



IMPROVING MEDICATION EDUCATION 2017 Annual NICHE Convention

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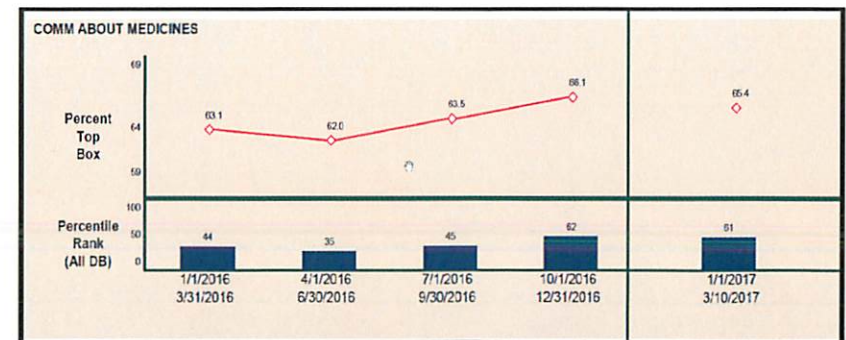
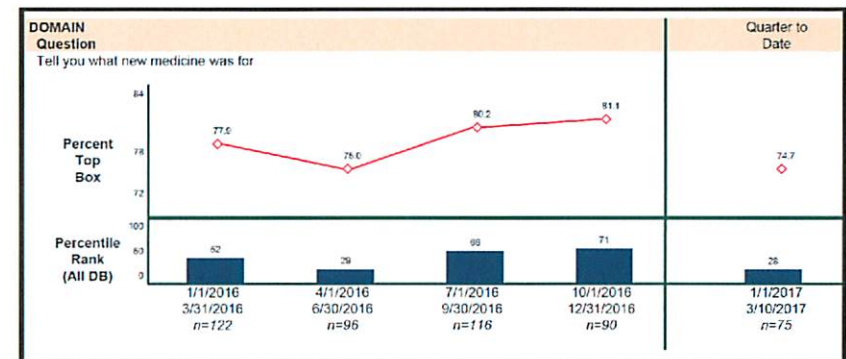
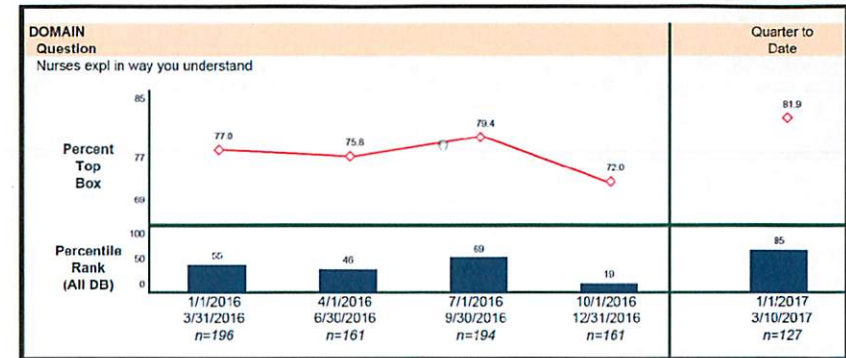
Overview:

Introduce colored medication education sheets to help educate patients about the side effects of their medications. Our overall goal was to improve patient outcomes as measured by the HCAHPS scores for the following questions:

1. Before giving you any new medicine, how often did hospital staff tell you what the medicine was for?
2. Before giving you any new medicine, how often did hospital staff describe possible side effects in a way you could understand?
3. During this hospital stay, how often did nurses/doctors explain things in a way you could understand?

Benefits:

- Improve education about medication side effects
- Color is proven to enhance memory, which will help patients store information more effectively
- Simple, easy to read information sheets that focus on key information



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Beebe Antibiotics

This guide provides general information about types of new medications ordered for you, their purpose, and side effects. Let your healthcare provider know if you feel you are experiencing a possible side effect.

If you would like more information about any of your medications, please let your healthcare provider know or call the Medication Hot Line between 1-4pm by dialing 8633 from your room phone.

<p>Antibiotics</p> <p>Prevents or treats infection</p> <p>Possible Side Effects: Nausea, vomiting, diarrhea, stomach upset, itching, rash, difficulty breathing, sudden swelling of skin, ringing in ears, dizziness, impaired kidney function, flushing/facial redness</p>	<ul style="list-style-type: none"> • amoxicillin/clavulanate (Augmentin) • ampicillin • azithromycin (Zithromax, Z-Pack) • cefazolin (Ancef) • cefepime (Maxipime) • cefcloran • ceftriaxone (Rocephin) • ciprofloxacin (Cipro) • clindamycin (Cleocin) • daptomycin (Invanz) • gentamicin (Garamycin) • levofloxacin (Levaquin) • linezolid (Zyvox) • metronidazole (Flagyl) • moxifloxacin (Avelox) • piperacillin/tazobactam (Zosyn) • sulfamethoxazole/trimethoprim (Bactrim) • vancomycin (Vancocin) <p>Other: _____</p>
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Reference: DRUGDEX System (eleventh edition), Toussaint Health Analytics, Greenwood Village, Colorado, USA. Available at: <http://www.mcm.com/drugdex/eleven-edition/30257/>

