

Polypharmacy Project

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N322 Introduction to Pharmacology

Lakeview College of Nursing

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November 7, 2024

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

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

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

Allergies: No known allergies

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

Diet: Pureed diet. Nectar thick liquids.

Current medication list:

Lovenox 120 mg subq daily

Ferrous Sulfate ER 160 mg by mouth daily

Spironolactone 50 mg by mouth twice a day

Losartan 50 mg by mouth once daily

Bisacodyl 10 mg rectally PRN daily

Naproxen sodium 220 mg every 12 hours by mouth as needed

Multivitamin with minerals by mouth one daily

Colace 220 mg capsule by mouth twice a day

Benadryl 25 mg by mouth at HS PRN

Citalopram 20 mg by mouth daily

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

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

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

	best (GoodRx, 2023)
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Taking a vitamin with minerals can conclude in adverse consequences since it may contain iron (Drugs.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Try and avoid foods rich in vitamin C, dairy products, eggs, and meats since they can impair iron absorption (Jones and Bartlett, 2023).
Does any of the client's past medical history contradict the use of this medication?	This client is having difficulty swallowing following the stroke, so taking oral medications may be difficult.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The client is taking this medication because of their medical history of anemia.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Take this medication on an empty stomach so it is easier for your body to absorb iron (GoodRx, 2023). It is best to take this medication with a glass of orange juice because it can also help absorb the iron. 2. Do not chew or crush this medication (GoodRx, 2023).

How much would medication cost per month if paying out of pocket?	Natures blend has a 60-tablet bottle, with slow iron 50 mg (160 mg) compare to slow fe for \$7.89 online.
Drug #3	Drug Name (Generic): Spironolactone Drug Name (Trade): Aldactone Drug Class: Potassium sparing diuretic
How is the medication taken: (include dose, route, and frequency)	This medication is taken by mouth, twice daily, 50 mg.
Specific Directions not included above:	This medication needs to be taken consistently (GoodRx, 2023). This medication can be taken with or without food.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>Naproxen sodium: this interaction can adversely affect renal function (Drugs.com, 2024). It can also lead to hypertension, diuretic use may also be reduced, causing sodium and water retention. CHF is also associated with this interaction.</p> <p>Bisacodyl: can cause electrolyte imbalances or dehydration (Drugs.com, 2024).</p> <p>Benadryl: this combination of medications can lower the blood pressure and orthostasis can occur (Drugs.com, 2024). This client has a past medical history of hypertension. This medication combination can cause headaches, dizziness, or change in heart rate.</p> <p>Citalopram: This combination of medication can lead to an increased risk of hyponatremia (Drugs.com, 2024). There are signs to report such as nausea, vomiting, fainting, and muscle</p>

	spasms that can occur from this combination.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Smoking can weaken the effects of a blood pressure medication. Cannabis and spironolactone can have additive effects on lowering blood pressure (Drugs.com, 2024).
Does any of the client's past medical history contradict the use of this medication?	The clients past medical history of chronic kidney disease is contradicted because this medication can increase the risk of worsening kidney function. This client is having difficulty swallowing following the stroke, so taking oral medications may be difficult.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	The client is taking this medication because of their medical history of hypertension.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. This medication will make you have to go to urinate often, so it is important to take it in the morning and before dinner to avoid having to get up in the middle of the night (GoodRx, 2023). 2. You may experience leg cramps or diarrhea on this medication (GoodRx, 2023). It may

	also cause high potassium levels, which can influence your heart.
How much would medication cost per month if paying out of pocket?	Depending on the pharmacy you visit, spironolactone can cost up to \$16 for 30, 50 mg tablets. Since this client needs to take it twice daily, buying 2 of those would be the plan. So around \$32 a month for a dose of 50mg twice a day.
Drug #4	Drug Name (Generic): Losartan Drug Name (Trade): Cozaar Drug Class: ARB
How is the medication taken: (include dose, route, and frequency)	This medication is taken once daily, by mouth, 50 mg.
Specific Directions not included above:	Do not abruptly stop taking this medication. Avoid foods with high potassium content. It will start working in a week.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>Naproxen sodium: this can reduce the effects of losartan in lowering blood pressure (Drugs.com, 2024). This interaction can also affect kidney function.</p> <p>Benadryl: this combination of medication can cause hypotension and orthostasis (Drugs.com, 2024). This medication combination can cause headaches, dizziness, or change in heart rate.</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Since this client has a history of smoking cannabis, it can have effects of lowering your blood pressure (Drugs.com, 2024).

