

**Older Adult NURS 3667
Clinical Education Center and Simulation
Simulation Experience I
CEC/Sim Workbook**



Clinical Education Center, Simulation Classroom or CAPE
Welcome, Attendance and Questions/Answers
Activity #1 Medication Reconciliation
Activity #2 Pillbox Activity

Please prepare before this experience:

- Review course lecture notes regarding medication reconciliation
- Review the AGS BEERS Criteria

Please read before this experience:

- This workbook

Please bring to this experience:

- The CEC/Sim workbook
- Davis Drug book
- Excitement for increased knowledge and experience with the Older Adult population

Activity #1
Medication Reconciliation

Session Overview

One student will simulate the role of a patient and bring to the session a “brown bag” with medications. The students will be required to complete 3 tasks in the time allotted:

Learning Objectives

Students will:

1. Take a medication history to gather information regarding the:
 - a. patient’s understanding of their medications (indications, dosing and side effects)
 - b. problems and factors influencing adherence
2. Outline a plan to the patient with steps that can be taken to reduce medication problems and obstacles to adherence

Medication Reconciliation Cheat Sheet

Steps A, B, C, D

A---Assemble---Assemble an accurate and current medication list

B—Be certain and complete---Identify discrepancies, identify information or adherence gaps, identify barriers, identify medication risks and adverse drug reactions

C—Compare—compare and match lists or brown bag medications with the drug list. Compare the medications the patient is taking with laboratory and test results

D—Decision making (in collaboration with physician and/or advanced practice nurse)—What to discontinue, continue and/or add? Ensure that decisions are communicated in writing and verbally to the patient and new med list created for the patient.

Your role as a student nurse:

- **Task 1 (15 minutes)**
Take a medication history so at the end of the interview you understand Mrs. Parsec’s use of medicines. Use this time to ask her questions.
- **Task 2 (15 minutes)**
As a group, review the medication regimen and formulate recommendations to improve Mrs. Parsec’s use of medications. (Please consider all domains of function/self-care.)
- **Task 3 (15 minutes)**
Using your “Recommendations Worksheet,” communicate your recommendations to Mrs. Parsec.

Clinical Scenario

You are a nursing student who has volunteered to participate in the AARP-sponsored community health fair. You have been assigned to the "Medication Review" station. People attending the health fair have been told they should bring their medicines with them and a "qualified professional" would review the medicines with them. The first person in your line is Mrs. Pat Parsec. The following is the information that Mrs. Parsec was asked to provide to help you during the medication review.

Gender	Female
Age:	76
Occupation:	Retired office worker
Marital status:	Widowed, my husband died 6 years ago
Residence:	I live alone in a small cottage I rent from my neighbor
Family:	My son lives nearby and helps me keep the place up
Income:	Social security
Medical Insurance:	Medicare
Medical illnesses:	High blood pressure
	Arthritis in my knees and hands
	Urinary incontinence
Additional concerns:	I am having trouble falling asleep. When I do fall asleep, I wake up 3 or 4 times a night to go to the bathroom. I often feel tired all day. Sometimes my legs swell up.

*** * * REMEMBER * * ***

You will be assessing potential problems and clarifying questions. Your plan will include questions and findings that Mrs. Parsec can take to Dr. Baker, her primary care physician.

Patient Medication List

Patient Name: Pat Parsec

Date of Reconciliation: 9/21/12

Allergies: Penicillin

Primary care physician: Dr. Baker

Other prescribers:

Chronic Health Conditions:

What I am taking. Medication name and dose	Brand Name	Generic Name	Number of pills per dose	When do I take it?	Prescriber	Date Started	What am I taking this for? (Indication)

Activity #2
Pill Box activity

Session Overview

This is a 45-60 minute session designed for multiple groups of 2 students each. One student will play the role of the patient with a pre-determined functional deficit, while the other is a home care nurse who is working with the patient to evaluate and teach medication management skills.

Learning Objectives

Students working as the nurse will:

1. Teach the patient to organize his/her medications with a pill box
2. Create a master list of medications that the patient can understand and use as a guide to set up the pill box and
3. Communicate the system to the patient and assess the patient's ability to independently and safely utilize this system.

Students working as the patient will

1. Use props to simulate a functional deficit and maintain that deficit throughout the activity.

Your role as a student nurse:

- **Task 1 (15 minutes)**
Interview patient to clarify/verify the medications to ensure that you have the most accurate list. Create a master list of medications that the patient can understand and use as a guide to set up the pill box.
- **Task 2 (15 minutes)**
Fill the pill box based on the medication list.
- **Task 3 (10 minutes)**
Instruct and educate the patient as to how s/he should be taking the medication.

Clinical Scenario

You are a home care nurse. You have been assigned to do a home visit to assess Mrs. Baxter's ability to manage her own medications. You have been given a medication list and the following information on a face sheet for the patient.

Gender:	Female
Age:	86
Occupation:	Homemaker
Marital status:	Widowed, my husband died 24 years ago
Residence:	Lives alone in own home
Family:	No living relatives
Income:	Social security
Medical Insurance:	Medicare
Medical illnesses:	Parkinson's Disease
	Diabetes
	Hyperlipidemia
	GERD
	Insomnia
	Osteoporosis
	Hypothyroidism
	Hypertension

Medication List

Lisinopril 10 mg 1 tab po daily

Fosamax 70 mg 1 tab po weekly

Metoprolol tartrate 25 mg 0.5 tab po BID

Sinemet 25/100 mg one tab four times daily

Ambien 10 mg one tab po q hs

Metformin 500 mg 2 tabs po q am and one tab po q pm

Glyburide 5 mg one tab po q am

Simvastatin 20 mg one tab po q hs

Prilosec 20 mg one tab po q am ½ hour before breakfast

Levothyroxine 50 mcg one tab po q day (not to be taken within 2 hours of calcium or iron)

Multivitamin one tab po daily

Calcium 500 mg one tab po BID

Patient Medication List

Patient Name:

Date of Reconciliation:

Allergies:

Primary care physician:

Other prescribers:

Chronic Health Conditions:

What I am taking. Medication name and dose	Brand Name	Generic Name	Number of pills per dose	When do I take it?	Prescriber	Date Started	What am I taking this for? (Indication)

