

Polypharmacy Project

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N322 Introduction to Pharmacology

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Polypharmacy Case 6**(Reviewed 08/2024)**

Background: 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 has gradually increased over the past week and now 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 vomited time two this morning. Her emesis was dark, and blood tinged. Her most recent bowel movement have been dark, almost black, she states. Other significant assessment includes abdominal tenderness and reports of increased symptoms of GERD over the last month. Karen has a pituitary tumor surgical excision 1 month ago and has an extensive past medical history.

Economics: Karen is self-employed as an attorney and has her own office. Her annual income is greater than \$100,000/year.

Insurance: Karen buys her own medical insurance which costs \$2,000/month. It covers 75% of medication costs.

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 medication into the following:

Hydrocortisone 15mg every am and 5mg in the afternoon

Metoprolol Tartrate 25mg by mouth twice a day

Spironolactone-Hydrochlorothiazide 50mg/50mg take 1 tablet by mouth daily

Prozac 20mg by mouth twice a day

Saxagliptin 5mg once daily by mouth

Atorvastatin 10mg by mouth daily

Tresiba 20 units SC daily

Miralax 17 gram by mouth daily

Bismuth Subsalicylate 525mg (30mL) by mouth every 6 hours PRN

Ibuprofen 400mg by mouth every 6-hour PRN

Drug #1	Drug Name (Generic): Hydrocortisone Drug Name (Trade): Cortisol Drug Class: Topical steroid
How is the medication taken: (include dose, route, and frequency)	-15mg every AM and 5 mg in the afternoon - Route: Oral
Specific Directions not included above:	This medication must be taken every morning with food or milk to help prevent GI issues (Jones et. al, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	When taking this medication, it can interact with her ibuprofen 400mg because ibuprofen is an NSAID which could to an increase of GI bleeds and distress (Jones et. al, 2023). She is taking Atorvastatin, this will affect how this medication by how it is eliminated from the body and altering the metabolism stage (WebMD, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	When taking this medication, she should avoid the use of alcohol because the use of alcohol increases the risk for a GI bleed or distress (Jones et. al, 2023). It is unclear if she drinks alcohol or used any form of tobacco or drugs, however, would still education on the risks of alcohol or drug use.
Does any of the client's past medical history contradict the use of this medication?	A continuation of taking this medication is that she is a Type 2 diabetic (Drugs.com, 2024). By her being a diabetic and taking this medication will cause her blood/urine glucose levels to

	increase which could be harder to maintain normal levels.
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)	Karen has Cushing's disease, by using the Hydrocortisone tablets to help reduce the inflammation of the disease (Cleveland Clinic, 2024). By taking the oral tablet, it also can help maintain her blood pressure and blood sugars.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. Since this medication has an interaction with NSAIDs, the nurse would need to inform her to stop taking any NSAID medications, like ibuprofen, because using NSAIDs with this will increase her risk to have a GI bleed or distress that could lead to larger complications (Jones et. al, 2023).</p> <p>2. The nurse would make sure that Karen understands that she has to take this medication in the morning constantly with food or milk (Jones et. al, 2023).</p>
How much would medication cost per month if paying out of pocket?	Karen would be paying about \$12.38 to \$23.73 a month out of pocket (SingleCare, 2024).

Drug #2	Drug Name (Generic): Metoprolol tartrate Drug Name (Trade): Lopresor (CAN), Lopresor SR, Lopressor
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Drug Class: Cardioselective beta blocker	
How is the medication taken: (include dose, route, and frequency)	- 25mg twice a day - Route: Oral
Specific Directions not included above:	You will “administer this medication with or immediately after meals” (Jones et. al, 2023, p. 879). These tablets can be cut in half but must still swallow whole. Do not chew or crush this tablet.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	When someone taking Metoprolol, we need to watch for multiple interactions. The most severe interaction is when she is taking Fluoxetine at the same time because when you take Fluoxetine it can alter the drug when it's in the metabolism stage (WebMD, 2024). You would have to watch out her potassium levels because when taking Metoprolol with Spironolactone-Hydrochlorothiazide or Ibuprofen could cause her potassium levels to increase. Lastly, when taking this medication with Bismuth Subsalicylate, it could cause her to have high blood pressure.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	One of the most important lifestyle changes to do at the start is to avoid driving and/or hazardous activities because your reactions could be impaired and, in some cases, people feel lightheadedness which could lead to passing out (Drugs.com, 2024).
Does any of the client's past medical history	The only contradiction that Karen has for taking this medication is that she is a Type 2

