

Polypharmacy Project

Xitlally Bonilla, BSN Student

Madalyn Goble, BSN Student

N322 Introduction to Pharmacology

Lakeview College of Nursing

Pamela Armstrong

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Polypharmacy Case 4

Background: Gary is a 70-year-old male admitted to the long-term care facility post-stroke. He is alert with confusion and has extreme weakness on his right side, as well as profound oropharyngeal dysphagia. Nurses will be administering his medications for him at this time. He is currently oxygen-dependent post-stroke; prior to the hospitalization, he was not using oxygen. You are the nurse completing Gary's admission head-to-toe assessment and medication reconciliation. Gary smokes one pack of cigarettes a day, does not drink alcohol, and has a history of smoking marijuana.

Insurance: Gary does not have any form of insurance.

Allergies: No known allergies.

Diet: Pureed diet. Nectar thick liquids.

Medical diagnosis: Dysphagia following stroke, hypertension, anemia, and asthma.

Current medications include the following:

Lovenox 40 mg SC daily

Ferrous Sulfate ER 160 mg by mouth daily

Spironolactone 50 mg by mouth twice daily

Losartan 50 mg by mouth once daily

Bisacodyl 10 mg rectally PRN daily

Naproxen sodium 220 mg every 12 hours by mouth as needed

Multivitamins with minerals: one tablet by mouth once daily

Colace 200 mg capsule by mouth twice a day

Benadryl 25 mg by mouth at HS PRN

Citalopram 20 mg by mouth daily

Drug #1	<p>Drug Name (Generic): enoxaparin (2023 Nurse's Drug Handbook, 2023)</p> <p>Drug Name (Trade): Lovenox (2023 Nurse's Drug Handbook, 2023)</p> <p>Drug Class: Therapeutic class: Anticoagulant (2023 Nurse's Drug Handbook, 2023)</p> <p>Pharmacological class: Low-molecular-weight heparin (2023 Nurse's Drug Handbook, 2023)</p>
How is the medication taken: (include dose, route, and frequency)	Gary will take 40 mg of Lovenox subcutaneously once daily.
Specific Directions not included above:	Do not administer until the client is screened for bleeding disorders, do not mix with other infusion fluids, do not interchange this medication for any others, administer this medication at the same time each day, avoid IM injections if possible to reduce the chance of bleeding, and rotate sites (2023 Nurse's Drug Handbook, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	<p>Lovenox interacts with Naproxen Sodium. Taking these medications at the same time can increase a client's risk for bleeding. Close monitoring by the doctor and dosage changes may need to be made in order to take both of these medications safely (Drugs.com, 2024).</p> <p>Lovenox interacts with spironolactone. Taking these medications concurrently can increase serum potassium levels. Elevated potassium levels can lead to hyperkalemia, a dangerous condition that can lead to serious renal and heart complications. Close monitoring by the doctor and dosage changes may need to be made in order to take both of these medications safely (Drugs.com, 2024).</p> <p>Lovenox interacts with losartan. Taking these medications at the same time can increase serum potassium levels. Elevated potassium levels can lead to hyperkalemia, a dangerous condition that can lead to serious heart and kidney</p>

	<p>complications. Close monitoring by the doctor and dosage changes may need to be made in order to take both of these medications safely (Drugs.com, 2024).</p> <p>Lovenox interacts with citalopram. Taking these medications concurrently can increase a client's risk for bleeding. Close monitoring by the doctor and dosage changes may need to be made in order to take both of these medications safely (Drugs.com, 2024).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Lovenox has no pertinent lifestyle interactions (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	Clients with uncontrolled or severe hypertension need to take extreme caution when taking this medication. Hypertension can increase a client's risk for hemorrhage during Lovenox administration. The client needs to have routine blood coagulation tests as well as a routine set of CBC tests (Drugs.com, 2024). Gary can still take this medication, but it should be given with extreme caution.
What is the indication for using this medication based on the client's medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	Gary is taking this medication to prevent a deep vein thrombosis due to his history of a stroke. Gary also has extreme weakness on his right side, increasing his risk for a deep vein thrombosis due to his lack of mobility (2023 Nurse's Drug Handbook, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. It is important that Gary understands that taking NSAIDs such as aspirin can greatly increase his risk for bleeding (2023 Nurse's Drug Handbook, 2023). 2. Gary should be informed that he may bruise and bleed more easily while taking this medication. It is also important that he understands that it may take longer for him to stop bleeding while taking this medication (2023 Nurse's Drug Handbook, 2023).
How much would medication cost per month if paying out of pocket?	If Gary utilizes the SingleCare website, he can get a coupon for 30 doses of his enoxaparin, which will cost him \$52.28 at Meijer (SingleCare.com, 2024).

