

It's time to optimise medications - a patient-centred approach

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Background

Patients with spinal cord injuries can be subjected to long-term complications and it is essential medications are tailored to meet the patients functional capacity in order to improve quality of life.

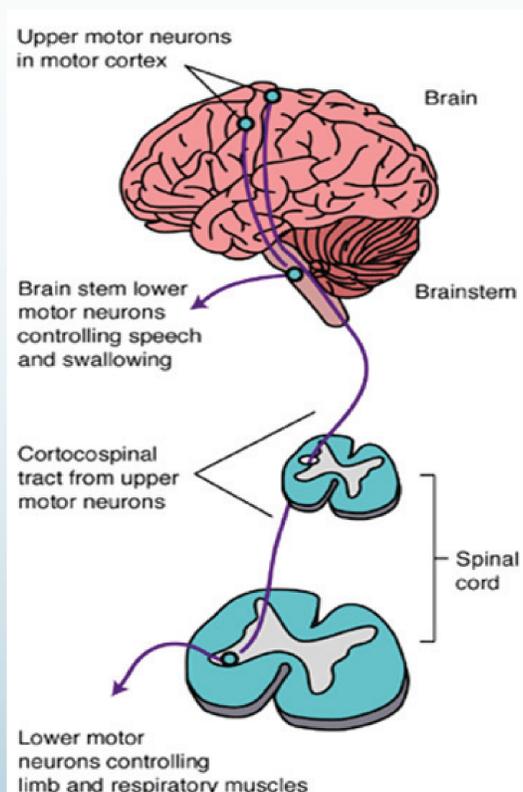
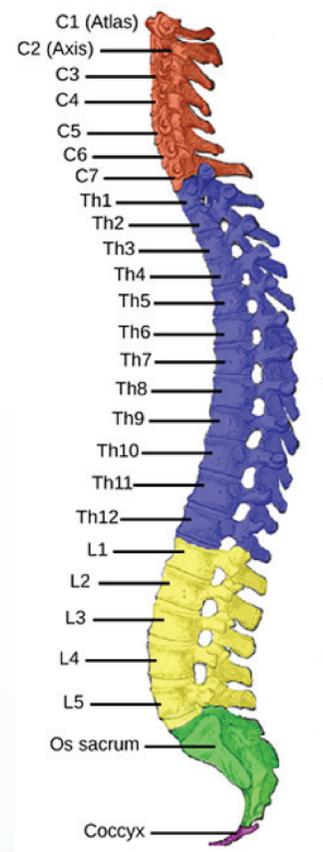
Clinical features

A 22yr old C4 tetraplegic male was admitted to the statewide spinal injuries rehabilitation unit. The patient was transferred from an acute orthopaedic ward following spinal stabilisation surgery.

Method

Patients medications:

- Dalteparin 5,000U subcut mane ✓
- Docusate + Senna 50mg-8mg – separate agents in line with UMN bowel regime
- Glycerol suppository 1 morning – trial Microlax enemas
- Bisacodyl suppository 1 morning – cease
- Morphine 5mg MR Tabs – change to Targin to reduce opioid-induced constipation
- Pregabalin 75mg 1 BD ✓
- Paracetamol 1g QID PRN – increase to regular dosing to improve pain control
- Endone 5mg 1 QID PRN ✓
- Pseudoephedrine 60mg 1 PRN ✓ - continue use prior to mobilising patient
- Add: Pantoprazole 40mg 1 mane – extended stress ulcer prophylaxis duration for 6 weeks



	C1-C7	T1-T12	LMN
Bristol Type	3-4	3-4	2-3
Frequency	Daily - change to 2 nd daily once established	Daily - change to 2 nd daily if wishing too	Daily OR BD
Oral Medication	Docusate-50mg BD Senna 1-2 tabs at night	Docusate-50mg BD Senna 1-2 tabs at night	Metamucil BD
PR Medications	1-2 Bisacodyl suppositories	1-2 Microlax enemas	1 Microlax enema +/- manual evacuation
Considerations	May require digital stimulation		Dring plenty of water

Conclusion

During attendance at a consultant ward round, the Pharmacist recommended medication alterations in order to optimise the patients treatment to improve the patients experience whilst in hospital. Medication optimisation provides a patient-centred approach to healthcare and ensures patients receive the best possible outcomes from prescribed medications. A collaborative approach with physicians ensured this patient was involved in his medication plan and empowered him to take ownership of his treatment. It's time for Pharmacists to step up on ward rounds!