

Polypharmacy Project

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N322 Introduction to Pharmacology

Lakeview College of Nursing

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**Patient: 88 year old male**

**Social Hx: Pt lives with spouse in independent living. Both he and his wife have Medicare and social security. Children are involved for support.**

**Medical Hx: Dementia, HTN, CKD, Hyperlipidemia, Chronic Anemia, and RA**

**Allergies: Lisinopril, Sulfa, and Latex**

**Wt: 250 lbs Ht 6ft 4 in**

**Medications:**

**Donepezil 10 mg PO q day at bedtime**

**Miralax packet 17 G mixed with juice/water q AM**

**Enalapril 10 mg PO BID**

**Prednisone 10 mg PO q day**

**Fenofibrate 145 mg PO Daily**

**Lorazepam 0.5 mg TID PRN**

**Oxycodone 2.5 mg Q6H PRN**

**Aranesp 0.45 mcg/kg SUBQ q 4 wks**

**Ferrous Sulfate 325 mg PO Daily****Paroxetine 20 mg PO Daily**

<b>Drug #1</b>	<b>Drug Name (Generic): Donepezil</b>
<b>Drug Class: Cholinergic</b>	<b>Drug Name (Trade): Aricept</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>10 mg PO Daily at Bedtime</b>
<b>Specific Directions not included above:</b>	<b>May be taken with or without food, dissolve on tongue and follow with water, swallow whole</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>NSAID's, bupropion, iohexol, vitamins and herbal supplements, lopamidol, tramadol, metrizamide, siponimod; however there are no interactions with current medications</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	<b>None listed within scenario however avoid driving/hazardous activity</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>N/A</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</b>	<b>Alzheimer's Disease</b>

<b>history, please list potential indications for use of the medication in general)</b>	
<b>What would you teach the client about taking this medication?</b>	<b>Teach client to monitor HR for bradycardia, cognitive function for possible fatigue/dizziness, store at room temp away from moisture/heat, If dose however is missed take next dose at the regular time, if the dose was missed more than 7 days in a row notifying physician is expected before resuming the medication</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$1000</b>

<b>Drug #2</b>	<b>Drug Name (Generic): Enalapril</b>
<b>Drug Class:</b>	<b>Drug Name (Trade): Vasotec</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>10 mg PO BID</b>
<b>Specific Directions not included above:</b>	<b>Can be taken with or without food</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Allopurinol, candesartan, aliskiren, amiloride, azilsartan medoxomil, eprisartan, and huse dust mite allergens extract, irbesartan, iron dextran, leflunomide, lomitapide, losartan, IVP solution with K+, mipomersen, mixed grass pollens allergen extract, olmesartan, TPN with electrolytes, PB allergen powder, pexidartinib, potassium citrate, potassium iodide, potassium phosphate, ragweed pollen allergen extract, spironolactone, telmisartan, teriflunomide, timothy grass pollen allergen extract, tizanidine, triamterene, trimethoprim, valsartan, Lithium, diuretic, and gold injections to treat arthritis; there are no interactions with the current medications</b>
<b>Lifestyle interactions:</b>	<b>None listed in scenario</b>

<b>(Daily tobacco use, alcohol, drugs, etc.)</b>	
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>CKD</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>N/A</b>
<b>What would you teach the client about taking this medication?</b>	<b>Teach to monitor BP/P, electrolyte levels need monitored, Notify physician if chest pain occurs, bounding heartbeats/flutter in chest, slow/weak pulse muscle weakness/tightness occurs</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$22</b>

<b>Drug #3</b>	<b>Drug Name (Generic): Fenofibrate</b>
<b>Drug Class:</b>	<b>Drug Name (Trade): Tricor/Triglide/Fenoglide/Lipofen</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>145 mg PO Daily</b>
<b>Specific Directions not included above:</b>	<b>DO NOT CRUSH/CHEW/DISSOLVE or OPEN, take whole</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Atorvastatin, cerivastatin, fluvastatin, anisindione, dicumarol, leflunomide, lomitapide, lovastatin, mipomersen, pexidartinib, piavastatin, pravastatin, red rice yeast, rosuvastatin, simvastatin, siponnimod, tetriflunomide, warfarin; there are no interactions with current medications</b>
<b>Lifestyle interactions:</b>	<b>None listed in scenario</b>

<b>(Daily tobacco use, alcohol, drugs, etc.)</b>	
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>CKD</b>
<b>What is the indication for use of this medication based on the clients 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>Hyperlipidemia</b>
<b>What would you teach the client about taking this medication?</b>	<b>Store at room temp away from heat/moisture/light; avoid eating foods high in fat/cholesterol</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$40</b>

