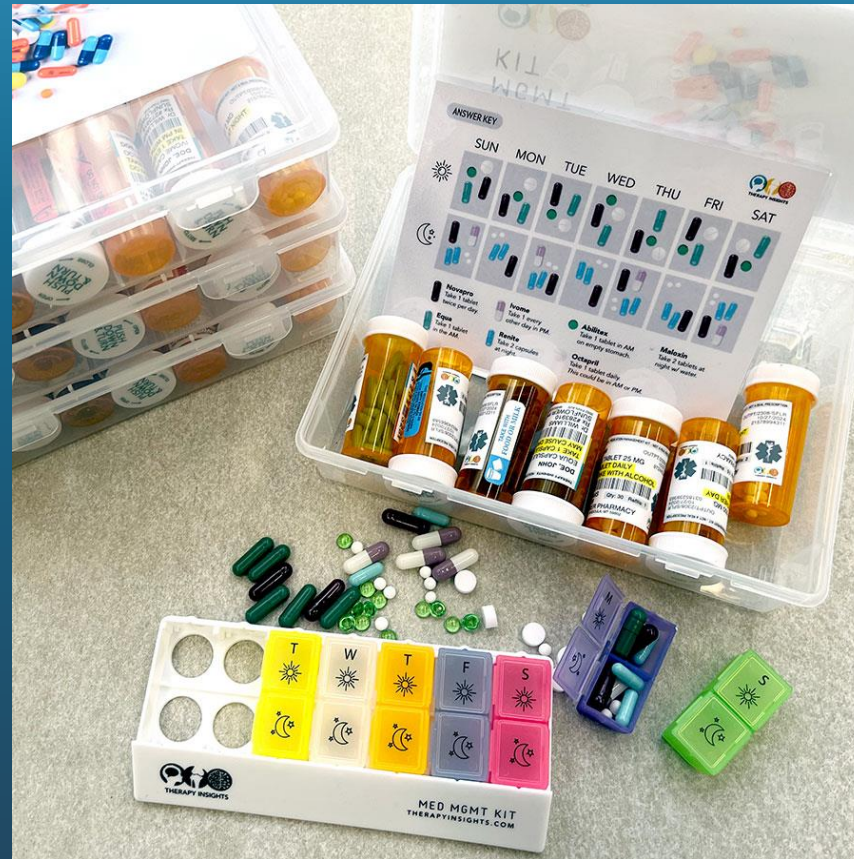
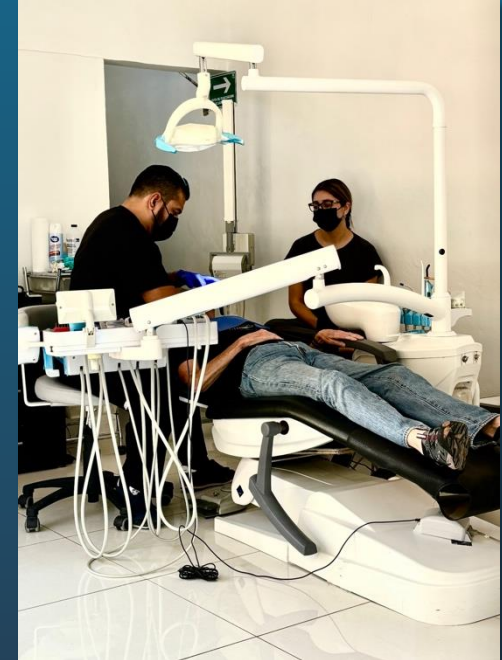


Medication Management



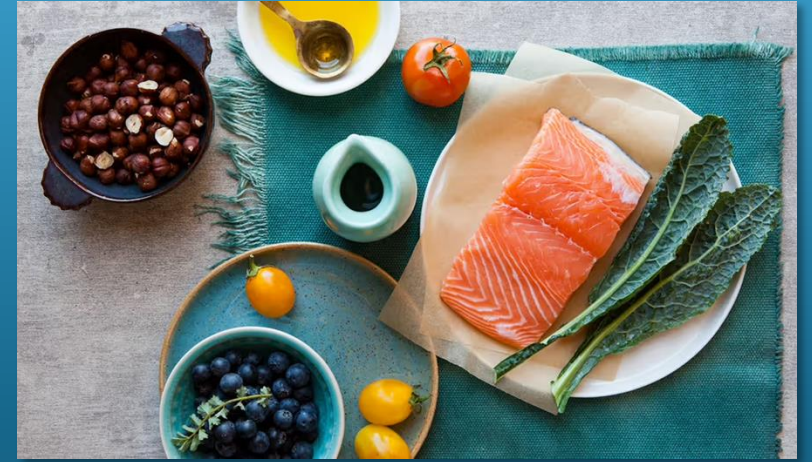
Tips for Engaging Aging

- Preserve mobility
- Care for eyes, ears, teeth
- Maintain mental health
- Maintain social engagement



