

Polypharmacy Project

Macy Clark & Jessica Runde, BSN Student

N322 Introduction to Pharmacology

Lakeview College of Nursing

Brittany Lawson MSN, RN, CMAC

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

Jerry is an 88 year old male who lives with his spouse, Clara, in an independent living facility. Clara and Jerry have two children who are local and assist them when needed. Jerry has dementia that has been progressing lately as he frequently forgets what medications he has taken. His children are suggesting he be admitted into a long-term care facility because the facility he currently resides in does not provide medication administration. Jerry is refusing to move to an assisted living facility, and he has not been deemed incapable of making own decisions. Therefore he will remain in assisted living.

Social history: Both Jerry and his wife have medicare and social security.

Medical history: dementia, hypertension, chronic kidney disease, hyperlipidemia, chronic anemia, rheumatoid arthritis

Allergies: lisinopril, sulfa, latex

Medications: Rivastigmine, Enalapril, Fenofibrate, Oxycodone, Miralax, Prednisone, Alprazolam, Aranesp, Ferrous sulfate, Paroxetine

Drug #1	<p>Drug Name (Generic): rivastigmine</p> <p>Drug Name (Trade): Exelon</p> <p>Drug Class:</p> <ul style="list-style-type: none"> ● <i>Therapeutic: Anti-Alzheimer</i> ● <i>Pharmacological: Cholinesterase inhibitor</i>
How is the medication taken: (include dose, route, and frequency)	<ul style="list-style-type: none"> ● 6mg by mouth twice a day
Specific Directions not included above:	<ul style="list-style-type: none"> ● give with food in the morning and evening; swallow capsule whole (Jones & Bartlett Learning, 2022)
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> ● this medication does not interact with any other medications medications on the list
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> ● patient has no social history of smoking, tobacco use, or alcohol use

<p>Does any of the client's past medical history contradict the use of this medication?</p>	<ul style="list-style-type: none"> the client's past medical history presents no contraindications for taking this medication
<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>	<ul style="list-style-type: none"> patient is prescribed this medication for his dementia (Jones & Bartlett Learning, 2022)
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<ol style="list-style-type: none"> Advise to take in the morning and in the evening with meals to reduce any GI effects (Jones & Bartlett Learning, 2022) Instruct a family member or caregiver to monitor the use of rivastigmine (Jones & Bartlett Learning, 2022)
<p>How much would medication cost per month if paying out of pocket?</p>	<ul style="list-style-type: none"> \$67.20 monthly for a dosage of 120 3mg capsules (Drugs.com)

<p>Drug #2</p>	<p>Drug Name (Generic): enalapril maleate</p>
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	<p>Drug Name (Trade): Epaned/Vasotec</p> <p>Drug Class:</p> <ul style="list-style-type: none"> ● <i>Therapeutic: Antihypertensive</i> ● <i>Pharmacological: ACE inhibitor</i>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<ul style="list-style-type: none"> ● 10mg by mouth twice a day
<p>Specific Directions not included above:</p>	<ul style="list-style-type: none"> ● give without regard for food; request oral suspension if patient has dysphagia (Jones & Bartlett Learning, 2022)
<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"> ● this medication does not interact with any other medication on this list
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<ul style="list-style-type: none"> ● patient has no social history of smoking, tobacco use, or alcohol use
<p>Does any of the client's past medical history</p>	<ul style="list-style-type: none"> ● the patient has an allergy to lisinopril, therefore this drug may be contraindicated due

contradict the use of this medication?	<p>to the hypersensitivity to other ACE inhibitors (Jones & Bartlett Learning, 2022)</p> <ul style="list-style-type: none"> ● use cautiously in renally impaired patients (Jones & Bartlett Learning, 2022)
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)	<ul style="list-style-type: none"> ● patient is prescribed this medication for hypertension treatment (Jones & Bartlett Learning, 2022)
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Patient's known allergy to another ACE inhibitor, lisinopril (Jones & Bartlett Learning, 2022) 2. Report difficulty breathing or swelling of face, eyes, lips, tongue; swelling of face and throat may occur after first dose (Jones & Bartlett Learning, 2022, pg.. 515)
How much would medication cost per month if paying out of pocket?	<ul style="list-style-type: none"> ● \$43.10 for 60 20mg tablets (Drugs.com) ● \$10.78 per month for ½ 20mg tablet per day (10mg)
Drug #3	<p>Drug Name (Generic): fenofibrate</p> <p>Drug Name (Trade): Antara, Fenoglide, Lipofen, TriCor, Triglide</p>