Beebe GI Medications

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<p>Antiemetic</p> <p>Prevents or treats nausea/vomiting</p> <p>Possible Side Effects: Headache, fatigue, diarrhea, dizziness, dry mouth.</p>	<ul style="list-style-type: none"> • metoclopramide (Reglan) • ondansetron (Zofran) • promethazine (Phenergan) • scopolamine (Transderm) patch <p>Other: _____</p>
<p>Gastric Acid Reduction</p> <p>Prevents or treats heartburn</p> <p>Possible Side Effects: Constipation, gas, nausea, vomiting, headache, diarrhea, stomach ache</p>	<ul style="list-style-type: none"> • famotidine (Pepcid) • lansoprazole (Prevacid) • omeprazole (Prilosec) • pantoprazole (Protonix) • ranitidine (Zantac) <p>Other: _____</p>
<p>Laxative</p> <p>Promotes bowel movements</p> <p>Possible Side Effects: Gas, nausea, vomiting, diarrhea, cramping, belching, skin irritation</p>	<ul style="list-style-type: none"> • bisacodyl (Dulcolax) • docusate (Colace) • magnesium citrate • polyethylene glycol electrolyte solution (Miralax) • senna (Senokot) • sodium phosphate (Fleet Enema) <p>Other: _____</p>

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Beebe Respiratory Medications

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<p>Bronchodilators</p> <p>Widen the bronchial tubes and/or airway</p> <p>Possible Side Effects: Anxiety, chest pain, coughing, hoarseness, nervousness, throat irritation</p> <p>*With inhaled steroid combination, white patches on the tongue or gums</p>	<ul style="list-style-type: none"> • albuterol (Proventil/Ventolin) • albuterol/salmeterol (Combivent/Duoneb) • budesonide/formoterol (Symbicort) • fluticasone/salmeterol (Advair) • ipratropium (Atrovent) • levalbuterol (Xopenex) • formoterol/formoterol (Dulera) • tiotropium (Spiriva) <p>Other: _____</p>
<p>Steroids</p> <p>Help reduce inflammation</p> <p>Possible Side Effects: Changes in mood, dizziness, headache, increase in hair growth, muscle aches, increase in blood sugar, stomach pain</p>	<ul style="list-style-type: none"> • dexamethasone (Decadron) • hydrocortisone (Solu-Cortef) • methylprednisolone (Solu-Medrol, Medrol dose pack) • prednisone <p>Other: _____</p>
<p>Antihistamine</p> <p>Reduce or prevent allergic reaction symptoms of common cold, and used as a sleep aid</p> <p>Possible Side Effects: Drowsiness, dry mouth, difficulty concentrating, balance problems, unusual dreams, confusion, constipation, change in appetite</p>	<ul style="list-style-type: none"> • cetirizine (Zyrtec) • diphenhydramine (Benadryl) • fexofenadine (Allegra) • hydroxyzine (Vistaril/Atarax) • loratadine (Claritin) <p>Other: _____</p>

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Beebe Pain / Anxiety / Sleep Aids

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<p>Mood Stabilizers</p> <p>For anxiety or depression</p> <p>Possible Side Effects: Loss of appetite, difficulty in urination, nausea, nervousness, lack of sleep, tremors</p>	<ul style="list-style-type: none"> • bupropion (Wellbutrin) • duloxetine (Cymbalta) • fluoxetine (Prozac) • sertraline (Zoloft) <p>Other: _____</p>
<p>Antispasmodic/Muscle Relaxant</p> <p>Relaxes muscles</p> <p>Possible Side Effect: Drowsiness, confusion, constipation, dry mouth</p>	<ul style="list-style-type: none"> • cyclobenzaprine (Flexeril) • diazepam (Valium) • oxybutynin (Ditropan) <p>Other: _____</p>
<p>Sedative/Anti-Anxiety</p> <p>Promotes relaxation and rest</p> <p>Possible Side Effects: Dizziness, lightheaded, dry eyes, blurred vision, low blood pressure, loss of balance</p>	<ul style="list-style-type: none"> • alprazolam (Xanax) • lorazepam (Ativan) <p>Other: _____</p>
<p>Anti-Seizure Medications and/or for Nerve Pain*</p> <p>Stops or controls seizures and/or treatment of regional neuralgia/severe pain</p> <p>Possible Side Effects: Blurred vision, constipation, dizziness</p>	<ul style="list-style-type: none"> • gabapentin (Neurontin)* • phenytoin (Dilantin) • pregabalin (Lyrica) • valproic acid (Depakote)* <p>Other: _____</p>
<p>Sleep Aid</p> <p>Promotes sleep</p> <p>Possible Side Effects: Drowsiness, dry mouth, balance problems, unusual dreams, confusion, constipation, change in appetite</p>	<ul style="list-style-type: none"> • eszopiclone (Lunesta) • zolpidem (Ambien) • zolmitriptan (Zelmac) <p>Other: _____</p>
<p>Pain Relievers</p> <p>Prevents or treats pain</p> <p>Possible Side Effects: Nausea, drowsiness, constipation, dry mouth, itching, decreased appetite, difficulty breathing</p>	<ul style="list-style-type: none"> • acetaminophen (Tylenol) • hydrocodone bitartrate (Vicodin) • morphine sulfate (MS Contin, Roxane) • oxycodone hydrochloride (Oxy Contin, Norco) • tramadol hydrochloride (Ultram) <p>Other: _____</p>
<p>Non-Steroidal Anti-Inflammatory (NSAID)</p> <p>Decreases inflammation and pain</p> <p>Possible Side Effects: stomach bleeding/irritation, constipation, changes in appetite</p>	<ul style="list-style-type: none"> • ibuprofen (Advil, Motrin) • ketorolac (Toradol) • naproxen (Aleve) <p>Other: _____</p>