contradict the use of this medication?	diabetic (Drugs.com, 2024). Taking this medication, it could be harder to tell the symptoms of having low blood sugar.
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)	When taking this medication, it works with her spironolactone to control her blood pressure (Jones et. al, 2023). Also, she has Cushing's disease which can lead to her having high blood pressure and uncontrolled blood glucose levels (Cleveland Clinic, 2022).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. You would want to inform her about taking a couple of her other medication can alter the metabolic phase, Fluoxetine, or increase her potassium levels, Spironolactone-Hydrochlorothiazide, and Ibuprofen, and how it can affect her blood pressure by increase it, Bismuth Subsalicylate, (WebMD, 2024).</p> <p>2. The nurse would inform that since she is a type 2 diabetic, she needs to check her blood sugar to see if her levels stay normal (Jones el. al, 2023).</p>
How much would medication cost per month if paying out of pocket?	According to SingleCare, Karen would be spending about \$7.38 to \$29.99 a month (2024).
Drug #3	<p>Drug Name (Generic): Spironolactone-hydrochlorothiazide</p> <p>Drug Name (Trade): Aldactone, CaroSpir</p>

Drug Class: Aldosterone receptor antagonists, Potassium-sparing diuretic	
How is the medication taken: (include dose, route, and frequency)	- 50mg/50mg, 1 tablet daily - Route: oral
Specific Directions not included above:	This medication does not have to be administered with meal, but it must be consistent (Jones et. al, 2023). You do not interchange oral suspension with the tablet form.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	When taking Spironolactone - Hydrochlorothiazide, you are needing to watch out for an increase of hyperkalemia when taking this medication with NSAIDs, like Ibuprofen (Jones et. al, 2023). Also, the NSAIDs “decreases the antihypertensive effect of this medication” (Jones et. al, 2023, p. 1260). If Metoprolol taken with only Spironolactone, it could increase her potassium levels however, since this is a combine medication it could decrease the potassium levels (WebMD, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	When someone is taking this medication, they are at a higher risk for skin cancer, due to increased sun sensitivity, (Drugs.com, 2024). To protect yourself, you would need to wear protective clothing and/or sunscreen. You will need to avoid alcohol use and do not use potassium supplements or salt substitutes. Having to more salt in her diet would cause her body to retain water which would lead to the medication to be less effective. However, she is already doing a no added salt diet.

Does any of the client's past medical history contradict the use of this medication?	There is no contradicts for her to take this medication because she has a history of hypertension.
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)	Karen has hypertension, by taking this medication helps manage her blood pressure levels (Jones et. al, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Since she is using NASIDs medication, Ibuprofen, I would inform that by taking her NASID does decrease the antihypertensive of the effect of her Spironolactone (Jones et. al, 2023). 2. A nurse needs to make sure that Karen knows how to take her blood pressure at home to that she can keep track of her blood pressure to make she that she is on the correct medication/dosage (Jones et. al, 2023). Also to inform her provider if her systolic pressure is above 140mmHg and/or diastolic is greater than 90mmHg.
How much would medication cost per month if paying out of pocket?	Depending on if Karen wants to buy generic or trade. The generic, Spironolactone, would cost between \$11.30 to \$20.20 a month (SingleCare, 2024). If she would buy the trade name, Aldactone, would cost between \$93.60 to \$111.54 a month.
Drug #4	Drug Name (Generic): Fluoxetine