Does any of the client's past medical history contradict the use of this medication?	This client is having difficulty swallowing following the stroke, so taking oral medications may be difficult. This medication can cause anemia, which the client already has.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	This medication is for the clients medical history of hypertension. It is an angiotensin II receptor blocker that blocks the hormone angiotensin II from attaching to receptors (GoodRx, 2023).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Do not abruptly stop taking this medication (GoodRx, 2023). 2. Avoid foods high in salt and high in potassium (GoodRx, 2023). Also, grapefruit juice/ grapefruit (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	This medication can cost \$12 for 50 mg tablets of 15 tablets. So, for the month this will cost around \$25 for the client (Drugs.com, 2024).
Drug # 5	<p>Drug Name (Generic): Bisacodyl</p> <p>Drug Name (Trade): Alophen, Bisac-Evac, Correctol etc.</p> <p>Drug Class: Stimulant laxative</p>
How is the medication taken: (include dose, route, and frequency)	This medication is a rectal PRN, daily of 10 mg.
Specific Directions not included above:	Do not overuse, follow instructions on the box or given by your doctor, do not take by mouth

	and empty bladder before (Drugs.com, 2024).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>Spironolactone: this can increase risk for dehydration or electrolyte abnormalities (Drugs.com, 2024). Colace has a similar effect.</p> <p>Citalopram: This medication can cause irregular heart rhythm but is a rare does effect, the risk is increased though when you have low blood levels of magnesium or potassium, which happens with bowel cleansing (Drugs.com, 2024).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	There are no lifestyle interactions I could find on this medication.
Does any of the client's past medical history contradict the use of this medication?	Misusing this medication can worsen this clients anemia.
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	Since this client is older, constipation is more common, so using this PRN medication can help with the constipation.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	1. This will result in a bowel movement 15-60 minutes after the rectal suppository (Drugs.com, 2024).

	2. Empty bladder before administration and do not take by mouth, only rectal suppository (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	Per Drugs.com, it can be around \$11 for 4, 10 mg rectal suppositories.
Drug # 6	<p>Drug Name (Generic): naproxen sodium</p> <p>Drug Name (Trade): Aleve, Aflaxen, Anaprox</p> <p>Drug Class: Nonsteroidal anti-inflammatory drugs</p>
How is the medication taken: (include dose, route, and frequency)	This medication is taken every 12 hours by mouth as needed. The dose is 220 mg.
Specific Directions not included above:	This medication works by reducing inflammation and pain the body (Drugs.com, 2024).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>Lovenox (enoxaparin): this can lead to serious bleeding specifically in the GI tract. This is a major interaction (Drugs.com, 2024). Report any signs of bleeding, black or red stools, or bruising.</p> <p>Spironolactone: while taking both medications, blood pressure and kidney function need to be monitored (Drugs.com, 2024). This medication combination should be consulted with the doctor.</p> <p>Losartan: Taking this medication while taking naproxen will lead to reduced effects of</p>

	<p>losartan in lowering blood pressure (Drugs.com, 2024). Taking these medications together can influence the kidneys, this client has a past medical history of stage 2 chronic kidney disease. Report any signs of weight loss, fluid retention, and shortness of breath.</p> <p>Citalopram: the interaction of these medications can increase the risk for bleeding (Drugs.com, 2024). Since this patient has a history of kidney disease this will be more likely to occur in this patient. Report any signs of bleeding or bruising.</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Smoking cigarettes will increase the risk of bleeding (Cleveland Clinic, 2024).</p>
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<p>This client has a medical history of a stroke and cerebrovascular accident, which taking this medication can increase the risk of a stroke or a heart attack (Drugs.com, 2024). This medication can lead to decreased kidney function, so while this client already has stage 2 chronic kidney disease, it can worsen it. NSAIDs have a risk of bleeding and with this client having anemia, it may increase their risk. This medication is also an oral medication and with this client having dysphagia, they may not be able to take oral medication now.</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</p>	<p>This medication can just be used as needed, since this medication is just for pain and inflammation and occasional use.</p>

