

Polypharmacy Project

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N322 Introduction to Pharmacology

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Polypharmacy Case 1

Background: Caroline is a 78-year-old female that resides at home with her daughter who is her primary care giver. No one else lives with them. Caroline requires extensive assistance from her daughter in completing all of her activities of daily living, as she cannot follow simple commands to complete the steps of her activities of daily living. She also is experiencing extensive communicative difficulties resulting in the majority of her communication being word salad. She expresses anger often and was recently discharged from the local psychiatric hospital related to her physically combative behaviors during care. Caroline has a history of smoking – but quit about ten years ago. She has a history of drinking socially, and currently drinks one glass of wine a day at lunch. Caroline and her daughter have no other family in the area.

Economics: Caroline's husband is deceased. His pension ended when he died so Caroline does not receive it. She does not qualify for Social Security because she never worked outside the home and did not pay employment quarters to the federal government. She has no income. Caroline's daughter is 57 and retired from the post office. She has a pension of \$2100/month and is not old enough to draw Social Security. She can't work an outside job because of the amount of care and supervision Caroline needs.

Insurance: Medicare, no supplement

Allergies: Penicillin & Peanuts

Diet: Mechanical Soft with thick liquids related to difficulty chewing

Medical diagnosis: Alzheimer's with behavioral disturbance, COPD, hyperlipidemia, and chronic kidney disease

Current medications include the following:

Zyprexa 7.5 mg by mouth one time a day

Donepezil 10 mg by mouth at HS

Colace 200 mg by mouth one time a day

Haloperidol 2 mg IM every 4 hour PRN for agitation

Albuterol nebulizer every 6 hours daily and Q 2 hours prn for wheezing and shortness of breath

ProAir HFA take 2 puffs via inhalation four times a daily PRN

Namenda 5 mg by mouth twice a day

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Ibuprofen 400 mg by mouth every 6 hours PRN pain

Lipitor 30 mg by mouth once daily

Miralax 17 gm mixed in 8 ounces of juice or water by mouth once a day as needed for constipation

Drug #1 (DRUG BOOK)	Drug Name (Generic): Olanzapine Drug Name (Trade): Zyprexa Drug Class: Atypical (second-generation) antipsychotic
How is the medication taken: (include dose, route, and frequency)	7.5mg by mouth once a day
Specific Directions not included above:	Open sachet and peel back foil on blister. Do not push tablet through foil. Immediately upon opening the blister, remove the tablet with gloved hands. Place tablet on patient's tongue. Can be swallowed after it dissolves with or without liquid. (Jones & Bartlett, 2025)
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Anticholinergic drugs: May increase risk for severe GI adverse reactions. Antihypertensives: Increased risk of hypotension. Charcoal: Reduce effectiveness. CNS depressants: Decreased drug clearance. (Jones & Bartlett, 2025)
Lifestyle interactions:	Alcohol use: Potentiated orthostatic hypotension.

(Daily tobacco use, alcohol, drugs, etc.)	Smoking: Decreased blood olanzapine level. (Jones & Bartlett, 2025)
Does any of the client's past medical history contradict the use of this medication?	Alzheimer's disease with behavioral disturbance- FDA black box warning: Increased risk of death in elderly clients with dementia-related psychosis. COPD- Sedation and respiratory depression in combination with Haloperidol Chronic Kidney disease- Slower drug clearance and increased sensitivity. Alcohol- Increase CNS depression and sedation. Age- Older adults are more sensitive to antipsychotic side effects. (Epocrates, 2025)
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)	Indication: Alzheimer's with behavioral disturbance (Used to manage agitation, aggression, and psychotic symptoms associated with dementia) (Epocrates, 2025)
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Instruct client how to administer the form of olanzapine prescribed (Jones & Bartlett, 2025). 2. Instruct client to change positions slowly to minimize effects of orthostatic hypotension

	(Jones & Bartlett, 2025).
How much would medication cost per month if paying out of pocket?	7.5 mg (30 each): \$13.00 (Epocrates, 2025).