Drug #2	Drug Name (Generic): ferrous sulfate (2023 Nurse's Drug Handbook, 2023).
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	<p>Drug Name (Trade): FeroSul (2023 Nurse's Drug Handbook, 2023).</p> <p>Pharmacologic Class: Hematinic (2023 Nurse's Drug Handbook, 2023)</p> <p>Therapeutic Class: Antianemic, nutritional supplement (2023 Nurse's Drug Handbook, 2023)</p>
How is the medication taken: (include dose, route, and frequency)	Gary will take 160 mg of ferrous sulfate ER by mouth once every day in a liquid form.
Specific Directions not included above:	Gary's ferrous sulfate tablets should not be crushed or broken into smaller pieces because this medication is extended-release. Breaking the tablets will result in the large dose being given all at once. Tablets should be given with a full glass of juice or water. Antacids, coffee, dairy products, eggs, tea, and whole-grain cereals or bread should be avoided 1 hour before or 2 hours after being given iron (2023 Nurse's Drug Handbook, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	Ferrous sulfate does not interact with any of Gary's medications (Drugs.com, 2024). Gary should only be aware of the food interactions listed above.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Ferrous sulfate has no pertinent lifestyle interactions (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	Gary's medical conditions do not contraindicate taking ferrous sulfate. None of Gary's current medical conditions contradict the use of this medication (Drugs.com, 2024). However, because of his dysphagia, it would be best for Gary to take a liquid form of this medication if available.
What is the indication for the 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)	Gary is anemic, but his diet isn't helping him get as much iron as he should. Gary is currently on a pureed diet with nectar thick liquids due to dysphagia following his stroke. Consuming pureed foods can lead to a loss of vitamins, minerals, proteins, or fats (Petre, 2023). Since Gary relies solely on pureed food, it can lead to iron deficiency, thus taking ferrous sulfate.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. Ferrous Sulfate should be taken on an empty stomach an hour before a meal or two hours afterward (2023 Nurse's

	Drug Handbook, 2023). 2. Gary should make sure his multivitamin with minerals doesn't contain iron because we don't want him to have too much iron in his body (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	Since Gary has dysphagia, it would be best for him to take a liquid form of ferrous sulfate. At Walgreens, Gary can get a dropper of ferrous sulfate in 50 mL (75mg/mL). Gary needs 2mL of ferrous sulfate per day. This means he needs 730 mL in a year and 15 droppers of ferrous sulfate. Gary can buy three droppers of ferrous sulfate at a time at Walgreens for \$9.26. If he buys three bottles of ferrous sulfate five times a year, he can get his medication for only \$3.09 a month (Walgreens.com, 2024).

Drug #3	Drug Name (Generic): spironolactone (2023 Nurse's Drug Handbook, 2023) Drug Name (Trade): Aldactone (2023 Nurse's Drug Handbook, 2023) Drug Class: Pharmacological: Potassium-sparing diuretics (2023 Nurse's Drug Handbook, 2023) Therapeutic: Diuretic (2023 Nurse's Drug Handbook, 2023)
How is the medication taken: (include dose, route, and frequency)	Gary takes 50 mg of spironolactone by mouth twice a day. Aldactone is a tablet form of this medication. Gary has difficulty swallowing, but this medication can be crushed and added to his pureed foods to accommodate this.
Specific Directions not included above:	This medication can be given with or without food, but there needs to be consistency. Therefore, if Gary begins taking this medication without food, he needs to continue to take this medication without food. This medication's oral suspension and oral tablet forms are not interchangeable (2023 Nurse's Drug Handbook, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	Spironolactone interacts with losartan. Taking these medications concurrently can increase serum potassium levels. Increased serum potassium levels can lead to hyperkalemia, a dangerous condition that can cause severe cardiac and renal complications. Close monitoring by the doctor and dosage changes may need to be made in order to

	<p>take both of these medications safely (Drugs.com, 2024).</p> <p>Spironolactone interacts with naproxen. Taking both of these medications at the same time can affect a client's blood pressure and kidney function (Drugs.com, 2024).</p> <p>Spironolactone interacts with diphenhydrAMINE. Spironolactone and diphenhydrAMINE can both decrease a client's blood pressure. Taking both of these medications at the same time can decrease a client's blood pressure too much, causing hypotension (Drugs.com, 2024).</p> <p>Spironolactone interacts with bisacodyl. Bisacodyl is a laxative, so when combined with a diuretic such as spironolactone, the client is at an increased risk for dehydration and electrolyte abnormalities. If not treated properly, dehydration and electrolyte abnormalities can lead to irregular heart rhythms, seizures, and renal complications (Drugs.com, 2024).</p> <p>Spironolactone interacts with enoxaparin. Taking these medications concurrently can increase serum potassium levels. Elevated potassium levels can lead to hyperkalemia, a dangerous condition that can lead to serious renal and heart complications. Close monitoring by the doctor and dosage changes may need to be made in order to take both of these medications safely (Drugs.com, 2024).</p> <p>Spironolactone interacts with citalopram. Citalopram treatment can cause hyponatremia, and concurrent treatment with spironolactone can increase this risk. These medications can also decrease a client's blood pressure and heart rate (Drugs.com, 2024)</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>While Gary denies drinking alcohol, it is important to educate him that mixing alcohol and spironolactone can lower his blood pressure (Drugs.com, 2024). A diet high in potassium and the use of salt substitutes are not advised during spironolactone usage as this medication can increase serum potassium levels and lead to hyperkalemia (2023 Nurse's Drug Handbook, 2023).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>Gary's asthma is a contraindication for spironolactone use. Clients with asthma are at an increased risk for respiratory acidosis. One cause of acidosis is elevated serum potassium levels. A major side effect of spironolactone is hyperkalemia or elevated potassium (2023 Nurse's Drug Handbook, 2023).</p>