	Drug Class: <ul style="list-style-type: none"> ● <i>Therapeutic:</i> Antilipemic ● <i>Pharmacological:</i> Fibric acid derivative
How is the medication taken: (include dose, route, and frequency)	<ul style="list-style-type: none"> ● 145mg by mouth daily
Specific Directions not included above:	<ul style="list-style-type: none"> ● swallow capsules whole
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> ● this medication does not interact with any other medication on this list
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> ● patient has no history of smoking, tobacco use, or alcohol use
Does any of the client's past medical history contradict the use of this medication?	<ul style="list-style-type: none"> ● this medication is contraindicated in patients who have severe renal impairment (Jones & Bartlett Learning, 2022)
What is the indication for use of this medication	<ul style="list-style-type: none"> ● patient is prescribed this medication for hyperlipidemia (Jones & Bartlett Learning,

<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>2022)</p>
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<p>1. Instruct the patient that the drug therapy will only be effective if they follow the providers orders about diet and exercise (Jones & Bartlett Learning, 2022).</p> <p>2. Use sunscreen and protective clothing when in sun due to photosensitivity (Jones & Bartlett Learning, 2022).</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<ul style="list-style-type: none"> ● \$35 for 90 145mg tablets ● \$11.67 per month (Drugs.com)
<p>Drug #4</p>	<p>Drug Name (Generic): oxycodone</p> <p>Drug Name (Trade): Oxaydo, OxyContin, Roxicodone, Supeudol (CAN)</p> <p>Drug Class:</p> <ul style="list-style-type: none"> ● <i>Therapeutic: Opioid analgesic schedule II</i>

	<ul style="list-style-type: none"> ● Pharmacological: opioid
How is the medication taken: (include dose, route, and frequency)	<ul style="list-style-type: none"> ● 2.5mg every 6 hours as needed
Specific Directions not included above:	<ul style="list-style-type: none"> ● administer with food (same amount of food for each dose to maintain consistent blood levels), swallow whole, swallow E.R. tabs one at a time (Jones & Bartlett Learning, 2022).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> ● alprazolam (Xanax) is a benzodiazepine which have drug-drug interactions with oxycodone due to an increased risk of severe respiratory depression and significant sedation and somnolence (Jones & Bartlett Learning, 2022, pg. 1035).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> ● patient has no history of smoking, tobacco use, or alcohol use
Does any of the client's past medical history contradict the use of this medication?	<ul style="list-style-type: none"> ● the client's past medical history presents no contraindications for taking this medication
What is the indication for use of this medication based on the client's past medical history? (If unable	<ul style="list-style-type: none"> ● oxycodone is used to relieve/manage moderate to severe pain when nonopioid analgesics or combination products are inadequate or not tolerated or when around-

<p>to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	<p>the-clock opioid analgesics are needed for an extended period of time (Jones & Bartlett Learning, 2022, pg. 1033).</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. contraindication for alazopram and oxycodone to be given at the same time due to a drug-drug interaction that increases risk of severe respiratory depression and significant sedation and somnolence (Jones & Bartlett Learning, 2022, pg. 1035). 2. Warn the patient do not swallow oxycodone tablets whole and do not break, chew, or crush them because this leads to rapid release and possibly a fatal dose (Jones & Bartlett Learning, 2022, pg. 1035).
<p>How much would medication cost per month if paying out of pocket?</p>	<ul style="list-style-type: none"> ● 5 mg oral tablets start at \$12.85 for 20 tablets (Drugs.com) ● \$9.64 is the cost per month based on ½ 5mg tablet (2.5mg) per day
<p>Drug # 5</p>	<p>Drug Name (Generic): polyethylene glycol</p> <p>Drug Name (Trade): Miralax</p> <p>Drug Class: laxative</p>
<p>How is the medication taken: (include dose, route,</p>	<ul style="list-style-type: none"> ● Miralax packet 17g every morning