	Drug Name (Trade): Prozac Drug Class: Selective serotonin reuptake inhibitor (SSRI)
How is the medication taken: (include dose, route, and frequency)	- 20mg twice daily - Route: Oral
Specific Directions not included above:	With this medication being given twice a day you would give the first dose in the morning and the second dose at noon (Jones et. al, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	When Fluoxetine is taken with Metoprolol, it could cause serious complications by altering Metoprolol in the metabolism stage (WebMD, 2024). If she would take her Ibuprofen, aka an NSAID, could increase her risk of getting a GI bleed (Jones et. al, 2023).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	The main thing that you will need to avoid is alcohol because it could increase some of the side effects when taking this medication (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	Karen is a Type 2 diabetes and hypertension, which could contradict taking this medication (Drugs.com, 2024).
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	Karen has a history of depression, and this medication helps manage her depression (Jones et. al, 2023).

medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. I would inform her to never abruptly stop taking this medication due to the severe adverse effects like anxiety, mood swings, headaches, and suicidal ideation (Jones et. al, 2023). You would need to consult your provider about tapering off the medication.</p> <p>2. Since she is taking Metoprolol, it has a potential cause of abnormal metabolic stage causing increase levels of Metoprolol within the blood. Also, when taking Ibuprofen she is at a high risk for GI bleeds.</p>
How much would medication cost per month if paying out of pocket?	This medication would depend on if Karen would get the generic or trade name. If she would get generic, Fluoxetine, the amount a month would be between \$7.06 to \$71.21 (SingleCare, 2024). The trade name, Prozac, would cost between \$519.89 to \$726.45 a month.
Drug # 5	<p>Drug Name (Generic): Saxagliptin</p> <p>Drug Name (Trade): Onglyza</p> <p>Drug Class: Dipeptidyl peptidase 4 inhibitor</p>
How is the medication taken: (include dose, route, and frequency)	<p>- 5mg once daily</p> <p>- Route: Oral</p>
Specific Directions not included above:	This medication can be taking at any time of the day, but it must be consistently (Jones et. al, 2023). It also does not need to be taken with meals. You must take the whole tablet without chewing, crushing, or dividing it.
Does this medication interact with any other	The only thing that this medication could have a potential interacting is with her Insulin

medication(s) on this list? (see rubric for further instruction)	Degludec by increasing the risk for becoming hypoglycemia (Jones et. al, 2023).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	According to WebMD, “there are no known interaction between Saxagliptin and foods or drinks” (WebMD, 2024). Also, there is no known evidence of alcohol use affecting this medication. It is advice to limit the intake of alcohol due to potential effects on your blood sugar levels.
Does any of the client’s past medical history contradict the use of this medication?	Karen has hypertension which puts her at risk of developing heart disease (Drugs.com, 2024). Someone who has a heart disease could cause complications. If Karen wanted to get pregnant, she would have to notify her provider because she has Type 2 diabetes, which is high blood sugar levels, that could cause harm or complications to the baby and herself (Drugs.com, 2024).
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)	Karen has a diagnosis of type 2diabetes and taking this medication helps control her blood surge levels as well as adjunct to her diet (Jones et. al, 2023).
What would you teach the client about taking this	1. The potential of becoming hypoglycemia due to taking her insulin degludec as prescribed

medication? You must prioritize 2 (see rubric)	to control her blood sugar levels. 2. Karen must take this medication consistently at the same time everyday regardless of her meals.
How much would medication cost per month if paying out of pocket?	If Karen would pay out of pocket for the generic name, Saxagliptin, it would cost her between \$304.88 to \$538.60 a month (SingleCare, 2024). If she would get the trade name, Onglyza, it would cost between \$507.71 to \$600.00 a month.
Drug # 6	Drug Name (Generic): Atorvastatin Drug Name (Trade): Lipitor Drug Class: Statin
How is the medication taken: (include dose, route, and frequency)	- 10mg daily - Route: Oral
Specific Directions not included above:	This medication must be constantly giving at the same time each day to maintain the effects (Jones et. al, 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Atorvastatin with effects how Hydrocortisone is eliminated from the body and altering the metabolism phase (WebMD, 2024).
Lifestyle interactions:	Karen needs to avoid grapefruit juice because it will “increase the blood atorvastatin levels” (Jones et. al, 2023, p. 117). She would need to avoid alcohol and foods that are high in fat or