<p>What is the indication for the 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>Gary is taking this medication to help control his hypertension (2023 Nurse's Drug Handbook, 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. The nurse should educate Gary that taking a diuretic like spironolactone can diminish electrolyte levels in the body. This is especially important when considering serum potassium levels. If serum potassium levels become abnormal, it can lead to serious cardiac and renal complications (Drugs.com, 2024). 2. As Gary is taking this medication to treat his hypertension, it is important that he understands how to take his own blood pressure. Gary should be shown how to take his blood pressure and understand that he needs to report any systolic readings over 140 mmHg and diastolic readings below 90 mmHg (2023 Nurse's Drug Handbook, 2023).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>If Gary takes 50 mg of spironolactone twice a day, he will need 100 mg daily. Gary can go on to SingleCare.com and get a coupon for 60 spironolactone tablets. If he does this, he can get a month's supply of this medication for \$8.52 (SingleCare.com, 2024).</p>

<p>Drug #4</p>	<p>Drug Name (Generic): losartan potassium (2023 Nurse's Drug Handbook, 2023)</p> <p>Drug Name (Trade): Cozaar (2023 Nurse's Drug Handbook, 2023)</p> <p>Pharmacologic Class: angiotensin II receptor antagonists (2023 Nurse's Drug Handbook, 2023)</p> <p>Therapeutic Class: Antihypertensive (2023 Nurse's Drug Handbook, 2023)</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>Gary will take 50 mg of losartan once a day orally.</p>

Specific Directions not included above:	Cozaar is available in an oral suspension form. This will help Gary with his dysphagia. When taking oral suspension medications, it is important to store them in a refrigerator for up to four weeks (2023 Nurse's Drug Handbook, 2023). One should also use a calibrated device to measure the exact dosage (2023 Nurse's Drug Handbook, 2023). Losartan potassium can be crushed or chewed. This means that it can be crushed into one of Gary's pureed foods.
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	Losartan potassium has a major drug interaction with the medication spironolactone. Together, both of these can increase potassium levels in the blood and lead to hyperkalemia (Drugs.com, 2024). Hyperkalemia can lead to kidney failure, muscle paralysis, irregular heartbeat, or heart failure, especially in elderly patients. Losartan potassium has a moderate interaction with naproxen sodium. Combining these two drugs can reduce the effects of losartan (Drugs.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Gary shouldn't exercise in hot weather (2023 Nurse's Drug Handbook, 2023). Losartan can also have moderate interactions with marijuana. Together, both of them may have an additive effect on lowering blood pressure. Combining marijuana with losartan can cause side effects of headache, dizziness, lightheadedness, and/or changes in the heart rate (Drugs.com, 2024). A dietary recommendation when taking losartan potassium would be avoiding potassium-containing salt substitutes without first contacting a doctor because it can lead to hyperkalemia (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	None of Gary's current medical conditions contradict the use of this medication (Drugs.com, 2024). However, because of his dysphagia, it would be best for Gary to take a liquid or crushed form of this medication if possible.
What is the indication for the 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)	Gary has hypertension. Losartan potassium is a medication that lowers blood pressure by blocking the binding sites of angiotensin II. Angiotensin II is a powerful vasoconstrictor that, when inhibited, it reduces blood pressure (2023 Nurse's Drug Handbook, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. Gary should get out of bed slowly when taking losartan to reduce lightheadedness or dizziness and reduce the risk of falls (2023 Nurse's Drug Handbook, 2023).

	2. As Gary is taking this medication to treat his hypertension, it is important that he understands how to take his own blood pressure. Gary should be shown how to take his blood pressure and understand that he needs to report any systolic readings over 140 mmHg and diastolic readings below 90 mmHg (2023 Nurse's Drug Handbook, 2023).
How much would medication cost per month if paying out of pocket?	If Gary goes to Meijer pharmacy with a GoodRx coupon for losartan, he can get thirty 50 mg tablets for \$7.63 (GoodRx.com, 2024).

