

Polypharmacy Project

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N322 Introduction to Pharmacology

Lakeview College of Nursing

Professor Wallace

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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 seven 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 & low concentrated sweets

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

Current medications include the following:

Hydrocortisone 15 mg every am and 5 mg in the afternoon

Metoprolol tartrate 25 mg by mouth twice a day

Spirolactone-hydrochlorothiazide 50 mg/ 50 mg take 1 tablet by mouth daily

Prozac 20 mg by mouth twice a day

Saxagliptin 5 mg once daily by mouth

Atorvastatin 10 mg by mouth daily

Ranitidine 150 mg orally every 12 hours

Miralax 17 gram by mouth daily

Bismuth subsalicylate 525 mg (30ML) by mouth every 6 hours PRN

Ibuprofen 400 mg by mouth every 6 hours PRN

<p>Drug #1</p> <p>Hydrocortisone</p>	<p>Drug Name (Generic): hydrocortisone</p> <p>Drug Name (Trade): Alkindi Sprinkle, Cortef, Cortenema</p> <p>Drug Class:</p> <p>pharmacologic class: Glucocorticoid</p> <p>therapeutic class: Adrenocortical replacement, anti-inflammatory</p> <p>(Jones and Bartlett, 2023)</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>15 mg every am and 5 mg in the afternoon PO</p>
<p>Specific Directions not included above:</p>	<p>Give drug with food or milk to prevent GI upset (Jones and Bartlett, 2023).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>saxagliptin hydrochloride: oral antidiabetic: possibly increased blood glucose level</p> <p>ibuprofen: NSAID: increased risk of GI distress and bleeding (Jones and Bartlett, 2023).</p> <p>MiraLAX: combining this medication with a laxative could cause dehydration and/or hypokalemia (Drug Interaction, 2024).</p>

<p>Lifestyle interactions:</p> <p>(Daily tobacco use, alcohol, drugs, etc.)</p>	<p>alcohol use may increase risk of GI distress and bleeding (Jones and Bartlett, 2023).</p>
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<p>This patient's diagnosis of type 2 diabetes mellitus contraindicates the use of this medication due to its interaction with insulin and oral antidiabetic drugs, which she currently takes (Jones and Bartlett, 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 medication in general)</p>	<p>This patient had a pituitary tumor removed one month ago. Due to this removal, the patient may need adrenocortical replacement, which would be the indication of use for this medication (Alexander, T. D., et al, 2021).</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. I would caution the patient to avoid people with infections because the drug can suppress the immune system, increasing the risk of infection. 2. I would caution the patient to not stop taking the drug abruptly without fist

	<p>consulting their doctor.</p> <p>(Jones and Bartlett, 2023)</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>Out of pocket, this drug would cost about \$27 per month (drugs.com, 2024).</p>

<p>Drug #2</p> <p>Metopropol tartrate</p>	<p>Drug Name (Generic): metoprolol tartrate</p> <p>Drug Name (Trade): Lopressor</p> <p>Drug Class:</p> <p>pharmacologic: beta1-adrenergic blocker</p> <p>therapeutic: antianginal, antihypertensive</p> <p>(Jones and Bartlett, 2023)</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>25 mg by mouth twice a day</p>
<p>Specific Directions not included above:</p>	<p>Tablets should be administered with or directly after a meal. Tablets may be cut in half,</p>

	but not chewed or crushed (Jones and Bartlett, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	This medication does not interact with any of the other medications on the list.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	All foods cause increased bioavailability of metoprolol (Jones and Bartlett, 2023).
Does any of the client's past medical history contradict the use of this medication?	None of the clients past medical history contradicts the use of this medication.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The patient is taking this medication because of her diagnosis of hypertension. A use of this medication is to reduce blood pressure (Jones and Bartlett, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. I would urge the patient to check her blood sugar levels more often while taking this drug because metoprolol can increase blood sugar levels in patients with

