Clinical Skills 2: Diseases and Medications Project

When you are doing your externship you will be expected to know about a variety of diseases, their signs and symptoms, the medications that treat them (generic and brand names), what those medications do, signs and symptoms, and more. This project will help you gain and develop that knowledge.

Part One:

- You will fill out worksheets for 10 different diseases. For each disease, fill out one worksheet (attached).
- You will receive an electronic version of the worksheet so you can just fill in the blanks. You can also retrieve the worksheet from the Medical Assisting Guide’s Course Project area for this assignment.
- You will create a reference list of resources consulted for this project.
  - Remember to reference your sources consulted and used at the end. For this assignment, only direct quotes need to have in-text citations within the worksheet boxes themselves. This is not normal.
  - Use the same font/spacing the worksheet uses (do not change to Times New Roman 12pt, double spaced font like you would for a regular APA paper)
    - Create references for individual websites, books, and articles from Gale and Nursing Reference Center.
    - Reference Magill’s and our drug guide eBooks can be referenced as a whole rather than creating references for each individual article.
    - Use NoodleBib for best results!
- At the end of this document you will find a sample worksheet that has been filled out as an example/model.

Part Two:

- You will create and present patient education materials and information for one of the diseases you selected.
  - Choose one of the diseases you worked on earlier.
  - Get the instructor’s approval for your choice.
  - Present, verbally, information on your disease to the class.
    - To help with your presentation...as you research, pretend you or a family member is newly diagnosed with the disease and there is a need/want/desire to learn more!
    - Your goal is to use normal human being language to explain and educate us about:
      - The disease
      - What is it doing
• All the data you collected in your worksheet
• Plus (These are jumping off points...add more!)
  o Additional information on lifestyle or diet changes or similar
  o Community resources the newly diagnosed can reach out to
  o Support groups in the local area or online
  o Nationally recognized organizations and associations (for education/support/research...aka American Heart Association)
  o Resources to avoid (for instance: the Internet can be your worst enemy; are there any really bad sites out there the newly diagnosed should be warned away from?)
Recommended Research Resources:

- **Magill’s Medical Guide**
  - tinyurl.com/magillsmedicalguide (2011 version)
  - tinyurl.com/magillsmedicalguide2014 (2014 version)
  - Disease definition, specialists, system impacted
  - Medications (treatment and therapy) sometimes

- **Nursing Reference Center** (eResources list)
  - Disease definition
  - Required labs
  - Drug/medication information (in Drug Information tab):
    - Classifications, indications, action, side effects, route and dosage, patient teaching tips, and desired outcomes.
    - Patient education sheets (usually available in both English and Spanish). Note: you can use these as models/samples for your patient education materials, but do not copy the information. You should be creating your own materials.
  - eBooks via EBSCO for drug and medication guide eBooks such as:
    - Davis’s Drug Guide for Nurses
    - Frequently Prescribed Medications: Drugs You Need to Know
    - Harvard's Nursing Guide to Drugs
    - Mosby's Drug Guide for Nursing Students
    - Pharmacology Clear & Simple: A Guide to Drug Classifications and Dosage Calculations

- **Online Sources** (web)
  - PDRHealth.com (consumer guide to drugs from the Physician’s Desk Reference)
  - PDR.net (Physician’s Desk Reference)
  - MedlinePlus’s Drug Information
**Disease**

**Name of Disease:**
*Erectile dysfunction or impotence*

**Definition/Description of Disease. Use everyday language to explain what the disease does to the body.**
*Penis cannot obtain or maintain an erection that is sufficient for sexual intercourse. More common in males over age of 40, in those who have heart disease, hypertension or diabetes, or in those who are depressed.*

**Body System(s) Impacted by the Disease:**
*Male reproductive system, blood vessels, genitals*

**Medical Specialty Areas that Work with this Disease:**
*Urology, internal medicine, family practice*

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**Medication**

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<thead>
<tr>
<th>Generic Names:</th>
<th>sildenafil, tadalafil, vardenafil</th>
<th>Trade Names:</th>
<th>Viagra, Cialis, Levitra</th>
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**Classification(s) of Medication:**
*Impotence or erectile dysfunction agents / vasodilators*

**What is the desired treatment outcome? Meaning: What is the medication supposed to do? How is it supposed to help?**
*Increase blood flow to the penis to allow men to get an erection so they can have sexual intercourse.*

**Guidelines for Taking Medication (when to take, with or without food, etc.):**
*Sildenafil and vardenafil: Take one hour before sex; never more than once per day (once per 24 hours)*
*Tadalafil: may be prescribed on a regular schedule*
*All three may be taken with or without food; with or without water*

**Common Side Effects of the Medication:**
*Sildenafil: “Headache, heartburn, diarrhea, flushing, nosebleeds, difficulty falling asleep or staying asleep, numbness, burning, or tingling in the arms, hands, feet or legs; muscle aches; changes in color vision; sensitivity to light” (Medline Plus, 2014a). Vardenafil and tadalafil have very similar lists.*

**Dietary Changes Necessary with this Medication? Explain:**
*All three: to avoid unwanted side effects: avoid eating grapefruit and grapefruit juice, drinking alcohol, and taking any other drugs that also treat impotence or drugs that are for heart pain (aka nitrates). Do not take St. John’s wort. Avoid nitrates (in food, in prescription drugs, in recreational drugs (poppers), etc.)*

**Labs Necessary While on The Medication (type, frequency, fasting or non–fasting, etc.)**
*Not applicable*
**Important Information Not Covered Above/Patient Teaching Points:**

Never take if you are taking nitroglycerin (usually for heart issues) because it could be deadly. Avoid nitrates in general.

Avoid following medical advice offered on online support groups like those at WebMD and MDJunction because dubious advice from other patients is being offered and sometimes difficult to identify for what it is.

**References** (direct quotes need to be in-text cited above; otherwise just list references below).

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