Tips for Engaging Aging

- Healthy diet
- Regular sleep schedule
- Control blood pressure and blood sugar
- Avoid smoking
- Limit alcohol



Explaining to Medical Provider

- Physical symptoms, exam and labs yield diagnosis
- Medication prescribed
- Self medicate option with over-the-counter meds, vitamins and herbs
- Alternative treatment

Clinical Laboratory Report

Patient Name **DOE, JOHN** Date Drawn **12/20/10** Date Received **12/20/10** Date of Report **12/22/10**

Sex **M** Age **31** Client Name / Address **MEDICAL CENTER
YOUR DOCTOR, M.D.
123 MAIN STREET
ANYTOWN US 10023** I.D. Number **78987654** Account Number **12343**

Ordering Physician **SMITH
123094567** Specimen Number **918273** Time Drawn **11:00**

Patient I.D./Soc. Sec Number

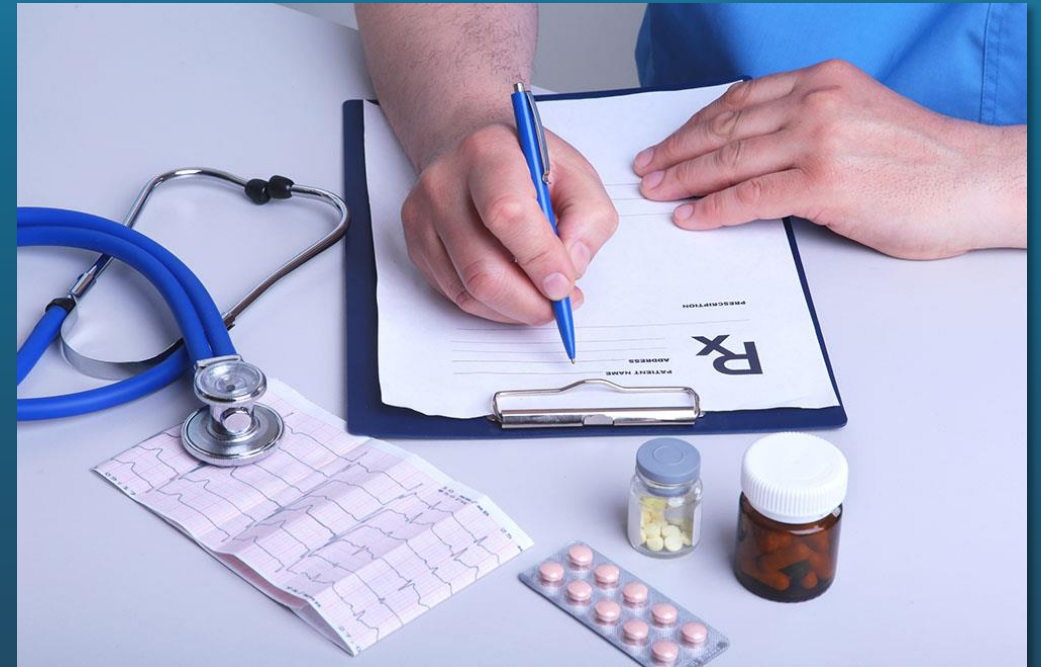
TEST NAME	RESULT	UNITS	REFERENCE RANGE
CHEM-SCREEN PANEL			
GLUCOSE			
SODIUM	87	mg/dL	
POTASSIUM	140	mmol/L	65 - 125
CHLORIDE	4.6	mmol/L	136 - 144
CARBON DIOXIDE (BICARBONATE)	106	mmol/L	3.6 - 5.1
BUN (BLOOD UREA NITROGEN)	28	mmol/L	99 - 109
CREATININE	9	mg/dL	21 - 31
BUN/CREATININE RATIO	0.9	mg/dL	8 - 24
URIC ACID	10.0		0.7 - 1.3
PHOSPHATE	6.0	mg/dL	
CALCIUM	3.5	mg/dL	3.0 - 8.1
MAGNESIUM	9.6	mg/dL	2.3 - 4.5
CHOLESTEROL	2.09	g/dL	8.8 - 10.3
HDL CHOLESTEROL	258	mg/dL	1.50 - 2.50
CHOL/HDL RATIO	41	mg/dL	120 - 199
LDL CHOL., CALCULATED	6.3		35 - 59
TRIGLYCERIDES	179	mg/dL	3.6 - 6.4
PROTEIN, TOTAL	231	mg/dL	75 - 129
ALBUMIN	8.3	g/dL	40 - 200
GLOBULIN, CALCULATED	4.5	g/dL	6.5 - 8.3
A/G RATIO	3.8	g/dL	4.0 - 5.0
BILIRUBIN, TOTAL	1.2		2.1 - 3.6
BILIRUBIN, DIRECT	0.51	mg/dL	1.1 - 2.0
ALKALINE PHOSPHATASE	0.10	mg/dL	0.20 - 1.50
GGT	85	IU/L	0.00 - 0.20
AST (SGOT)	24	IU/L	30 - 110
ALT (SGPT)	46	IU/L	5 - 80
AMYLASE, SERUM	45	IU/L	5 - 43
LD	33	IU/L	5 - 60
IRON	235	IU/L	0 - 100
	106	mg/dL	100 - 215
			50 - 170

