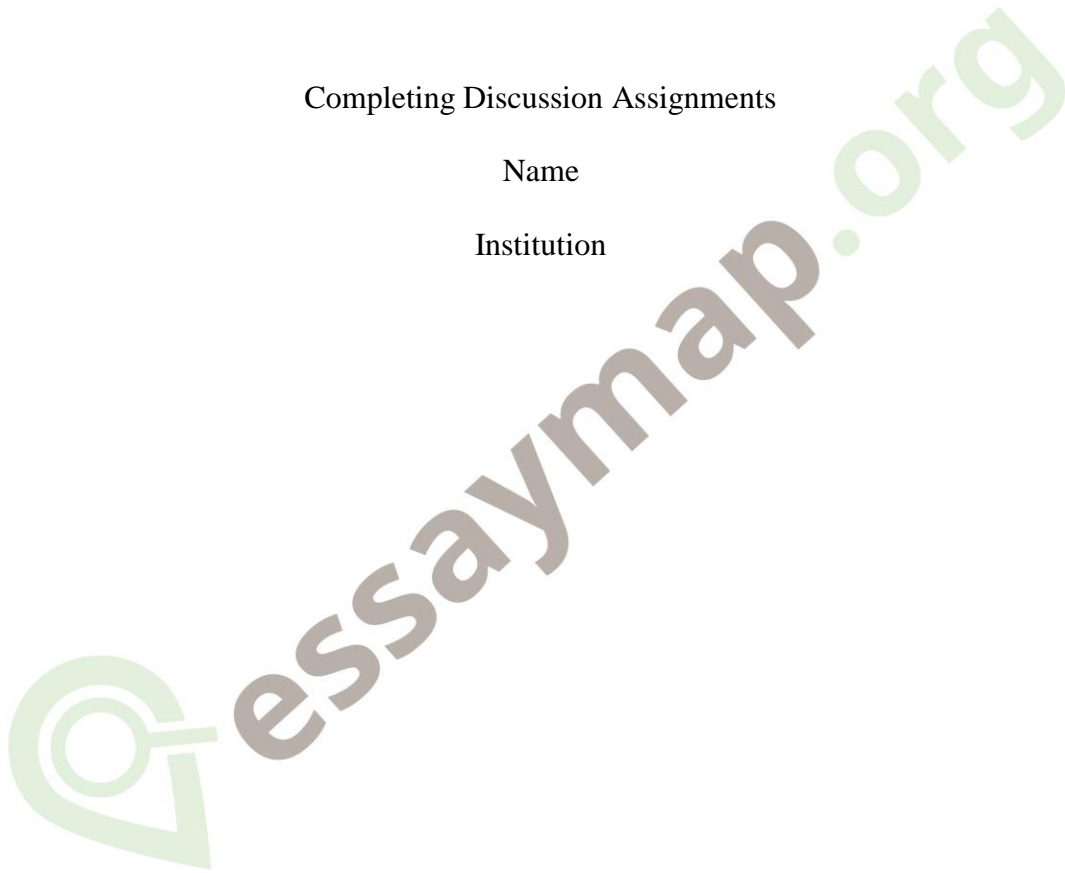


Completing Discussion Assignments

Name

Institution



### Abstract

Information on drugs is vital to patients as it helps balance the risks of medications administered. Information given to patients about their medications, should not be incomplete, inconsistent, or difficult to understand. Adherence of patients to the treatment of chronic obstructive pulmonary diseases (COPD) helps optimize the management of illness. Poor adherence is common and induces increased rates of complications, health care expenses, hospitalizations, and potential mortality. An adherence to treatment of illness is influenced significantly by the perception of patients on treatments like medicines. When health providers help individuals understand the nature of a particular disease, they impact ability and perception of adhering to the treatment. Better care and treatment adherence are enhanced by patients when they learn how to take care or follow recommendations as provided by caregivers. Awareness of the patients is crucial as it shapes their decision what medicine to buy and the correct type of drugs.

**Keywords:** Drugs, medication, patients, assessment, doctor, symptoms, knowledge

## Completing Discussion Assignments

**Week 3**

I would assess Lilian's pain using an assessment tool which would help identify and quantify one or more dimension of the client's pain. The dimension of pain includes patient explaining the intensity of pain and the associated anxiety behaviors. I would control a patient's self-reporting, also known as an expression of pain as a standard of pain assessment. The tool provides accurate measurements, though, it can be influenced by factors like moods. In this case, I can as well use a multidimensional tool for pain assessment which would provide qualitative and quantitative information about the pain. An example of a multidimensional pain assessment tool is McGill questionnaire, behavioral pain scales, and comfort journal. When giving the Acetaminophen, the nurse would assess the pain after one hour since it is the time frame for the medicine to work.

