

ACTIVE LEARNING TEMPLATE: Medication

STUDENT NAME _____

MEDICATION Glucocorticoids

REVIEW MODULE CHAPTER _____

CATEGORY CLASS _____

PURPOSE OF MEDICATION

Expected Pharmacological Action

Suppress inflammation. Prevents release of leukotrienes, prostaglandins, & histamine which mediate inflammation. Prevents actions of WBCs. By minimizing the actions = ↓ inflammation → ↓ edema of airways

Therapeutic Use

Inhaled: used for chronic asthma (long term)
Oral: short term management of post-exacerbation symptoms.
IV: emergency situations

Complications

oral candidiasis, adrenal function suppression, muscle wasting, bone demineralization, osteoporosis. Hyperglycemia, peptic ulcer disease, ↑ risk for infection, fluid & electrolyte imbalances. Nasal: dry mucous membranes, epistaxis, sore throat, headache.

Medication Administration

Inhaled: reg schedule as opposed to PRN. Not beneficial as rescue drug for asthma. Have client use beta₂ adrenergic agonist 1st to dilate airways.
Oral: single divided doses (short term), alternate day dosing for long term. Taper dose slowly until lowest possible effective dose. Stopping too quickly can cause adrenal suppression.
Nasal: gradually taper to lowest effective dose. 2-3 days for full effect. Nasal decongestant 1st can help drug penetrate deeper.

Contraindications/Precautions

peptic ulcer disease, diabetes, hypertension, renal dysfunction, regular use of NSAIDs.

Nursing Interventions

Inhaled: adding a spacer minimizes side effects. Timely oral antibiotics if oral candida occurs.
Oral: monitor plasma levels, recommend lowest possible dose to minimize bone effects & GI bleeding. Take w/ food or meals. Recommend acetaminophen if NSAID is ordered. Monitor blood glucose levels. Observe for signs of infection. Watch for S/S of hypernatremia & hyponatremia.
Nasal: dry membranes, epistaxis, sore throat → lozenges or hard candy, humidified air, comfort measures.

Interactions

urosemide (K⁺ depleting diuretic). NSAIDs (↑ GI bleed risk), insulin & oral hypoglycemics are reduced.

Client Education

Inhaled: Encourage spacer to ↓ side effects. Rinse/gargle after dose to ↓ candida risk.
Oral: explain side effects & risks of stopping abruptly. Increase vitamin D & calcium intake to ↓ osteoporosis risk. Report increase in S/Ps of hyperglycemia. Report weight gain, edema, weakness.
Nasal: humidifier when sleeping, ↑ fluid intake, suck on lozenges or hard candy. Report sore throat.

Evaluation of Medication Effectiveness