

Session 3 Medication Management and Problem-Solving Therapy (1)

- ❖ Types of Medicine
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Types of Medicine

There are four types of medicine: oral, topical, suppository, and inhalational.

Oral medications

1. Solid

- a. **Capsule:** small soluble enteric coating with powder inside (e.g. Antibiotics)
- b. **Pastille:** little pills made of dry powder (e.g. Febrifuge)
- c. **Buccal tablets:** these tablets have smells. They can dissolve in mouth slowly, and then be absorbed. They are usually used for oral cavity and throat diseases. (e.g. Painkiller for throat)
- d. **Sub-lingual tablets:** tiny tablets put under the tongue, which will dissolve and be quickly absorbed into the blood (e.g. Painkiller for angina)

2. Liquid

- a. **Liquid suspension:** these drugs have dissolved in liquid, and often are sediment on the bottom of medicine bottles. They need to be shaken evenly before taking. Labels written with “Please shake evenly before taking it” are always on the bottles.
- b. **Syrup:** these drugs have dissolved in concentrated syrup, so they taste sweet.

Topical Medications

- a. Skin patch/sticker: the sticker is coated with medicine, and it is used to stick on the skin for 24 hours to be absorbed (e.g. Painkiller for angina)
- b. Ointment: half-solid medicine: it is usually rubbed on skin or mucous membrane such as the eyes

Suppository medications

- a. Suppository: it is in the form of solid drugs, and inserted into the body (e.g. Rectum or vagina). It will melt by the body temperature, and release the medicine (e.g. Purgative prescription and vaginal anti-fungal drugs)

Inhalational medications

- a. Aerosol: medicine in the form of spray. It will be taken in by the respiratory tract (mouth or nose) to treat respiratory diseases.

Side Effects of Common Medicine

Medicine	Side effects
Psychiatric medications	Trembling, involuntary movement, hypotension, cardiac arrhythmias
Antidepressant	Thirst, urinary retention, constipation, hypotension
Anti-inflammatory medicine	Gastrointestinal sensitivity, hemorrhage, edema
Parkinson' s medication	Dyspepsia, peptic ulcer, confusion, involuntary face or oral cavity movements, postural hypotension
5. Diuretics	Imbalance in electrolytes, incontinence, hypotension
Cardiac medications	Cardiac arrhythmias, nausea, poor vision, confusion, palpitate
High blood pressure medications	Dizziness, hypotension
Laxative	Dehydration, diarrhea, imbalance in electrolytes, incontinence

Some physiological side effects of medications are:

Cardiovascular system

- ✧ Arrhythmia (irregular heartbeat)
- ✧ Tachycardia (exceeding normal heartbeat rate)
- ✧ Palpitate (irregular heartbeat exceeding normal heartbeat rate)
- ✧ Hypotension (low blood pressure)
- ✧ Congestive heart failure

Neurological system

- ✧ Confusion
- ✧ Headache
- ✧ Motor function decline
- ✧ Insomnia
- ✧ Sleepy
- ✧ Blurred vision or paropsis
- ✧ Unclear speech
- ✧ Trembling

- ✧ Irritability
- ✧ Epileptic seizures

Liver

- ✧ Jaundice
- ✧ Coagulation disorders or decline
- ✧ Liver dysfunction

Intestines and stomach

- ✧ Loss of appetite
- ✧ Thirst
- ✧ Dehydration
- ✧ Nausea and vomiting

Vision

- ✧ Blurred vision

Common Knowledge about Essential Medicine

What actions can be considered as “misusing medication” ?

- ✧ Casually taking the medication without having related symptoms.
- ✧ Using more than one type of medication to treat one’ s illness.
- ✧ Taking medicine that is not appropriate to certain individuals, such as those that may cause allergies.
- ✧ Using a medication to treat the side effect caused by another medication.
- ✧ Not taking a medication on time, and changing the medication dose on their own.

Take Medication Appropriately

- ✧ Take medication as advised regarding the time and dose
- ✧ If it is necessary to purchase over-the-counter medication, learn about the possible side effects in advance.
- ✧ If there is a second illness, do not take medicine from the last illness even if the symptoms are the same. There may be different reasons for each illness
- ✧ Do not borrow medication from other people because there are different reasons for illnesses and you may not have the same illness or same symptoms
- ✧ When taking two or more drugs, you must be aware of their effectiveness in order to achieve the best results. For example, when taking milk or milk products with medication such as antacids, antibiotics, anticoagulant, and insulin, it is appropriate to take them several hours before or after supper.