Zolpidem works by elevating the activity of a neurotransmitter known as GABA (Whyte et al., 2014). GABA acts as a nerve-calming agent and is responsible for inducing sleep. Typically, Zolpidem is a medicine known in other words as non-benzodiazepine hypnotic. The medication works in the brain to help a person sleep. The medicine belongs to a class of drugs known as sedatives. The dose takes thirty minutes to hit blood concentration. For pregnant women, it is vital to inform the doctor about the medicine one takes before taking Zolpidem. The medicine induces dizziness, and it should persist the effect; a patient is required to notify his or her doctor or a pharmacist. Factors that caused Lilian to fall include dizziness for a long period of rest, taking a medicine that made her weak and poor body balance causing loss of control. Another factor is weak muscles.

### Reference

Whyte, J., Rajan, R., Rosenbaum, A., Katz, D., Kalmar, K., Seel, R., ... & Kaelin, D. (2014).

Zolpidem and restoration of consciousness. *American journal of physical medicine & rehabilitation*, 93(2), 101-113.

### **Week 4- Decongestants**

A respiratory medication I chose to discuss is Decongestants. Interaction of this drug with food is somehow positive as it decreases stomach upset. The drug can be taken with, or without food, it helps resolve stomach upsets. Typically, decongestants are medications that aid relieve congestion of nose, which is a result of cold, flu, allergies, or sinusitis. Many decongestants are in forms of pills or liquid. When the medicine is obtained in a drug store, they are termed as over the counter. The medication is also available in sprays and nose drops. However, the drug should not be used for more than 72 hours. Otherwise, the body becomes independent of drugs, and the nose might feel even more stuffed up. A virus, infection, or an allergy that aligns in the nose, making it inflamed. Decongestants work by narrowing blood vessels in that; the drug reduces blood flow into the affected area.

When teaching a patient about decongestants drugs, I would like him or her that the medication helps by relieving congestion, reduce swelling, the formation of mucus and inflammations in the nasal passage. I would inform the patient that decongestants are taken orally, or sprayed directly into the nose for severe effects. Also, it is useful to let the patient know that decongestants work by activating alpha-adrenergic receptors by direct binding or stimulating a chemical transmitter release. Through the activation of receptors, blood vessels narrow in the area affected. The drugs can be used combined with antihistamines (Schellack,

Schellack & van Rensburg, 2015). Advisably, the patient should know that decongestants only provide short term relief from congestion but do not cure the cause of conditions. Therefore, should the symptoms persist, patients ought to see doctors.

#### Reference

Schellack, N., Schellack, G., & van Rensburg, M. J. (2015). An overview of anti-allergic drug therapy and the histamine-1 antihistamines. *South African Family Practice*, 57(1), 43-49.

#### Week 5

Albuterol MDI works by relaxing and opening air passages towards the lungs and facilitates easy breathing. Typically, Albuterol is used to treat heavy or difficult breathing, breath shortness, coughing and chest tightness, which occur as a result of lung diseases like asthma, and chronic obstructive pulmonary diseases (COPD) (Prashant et al., 2015). Albuterol comes as a liquid form to inhale through the mouth using a jet nebulizer. When inhaled, the drug is used fifteen to thirty minutes before exercise. The albuterol drug is used 3 to 4 times a day. Albuterol is bronchodilator that relaxes muscles and increases the flow of air. When taking the Albuterol drug, one should be careful so that the drug does not get into the eye. Also, an albuterol inhaler should not be used when one is nearby a flame, or heat source.

Ipratropium works by facilitating relaxation of muscles around airways so that airways can open up and a person can breathe easily. Ipratropium is a type of medicine known as antimuscarinic. Ipratropium controls and prevents symptoms caused by ongoing lung diseases like COPD. The medications need to be used regularly for effective prevention of lung symptoms. Before the drug is used, one should check if there are any particles, or discoloration. In the case of decolorization, the liquid should not be used. A doctor can administer the use of

ipratropium and albuterol at the same time, by prescribing a combination of both. To answer Lilian question, the nurse can respond to her that a combination of two inhalers is used by patients whose symptoms have not been controlled by one inhaler. Both medications, Ipratropium and Albuterol MDI, treat the same conditions but work effectively when combined. The rationale for a cardiologist to order heparin and warfarin is that patient with new blood clots requires administration of heparin with an anticoagulant, warfarin. Some nursing implications when administering digoxin include drug effects and assessments or patient and family education.

#### Reference

Prashant, Y., Sourabh, P., Aditya, G., Anand, K., & Sudhir, C. (2015). Effect of inhaled anticholinergic drugs on intraocular pressure in chronic obstructive pulmonary disease patients. *Indian J Basic Appl Med Res*, 4(2), 458-64.

