

Polypharmacy Project

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N322 Introduction to Pharmacology

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November 6, 2024

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

**Background:** Amy is an 87-year-old female that lives in an assisted living facility. Part of the living arrangements in the facility is a pharmacy service that delivers their meds in pre-filled medication packages (accu-pacs) every week. These packages are labeled with the date and time of administration. Amy is expected to take her medications independently. She has no family nearby to assist her. The assisted living facility has medication administration services available but Amy does not want to pay for this. She is followed by her primary care physician as well as an endocrinologist, whom she currently visits monthly as her diabetes is not well controlled. Amy does not have a drivers license, and is experiencing significant difficulty with her vision r/t diabetic retinopathy. She continues to smoke 1 pack per day. Recently, there was a small fire in her unit in a trash can. She admits she has a “sweet tooth” and finds she has to use Humalog coverage 4 times a day. She says she takes “extra” insulin to cover her snack. Her last A1c was 9.0.

**Insurance:** Amy has Medicare and a supplement that covers the cost of the prescription medications with a 10% co-pay on tier 1 drugs and a 20% co-pay on tier 2 and 3 drugs.

**Allergies:** Sulfa & Pepto-Bismol

**Diet:** Controlled Carbohydrates

**Medical Diagnosis:** Insulin Dependent Type 2 Diabetes, diabetic retinopathy, diabetic neuropathy, osteoporosis

Current medications include the following:

Aspirin 81 mg by mouth two times a day

Calcium 500 mg by mouth two times a day

Vitamin D 200 units 1 time a day

Docusate Sodium 100 mg by mouth two times a day

Glyburide 10 mg by mouth one time a day

Levemir 15 units SC at HS

Humalog per sliding scale SC, AC, & HS

FSBS 140-180	4 units Humalog SC
FSBS 181-220	6 units Humalog SC
FSBS 221-260	8 units Humalog SC
FSBS 261-300	10 units Humalog SC
FSBS 301-350	12 units Humalog SC
FSBS 351-400	14 units Humalog SC
>400	Call provider for instructions

Ranibizumab 0.5 mg via intravitreal injection (given at dr. office) once a month

Gabapentin 1000 mg by mouth three times a day

Ibuprofen 400 mg by mouth every six hours as needed

<b>Drug #1</b>	<b>Drug Name (Generic): Aspirin</b> <b>Drug Name (Trade): Zorprin</b> <b>Drug Class: Pharmacologic: Salicylate Therapeutic: NSAID</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>81 mg, Oral, given two times a day (BID)</b>
<b>Specific Directions not included above:</b>	<b>Administer with food and a full glass of water. If taking E.R or enteric-coated forms, do not chew, these should be swallowed whole. Take at the same time every day (Jones et al., 2023).</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>The aspirin can cause an interaction with glyburide, and cause the patient to have severe hypoglycemia. Ibuprofen and aspirin can interact by reducing the effects of each other. Specifically, the aspirin can reduce the effect of the ibuprofen (Drugs.com, 2024).</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc. )</b>	<b>This patient smokes one pack of cigarettes a day. According to the NDA, the only interaction is with alcohol, which this patient does not use.</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>None of the patients past medical history contradict the use of this medication, unless there was a drug interaction due to the type 2 diabetes.</b>
<b>What is the indication for use of this medication based on the client's past medical history? (If unable</b>	<b>This drug could be taken to help the nerve pain due to the diabetic neuropathy. This could also help the osteoporosis by decreasing bone loss. Both of these are a good</b>

<p><b>to determine an indication based on past medical history, please list potential indications for use of the medication in general)</b></p>	<p><b>indication why the patient was prescribed aspirin.</b></p>
<p><b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b></p>	<p><b>1. The first priority when teaching the client about this medication is the different types of drug interactions it has. This patient is on a lot of medications and if the client has any of the effects of drug interactions, they will need to notify their provider immediately before things could get worse.</b></p> <p><b>2. The next teaching would be to make sure they are taking this medication at the same time every day, with food, and a whole glass of water. This is important because it can help them avoid any issues that come with this medication.</b></p>
<p><b>How much would medication cost per month if paying out of pocket?</b></p>	<p><b>This medication can cost her about \$10.35 a month (GoodRX, 2024). She will need to get 60 tablets each time due to having to take the medication twice a day.</b></p>

