



A Client Care Module: **Understanding Common Medications**

INSTRUCTIONS FOR THE SUPERVISOR

Step One:

- Make a copy of the Instructions for the Learner page. Return your original to the sheet protector. Add the following information to the copy:
 1. The name (or position) of the person to whom the aides should direct questions.
 2. The name (or position) of the person to whom the aides should turn in their quizzes.
 3. The date by which the quiz page should be turned in.
 4. The name (or position) of the person who will initial the aides' Inservice Club Membership Cards.
- Use this copy as your "master" as you make up the inservice packets.

Step Two:

- Have the following copied for each learner:
 1. The **Instructions for the Learner** page.
 2. The **10 Page** Inservice newsletter.
 3. OPTIONAL: A copy of your organization's policy on medications or your state's regulations for nursing assistants in relation to medications.
 4. The **Quiz** page.

Step Three:

For Self-Study Use

- Distribute as desired—in employee mailboxes; folded in paychecks, etc.
- You may want to post the Quiz Answer Sheet in a prominent spot.

For Group Use

- Read over the Suggested Participatory Activities, the Suggested Teaching Tips and the Suggested Discussion Questions.
- Select the activities you want to use during your inservice hour.



Developing Top-Notch CNAs, One Inservice at a Time

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SUGGESTED PARTICIPATORY ACTIVITIES

ACTIVITY # 1: WHAT WOULD YOU DO IF ...

Ask your staff to discuss some solutions for the following patient scenarios:

- *What would you do if you see your patient taking his medications with a swig of whiskey?*
- *What would you do if your patient tells you she is not filling her new prescription because she can't afford it?*
- *What would you do if you saw a family member "borrowing" some of your patient's medications?*
- *What would you do if you saw your patient spit out her medications instead of swallowing them?*
- *What would you do if the patient's weekly pill box spilled and all the pills went on the floor?*

ACTIVITY #2: THE TOP 25!

- Use this game as a fun reminder of what conditions are treated by the most common medications.
- Make enough copies of the Top 25 Word Search for your staff. (It is included in this inservice packet.)
- Distribute as desired--you can have your CNA's play the game individually, in small groups or as one large group.
- Give them 10-15 minutes to complete the game.
- As you go over the solutions, discuss how each of the top 25 medications is used.

ACTIVITY #3: RELAY RACE—A TEAMBUILDING EXERCISE!

Explain to the group that it takes a strong team to care for clients. Use this activity to strengthen your team, enhance communication, reinforce concepts learned in this inservice, and have a little fun!

- List a word or phrase from this inservice vertically on a piece of paper. (For example, cardiac or antibiotic).
- Post copies at opposite ends of the room and divide class into two teams. If your group is large, post words in four corners of the room and divide class into 4 teams. Each team lines up in a single file and the first person is given a marker to fill in a concept learned during the inservice for any letter in the word.

Example:

C Check daily weights
A Adverse reactions
R Rash
D Diuuretics
I Insulin
A Antidepressants
C Cholesterol

- When the first person is finished, he/she must run back and hand over the marker to the next person in line, and go to the end of the line.
- If a person is stumped, they can just pass on the marker and go to the back of the line.
- Repeat until all letters are completed. The team who finishes first wins a small prize.



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SUGGESTED TEACHING TIPS

TEACHING TIPS

- Make an overhead of the Quiz Answer Sheet.
- Take advantage of this inservice time to go over your organization's policy on medications or your state's regulations for nursing assistants in relation to medications.
- Take some time to allow participants to discuss their reaction to the "Get Out" box on page 9.
- Bring a PDR to the inservice meeting to illustrate how many medications there are and how much information is known about each drug. Emphasize that not enough is known about how all these medications might react together in the body.
- If possible, have a pharmacist or pharmacy technician attend your inservice meeting for a "question and answer" session about prescription drugs.
- Encourage your nursing assistants to be on the alert for any misuse of prescription drugs and/or adverse drug reactions among their clients.

RESOURCES

The following resources were used in developing this inservice. You might want to check them out for further information:

- The Internet Drug Index at www.rxlist.com
- The Medicine Network at www.medicinenet.com
- U.S. Department of Health and Human Services and SAMHSA's National Clearinghouse for Alcohol and Drug Information at <http://ncadi.samhsa.gov/>
- Web MD at www.webmd.com
- American Pharmacist Association at www.pharmacist.com
- American Society of Health-System Pharmacists at www.safemedication.com

More to Learn!

