MEDICATION EDUCATION
Center for Change PHP/IOP

patients

Center for Change PHP/IOP patients
STAFF EDUCATION
DEPARMENT
Objectives

- Describe common diseases/conditions requiring assistance with medication at the Center for Change PHP/IOP patients.
- List possible signs/symptom of the disease/condition.
- Identify common medications used to treat the disease/condition.
- Identify common side effects of the medication.
Purposes of program

- This training program was developed to give Care Techs more information about the process of assisting patients with self-administering medications and the expected results.
- This training covers general issues and medications.
- The goal in assisting with self-administering medicines to patients at Center for Change PHP/IOP programs is to promote their optimal wellness.
Necessary Knowledge

- Medications and how they are used.
- Oral medications are packaged as pills/tablets/capsules. (Bubble packs/bottles)
- Changing the form of an oral medication can only be done with authorization from the health provider.
- Cutting, crushing, or sprinkling of the medication are examples of changing the form of an oral medication.
• Not taking prescribed medicine at the right time; taking the wrong dose of medicine, or having a reaction to medication can all have serious ramifications for the patient.

• The Center for Change PHP/IOP program is centered on the patient regaining functional stability. The patient's health is the broad goal while aiding them in learning to be responsible for taking their own medication.
- Scored tablets can be cut in half to obtain a smaller dose. For example, the prescription may indicate the patient needs 5 milligrams but the tablet comes in 10 milligrams.

- Do not try to cut a scored tablet with a knife—a pill cutter is used for that purpose and cleaned after each use.

- Coated tablets are swallowed whole and should not be chewed or cut.
Expected Outcomes for patient

- The patient will receive medication as prescribed by a licensed prescriber.
- The patient will demonstrate knowledge of the principle of self-care and responsibility through appropriate self-medication procedures.
- The patient will be aware of possible side effects and report to the nurse or Care Tech.
5 Rules or “Rights” To Be Followed When Assisting with Your patient’s Medications

- THE RIGHT PERSON
- THE RIGHT MEDICATION
- THE RIGHT ROUTE
- THE RIGHT TIME
- THE RIGHT DOCUMENTATION
Possible Chronic Health Conditions

- Allergies.
- Asthma/Reactive Airway Disease.
- Attention Deficit/Hyperactivity Disorder (ADHD).
- Behavioral/Emotional/Psychosocial Disorders
- Diabetes.
- Infectious Diseases.
- Seizures.
Common allergy symptoms include sneezing, sniffling, nasal stuffiness, itchy and runny nose (usually clear discharge/drainage),

- Swollen, tearing, itchy eyes
- Coughing
- Headache without fever, skin rash, and hives.
- Anaphylaxis, a severe allergic reaction, is life threatening.
- The patient is unable to breathe due to swelling in the respiratory tract.
Medications commonly used for allergies

- Antihistamines such as
  - cetirizine hydrochloride (Zyrtec)
  - Cyproheptadine hydrochloride (Periactin), diphenhydramine
  - Hydrochloride (Benadryl), fexofenadine hydrochloride (Allegra)
  - Loratadine (Claritin), promethazine hydrochloride (Phenergan)
Attention deficit/hyperactivity disorder (ADHD) is a developmental disorder affecting the behavior, attention span and learning styles of individuals.

Symptoms include distractibility, trouble concentrating, and impulsive acting-out behavior.

Many patients diagnosed with ADHD have difficulty staying seated and may fidget.

Others may sit quietly, daydreaming and appear “spaced out”.

ATTENTION DEFICIT/HYPERACTIVITY DISORDER
Commonly Used ADHD Medications

- (Focalin)
- (Adderall)
- (Vyvanse)
- (Concerta)
- Bupropion hydrochloride (Wellbutrin).