<p><b>Drug #2</b></p>	<p><b>Drug Name (Generic): Calcium</b></p> <p><b>Drug Name (Trade): Nature Made (OTC)</b></p> <p><b>Drug Class: Supplement</b></p>
<p><b>How is the medication taken: (include dose, route,</b></p>	<p><b>500 mg, Oral, two times a day (BID)</b></p>

and frequency)	
<b>Specific Directions not included above:</b>	<b>No other specific directions.</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>There are no drug interactions with the ones on the patients list (Rx List, 2024). It is important to notify your provider if you are experiencing any nausea/vomiting or any constipation (Drugs.com, 2024).</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc. )</b>	<b>This patient smokes one pack of cigarettes a day. This could decrease their ability to absorb calcium.</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>There is a small chance that the calcium could affect the client's glucose level. Calcium can increase this level.</b>
<b>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)</b>	<b>Calcium and the Vitamin D supplements can help her with her bone loss from the osteoporosis. This is going to help her bone strength, density, and movement. These are also good supplements to help if you are not getting enough in your everyday diet.</b>
<b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b>	<b>1. The first thing I would teach this client is that calcium can increase their glucose level. I would instruct them to keep an eye on their level and notify their provider if they see any serious changes with their glucose level.</b>

	<b>2. The second thing I would teach them about is even though there is not any interactions with the drugs they are on, still notify us if they experience any nausea/vomiting or constipation.</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>The calcium would cost about \$10.19 per month from CVS Pharmacy. This is because there are 60 tablets and this patient needs to take this twice a day.</b>
<b>Drug #3</b>	<b>Drug Name (Generic): Vitamin D Drug Name (Trade): Nature Made (OTC) Drug Class: Supplement</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>200 units, Oral, 1 time a day</b>
<b>Specific Directions not included above:</b>	<b>No other specific directions.</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>There are no drug interactions with the ones on the patients list (Rx List, 2024). It is important to notify your provider if you are experiencing any nausea/vomiting or any constipation (Drugs.com, 2024).</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	<b>This patient smokes one pack of cigarettes a day. This could decrease the production of vitamin D.</b>

<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>Vitamin D can possibly increase the risk of diabetic retinopathy.</b>
<b>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)</b>	<b>Calcium and the Vitamin D supplements can help her with her bone loss from the osteoporosis. This is going to help her bone strength, density, and movement. These are also good supplements to help if you are not getting enough in your everyday diet. This can also help with the neuropathic pain from the diabetic neuropathy.</b>
<b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b>	<ol style="list-style-type: none"> <li><b>1. I would first teach this client that taking vitamin D could possibly increase their risk of diabetic retinopathy. Since this client is already diagnosed with this, I would tell them that it is important to notice if anything gets worse.</b></li> <li><b>2. The next thing that I would educate them on is how smoking can decrease their vitamin D production. I would also explain to them that smoking has so many other health issues and can worsen their overall health. She could try to cut back on the amount she smokes per day or quit smoking in general.</b></li> </ol>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>She would be paying about \$12.99 every three months due to the smallest bottle having 90 tablets. This would add up to about \$4.33 a month.</b>
<b>Drug #4</b>	<b>Drug Name (Generic): Docusate Sodium</b>  <b>Drug Name (Trade): Colace</b>

	<b>Drug Class: Pharmacologic: Stool softener Therapeutic: Laxative</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>100 mg, Oral, two times a day. (BID)</b>
<b>Specific Directions not included above:</b>	<b>Use exactly on label or prescribed by doctor. Make sure you are drinking plenty of liquids while taking (Drugs.com, 2024).</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>No, this medication does not interact with any of the other medications the patient is taking currently.</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc. )</b>	<b>This patient smokes one pack of cigarettes a day. If the patient ends up stopping their smoking, then constipation from withdrawal can occur. No other interactions.</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>There is nothing with the patients past medical history that could contradict the use of this medication.</b>
<b>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)</b>	<b>This medication is used to soften stools and make them easier to pass. It can also help relieve irregular constipation (Drugs.com, 2024).</b>

