

**Nursing Process Focus:  
Patients Receiving Atorvastatin (Lipitor)**

<p><b>Assessment</b></p> <p>Prior to administration:</p> <ul style="list-style-type: none"> <li>• Obtain complete health history including allergies.</li> <li>• Assess baseline liver function tests, lipid studies, and pregnancy test in women of child bearing age</li> <li>• Assess for history of liver disease, muscle disease</li> <li>• Obtain patient's drug history including use of over the counter medications that might effect liver function or have interactions and assess allergies</li> </ul>	<p><b>Potential Nursing Diagnoses</b></p> <ul style="list-style-type: none"> <li>• Health Maintenance, Ineffective related to insufficient knowledge of actions and effects of prescribed drug therapy</li> <li>• Knowledge deficient related to need for altered lifestyle</li> </ul>
<p><b>Planning: Patient Goals and Expected Outcomes</b></p>	
<p>The patient will:</p> <ul style="list-style-type: none"> <li>• Demonstrate the expected outcome of drug therapy and list reportable side effects.</li> <li>• Demonstrate adherence to prescribed lifestyle changes</li> </ul>	
<p><b>Implementation</b></p>	
<p><b>Interventions and (Rationales)</b></p>	<p><b>Patient Education/Discharge Planning</b></p>
<ul style="list-style-type: none"> <li>• Monitor for concurrent alcohol use. (Alcohol may affect liver function.)</li> </ul>	<ul style="list-style-type: none"> <li>• Advise patient to avoid or limit alcohol use.</li> </ul>
<ul style="list-style-type: none"> <li>• Encourage smoking cessation. (Smoking may decrease HDL levels and thereby counteract effects of medication.)</li> </ul>	<ul style="list-style-type: none"> <li>• Advise patient to seek methods to stop smoking.</li> </ul>
<ul style="list-style-type: none"> <li>• Evaluate reports of vision changes. (Drug may cause photosensitivity.)</li> </ul>	<p>Instruct patient to:</p> <ul style="list-style-type: none"> <li>• Avoid prolonged sun or UV exposure.</li> <li>• Use sunglasses, wear protective clothing, and use sunscreen.</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor blood cholesterol and triglyceride levels at intervals during therapy. After beginning treatment levels are re-checked in 2-3 months (to ascertain drug effectiveness).</li> </ul>	<ul style="list-style-type: none"> <li>• Inform patient of treatment plan.</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor compliance with dietary modifications. (Dietary modification is continued along with drug therapy.)</li> </ul>	<ul style="list-style-type: none"> <li>• Instruct patient concerning the need to continue low saturated fat, low cholesterol diet.</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor CPK levels if muscle tenderness or weakness develops.</li> <li>• Monitor liver function studies as these drugs may affect liver function.</li> </ul>	<ul style="list-style-type: none"> <li>• Advise patient to report to the lab for scheduled blood tests.</li> </ul>

### **Evaluation of Outcome Criteria**

Evaluate the effectiveness of drug therapy by confirming that patient goals and expected outcomes have been met (see “Planning”).