Drug #5	<p>Drug Name (Generic): bisacodyl (Drugs.com, 2024)</p> <p>Drug Name (Trade): Dulcolax Laxative (Drugs.com, 2024)</p> <p>Drug Class: Laxatives (Drugs.com, 2024)</p>
How is the medication taken: (include dose, route, and frequency)	Gary takes 10 mg of bisacodyl rectally as needed daily.
Specific Directions not included above:	Older adults should not take this medication without talking to a doctor. When taking a rectal suppository, it is important not to handle the medication for too long as the medication could melt in the handler's hand. If the suppository becomes soft, running it under cold water or placing it in the refrigerator for a short period is acceptable. To insert the suppository, lay on your left side with your right knee bent up towards the chest. Then, insert the medication one inch into the rectum with the pointed side entering first. It is important for the client to lie still and hold the medication inside while it melts. Do not take more than one suppository in a day (Drugs.com, 2024).
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	<p>Bisacodyl interacts with spironolactone. Bisacodyl is a laxative, so when combined with a diuretic such as spironolactone, the client is at an increased risk for dehydration and electrolyte abnormalities. If not treated properly, dehydration and electrolyte abnormalities can lead to irregular heart rhythms, seizures, and renal complications (Drugs.com, 2024).</p> <p>Bisacodyl interacts with citalopram. Bisacodyl, being a laxative, can decrease electrolyte levels in the body. When mixed with citalopram, this can lead to life-threatening heart rhythm irregularities caused by low levels of magnesium or</p>

	potassium (Drug.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Bisacodyl does not have any pertinent lifestyle or food interactions (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	Bisacodyl is safe for Gary to use, pertaining to his past medical history (Drugs.com, 2024).
What is the indication for the 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)	Bisacodyl is used to treat constipation by stimulating bowel movements. It can also clear the bowels before abdominal surgery (Drugs.com, 2024).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Gary needs to be educated on the fact that by taking this medication with a diuretic, such as spironolactone, he could experience a depletion of electrolytes and dehydration (Drugs.com). 2. Gary should be instructed not to take any other medications for two hours before and two hours after taking bisacodyl (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	If Gary utilizes GoodRx, he can go to Walgreens and get his bisacodyl for \$4.20. 12 suppositories come in this package (GoodRx.com, 2024).

Drug #6	<p>Drug Name (Generic): naproxen sodium (2023 Nurse's Drug Handbook, 2023)</p> <p>Drug Name (Trade): Aleve (2023 Nurse's Drug Handbook, 2023)</p> <p>Pharmacologic Class: NSAID (2023 Nurse's Drug Handbook, 2023)</p> <p>Therapeutic Class: Analgesics (2023 Nurse's Drug Handbook, 2023)</p>
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How is the medication taken: (include dose, route, and frequency)	Gary can take 220 mg of naproxen sodium every 12 hours by mouth as needed.
Specific Directions not included above:	<p>Naproxen sodium should be taken along with food and a full glass of water to reduce any chance of gastrointestinal distress (2023 Nurse's Drug Handbook, 2023). Gary should remain sat up and in an upright position for at least 15 to 30 minutes after taking the tablet to prevent the tablet from getting stuck in the esophagus and causing irritation (2023 Nurse's Drug Handbook, 2023).</p> <p>Even though it is recommended to take naproxen sodium whole, Gary is able to crush the tablet and add it to pureed food.</p>
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	<p>Lovenox interacts with Naproxen Sodium. Taking these medications at the same time can increase a client's risk for bleeding. Close monitoring by the doctor and dosage changes may need to be made in order to take both of these medications safely (Drugs.com, 2024).</p> <p>The combination of citalopram and naproxen can increase the risk of bleeding (2023 Nurse's Drug Handbook, 2023).</p> <p>Losartan potassium has a moderate interaction with naproxen sodium. Combining these two drugs can reduce the effects of losartan (Drugs.com, 2024).</p> <p>Spirolactone interacts with naproxen. Taking both of these medications at the same time can affect a client's blood pressure and kidney function (Drugs.com, 2024).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Smoking while taking naproxen sodium can increase the possibility of gastrointestinal ulceration (2023 Nurse's Drug Handbook, 2023).
Does any of the client's past medical history contradict the use of this medication?	<p>Patients with a history of asthma are contraindicated from taking naproxen sodium and should be monitored for any changes in their signs and symptoms of asthma (Drugs.com, 2024).</p> <p>Gary has hypertension, so his blood pressure should be closely monitored when taking naproxen sodium. Talking the medication can cause fluid retention and edema (Drugs.com, 2024).</p> <p>Naproxen sodium can increase the risk of bleeding in patients with anemia. It is important to monitor any signs of</p>

	bleeding as well as clinical monitoring of hematopoietic function (Drugs.com, 2024).
What is the indication for the 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)	Naproxen sodium can be used to relieve mild to moderate pain as well as to relieve fever and inflammation (2023 Nurse's Drug Handbook, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Gary should watch out for any signs of dark, tarry stools or coffee ground emesis. If either of these happens, he should stop taking the naproxen sodium and call his provider immediately (2023 Nurse's Drug Handbook, 2023). 2. If Gary is taking naproxen sodium for a long time, he should make sure to follow through with any appointments, labs, or blood work to make sure that long-term use of naproxen sodium hasn't caused any serious adverse effects (2023 Nurse's Drug Handbook, 2023).
How much would medication cost per month if paying out of pocket?	Gary can buy a 90 count of Aleve (naproxen sodium) over the counter for \$15.49 at CVS (CVS.com, 2024).

