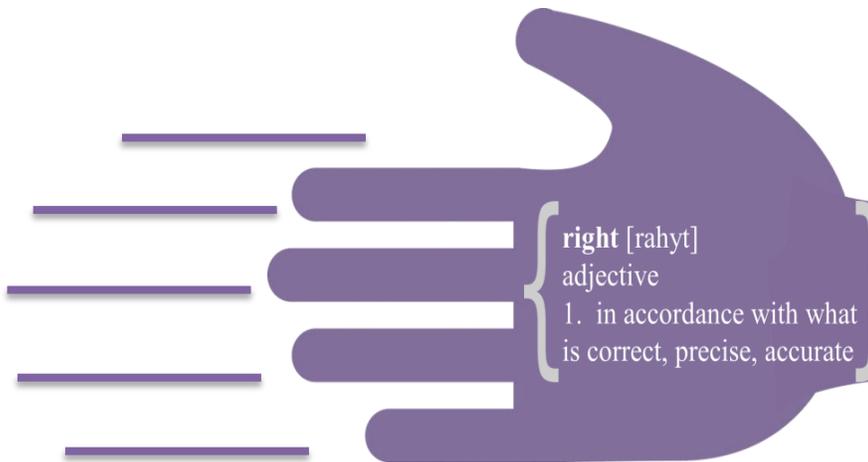


# Medication Management

**As a result of participating in this segment of training, learners will be able to:**

1. Recall 5 Rights of Medication (Person, Medication, Dose, Time, Route)
2. Summarize the **PLUS** Individual Rights: (Right to privacy, Right documentation, Right to refuse, Right to know what they are taking and why, Right date)
3. Explain Washington nurse delegation requirements that **may be** required before medication administration
4. Use the 5 Rights to compare the Medication Administration Record (MAR) with medication container prescription label (blister pack, bubble packs, bottles, etc.)
5. Demonstrate assistance with medications checking 5 rights three times
6. Role-play medication assistance to ensure dignity and respect for privacy and the right to refuse
7. Role-play calling the pharmacy or doctor for a medication error or question
8. Identify potential consequences of medication errors including to whom it must be reported:
  - a. Giving meds that are discontinued
  - b. Giving meds that should have been held per pharmacy or doctor directive
  - c. Giving meds that were already given but not signed off
  - d. Not following one or more of the 5 Rights
9. Translate components of and documentation on a Washington state standardized MAR
10. Practice documentation on a Washington state standardized MAR
11. Explain protocol of documentation on the MAR for a medication error of any of the 5 Rights
12. Contrast differences between a PRN (“pro re nata,” or as needed) and a routine medication
13. Recognize appropriate medication storage containers and disposal methods
14. Recite at least 3 resources for gaining information on the purpose and side effects of medications
15. Report health concerns regarding medication side effects to the proper people
16. Select the appropriate definitions for specific medication terminology

# THE 5 RIGHTS



When assisting the individual you support with medications, it is vital to remember the “Five Rights” of medication safety. Verifying that all five are correct will keep them safe and free from harm.

**right** [rahyt]  
noun  
1. that which is a person’s prerogative, liberty, power, privilege, or natural expectation

## THE + RIGHTS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Medication Label Abbreviations



These abbreviations and symbols are commonly used on medication labels. In order to read and understand them, you’ll want to become familiar with them. Match the abbreviations and symbols on the right with the correct description from the group below.

- |                            |                                |
|----------------------------|--------------------------------|
| A. Hour of sleep (bedtime) | L. Over-the-counter            |
| B. Twice a day             | M. Tablespoon (3tsp or 15 ml)  |
| C. Ounce                   | N. Discontinue                 |
| D. Grams (1000 mg)         | O. Teaspoon (or 5 ml)          |
| E. Afternoon/Evening       | P. Capsule                     |
| F. Quantity                | Q. Daily                       |
| G. Every                   | R. Milligrams                  |
| H. Tablet                  | S. Three times a day           |
| I. Morning                 | T. Hour                        |
| J. Four times a day        | U. Prescription                |
| K. Grains                  | V. When necessary or as needed |