**Nursing Process Focus:  
Patients Receiving Cholestyramine (Questran)**

<p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Obtain complete health history including allergies, drug history and possible drug interactions.</li> <li>• Assess baseline lipid studies and pregnancy test if indicated</li> <li>• Assess for history of impaired GI function, chronic constipation, severe hemorrhoids, dysphagia</li> </ul>	<p><b>Potential Nursing Diagnoses</b></p> <ul style="list-style-type: none"> <li>• Knowledge deficient related to medication regimen</li> <li>• Constipation and GI side effects related to drug mechanism of action</li> <li>• Injury, Risk for related to elevated cholesterol</li> </ul>
<p><b>Planning: Patient Goals and Expected Outcomes</b></p>	
<p>The patient will:</p> <ul style="list-style-type: none"> <li>• Comply with prescribed medication schedule and regimen.</li> <li>• Comply with measures to regulate bowel elimination.</li> </ul>	
<p><b>Implementation</b></p>	
<p><b>Interventions and (Rationales)</b></p>	<p><b>Patient Education/Discharge Planning</b></p>
<ul style="list-style-type: none"> <li>• Evaluate patient understanding of drug regimen.</li> </ul>	<p>Inform patient:</p> <ul style="list-style-type: none"> <li>• Of treatment plan.</li> <li>• About planning medication time schedule.</li> <li>• Of need to add daily multivitamin supplement</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor compliance with drug therapy. (May take 30 days or more to produce maximum effect.)</li> </ul>	<ul style="list-style-type: none"> <li>• Inform patient of need to take medication for indefinite, long-term period.</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor compliance with dietary modifications, weight management, smoking cessation and exercise with drug therapy.</li> </ul>	<ul style="list-style-type: none"> <li>• Inform patient that maximum therapeutic effects are obtained with drug therapy and lifestyle modifications.</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor bowel function. (Constipation and even impaction may occur with decrease bowel function.)</li> </ul>	<ul style="list-style-type: none"> <li>• Instruct patient to increase fiber and fluids for constipation.</li> </ul>
<p><b>Evaluation of Outcome Criteria</b></p>	
<p>Evaluate the effectiveness of drug therapy by confirming that patient goals and expected outcomes have been met (see “Planning”).</p>	

**Nursing Process Focus:  
Patients Receiving Gemfibrozil**

<p><b>Assessment</b> Prior to administration</p> <ul style="list-style-type: none"> <li>• Assess baseline lipid studies, PT / INR if on coumadin, blood glucose, liver function tests, and CBC</li> <li>• Assess for history of gallbladder disease or hepatic dysfunction</li> <li>• Obtain patient’s drug history including use of over the counter medications and assess allergies</li> </ul>	<p><b>Potential Nursing Diagnoses</b></p> <ul style="list-style-type: none"> <li>• Knowledge deficient related to drug therapy</li> <li>• Noncompliance related to side effects</li> <li>• Noncompliance related to prolonged therapy</li> </ul>
<p><b>Planning: Patient Goals and Expected Outcomes</b></p> <p>The patient will:</p> <ul style="list-style-type: none"> <li>• Comply with prescribed medication schedule and regimen.</li> <li>• Demonstrate knowledge of drug therapy</li> </ul>	
<p><b>Implementation</b></p>	
<p><b>Interventions and (Rationales)</b></p>	<p><b>Patient Education/Discharge Planning</b></p>
<ul style="list-style-type: none"> <li>• Monitor for safety (medication may cause dizziness and blurred vision)</li> <li>• Monitor for the following adverse effects: severe stomach pains nausea &amp; vomiting, fever chills sore throat, diarrhea, or muscle cramping. Report immediately.</li> </ul>	<p>Instruct patient to:</p> <ul style="list-style-type: none"> <li>• Use caution when driving or performing other dangerous tasks until drug effects are known.</li> <li>• Report any adverse effects to a health care provider immediately: severe stomach pains nausea &amp; vomiting, fever chills sore throat, diarrhea, or muscle cramping</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor triglyceride and cholesterol levels during therapy (to evaluate effectiveness of drug therapy).</li> </ul>	<ul style="list-style-type: none"> <li>• Instruct patient to report to lab for periodic blood tests to evaluate response to drug.</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor PT/INR closely of patients taking coumadin (dose alteration may be needed). Monitor skin for petechiae or ecchymosis (may indicate abnormal clotting times).</li> </ul>	<p>Advise patient</p> <ul style="list-style-type: none"> <li>• Of the importance of monitoring coagulation due to interaction with gemfibrozil.</li> <li>• To report bruising to the health care provider</li> </ul>
<ul style="list-style-type: none"> <li>• Monitor diet (medication should be used in conjunction with a diet low in cholesterol and fat)</li> </ul>	<ul style="list-style-type: none"> <li>• Inform patient regarding the possible need to adjust dietary habits to include low cholesterol/low fat foods</li> </ul>
<p><b>Evaluation of Outcome Criteria</b></p> <p>Evaluate the effectiveness of drug therapy by confirming that patient goals and expected outcomes have been met (see “Planning”).</p>	