<b>Drug #4</b>	<b>Drug Name (Generic): Oxycodone</b>
<b>Drug Class: Analgesic</b>	<b>Drug Name (Trade): Oxycontin</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>2.5 mg Q6H PRN</b>
<b>Specific Directions not included above:</b>	<b>Take with food, swallow whole</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Abiraterone, acetylcarbromal,, alprazolam, alvimopan, aminoglutethimide, amiodarone, amobarbital, amprenavir, apalutamide, aprepitant, aripiprazole, armodafinil, asenapine, atazanavir, baclofen, boceprevir, bosentan, brexpiprazole, puprenorphine, bupropion, butabarbital, butalbital, butorphanol, cannabis, carbamazepine; <b>interacts with lorazepam</b></b>
<b>Lifestyle interactions:</b>	<b>None listed in scenario</b>

<b>(Daily tobacco use, alcohol, drugs, etc.)</b>	
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>N/A</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>Moderate-severe pain in RA</b>
<b>What would you teach the client about taking this medication?</b>	<b>Avoid sedative medications, sleeping pills, and cold/allergy medications</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$12</b>

<b>Drug #5</b>	<b>Drug Name (Generic): Polyethylene Glycol</b>
<b>Drug Class: Laxative</b>	<b>Drug Name (Trade): Miralax</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>17 G packet mixed in juice/water every morning</b>
<b>Specific Directions not included above:</b>	<b>Mix with 4-8 oz of water/juice every morning</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>No major interactions with medications</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	<b>None listed in scenario</b>
<b>Does any of the client's past medical history</b>	<b>N/A</b>

<b>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>Age causes bowels to slow therefore could be an indication for use</b>
<b>What would you teach the client about taking this medication?</b>	<b>Take as prescribed, notify MD if bloody diarrhea, anal bleeding, or severe/worsening abdominal pain occurs</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$30</b>

<b>Drug #6</b>	<b>Drug Name (Generic): Prednisone</b>
<b>Drug Class: Anti-inflammatory/Immunosuppressant</b>	<b>Drug Name (Trade): Deltason, Intensol</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>10 mg PO every day</b>
<b>Specific Directions not included above:</b>	<b>Do not chew/crush/break, swallow whole, store room temp away from heat/moisture</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Interacts with Lorazepam/Oxycodone</b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	<b>None listed in scenario</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>N/A</b>
<b>What is the indication for use of this medication</b>	<b>RA</b>

<b>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>What would you teach the client about taking this medication?</b>	<b>Avoid "live" vaccines such as MMR, rotavirus, yellow fever, varicella, influenza</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$30</b>

<b>Drug #7</b>	<b>Drug Name (Generic):Lorazepam</b>
<b>Drug Class: Benzodiazepine</b>	<b>Drug Name (Trade): Ativan</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>0.5 mg TID PRN</b>
<b>Specific Directions not included above:</b>	<b>Store in cool/dry place</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>DO not use with opioids, CNS depressants, other benzodiazepines, non benzodiazepine sedative/hypnotics, levodopa, anxiolytics, general anesthetics, muscle relaxants, probenecid, aminophylline, theophylline, seizure medications, antihistamines, vitamins and herbal supplements like kava-kava, valerian, and chamomile. <b>Interacts with Prednisone</b></b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	<b>None listed in scenario</b>
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>CKD</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>Anxiety, insomnia, alcohol withdrawal symptoms</b>
<b>What would you teach the client about taking this medication?</b>	<b>Teach patient to monitor respiratory function, produces a sedative effect, medication may cause increased risk of suicidal thoughts/behavior</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$50</b>

<b>Drug #8</b>	<b>Drug Name (Generic): Darbepoetin Alfa</b>
<b>Drug Class: Erythropoiesis-stimulating drug</b>	<b>Drug Name (Trade): Aransep</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>0.45 mcg/kg SUBQ every 4 weeks</b>
<b>Specific Directions not included above:</b>	<b>Refrigerate at 36 degrees to 46 degrees, do NOT freeze, protect from light, do not dilute, do not shake, allow drug to reach room temp before injecting, discard portion in vials or prefilled syringes, do not reenter vial, no not administer in conjunction with other drug solutions.</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Benazepril, C1 esterase inhibitor (human), captopril, carfilzomib, conestat alfa, fosinopril, lisinopril, moexipril, perindopril, pomalidomide, quinapril, Ramipril, thalidomide, trandolapril <b>Interacts with Enalapril</b></b>
<b>Lifestyle interactions: (Daily tobacco use, alcohol, drugs, etc.)</b>	<b>None listed in scenario</b>
<b>Does any of the client's past medical history</b>	<b>CKD</b>

<b>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>Anemia, Chemotherapy, CKD</b>
<b>What would you teach the client about taking this medication?</b>	<b>Initiate treatment if hgb is less than 10 mg/dL, allow to reach room temp before injection to be less painful, teach patient to monitor blood pressure with concomitant antihypertensive therapy and dietary restrictions, need to have hgb monitored regularly</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$1950</b>