and frequency)	
Specific Directions not included above:	<ul style="list-style-type: none"> ● Mix with juice or water
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> ● consult a provider before using Miralax and prednisone at the same time, as taking these medications together may increase the risk of dehydration and hypokalemia (Drugs.com).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> ● patient has no social history of smoking, tobacco use, or alcohol use
Does any of the client's past medical history contradict the use of this medication?	<ul style="list-style-type: none"> ● Miralax is contraindicated in patients who have kidney disease unless otherwise advised and supervised by a provider (Drugs.com).
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)	<ul style="list-style-type: none"> ● relief of constipation and irregularity related to pain medications ((Drugs.com).
What would you teach the client about taking this	1. Patient's with kidney disease should not take Miralax unless otherwise advised

<p>medication? You must prioritize 2 (see rubric)</p>	<p>2.Do not take more than directed by your doctor (Drugs.com).</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<ul style="list-style-type: none"> ● \$16.82 for 119 grams oral powder ● 510 grams would cost around \$72 and supply the whole month (Drugs.com)
<p>Drug # 6</p> <p>Prednisone 10mg PO every day</p>	<p>Drug Name (Generic): prednisone</p> <p>Drug Name (Trade): Prednisone Intensol</p> <p>Drug Class:</p> <ul style="list-style-type: none"> ● <i>Therapeutic class-</i> Corticosteroids ● <i>Pharmacologic class:</i> Adrenocorticoids
<p>How is the medication taken: (include dose, route, and frequency)</p>	<ul style="list-style-type: none"> ● The patient is taking 10 mg of prednisone by mouth every day.
<p>Specific Directions not included above:</p>	<ul style="list-style-type: none"> ● “For better results and less toxicity, give a once-daily dose in the morning” (Hendler,

	<p>2023, p. 1228).</p> <ul style="list-style-type: none"> • The nurse should educate the patient to “give drug with food to reduce GI irritation” (Hendler, 2023, p. 1226). • The “patient swallows delayed-release tablets whole and doesn’t break, chew, or divide them” (Hendler, 2023, p. 1226). • “Discard opened bottle of solution after 90 days” (Hendler, 2023, p. 1226).
<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"> • Miralax and prednisone have a possible drug-drug interaction. According to Drugs.com, it says to contact the provider because both of these medications together can cause dehydration and a risk of hypokalemia.
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<ul style="list-style-type: none"> • The patient has no social history of smoking, tobacco use, or alcohol use.
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<ul style="list-style-type: none"> • The patient needs to use this medication cautiously since the patient has a past medical history of hypertension. • Prednisone will raise the blood pressure so the patient needs to be aware of this

	(Hendler, 2023).
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)	<ul style="list-style-type: none"> ● One indication for this medication is for severe inflammation (Hendler, 2023, p. 1226). ● I think the reason my patient will be taking this medication is to reduce the inflammation that they have from their history of rheumatoid arthritis.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. The patient should be informed “not to stop drug abruptly or without prescriber’s consent” (Hendler, 2023, p. 1128). 2. I would also tell the patient to report any adverse reactions from this medication (Hendler, 2023).
How much would medication cost per month if paying out of pocket?	<ul style="list-style-type: none"> ● 10 mg tablets start at \$10.00 for 7 oral tablets (Drugs.com) ● Therefore, the price per month is around \$42.86.
Drug # 7 Alprazolam 0.5 mg po TID PRN	Drug Name (Generic): alprazolam Drug Name (Trade): Xanax Drug Class:

