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Antiparkinson Medications

Patient name: _____ Admission: _____

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I. The client/caregiver can define indications of this type of medication.

- A. These drugs relieve some of the symptoms of Parkinson's disease by restoring the balance of dopamine and acetylcholine in the brain.

II. The client/caregiver can list important teaching concerns.

- A. Medication should be taken with meals.
 B. Nutritional concerns are
1. Increase fiber and fluids to prevent constipation.
 2. Avoid foods high in pyridoxine (vitamin B6) because they decrease the effectiveness of medication. Foods such as beef, liver, ham and pork, egg yolks, and oatmeal are to be avoided or limited.
 3. High-protein foods also may decrease the effects of this medication.
 4. Eating and swallowing difficulties are discussed in dysphagia teaching guide.
- C. Possible dizziness when standing quickly can be avoided by changing position slowly.

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- D. Central nervous system adverse reactions can range from agitation and anxiety to fatigue and lethargy.
 E. There may be dry mouth, changes in taste, loss of appetite, abdominal discomfort, and changes ranging from constipation to diarrhea.
 F. Observe for any changes in disease symptoms. They can cause symptoms to worsen.
 G. Observe for hallucinations, confusion, and so forth.
 H. Periodic evaluation and laboratory test to evaluate effectiveness of medication and for any indication of liver or kidney damage.
 I. Take medication exactly as ordered. Do not change doses or stop medication without direction from physician.

REFERENCES

- Ackley, B. J., & Ladwig, G. B. (2006). *Nursing diagnosis handbook: A guide to planning care*. St. Louis: Mosby Elsevier.
 Adams, M. P., Josephson, D. L., & Holland, L. N. Jr. (2005). *Pharmacology for nurses: A pathophysiologic approach*. Upper Saddle River, NJ: Pearson Education, Inc.
 Deglin, J. H., & Vallerand, A. H. (2001). *Davis's drug guide for nurses*. Philadelphia: F. A. Davis Company.
Nursing 2006 drug handbook. (2006). Philadelphia: Lippincott Williams and Wilkins.