<p><b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b></p>	<p><b>1. The first thing that I would teach this client would be that they need to make sure that they are drinking plenty of fluids to help them pass stools.</b></p> <p><b>2. The second thing I would teach this client would be if they experience any worsening constipation or pain, then see your provider.</b></p>
<p><b>How much would medication cost per month if paying out of pocket?</b></p>	<p><b>She would be paying out of pocket \$12.69 a month at the local pharmacy (GoodRX., 2024).</b></p>
<p><b>Drug # 5</b></p>	<p><b>Drug Name (Generic): Glyburide</b></p> <p><b>Drug Name (Trade): Euglucon (CAN), Glynase</b></p> <p><b>Drug Class: Pharmacologic: Sulfonylurea Therapeutic: Antidiabetic</b></p>
<p><b>How is the medication taken: (include dose, route, and frequency)</b></p>	<p><b>10 mg, Oral, 1 time a day</b></p>
<p><b>Specific Directions not included above:</b></p>	<p><b>Give a single dose before breakfast. If patient takes more than 10mg, then divide the single dose into 2 and give before meals. Make sure patient has eaten after the drug is administered (Jones et al., 2023).</b></p>
<p><b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b></p>	<p><b>Aspirin, Ibuprofen, insulin lispro, insulin detemir could have an interaction with this. (Drugs.com, 2024). This is because the Aspirin and Ibuprofen are NSAID's and there are possible interactions with this class of drugs. All of these interactions could cause an</b></p>

	increased risk for hypoglycemia (Jones et al., 2023).
<b>Lifestyle interactions:</b> <b>(Daily tobacco use, alcohol, drugs, etc. )</b>	<b>This patient smokes one pack of cigarettes a day. According to the NDH, the only interaction is with alcohol, which this patient does not use.</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>This client has an allergy to sulfa. We would need to monitor this patient closely due the possible increased allergy risk to this drug (Jones et al., 2023).</b>
<b>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)</b>	<b>This medication is used to control the blood glucose level in type 2 diabetes patients.  This is going to work by using diet and exercise to help the medication work. This patient may not see the results they need from this medication if she continues to eat sweet foods and is not sticking to a diet.</b>
<b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b>	<b>1. The first thing I would educate her on is making sure she is not experiencing any affects from drug interactions. I would then explain to her that if her glucose level is extremely low, then she needs to see her provider.  2. The second thing I would teach this client is that there could be an interaction due to her allergy of sulfa. This could cause serious issues and should seek medical attention if she is experiencing this. With both of these teachings I would tell her to monitor her glucose level closely and immediately notify us with any changes.</b>

<p><b>How much would medication cost per month if paying out of pocket?</b></p>	<p><b>If Amy was paying out of pocket, it would cost her \$14.95 at the local pharmacies (GoodRX, 2024). She will only have to get 30 tablets a month due to only taking the medication once a day.</b></p>
<p><b>Drug # 6</b></p>	<p><b>Drug Name (Generic): insulin detemir</b></p> <p><b>Drug Name (Trade): Levemir</b></p> <p><b>Drug Class: Pharmacologic: Antidiabetic Therapeutic: Long-acting insulin</b></p>
<p><b>How is the medication taken: (include dose, route, and frequency)</b></p>	<p><b>15 units, Subcutaneous, at HS</b></p>
<p><b>Specific Directions not included above:</b></p>	<p><b>Do not massage the area after injecting. Monitor for any side effects after administering</b></p>
<p><b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b></p>	<p><b>When the aspirin and glyburide interact with each other, this causes hypoglycemia (Drugs.com., 2024). This could interact with this medication because this is supposed to lower the blood sugar. If you have all of these lowering the glucose level, then this patient could become severely hypoglycemic.</b></p>
<p><b>Lifestyle interactions:</b> <b>(Daily tobacco use, alcohol, drugs, etc. )</b></p>	<p><b>The use of alcohol and tobacco can cause an interaction to the body (Mayo Clinic., 2024). This is important that the patient is aware of this because she smokes one pack of cigarettes a day.</b></p>
<p><b>Does any of the client's past medical history contradict the use of this medication?</b></p>	<p><b>This medication does not have any effects on the patients past medical history. However, if the patients' blood sugar is already low, then it could cause hypoglycemia if it is</b></p>

