

# Medication Monitoring Activity

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In your small groups, read your case –study family member’s diagnosis and review/complete the Medication Administration Log. Discuss the implications this will have for you as this child’s emergency foster parent.

## **Jordan (newborn)**

Jordan’s primary doctor stated Jordan was diagnosed with microcephaly. The doctor also noticed that Jordan is having developmental issues with his nerve and muscle functioning (brief muscle spasms).

The following is from Web MD (<http://www.webmd.com/parenting/baby/what-is-microcephaly?page=2>)

Children with a mild case may have a small head but no other problems. Your child's head will grow as he gets older. But it will remain smaller than what's considered normal.

Some children have normal intelligence. Others have problems learning, but they usually don't get worse as your child gets older.

Other symptoms may include:

- Balance and coordination problems
- Developmental delays (delayed sitting, standing, walking)
- Trouble swallowing and problems with feeding
- Hearing loss
- Hyperactivity (trouble paying attention or sitting still)
- Seizures
- Short height
- Speech problems
- Vision problems

## **How Is Microcephaly Treated?**

There's no cure for microcephaly, but there are treatments to help with development, behavior, and seizures.

If your child has mild microcephaly, he'll need regular doctor checkups to monitor how he grows and develops.

Children who have more severe cases need lifelong treatment to control symptoms. Some, like seizures, can be life-threatening. Your doctor will discuss treatments to keep your child safe and improve his quality of life.

**Your child may need:**

- Medicines to control seizures and hyperactivity and to improve nerve and muscle function
- Speech therapy
- Physical and occupational therapy

*Jordan's pediatrician has prescribed a daily dosage of 5 mg of Prednisone Intensol, which you will need to administer to improve his nerve and muscle functioning.*

**How to use Prednisone Intensol**

Take this medication by mouth, with food or milk to prevent stomach upset, as directed by your doctor. Carefully measure the dose using the dropper that comes with your medication. Do not use a household spoon because you may not get the correct dose. You may mix the medication in juice or applesauce before taking it. If you are prescribed only one dose per day, take it in the morning before 9 A.M.

Take this medication exactly as directed by your doctor. Follow the dosing schedule carefully. The dosage and length of treatment are based on your medical condition and response to treatment. If you are taking this medication on a different schedule than a daily one (such as every other day), it may help to mark your calendar with a reminder.

Do not stop taking this medication without consulting your doctor. Some conditions may become worse when this drug is suddenly stopped. Also, you may experience symptoms such as weakness, weight loss, nausea, muscle pain, headache, tiredness, dizziness. To prevent these symptoms while you are stopping treatment with this drug, your doctor may reduce your dose gradually. Consult your doctor or pharmacist for more details. Report any new or worsening symptoms right away.

Tell your doctor if your condition persists or worsens.

## Aaron (age 11)

Aaron was diagnosed to have an eating disorder. The doctor stated he is a “binge” eater, who suffers from chronic, out-of-control eating of large amounts in a short time, even to the point of discomfort. However, binge eaters do not purge the food through vomiting or other means. As a result, they tend to become overweight or obese.

The following is from WebMD (<http://www.webmd.com/mental-health/eating-disorders/features/eating-disorders-children-teens?page=3>)

Binge eaters may be struggling to handle their emotions. Anger, worry, stress, sadness, or boredom may trigger a binge. Often, binge eaters are upset about overeating and may become depressed.

The excess weight caused by binge eating puts these children at risk of these health problems:

- heart disease
- high blood pressure
- high cholesterol
- type 2 diabetes

### **Treatments include the following:**

- behavioral therapy
- medications, including antidepressants
- psychotherapy

*Aaron’s pediatrician has prescribed a daily dosage of 10 mg of Vyvanse for Aaron’s Binge Eating Disorder (BED), which you will need to administer.*

### **How to use Vyvanse**

Read the Medication Guide provided by your pharmacist before you start taking lisdexamfetamine and each time you get a refill. If you have any questions, ask your doctor or pharmacist.

Take this medication with or without food as directed by your doctor, usually once daily in the morning. Do not take this medication in the afternoon or evening because it may cause you to have trouble sleeping. The dosage is based on your medical condition and response to treatment. Your doctor may adjust your dose to find the dose that is best for you. Follow your doctor's instructions carefully.

This medication may be swallowed whole. However, if you have trouble swallowing the medication, you may open the capsule and pour all of its contents (powder) in a glass of water or orange juice or mix it in yogurt. Use a spoon to break apart any powder that is stuck together. Stir well until the contents dissolve completely. Drink or eat the mixture

right away. Do not prepare a supply in advance. It is normal to see a filmy coating on the inside of your glass or container after you drink or eat all of the medicine.

Use this medication regularly to get the most benefit from it. To help you remember, take it at the same time each day.