	<ul style="list-style-type: none"> ● <i>Pharmacologic class:</i> Benzodiazepine ● <i>Therapeutic Class:</i> Anxiolytic, antipanic ● <i>Controlled substance schedule:</i> IV
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>The patient is taking 0.5 mg of this medicine orally, as needed, no more than three times a day.</p>
<p>Specific Directions not included above:</p>	<ul style="list-style-type: none"> ● “Use dry gloved hands to remove orally disintegrating tablet from bottle just prior to administration” (Jones & Bartlett Learning, 2022, p. 49). ● Have the client place a tablet on top of their tongue (Jones & Bartlett Learning, 2022). ● Make sure the client knows “do not break, crush, or split extended-release tablet” (Jones & Bartlett Learning, 2022, p. 49). ● “Administer extended-release tablets in morning” to avoid any GI issues (Jones & Bartlett Learning, 2022, p. 49).

<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"> • This medication has a drug-drug interaction with oxycodone. Any opioid is an interaction with alprazolam because it can cause an “increased risk of significant respiratory depression” (Jones & Bartlett Learning, 2022, p. 49).
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<ul style="list-style-type: none"> • The patient has no social history of smoking, tobacco use, or alcohol use.
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<ul style="list-style-type: none"> • This client’s past medical history has no interactions with this medication.
<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 help treat anxiety (Jones & Bartlett Learning, 2022). With this patient’s past medical and social history he could have a good chance that he has anxiety. The patient stated that he does not want to go to an assisted living facility; therefore I am sure he is anxious about that. He is probably also nervous about all of his medical problems.</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. “Warn against stopping drug abruptly because withdrawal symptoms may occur” (Jones & Bartlett Learning, 2022, p. 50). 2. “Instruct patient never to increase prescribed dose because of risk of dependency”

	(Jones & Bartlett Learning, 2022, p. 50).
How much would medication cost per month if paying out of pocket?	<ul style="list-style-type: none"> ● Alprazolam at 0.5 mg starts at \$724.18 for 100 tablets (Drugs.com). ● If the patient was to take three pills per day then they would be paying \$651.76 per month.
Drug # 8 Aranesp 0.45mcg/kg SUBQ every 4 weeks	Drug Name (Generic): darbepoetin alfa Drug Name (Trade): Aranesp Drug Class: <ul style="list-style-type: none"> ● <i>therapeutic class:</i> colony stimulating factors ● <i>pharmacologic class:</i> recombinant human erythropoietins
How is the medication taken: (include dose, route, and frequency)	<ul style="list-style-type: none"> ● The patient taking this medication will inject 0.45 mcg/kg subcutaneously every four weeks.
Specific Directions not included above:	<ul style="list-style-type: none"> ● The patient should know not to shake the medication before use (Hendler, 2023). ● “Store drug in refrigerator; don’t freeze” (Hendler, 2023, p. 395). ● “Protect drug from light” (Hendler, 2023, p. 395).
Does this medication interact with any other	<ul style="list-style-type: none"> ● This medication does not interact with any other medications on this list.

medication(s) on this list? (see rubric for further instruction)	
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> • The patient has no social history of smoking, tobacco use, or alcohol use
Does any of the client’s past medical history contradict the use of this medication?	<ul style="list-style-type: none"> • The client has a history of hypertension which is a contraindication to this Aranesp. • Darbepoetin alfa could possibly raise the patient’s blood pressure (Hendler, 2023).
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 used for “anemia due to chronic kidney disease” (Hendler, 2023, p. 394). In my patient’s medical history, they have chronic kidney disease. Therefore, this medication is going to be used to help reduce or help with possible anemia.</p>
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. As a nurse, I would want to teach the patient on how to properly insert their subcutaneous injection. It is important to teach the client the proper technique. This consists of pinching the fat in either the abdomen, upper thigh, or the back of the arm to inject the darbepoetin alfa (Frandsen & Pennington, 2020).