	<p>diabetes.</p> <p>2. I would teach the client to take the medication with or immediately after the same meals every day and not to crush or chew the medication.</p> <p>(Jones and Bartlett, 2023)</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>This medication would cost about \$13.50 per month if paying out of pocket (drugs.com, 2024).</p>
<p>Drug #3</p> <p>Spironolactone-hydrochlorothiazide</p>	<p>Drug Name (Generic): spironolactone</p> <p>Drug Name (Trade): Aldactone</p> <p>Drug Class:</p> <p>pharmacologic: potassium-sparing diuretic</p> <p>therapeutic: diuretic</p> <p>(Jones and Bartlett, 2023)</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>50/50 mg tablet by mouth once daily</p>

Specific Directions not included above:	Administer with or without food but be consistent (Jones and Bartlett, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>ibuprofen: NSAID: decreased antihypertensive effects and increased risk of severe hyperkalemia (Jones and Bartlett, 2023).</p> <p>MiraLAX: combining this medication with a laxative medication for a long period of time could cause dehydration and electrolyte imbalances (Drug Interaction, 2024).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	If the patient has a high potassium diet or is using salt substitutes, it can cause an increased risk of severe hyperkalemia (Jones and Bartlett, 2023).
Does any of the client's past medical history contradict the use of this medication?	None of the patient's past medical history contradicts the use of this medication.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the	This medication can be used to treat hypertension, so the indication for use of this medication is the patient's diagnosis of hypertension (Jones and Bartlett, 2023).

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. Teach patient how to measure blood pressure and urge her to monitor it regularly and report any pressures greater than 140 mm Hg systolic or 90 mm Hg diastolic to her doctor. 2. Warn the patient that she may experience dizziness while taking this medication if her fluid balance is altered. <p>(Jones and Bartlett, 2023)</p>
How much would medication cost per month if paying out of pocket?	This medication would cost the patient \$46 per month out of pocket (drugs.com, 2024).
Drug #4 Prozac	<p>Drug Name (Generic): Fluoxetine hydrochloride</p> <p>Drug Name (Trade): Prozac</p> <p>Drug Class:</p> <p>pharmacologic: selective serotonin reuptake inhibitor</p> <p>therapeutic: antidepressant</p>

	(Jones and Bartlett, 2023)
How is the medication taken: (include dose, route, and frequency)	20 mg by mouth twice a day
Specific Directions not included above:	Prozac prescribed twice daily should be taken once in the morning and once at noon (Jones and Bartlett, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>ibuprofen: NSAID: causes increased anticoagulant activity and risk of bleeding (Jones and Bartlett, 2023).</p> <p>Bismuth subsalicylate: pairing with bismuth subsalicylate could increase the risk for bleeding (Drug Interaction, 2024).</p> <p>MiraLAX: can cause dysrhythmias, SOB, or heart palpitations (Drug Interaction, 2024).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Drinking alcohol while taking Prozac can cause increased drowsiness (Jones and Bartlett, 2023).
Does any of the client's past medical history	None of the clients past medical history contradicts the use of this medication.

contradict the use of this medication?	
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	This medication is being used to help treat the patient's diagnosis of depression (Jones and Bartlett, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Inform the patient that the drug may take several weeks to take full effect. 2. Urge the patients family to watch patient for suicidal tendencies, especially at the start of therapy or if there is a dosage change. <p>(Jones and Bartlett, 2023)</p>
How much would medication cost per month if paying out of pocket?	If the patient were to be paying for Prozac out of pocket, it would cost about \$940 (drugs.com, 2024).
Drug # 5 Saxagliptin	Drug Name (Generic): saxagliptin Drug Name (Trade): Onglyza