During treatment, your doctor may occasionally recommend stopping the medication for a short time to see whether there are any changes in your behavior and whether the medication is still needed.

This medication may cause withdrawal reactions, especially if it has been used regularly for a long time or in high doses. In such cases, withdrawal symptoms (including severe tiredness, sleep problems, mental/mood changes such as depression) may occur if you suddenly stop using this medication. To prevent withdrawal reactions, your doctor may reduce your dose gradually. Consult your doctor or pharmacist for more details, and report any withdrawal reactions right away.

Along with its benefits, this medication may rarely cause abnormal drug-seeking behavior (addiction). This risk may be increased if you have abused alcohol or drugs in the past. Take this medication exactly as prescribed to lessen the risk of addiction. Do not increase your dose or use this drug more often or for longer than prescribed. Properly stop this medication when so directed.

When this medication is used for a long time, it may not work as well. Talk with your doctor if this medication stops working well.

Tell your doctor if your condition does not improve or if it worsens.

## **Briana (age 16)**

Briana is currently sexually active and taking birth control pills. She is on the 21-day plan.

The following is from WebMD (<http://www.webmd.com/sex/birth-control/birth-control-pills?page=3#2>)

### **How Do I Begin Birth Control Pills?**

It's best to take the pills at the same time every day. You can take the pill at any time during the day, but taking it either before breakfast or at bedtime will help make it easier to remember.

Extended-cycle pills work in a similar way. You start taking the pill the first Sunday after your period starts. If your period starts on a Sunday, start Seasonale that day. Then you take one active tablet a day for 84 consecutive days. Then depending on the type of pill you're taking, you have seven days of taking one placebo or estrogen only pill per day.

### **When Do I Start Another Birth Control Pill Pack?**

You will start each new birth control pill pack on the same day of the week that you initially started it. If you are on the 21-day pill pack, start the new pill pack seven days after you finished the old pill pack. If you are on the 28-day pill pack, begin the new pack after taking the last pill in the old pack.

*Briana has been prescribed the daily contraceptive, Sprintec(28). You will need to monitor Briana's contraceptive use.*

### **How to use Sprintec (28)**

Read the Patient Information Leaflet provided by your pharmacist before you start using this product and each time you get a refill. The leaflet contains very important information on when to take your pills and what to do if you miss a dose. If you have any questions, ask your doctor or pharmacist.

Take this medication by mouth as directed by your doctor, usually once daily. Pick a time of day that is easy for you to remember, and take your pill at the same time each day.

It is very important to continue taking this medication exactly as prescribed by your doctor. With certain brands of birth control pills, the amount of estrogen and progestin in each active tablet will vary at different times in the cycle. Therefore, it is very important that you follow the package instructions to find the first tablet, start with the first tablet in the pack, and take them in the correct order. Do not skip any doses. Pregnancy is more likely if you miss pills, start a new pack late, or take your pill at a different time of the day than usual.

Vomiting or diarrhea can prevent your birth control pills from working well. If you have vomiting or diarrhea, you may need to use a back-up birth control method (such as condoms, spermicide). Follow the directions in the Patient Information Leaflet and check with your doctor or pharmacist for more details.

Taking this medication after your evening meal or at bedtime may help if you have stomach upset or nausea with the medication. You may choose to take this medication at another time of day that is easier for you to remember. No matter what dosing schedule you use, it is very important that you take this medication at the same time each day, 24 hours apart. Ask your doctor or pharmacist if you have any questions.

Your pill pack contains 21 pills with active medication. It may also contain 7 reminder pills with no medication. Take one active pill (with hormones) once daily for 21 days in a row. If you are using a product with 28 tablets, take an inactive pill once daily for 7 days in a row after you have taken the last active pill unless otherwise directed by your doctor. If you are using a product with 21 tablets, do not take any tablets for 7 days unless otherwise directed by your doctor. You should have your period during the fourth week of the cycle. After you have taken the last inactive tablet in the pack or gone 7 days without taking an active tablet, start a new pack the next day whether or not you have your period. If you do not get your period, consult your doctor.

If this is the first time you are using this medication and you are not switching from another form of hormonal birth control (such as patch, other birth control pills), take the first tablet in the pack on the first Sunday following the beginning of your menstrual period or on the first day of your period. If your period begins on a Sunday, begin taking this medication on that day. For the first cycle of use only, use an additional form of non-hormonal birth control (such as condoms, spermicide) for the first 7 days to prevent pregnancy until the medication has enough time to work. If you start on the first day of your period, you do not need to use back-up birth control the first week.

Ask your doctor or pharmacist about how to switch from other forms of hormonal birth control (such as patch, other birth control pills) to this product. If any information is unclear, consult the Patient Information Leaflet or your doctor or pharmacist.