Your staff may enjoy the following related In the Know inservices:

- Recognizing & Reporting Abnormal Observations
- Over-the-Counter Medications
- The Basics of Medication Administration
- Medical Terminology & Abbreviations
- Understanding Drug-Resistant Bacteria
- Complementary and Alternative Medicine

If your In the Know library doesn't include these titles, they are available for purchase by calling our toll-free number:

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SUGGESTED DISCUSSION QUESTIONS

DISCUSSION QUESTION #1

In this inservice you learned that nearly half of all seniors take 5 or more medications a day. But, did you also know that medication compliance is low in this group, which means people are not taking their medications as ordered? **Why do you think people aren't taking their medications as they should, and what can you do to help?**

ANSWER: *Clients may not take their medicine as prescribed, or consciously choose not to fill a prescription, because of:*

1. **Forgetfulness.** Clients may simply forget to take their medication. *(Use reminder aids such as a weekly pill box or timer.)*
2. **Health Literacy.** Some clients may not understand the directions on the prescription labels. *(Clarify all confusing prescriptions with the nurse, doctor or pharmacist.)*
3. **Money.** The cost may be too high. *(Talk to social worker or pharmacist about prescription drug benefits and programs to help with the cost of prescription drugs.)*
4. **Stigma.** Worries about the social stigma associated with taking medicines, especially with antidepressants. *(Reassure clients that these conditions are more common than they know. If necessary, have the nurse or social worker arrange to meet to discuss the risks and benefits of the medication.)*
5. **Fear.** Fear of side effects or concern about becoming drug dependent, especially with pain relievers. *(Reassure clients that when pain medication is used to treat pain, it rarely turns into dependence. Dependence becomes a problem if you continue to take it when there is no pain.)*

DISCUSSION QUESTION #2

If a new drug were invented that would cure arthritis but would cause an allergic reaction that would kill 1% of the patients who take it, would you want your patients with arthritis to take the drug? What about your parents or grandparents?

ANSWER: This is a tough question. Remember, 1% fatality rate means that 1 of every 100 people would die, but 99 people would be cured. These are the kinds of questions that our government has to ask when they approve a new drug. Are the benefits worth the risks? What do you think?

HERE ARE MORE QUESTIONS THAT MAY SPUR SOME INTERESTING DISCUSSION:

- Did you know that every year 32,000 elderly people fall and break a hip because of an adverse drug reaction? How can you help reduce these numbers?
- If you had a terminal illness, would you volunteer to take an experimental drug—knowing that the drug might cure you or it might make your condition worse? Why or why not?



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QUIZ ANSWER KEY

1. Antibiotics are prescribed to treat:

C. Bacterial infections. Antibiotics are only prescribed for bacterial infections like UTI, or strep throat.

2. Hypoglycemia (low blood sugar) is a common side effect of antidiabetic medications. Which of the following is a sign of low blood sugar?

A. Shakiness and sweating. Common signs of low blood sugar include hunger, shakiness, sweating, sudden weakness, pale skin, anxiety and confusion.

3. Your client is suffering from angina (chest pain) and has just taken a nitroglycerine tablet. You should:

B. Help him sit or lie down. A client should sit or lie down after taking Nitroglycerine. It can make blood pressure really drop!

4. The best beverage for swallowing medications is:

A. Water. Clients should swallow their medications with a full glass of water—not hot coffee or alcohol. In addition, some cholesterol lowering meds cannot be swallowed with grapefruit juice.

5. False

If a client's asthma medication does not work at the prescribed dose, it's **NOT** okay to take more until the symptoms are under control. You should contact your supervisor right away or call 911 if the person is having extreme difficulty breathing. Taking too much medication can lead to an overdose and cause seizures, dizziness or lightheadedness, fast heartbeat, and vomiting.

6. True

All medications have side effects. While most medications are helpful, no medication is harmless. Every drug can have side effects.

7. False

A common side effect of **ANTIPSYCHOTICS** (like Haldol) is Tardive Dyskinesia (characterized by uncontrollable facial muscle movement.)

8. True

Coffee may make insulin quit working sooner than it should. This is an "adverse reaction" between a drug and a food.

9. True

A client who takes diuretics should not gain or lose more than 3 pounds per day. Gaining or losing more than 3 pounds a day may indicate the dose or the medication needs to be changed.

10. True

A client who takes digoxin can become poisoned by the drug. This is known as "Dig Toxicity." It is characterized by nausea/vomiting and complaints of seeing yellowish or greenish tints.



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TOP 25 WORD SEARCH!

