PATIENT EDUCATION REGARDING POTENTIAL FOOD/DRUG INTERACTIONS

PURPOSE:

To identify and educate, as a multidisciplinary approach, patients and families on possible food/drug interactions so that optimal benefits from both medication and food can be obtained, and harmful interactions avoided.

To modify the patient’s diet if patient is receiving warfarin or a MAO-I.

To provide the patient with written education pamphlets regarding potential food/drug interaction while hospitalized and/or at discharge.

To monitor drugs with high volume usage and high risk complications for potential food/drug interaction.

To improve patient outcome.

To report actions to the Pharmacy and Therapeutics Committee.

POLICY: Hospitalized patients and families will receive education on potential food/drug interactions during hospitalization and/or upon discharge for the targeted drugs identified by the multidisciplinary team.

The targeted drugs include:

- Co-Trimoxazole (Bactrim-Septra) S/N 1355
- Ciprofloxacin/Ofloxacin S/N 1373
- Doxycycline/Tetracycline S/N 1311
- Ferrous Sulfate S/N 1372
- Ibuprofen S/N 1354
- Lithium S/N 1353
- Monoamine Oxidase Inhibitor’s (MAO-I’s) S/N 1335
- Warfarin S/N 1308
PROCESS:

Physician

- Write order for medication

Pharmacist

- Review/clarify physician’s order and enter into computer.
- Place accessory labels on targeted medications when dispensing.

RN, LPN

- Note auxiliary label regarding specific instructions on medication administration.
- Stock written educational materials on nursing unit and provide to patient as needed.
- Instruct patient and/or family on medications and/or reason medication has been prescribed.
- Evaluate patient’s and/or family understanding of instructions and document on Interdisciplinary Patient Education Record.
- Refer to pharmacist and/or dietitian for additional instructions as needed.

Dietitian

- Modify diet of patients receiving MAO-I’s and warfarin the day patient is identified as receiving the drug.
- Review patient medical record to assess diagnosis, diet order and medical history.
- Within 24 hours of identification, or upon transfer to general care area, written and verbal instructions will be given to patient and/or family regarding potential food/drug interaction for patients receiving an MAO-I or warfarin.
- Assess understanding. Follow-up with patient, family, or caregiver to ensure comprehension of instructions if desired outcome is not achieved in initial instruction.
- Document instructions given on Interdisciplinary Patient Education Record for initial, follow-up, and discharge instructions.

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Administrator

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Date

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Approved by Clinical Board 6/20/00, 6/17/03