Drug #7	<p>Drug Name (Generic): multivitamin with minerals (Drugs.com, 2024)</p> <p>Drug Name (Trade): Reliable-1 Multi-Vite Liquid (Drugs.com, 2024)</p> <p>Drug Class: Vitamin and mineral combinations (Drugs.com, 2024)</p>
How is the medication taken: (include dose, route, and frequency)	Gary takes 15mL of nectar-thick liquid multivitamins with minerals by mouth once daily.
Specific Directions not included above:	The liquid medication needs to be thickened to a nectar-thick consistency to accommodate his dysphagia and diet.
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	Gary is currently taking ferrous sulfate, an iron supplement. Due to his already taking iron, it could be contradictory for Gary to take a multivitamin with iron minerals. The best

	option for Gary would be to find a vitamin and mineral combination that does not have iron or one that has minimal amounts of iron (Drugs.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The multivitamin with minerals does not have any negative lifestyle interactions (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	Gary's past medical history does not provide any contraindications for taking this medication (Drugs.com, 2024).
What is the indication for the 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)	A multivitamin with minerals is a supplement used to replace or increase the levels of specific vitamins and minerals in the body. Clients taking this supplement often lack the vitamins and minerals that it contains, so they take this supplement to replace them (Drugs.com, 2024).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. It is important to educate Gary on the ingredients in the multivitamins and minerals that he is taking. He needs to ensure that he is not taking too much of a specific vitamin or mineral. For example, he needs to monitor his iron intake as the multivitamin contains iron, and he is taking ferrous sulfate (Drugs.com, 2024). 2. The nurse should educate Gary about finding liquid forms of the multivitamin with minerals that can be thickened as he has been placed on a nectar-thick diet due to his dysphagia.
How much would medication cost per month if paying out of pocket?	Gary can order a 236mL bottle of Reliable-1 Multi-Vite Liquid for \$12.99 with free shipping on Amazon. Gary will need two bottles to get through the month, so his monthly out-of-pocket cost would be \$25.98 (Amazon.com, 2024).

Drug #8	<p>Drug Name (Generic): docusate (Drugs.com, 2024)</p> <p>Drug Name (Trade): Colace (Drugs.com, 2024)</p> <p>Drug Class: stool softener (Drugs.com, 2024)</p>
How is the medication taken: (include dose, route, and frequency)	Gary will take 200 mg of Colace twice a day by mouth.

Specific Directions not included above:	Due to Gary's dysphagia, it would be best to take a liquid form of docusate. When taking liquid docusate, it is important to measure the dosage with a calibrated measure or syringe and not use a kitchen spoon (Drugs.com, 2024). Docusate can be mixed with fruit juice or milk (Drugs.com, 2024).
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	Docusate has no interactions with Gary's other medications (Drugs.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Docusate has no pertinent lifestyle interactions (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	None of Gary's current medical conditions contraindicate the use of docusate (Drugs.com, 2024).
What is the indication for the 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)	Since Gary is on a pureed food diet, he could have a reduced intake of fiber, which could lead to constipation. Having dysphagia can also limit the amount of fluids Gary can take, which is another risk for constipation. Gary is taking this medication to prevent and treat the constipation that may occur (Drugs.com, 2024).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. The liquid form of Docusate comes with its own specially marked dropper; Gary should always use this dropper to measure his dose (Medline Plus, 2018). 2. Effects of Docusate may take one to three days to be seen, and Gary should not expect to see them right away (Medline Plus, 2018).
How much would medication cost per month if paying out of pocket?	The retail price for Colace (docusate sodium) at Walgreens is \$4.57 (Walgreens.com, 2024).