E Z I P H M V R H G F I U F I C E E G K
B P P R R R J B E R R I V B U U E R B H
M J E F X E W M S C S G S P M N F L E J
Z N D C V N D U R L C Q L O O G V R J S
E G O S H S Y N T H R O I D V A E S G L
F J N S U Q N Z I T H R O M A X L T T P
A X X A N O R V A S C C Q D K E I R D D
V A N W D I D P Y A O F O M F F R S I W
C N T M G K T C X R M N K F N J P Y C L
P A E I V Z P N D O G O E D D U O X A W
U X L G R X O Y O L P X X K N L N S V S
H Y D R O C H L O R O T H I A Z I D E F
O S Z N O P O R O R U G P D C X S A R M
D S D E S C E R X F Y E R E G I I I P U
V X I N O T O R P A T E N O L O L P W I
L V Z P U P K Z W S P I E D T X H L H X
N E I B M A G O K S G T U D L I W A I E
I N L D Y U Q V I V D M N W A Z P V U N
Z A P H X E V R E O R R G D H A A I V E
X B F E M N Z X P A M Q T W C V N X L M

Albuterol
Ambien
Amoxicillin
Atenolol
Effexor XR
Epogen
Hydrochlorothiazide
Hydrocodone
Lasix
Lipitor
Lisinopril
Neurontin

Nexium
Norvasc
Plavix
Prednisone
Prevacid
Procrit
Protonix
Risperdal
Synthroid
Xanax
Zithromax
Zocor

Zoloft

Did you find them all? Check the answer key for the correct solution...and to find out why physicians prescribe each of these medications.



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TOP 25 WORD SEARCH ANSWER KEY



- | | | |
|-----------------------------------------------------|------------------------------------------------|---------------------------------------------|
| 1. (Albuterol) Treats asthma | 10. (Lipitor) Treats high cholesterol | 19. (Protonix) Treats heartburn |
| 2. (Ambien) Treats insomnia | 11. (Lisinopril) Treats high blood pressure | 20. (Risperdal) Treats mental illnesses |
| 3. (Amoxicillin) Treats bacterial infections | 12. (Neurontin) Treats seizures and nerve pain | 21. (Synthroid) Treats thyroid problems |
| 4. (Atenolol) Treats high blood pressure | 13. (Nexium) Treats heartburn | 22. (Xanax) Treats anxiety |
| 5. (Effexor XR) Treats depression | 14. (Norvasc) Treats high blood pressure | 23. (Zithromax) Treats bacterial infections |
| 6. (Epopen) Treats anemia | 15. (Plavix) "Thins" the blood | 24. (Zocor) Treats high cholesterol |
| 7. (Hydrochlorothiazide) Treats high blood pressure | 16. (Prednisone) Treats inflammation | 25. (Zoloft) Treats depression |
| 8. (Hydrocodone) Treats pain | 17. (Prevacid) Treats heartburn | |
| 9. (Lasix) Gets rid of excess water | 18. (Procrit) Treats anemia | |



IN THE KNOW

Developing Top-Notch CNAs, One Inservice at a Time

A Complete Civility Training Program: **The Real Healthcare Reform**

AND ALSO FROM IN THE KNOW...

CIVILITY TRAINING PROGRAM PACKAGES

How Many	Your Cost*
12	\$182.26
24	\$271.77
50	\$449.00
100	\$742.00
150	\$898.50
300	\$1,497.00

WHAT YOU'LL GET:

- A copy of *The REAL Healthcare Reform* for each of your learners
- The Companion Instructor's Manual
- Engaging classroom activities and discussion questions
- Convenient PowerPoint presentations
- Tips for improving participation and keeping yourself organized
- A CD with master PDF copies of all the handouts and presentations
- SIX HOURS of inservice credit for your CNAs

* Plus shipping

ARE YOU READY TO DELIVER A COMPREHENSIVE CIVILITY TRAINING PROGRAM WITHIN YOUR WORKPLACE?

Did you know the Joint Commission recommends that all accredited healthcare organizations be responsible for handling and preventing incivility in the workplace?

Civility training in the healthcare workplace is more than just a course in professional conduct—although professional conduct is the goal! Civility training teaches:

- Self-awareness
- Personal and professional integrity
- Communication skills
- A sense of ownership in the workplace
- Personal empowerment to solve problems with energy, creativity and enthusiasm

Based on the bestselling book "The Real Healthcare Reform," our Civility Training Program is unique because it immerses learners in the material in a fun and engaging way. **The program is written for all healthcare employees, clinical and non-clinical, and will benefit everyone in your organization.**

GET STARTED TODAY!

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EVALUATION

Employee Name _____

Date _____ Self-Study Inservice Group-Study Inservice

1. Put a checkmark in the box that best describes how you feel about each learning objective.

LEARNING OBJECTIVE	I am able to do this.	I might be able to do this.	I can't do this.	I'm not sure.
List at least five types of commonly prescribed medications.				
Describe the main side effects of the above medications.				
Discuss your role in monitoring medications and side effects.				
Describe the signs of an allergic reaction to a medication.				
Demonstrate your knowledge of commonly prescribed medications in your daily work.				

2. Did you learn anything new that will help you in your job? Yes No

If yes, please explain: _____

3. If you have questions about the inservice information that did not get answered, note them here:

4. Other comments? _____