Take Medication on Time

- ✧ Take your medication at the same time every day.
- ✧ Tie taking your medications with a daily routine like brushing your teeth or getting ready for bed. Before choosing mealtime for your routine, check if your medication should be taken on a full or empty stomach.
- ✧ Keep a “medicine calendar” with your pill bottles and note each time you take a dose.
- ✧ Use a pill container. Some types have sections for multiple doses at different times, such as morning, lunch, evening, and night.
- ✧ When using a pill container, refill it at the same time each week. For example, every Sunday morning after breakfast.
- ✧ Purchase timer caps for your pill bottles and set them to go off when your next dose is due. Some pill boxes also have timer functions.
- ✧ When travelling, be certain to bring enough of your medication, plus a few days extra, in case your return is delayed.
- ✧ If you’re flying, keep your medication in your carry-on bag to avoid lost luggage. Temperatures inside the cargo hold could damage your medication.

Appropriate Methods for Storing Medicine

- ✧ Follow the instructions on your pill bottle. Store drugs in an appropriate temperature, humidity, and light. For example, injections, suppository, and oral syrups are often put in the refrigerator. Pills and test paper are often put in dry places and damp-proof medicine bottles
- ✧ Put medication in medicine bottles with clear labels.
- ✧ Close medication bottles as soon as you take the appropriate dose of medicine to avoid dampness or leaking.
- ✧ Do not put multiple types of medication into one container.
- ✧ Return the leftover medication to doctors or pharmacists after finishing a course of treatment to avoid misuse.
- ✧ Label various types of medication carefully if there is more than one person in a family taking medication at the same time.
- ✧ Put medicine in a safe place where it is out of reach of children and older adults who are easily confused.
- ✧ Do not to take medication that is expired or have an abnormal color, or is damp.

Listing of Medications

Listing your medications can help you check whether all the over the counter (OCT) and prescription medications you use are correct. You can use the following methods for listing your medications:

- ✧ Develop a medication list and keep it up to date. Add new medications while removing or scribing medications that you no longer use.
- ✧ Place the list where you have easy access to, especially in an emergency.
- ✧ Whenever you visit a doctor or go to a hospital, bring the list with you.
- ✧ Discuss all medications you use with your doctor. Ask your doctor if they have any side effects, or if there are other issues that must be addressed. If you also use other medications or are allergic to any medication, be sure to tell your doctor.

Other Things to Pay Attention to:

Understand the common prescription abbreviations:

- ✧ Bid - twice a day
- ✧ Tid - three times a day
- ✧ Qid - four times a day
- ✧ Q3h - every three hours
- ✧ Qd - every day/daily
- ✧ Prn - as needed
- ✧ Po - orally/by mouth

Case Study

Mr. Lee's Medicine

Because of aging and hypertension, Mr. Lee has to take medication for a long period of time. With the recent change in weather, Mr. Lee has a heavy cold, and felt uncomfortable this morning. He remembered that his daughter Shangyue had a cold not too long ago, and the rest of her medication were stored in the refrigerator. Mr. Lee believed that he could not waste the drugs, since they were costly. So, he took the same dose as his daughter did. However, he continued feeling uncomfortable, and stopped taking his daily medicine for hypertension.

When Mr. Lee's daughter got home after work, he was very light-headed and lethargic, so he was taken to the emergency department. Diagnosed with high blood pressure Mr. Lee had symptoms due to the misused of medication. He needed to remain in the hospital under observation for two days. At home, Mr. Lee's daughter found various types of medicine placed in different kinds of bottles in Mr. Lee's cabinet. She realized that he was randomly taking medication. His daughter quickly took all medicine to the hospital for examination.

After reading this case, answer the following questions:

1. What did Mr. Lee do wrong?

a. Method of taking medicine

b. Method of storing medicine

c. Attitudes toward diseases

2. What led to Mr. Lee's mistakes?

3. If you are Mr. Lee's caregiver, how will you guide him in appropriately taking and storing medicine?

Problem-Solving Therapy

What is Problem-Solving Therapy?

