### Nursing Process Focus
#### Patients Receiving Oxymetazoline (Afrin)

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Potential Nursing Diagnoses</th>
</tr>
</thead>
</table>
| Prior to administration:  
  - Obtain complete health history including allergies, drug history and possible drug interactions.  
  - Assess for presence or history of nasal congestion due to allergic conditions, nasal surgery, middle ear infections (treatment and prevention.) |  
  - Risk for Injury (nosebleed), related to adverse effects of drug  
  - Ineffective Tissue Perfusion, related to adverse effects of drug  
  - Deficient Knowledge, related to drug action, side effects, and administration |

#### Planning: Patient Goals and Expected Outcomes

The patient will:  
- Demonstrate an ability to use a nasal inhaler.  
- Remain free from physical injury.  
- Maintain effective tissue perfusion.  
- Demonstrate knowledge of drug therapy.

#### Implementation

<table>
<thead>
<tr>
<th>Interventions and (Rationales)</th>
<th>Patient Education/Discharge Planning</th>
</tr>
</thead>
</table>
| *Evaluate pupil size and respiratory status before administration. (Drug stimulates alpha 1-adrenergic receptors that may cause constricted pupils and respiratory depression.) | Inform patient:  
  - that pupil constriction and respiratory depression may occur.  
  - to immediately report respiratory distress to the health care provider. |
| *Obtain history of diabetes mellitus. (Use cautiously in these patients due to possible interaction of drug with glucose-lowering agents.) | Instruct patient:  
  - to monitor their glucose levels frequently when on this medication.  
  - to notify their health care provider for any abnormalities in their results.  
  - they may need increased doses of glucose-lowering agents. |
| *Monitor compliance with medication regimen. (Rebound congestion will occur if medication is used for longer than 5 days due to prolonged use, patient must use more and larger doses of drug.) | Instruct patient:  
  - not to use medication longer than 5 days.  
  - to notify health care provider if rebound congestion occurs.  
  - in proper technique for administering nose drops.  
  - to wash hands before and after using nose drops.  
  - to rinse dropper in hot water after each use. |
| *Obtain history of hyperthyroidism: (Use cautiously in patients with hyperthyroidism due to central nervous system stimulation by drug’s effect that | *Instruct patient to report nervousness, shaking, tremors, fever, rapid heartbeat and breathing to the health care provider. |
possibility would cause an exacerbation of the disease process.)

| Monitor vital signs, especially pulse and respiration. (Drug has cardiovascular effects by stimulation of alpha1-adrenergic receptors.) | Advise patient:  
  • to use only the prescribed amount.  
  • to monitor blood pressure at same time daily and record.  
  • To report any abnormal results to health care provider. |

**Evaluation of Outcome Criteria**

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