

## 7

## Lipid-Lowering Medications

Patient name: \_\_\_\_\_ Admission: \_\_\_\_\_

NRS  
DATE INITIAL

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**I. The client/caregiver can describe indications for this class of medication.**

- A. They are used in addition to dietary and lifestyle changes to reduce total cholesterol and triglyceride levels.

**II. The client/caregiver can list important medication teaching and concerns.**

- A. Knowledge and evaluation of client's understanding of dietary management.  
 B. Avoid alcohol. Use this medication with caution if documented history of alcohol abuse.  
 C. Notify physician if pregnancy is planned or suspected.  
 D. Monitor cholesterol and triglyceride levels as prescribed. Physician may also want to monitor liver function during therapy.  
 E. Monitor for deficiencies of fat-soluble vitamins (vitamins A, D, E, and K).

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- F. Report unexplained muscle pain, weakness, fever, or unexplained numbness or tingling in feet and hands.  
 G. Ask pharmacist for specific instruction on how to take medication (with or without food, time of day, etc.).  
 H. Monitor bowel habits for constipation or diarrhea. A high-fiber diet and fluids can be used for constipation.

**REFERENCES**

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 Deglin, J. H., & Vallerand, A. H. (2001). *Davis's drug guide for nurses*. Philadelphia: F. A. Davis Company.  
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