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Beebe Diabetes Medications

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Type of Medication for Blood Sugar Control	Possible Side Effects / Precautions	Products
Insulin	<ul style="list-style-type: none"> • Low Blood Sugar (Hypoglycemia) • Injection site reactions (redness) 	<ul style="list-style-type: none"> • Short acting: Humalog/Novolog, Novolin R • Long acting: Lantus, Novolin NPH, Levemir
Sulfonylureas	<ul style="list-style-type: none"> • Low Blood Sugar (Hypoglycemia) • Hunger • Weight gain • Skin reactions • Upset stomach • Dark-colored urine 	<ul style="list-style-type: none"> • glipizide (Glucotrol) • glimepiride (Amaryl) • glyburide (DiaBeta, Micronase)
Bisphosphonates	<ul style="list-style-type: none"> • Lactic acidosis • Nausea/vomiting • Diarrhea • Flu-like (aching/joint) • Skin reactions • Dark-colored urine 	<ul style="list-style-type: none"> • metFORMIN (Glucophage) • merFORMIN ER (Glucophage XR)
Thiazolidinediones	<ul style="list-style-type: none"> • Headaches • Muscle pain • Upper Respiratory Infection • Edema 	<ul style="list-style-type: none"> • Pioglitazone (Actos)
PPY-4 Inhibitor	<ul style="list-style-type: none"> • Headache • Nasopharyngitis • Upper respiratory infection 	<ul style="list-style-type: none"> • Sitagliptin (Januvia)

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Beebe Cardiac Medications

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<p>Anti-arrhythmics</p> <p>Prevent or treat abnormal heart rhythms</p> <p>Possible Side Effects: Headache, dizziness, lightheaded, slow heart rate, dry mouth</p> <p>*can lower blood pressure</p>	<ul style="list-style-type: none"> • amiodarone (Cordarone) • sotalol (Betosolol) • digoxin (Lanoxin) • diltiazem (Cardizem) • metoprolol (Lopressor, Toprol XL, metoprolol succinate) • propafenone (Rythmol) • sotalol (Betosolol) • verapamil (Calan/Covera/Calan/Verelan) <p>Other: _____</p>
<p>Antihypertensive/Vasodilator</p> <p>Controls blood pressure and improves heart function</p> <p>*controls heart rate as well</p> <p>Possible Side Effects: Low blood pressure, lightheadedness, fatigue, headache, slow or very fast heartbeat, dizziness, dry cough</p>	<ul style="list-style-type: none"> • amlodipine (Norvasc) • carvedilol (Coreg) • hydrochlorothiazide (Hydralazine) • lisinopril (Prinivil/Zestril) • losartan (Cozaar) • metoprolol (Lopressor/Toprol) • nifedipine (Procardia) • verapamil (Calan) <p>Other: _____</p>
<p>Cholesterol Lowering</p> <p>Reduces cholesterol in blood</p> <p>Possible Side Effects: Flushing, gas, stomach upset, all-over muscle soreness, muscle weakness, lack of energy</p>	<ul style="list-style-type: none"> • atorvastatin (Lipitor) • rosuvastatin (Crestor) • niacin (Niaspan) • pravastatin (Pravastatin) • simvastatin (Zocor) <p>Other: _____</p>
<p>Diuretic</p> <p>Removes excess fluid</p> <p>Possible Side Effects: Dizziness, dehydration, dry mouth, changes in body electrolytes, frequent urination, fatigue</p>	<ul style="list-style-type: none"> • furosemide (Bumex) • hydrochlorothiazide (HCTZ) • metolazone (Zanovon) • spironolactone (Aldactone) • torsemide (Toremide) <p>Other: _____</p>
<p>Anticoagulant/Antiplatelet</p> <p>Slows or prevents blood clot formation</p> <p>Possible Side Effects: Bruises, hair/brown nosebleed, stomach bleeding, severe dizziness</p>	<ul style="list-style-type: none"> • aspirin (Etiqin) • aspirin • clopidogrel (Plavix) • heparin • ibuprofen (Advil) • warfarin (Coumadin) • aspirin (Coumadin) <p>Other: _____</p>

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