Drug #2 (DRUG BOOK)	Drug Name (Generic): Donepezil Drug Name (Trade): Aricept Drug Class: anti-Alzheimer's agent
How is the medication taken: (include dose, route, and frequency)	10 mg by mouth at HS (at nighttime)
Specific Directions not included above:	<ul style="list-style-type: none"> - Allow ODT to dissolve on tongue; then drink water - Give drug at bedtime, without regarding food - Don't split or crush tablets (Jones & Bartlett, 2025).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> - Anticholinergics & Donepezil – May decrease the effect - Neuromuscular blocking agents & Donepezil – may have synthetic effects - NSAIDS & Donepezil – may increase gastric acid secretions (Jones & Bartlett, 2025).

<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<ul style="list-style-type: none"> - Avoid over the counter cold or sleep remedies due to the risk of increased anticholinergic effects <p>(Jones & Bartlett, 2025).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<ul style="list-style-type: none"> - Alzheimer's with behavioral disturbance
<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>	<ul style="list-style-type: none"> - For those who have CV disease are at risk for rhabdomyolysis, kidney failure, asthma, obstructive pulmonary disease, seizure disorder, or urinary outflow impairment (Jones & Bartlett, 2025). - Caution for those who have history of GI bleeding or ulcer disease, sick sinus syndrome, bradycardia, or conduction abnormalities, phenylketonuria (Jones & Bartlett, 2025). - Alzheimer's with behavioral disturbance
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<ol style="list-style-type: none"> 1. Avoid over the counter cold or sleep remedies due to the risk of increased anticholinergic effects (Jones & Bartlett, 2025). 2. This drug does not change degenerative disease, but can temporarily stabilize or relieve symptoms (Jones & Bartlett, 2025).
<p>How much would medication cost per month if</p>	<p>10mg (30 each): \$4.70 (Epocrates, 2025).</p>

paying out of pocket?	
Drug #3	Drug Name (Generic): Docusate Drug Name (Trade): Colace Drug Class: Central cholinesterase inhibitor
How is the medication taken: (include dose, route, and frequency)	200mg (PO) Once daily
Specific Directions not included above:	-Take with a full glass of water -May be taken with or without food -Do not take within 2 hours of other laxatives (Such a MiraLAX)
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	Ibuprofen & Docusate- Excessive laxative use can cause dehydration or electrolyte imbalance and increase the risk of kidney strain. MiraLAX & Docusate- Both are laxative and may cause diarrhea or electrolyte imbalance
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Diet: Encourage adequate fluid intake and a high fiber diet. Alcohol: Can dehydrate the body and reduce stool softening effects Tobacco/Drugs: No known interaction with Tabacco or recreational drugs. (Jones & Bartlett, 2025).
Does any of the client's past medical history contradict the use of this medication?	The client's PMH does not have any contradiction with this medication but should be used with caution.

	<p>Monitor and use with caution in:</p> <p>Chronic kidney disease- excessive laxative use can lead to dehydration or electrolyte imbalance.</p> <p>Age- Older adults are more prone to dehydration and electrolyte changes.</p> <p>(Epocrates, 2025)</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>To prevent and treat constipation by softening stool and promoting easier bowel movements.</p> <p>(Epocrates, 2025)</p>
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<ol style="list-style-type: none"> 1. Take with a full glass of water and maintain adequate hydration to promote stool softening (Jones & Bartlett, 2025). 2. Report severe abdominal pain, cramping, or no bowel movement for several days to the healthcare provider (Jones & Bartlett, 2025).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>Colace Laxative Docusate Sodium Capsules, 60 count \$26.99 (CVS Pharmacy)</p>
<p>Drug #4</p>	<p>Drug Name (Generic): Haloperidol</p> <p>Drug Name (Trade): Haldol Decanoate</p>

