

Polypharmacy Project

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N322 Introduction to Pharmacology

Lakeview College of Nursing

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Gary is a 70-year-old male admitted to the long-term care facility post-stroke. He is alert with intermittent confusion and has extensive weakness on his right side, as well as profound oropharyngeal dysphagia. Nurses will be administering his medication for him at this time. He is currently oxygen-dependent post-stroke, although before this 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 a day of cigarettes, does not drink alcohol, and has a history of smoking marijuana (per his wife).

Economics: Gary is a retired farmer. He and his wife live on the family farm, but Gary can no longer do the work due to his stroke. His son has taken over and moved into the house with his wife and four children. When Gary is discharged, he and his wife will live in the house with his son and family. His son has fixed up and is on the ground floor with a handicapped-access bathroom and bedroom for his parents.

Insurance: Gary does not have any form of insurance. He did not apply for Medicare when he turned 65 and now cannot afford the penalties. He draws \$1200/month in social security. The case manager at the hospital helped Gary's family apply for Medicaid for him. They are waiting to be approved for this.

Allergies: No known allergies

Medical Diagnosis: CVA: dysphagia following stroke, hypertension, anemia, COPD, and stage 2 chronic kidney disease.

Diet: Pureed diet. Nectar thick liquids.

Current medication list:

Lovenox 120 mg subq daily

Ferrous Sulfate ER 160 mg by mouth daily

Spironolactone 50 mg by mouth twice a day

Losartan 50 mg by mouth once daily

Bisacodyl 10 mg rectally PRN daily

Naproxen sodium 220 mg every 12 hours by mouth as needed

Multivitamin with minerals by mouth one daily

Colace 220 mg capsule by mouth twice a day

Benadryl 25 mg by mouth at HS PRN

Citalopram 20 mg by mouth daily

Drug #1	Drug Name (Generic): Lovenox Drug Name (Trade): Enoxaparin Drug Class: Anticoagulant
How is the medication taken: (include dose, route, and frequency)	This medication is taken subcutaneously daily of 120 mg.
Specific Directions not included above:	In the morning.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Naproxen sodium (Aleve): this drug interaction can result in bleeding complication in the GI tract (Drugs.com, 2024). Citalopram: this drug interaction can result in a risk for bleeding (Drugs.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Lifestyle where it can put you at risk for bleeding. Be cautious.
Does any of the client's past medical history contradict the use of this medication?	Hypertension: this can lead to increased risk for hemorrhage. Lovenox can cause amenia as a side effect and this client has a history of anemia.
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 client is on Lovenox because they are post-stroke, and they cannot ambulate at this moment and administering them Lovenox can decrease the chance of a DVT during their hospitalization.

medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. This medication can put you at risk for bleeding, so it is important to avoid anything that will cut you or cause you to bleed such as using a real razor, picking your nose, working outside, or brushing your teeth hard.</p> <p>2. When this medication is injected, it is important to switch sides when injecting. This can lead to skin breakdown and excess bruising when you do not switch sides. You are already at risk for bleeding and bruising easily.</p>
How much would medication cost per month if paying out of pocket?	The price of the medication determines what dose you need. This client needs 120 mg/0.8 ml syringes. With Goodx, it comes out to be 301.21 for 30 days, at CVS or 283.76 at Walgreens with Good Rx. Without GoodRx, it can come out to be around 1,048.05, per Drugs.com.

Drug #2	<p>Drug Name (Generic): Ferrous Sulfate</p> <p>Drug Name (Trade): Fer-Iron</p> <p>Drug Class: Iron supplement</p>
How is the medication taken: (include dose, route, and frequency)	This medication is taken by mouth daily, at 160 mg.
Specific Directions not included above:	It is best to take this medication on an empty stomach so your body can absorb the iron

	the best (GoodRx, 2023)
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Taking a vitamin with minerals can conclude in adverse consequences since it may contain iron (Drugs.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	
Does any of the client's past medical history contradict the use of this medication?	This client is having difficulty swallowing following the stroke, so taking oral medications may be difficult.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The client is taking this medication because of their medical history of anemia.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. Take this medication on an empty stomach so it is easier for your body to absorb iron (GoodRx, 2023). It is best to take this medication with a glass of orange juice because it can also help absorb the iron. 2. Do not chew or crush this medication (GoodRx, 2023).