	<p>2. As a nurse, I would also want to inform the patient of the possible adverse effects of this medication so they know when to contact their provider.</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<ul style="list-style-type: none"> • Darbepoetin alfa at 0.45mcg/kg starts at \$1,313.54 (Drugs.com). • Since the patient is only injecting this into their body once a month, it will cost them \$1,313.54 per month.
<p>Drug # 9</p> <p>Ferrous Sulfate 325mg PO Daily</p>	<p>Drug Name (Generic): ferrous sulfate</p> <p>Drug Name (Trade): Ferosol</p> <p>Drug Class:</p> <ul style="list-style-type: none"> • <i>Therapeutic class:</i> Iron supplements • <i>Pharmacologic class:</i> Hematinics
<p>How is the medication taken: (include dose, route, and frequency)</p>	<ul style="list-style-type: none"> • The patient is ordered to take this medication at 325 mg by mouth once daily.
<p>Specific Directions not included above:</p>	<ul style="list-style-type: none"> • “Don’t give antacids, coffee, dairy products, eggs, tea, or whole-grain breads or cereals within 1 hour before or 2 hours after iron” (Jones & Bartlett Learning, 2022, p. 550).

	<ul style="list-style-type: none"> ● “Tablets and capsules should be given with a full glass of juice or water. Don’t crush enteric-coated tablets or open capsule” (Jones & Bartlett Learning, 2022, p. 550). ● “Chewable tablets should not be chewed thoroughly before swallowing” (Jones & Bartlett Learning, 2022, p. 550).
<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"> ● No medications on this list interact with this medication.
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<ul style="list-style-type: none"> ● The patient has no social history of smoking, tobacco use, or alcohol use. ● The patient should avoid “coffee; eggs; foods that contain bicarbonates, carbonates, oxalates, or phosphates; milk and milk products; tea that contains tannic acid; whole-grain breads and cereals and other high-fiber foods” due to the effects they have on the absorption of iron (Jones & Bartlett Learning, 2022, p. 551).
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<ul style="list-style-type: none"> ● None of the client’s past medical history contradicts ferrous sulfate. There are very few contraindications for this medication.
<p>What is the indication for use of this medication</p>	<ul style="list-style-type: none"> ● The patient is probably taking this medication due to their past medical history of

<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>chronic anemia. When a patient has anemia, it can be caused by low iron levels. According to Capriotti & Frizzell in 2020 on page 914, “iron deficiency anemia results when the intake of dietary iron is inadequate for synthesis of hemoglobin.” Therefore, it is important to make sure that the client’s iron levels do not go too low.</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. As a nurse, I would inform them of the adverse effects of this medication so they know when to contact their provider. 2. Unless taking this medication causes the patient to have an upset GI tract, I would inform them to take ferrous sulfate on an empty stomach. This will help the supplement to work more (Jones & Bartlett Learning, 2022). 3. As a nurse, I would recommend that the patient eats foods high in vitamin C to help with iron absorption (Jones & Bartlett Learning, 2022).
<p>How much would medication cost per month if paying out of pocket?</p>	<ul style="list-style-type: none"> ● Ferrous sulfate at 325 mg starts at \$8.66 for 100 tablets (Drugs.com). ● This will cost the patient \$2.60 per month.
<p>Drug # 10</p> <p>Paroxetine 20mg PO Daily</p>	<p>Drug Name (Generic): paroxetine hydrochloride</p> <p>Drug Name (Trade): Paxil</p>

	<p>Drug Class:</p> <ul style="list-style-type: none"> • <i>Pharmacologic Class:</i> Selective serotonin reuptake inhibitor (SSRI)<i>Therapeutic Class:</i> Antianxiety, antidepressant, antiobsessional, antipanic, premenstrual analgesic
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>The patient is taking 20 mg of paroxetine by mouth once a day.</p>
<p>Specific Directions not included above:</p>	<ul style="list-style-type: none"> • “Capsules and tablets should be swallowed whole and not broken, chewed, crushed, or opened” (Jones & Bartlett Learning, 2022, p. 1159). • Have the patient take the medication at nighttime before going to bed if it is a capsule (Jones & Bartlett Learning, 2022). • If the patient is taking an immediate-release then they should be educated to take it in the morning when they wake up (Jones & Bartlett Learning, 2022).
<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"> • This medication does not interact with any other medications on this list.
<p>Lifestyle interactions:</p>	<ul style="list-style-type: none"> • The patient has no social history of smoking, tobacco use, or alcohol use.