Right Medication

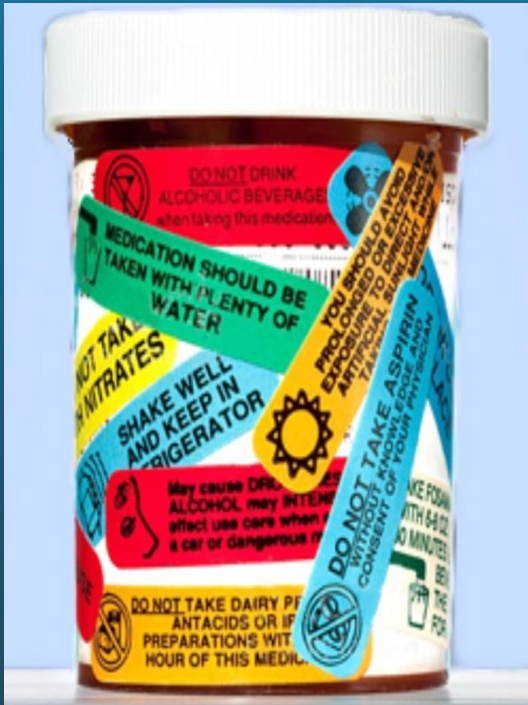
Best practices used for prescribing medications

May not be best for you:

- May not always be effective
- Adverse side effects possible
- Paradoxical effects possible
- Compliance may be problem



Right Dose



Doctor's name

Dr. J. Smith 8/11/2022

Date filled

Patient's name and address

Jane Doe
Main Street, USA

Prescription number

Rx#: 636226

How to take the medication

Take 1 capsule by mouth every day

Medication name and dose

Name of medicine 10 mg tablet

Number of refills and quantity per container

Refills: 3 Quantity: 30

Date medication should no longer be taken

Discard after 7/11/2023

 Pharmacy
Address, USA

Pharmacy name, address, and phone number

Right Route

- Not all meds are oral
- Some on empty stomach
- Some best taken with food or milk
- Some foods may be contraindicated with some meds
- Some meds and vitamins taken at different intervals



Right Time

- Several medications with different times
 - 2x a day (bid)
 - 3x a day (tid)
 - 4x a day (qid)
 - As needed not to exceed.....
- Medicine written for 3x daily has leeway
- Exact timings should be written with exact instructions
- Question if times don't work

WELL RITE PHARMACY Refill Phone: (800) 555-0199 NUMBER/020 10201 14th St. NW Washington, DC 20005 (800) 555-0199

Caution: Federal law prohibits transfer of this drug to any person other than the patient for whom prescribed.