Drug #9	Drug Name (Generic): diphenhydramine hydrochloride (2023 Nurse's Drug Handbook, 2023) Drug Name (Trade): Benadryl (2023 Nurse's Drug Handbook, 2023)
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	<p>Drug Class: Pharmacological: antihistamine (2023 Nurse's Drug Handbook, 2023)</p> <p>Therapeutic: antianaphylactic adjunct, antidyskinetic, antiemetic, antihistamine, antitussive, antivertigo, sedative-hypnotic (2023 Nurse's Drug Handbook, 2023)</p>
How is the medication taken: (include dose, route, and frequency)	Gary takes 25 mg of Benadryl oral solution thickened to a nectar-thick consistency by mouth at bedtime as needed.
Specific Directions not included above:	The liquid will be thickened to a nectar-thick consistency. Benadryl cannot be crushed, so Gary needs to take the liquid form of the medication.
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	<p>DiphenhydrAMINE interacts with spironolactone. Spironolactone and diphenhydrAMINE can both decrease a client's blood pressure. Taking both of these medications at the same time can decrease a client's blood pressure too much, causing hypotension (Drugs.com, 2024).</p> <p>DiphenhydrAMINE interacts with losartan. Both of these medications can lower a client's blood pressure. Taking these medications at the same time can decrease a client's blood pressure too much, causing hypotension (Drugs.com, 2024).</p> <p>DiphenhydrAMINE interacts with citalopram. When taking these medications concurrently, clients may experience adverse effects in their central nervous system. Some symptoms they may experience include dizziness, difficulty concentrating, confusion, and drowsiness (Drugs.com, 2024).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	While Gary denies the use of alcohol, it is important for him to know that consuming alcohol while taking diphenhydrAMINE can cause increased central nervous system depression (2023 Nurse's Drug Handbook, 2023).
Does any of the client's past medical history contradict the use of this medication?	<p>Gary's asthma can be a contraindication for taking diphenhydrAMINE. Taking this medication can lead to a thickening of bronchial secretions, obstructing the airway. DiphenhydrAMINE can also cause respiratory depression (Drugs.com, 2024).</p> <p>Gary's hypertension is another possible contraindication for taking diphenhydrAMINE. This medication has been known</p>

	to cause cardiac arrhythmias, tachycardia, hypotension, and hypertension. The cardiac effects of this medication need to be closely monitored in clients taking this medication (Drugs.com, 2024).
What is the indication for the 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)	Some common uses of diphenhydrAMINE are treatment of hypersensitivity reactions, to prevent or treat motion sickness, to treat sleep disorders, and to provide an antitussive effect (2023 Nurse's Drug Handbook, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. It is important for the nurse to educate Gary that taking diphenhydrAMINE with spironolactone and losartan can lead to dangerously low blood pressure levels (Drugs.com, 2024). 2. The nurse should educate Gary to ensure he is wearing sunscreen to prevent photosensitivity reactions (2023 Nurse's Drug Handbook, 2023).
How much would medication cost per month if paying out of pocket?	If Gary utilizes the SingleCare website, he can get a 473mL bottle of 12.5mg/5mL diphenhydrAMINE at Walgreens for \$4.68 (SingleCare.com, 2024).

Drug #10	<p>Drug Name (Generic): citalopram (2023 Nurse's Drug Handbook, 2023)</p> <p>Drug Name (Trade): Celexa (2023 Nurse's Drug Handbook, 2023)</p> <p>Pharmacologic Class: selective serotonin reuptake inhibitors (SSRIs) (2023 Nurse's Drug Handbook, 2023)</p> <p>Therapeutic Class: Antidepressant (2023 Nurse's Drug Handbook, 2023)</p>
How is the medication taken: (include dose, route, and frequency)	Gary will take 20 mg of citalopram by mouth daily.
Specific Directions not included above:	Gary should not take more than 20 mg daily since he is older than 60 years of age (2023 Nurse's Drug Handbook, 2023). Gary can take citalopram at any time of day, but it is best to

	take it every day at the same time, preferably in the morning (Mayo Clinic, 2024). Citalopram can be taken with or without food. It can also be crushed and mixed with food or water.
Does this medication interact with any other medication(s) on this list? (see rubric for further instructions)	Citalopram has moderate interactions with naproxen and spironolactone. The combination of citalopram and naproxen can increase the risk of bleeding (2023 Nurse's Drug Handbook, 2023). This risk is increased in elderly patients. The use of citalopram and spironolactone can cause hyponatremia (Drugs.com, 2024). Gary could experience nausea, vomiting, headache, lethargy, and/or irritability and should seek medical attention if he experiences any of these symptoms.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Smoking marijuana while taking citalopram can cause dizziness, drowsiness, confusion, or difficulty thinking (Drugs.com, 2024). For elderly patients, the combination of citalopram and marijuana can cause impairment in thinking, judgment, or motor coordination (Drugs.com, 2024). Gary should also avoid using heavy machinery when taking citalopram and smoking.
Does any of the client's past medical history contradict the use of this medication?	None of Gary's current medical conditions contradict the use of this medication (Drugs.com, 2024). However, because of his dysphagia, it would be best for Gary to take a liquid form of this medication.
What is the indication for the 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)	Citalopram is a medication used to treat depression (2023 Nurse's Drug Handbook, 2023). With Gary's condition, there are a lot of factors that can lead him to have depression, and he needs this medication. Medical conditions like a stroke can be linked to increasing the risk of depression (NIA, 2021).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Gary should not abruptly stop this medication without consulting his doctor because it can lead to serious adverse reactions (2023 Nurse's Drug Handbook, 2023). 2. Gary should report any signs of blood in his stool if he is taking this medication in conjunction with naproxen since the combination can cause bleeding.
How much would medication cost per month if paying out of pocket?	Gary can get his prescription of 20 mg tablets of citalopram for \$7.37 at Meijer if he has a GoodRx coupon (GoodRx.com, 2024).