	<b>administered.</b>
<b>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)</b>	<b>This medication is a long-acting insulin and used in combination with other types of insulin to help with this patients Type 2 Diabetes. It works by lowering the patients blood sugar if it is too high (Mayo Clinic., 2024).</b>
<b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b>	<p><b>1. The first teaching I would give this patient is making sure she takes the insulin as directed. Make sure she doesn't skip or take extra and educate on how important her diet is.</b></p> <p><b>2. The second thing I would educate this client about is how to check her blood sugar, how to draw up the medication, and how to administer the drug. I would then have her demonstrate to show she knows how to do it.</b></p>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>The cost of this medication from the pharmacy is \$184.83 a month (GoodRX., 2024).</b>
<b>Drug # 7</b>	<p><b>Drug Name (Generic): Insulin Lispro</b></p> <p><b>Drug Name (Trade): Humalog</b></p> <p><b>Drug Class: Pharmacologic: Antidiabetic Therapeutic: Insulin</b></p>
<b>How is the medication taken: (include dose, route,</b>	<b>The dose is going to depend on the patients' blood sugar level at that time. It is given</b>

and frequency)	SubQ, at AC and HS.
Specific Directions not included above:	Check blood sugar before administering. Use sliding scale to determine how many units of insulin is needed. Draw up that many units from the vial and inject as a SubQ injection. Take before meals and at bedtime.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	The aspirin can cause an interaction with glyburide, and cause the patient to have severe hypoglycemia (Drugs.com., 2024). This could cause this patient to have even lower blood sugar if they already took their insulin and then these medications.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc. )	Alcohol can decrease the effects of this medication and can increase the risk for certain side effects. This is because alcohol can change your glucose level (Drugs.com., 2024)
Does any of the client's past medical history contradict the use of this medication?	The only possible issue with the client's past medical history is this can slow bone growth and increase the risk for fractures (Mayo Clinic., 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)	This medication is used to help with her Type 2 Diabetes. It is going to lower her blood sugar so it is not excessively high. If she was to not use this medication, then she would have extreme hyperglycemia. It has to be used with other medications because this patient is type 2.
What would you teach the client about taking this	1. I would first educate this client on how this medication works. I would then add how

<p>medication? You must prioritize 2 (see rubric)</p>	<p>to check her own blood sugar and how to draw up and inject the medication.</p> <p>2. The next thing I would educate her on is how she should be sticking to her diet and not eating extra sugary foods. She then uses extra insulin and if she is worried about the cost, then this could make her use more and need a refill before she is typically due.</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>The cost of this from pharmacies is around \$91.15 a month (GoodRX., 2024). She would need to get 2/3 vials to make sure she doesn't run out. If she continues to use extra when she eats extra stuff, then she could potentially need more.</p>
<p><b>Drug # 8</b></p>	<p><b>Drug Name (Generic): Ranibizumab</b></p> <p><b>Drug Name (Trade): Lucentis</b></p> <p><b>Drug Class: Pharmacologic: VEGF inhibitors Therapeutic: Macular Degeneration</b></p> <p><b>Agents</b></p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<p>0.5 mg via intravitreal injection (given at dr. office) once a month</p>
<p>Specific Directions not included above:</p>	<p>The patient should make sure she comes into the Dr. office once a month to receive the injection there.</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>There are not any interactions with the current medications this patient is taking.</p>
<p>Lifestyle interactions:</p>	<p>After searching, there is not any interactions I found for any substance use such as</p>

<b>(Daily tobacco use, alcohol, drugs, etc. )</b>	<b>alcohol, drugs, or tobacco.</b>
<b>Does any of the client’s past medical history contradict the use of this medication?</b>	<b>This medication could potentially have adverse effects and lead to an infection in the eye. This is very rare but if it were to happen it could end up leading the diabetic retinopathy to be worse (Drugs.com., 2024).</b>
<b>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)</b>	<b>The indication for this medication based on the clients past medical history is for Diabetic Retinopathy. This is going to help the patients vision (Mayo Clinic., 2024).</b>
<b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b>	<ol style="list-style-type: none"> <li><b>1. The first thing I would educate this patient on is to be able to recognize the side/adverse effects of this medication. I would give them a sheet with all of the different possibilities and tell them to contact us if they experience any of them.</b></li> <li><b>2. The next thing I would educate this patient on is how she could discuss with the doctor about switching to an off-brand medication. This will be cheaper and help her save money, but still get the injections each month.</b></li> </ol>
<b>How much would medication cost per month if</b>	<b>After doing research, the patients Medicare will typically cover 80% of this medication. The cost of the injection after Medicare would be \$246 (GoodRX., 2024) He original cost</b>