Rx# 568115501 SCHEIBEL, IAN MD
BOOTH, HANK
TAKE 1 TABLET ORALLY
2 TIMES A DAY FOR 3 DAYS
CIPROFLOXACIN HCL TAB 400MG

Qty: 12 Mfr: HPR Discard: _____
WHITE, OVAL, TABLET, logo, '500' Please call 48 hrs
Refill After: 09/25 Refills: 0 in advance for refills.

093732725398



Right Response

- May have initial side effects- coughing, drowsiness
- May need to be titrated slowly
- May take six weeks to have desired effects
- May need different medication



Acute vs Chronic

Conditions

- Antibiotics - take entire prescription
- Pain Management- take regularly

Notify PCP

- Adverse side effects from medications
- Careful about abruptly stopping medication

Patient Name: John Smith
Address: 400 E 3rd Street
Duluth, MN 55804

Rx Amoxicillin 250 mg tablets # 42
TT tablets p.o. T.i.d. X 7 days

Do Not Refill (Sign) _____ M.D.
Refill _____ Times
Date 10/3/00 D.E.A. Number _____
Print Last Name Johns



Changing, Tapering, Stopping Medications

- Collaborate with PCP
- Tapering determined by type, dosing and duration
- Meds effecting brain need slow increase and tapering
- Abrupt discontinuation may be fatal
- Some meds do not need tapering

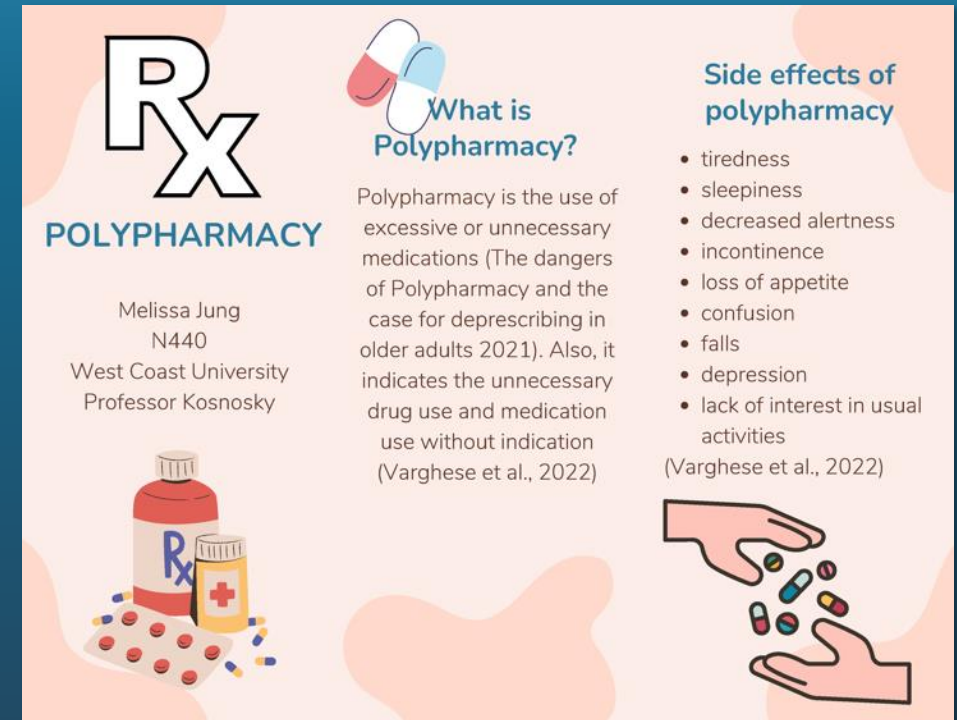
Risk with Polypharmacy (5 meds)

Problem

- Multiple providers and diseases
- Redundancy of meds
- Drug interactions
- Multiple pharmacies
- Changing facilities

Solution

- Regular reconciliation



Rx
POLYPHARMACY

Melissa Jung
N440
West Coast University
Professor Kosnosky

What is Polypharmacy?

Polypharmacy is the use of excessive or unnecessary medications (The dangers of Polypharmacy and the case for deprescribing in older adults 2021). Also, it indicates the unnecessary drug use and medication use without indication (Varghese et al., 2022)

Side effects of polypharmacy

- tiredness
- sleepiness
- decreased alertness
- incontinence
- loss of appetite
- confusion
- falls
- depression
- lack of interest in usual activities

(Varghese et al., 2022)

The infographic features a large 'Rx' symbol, a pill icon, and an illustration of hands holding pills. It includes text defining polypharmacy, listing side effects, and citing a source.