(DRUG BOOK)	Drug Class: Antipsychotics
How is the medication taken: (include dose, route, and frequency)	2 mg IM every 4-hour PRN for agitation
Specific Directions not included above:	<ul style="list-style-type: none"> - Give with food or milk to decrease GI distress - Avoid skin contact with oral solution; can cause dermatitis <p>(Jones & Bartlett, 2025).</p>
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> - Anticholinergics & Haloperidol: may cause anticholinergic effects and glaucoma - Antiparkinsonian & Haloperidol: diminish therapeutic effects to both meds - CNS depressants & Haloperidol: increase CNS depression - Lithium & Haloperidol: may enhance neurotoxic effects and cause lethargy and confusion after high dose - Opioids & Haloperidol: May increase CNS depressants <p>(Jones & Bartlett, 2025).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> - Alcohol, cannabidiol use can increase CNS depressants, risk of hypotension, and respiratory depression <p>(Jones & Bartlett, 2025).</p>
Does any of the client's past medical history	<ul style="list-style-type: none"> - She has a history of alcohol and drinks a glass of wine a day at lunch

contradict the use of this medication?	<ul style="list-style-type: none"> - Alzheimer's with behavioral disturbance
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)	<ul style="list-style-type: none"> - She gets physically combative - She often expresses her anger
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Urge the patient to not drink alcohol while taking this medication (Jones & Bartlett, 2025). 2. Caution patient to avoid driving and other hazardous activities if sedation occurs (Jones & Bartlett, 2025).
How much would medication cost per month if paying out of pocket?	2mg (30 each): \$15.00 (Epocrates, 2025).
Drug # 5 (DRUG BOOK)	Drug Name (Generic): Albuterol Sulfate Drug Name (Trade): Albuterol Drug Class: Bronchodilators
How is the medication taken: (include dose, route, and frequency)	Every 6 hours daily and Q 2 hours PRN for wheezing or shortness of breath
Specific Directions not included above:	Use the entire contents of a unit-dose vial when administering by nebulization. Administer

	<p>pressurized inhalations of albuterol during inspiration. Advise client to wait at least 1 min between inhalations if dosage requires more than 1 inhalation (Jones & Bartlett, 2025).</p>
<p>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</p>	<p>Haldol & Albuterol Sulfate- Can affect heart rhythm</p> <p>Olanzapine & Albuterol Sulfate- Prolong QT interval and orthostatic hypotension</p> <p>Memantine & Albuterol Sulfate- dizziness, confusion, or nervousness.</p> <p>Some other drugs classes to monitor for interactions with this drug:</p> <p>Beta-blockers: Inhibited effects.</p> <p>Theophylline: Possible adverse CV effects.</p> <p>Digoxin: Decreased serum digoxin level.</p> <p>Potassium-lowering drugs: Hypokalemia.</p> <p>(Jones & Bartlett, 2025)</p>
<p>Lifestyle interactions:</p> <p>(Daily tobacco use, alcohol, drugs, etc.)</p>	<p>Tobacco use: Reduces effectiveness</p> <p>Alcohol: Increase dizziness or lightheadedness</p> <p>Caffeine: Large amount may increase jitteriness or palpitations</p> <p>(Jones & Bartlett, 2025).</p>
<p>Does any of the client's past medical history contradict the use of this medication?</p>	<p>No contraindications but several precautions.</p> <ul style="list-style-type: none"> Chronic Kidney Disease- increase the risk of tremors and palpitations

	<ul style="list-style-type: none"> • Hyperlipidemia- Cardiac side effects (tachycardia, increased BP, and palpitations). • Behavioral Disturbances- Can cause nervousness, agitation, or tremors. • Alcohol use- Increase dizziness <p>(Jones & Bartlett, 2025).</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>COPD- Which can cause wheezing, shortness of breath, and bronchospasm. To relax the airway muscle and make it easier to breathe.</p>
<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<ol style="list-style-type: none"> 1. Teach the client how to use the type of inhaler or oral form prescribed (Jones & Bartlett, 2025). 2. Advise client prescribed an inhaler to wait at least 1 minute between inhalations if dosage requires more than one inhalation, and to check with prescriber before using other inhaled drugs (Jones & Bartlett, 2025).
<p>How much would medication cost per month if paying out of pocket?</p>	<p>Oral syrup 2 mg/ 5mL: \$9:00 (Epocrates, 2025).</p>
<p>Drug # 6</p>	<p>Drug Name (Generic): albuterol sulfate, ProAir HFA</p>