(Daily tobacco use, alcohol, drugs, etc.)	cholesterol (Drugs.com, 2024). The fat or cholesterol will decrease the effectiveness. The intake of alcohol will cause damage to her liver.
Does any of the client's past medical history contradict the use of this medication?	Karen has Type 2 diabetes which could cause harm to herself (Drug.com, 2024).
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)	Karen is taking this medication as a preventative for hypercholesterolemia, which is high cholesterol, because she is a Type 2 diabetic (Jones et. al, 202). Someone who has Type 2 diabetes has a higher risk of developing cardiovascular issues by preventing hypercholesterolemia will reduce the risk.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Karen has a huge medication interaction with her Hydrocortisone by causing issues with how it is eliminated from the body and the metabolic stage. 2. I would inform her not to eat or drink anything with grapefruit because increases the affect the serum levels of the Atorvastatin within the bloodstream.
How much would medication cost per month if paying out of pocket?	The generic brand, Atorvastatin, would cost between \$26.23 to \$134.86 out of pocket (SingleCare, 2024). If she would get the brand name, Lipitor, it would cost between \$ 607.90 to \$688.77 out of pocket.
Drug # 7	Drug Name (Generic): Insulin degludec Drug Name (Trade): Tresiba

	Drug Class: Insulin
How is the medication taken: (include dose, route, and frequency)	<p>- 20 units daily</p> <p>- Route: subcutaneous (Sub-Q)</p>
Specific Directions not included above:	<p>This medication is administered in the subcutaneous fatty part of the body once a day at any time of the day (Drug.com, 2024). This cannot be giving with an insulin pump or a mixed with other insulins. When administering this mediation, you do not give in an area where there is damage, tender, bruising, pitting, thickened/scaly, or scared/lumped areas. Never share this medication, even if you changed the needle.</p>
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>When taking Spironolactone – Hydrochlorothiazide, the Hydrochlorothiazide will “decrease the effect of the insulin by other mechanisms” (WebMD, 2024). Also, Hydrocortisone will decrease the effect by opposing different drug effects.</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<p>When talking her insulin degludec, Karen would need to avoid the use alcohol and medications that could have alcohol in their formula (Drugs.com, 2024). Even though she works from home for an attorney, she should not be driving or operating heavy machinery at the start because you do not know how taking this insulin would affect your body.</p>
Does any of the client’s past medical history contradict the use of this medication?	<p>There is no contradictory when using this medication. However, if she would become pregnancy, then there could be complications to the baby and/or herself due to uncontrolled</p>

	blood sugar levels because it could be over producing insulin (Drugs.com, 2024).
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)	Karen has Type 2 diabetes and when she is using Tresiba, it is to help improve the control of her blood sugars (Drugs.com, 2024). At the same time, this type of insulin is long-acting so it will still be affected several hours after taking the medication. It can last up to 24 hours after the administration of it.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. When she is taking her Spironolactone – Hydrochlorothiazide and/or Hydrocortisone it decreases the effect of this medication when absorbed in the body which could cause abnormal blood sugar levels.</p> <p>2. Each time you give yourself insulin, you want to rotate sites due to lumps or thickened skin that has built up (Drugs.com, 2024). You can give it in any fatty part of your body including the back of the arm, stomach, thighs, and glutes.</p>
How much would medication cost per month if paying out of pocket?	You can only get the brand name for this medication, and it would cost between \$258.40 to \$448.00 out of pocket for a month (SingleCare, 2024).
Drug # 8	<p>Drug Name (Generic): Polyethylene glycol 3350</p> <p>Drug Name (Trade): Miralax</p> <p>Drug Class: Laxative</p>
How is the medication taken: (include dose, route,	- 17g daily