	Drug Class: pharmacologic: Dipeptidyl peptidase-4 inhibitor Therapeutic: antidiabetic. (Jones and Bartlett, 2023)
How is the medication taken: (include dose, route, and frequency)	5 mg once daily by mouth
Specific Directions not included above:	tablets should be swallowed whole and not chewed, crushed, or divided (Jones and Bartlett, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	hydrocortisone: possibly increased blood glucose level (Jones and Bartlett, 2023).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Alcohol may affect blood glucose levels in patients with diabetes (Jones and Bartlett, 2023).
Does any of the client's past medical history	The patient's past medical history of pituitary tumor removal contradicts this

<p>contradict the use of this medication?</p>	<p>medication. The patient is taking hydrocortisone for adrenocortical replacement, and taking the two drugs together can cause increased blood glucose levels (Scherthaner-Reiter, et al., 2021). .</p>
<p>What is the indication for use of this medication based on the client’s past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	<p>This patient is taking saxagliptin to help control her blood glucose levels with her diagnosis of type 2 diabetes mellitus (Jones and Bartlett, 2023).</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. Teach the patient to recognize signs of low blood sugar and how to treat it if it occurs. 2. I would educate the patient on the importance of exercise and a healthy diet, and that this medication isn’t a replacement for that. <p>(Jones and Bartlett, 2023)</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>If paying out of pocket, this medication would cost about \$454 per month (drugs.com, 2024).</p>

Drug # 6 Atorvastatin	Drug Name (Generic): atorvastatin Drug Name (Trade): Lipitor Drug Class: Pharmacologic class- HMG-CoA reductase inhibitor, Therapeutic class- Antihyperlipidemic (Jones and Bartlett, 2023).
How is the medication taken: (include dose, route, and frequency)	10 mg by mouth daily
Specific Directions not included above:	Give drugs at the same time of the day to maintain effects.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	No interaction with any other medications
Lifestyle interactions:	Use cautiously in patients who consume alcohol or have a history of liver disease because

(Daily tobacco use, alcohol, drugs, etc.)	atorvastatin use increases risk of liver dysfunction (Jones & Bartlett, 2023).
Does any of the client's past medical history contradict the use of this medication?	We need to monitor the patients' glucose levels with being diagnosed with type 2 diabetes mellitus. This medication can affect the patients blood glucose level control (Jones & Bartlett, 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)	This medication is administered to help reduce the risk of acute cardiovascular events such angina, CVA, or MI and reduce risk for CAD (coronary heart disease) (Jones & Bartlett, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. I would educate the patient on taking this drug at the same time each day to maintain its effects (Jones & Bartlett, 2023). 2. I would advise my patient to keep a close eye on his blood glucose levels because this medication could cause it to rise.

How much would medication cost per month if paying out of pocket?	10mg-10mg: \$101.98 for 30 tablets.
Drug # 7 Ranitidine	Drug Name (Generic): zantac Drug Name (Trade): Ranitidine Drug Class: Pharmacologic class- Histamine-2 blocker, Therapeutic class- Antiulcer agent. (Jones and Bartlett, 2023).
How is the medication taken: (include dose, route, and frequency)	150 mg orally every 12 hours.
Specific Directions not included above:	Drug should be taken once daily at bedtime or twice daily in the morning and before bedtime (Jones & Bartlett, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further	No interaction with any other medications.

instruction)	
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Caution patients to avoid alcohol and smoking while taking this medication because of the possible irritation to the stomach and can delay ulcer healing (Jones & Bartlett, 2023).
Does any of the client's past medical history contradict the use of this medication?	This medication contradicts with the patient being diagnosed with constipation, because of constipation being an adverse effect while taking (Jones & Bartlett, 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)	The indication for us of this medication is for the patients' diagnosis of gastroesophageal reflux disease (GERD). It works by reducing the amount of acid your stomach produces (Drugs.com, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Educate patients on adverse effects such as pain, have trouble swallowing, or has bloody vomit or black stools. It could be a sign of a serious condition (Jones & Bartlett, 2023). 2. Educate the patient to store medication at room temperature (below 86°F, (30°)) and protect from freezing. Also need to shake for 5-10 seconds right before use (Jones &