paying out of pocket?	before Medicare was \$1,228. The Medicare covers about 80% of the cost.
<b>Drug # 9</b>	<b>Drug Name (Generic): Gabapentin</b> <b>Drug Name (Trade): Gralise</b> <b>Drug Class: Pharmacologic: 1-amino-methyl cytohexaneacetic Therapeutic:</b> <b>Anticonvulsant</b>
How is the medication taken: (include dose, route, and frequency)	1000 mg, Oral, three times a day (TID)
Specific Directions not included above:	Brands of Gabapentin are not interchangeable like some drugs are. These should be swallowed whole (do not crush or chew). Administer Gralise brand with evening meal and 2 hours after an antacid (Jones et al., 2023).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	None of the other medications this client takes interacts with this.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc. )	Alcohol use can increase the risk of CNS and respiratory depression. This can become life threatening and severe (Jones et al., 2023).
Does any of the client's past medical history contradict the use of this medication?	The use of this medication could cause possible bone fractures and slow bone healing. This medication can cause hypo or hyperglycemia. (Jones et al., 2023). This is very

	important to know because this patient is a Type 2 Diabetic and can mess with her blood sugar 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)	This medication is used to help treat the patient's diabetic neuropathy. This is going to help with her nerve pain (Jones et al., 2023). In general, this medication is used to help with seizures (Mayo Clinic., 2024).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<p>1. The first thing I would teach the client is that alcohol use while taking this medication can be extremely life threatening. I would explain to them that it can cause CNS and respiratory depression.</p> <p>2. The next thing I would teach her is that she should make sure she swallows these capsules whole. I would also tell her that she should take it with her evening meal.</p> <p>Education on administration is important because it can help reduce issues patients can come across if they are not taking them correctly.</p>
How much would medication cost per month if paying out of pocket?	The cost of this medication at the local pharmacies would be about \$16.97 a month (GoodRX., 2024). She would have to get 90 capsules a month due to this medication being taken three times a day.
<b>Drug # 10</b>	<b>Drug Name (Generic): Ibuprofen</b>

	<b>Drug Name (Trade): Advil</b>  <b>Drug Class: Pharmacologic: NSAID Therapeutic: Analgesic, anti-inflammatory, antipyretic</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>400 mg, Oral every six hours as needed (q6h)</b>
<b>Specific Directions not included above:</b>	<b>Administer with food or after meal to reduce GI distress. Take with a full glass of water. Make sure patient does not lie down until 15-30 mins after, to prevent esophageal irritation (Jones et al., 2023).</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Glyburide and ibuprofen being taken at the same time can put the patient at risk for hypoglycemia. Aspirin can reduce effect of ibuprofen and increase the risk for bleeding, these two should not be taken at the same time (Jones et al., 2023).</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc. )</b>	<b>Alcohol use can increase the risk of adverse effects (Jones et al., 2023).</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>Be aware that ibuprofen may contain sucrose, which can affect blood glucose level in diabetic patients (Jones et al., 2023).</b>
<b>What is the indication for use of this medication based on the client's past medical history? (If unable</b>	<b>Based on this client's past medical history, this medication can help ease some of the mild pain and inflammation from the diabetic retinopathy. This can also help with the</b>

<p><b>to determine an indication based on past medical history, please list potential indications for use of the medication in general)</b></p>	<p><b>pain that is associated with osteoporosis.</b></p>
<p><b>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</b></p>	<p><b>1. I would first teach them that there are possible interactions with a couple of the other meds. The two I would tell them about are Aspirin and Glyburide. I would then explain some of the adverse effects to look and watch for.</b></p> <p><b>2. The second thing I would educate this client on is the importance of taking this medication with food. I have seen people that have had stomach issues because they did not take it with food. This could lead to nausea and vomiting and even other GI complications.</b></p>
<p><b>How much would medication cost per month if paying out of pocket?</b></p>	<p><b>If this client ended up taking a pill every six hours as needed for a month, then the price for 100 tablets that are 200mg is \$11.99. She could get this drug at most stores such as CVS, Walmart, Meijer, and even Dollar General.</b></p>

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

Something that could cause potential difficulty in maintain this medication compliance would be the number of medications they are on. For example, this patient is on ten different medications. Many people find it hard to stick to a medication routine and it is even harder with multiple meds. Another thing that might make it difficult is the price it would cost monthly. She is on Medicare, but she would still have to pay the co-pay and the OTC medications. She sometimes takes extra insulin if she decides to eat a snack, this could complication the amount of insulin she as and the overall cost.