(DRUG BOOK)	Drug Name (Trade): Albuterol Drug Class: bronchodilators
How is the medication taken: (include dose, route, and frequency)	<ul style="list-style-type: none"> - Take 2 puffs via inhalation four times daily PRN
Specific Directions not included above:	<ul style="list-style-type: none"> - Advise client to wait at least 1 min between inhalations if dosage requires more than 1 inhalation (Jones & Bartlett, 2025).
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> - Beta blockers & albuterol: it inhibits effects on albuterol bronchodilators, possible adverse CV effects - Digoxin & albuterol: decreased serum digoxin level - MAO inhibitors, tricyclic antidepressants & albuterol: increased vascular effects on albuterol - Potassium lowering drugs & albuterol: possible hypokalemia - Potassium-wasting diuretics & albuterol: possible increased hypokalemia <p>(Jones & Bartlett, 2025).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> - No lifestyle interactions <p>(Jones & Bartlett, 2025).</p>
Does any of the client's past medical history	<ul style="list-style-type: none"> - COPD, Alzheimer's disease

contradict the use of this medication?	
What is the indication for use of this medication based on the client's past medical history? (If unable to determine an indication based on past medical history, please list potential indications for use of the medication in general)	<ul style="list-style-type: none"> - Hypersensitivity to albuterol or its components - COPD
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Warn patients not to exceed the prescribed dose or frequency. If the dose becomes less effective the patient to contact the prescriber immediately (Jones & Bartlett, 2025). 2. Tell patients to immediately report signs and symptoms of allergic reaction, such as difficulty swallowing, itching, and rash (Jones & Bartlett, 2025).
How much would medication cost per month if paying out of pocket?	90 mcg (1 HFA inhaler, 8.5g): \$78.00 (Epocrates, 2025).
Drug # 7 (DRUG BOOK)	Drug Name (Generic): Memantine Hydrochloride Drug Name (Trade): Namenda Drug Class: NMDA receptor antagonist
How is the medication taken: (include dose, route, and frequency)	5mg by mouth twice a day
Specific Directions not included above:	Tablets and capsules should be swallowed whole and not chewed or crushed. For oral

	solution, once measured, squirt into the corner of the client's mouth (Jones & Bartlett, 2025)..
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<p>-Aricept & Memantine Hydrochloride - Monitor for confusion, dizziness, and headaches.</p> <p>-Zyprexa & Memantine Hydrochloride- Memory and cognition</p> <p>-Haloperidol & Memantine Hydrochloride- Memory and cognition.</p> <p>-Albuterol & Memantine Hydrochloride- Nervousness, restlessness, or increased blood pressure</p> <p>-Ibuprofen & Memantine Hydrochloride- Drug buildup and toxicity.</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<p>Alcohol- Increase in dizziness, downiness, and confusion.</p> <p>Former Tobacco use- Circulatory health</p>
Does any of the client's past medical history contradict the use of this medication?	<p>Chronic Kidney Disease- Toxicity or increased side effects.</p> <p>COPD: Dizziness or confusion</p> <p>Age- CNS side effects (Increased fall risk)</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>Alzheimer's disease, moderate-severe dementia (Epocrates, 2025)</p> <p>To help maintain cognitive function and reduce symptoms Ex: confusion.</p>

<p>What would you teach the client about taking this medication? You must prioritize 2 (see rubric)</p>	<p>1. Advise the client to avoid a diet excessively high in fruits and vegetables because these foods contribute to alkaline urine, which can alter memantine clearance and increase adverse reactions (Jones & Bartlett, 2025).</p> <p>2. Instruct the client how to administer the form of memantine prescribed exactly and what to do if a dose is missed. Inform the client to notify the prescriber if he fails to take the drug for several days, as dosage adjustments will be necessary (Jones & Bartlett, 2025).</p>
<p>How much would medication cost per month if paying out of pocket?</p>	<p>5 mg (60 each): \$18.00 (Epocrates, 2025).</p>
<p>Drug # 8 (DURG BOOK)</p>	<p>Drug Name (Generic): Ibuprofen</p> <p>Drug Name (Trade): Advil</p> <p>Drug Class: antipyretics, antirheumatics, nonopioid analgesics</p>
<p>How is the medication taken: (include dose, route, and frequency)</p>	<ul style="list-style-type: none"> - 400 mg by mouth every 6 hours PRN pain
<p>Specific Directions not included above:</p>	<ul style="list-style-type: none"> - Swallow the tablet, do not chew or crush (Medline Plus, 2025). - Take with food or milk to prevent upset stomach (Medline Plus, 2025). - Take it at the same time, if it is a daily medication (Medline Plus, 2025).
<p>Does this medication interact with any other</p>	<ul style="list-style-type: none"> - ACE inhibitors, angiotensin receptor blockers, beta blockers & Ibuprofen: possible