	Bartlett, 2023).
How much would medication cost per month paying out of pocket?	Oral tab 150 mg: \$5 per two pills, or \$65.66 for 60 pills.
Drug # 8 Miralax	Drug Name (Generic): polyethylene glycol 3350 Drug Name (Trade): MiraLax Drug Class: osmotic laxatives (Jones and Bartlett, 2023).
How is the medication taken: (include dose, route, and frequency)	17 grams by mouth daily
Specific Directions not included above:	Need to make sure the patient is measuring the dose with the medicine cap on the bottle. The bottle cap contains dose measurement on the inside of it. Pour the powder into 4 to 8 ounces of cold or hot beverage, mix and take (Drugs.com, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further	spironolactone-hydrochlorothiazide: combining this medication with a laxative medication for a long period of time could cause dehydration and electrolyte imbalances

<p>instruction)</p>	<p>(Drug Interaction, 2024).</p> <p>hydrocortisone: combining this medication with a laxative could cause dehydration and/or hypokalemia (Drug Interaction, 2024).</p> <p>Prozac: can cause dysrhythmias, SOB, or heart palpitations (Drug Interaction, 2024).</p>
<p>Lifestyle interactions:</p> <p>(Daily tobacco use, alcohol, drugs, etc.)</p>	<p>There are no lifestyle interactions when taking this medication.</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>This medication is a contradiction to the patients' medical history because of coming in with blood-tinged emesis. Before taking this medication, you are supposed to notify your provider if you are having any nausea, vomiting, or severe stomach pain (Drugs.com, 2023). You are also supposed to stop taking this medication if starting to have severe and worsening stomach pain (Drugs.com, 2023). Another contradiction of this medication for my patient is that she has recurrent constipation. I feel as if more diagnostic testing should be done prior to administering this medication in case of a bowel obstruction or intestinal blockage. You are not supposed to take this medication if having either because of the dangerous or life-threatening effects it can have</p>

	(Drugs.com, 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)	The indication of use for this patient is to help her pass a stool because of her history of recurrent constipation. This medication can help with the relief of occasional constipation (Drugs.com).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Educate patients to talk to providers about medications that affect the use of this drug. For example, certain over-the-counter medicines, vitamins, and herbal products should be stopped/started when taking this medication (Drugs.com). 2. Educate that the duration of therapy should be no more than 7 days of use (Drugs.com).
How much would medication cost per month if paying out of pocket?	\$21.58 for a single tub.
Drug # 9 Bismuth subsalicylate	Drug Name (Generic): bismuth subsalicylate Drug Name (Trade): Bismarex, Kaopectate, Kloo-pectin DS, Pepto Bismol, etc.

	Drug Class: antidiarrheals
How is the medication taken: (include dose, route, and frequency)	525 mg (30 mL) by mouth every 6 hours PRN
Specific Directions not included above:	Drink plenty of liquids while you are taking this medication.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Prozac: pairing with bismuth subsalicylate could increase the risk for bleeding (Drug Interaction, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Should stay away from alcohol with the increased risk for bleeding.
Does any of the client's past medical history contradict the use of this medication?	The contradiction of this medication to my patient is that she is allergic to it. You should not take this medication if you are allergic to aspirin, which is an NSAID, which is what my patient is allergic to too (Drugs.com, 2024). But this medication could also contradict with my patient because of the common side effect of constipation (Drugs.com, 2024). In my patient's past medical history, she is already diagnosed with recurrent constipation.
What is the indication for use of this medication	The indication for use of this medication is to help with the increased symptoms 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>GERD over the last month. This medication is used to help relieve indigestion, gas, or upset stomach (Drugs.com, 2024).</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 patient on the signs and symptoms of an allergic reaction when taking medication, for example: hives, difficulty breathing, swelling of the face, lips, tongue, or throat (Drugs.com, 2024). 2. Educate patient to take the medication how it was prescribed. Taking more MiraLax than prescribed will not be effective, it could cause serious side effects (Drugs.com, 2024).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>\$14.49 for 30 chewable tablets.</p>
<p>Drug # 10 ibuprofen</p>	<p>Drug Name (Generic): ibuprofen Drug Name (Trade): Actiprofen Caplets (CAN), Advil, Advil Migraine, Caldolor, Children's Advil, Children's Motrin, Excedrin, Motrin</p>