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

One way that this regimen might assist the client in maintaining her medications as ordered is that the pharmacy service delivers her meds in pre-filled medication packages (accu-pacs) every week. This will help her by making sure she receives the medication and it saves her the trouble of having to go pick it up. Another thing that could help her stay on track is that the packages are labeled with the date and time of administration. Educating the client on how important it is to stay on track can also help her stick with it. Knowing the possible issues and health problems that come with not taking them could help her understand the importance.

**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)**

A suggestion I would make to the provider is seeing if we could change the Glyburide out for another medication. This would be due to it containing sulfa and that is one of the patients' allergies. This medication also has one of the most interactions with other drugs, besides the NSAIDs. I would also try to figure out if we can get this patient on the cheapest medications, so cost would be less of an issue for her. I would suggest educating Amy about her diet and how she should not be adding extra sweets just because she can use the insulin to lower the glucose level. I would explain to the provider that it is concerning that she is 87 years old and is continuing to smoke 1 pack a day, this is going to destroy her health and it will just get worse.

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

The total cost for all 10 of the medications comes out to be \$603.45 a month. This can be very difficult for people to pay each month and be able to afford everything else happening in their life. The most expensive medications were the insulins and the Lucentis injection.

**Reflective Statement of Experience:**

Reflecting on this experience, I feel like this was a very good way to get more in depth with learning about different medications and different characteristics of them. It made me realize that not everyone is going to be taking their medications correctly and cost is an issue for some. Education is a major factor when it comes to medications and finding ways that help the patient stay on track. I never thought about how much goes into medications and all of their different interactions and contraindications until researching for this project. Overall, I had a good time doing this project and it was very interesting to learn new things about medications and about a possible patient.

**References**

GoodRx. (2024). *GoodRx*. Goodrx.com. <https://www.goodrx.com/>

Jones & Bartlett Learning. (2023). *2021 Nurse's drug handbook* (22<sup>nd</sup> ed.). Jones & Bartlett Learning.

Mayo Clinic. (2024). *Drugs and supplements - Drugs and supplements - Mayo Clinic*. Top-ranked Hospital in the Nation - Mayo Clinic. <https://www.mayoclinic.org/drugs-supplements>

*Prescription drug information*. (2024). Drugs.com. <https://www.drugs.com/>

RxList. (2024). <https://www.rxlist.com/>

## 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
Each drug should have a completed breakdown within the tables provided, which includes the following: <ul style="list-style-type: none"> <li>• Drug class</li> <li>• Generic name</li> <li>• Trade name</li> <li>• How is the medication taken (include dose, route, frequency)</li> </ul>	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	___/40

Criteria	Excellent 10 points	Acceptable 8-10 points	Unacceptable 0 - 7 points	Points Earned
Specific Directions not included above: <ul style="list-style-type: none"> <li>Is there any type of medication on the patient list that have specific directions?</li> </ul> (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
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? <ul style="list-style-type: none"> <li>Do any of the medications interact with each other?</li> </ul> (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	All medications reviewed and student explained medication interactions.	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)	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)	___/20

