consume while on her medications. Karen could also ask her provider if there are any lifestyle changes, such as diet and exercise, that could potentially help her get off certain medications if she is serious about improving her health and reducing the medications on her list.

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

Karen could pay anywhere from \$66.73 monthly to \$681.45 monthly for her medications. If she needed to purchase ibuprofen and bismuth along with her regular medications in any month, that would bring her range to \$83.71 -\$707.75.

Reflective Statement of Experience:

Ragin- This project was very informative and gave us great practice on recognizing a real-life situation that can occur. I feel like this project provided us with a good opportunity to learn more about each individual medication that was listed in our scenario. This

project opened my eyes to how much prescriptions actually cost and how it can be a big challenge for individuals to be able to afford the prescriptions that they need. I learned about different subscriptions that individuals can sign up for to be able to help pay for the prescriptions. I had a great team that I worked with, we all split the work evenly but helped each other when someone needed help.

Kaitlyn - I found this project to be very helpful in gaining an understanding of all the potential drug interactions that can take place when an individual has to deal with polypharmacy. The drugs I had specifically seemed like there were several potential adverse interactions between the medications on this client's list, and it just makes me wonder how the provider weighs the potential pros and cons and maneuvers around all the possible drug interactions when an individual obtains a medication list that long. I utilized my meds list on drugs.com to gain an understanding of the potential drug interactions, and it was very helpful. I plan on using that in the future when I become a nurse. Having to look up the cost of the drugs was an eye-opener, too, since we have to remember that most senior citizens are on a fixed income, and they are the ones more likely to be dealing with polypharmacy. As a nurse, I think it is of the utmost importance to ask clients who are elderly about their prescribed, over-the-counter medications and any supplements they take at home to reduce the possibility of adverse drug reactions and make sure they are having the proper lab work done when they need to, to make sure their levels are where they need to be. I enjoyed doing this project. I could not have asked for a better team; we all put forth an equal amount of effort and finished the job smoothly.

Jess- This project was an eye-opener on how ridiculous medication costs can be! Specifically, the Metformin cost out being over \$500 if you don't have great insurance to pay for it! That is mind-blowing to me. I can see how people just stop taking their medications or just take part of their medications to try and make it last longer.

I can see how polypharmacy can cause issues with the patient trying to keep up with everything they should be taking especially if they have various providers prescribing them medications. Our list of medications for this project had several interactions or high risks for bleeding that I would think this is something a physician would seriously consider when weighing benefits vs risks.

I don't feel like Karen had a good understanding of post-procedure things to look out for because she should have sought medical help a week prior when all of her symptoms started. Based on what I have read in the scenario I would guess that Karen has a GI bleed and possible bowel obstruction. Her situation could have started out as just a bowel obstruction but then she started taking her NSAID when she probably shouldn't have started taking it just yet.

When it comes to medication management I would, as a nurse, make sure the client has an understanding of what serious side effects to monitor for by asking open-ended questions about her medications, as well as have her role reverse and educate me based on her knowledge of what I taught her. I would advocate for my client to have the physician seriously consider if all of these medications really do benefit her and as a caregiver I would want to understand what the client is taking and why they are taking it.

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N322 Polypharmacy Grading Rubric

Criteria	Excellent 40 points	Acceptable 31-39 points	Unacceptable 0-30 points	Points Earned
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<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) 	<p>All key components were addressed within the paper and were accurate.</p>	<p>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)</p>	<p>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)</p>	<p>___/40</p>
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? <p>(before bed, before breakfast, 30 minutes before meals, etc..)</p>	<p>All key components were addressed within the paper.</p>	<p>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)</p>	<p>Student failed to answer the questions and/or the answers were inaccurate. (For each medication this question is worth one point)</p>	<p>___/10</p>

Criteria	Excellent 0 points	Acceptable 16-19	Unacceptable 0-15 points	Points Earned
<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>	<p>All medications reviewed and student explained medication interactions.</p>	<p>The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)</p>	<p>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)</p>	<p>___/20</p>

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

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, please list potential indications for use of the medication in general) 	Student showed knowledge of medications and what conditions corresponds with medications	The student provided appropriate indications for some of the medications, but failed to capture all of the appropriate indications for use. (For each medication this question is worth one point)	Student failed to answer the question or The student provided appropriate indications for some of the medications, but failed to capture all of the appropriate indications for use. (For each medication this question is worth one point)	___/10

Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<p>What would you teach the client about taking this medication?</p> <ul style="list-style-type: none"> ● 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>
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<p>Is there anything about this medication regimen/</p>	<p>Student had knowledge on why a patient would have difficulty with</p>	<p>The student indicated some potential reasons that the</p>	<p>Student failed to answer the question OR the student</p>	<p>___/10</p>

<p>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>medication regiment</p>	<p>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>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>Criteria</p>	<p>Excellent 10 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0-7 points</p>	<p>Points Earned</p>
<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 compliant? 	<p>Student had knowledge on medication compliance</p>	<p>The student answered the question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	<p>Student failed to answer the question OR The student answered the question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	<p>___/10</p>

<p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.</p>				
<p>Criteria</p>	<p>Excellent 15 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 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 20 points</p>	<p>Acceptable 16-19 points</p>	<p>Unacceptable 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 	<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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<p>references which were cited within the document (each reference with one citation is worth 5 points)</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 suggestions might you make to the prescriber and/or client (or questions you might ask the prescriber) to help this client scenario? (think about decreasing the potential for interaction(s) through medication reduction, other potential medications, diet changes, lifestyle changes, etc)</p> <p>Elaborate on this, explaining why you feel it should be addressed, why it is priority and provide evidence behind your presentation.</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client. This question showed evidence of good critical thinking.</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client, however there was a much higher priority question/suggestion/issue within the scenario that should have been addressed.</p>	<p>The student failed to answer the question OR the student answered the question, however the students answer was dangerously inaccurate.</p>	<p>____/20</p>

Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> ● Reflective statement of experience should include the following: -insight into the project itself (a specific example within the project and its implications) -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver 	<p>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>