<p>medication(s) on this list? (see rubric for further instruction)</p>	<p>diminished antihypertensive effect of these drugs</p> <ul style="list-style-type: none"> - Aspirin & Ibuprofen: possible decreased cardioprotective and stroke-preventive effects of aspirin; increased risk of bleeding and adverse GI effects - Cyclosporine & Ibuprofen: increased risk of nephrotoxicity - Digoxin & Ibuprofen: increased blood digoxin level and risk of digitalis toxicity - Diuretics & Ibuprofen: decreased diuretic and antihypertensive effects - Heparin, oral anticoagulants, SSRIs, SNRIs, thrombolytics & Ibuprofen: increased anticoagulant effects, increased risk of hemorrhage - Lithium & Ibuprofen: increased blood lithium level - Methotrexate & Ibuprofen: decreased methotrexate clearance and increased risk of toxicity - Other NSAIDs, salicylates & Ibuprofen: increased risk of GI toxicity - Pemetrexed & Ibuprofen: increased risk of GI and renal toxicity, myelosuppression <p>(Jones & Bartlett, 2025).</p>
<p>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</p>	<ul style="list-style-type: none"> - Alcohol: increased risk of adverse GI effects <p>(Jones & Bartlett, 2025).</p>
<p>Does any of the client's past medical history</p>	<ul style="list-style-type: none"> - Chronic kidney disease

contradict the use of this medication?	<ul style="list-style-type: none"> - COPD - Age <p>(Jones & Bartlett, 2025).</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)	<ul style="list-style-type: none"> - Alzheimer's disease with behavioral disturbance - COPD - Hyperlipidemia - Chronic kidney disease <p>(Jones & Bartlett, 2025).</p>
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Urge the patient to avoid alcohol or take aspirin or corticosteroids while taking ibuprofen, unless prescribed. If aspirin is taken to prevent MI or stroke, explain that ibuprofen may interfere with this effect (Jones & Bartlett, 2025). 2. Advise patient to take drug with food or after meals to reduce GI distress (Jones & Bartlett, 2025).
How much would medication cost per month if paying out of pocket?	400 mg (30 each): \$8.00 (Epocrates, 2025).
Drug # 9	Drug Name (Generic): Atorvastatin

(DRUG BOOK)	Drug Name (Trade): Lipitor Drug Class: Lipid-lowering agent
How is the medication taken: (include dose, route, and frequency)	30mg by mouth once daily
Specific Directions not included above:	Take at same time every day, preferably in the evening. Do not crush or chew tablets, swallow whole.
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	-Olanzapine & Atorvastatin- Increase blood sugar and lipid levels -Ibuprofen & Atorvastatin- increased risk of kidney impairment
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	Foods: Grapefruit juice increases the blood atorvastatin level. Warn the client to restrict alcohol intake during atorvastatin therapy. Tobacco- minimize cardiovascular benefits. (Jones & Bartlett, 2025).
Does any of the client's past medical history contradict the use of this medication?	CKD- Muscle-related side effects Age- Muscle pain or liver function changes
What is the indication for use of this medication based on the client's past medical history? (If unable	Hyperlipidemia- To lower cholesterol and reduce cardiovascular risk.

to determine an indication based on past medical history, please list potential indications for use of the medication in general)	
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Report any unexplained muscle pain, tenderness, or weakness immediately (Jones & Bartlett, 2025). 2. Take the medication at the same time every day, in the evening, and avoid drinking grapefruit juice (Jones & Bartlett, 2025).
How much would medication cost per month if paying out of pocket?	10 mg (90 each): \$12.00 (Epocrates, 2025).
Drug # 10 (USED DRUGS.COM)	Drug Name (Generic): MiraLAX Drug Name (Trade): polyethylene glycol 3350 Drug Class: laxatives
How is the medication taken: (include dose, route, and frequency)	<ul style="list-style-type: none"> - 17 gm mixed in 8 ounces of juice or water by mouth once a day as needed for constipation
Specific Directions not included above:	<ul style="list-style-type: none"> - Allergies to polyethylene glycol 3350 - Measure your dose with the medicine cap on the bottle. The cap should have dosage marks inside. Pour the powder into 4 to 8 ounces of a bold or hot beverage and stir