<b>Drug #9</b>	<b>Drug Name (Generic): Ferrous Sulfate</b>
<b>Drug Class: Iron products</b>	<b>Drug Name (Trade): Feosol/Fer-Iron</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>325 mg PO Daily</b>
<b>Specific Directions not included above:</b>	<b>Store at room temp away from moisture/heat, Take on an empty stomach, DO not take with coffee, tea, milk, cereal, dietary fiber, phosphate containing carbonated drinks because they will decrease absorption.</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Aspirin, calcium 600 D, Colace, Cymbalta, ferrous gluconate, fish oil, folic acid, ibuprofen, lantus, Lasix, levothyroxine, Lipitor, lyrics, motoprolol, miralax, multivitamin, Nexium, omeprazole, clopidogrel, protonix, levothyroxine, Tylenol, vitamin b12, vit c, vitamin d, d2, d3 <b>Interacts with Miralax</b></b>
<b>Lifestyle interactions:</b>	<b>None listed in scenario</b>

<b>(Daily tobacco use, alcohol, drugs, etc.)</b>	
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>N/A</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>Chronic Anemia</b>
<b>What would you teach the client about taking this medication?</b>	<b>Taking Vitamin C will increase iron absorption</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$9</b>

<b>Drug #10</b>	<b>Drug Name (Generic): Paroxetine</b>
<b>Drug Class: SSRI</b>	<b>Drug Name (Trade): Paxil/Paxil CR</b>
<b>How is the medication taken: (include dose, route, and frequency)</b>	<b>20 mg PO Daily</b>
<b>Specific Directions not included above:</b>	<b>Swallow medication whole, do not chew or crush</b>
<b>Does this medication interact with any other medication(s) on this list? (see rubric for further instruction)</b>	<b>Adderall, Advair diskus, alprazolam, amitriptyline, asping 81 mg, calcium 600 d, crestor, diazepam, diphenhydramine, duloxetine, fish oil, fluoxetine, gabapentin, ibuprofen, atorvastatin, lorazepam, lyrica, metoprolol, Nexium, norco, phentermine, albuterol, propranolol, Seroquel, synthroid, tramadol, trazodone, tylenol, vitamin b12, c,d2,s3, warfarin, Wellbutrin, alprazolam, zoloft</b>
<b>Lifestyle interactions:</b>	<b>None listed in scenario</b>

<b>(Daily tobacco use, alcohol, drugs, etc.)</b>	
<b>Does any of the client's past medical history contradict the use of this medication?</b>	<b>CKD</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>Depression, panic-attacks, OCD, anxiety disorder, PTSD</b>
<b>What would you teach the client about taking this medication?</b>	<b>Monitor for serotonin syndrome symptoms such as agitation/hallucinations/fever/sweating/shivering/fast heart rate/muscle stiffness/titching/nausea/vomiting</b>
<b>How much would medication cost per month if paying out of pocket?</b>	<b>Approximately \$11</b>

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

It will be difficult for the patient to follow this 10 medication regimen with having dementia as a diagnosis. Dementia is a progressive disease that has cognitive changes that would make it difficult for the patient to adhere to the medications such as remembering the medication's he needs to take, if he's taken them already, where to find the medications, etc. It would be beneficial to have his wife help him with reminding him or hiring a CNA to remind him of needing to administer them.

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

In my opinion this patient only has two things being able to help him maintain the medication regimen and that would be the help from his family for support in reminding him with phone calls/visits and his wife keeping him on track.

**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 suggest asking what this patient's level of activity is, does he stay hydrated, what is his diet like, does he drink alcohol or smoke anything, maybe asking the provider to prescribe herbal supplements that would help with multiple things instead to decrease cost and decrease amount of pills he's taking a day.

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

The total monthly amount the patient will pay out of pocket for all 10 medications would be approximately \$3,154.

**Reflective Statement of Experience:**

I found that this experience with researching multiple medications and the lifestyle or medical interactions has been very enlightening. I knew there were specific, more prominent interactions from my previous experience in the health field but I never realized how many could affect each one.

### References

<https://www.facebook.com/Drugscom>. "Drugs.Com | Prescription Drug Information, Interactions & Side Effects." *Drugs.Com*, 2018, [www.drugs.com/](http://www.drugs.com/).

"Oakland Southfield Physicians." *Www.Ospdocs.Com*, [www.ospdocs.com/resources/uploads/files/Pocket%20Guide%20to%202015%20Beers%20Criteria.pdf](http://www.ospdocs.com/resources/uploads/files/Pocket%20Guide%20to%202015%20Beers%20Criteria.pdf). Accessed 25 Apr. 2020.