How much would medication cost per month if paying out of pocket?	Natures blend has a 60 tablet bottle, with slow iron 50 mg (160 mg) compare to slow fe for 7.89 online.
Drug #3	Drug Name (Generic): Spironolactone Drug Name (Trade): Aldactone Drug Class: Potassium sparing diuretic
How is the medication taken: (include dose, route, and frequency)	This medication is taken by mouth, twice daily, 50 mg.
Specific Directions not included above:	This medication needs to be taken consistently (GoodRx, 2023). This medication can be taken with or without food.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Naproxen sodium: this interaction can adversely affect renal function (Drugs.com, 2024). It can also lead to hypertension, diuretic use may also be reduced, causing sodium and water retention. CHF is also associated with this interaction. Bisacodyl: can cause electrolyte imbalances or dehydration.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Smoking can weaken the effects of a blood pressure medication. Cannabis and spironolactone can have additive effects on lowering blood pressure (Drugs.com, 2024).
Does any of the client's past medical history	The clients past medical history of chronic kidney disease is contradicted because this

contradict the use of this medication?	medication can increase the risk of worsening kidney function. This client is having difficulty swallowing following the stroke, so taking oral medications may be difficult.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The client is taking this medication because of their medical history of hypertension.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. This medication will make you have to go to urinate often so it is important to take it in the morning and before dinner to avoid having to get up in the middle of the night (GoodRx, 2023).</p> <p>2. You may experience leg cramps or diarrhea on this medication (GoodRx, 2023). It may also cause high potassium levels, which can have an effect on your heart.</p>
How much would medication cost per month if paying out of pocket?	Depending on the pharmacy you visit, spironolactone can cost up to \$16 for 30, 50 mg tablets. Since this client needs to take it twice daily, buying 2 of those would be the plan. So around \$32 a month for a dose of 50mg twice a day.
Drug #4	<p>Drug Name (Generic): Losartan</p> <p>Drug Name (Trade): Cozaar</p> <p>Drug Class: ARB</p>
How is the medication taken: (include dose, route,	This medication is taken once daily, by mouth, 50 mg.

and frequency)	
Specific Directions not included above:	Do not abruptly stop taking this medication. Avoid foods with high potassium content. It will start working in a week.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Naproxen sodium: this can reduce the effects of losartan in lowering blood pressure (Drugs.com, 2024). This interaction can also affect kidney function.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Since this client has a history of smoking cannabis, it can have effects of lowering your blood pressure (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	This client is having difficulty swallowing following the stroke, so taking oral medications may be difficult. This medication can cause anemia, which the client already has.
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 for the clients medical history of hypertension. It is an angiotensin II receptor blocker that blocks the hormone angiotensin II from attaching to receptors (GoodRx, 2023).
What would you teach the client about taking this	1. Do not abruptly stop taking this medication (GoodRx, 2023).

medication? You must prioritize 2 (see rubric)	2. Avoid foods high in salt and high in potassium (GoodRx, 2023). Also grapefruit juice/ grapefruit (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	This medication can cost \$12 for 50 mg tablets of 15 tablets. So for the month this will cost around \$25 for the client (Drugs.com, 2024).
Drug # 5	Drug Name (Generic): Bisacodyl Drug Name (Trade): Alophen, Bisac-Evac, Correctol etc. Drug Class: Stimulant laxative
How is the medication taken: (include dose, route, and frequency)	This medication is a rectal PRN, daily of 10 mg.
Specific Directions not included above:	Do not overuse, follow instructions on the box or given by your doctor, do not take by mouth and empty bladder before (Drugs.com, 2024).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Spirolactone: this can increase risk for dehydration or electrolyte abnormalities (Drugs.com, 2024). Colace has a similar effect. Citalopram: This medication can cause irregular heart rhythm but is a rare does effect, the risk is increased though when you have low blood levels of magnesium or potassium, which happens with bowel cleansing (Drugs.com, 2024).
Lifestyle interactions:	

(Daily tobacco use, alcohol, drugs, etc.)	
Does any of the client’s past medical history contradict the use of this medication?	Misusing this medication can worsen this clients anemia.
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)	Since this client is older, constipation is more common, so using this PRN medication can help with the constipation.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. This will result in a bowel movement 15-60 minutes after the rectal suppository (Drugs.com, 2024). 2. Empty bladder before administration and do not take by mouth, only rectal suppository (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	Per Drugs.com, it can be around \$11 for 4, 10 mg rectal suppositories.
Drug # 6	Drug Name (Generic): Drug Name (Trade): Drug Class:

How is the medication taken: (include dose, route, and frequency)	
Specific Directions not included above:	
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	
Does any of the client's past medical history 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)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. 2.