	<p>and drink it immediately.</p> <ul style="list-style-type: none"> - Do not use it more than once a day. - Call the provider if you are still constipated or having an irregular bowel movement after using this for 7 days in a row. <p>(Jones & Bartlett, 2025).</p>
Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)	<ul style="list-style-type: none"> - Albuterol, tramadol, trazodone & MiraLAX: can cause irregular heart rhythm - Furosemide & MiraLAX: may increase the risk of dehydration and electrolyte imbalance - Prednisone & MiraLAX: dehydration, hypokalemia, or low blood potassium <p>(Jones & Bartlett, 2025).</p>
Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)	<ul style="list-style-type: none"> - Alcohol - Diet change - Physical immobility <p>(Jones & Bartlett, 2025).</p>
Does any of the client's past medical history contradict the use of this medication?	<ul style="list-style-type: none"> - Alzheimer's disease with behavioral disturbance - Limited mobility
What is the indication for use of this medication	<ul style="list-style-type: none"> - Treat occasional constipation (Drugs.com - Prescription Drug Information, 2025).

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)	- Irregular bowel movements (Drugs.com - Prescription Drug Information, 2025).
What would you teach the client about taking this medication? You must prioritize 2 (see rubric)	<ol style="list-style-type: none"> 1. Stop taking if you have severe or bloody diarrhea (Jones & Bartlett, 2025). 2. Call the provider if constipation is not resolved in 7 days or more (Jones & Bartlett, 2025).
How much would medication cost per month if paying out of pocket?	17g/dose (1 bottle of powder, 30 doses): \$23.00 (Epocrates, 2025).

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

The patient needs help with her daily living activities. She also has extensive communication which leads her communication to be very limited, which leads to word salad, a condition where the patient's speech is not understandable. She also has Alzheimer's, which leads to her communication being very limited, which leads to word salad, a condition where the words are not understandable. Her daughter is taking care of her right now with no income. With all of these medications, she needs financial support in order to get these medications every month. Medications can be pretty expensive. She also doesn't have insurance to support her costs with medical and medication bills.

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

Caroline has several factors that may help her in maintaining her medication regimen as ordered. She lives with her daughter, who serves as her primary caregiver and oversees all her daily activities, including medication administration. Caroline's daughter needs to give Caroline her medications at the same time every day. This can help maintain consistent drug levels in her system, improve medication effectiveness, and reduce the risk of missed doses. This is essential for Caroline as she often becomes angry and physically combative during her care and is unable to verbally communicate her needs. Maintaining medication adherence can help prevent Caroline from becoming non-compliant and rehospitalization. Establishing a daily medication routine makes it easier for her daughter to track administration and notice any changes in Caroline's condition.

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)

With medications, the prescriber could review Zyprexa and Haloperidol, because they are both antipsychotics. This can increase significant risks for those who have dementia. The provider could lower the dosage of Haloperidol. The prescriber could

review Zyprexa and Haloperidol, because they are both antipsychotics. The provider should discontinue one of the albuterol medications. The patient should also be educated on alcohol intake. With all the different medications that she is taking, alcohol is making it worse. I also think that she could use some help in getting financial support and explore different insurances and benefits that she is able to receive.

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

Zyprexa- 7.5 mg (30 each): \$13.00, Donepezil- 10mg (30 each): \$4.70, Colace- 60mg count \$26.99 (CVS), Haloperidol- 2mg (30 each): \$15.00, Albuterol Nebulizer- 2 mg/ 5mL: \$9:00, ProAir HFA- 90 mcg (1 HFA inhaler, 8.5g): \$78.00, Namenda- 5 mg (60 each): \$18.00 (Epocrates), Ibuprofen- 400 mg (30 each): \$8.00, Lipitor- 10 mg (90 each): \$12.00 (Epocrates), and MiraLAX- 17g/dose (1 bottle of powder, 30 doses): \$23.00.