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

With Gary having to take a liquid form of his medications, it may be difficult to find his medications in the correct dosage. Liquid medications can also be more expensive than their tablet counterparts. Gary does not have insurance, so he must pay for all his medications out of pocket. If he utilized common prescription coupon sites, he may have to go to many different pharmacies to obtain his prescriptions. The contraindications for Gary's medications may also make it difficult for him to adhere to this medication regimen. Some of the medications that Gary is currently taking can aggravate his current medical conditions, such as his hypertension and asthma. Gary's dysphagia can also be a major contributing factor to his lack of adherence to this regime. Gary is having difficulty swallowing following his stroke, and eight of his ten medications are currently prescribed to be taken orally. Even with the medications being given in a liquid form that has been thickened to accommodate his new diet, Gary may have difficulty swallowing these medications. The difficulty of swallowing these medications may upset Gary and discourage him from continuing to take them.

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

Gary is admitted to a long-term care facility where the nurses will administer his medications. This will make it easier for Gary to stick to a medication schedule. It will also make it easier for Gary to take the medications as the nurses will prepare the medications for him. As Gary needs to take liquid forms of the medications that are thickened to a nectar-thick consistency, having the nurse prepare the medications for him will make taking them easier. Gary also has a prescription for a medication that needs to be administered rectally. Having a

nurse or other member of the healthcare team available to help administer this medication is helpful. As Gary has right-sided weakness, it may be difficult for him to administer this medication on his own.

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)

As an aftermath of Gary's stroke, he now suffers from oropharyngeal dysphagia. This makes taking certain medications difficult, as he may have trouble swallowing them. Finding liquid forms of his medications or medications that can be crushed would aid Gary with taking his medications. I suggest that the prescriber find liquid alternatives for his oral medications or educate the client on how to crush and mix them into his food.

Gary is taking both spironolactone and losartan potassium to help manage his hypertension. I would ask the prescriber to try to stick to one of the medications and see if he really does need both medications to lower his blood pressure.

Since Gary is also being put on oxygen, I would teach the client about the safety requirements of home oxygen treatment. Since Gary is a smoker, I would teach him the importance of not smoking when having oxygen and all the risks and hazards if he continues smoking.

What would the patient's monthly out-of-pocket expense for all 10 medications? (Total Cost for all 10 meds)?

These are all of Gary's medications and their monthly cost:

1. Lovenox 40 mg SC daily
 - a. \$52.28
2. Ferrous Sulfate ER 160 mg by mouth daily
 - a. \$3.09
3. Spironolactone 50 mg by mouth twice daily
 - a. \$8.52
4. Losartan 50 mg by mouth once daily
 - a. \$7.63
5. Bisacodyl 10 mg rectally PRN daily
 - a. \$4.20
6. Naproxen sodium 220 mg every 12 hours by mouth as needed
 - a. \$15.49
7. Multivitamins with minerals: one tablet by mouth once daily
 - a. \$25.98
8. Colace 200 mg capsule by mouth twice a day
 - a. \$4.57
9. Benadryl 25 mg by mouth at HS PRN
 - a. \$4.86
10. Citalopram 20 mg by mouth daily
 - a. \$7.37

Gary doesn't have any insurance so he would already be paying for all of his medications out of pocket. His monthly total for all of his medications would be roughly \$133.99. After a year of taking all of these medications, he would spend \$1,607.88.

Reflective Statement of Experience:

This project was very eye-opening for us. It is hard to truly grasp polypharmacy until you have an experience with it. Our client for this project is on ten different medications to treat his various conditions. While this is not uncommon in the older adult population, it was fascinating to see how many medications one client may need in order to treat their ailments. It was also a great way to learn how certain conditions a client may experience can affect their entire life, not just their physical well-being. Gary has a history of a stroke with right-sided weakness following. He also has difficulty swallowing following the stroke. Because of this, Gary cannot swallow pills correctly. This means that he will either have to have a liquid form of the medication that is thickened to the correct consistency, or he will have to have the oral medications crushed and mixed into his food or water. However, not all of Gary's medications can be crushed or cut, so

he would have to find an oral suspension or liquid form of these drugs. For example, Benadryl cannot be crushed, so Gary must take a thickened form of oral Benadryl. While the cost of liquid Benadryl is comparable to the tablet form, this is not the case for all medications. For example, had spironolactone not been able to be crushed, Gary would have to take the liquid form, costing him over \$500 a month. The cost and the struggle to find the proper forms of the medications could increase the risk that Gary becomes uncompliant with his medication regimen.