Over-the-Counter Self-Medications

Common concerns

- Pain control
- Sleep problems
- Bowel function
- Nutritional health
- Combination medication



Sleep Medications



Benadryl



Benedryl

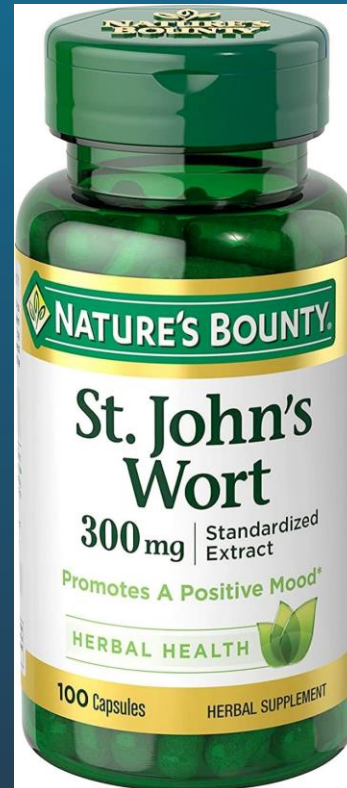


Doxylamine succinate 25 mg

OTC Meds Can Cause Problems

Precautions

- Interactions
- Side effects
- Addiction
- Additive effects



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Detailed and accurate information is provided on over 24,000 prescription and over-the-counter medicines for both consumers and healthcare professionals.

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- [Amlodipine](#) [Entresto](#) [Melatonin](#) [Quviviq](#)
- [Amoxicillin](#) [Entyvio](#) [Meloxicam](#) [Rybelsus](#)
- [Ativan](#) [Farxiga](#) [Metformin](#) [Sublocade](#)
- [Atorvastatin](#) [Fentanyl Patch](#) [Methadone](#) [Sunlenca](#)
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Onapgo (apomorphine hydrochloride) is a continuous subcutaneous infusion...

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Drug Interaction Checker

Check interactions with multiple drugs, vaccines, supplements, alcohol, food and diseases.

Enter a drug name

Add

Unsaved interactions list

[Start over](#)

L Thyroxine Roche (levothyroxine) [✕](#)

levothyroxine / liothyronine [✕](#)

lisinopril [✕](#)

Lyrica (pregabalin) [✕](#)

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Drug Interaction Classification

These classifications are only a guideline. The relevance of a particular drug interaction to a specific individual is difficult to determine. Always consult your healthcare provider before starting or stopping any medication.

-
- Major** Highly clinically significant. Avoid combinations; the risk of the interaction outweighs the benefit.

 - Moderate** Moderately clinically significant. Usually avoid combinations; use it only under special circumstances.

 - Minor** Minimally clinically significant. Minimize risk; assess risk and consider an alternative drug, take steps to circumvent the interaction risk and/or institute a monitoring plan.

 - Unknown** No interaction information available.

Moderate

liothyronine ⇄ food

Applies to: liothyronine

ADJUST DOSING INTERVAL: Concurrent administration of calcium-containing products may decrease the oral bioavailability of levothyroxine by one-third in some patients. Pharmacologic effects of levothyroxine may be reduced. The exact mechanism of interaction is unknown but may involve nonspecific adsorption of levothyroxine to calcium at acidic pH levels, resulting in an insoluble complex that is poorly absorbed from the gastrointestinal tract. In one study, 20 patients with hypothyroidism who were taking a stable long-term regimen of levothyroxine demonstrated modest but significant decreases in mean free and total thyroxine (T4) levels as well as a corresponding increase in mean thyrotropin (thyroid-stimulating hormone, or TSH) level following the addition of calcium carbonate (1200 mg/day of elemental calcium) for 3 months. Four patients had serum TSH levels that were higher than the normal range. Both T4 and TSH levels returned to near-baseline 2 months after discontinuation of calcium, which further supported the likelihood of an interaction. In addition, there have been case reports suggesting decreased efficacy of levothyroxine during calcium coadministration. It is not known whether this interaction occurs with other thyroid hormone preparations.

