### Nursing Process Focus:
#### Patients Receiving Diphendrydramine (Benadryl)

#### Assessment
Prior to administration:
- Obtain complete health history including allergies, drug history and possible drug interactions.
- Obtain presence/history of allergic or anaphylactic reactions.
- Obtain vital signs.
- Obtain history of glaucoma, diabetes mellitus, seizure disorder.

#### Potential Nursing Diagnoses
- Risk for Injury, related to drowsiness and dizziness secondary to effects of drug
- Impaired Gas Exchange, related to respiratory secretions
- Deficient Knowledge, related to drug action and side effects.

#### Planning: Patient Goals and Expected Outcomes
The patient will:
- Remain free of physical injury.
- Demonstrate knowledge of drug therapy and side effects.
- Remain demonstrate relief of symptoms of allergic reaction.

#### Implementation

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<th>Interventions and (Rationales)</th>
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| *Monitor vital signs before, during, and after administration (due to anticholinergic effect on vital signs of decreased BP and increased heart rate.)* | Advise patient:  
  - that blood pressure may decrease and heart rate increase.  
  - to report changes in vital signs to health care provider.  
  - to monitor blood pressure and pulse. |
| *Obtain history of narrow angle glaucoma and increased intraocular pressure. (Drug may worsen condition.)* | *Instruct patient to report history of glaucoma to health care provider. |
| *Obtain history of prostatic hypertrophy and bladder neck obstruction. (Both conditions are contraindicated for use with diphenhydramine due to exacerbation by anticholinergic effects and muscarinic blockade.)* | *Instruct patient to report any urinary obstruction or difficulty in voiding. |
| *Monitor for respiratory conditions. (Drug may worsen conditions such as asthma.)* | Instruct patient:  
  - to report symptoms of respiratory distress to the health care provider.  
  - to increase fluid intake to make expectoration easier. |
| *Monitor for GI conditions and distress. (Drug interferes with function of H1 receptors.)* | *Advise patient to take medication with food to reduce gastrointestinal distress. |
| *Obtain history of diabetes mellitus. (Use cautiously in these patients due to the possibility of this drug to increase hypoglycemia.)* | Advise patient:  
  - to monitor blood sugar more frequently.  
  - to inform health care provider of any abnormally low blood sugar levels. |
Monitor neurological status, especially for patients with history of seizures. (Use cautiously in these patients due to medication causing an increase in seizure activity.)

Instruct patients:
• to report aura immediately to health care provider.
• to report increase of seizure activity to health care provider.

Use cautiously in patients with history of hyperthyroidism, cardiovascular disease. (There is an increased risk of thyroid storm, and cardiovascular collapse.)

Advise patient:
• to report any unusual effects such as increased nervousness, insomnia.
• to report changes in vital signs.

Monitor for side effects such as dry mouth.

Advise patient to suck on hard candy to reduce symptoms of dry mouth.

Closely monitor elderly patients (because of an increase incidence of dizziness, sedation and hypotension.)

Advise patient:
• to refrain from driving or operating heavy machinery due to sedating effects.
• to report feeling of oversedation to the health care provider.

Discontinue at least 4 days prior to skin tests. (Drug may increase effect to the testing and give a false positive result.)

Inform patient to notify health care provider if they are on any H1 receptor antagonists.

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