and frequency)	- Route: Oral
Specific Directions not included above:	When measuring the proper dosage, you will use the cap that is on top of the bottle because it has the dosage marked within the cap (Drugs.com, 2024). Once you have the correct dosage measured out, you would add a 4-8 ounces beverage. It does not matter if it is cold or hot, as long as it dissolved all the way by mixing it. Lastly, you must drink it right away and not save it for later.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	There are no medication interacts found with taking this medication.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Some lifestyle changes that Karen can do is to add a “fiber, fluid supplementation, prebiotics, probiotic, and/or behavioral therapy” (Frandsen et. al, 2025, p. 723). By adding one or more changes, will help by improving her bowel movements.
Does any of the client’s past medical history contradict the use of this medication?	Karen should not be taking this medication because prior to going to the emergency department, she stated that her emesis was “dark, and blood tinged” which could indicate she has blood in her stool (Drugs.com, 2024). When she was in the emergency department, she had another emesis, and she reported that it was dark, almost black.

<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>Karen has a history of recurrent constipation, which would indicate when her doctors having her take Polyethylene glycol 3350 daily to prevent constipation.</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. Stop taking if you have any of the following side effects, severe/blood diarrhea; rectal bleeding; blood in your stool; sever/worsening stomach pain and notify your provider office (Drugs.com, 2024). 2. Once you mix up the medication in a full glass of fluid (4-8 oz), you much drink it right away and do not save it for use later (Drugs.com, 2024). Also, Karen will need to maintain adequate intake fluid to help with regulating her bowel movement patterns (Frandsen et. al, 2025).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>If Karen would get the generic brad, Polyethylene Glycol 3350, it would cost between \$21.56 to \$44.92 a month (SingleCare, 2024). If she would get the brand name, Miralax, it would cost her \$29.26 to \$62.48 a month.</p>
<p>Drug # 9</p>	<p>Drug Name (Generic): Bismuth subsalicylate</p> <p>Drug Name (Trade): Bismarex</p> <p>Drug Class: Antidiarrheal</p>

How is the medication taken: (include dose, route, and frequency)	<p>- 525mg (30mL) every 6 hours PRN</p> <p>- Route: Oral</p>
Specific Directions not included above:	<p>If you are taking tablet form, you must chew it before swallowing it (Drugs.com, 2024). If you use the liquid form, you will measure the proper amount of liquid in the supplied measuring device. You must drink plenty fluids and never take more than prescribed because it will cause serious side effects. After being open, you will store at room temperature away from moisture and heat and never freeze.</p>
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>When taking this medication with Metoprolol, it could cause sever hypertension, which she already has a history of hypertension (WebMD, 2024).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<p>If Karen would start a new medication that was for antacid, diarrhea, or something that would contain salicylate she would need to consult with her provider to see if it would be okay to take (Drugs.com, 2024). There are no other lifestyle interactions.</p>
Does any of the client’s past medical history contradict the use of this medication?	<p>Karen deals with constipation from time to time again, which could be due to taking this medication because it is a common side effect of taking this medication (Drugs.com, 2024). Karen did go to the emergency room with “dark, almost black” and worsening stomach pain could be a side effect of taking 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>Karen has a history of GERD, which causes heartburn, and taking this medication helps with decreasing the effect of heartburn as well as indigestion and upset stomach (Drugs.com, 2024).</p>
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<p>1. When taking Metoprolol which this medication, it causes her blood pressure to increase, and she is already has a history to hypertension.</p> <p>2.I would education not to overuse this medication due to the risk of constipation and dark/blood stool, which is why she came into the emergency department.</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>If Karen would get the generic name, Bismuth Subsalicylate, it would cost her between \$2.51 to \$7.02 a month out of pocket (SingleCare, 2024). If she would get the brand, Pepto-Bismol, it would cost her between \$5.90 to \$10.38 a month.</p>
<p>Drug # 10</p>	<p>Drug Name (Generic): Ibuprofen</p> <p>Drug Name (Trade): Advil</p> <p>Drug Class: Nonsteroidal anti-inflammatory drug</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>- 400mg every 6 hours PRN</p> <p>- Route: Oral</p>
<p>Specific Directions not included above:</p>	<p>This medication must be taken with meals or milk to prevent GI upset (Drugs.com, 2024). If you are using the liquid form, you would measure the proper dose by the provide materials. If</p>