(Daily tobacco use, alcohol, drugs, etc.)	
Does any of the client’s past medical history contradict the use of this medication?	<ul style="list-style-type: none"> • None of the client’s past medical history contradicts 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)	<p>This medication is used to treat anxiety and depression (Jones & Bartlett Learning, 2022). I would assume that the patient is taking this medication due to anxiety that they may have.</p> <p>There are many reasons why this patient could have anxiety: living conditions and disagreements, all of his medical conditions, old age, etc.</p>
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. “Tell family or caregiver to observe patient closely for suicidal tendencies, especially when therapy starts or dosage changes” (Jones & Bartlett Learning, 2022, p. 1061). 2. I would also educate the patient to avoid NSAIDS or aspirin when taking this medication “because they increase the risk of bleeding” (Jones & Bartlett Learning, 2022, p. 1060).
How much would medication cost per month if paying out of pocket?	<ul style="list-style-type: none"> • Paroxetine at 20 mg starts at \$19.67 for 30 pills (Drugs.com)

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|--|-----------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none">• Therefore, since the patient will take this once daily, it will cost him \$19.67 per month. |
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Is there anything about this medication regimen scenario that might indicate a potential difficulty in maintaining compliance with the orders as listed?

Macy- There are a few things that may bring some difficulty in the patient following orders as listed. The patient has a medical history of dementia and has been reported to be recently starting to forget things more often. The assisted living facility that he is living in does not provide medication administration, and the patient is deemed able to make his own decisions and has refused to move to a long-term care facility. The patient may frequently forget to take his medications or not take them in the correct manner and may not be receiving the effective treatment of the medication regimen.

Jessica- The main indicator for a potential difficulty in maintaining compliance with the orders listed for the patient is their presentation of dementia. In the scenario it says that the patient has dementia and is starting to constantly forget to take his medications. If this is the case, then it is likely that the patient is not being compliant with taking their medication at the right time or

even at all every day. Dementia is an ongoing disease without a cure so the patient's forgetfulness will only get worse. If the patient agreed to move to an assisted living facility, then the patient would be scheduled to take their medications at the same time every day.

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

Macy- Although the patient refuses to move to a long-term care facility where he would receive medication administration on time each day, he does have his wife and children that are involved in his care and are a good support system. They may frequently stop by to assist in making sure his medications are being taken or give a call to remind him that it is time for his medication. Jerry and his wife also have both Medicare and social security to assist in the expense of the medication regimen.

Jessica- There are multiple factors in this medication regimen scenario that can assist the client in maintaining the medication regimen that is ordered and help them to stay compliant. One of the major factors that will help the patient is his family. Since the patient has dementia, it is important that he has people who can remind him to take his medications. Another factor that can contribute to helping the patient with their medications is their Medicare. The medications that the patient is ordered are not cheap, so it is important that they have Medicare to help decrease the pay.

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)

Macy- I would like to inform the provider first about the known drug-drug interaction between alprazolam and oxycodone, as well as the severe risk and ask if the patient is significantly needing both medications at the same time or if there are any possible changes that can be made to avoid the possibility of that drug-drug interaction happening. Also, I would inform the provider of the patient's known allergy to lisinopril and the contraindication for enalapril to not take if the patient has allergies to other ACE inhibitors. I would bring up the difficulties with the Miralax order, as not only does the patient have chronic kidney disease that is contraindicated for Miralax prescription, but the patient is also ordered prednisone which has a drug-drug interaction with Miralax and can lead to increased dehydration and hypokalemia (DRUGS.com). Also, I may suggest that we educate the patient on the benefit he would be receiving in moving to a long-term facility to ensure that he is receiving his medication properly for effective treatment.