history, please list potential indications for use of the medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. I would instruct this patient to monitor for bleeding since this medication can have a big risk for bleeding in the GI tract specifically (Drugs.com, 2024). 2. This medication also can increase the risk for a stroke, which the client has a past medical history of, as well as being harmful to the kidneys, which the client already has stage 2 chronic kidney disease (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	The typical price of this medication can be around \$2.98 for 50 of 220 mg tablets (Drugs.com, 2024). If you want more, it can be around \$10 without insurance. This medication is typically over the counter.
Drug # 7	<p>Drug Name (Generic): Multivitamin with minerals</p> <p>Drug Name (Trade): Advanced AM/PM</p> <p>Drug Class: Vitamin and mineral combinations</p>
How is the medication taken: (include dose, route, and frequency)	This medication is to be taken by mouth, daily, and only one multivitamin.
Specific Directions not included above:	These types of medications are to be used in small amounts but are good for well being (Drugs.com, 2024). No more than 1 a day.
Does this medication interact with any other medication(s) on this list? (see rubric for further	Ferrous sulfate: this medication could be a duplication since most multivitamins with

instruction)	minerals contain iron which can cause an adverse reaction (Drugs.com, 2024).
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	He should avoid multivitamins containing large amounts of beta-carotene or vitamin A since it can lead lung cancer, and this patient has a history of COPD (National Institute of Health, 2024).
Does any of the client’s past medical history contradict the use of this medication?	Since this client is experiencing dysphagia, they might have trouble taking this medication since it is oral. With this client having stage 2 chronic kidney disease, taking multivitamins with A, E, and K can cause harm to your body since your kidneys can not filter them out (National Kidney Foundation, 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)	The client is most likely taking this medication because of their anemia and age. Taking this medication can aid in providing nutrients to the client when their diet does not contain enough minerals or vitamins.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Educate this patient on not taking more of the multivitamin more than once a day since taking large doses of this medication can lead to unwanted side effects (Drugs.com, 2024). 2. Have a conversation on what multivitamin they are taking and how this medication effects then with their past medical history (Drugs.com, 2024).

How much would medication cost per month if paying out of pocket?	Depending on the reason and which multivitamin the client normally takes, the prices of the medication can differ. CVS has 130 tablets of a multivitamin for \$12.99.
Drug # 8	Drug Name (Generic): docusate Drug Name (Trade): Colace Drug Class: laxatives
How is the medication taken: (include dose, route, and frequency)	This medication is a capsule of 200 mg taken by mouth twice daily.
Specific Directions not included above:	Do not use this medication if you are sick with nausea, vomiting, or stomach pain (Drugs.com, 2024).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	There were no medications in this list that had interactions with Colace.
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	This medication may have some interactions with cigarette smoking.
Does any of the client's past medical history contradict the use of this medication?	Since this client is experiencing dysphagia, they might have trouble taking this medication since it is oral.
What is the indication for use of this medication based on the client's past medical history? (If unable	This client is older and has had a recent stroke, constipation is not uncommon. Being a stroke patient, being immobile can cause constipation and being older, constipation can happen.

to determine an indication based on past medical history, please list potential indications for use of the medication in general)	Since this medication is not for long term use, this patient may be experiencing constipation while in the hospital.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. This medication will produce a bowel movement in 12-72 hours (Drugs.com, 2024). 2. Do not use this medication for longer than a week or if you haven't had a bowel movement in 1-3 days (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	For 30 capsules of 100 mg (the client would have to take two each dose), through GoodRx the client can pay \$3.15 at Walgreens (GoodRx, 2022).
Drug # 9	<p>Drug Name (Generic): diphenhydramine</p> <p>Drug Name (Trade): Benadryl</p> <p>Drug Class: anticholinergic, antiemetics, and antihistamines.</p>
How is the medication taken: (include dose, route, and frequency)	This medication is 25 mg by mouth as needed at bedtime.
Specific Directions not included above:	When taking this medication use caution driving, operating machinery, and be aware it causes drowsiness (Drugs.com, 2024). Take this medication as directed.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Spironolactone: this combination of medications can lower the blood pressure and orthostasis can occur (Drugs.com, 2024). This client has a past medical history of hypertension. This