	you are using the chewable tablets, you must fully chew the tablet prior to swallowing it.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Taking Ibuprofen could risk the risk of GI bleeding when taking the following medication Hydrocortisone and/or Hydrochlorothiazide. (WebMD, 2024) Also, taking this medication could cause abnormal potassium levels when taking the following medications Metoprolol, and/or Spironolactone. Also, when taking Fluoxetine and/or Hydrocortisone with Ibuprofen, it will increase the toxicity of each other.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Karen would want to avoid drinking alcohol due to the increased risk of a GI bleeding (Drugs, 2024). Even though Karen is not taking Aspirin, the nurse should still inform her not to take the medication when she is taken Ibuprofen unless her provider tells her other wise because Ibuprofen lessens the effect of Aspirin.
Does any of the client's past medical history contradict the use of this medication?	Karen has an allergy to NSAIDs, and ibuprofen is classified as an NSAID (Drus.com, 2024). She should not be taking 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	Karen has no indication of past medical history for taking this medication, however, she stated that she is taking this medication to help relieve her abdominal pain (Drugs.com, 2024).

medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. Karen is allergic to NSAIDs and Ibuprofen is classified as a NSAIDs (Drugs.com, 2024). We do not know how severe her reaction is and could explain why she was not getting any relief of pain when taking it.</p> <p>2. You would want to inform her that it has medication interactions with Hydrocortisone and/or Hydrochlorothiazide by causing GI bleeding. Also, its interaction with Metoprolol and/or Spironolactone by causing abnormal potassium levels. Lastly, its interactions with Fluoxetine and/or Hydrocortisone causing the risk of toxicity of all three of these medications.</p>
How much would medication cost per month if paying out of pocket?	Karen would have to pay for the generic band, Ibuprofen, which would cost between \$9.81 to \$31.22 a month (SingleCare, 2024).

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

Out of the 8 medications that she is taking on a daily basis, there are 3 of them that she would have to remember that they must be taken twice a day to get the full effect of the medication. The other 2 medications are PRN which are only to be taken as needed and could forget how long to space out the dosage. Having this varied medication times could cause confusion and an inability to remember which medications have been taken or not, leading to the patient just not taking the second or follow up doses accordingly.

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

I would make sure that she has a pill case where she is able to fill it for her morning, noon, and evening for each day. Also providing a medication list for when each medication should be taken, grouping the medications together that has the least interaction with each other and separating the ones that has the most serious interaction with each out. At the same time, ensuring that the PRN medication are only taken as PRN and not daily.

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 of the first things I would inform her is that she has an allergic reaction to NSAIDs and Ibuprofen it classified as an NSAID, so she would need to stop taking this medication. In addition to the allergy, this medication interacts with so many of her other medications that stopping it will alleviate many of the concerns she is currently experiencing.

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

Karens out of pocket expense for the cost for all 10 medications, trade and/or generic, would cost between \$668.95 to \$2,763.69 per month if she would not use any insurance help. When she uses her medical insurance, the 75% it covers would range from \$167.24 to \$690.92 per month.

Reflective Statement of Experience:

Doing this polypharmacy project has shown me the importance of reconciling all medication that the patient is on to see if there are any issues or contradiction with other medications. Typically, this is done when someone is on multiple medication at one time, however it can be done when someone doesn't have than many. As the nurse that is caring for Karen, it's important that I look over all her medications because she was taking a medication that she has an allergy to, and it could be causing some of her issues. Not knowing what type if allergic reaction she has, it could lead to death. She was using Ibuprofen to help with the pain; however, Ibuprofen is classification as an NSAIDs, and she is allergic to the class. Noticing this medication issue, I can notify the provider and inform Karen that she should not be using Ibuprofen and educate why.