Jessica- There are many suggestions that I would make to the provider about the patient to help the client's scenario. The top priority is to inform the provider of the drug-drug interactions between alprazolam and oxycodone. If both of these medications are taken together, it can cause "increased risk of significant respiratory depression" (Jones & Bartlett Learning, 2022, p. 49). This can be vital to the patient's health. As a suggestion, I would suggest that the provider finds a different type of medication for the patient's pain that is not an opioid so it does not interact with the alprazolam. Another suggestion I would make is to contact the provider about the patient taking Miralax and prednisone. If both of these medications are taken at the same time it can cause dehydration and hypokalemia (Drugs.com). I would want the provider to make sure that the doses of these medications are not so high so that these adverse effects do not occur. I would also want to make sure that the provider knows that the patient has a history of hypertension and the provider ordered prednisone and darbepoetin alfa. Both of these medications could raise the blood pressure (Hendler, 2023).

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

The total cost for the entire list of medications per month for this patient would be \$2,201.72.

The medications will cost \$2,201.72 per month if they are paid out of pocket.

Reflective Statement of Experience:

Macy- This project has been an eye opener as to how important medication reconciliation and regimens really are, especially in patients who have a heavy polypharmacy. There is great importance in reviewing all of the drugs and possible interactions as well as any contraindications that may relate to that patient and present them to the provider to avoid as many complications as possible. For example, this patient had two drug-drug interactions that have severe risks and complications if given in coordination with the contraindicated drug. If these were not recognized, the patient would be at high risk for severe respiratory depression and sedation, severe dehydration, and hypokalemia, which are all major complications. It is important that we as nurses look into the polypharmacy of a patient and alert the provider of any of these interactions or contraindications because it is our role to advocate for our patient and their safety.

Jessica- This project really taught me a lot about medications and all of their details. After researching and finding all of the information on these medications, it was amazing to me how many little details matter. As a nurse it is important to make sure that none of the patient's medical history or other medications affect a medication that is ordered. If the nurse did not review the client's medications that the provider ordered, the patient could be at risk for vital health issues. There was a drug-drug interaction that the

provider did not know of, and if the nurse did not catch it then the patient would have been at risk for respiratory depression. It is also very important to advocate for your patient because they are the top priority. Another interesting thing that I realized from this project was how expensive the drugs are. I did not know that it was going to be over \$2,000 for just one month. That was crazy to me. Overall, I enjoyed this project and thought I learned a lot!

References

Capriotti, T. & Frizzell, J.P. (2020). *Pathophysiology: Introductory concepts and clinical perspectives*. (2nd ed.). F.A. Davis Company.

Drugs.com. (n.d.). *Prescription drug information*. Drugs.com. <https://www.drugs.com/>

Frandsen, C. & Pennington, S. S. (2020). *Abrams' clinical drug therapy: Rationales for nursing practice* (12th ed.).

Lippincott, Williams, Wilkins.

Hendler, B. C. (2023). *Nursing 2023 drug handbook*. Wolters Kluwer.

Jones & Bartlett Learning. (2022). *2023 Nurse's drug handbook* (22nd ed.). Jones & Bartlett Learning.

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	Student failed to answer the questions and/or the answers were inaccurate. (For each medication this question is	___/10

<p>(before bed, before breakfast, 30 minutes before meals, etc..)</p>		<p>this question if worth one point)</p>	<p>worth one point)</p>	
<p>Criteria</p>	<p>Excellent 20 points</p>	<p>Acceptable 16-19</p>	<p>Unacceptable 0-15 points</p>	<p>Points Earned</p>
<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</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>

medication)				
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Criteria	Excellent 5 points	Acceptable 4 points		Unacceptable 0 -3 points	Points Earned
Lifestyle interactions: ● 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, 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>

(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.				
Criteria	Excellent 15 points	Acceptable 8-9 points	Unacceptable 0 points	Points Earned
<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? 	Student showed research on medication costs	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)	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)	___/15
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
The student must appropriately format the paper and include all of the following:	The document included a title page, the rubric, the client scenario, a reference page which included five references that were	The document did not meet all of the criteria for formatting/ referencing. See "criteria" to the left for	The document did not meet all of the criteria for formatting/ referencing. See "criteria" to the	___/20

<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 reference with one 	<p>cited within the document. APA formatting was consistent with the APA manual.</p>	<p>further breakdown.</p>	<p>left for further breakdown.</p>	
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<p>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>
<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>● 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>