	Drug Class: Pharmacologic class- NSAID, Therapeutic class- Analgesic, anti-inflammatory, antipyretic.
How is the medication taken: (include dose, route, and frequency)	400 mg by mouth every 6 hours PRN
Specific Directions not included above:	Administer with food or after meals to reduce GI distress. Give drug with a full glass of water.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	spironolactone: taking both medications could cause kidney damage. Patient needs to be drinking plenty of water and making sure to check blood pressure and kidney function often (Drug Interaction, 2024). Hydrocortisone: could cause inflammation of the gastrointestinal tract and/or bleeding ulcers (Drug Interaction, 2024). Prozac: more likely to increase the risk for bleeding along with kidney or liver disease (Drug Interaction, 2024). Metoprolol: may reduce the effects of helping with decreasing the blood pressure for the

	patient (Drug Interaction, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	alcohol use: increases the risk of adverse GI effects.
Does any of the client's past medical history contradict the use of this medication?	This medication would contradict with the patients' health because of being allergic to NSAIDs. Patient is not able to take this medication.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The indication of use of this medication would be to help relieve mild to moderate pain (Jones & Bartlett, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. Educate the patient to not lie down for 15 to 30 minutes, to prevent esophageal irritation and take medication with a full glass of water (Jones & Bartlett, 2023). 2. Educate patient to take drugs with food or after meals to reduce GI distress (Jones & Bartlett, 2023).
How much would medication cost per month if	\$13.47 for 30 tablets.

paying out of pocket?	
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Kayla Cox Schrubb reflection answers:

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

First thing that I would do is to do a reconciliation on the medications prescribed to my patient. She has NSAIDs that are prescribed to her when her one allergy is NSAIDs. Another potential difficulty is the interactions within each other. I would want to make sure to educate my patient on all the signs/symptoms of adverse effects that could potentially happen while taking all these medications at the same time. One more way that I would help my patient with difficulties is to educate her on how important it is to maintain her sufficient medical insurance. Her medications would be over \$1,600 each month if she does not. It would become very difficult to be able to afford all 10 medications each month at that price.

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

The first assistance I would use to help my patient keep up with her medication is to give her a printed handout. This handout would include everything she needed to know in case she had any questions. For example, it would include medication name, dose, route, when to take it, adverse effects to look for, and education on what she should/shouldn't be eating or drinking while taking the medication. Another way I would help assist my client with this medication regimen is sit down and talk about her day-to-day life. We could figure out a schedule to make sure it works for her to get the best therapeutic effect that we can.

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)

One suggestion that I would make to the provider is scheduling monthly lab checks of BUN and creatinine. A lot of these medications that are prescribed are hard on kidney function and could cause kidney damage. Another suggestion that I would make to the provider is changing the patient prescription of ibuprofen. This medication is NSAID, and my patient is allergic to NSAIDs. Another medication that would need confirmation is bismuth subsalicylate. This is because it contains salicylate (Drugs.com, 2024). An example of this drug is aspirin which is also in the NSAID drug class.

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

The monthly, out of pocket total for all 10 medications would be \$1,696.68.

Reflective Statement of Experience:

I truly enjoyed doing this assignment/project. Being able to dig deep into medications like their interactions, education and monthly cost felt very beneficial. We were able to grasp knowledge on how much knowledge it takes to understand a medication and be able to administer it safely. We also got experience in all the adverse effects that the patient could be at risk for with taking multiple medications. I think the most surprising thing for me throughout this project was how much it would cost out of pocket monthly for the patient. There are very few 40-year-olds that would be able to afford over \$1,600 a month just in medication.