How much would medication cost per month if paying out of pocket?	
Drug # 7	Drug Name (Generic): Drug Name (Trade): Drug Class:
How is the medication taken: (include dose, route, and frequency)	
Specific Directions not included above:	
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	
Does any of the client's past medical history 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	

<p>history, please list potential indications for use of the medication in general)</p>	
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<p>1. 2.</p>
<p>How much would medication cost per month if paying out of pocket?</p>	
<p>Drug # 8</p>	<p>Drug Name (Generic): Drug Name (Trade): Drug Class:</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	
<p>Specific Directions not included above:</p>	
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	

Does any of the client's past medical history 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)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. 2.
How much would medication cost per month if paying out of pocket?	
Drug # 9	Drug Name (Generic): Drug Name (Trade): Drug Class:
How is the medication taken: (include dose, route, and frequency)	
Specific Directions not included above:	

<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	
<p>Does any of the client's past medical history contradict the use of this medication?</p>	
<p>What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<ol style="list-style-type: none"> 1. 2.
<p>How much would medication cost per month if paying out of pocket?</p>	
<p>Drug # 10</p>	<p>Drug Name (Generic):</p>

	Drug Name (Trade): Drug Class:
How is the medication taken: (include dose, route, and frequency)	
Specific Directions not included above:	
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	
Does any of the client's past medical history 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)	

What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. 2.
How much would medication cost per month if paying out of pocket?	

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

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

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)

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

Reflective Statement of Experience:

References

N322 Polypharmacy Grading Rubric

Rough Draft Submitted to Turnitin by Oct 1, 2024 2359

Final Draft Submitted to Turnitin by Nov 6, 2300

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 	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	___/40

<p>taken (include dose, route, frequency)</p>			<p>but were inaccurate. (Each individual component for each medication is worth one point)</p>	
Criteria	Excellent 10 points	Acceptable 8-10 points	Unacceptable 0 - 7 points	Points Earned
<p>Specific Directions not included above:</p> <ul style="list-style-type: none"> • Is there any type of medication on the patient list that have specific directions? <p>(before bed, before breakfast, 30 minutes before meals, etc..)</p>	<p>All key components were addressed within the paper.</p>	<p>The student did list some of the medications that required specific directions, however some of the medications included specific directions that were not addressed and/or were inaccurate. (For each medication this question if worth one point)</p>	<p>Student failed to answer the questions and/or the answers were inaccurate. (For each medication this question is worth one point)</p>	<p>___/10</p>
Criteria	Excellent 0 points	Acceptable 16-19	Unacceptable 0-15 points	Points Earned
<p>Does this medication have any potentially serious interactions with any other medication(s) on this list, and/or potential interactions that should be closely monitored due to co-administration?</p> <ul style="list-style-type: none"> • Do any of the medications interact with each other? <p>(Please note: if there is an interaction between two</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</p>	<p>___/20</p>

<p>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>each medication listed this question is worth two points)</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? 	Student showed knowledge why the client's past medical history would contradict the use of the medication(s).	Student provided answers to the question(s), but failed to answer all the questions and/or the answers provided were inaccurate. (For each medication this question is worth one point)	Student failed to answer question or Student provided answers to the question(s), but failed to answer all the questions and/or the answers provided were inaccurate. (For each medication this question is worth one point)	___/10
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general) 	Student showed knowledge of medications and what conditions corresponds with medications	The student provided appropriate indications for some of the medications, but failed to capture all of the appropriate indications for use. (For each medication this question is worth one point)	Student failed to answer the question or The student provided appropriate indications for some of the medications, but failed to capture all of the appropriate indications for use. (For each medication this question is worth one point)	___/10
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<p>What would you teach the client about taking this medication?</p> <ul style="list-style-type: none"> What education is 	Student showed the importance of medication education, and appropriate prioritized client education for the scenario	The student provided some appropriate education for the client, but failed to capture all of the	Student failed to answer the question OR The student provided some appropriate education for the client, but	___/20

<p>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)</p>	<p>provided.</p>	<p>appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	<p>failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)</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,</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>

insurance, frequency of administration, etc)				
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? <p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.</p>	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 (This question is worth one point for each medication, with the total cost being worth 5 points)	Student failed to answer the question OR The student provided accurate research for some of the medications, but failed to provided research for all medications (This question is worth one point for each medication, with the total cost being worth 5 points)	___/15

<p>medications?</p> <p>Criteria</p>	<p>Excellent 20 points</p>	<p>Acceptable 16-19 points</p>	<p>Unacceptable 0-15 points</p>	<p>Points Earned</p>
<p>The student must appropriately format the 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 	<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>

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, lifestyle changes, etc)</p> <p>Elaborate on this, explaining why you feel it should be addressed, why it is priority and provide evidence behind your presentation.</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client. This question showed evidence of good critical thinking.</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client, however there was a much higher priority question/suggestion/issue within the scenario that should have been addressed.</p>	<p>The student failed to answer the question OR the student answered the question, however the students answer was dangerously inaccurate.</p>	<p>___/20</p>
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> Reflective statement of experience should include the following: -insight into the project itself (a specific example within 	<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 -insight into the project itself (a specific example within</p>	<p>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>

<p>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>		<p>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>		
<p>Total Points</p>				<p>____/200</p>