	<p>medication combination can cause headaches, dizziness, or change in heart rate.</p> <p>Losartan: this combination of medication can cause hypotension and orthostasis (Drugs.com, 2024). This medication combination can cause headaches, dizziness, or change in heart rate.</p> <p>Citalopram: This medication combination can cause confusion, dizziness, and impairment in motor coordination (Drugs.com, 2024).</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Cannabis can increase dizziness, confusion, and motor coordination when taking Benadryl (Drugs.com, 2024).</p>
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<p>This medication can have adverse effects with patients who have COPD, kidney disease, or a cough caused by smoking (Drugs.com, 2024). This medication can also increase the risk for a stroke</p>
<p>What is the indication for use of this medication based on the client’s past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)</p>	<p>This medication can be used because of the client being a farmer and for allergies related to that. This medication can also be used to help the client sleep at night</p>
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<p>1. Do not take this medication and then drive or operate machinery, especially tractors (Drugs.com, 2024).</p>

	2. Educate the patients on the interactions and side effects.
How much would medication cost per month if paying out of pocket?	At CVS, there is 24 tablets of 25 mg for \$5.99.
Drug # 10	Drug Name (Generic): citalopram Drug Name (Trade): CeleXA Drug Class: Selective serotonin reuptake inhibitors
How is the medication taken: (include dose, route, and frequency)	This medication is taken daily by mouth at 20 mg.
Specific Directions not included above:	This medication should be taken in the morning.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>Lovenox: This medication combination can lead to risk for bleeding (Drugs.com, 2024). The interaction is more common when there is decreased kidney function, which this patient has. Report signs of bleeding or bloody stools.</p> <p>Spironolactone: This combination of medication can lead to an increased risk of hyponatremia (Drugs.com, 2024). There are signs to report such as nausea, vomiting, fainting, and muscle spasms that can occur from this combination.</p> <p>Naproxen: The interaction of these medications can increase the risk for bleeding (Drugs.com, 2024). Since this patient has a history of kidney disease this will be more likely</p>

	<p>to occur in this patient.</p> <p>Bisacodyl: This medication can reduce the effect of the other (Drugs.com, 2024). It is important to report any heart palpitations, shortness of breath, or vomiting.</p> <p>Benadryl: This medication combination can lead to increased side effects such as confusion and drowsiness (Drugs.com, 2024).</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Since this client has a history of smoking cannabis it can cause drowsiness, and confusion (Drugs.com, 2024). This combination can cause respiratory depression or sedation.</p> <p>Impairment of judgment or skills can occur as well.</p>
<p>Does any of the client’s past medical history contradict the use of this medication?</p>	<p>This medication is taken orally and since this client is experiencing dysphagia, it will be difficult for this client to take this medication. This medication can cause heart issues and shortness of breath which is contraindicated with this clients past medical history of COPD and hypertension (Drugs.com, 2024). This medication also has an adverse reaction of hemolytic anemia, and this client has a past medical history of anemia (Jones and Bartlett, 2023).</p>
<p>What is the indication for use of this medication based on the client’s past medical history? (If unable</p>	<p>There is nothing in the clients past medical history that specifically shows why this client is taking this antidepressant. This client is suffering from depression which can be caused by</p>

to determine an indication based on past medical history, please list potential indications for use of the medication in general)	several things. The depression may be caused by the history of a cerebrovascular accident.
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Educate this patient on the side effects of this medication such as an allergic reaction (Drugs.com, 2024). It may develop some severe side effects such as light-headedness, a seizure, or low sodium. Also educate on the interactions this medication can cause. 2. Educate this patient on how this medication will work for them and to not stop this medication abruptly (Drugs.com, 2024).
How much would medication cost per month if paying out of pocket?	At Walgreens, 40 tablets of 20 mg can be bought using GoodRx coupons for \$28.29 for a month supply (GoodRx, 2023).