<p>each medication, we want to know you are thinking about it when considering each medication)</p>				
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Criteria	Excellent 5 points	Acceptable 4 points		Unacceptable 0-3 points	Points Earned
<p>Lifestyle interactions:</p> <ul style="list-style-type: none"> <li>• What lifestyle factors counteract with the medications?</li> </ul> <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"> <li>Does any of the client's past medical history contradict the use of this medication?</li> </ul>	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
<b>Criteria</b>	<b>Excellent 10 points</b>	<b>Acceptable 8-9 points</b>	<b>Unacceptable 0-7 points</b>	<b>Points Earned</b>
<ul style="list-style-type: none"> <li>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)</li> </ul>	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
<b>Criteria</b>	<b>Excellent 20 points</b>	<b>Acceptable 16-19 points</b>	<b>Unacceptable 0-15 points</b>	<b>Points Earned</b>
<p>What would you teach the client about taking this medication?</p> <ul style="list-style-type: none"> <li>What education is needed for the medication? (For each medication listed the student must prioritize two</li> </ul>	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>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><b>Criteria</b></p>	<p><b>Excellent 10 points</b></p>	<p><b>Acceptable 8-9 points</b></p>	<p><b>Unacceptable 0-7 points</b></p>	<p><b>Points Earned</b></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"> <li>• Why would the patient have difficulty maintaining the medication regiment?</li> </ul> <p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc)</p>	<p>Student had knowledge on why a patient would have difficulty with medication regiment</p>	<p>The student indicated some potential reasons that the client may have difficulty, however the student failed to indicate a reason OR an appropriate reason for some of the medications (This question is worth one point for each medication)</p>	<p>Student failed to answer the question OR the student indicated some potential reasons that the client may have difficulty, however the student failed to indicate a reason OR an appropriate reason for some of the medications (This question is worth one point for each medication)</p>	<p>___/10</p>
<p><b>Criteria</b></p>	<p><b>Excellent 10 points</b></p>	<p><b>Acceptable 8-9 points</b></p>	<p><b>Unacceptable 0-7 points</b></p>	<p><b>Points Earned</b></p>
<p>Is there anything about this</p>	<p>Student had knowledge on</p>	<p>The student answered the</p>	<p>Student failed to answer the</p>	<p>___/10</p>

<p>medication regimen/ scenario that might assist the client in maintaining the medication regimen as ordered?</p> <ul style="list-style-type: none"> <li>• What factors are present to remain compliant?</li> </ul> <p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.</p>	<p>medication compliance</p>	<p>question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	<p>question OR The student answered the question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	
<p><b>Criteria</b></p>	<p><b>Excellent 15 points</b></p>	<p><b>Acceptable 8-9 points</b></p>	<p><b>Unacceptable 0 points</b></p>	<p><b>Points Earned</b></p>
<ul style="list-style-type: none"> <li>• 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)</li> <li>• What would the client's monthly out of pocket expense for all 10 medications?</li> </ul>	<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><b>Criteria</b></p>	<p><b>Excellent 20 points</b></p>	<p><b>Acceptable 16-19 points</b></p>	<p><b>Unacceptable 0-15 points</b></p>	<p><b>Points Earned</b></p>
<p>The student must appropriately format the</p>	<p>The document included a title page, the rubric, the client</p>	<p>The document did not meet all of the criteria for</p>	<p>The document did not meet all of the criteria for formatting/</p>	<p>___/20</p>

<p>paper and include all of the following:</p> <ul style="list-style-type: none"> <li>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)</li> <li>The student provided a rubric attached for grading (3 points)</li> <li>The student included the provided client scenario on page two of the document (2 points)</li> <li>The paper included a minimum of five references which were cited within the document (each reference with one citation is worth 5 points)</li> </ul>	<p>scenario, a reference page which included five references that were cited within the document. APA formatting was consistent with the APA manual.</p>	<p>formatting/ referencing. See “criteria” to the left for further breakdown.</p>	<p>referencing. See “criteria” to the left for further breakdown.</p>	
<p><b>Criteria</b></p>	<p><b>Excellent</b></p>	<p><b>Acceptable</b></p>	<p><b>Unacceptable</b></p>	<p><b>Points</b></p>

	20 points	16-19 points	0-15 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"> <li>Reflective statement of experience should include the following:               <ul style="list-style-type: none"> <li>-insight into the project itself (a specific example within the project and its implications)</li> <li>-A basic understanding of polypharmacy</li> <li>-A reflection on this student</li> </ul> </li> </ul>	<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               <ul style="list-style-type: none"> <li>-insight into the project itself (a specific example within the project and its implications).</li> <li>-A basic understanding of polypharmacy</li> <li>-A reflection on this student</li> </ul> </p>	<p>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>

nurses role in this scenario as a client advocate/educator/caregiver		nurses role in this scenario as a client advocate/educator/caregiver		
<b>Total Points</b>				<u>    </u> /200