- \_\_\_\_\_ = Rx
- \_\_\_\_\_ = OTC
- \_\_\_\_\_ = PRN
- \_\_\_\_\_ = Qty
- \_\_\_\_\_ = Q (Q)
- \_\_\_\_\_ = b.i.d. (BID)
- \_\_\_\_\_ = t.i.d. (TID)
- \_\_\_\_\_ = q.i.d. (QID)
- \_\_\_\_\_ = h.
- \_\_\_\_\_ = h.s.(HS)
- \_\_\_\_\_ = tsp.
- \_\_\_\_\_ = Tbsp
- \_\_\_\_\_ = oz.
- \_\_\_\_\_ = gr
- \_\_\_\_\_ = mg
- \_\_\_\_\_ = GM, gm
- \_\_\_\_\_ = Cap
- \_\_\_\_\_ = Tab
- \_\_\_\_\_ = A.M.
- \_\_\_\_\_ = P.M.
- \_\_\_\_\_ = D/C or d/c

# Medication Disposal Options



Some Police and Fire Stations accept unused medications.



Some Pharmacies accept unused medications.



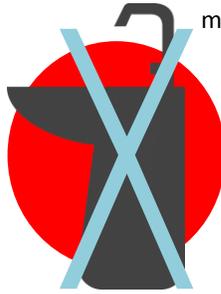
Some Clinics, Hospitals and Doctors offices accept unused medications.



If none of those options are available, fill containers with used coffee grounds or cat litter and place in the garbage.



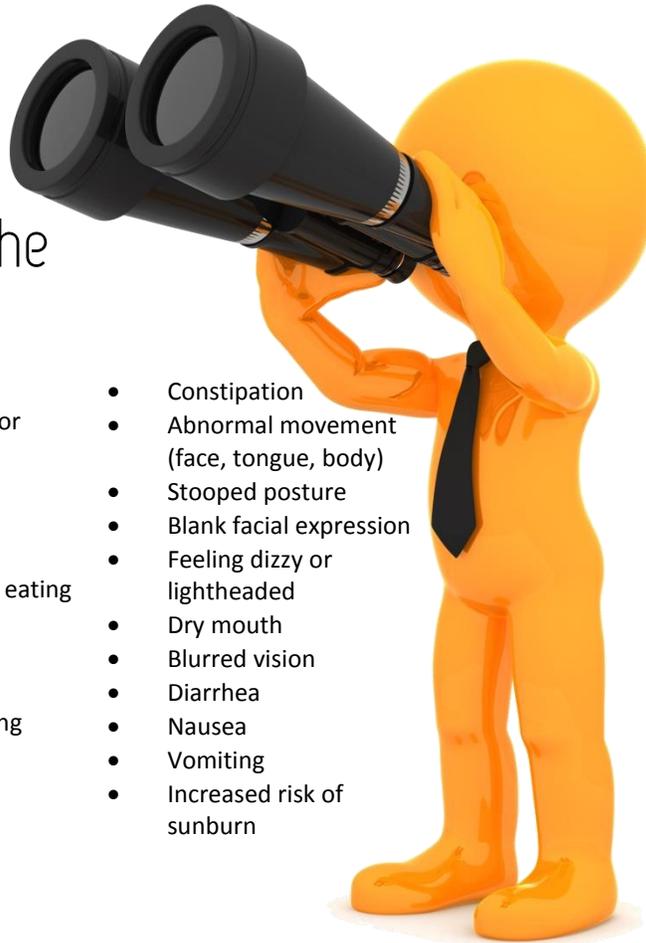
Do not throw medications down the toilet.



Do not throw medications down the sink.