MANAGEMENT: Some experts recommend separating the times of administration of levothyroxine and calcium-containing preparations by at least 4 hours. Monitoring of serum TSH levels is recommended. Patients with gastrointestinal or malabsorption disorders may be at a greater risk of developing clinical or subclinical hypothyroidism due to this interaction.

Moderate

lisinopril ⇄ food

Applies to: lisinopril

It is recommended that if you are taking lisinopril you should be advised to avoid moderately high or high potassium dietary intake. This can cause high levels of potassium in your blood. Do not use salt substitutes or potassium supplements while taking lisinopril, unless your doctor has told you to.

[Switch to professional interaction data](#)

Moderate

pregabalin ⇄ food

Applies to: Lyrica (pregabalin)

Alcohol can increase the nervous system side effects of pregabalin such as dizziness, drowsiness, and difficulty concentrating. Some people may also experience impairment in thinking and judgment. You should avoid or limit the use of alcohol while being treated with pregabalin. Do not use more than the recommended dose of pregabalin, and avoid activities requiring mental alertness such as driving or operating hazardous machinery until you know how the medication affects you. Talk to your doctor or pharmacist if you have any questions or concerns.

Add dosage

Lisinopril

Condition (optional)

High Blood Pressure (Hypertension) ▾

Dosage (optional)

oral tablet ▾

Strength... ▾

1 ▾

Schedule (optional)

Daily ▾

Once a day ▾

Time

8:00 AM

Starting from

13 February, 2025

Ends

Never

On

After occurrences

Notifications

In app notifications will be coming soon.

Save

Cancel

Edit

Lisinopril

2 notable interactions (2 moderate)

Status

Currently Taking

Other details

In morning

[Add condition/dosage](#)

Related Interactions

Note: This is not necessarily a complete list of warnings. Always consult your healthcare provider before starting or stopping any medication.

Food Interactions

● Moderate Interaction
lisinopril ↔ Food ▾

● Moderate Interaction
lisinopril ↔ Food ▾

Latest FDA Alert

7 June, 2006 Angiotensin-converting enzyme inhibitor (ACE inhibitors) drug class ...[read article](#)

Medication Email Alerts

Email alerts are **OFF**.

[Add alert](#)

Notifications

Email notifications are **OFF**.

App notifications are **OFF**.

[Edit notifications](#)

Drug Class

• [Angiotensin Converting Enzyme Inhibitors](#) ↗

Notifications

Notification emails are sent to: stefsandiego@icloud.com – [change email](#) ↗

[Manage all subscriptions](#) ↗

Drug Notifications

Send me periodic emails and/or app notifications with news or FDA alerts concerning the following drugs:

Lisinopril

Email

App

Condition Notifications

Send me periodic emails and/or app notifications with information about new treatments for the following conditions:

High Blood Pressure (Hypertension)

Email

App

Save

< Profiles (1)
Add drug
Edit

Steffsea

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● **Levothyroxine** >

● **Lisinopril**
Treatment for High Blood Pressure (Hypertension)
1 x oral tablet, 8AM (daily) >

Levothyroxine

3 notable interactions (1 major, 2 moderate)

Status
Currently Taking

Rx #
1111125

[Add condition/dosage](#)

Related Interactions

Note: This is not necessarily a complete list of warnings. Always consult your healthcare provider before starting or stopping any medication.

Medical Condition Interactions

● **Major Potential Hazard**
levothyroxine ⇄ Hypertension ⤴

Levothyroxine interacts with High Blood Pressure (Hypertension).

Thyroid hormones cause increases in myocardial contractility and heart rate as a result of increased metabolic demands and oxygen consumption. Therapy with thyroid hormones should be administered cautiously and initiated at reduced dosages in patients with cardiovascular disorders such as angina, coronary artery disease, and hypertension. Clinical monitoring of cardiovascular function is recommended. If chest pain or exacerbation of cardiovascular disease occurs, the dosage of thyroid hormone should be reduced, even at the expense of achieving euthyroid state. Thyroid hormones should not be administered to patients with an acute myocardial infarction that is not complicated by hypothyroidism.