Presley Wendt Question Answeres:

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

If the patient does not have insurance, I would help her get connected with resources that can assist her in getting medicaid insurance if she qualifies for this, or another type of insurance. I would also help her set up a medication schedule so that she is able to remember how often and at what times she is supposed to take her medication throughout the day.

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

If the patient does not have insurance and is having to pay for all of this medication out of pocket, she will most likely have difficulty maintaining compliance due to possibly not being able to afford all of the medications each month. Another thing the patient may struggle with is remembering which medications to take at certain times throughout the day.

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)

I would suggest that the patient switch from the prescription of ibuprofen to a different pain reliever that is not an NSAID such as acetaminophen. I would make this suggestion because ibuprofen interacts with many of the other medications that the patient is taking. This patient also has an allergy to NSAIDs, which is another major reason why she should switch to a different pain reliever. .

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

The total cost for all ten medications would cost the patient \$1,697.68 if the patient were paying out of pocket.

Reflective Statement of Experience:

I enjoyed doing this project because it taught me a lot about the ten different medications that we had to do research on. I also think that this project will be helpful for the future because we will likely have to do research like this for our future patients that are taking multiple different medications so it is helpful to have this experience.

References

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N322 Polypharmacy Grading Rubric

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

<ul style="list-style-type: none"> ● Is there any type of medication on the patient list that have specific directions? (before bed, before breakfast, 30 minutes before meals, etc..) 		<p>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>questions and/or the answers were inaccurate. (For each medication this question is worth one point)</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</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>

<p>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>				
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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? 	<p>Student showed knowledge why the client's past medical history would contradict the use of the medication(s).</p>	<p>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)</p>	<p>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)</p>	<p>___/10</p>
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 	<p>Student showed knowledge of medications and what conditions corresponds with medications</p>	<p>The student provided appropriate indications for some of the medications, but</p>	<p>Student failed to answer the question or The student provided appropriate indications</p>	<p>___/10</p>

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

<p>there are potential interactions with other medication this may be a priority over general education for this one 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 indicate a potential difficulty in maintaining compliance with the orders as listed?</p> <ul style="list-style-type: none"> ● Why would the patient have difficulty maintaining the medication regiment? <p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc)</p>	<p>Student had knowledge on why a patient would have difficulty with medication regiment</p>	<p>The student indicated some potential reasons that the client may have difficulty, however the student failed to indicate a reason OR an appropriate reason for some of the medications (This question is worth one point for each medication)</p>	<p>Student failed to answer the question OR the student indicated some potential reasons that the client may have difficulty, however the student failed to indicate a reason OR an appropriate reason for some of the medications (This question is worth one point for each medication)</p>	<p>___/10</p>
<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>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.</p>	<p>Student had knowledge on 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>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) 	<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>

<ul style="list-style-type: none"> ● What would the client's monthly out of pocket expense for all 10 medications? 				
<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 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 	<p>The document included a title page, the rubric, the client scenario, a reference page which included five references that were cited within the document. APA formatting was consistent with the APA manual.</p>	<p>The document did not meet all of the criteria for formatting/ referencing. See "criteria" to the left for further breakdown.</p>	<p>The document did not meet all of the criteria for formatting/ referencing. See "criteria" to the left for further breakdown.</p>	<p>___/20</p>

<p>attached for grading (3 points)</p> <ul style="list-style-type: none"> ● 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 citation is worth 5 points) 				
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<p>What suggestions might you make to the prescriber and/or client (or questions you might ask the prescriber) to help this client scenario? (think about decreasing the potential for interaction(s) through medication reduction, other potential medications, diet changes,</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>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>Criteria</p>	<p>Excellent 10 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0-7 points</p>	<p>Points Earned</p>
<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 	<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 	<p>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>

advocate/educator/caregiver		advocate/educator/caregiver		
Total Points				<u> </u> /200