Common side effects of the medications used to treat ADHD include loss of appetite; insomnia; headache; nausea; abdominal discomfort, and nervousness.
Behavioral/Emotional Psychosocial Disorders

- Some patients are identified with emotional, behavioral and psychosocial problems. These disorders may include symptoms of:

- Depression
  - Feelings of helplessness, hopelessness
  - Loneliness, isolation or withdrawal
  - Feelings of sadness
  - Self-deprecatory statements
  - Suicidal ideas, expressions or attempts.
Anxiety disorders:
- Unreasonable and unpleasant state of tension and uneasiness
- Being unable to relax and enjoy life

Psychotic disorders:
- Paranoia
- Hearing voices
- Hallucinations
- Delusions
- Withdrawal
Anti-depressants

May also be used for anxiety and/or OCD (obsessive compulsive disorder)

- Bupropion hydrochloride (Wellbutrin).
- Fluoxetine hydrochloride (Prozac).
- Paroxetine hydrochloride (Paxil).
- Sertraline hydrochloride (Zoloft).
- Verlafixine (Effexor)
- Citalopram (Celexa)
Common Anti-depressant Side Effects

- Dizziness
- Sleepiness
- Abdominal discomfort
- Constipation
- Blurred vision
- Dry mouth

Antidepressants may take two weeks or more to take effect. Side-effects may diminish or disappear.
- Haloperidol (Haldol).
- Lithium carbonate (Eskalith, Lithonate, Lithobid).
- Abilify (Aripiprazole)
- Common side effects of these medications used in managing behavioral/emotional/psychosocial disorders include nausea; vomiting; diarrhea; tremors;
- Malaise (out of sorts feeling); “spaced out”; dizziness; drowsiness; dry mouth;
- Headache; sedation; and seizures.
Antipsychotics (mood stabilizers)

- Abilify
- Zyprexa
- Geodon
- Seroquel (also used as anti-depressant)
- Haldol
- Risperdal

Patient taking antipsychotics may not necessarily be psychotic
Anti-convulsant/anti-seizure medications sometimes used for bipolar or mood instability

- Depakote (valproic acid)
- Lamictal (lamotrigine)
- Trileptal (oxcarbazepine)
Anti-psychotic side effects

- Sleepiness
- Dry mouth
- Rapid heart beat
- Stuffy nose
- Constipation
- Blurred vision
- Muscle spasms, stiffness and shaking
Lithium

- Treat mania and depression
- Stabilizes individual’s mood
- May take 4-14 days to take effect
- Requires periodic blood tests to assure lithium levels are safe. Adjusted if needed by physician.
- Avoid abrupt withdrawal of medication
Lithium Side Effects

- Nausea, cramps, thirstiness and muscle weakness during the first 5 days
- Muscle weakness, fatigue, weight gain, and slightly impaired memory may start to occur 5 to 6 weeks after treatment begun.
Asthma is a respiratory condition in which the air passages of the lungs, bronchioles, tighten up, making breathing difficult.

During an asthmatic episode, the membranes lining the airways become inflamed and swell.

The bronchial muscles surrounding the airways go into spasm.

It is difficult for air to pass through the narrow breathing tubes to make its way into and out of the lungs.

A high pitched wheezing sound may be heard while the individual is breathing.
Common triggers for asthma

- Exposure to air pollutants such as cigarette smoke or paint fumes, and allergens such as pollens, mold spores and animal dander
- In some individuals, exercise can cause an asthmatic episode.
- Inhaling cold air, certain medications, infections of the respiratory tract; allergic reactions to certain foods, stress and emotional upset and injury to the airways may trigger asthma.
Asthma Symptoms

- Coughing.
- Wheezing
- Rapid breathing/pulse.
- Retraction of the ribs and collar bones seen during breathing.
- Difficulty breathing or tight chest.
- Flushed, moist skin.
- “Hunched forward” sitting position.
Medications Commonly Used For Asthma/Reactive Airway Disease are:

Bronchodilators such as Albuterol, Proventil and Ventolin – given by mouth by inhalation.

- These medications open the airways and may be used for treatment of acute or chronic asthma symptoms.
- Used to treat an asthma attack
- May be used prior to exercise to keep a patient from experiencing an asthma attack or asthma symptoms
Advair is Used to Prevent Asthma Symptoms

- Advair contains two substances
- Fluticasone is a steroid which prevents the release of substances leading to inflammation.
- Salmeterol relaxes muscles in the airway making breathing easier and more effective
- DO NOT use to treat an asthma attack that has already begun since it does not act fast enough
Use of Hand-Held Inhalers (Metered Dose Inhalers)

- Shake the cartridge to mix the medication.
- Remove the cap and hold the inhaler upright.
- Remind the patient to keep the tongue flat in the mouth. Otherwise, the medication will spray directly on the tongue.
- When using more than one inhaler, always use the bronchodilator first.
- Wait five (5) minutes before using the second inhaled medication.
- Rinse the mouth after using the inhaled steroid medication to prevent thrush (infection of the mouth or throat).
Infectious Diseases