Food Interactions

● **Moderate Interaction**
levothyroxine ⇄ Food ▾

● **Moderate Interaction** ▾

Moderate

diphenhydrAMINE ⇄ lisinopril
Applies to: Benadryl (diphenhydramine), lisinopril

Lisinopril and **diphenhydrAMINE** may have additive effects in lowering your blood pressure. You may experience **headache**, dizziness, lightheadedness, **fainting**, and/or changes in pulse or heart rate. These side effects are most likely to be seen at the beginning of treatment, following a dose increase, or when treatment is restarted after an interruption. Let your doctor know if you develop these symptoms and they do not go away after a few days or they become troublesome. Avoid driving or operating hazardous machinery until you know how the medications affect you, and use caution when getting up from a sitting or lying position. It is important to tell your doctor about all other medications you use, including **vitamins** and herbs. Do not stop using any medications without first talking to your doctor.

Add Supplements



Interactions between your drugs

Moderate

levothyroxine ⇌ multivitamin with minerals

Applies to: Levothroid (levothyroxine), MultiVitamin Plus Zinc (multivitamin with minerals)

Using [multivitamin with minerals](#) together with [levothyroxine](#) may decrease the effects of levothyroxine. You should separate the administration of levothyroxine and [multivitamin with minerals](#) by at least 4 hours. If your doctor does prescribe these medications together, you may need a dose adjustment or special test to safely use both medications. It is important to tell your doctor about all other medications you use, including [vitamins](#) and herbs. Do not stop using any medications without first talking to your doctor.

[Switch to professional interaction data](#)

Moderate

liotrix ⇌ multivitamin with minerals

Applies to: levothyroxine / liothyronine, MultiVitamin Plus Zinc (multivitamin with minerals)

Using [multivitamin with minerals](#) together with [liotrix](#) may decrease the effects of liotrix. You should separate the administration of liotrix and [multivitamin with minerals](#) by at least 4 hours. If your doctor does prescribe these medications together, you may need a dose adjustment or special test to safely use both medications. It is important to tell your doctor about all other medications you use, including [vitamins](#) and herbs. Do not stop using any medications without first talking to your doctor.

[Switch to professional interaction data](#)

No other interactions were found between your selected drugs. However, this does not necessarily mean no other interactions exist. Always consult your healthcare provider.

Moderate

pregabalin ⇄ food

Applies to: Lyrica (pregabalin)

Alcohol can increase the nervous system side effects of pregabalin such as dizziness, drowsiness, and difficulty concentrating. Some people may also experience impairment in thinking and judgment. You should avoid or limit the use of alcohol while being treated with pregabalin. Do not use more than the recommended dose of pregabalin, and avoid activities requiring mental alertness such as driving or operating hazardous machinery until you know how the medication affects you. Talk to your doctor or pharmacist if you have any questions or concerns.

Drug and food interactions

Moderate

levothyroxine ⇄ food

Applies to: Levothroid (levothyroxine)

The timing of meals relative to your oral levothyroxine dose can affect the absorption of the medication. Therefore, levothyroxine should be taken on a consistent schedule with regard to time of day and relation to meals to avoid large fluctuations in blood levels, which may alter its effects. In addition, absorption of levothyroxine may be decreased and/or delayed by foods such as soybean flour, cotton seed meal, walnuts, dietary fiber, calcium, calcium fortified juices and grapefruit or grapefruit juice. These foods should be avoided within several hours of dosing if possible. It is important to tell your doctor about all other medications you use, including vitamins and herbs. Do not stop using any medications without first talking to your doctor.

[Switch to professional interaction data](#)

Moderate

lisinopril ⇄ food

Applies to: lisinopril

It is recommended that if you are taking lisinopril you should be advised to avoid moderately high or high potassium dietary intake. This can cause high levels of potassium in your blood. Do not use salt substitutes or potassium supplements while taking lisinopril, unless your doctor has told you to.

[Switch to professional interaction data](#)

Moderate

pregabalin ⇄ food

Applies to: Lyrica (pregabalin)

Alcohol can increase the nervous system side effects of pregabalin such as dizziness, drowsiness, and difficulty concentrating. Some people may also experience impairment in thinking and judgment. You should avoid or limit the use of alcohol while being treated with pregabalin. Do not use more than the recommended dose of pregabalin, and avoid activities requiring mental alertness such as driving or operating hazardous machinery until you know how the medication affects you. Talk to your doctor or pharmacist if you have any questions or concerns.

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