#### **Week 6- Antacids**

A gastrointestinal medication I chose to discuss is Antacids. Antacids are drugs that counteract, or neutralize the acid in the stomach and relieve heartburn and indigestions. The medicines come in chewable tablets or liquids and can be purchased in pharmacies and shops without the need for prescriptions. When a person has indigestions, antacids may help. At one point, people have indigestions and can treat themselves. Symptoms of indigestions include heartburn after eating or drinking. Other signs of indigestion include feeling bloated, feeling sick, farting, and belching. Antacids also help heartburns, which is a burning feeling in the chest that occurs as a result of stomach acid moving the throat upward. The main symptoms of reflux or

heartburn is a burning sensation on the chest, sour taste in the mouth caused by stomach acid, bad breath, bloating, or feeling sick. The most common antacids are a combination of magnesium and aluminum hydroxide.

I would teach my patients about antacids drugs that are the oldest but effective medicines for heartburn (Servey & Chang, 2014). The drugs have been used for centuries to provide relief and are popular because of their effectiveness. All antacids work equally but have distinct side effects. Antacids in the form of tablets are slow in working and have less neutralizing ability compared to liquid ones. Thus, I would recommend to patients to take the liquid antacids for better performance. Patients should know that; they can buy many antacids without requiring prescriptions. On the other hand, side effects include constipation, diarrhea, and loss of calcium when taken in large quantity. I would, therefore, advise patients to talk to their pharmacist before taking antacids daily.

#### Reference

Servey, J., & Chang, J., (2014). Over-the-counter medications in pregnancy. *American family physician, 90*(8).

#### Week 7

As Lilian is being discharged, some key information that she has to know about her medications given by the health care provider includes proper dose usage. The patient has to be informed on how to take her medicine, and she should follow instructions carefully. Lilian should know that some drugs have been prescribed for conditions such as anxiety and, therefore, she should take medicine only in such conditions. For example, Alprazolam is a medication used to treat anxiety. The drug belongs to a class of benzodiazepines which impacts the brain and nerves to induce a calming effect. Lilian has to know key things while using these medications.

First, the patient should carefully read instructions as provided before taking the drug. The medications like Alprazolam should be taken orally as directed by the health care provider. Normally, the dosage described is based on medical conditions, response to treatment, and age. Lilian must be informed that the excessive consumption of drugs could result in further complications in her health. For instance, Furosemide is a diuretic medicine which, when taken too much, can cause diuresis. Careful medical supervision is required, and during the discharge process, a member of the patient's family has to be informed to monitor the use of drugs while at home (Pradhan et al., 2015). Key information to give to this patient is that, should she miss a dose, it needs to be taken as soon as possible without overdose. Education on how to change positions is necessary so that she does not fall due to body weakness as a result of medications. Additionally, the doctor should warn the patient that consuming alcohol, or exercising in hot weather can enhance orthostatic hypertension.

#### Reference

Pradhan, S., Panda, A., Mohanty, M., Behera, J. P., Ramani, Y. R., & Pradhan, P. K. (2015). A study of the prevalence of potentially inappropriate medication in the elderly in a tertiary care teaching hospital in the state of Odisha. *International Journal of Medicine and Public Health*, 5(4).

#### Week 8

Classes of drugs used to reduce intraocular pressure include prostaglandins, beta blockers, alpha-adrenergic agonists, carbonic anhydrase inhibitors, Rho kinase inhibitor (Prashant et al., 2015). The prostaglandins class tends to increase the outflow of fluid in eyes, hence, lowering eye pressure. Example of medicine in prostaglandins category includes



travoprost, and tafluprost. Beta-blockers class, on the other hand, reduces the production of fluid in the eye, hence, decreasing the pressure (Prashant et al., 2015). An example includes timolol. When it comes to Glaucoma drugs, nurse interventions to be considered include preventing further compromise in vision. Nurses must report any changes in findings obtained from assessments to health professionals since timing is a significant factor in preventing permanent blindness. Another intervention is the prevention of injury by initiating fall precautions, and the removal of tripping hazards. When compromised vision occurs, the patient might experience difficulties in seeing tripping hazards or objects on the way. Thus, the nurse should remove things like rugs, cords, or clutter to make a place safe for patients. A third intervention is an appropriate assessment of vision by nurses. In this case, nurses must know the degree at which visual compromise occurred so that changes can get noted easily. Alongside these interventions, nurses have to educate themselves about proper eye drop administrations.

## Reference

Prashant, Y., Sourabh, P., Aditya, G., Anand, K., & Sudhir, C. (2015). Effect of inhaled anticholinergic drugs on intraocular pressure in chronic obstructive pulmonary disease patients. *Indian J Basic Appl Med Res*, 4(2), 458-64.