Polypharmacy is defined as the regular use of at least five medications (Halli-Tierney et al., 2019). This means that one client is being prescribed and is taking at least five medications every day. These medications could be prescribed to deal with multiple conditions or can be used as a combination of medications to treat the same condition. If these medications are not closely monitored, adverse reactions can occur. Some clients may see multiple doctors to treat their various conditions, and not all medications said client is taking may be known by each physician. This could lead to a client receiving prescriptions that are contraindicated when taken concurrently or receiving a prescription for medications that do the same thing. This can be dangerous as taking too much medication to treat the same condition can have negative impacts on a client's health. For example, if a client is prescribed two diuretics to treat congestive heart failure, they may experience dehydration and inadequate serum electrolyte levels. If the concurrent diuretic therapy is not stopped, this client could have long-term negative side effects.

As a student nurse caring for a client like Gary, it is very important to research your client's medications. With limited knowledge of medications, it would be possible that a student nurse would not know if a client's prescribed medications may interact with each other or if any of the medications are contraindicated. It is also important for a student nurse to look over the medication lists provided for the client. As a fresh set of eyes, student nurses may catch some

interactions or contraindications that providers or more experienced nurses may have overlooked. If the student spots an error, it is important that the error is reported immediately, as it could potentially save the life of the client. Student nurses are important members of the healthcare team as some clients are more open to communicating with a student nurse. Some clients will talk to a student nurse more freely than the nurse or provider caring for them. When a student nurse asks a client questions or completes an assessment, some clients will tell the student things they had not told their nurse. If this happens, it is vital that the student nurse informs the other healthcare team members. Student nurses are important and can help prevent a catastrophic reaction for any client they come into contact with.

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N322 Polypharmacy Grading Rubric

Criteria	Excellent 40 points	Acceptable 31-39 points	Unacceptable 0-30 points	Points Earned
<p>Each drug should have a completed breakdown within the tables provided, which includes the following:</p> <ul style="list-style-type: none"> · Drug class · Generic name · Trade name · How is the medication taken (include dose, route, frequency) 	All key components were addressed within the paper and were accurate.	The student provided the required information for some of the medications, but not all and/or the answers provided were inaccurate. (Each individual component for each medication is worth one point)	The student failed to address a sufficient number of the listed components within the paper and/or the components were addressed but were inaccurate. (Each individual component for each medication is worth one point)	___/40
Criteria	Excellent 10 points	Acceptable 8-10 points	Unacceptable 0 - 7 points	Points Earned
<p>Specific Directions not included above:</p> <ul style="list-style-type: none"> · Is there any type of medication on the patient list that have specific directions? (before bed, before breakfast, 30 minutes before meals, etc..) 	All key components were addressed within the paper.	The student did list some of the medications that required specific directions, however some of the medications included specific directions that were not addressed and/or were inaccurate. (For each medication this question if worth one point)	Student failed to answer the questions and/or the answers were inaccurate. (For each medication this question is worth one point)	___/10
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> <p>· Do any of the medications interact with each other?</p> <p>(Please note: if there is an interaction between two medication, you MUST list that interaction on BOTH medications to receive full credit. You may utilize the same verbiage/wording on each medication, we want to know you are thinking about it when considering each medication)</p>	<p>All medications reviewed and student explained medication interactions.</p>	<p>The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)</p>	<p>Student failed to answer question and/or The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)</p>	<p>___/20</p>
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<p>Criteria</p>	<p>Excellent 5 points</p>	<p>Acceptable 4 points</p>	<p>Unacceptable 0 -3 points</p>	<p>Points Earned</p>
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<p>Lifestyle interactions: · What lifestyle factors counteract with the medications? (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>
<p>Criteria</p>	<p>Excellent 10 points</p>	<p>Average 8-9</p>	<p>Unacceptable 0-7 points</p>	<p>Points Earned</p>
<p>· Does any of the client’s past medical history contradict the use of this medication?</p>	<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 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) (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) 	Student showed the importance of medication education, and appropriate prioritized client education for the scenario provided.	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)	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)	___/20
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
Is there anything about this medication regimen/ scenario that might indicate a potential difficulty in maintaining	Student had knowledge on why a patient would have difficulty	The student indicated some potential reasons that the client	Student failed to answer the question OR the student indicated some potential reasons that the	___/10

<p>compliance with the orders as listed?</p> <ul style="list-style-type: none"> Why would the patient have difficulty maintaining the medication regimen? (Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc) 	with medication regimen	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)	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)	
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<p>Is there anything about this medication regimen/ scenario that might assist the client in maintaining the medication regimen as ordered?</p> <ul style="list-style-type: none"> What factors are present to remain compliant? (Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc. 	Student had knowledge on medication compliance	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)	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)	___/10
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 	Student showed research on medication costs	The student provided accurate research for some of the medications, but failed to provided research for all medications	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	___/15

medications?		(This question is worth one point for each medication, with the total cost being worth 5 points)	medication, with the total cost being worth 5 points)	
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<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 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 citation is worth 5 points) 	<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>	___/20
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, 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>
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Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
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<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 	<p>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>
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		this scenario as a client advocate/educator/caregiver		
Total Points				___/200