References

Cushing syndrome: Causes, symptoms & treatment. Cleveland Clinic. (2022, December 27).

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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 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? <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>
<p>Criteria</p>	<p>Excellent 0 points</p>	<p>Acceptable 16-19</p>	<p>Unacceptable 0-15 points</p>	<p>Points Earned</p>
<p>Does this medication have any potentially serious interactions with any other medication(s) on this list, and/or potential interactions that should be closely monitored due to co-administration?</p> <ul style="list-style-type: none"> Do any of the medications interact with each other? <p>(Please note: if there is an interaction between two medication, you MUST list that interaction on BOTH medications to receive full credit. You may utilize the same verbiage/wording on each medication, we want to know you are thinking about it when considering each medication)</p>	<p>All medications reviewed and student explained medication interactions.</p>	<p>The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)</p>	<p>Student failed to answer question and/or The student did list some of the potential interactions of the medication(s), but failed to address all potential interactions that are serious and/or need close monitoring. (for each medication listed this question is worth two points)</p>	<p>___/20</p>

Criteria	Excellent 5 points	Acceptable 4 points		Unacceptable 0 -3 points	Points Earned
Lifestyle interactions: <ul style="list-style-type: none"> What lifestyle factors counteract with the medications? (tobacco user, ETOH use – 3 beers daily)	Student showed knowledge why lifestyle would counteract with medications	The student listed lifestyle interactions for some of the medications, but not all and/or the interactions listed were not priority or were incorrect. (For each medication, this question is worth half a point)	Student failed to answer question or the student listed lifestyle interactions for some of the medications, but not all and/or the interactions listed were not priority or were incorrect. (For each medication, this question is worth half a point)		___/5
Criteria	Excellent 10 points	Average 8-9	Unacceptable 0-7 points	Points Earned	
<ul style="list-style-type: none"> Does any of the client's past medical history contradict the use of this medication? 	Student showed knowledge why the client's past medical history would contradict the use of the medication(s).	Student provided answers to the question(s), but failed to answer all the questions and/or the answers provided were inaccurate. (For each	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		___/10

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

<p>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>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 regimen</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>	<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</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</p>	<p>___/10</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>question is worth one point for each medication)</p>	<p>are present that assist with compliance. (This question is worth one point for each medication)</p>	
<p>Criteria</p>	<p>Excellent 15 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0 points</p>	<p>Points Earned</p>
<ul style="list-style-type: none"> How much would this medication cost per month if the patient were to pay for them out of pocket? (best assessment based off of research) What would the client's monthly out of pocket expense for all 10 medications? 	<p>Student showed research on medication costs</p>	<p>The student provided accurate research for some of the medications, but failed to provided research for all medications (This question is worth one point for each medication, with the total cost being worth 5 points)</p>	<p>Student failed to answer the question OR The student provided accurate research for some of the medications, but failed to provided research for all medications (This question is worth one point for each medication, with the total cost being worth 5 points)</p>	<p>___/15</p>
<p>Criteria</p>	<p>Excellent 20 points</p>	<p>Acceptable 16-19 points</p>	<p>Unacceptable 0-15 points</p>	<p>Points Earned</p>
<p>The student must appropriately format the paper and include all of the following:</p> <ul style="list-style-type: none"> Entire document must include appropriate 	<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>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)</p> <ul style="list-style-type: none"> • 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) 				
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
What suggestions might you make to the prescriber and/or client (or questions you might ask the prescriber)	The student was able to identify one potential idea or question to present to the prescriber or client. This question showed evidence of	The student was able to identify one potential idea or question to present to the prescriber or client, however	The student failed to answer the question OR the student answered the question, however the students answer was	____/20

<p>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>good critical thinking.</p>	<p>there was a much higher priority question/suggestion/issue within the scenario that should have been addressed.</p>	<p>dangerously inaccurate.</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 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 -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>	<p>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>

Total Points				<u> </u> /200
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