- Infectious diseases are illnesses caused by viruses, bacteria, fungi or parasites.
- Infectious diseases are considered contagious or communicable.
- The spread of infectious disease may occur by one or more of the following:
  - Airborne droplets entering the body via the airway
  - Direct contact (skin to skin).
  - Ingestion (eating/drinking).
The various types of infectious diseases commonly seen in adolescents and children are colds; flu; strep throat; impetigo; conjunctivitis (pinkeye); pediculosis (head lice); ringworm; gastroenteritis (nausea, vomiting, diarrhea, and stomach/abdominal cramps).

Diseases for which patients should have received vaccinations include:

- Diphtheria
- Polio
- Rubella
- Tetanus
- Pertussis (Whooping Cough)
- Varicella (Chickenpox)
- Hepatitis A & B
- Mumps
- Measles
Antibiotics that are commonly used for non-viral infectious diseases

- **Penicillins:** Augmentin, Amoxicillin, Amoxil, Ampicillin, Unipen, Pen Vee K.
- **Cephalosporins:** Ceclor, Duricef, Suprax, Keftab, Lorabid.
- **Tetracyclines:** Vibramycin, Minocin.
- **Sulfonamides:** Bactrim, Gantrisin, Septra, Pediazole, Zithromax, Biaxin.
Regardless of the antibiotic, there are common side effects for all antibiotics. Side effects include diarrhea, stomach upset or stomach ache, rash, itching and hives.

Life threatening reactions to an antibiotic may occur. The individual may develop a rash and have swelling of the face and or throat. Breathing difficulty may follow.

This is a medical emergency.
Antifungals

- Antifungal medications are used for infections produced by fungi.
- Fluconazole: Diflucan.
- Griseofulvin: Fulcin.
- Miconazole: Monistat.
- Nystatin: Nilstst, Mycostatin.
- Terbinafine hydrochloride: Lamisil.
Medications (often referred to as anti-convulsants) commonly used to control seizure activity include phenobarbital; phenytoin (Dilantin)

Carbamazepine (Tegretol); diazepam (Valium); ethosuximide (Zarontin)

Gabapentin (Neurontin); valproate sodium (Depakene); clonazepam (Klonopin); lamotrigine (Lamictal); primidone (Mysoline); and divalproex sodium (Depakote.)

Common side effects from anticonvulsants include headache; sleepiness; dizziness; trembling; nausea and vomiting; and blurred vision.
Assisting with eye (Ophthalmmic) drops

- Check the order form and pharmacy label. Read the instructions carefully.
- Be certain you know which eye is to be treated. Initials may be used to specify the eye that requires treatment. O.D. = right eye;
- O.S. = left eye; O.U. = both eyes
- Wash hands and apply gloves to both hands
- Explain the procedure and instruct the patient that the vision may be blurred temporarily after applying this medication
- Ask the patient to tilt the head back and to look up at the ceiling.
- Gently pull the lower lid of the affected eye down and out, to form a pocket.

- Holding the dropper near the lid, gently drop the prescribed number of drops into the pocket.

- To prevent the dropper from being thrust into the individual’s eye, it is good practice to support your hand by placing a finger on the individual’s forehead.

- Press the inner corner (where the eyelids meet) to prevent medication from entering the respiratory system.
Assisting with Eardrops

- Read instructions carefully.
- Be certain you know which ear(s) is to be treated (right, left, or both).
- Assemble the necessary equipment. Wash your hands.
- Explain the procedures to the patient.
- Warm the medication to body temperature by holding it in your hands for several minutes.
- Ask the patient to lie on one side with the ear to be treated facing upward or, if sitting, to tilt the head away from the affected ear.

- Clean the outer ear carefully and thoroughly with cotton.
- Draw the medication into the dropper. To properly regulate dosage, draw only the amount to be administered.

- Gently, pull the cartilage part of the outer ear BACK AND UP. Place the prescribed number of drops into the ear canal without touching the dropper to the ear.

- Advise the patient to remain in the same position for a few minutes following to avoid leakage to drops from the ear, and then cleanse the external ear with dry cotton balls.
REFERENCES

REFERENCES

- [http://www.drugs.com/advair.html#ixzz0s7hsRlk6](http://www.drugs.com/advair.html#ixzz0s7hsRlk6)