Problem-Solving Therapy (PST) is an evidenced-based intervention to facilitate behavioral changes through a variety of skill training. PST identifies strategies to support people to cope with difficulties in life and take the initiative to solve everyday problems. Using cognitive behavioral theories, effective and successful problem-solving skills can lead to optimism, hope, better self-esteem and self-confidence, improved physical and mental health, and positive overall quality of life. Failing to solve the problem effectively might result in depression, anxiety, suicidal thoughts and behaviors, substance use/abuse, poor hygiene/health, and could have relationship/marital and financial problems. It might even lead to aggressive thoughts and behaviors towards others.

Why Choose PST ?

PST has been widely used in clinical settings with various populations and has achieved significant results in working with older adults who experience depression. Compared with other therapies such as Reminiscence Therapy, PST has been shown to decrease depressive symptoms among older adults with advanced depression and dementia. PST has shown to decrease suicidal tendencies in older patients with short-term depression. In hospice, the use of PST has shown to improve the patient's quality of life.

While most researches focus on clinical interventions for patients, caregivers have long been a concern of researchers. There is evidence that many caregivers are susceptible to anxiety, yet many overlook the problem and therefore do not receive appropriate interventions. In fact, anxiety disorders can develop into depression or other mental health problems if not identified timely and treated promptly. According to one study, teaching PST to caregivers can help to alleviate anxiety levels in caregiving, build better coping strategies and reduce the likelihood of subsequent mental health symptoms.

We will be learning PST by discussing problem-solving orientation and style, exploring self-defeating vs. self-enhancing statements, and outlining seven steps to problem-resolution.

Problem-Solving Orientation and Style

Problem-solving orientation includes positive and negative views of your situation.

Positive orientation includes:

- ✧ The problem is a challenge, not a threat.
- ✧ The problem is solvable.
- ✧ The problem solution is the result of continuous effort and perseverance.
- ✧ The problem solution requires determination and action.
- ✧ Positive problem solvers have confidence and ability to take action.

Negative orientation includes:

- ✧ The problem is seen as a significant threat to one's daily life.
- ✧ Negative problem solvers lack confidence in their ability to solve problems.
- ✧ When they face the problem, they become frustrated, upset, and avoid to tackle the issue.
- ✧ Inability to regulate the negative emotion reactions can greatly affects the ability to solve problems positively.

Problem-solving style includes avoidance, impulsivity, and rational problem-solving.

It would be the best to use rational problem-solving style to solve the problem, which includes:

- ✧ having a comprehensive and purposeful plan;
- ✧ gathering facts and information targeting a problem;
- ✧ identifying obstacles and setting a realistic problem-solving goal, and;
- ✧ raising possible solutions, weighing advantages and disadvantages of all solutions, and putting forward the most effective one in the process of analysis.

Tip: Analyze the broad issue first and transform it into a series of small problems that can be solved.

Brainstorm

Based on your own experience, answer the following questions :

1. What is your problem-solving orientation? Is it positive or negative?

2. What is your problem-solving style?

3. What is your care recipient's problem-solving orientation ?

4. What is your care recipient's problem-solving style ?

Self-Defeating vs. Self-Enhancing Statements

Before we review the seven steps of Problem-Solving Therapy, this portion identifies the self-defeating and self-enhancing thoughts and statements. When one is engaged in self-defeating thoughts, it is difficult to cope with problem situations rationally. When one concentrates on positive, self-enhancing thoughts, it is easier to have positive problem-solving orientation and avoid the negative, self-defeating thoughts when encountering problems. However, it is possible to replace self-defeating thoughts with self-enhancing thoughts, and increases the likelihood of finding a successful solution.

Please share one example of a self-defeating and one self-enhancing thought from your life experience.

Practice

List some self-enhancing statements to replace the following self-defeating thoughts & statements:

1. Even though I spare no efforts, my care recipient does not appreciate me.
2. I'm not feeling well today. Why do I still have to take care of you?
3. My child has epilepsy and has recently begun to get sick again. I'm not with him today and I'm worried about his situation.
4. I never know why sometimes my care recipient becomes furious. His negative emotions make me very anxious.
5. I wonder if my family thinks I am neglecting them.