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

The most challenging thing I can identify with this medication regimen is that most of these medications are taken by the oral route. This patient is experiencing dysphagia from their recent stroke. The client does not have insurance currently, so spending the money on the medication out of pocket every month can be difficult when only pulling 1200 a month. It is helpful the client has a well-supportive family and something to accommodate his weakness once at home. This client is experiencing some confusion, making it difficult to explain and educate the client on the medication regimen. There is a chance this client could become confused again and possibly forget to take his medication and follow the regimen. Also, since there are a lot of drugs to remember, it may become easy to mix them up or forget to take all the medicines they need. Since this client is a smoker and the client is currently on oxygen in the long-term care facility, he may have difficulty not smoking while in the facility.

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

I believe following the regimen can aid this client because he lives in a long-term care facility. Being in the facility will ensure he is on track with his medications and taking them safely. The client also seems to have family support, which is good when getting a client to comply and follow an order. The client is also waiting to get approved for Medicare, so hopefully, when the status on that comes back, it will be easier for them to afford the medications he needs.

What suggestions might you make to the prescriber and/or client (or questions you might ask the prescriber) to help this client scenario? (think about decreasing the potential for interaction(s) through medication reduction, other potential medications, diet changes, lifestyle changes, etc)

I would ask the prescriber about the contraindications of these medications that can be potentially dangerous to the patient. I believe it is essential to vocalize and advocate for the client that way. I would also ask the prescriber to see if some of these medications can be switched so they are not oral or if there is another pill we can give that we can crush or redistribute for an easier and better way of taking them. I would talk to the client and ask if they are willing to quit smoking and tell them the risks of the medications they are taking. I would also speak to the client about their diet since some medications need a specific diet. I would ask the prescriber how essential taking a multivitamin is for this patient and have a conversation with the client and family about their medication regimen normally at home.

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

The estimated amount for all ten medications was added up. \$420.07 was the amount for a month of the medicines provided above. The client pulls \$1200 a month from social security, so he will have at least \$770.00 for some wiggle room if some medications tend to be higher at one point. But he will also use the rest to live off for the rest of the month.

Reflective Statement of Experience:

This project was eye-opening. I love how I was able to correlate and notice how each medication can interact with one another, as well as some of the client's lifestyle choices. This was helpful practice for when I must help patients with the price of medication and the education points on the medicines they were taking. It was beneficial to advocate with the prescriber for the patient to help them get the most out of their medication regimen. It was challenging to find the lowest prices possible for this patient since they do not have insurance currently. This was an excellent example of teaching me about polypharmacy, how clients take multiple medications all at once and how they interact and help one another.

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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
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<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) 	<p>All key components were addressed within the paper and were accurate.</p>	<p>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)</p>	<p>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)</p>	<p>___/40</p>
<p>Criteria</p>	<p>Excellent 10 points</p>	<p>Acceptable 8-10 points</p>	<p>Unacceptable 0 - 7 points</p>	<p>Points Earned</p>
<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 is 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</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</p>	<p>Student failed to answer question and/or The student did list some of the potential</p>	<p>___/20</p>

<p>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>close monitoring. (for each medication listed this question is worth two points)</p>	<p>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>	
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Criteria	Excellent 5 points	Acceptable 4 points		Unacceptable 0-3 points	Points Earned
<p>Lifestyle interactions:</p> <ul style="list-style-type: none"> What lifestyle factors counteract with the medications? <p>(tobacco user, ETOH use – 3 beers daily)</p>	<p>Student showed knowledge why lifestyle would counteract with medications</p>	<p>The student listed lifestyle interactions for some of the medications, but not all and/or the interactions listed were not priority or were incorrect. (For each medication, this question is worth half a point)</p>	<p>Student failed to answer question or the student listed lifestyle interactions for some of the medications, but not all and/or the interactions listed were not priority or were incorrect. (For each medication, this question is worth half a point)</p>	<p>___/5</p>	

