Case Study: MN553 Advanced Pharmacology

Unit 9 Case Study

“Prescribed Drugs with CAMs”

# Student Name

Date of Submission

**Introduction**

This paper addresses a pharmacological management plan for Mr. NX, including consideration of possible contraindications for CAMs, prescriptive, and non-prescriptive recommendations for management of acute pain and other ongoing disease processes, followed by evaluation strategies.

**Pharmacological Management Plan**

**CAMs Contraindicated with Current Prescriptions**

Acupuncture: this is a Chinese traditional medicine used to treat numerous painful conditions. It involves the insertion of very thin needles into the pressure points to relieve pain.

Yoga and stretching: Yoga involves the stretching and lengthening exercises with breathing technique and mindful awareness to help one focus on regions causing pains in their bodies.

Herbal medication: these take various forms including capsules, tablets, tea and essential oils.

Muscle Relaxants: the muscle relaxants include Cyclobenzaprine, Tizanidine, Baclofen, and Carisoprodol.

Anti-depressants: the prescriptions for antidepressants for chronic low back pain include Amitriptyline, Clomipramine, Desipramine, Doxepin, Imipramine, and Nortriptyline.

Massage and chiropractors.

**CAMs Contraindicated with Diagnoses**

The common causes of lower back pains include spinal degeneration, Osteoporosis, Skeletal irregularities, Spondylitis, Fibromyalgia, Sciatica, Cauda equine syndrome and protruding, herniated or ruptured disc.

The diagnoses and treatment of lower back pain require the differentiation of specific, aspecific and non-specific low back pain. The specific low back pain entails all diseases and pathologies with articulated aetiology as well as pathological processes. The red flag indicates specific low back pain which requires quick and precise diagnosis and specific treatment. Aspecific low back pains do not require diagnostic imaging thus does not require treatment.

The CAMs Contraindicated with Diagnoses guidelines includes identification of low back diseases that expose the patient at risk for pain, differentiation of acute and chronic pain and their treatments, conducting basic neurophysiologic pain response. Next, the health provider employs pharmacological and non-pharmacological approaches to pain management.

Establishing the difference between addition, tolerance, and dependence

Application of pain management instruments to practice situations.

**Prescription for Back Pain**

The prescriptions for back pains include Acetaminophen (Tylenol) which works by stopping the pain process.

NSAIDs (Aspirin, Ibuprofen, Motrin) - these are anti-inflammatory drugs that act as alternatives for acetaminophen. They help fight swelling and fever.

Risks include nausea, diarrhea, heartburn, stomach pain. To some individuals, they cause heart problems and kidney damage.

**Changes in Prescribed Drugs**

The changes in the prescribed drugs are done if medication recommended if fails to let the expected results. These include the switching from one form of medication to another to ensure improved health outcomes in the patients.

**Follow-Up Evaluations**

**Time-Frame**

The duration of the use of application of CAMs vary from one individual to the next but in most cases takes 2 to 3 weeks.

**Strategies for Evaluating Side/Adverse Effects**

The effects of the CAM can be assessed by examination of the pain in the adjoining areas, continued inflammation and body movement while sitting or squatting. Instability, changes in the sleep and rest patterns, cessation of common routines, restricted movements, pacing and rocking, Gait as well as changes in mobility.

**Strategies for Evaluating Effectiveness**

The effectiveness of the CAM can be evaluated by examining the efficiencies in the body movements, including pace, gait, and stability, among others. Patients who recover from low back pain are more stable than before, live a high quality of life and keeps to their routines. Mr. XN will be able to accomplish all these if his condition improves after medications.

References (examples)

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