## Common Side-Effects To Report to the Doctor:

- Skin rash
- Increased heart rate or feeling like it's racing
- Changes in sleep
- Decreased energy
- Sedation
- Changes in weight or eating patterns
- Tremors, shakiness
- Balance problems
- Shuffling when walking
- Confusion
- Changes in ability concentrate
- Hyperactivity
- Muscle pain
- Constipation
- Abnormal movement (face, tongue, body)
- Stooped posture
- Blank facial expression
- Feeling dizzy or lightheaded
- Dry mouth
- Blurred vision
- Diarrhea
- Nausea
- Vomiting
- Increased risk of sunburn



*My Notes*





- 8. Self Medication
- 9. L-LOA
- 10. H-NPO
- 11. H-RCO
- 12. R-Retiree
- 13. O-Other
- 14. H-Home
- 15. Title or Family Policy
- 16. PMS/PCS/PT/RECS
- 17. E-Educate
- 18. H-Home Notes
- 19. Address R/O
- 20. Address L/O
- 21. Address L/O
- 22. Address L/O
- 23. Address L/O
- 24. Address L/O
- 25. Address L/O
- 26. Address L/O
- 27. Address L/O
- 28. Address L/O
- 29. Address L/O
- 30. Address L/O
- 31. Address L/O

**PRN MEDICATIONS**

<p>ACETAMINOPHEN 325MG TABS*                  TYLENOL 325MG TAB                  TAKE 1 TABLET EVERY 4 HOURS                  AS NEEDED FOR PAIN OR FEVER</p> <p>ORIG:02/02/09 Rx #1016499                  CLOTRIMAZOLE CRE 1%                  LOTRIMIN AF                  APPLY TO AFFECTED AREA 3                  TIMES DAILY WHEN RASH                  APPEARS ON BODY</p> <p>ORIG:04/06/10 Rx #1216401                  DUCOSATE SODIUM 100MG CAPS*                  TAKE 1 CAPSULE DAILY AS                  NEEDED FOR CONSTIPATION</p> <p>ORIG:03/12/08 Rx #881630                  LORAZEPAM TAB 2MG                  ATIVAN                  TAKE 1 TABLET EVERY 8 HOURS                  AS NEEDED FOR AGITATION</p> <p>ORIG:01/14/10 Rx #1183438                  SELENIUM SUL LOT 2.5%                  SHEL-SUN SHAMPOO                  SHAMPOO 1 X WEEK AS NEEDED                  FOR DANDRUFF</p> <p>ORIG:12/04/06 Rx #546747                  TEMAZEPAM CAP 30MG                  RESTORIL                  TAKE 1 CAPSULE AT BEDTIME                  AS NEEDED FOR INSOMNIA</p> <p>ORIG:02/01/10 Rx #1183445</p>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p> <p>P R N</p> <p>Hepatitis; Anotemia; Pancytopenia; Agranulocytosis; Renal Failure; Renal Colic; Fyur</p> <p>P R N</p> <p>Urticaria; Localized Edema; Burning Sensation of Skin; Exfoliation of Skin; Skin Irr</p> <p>P R N</p> <p>Skin Rash; Abdominal Pain; Hypersensitivity Reaction</p> <p>P R N</p> <p>Sedation; Weakness; Dizziness; Unsteadiness; Suicidal Ideation; Apnea; Death; Pancyt</p> <p>P R N</p> <p>Skin Irritation; Loss of Scalp Hair; Dry Hair; Hair Discoloration; Oily Scalp; Oily</p> <p>P R N</p> <p>Drowsiness; Insomnia; Dizziness; Lethargy; Irritability; Abdominal Cramps; Euphoria;</p>
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Diagnosis: HYPOTHYROIDISM, PSYCHOSIS, INSOMNIA, OCD

Allergies: No Known Drug Allergy

Alt. Physician(s):

Patient Name	Wing	Room	Bed	Sex	DOB	Physician Name	Period	Page #
PATIENT, GENE	SLBO			F		Dr. NWHS, Pharmacy	June 1-30, 2010	1

# Medication Assistance Role Play

With a partner, role play assisting with medication. Be certain to check the 5 rights at least three times.

- 1 right person
- 2 right medication
- 3 right dose
- 4 right time
- 5 right route

**X3**