Criteria	Excellent 10 points	Average 8-9	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> Does any of the client's past medical history contradict the use of this medication? 	Student showed knowledge why the client's past medical history would contradict the use of the medication(s).	Student provided answers to the question(s), but failed to answer all the questions and/or the answers provided were inaccurate. (For each medication this question is worth one point)	Student failed to answer question or Student provided answers to the question(s), but failed to answer all the questions and/or the answers provided were inaccurate. (For each medication this question is worth one point)	___/10
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of 	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

the medication in general)				
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 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>Student showed the importance of medication education, and appropriate prioritized client education for the scenario provided.</p>	<p>The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	<p>Student failed to answer the question OR The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)</p>	<p>___/20</p>
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<p>Is there anything about this medication regimen/ scenario that might indicate a potential difficulty in maintaining compliance with the orders as listed?</p> <ul style="list-style-type: none"> Why would the 	<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</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</p>	<p>___/10</p>

<p>patient have difficulty maintaining the medication regimen? (Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc)</p>		<p>question is worth one point for each medication)</p>	<p>the medications (This question is worth one point for each 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 assist the client in maintaining the medication regimen as ordered? <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>	<p>Student had knowledge on medication compliance</p>	<p>The student answered the question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	<p>Student failed to answer the question OR The student answered the question appropriately for some of the medications but failed to indicate all of the factors that are present that assist with compliance. (This question is worth one point for each medication)</p>	<p>___/10</p>
<p>Criteria</p>	<p>Excellent 15 points</p>	<p>Acceptable 8-9 points</p>	<p>Unacceptable 0 points</p>	<p>Points Earned</p>
<ul style="list-style-type: none"> • How much would this medication cost per month if the patient were to pay 	<p>Student showed research on medication costs</p>	<p>The student provided accurate research for some of the medications, but failed to provided research</p>	<p>Student failed to answer the question OR The student provided accurate research for some of the medications, but</p>	<p>___/15</p>

<p>for them out of pocket? (best assessment based off of research)</p> <ul style="list-style-type: none"> • What would the client's monthly out of pocket expense for all 10 medications? 		<p>for all medications (This question is worth one point for each medication, with the total cost being worth 5 points)</p>	<p>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>	
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<p>The student must appropriately format the paper and include all of the following:</p> <ul style="list-style-type: none"> • Entire document must include appropriate citations, reference page, title page, page numbers, running head, all with appropriate formatting per APA (10 points - each missing or inaccurate portion per APA is worth one point) • The student provided a rubric attached for grading (3 points) • The student included 	<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>the provided client scenario on page two of the document (2 points)</p> <ul style="list-style-type: none"> The paper included a minimum of five references which were cited within the document (each reference with one citation is worth 5 points) 				
Criteria	Excellent 20 points	Acceptable 16-19 points	Unacceptable 0-15 points	Points Earned
<p>What suggestions might you make to the prescriber and/or client (or questions you might ask the prescriber) to help this client scenario? (think about decreasing the potential for interaction(s) through medication reduction, other potential medications, diet changes, lifestyle changes, etc)</p> <p>Elaborate on this, explaining why you feel it should be addressed, why it is priority and provide evidence behind your presentation.</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client. This question showed evidence of good critical thinking.</p>	<p>The student was able to identify one potential idea or question to present to the prescriber or client, however there was a much higher priority question/suggestion/issue within the scenario that should have been addressed.</p>	<p>The student failed to answer the question OR the student answered the question, however the students answer was dangerously inaccurate.</p>	<p>____/20</p>

Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<ul style="list-style-type: none"> Reflective statement of experience should include the following: <ul style="list-style-type: none"> -insight into the project itself (a specific example within the project and its implications) -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver 	The students provided reflection showed good insight into the project itself, polypharmacy, and the nurses role in client advocacy	The student provided a reflection, however the reflection lacked one of the following <ul style="list-style-type: none"> -insight into the project itself (a specific example within the project and its implications). -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver 	Student failed to reflect on their project OR the student addressed only of the topics of reflection	___/10
Total Points				___/200