The client's total out-of-pocket expense for all 10 medications is \$207.69. This cost may be a financial burden for Caroline and her daughter, given Caroline's limited monthly income of \$2,100 from her daughter's pension. The ongoing medication expenses could have an impact on their ability to afford other essential needs. A resource that Carolines and her daughter could utilize to help with the cost of these medications is GoodRx or other prescription assistance programs. These programs can with cut down the cost of some these medications, which can help improve medication adherence and reduce financial stress.

Reflective Statement of Experience:

I think that the project provided us a valuable insight into how dangerous polypharmacy can be without even realizing it. In this scenario, the patient had two types of Albuterol, and the prescriber may not have realized it, which would make sense, seeing how there were two medications for albuterol. We have realized how important it is to constantly check the medications and notify the prescriber if something is feeling off about these medications, and from the symptoms they might be showing because of different medication interactions. Another example of polypharmacy was the combination of Zyprexa and Haloperidol. This was a concern because it could affect the patient's safety even more than it already does, and it could also increase the mortality rate for this patient. As a student nurse, we need to make sure that the patient's voice is heard. As a client advocate, although communication will be limited, we can notice the nonverbal cues and advocate for her safety. As an educator, we can support the daughter and educate her on different medications. As a caregiver, contributing to the care plan that is patient-centered care is very important.

References

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Jones & Bartlett Learning. (2024). *2024 Nurse's Drug Handbook* (23rd ed.). Jones & Bartlett.

MedlinePlus Drug Information. (2025). *Ibuprofen*:

<https://medlineplus.gov/druginfo/meds/a682159.html>

N322 Polypharmacy Grading Rubric

Criteria	Excellent 40 points	Acceptable 31-39 points	Unacceptable 0-30 points	Points Earned
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Each drug should have a completed breakdown within the tables provided, which includes the following: <ul style="list-style-type: none"> • Drug class • Generic name • Trade name • How is the medication taken (include dose, route, frequency) 	All key components were addressed within the paper and were accurate.	The student provided the required information for some of the medications, but not all and/or the answers provided were inaccurate. (Each individual component for each medication is worth one point)	The student failed to address a sufficient number of the listed components within the paper and/or the components were addressed but were inaccurate. (Each individual component for each medication is worth one point)	___/40
Criteria	Excellent 10 points	Acceptable 8-10 points	Unacceptable 0 - 7 points	Points Earned
Specific Directions not included above: <ul style="list-style-type: none"> • Is there any type of medication on the patient list that have specific directions? (before bed, before breakfast, 30 minutes before meals, etc..) 	All key components were addressed within the paper.	The student did list some of the medications that required specific directions, however some of the medications included specific directions that were not addressed and/or were inaccurate. (For each medication this question is 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	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	Student failed to answer question and/or The student did list some of the potential	___/20

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

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>	Student showed the importance of medication education, and appropriate prioritized client education for the scenario provided.	The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)	Student failed to answer the question OR The student provided some appropriate education for the client, but failed to capture all of the appropriately prioritized education for the client. (Each topic of education is worth one point)	___/20
Criteria	Excellent 10 points	Acceptable 8-9 points	Unacceptable 0-7 points	Points Earned
<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 	Student had knowledge on why a patient would have difficulty with medication regimen	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	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	___/10

<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?</p> <ul style="list-style-type: none"> • What factors are present to remain compliant? <p>(Please consider all factors in the scenario and all information provided within your chart – including cost, insurance, frequency of administration, etc.</p>	<p>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: -insight into the project itself (a specific example within the project and its implications) -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver 	<p>The students provided reflection showed good insight into the project itself, polypharmacy, and the nurses role in client advocacy</p>	<p>The student provided a reflection, however the reflection lacked one of the following -insight into the project itself (a specific example within the project and its implications). -A basic understanding of polypharmacy -A reflection on this student nurses role in this scenario as a client advocate/educator/caregiver</p>	<p>Student failed to reflect on their project OR the student addressed only of the topics of reflection</p>	<p>___/10</p>
<p>Total Points</p>				<p>___/200</p>