Seven Steps to Problem Resolution

There are seven steps to solve a problem:

Identifying the Problem, Setting the Goal, Brainstorming Options, Weighing the Pros and Cons, Selecting the Best Option(s), Creating an Action Plan, and Evaluating the Outcome.

Before we start, we would like to review a brief checklist and ask yourself to reflect on any experiences over the past two weeks. If you are able to implement PST steps accordingly and PST is working well, some of these symptoms should start to improve. This is a way of tracking your progress, making sure you are on the right track.

Practice

CHECK IN: Over the past two weeks

Date:

1. On a scale of one to ten, with one being no problem at all, and ten being a big problem, how would you rate your ability to sleep?

No difficulty sleeping

Sleep is a big problem

1 2 3 4 5 6 7 8 9 10

2. How is your interest level? Do you have hobbies or activities that engage your interest?

Very low interest level

Very high interest level

1 2 3 4 5 6 7 8 9 10

3. Do you have feelings of guilt?

No problems with guilt

I always feel guilty

1 2 3 4 5 6 7 8 9 10

4. How is your energy level?

I have lots of energy

I have no energy

1 2 3 4 5 6 7 8 9 10

5. How is your concentration? Are you able to focus on reading, your job, or other tasks?

It's easy for me to concentrate

It's very difficult to concentrate

1 2 3 4 5 6 7 8 9 10

6. How is your appetite?

Not at all a problem

I eat way too much/little

1 2 3 4 5 6 7 8 9 10

7. How is your mood? Have you been feeling anxious, sad, and/or distressed?

I feel good all the time

I feel sad/anxious/distressed all the time

1 2 3 4 5 6 7 8 9 10

Health Exercise 3: Appreciation Journal, Self-Massage, 3-Minute Relaxation

Appreciation Journal

Introduction

Appreciation is a sentiment of enjoying, and a thankful attitude towards the world. The body and mind of people that harbor appreciation is generally healthier and happier. Appreciation can strengthen good memories, causing the experience of the past to become the source of happiness for the future. This “source of personal happiness” is a unique trait of human beings. It can help you put down undesirable things and events, so you will not walk into a dead end. Recording the happy moments of life can shift your focus to the happier parts of life, keeping you in a happy state of mind. The appreciation journal has you noticing the good things around you, and allows you to “reminisce” about them at a later day.

Take a moment every day to use a curious and open mind to experience your life, allowing you to develop an appreciative heart. We invite you to take 5 minutes each day before going to sleep from now on to recollect the events of the day, and ask what has happened today that made you appreciative and brought you happiness. This allows you to bring great and positive thoughts into your dreams.

Date	Events that are worth appreciating	Reasons that they are worth appreciating

Self-Massage (Please see the video exercise)

This self-massage helps to decrease eye and neck fatigue.

Eyes Massage

a. Start from jingming acupoints. Use thumbs to slightly press on the acupoints;



b. Move thumbs from jingming acupoints to the end points of eyebrows while slightly pressing the upper rim of the eyes.



c. Use index fingers slightly press on the end points of lower rim of the eyes.



d. Finally, use index fingers to press on chengqi acupoints.



e. It takes 30 seconds to 1 minute to massage eyes by following those instructions.

f. If you are in a hurry, use the second joint of index fingers to massage eyes by slightly pressing and doing a circle.



Face Massage One

a. First, use the middle finger and ring finger to slightly press on yintang acupoints and wipe along eyebrow towards taiyang acupoints.



b. Use the same fingers to gently press and rub taiyang acupoints.



c. After rubbing taiyang acupoints, use the same fingers to wipe towards the back of ears.



Face Massage Two

a. Use the index finger and middle finger of left hand, slightly press on yintang acupoints, while the same finger of the other hand vertically wipes upward.



Head Massage Movement

- a. Put both hands on the head, like grabbing something, and use fingers to slightly press from the top of the head to the back.



- b. Remember to trim nails to avoid injury.

Neck Massage Movement (Fengchi Acupoints Massage)

- a. First, find fengchi acupoints;



- b. Put thumbs on fengchi, and push down along the neck with hands interlocked together.



- c. Do this movement for 30 seconds to 1 minutes or until your neck feels relaxed.

Three-Minute Relaxation Exercise

1. First, take a deep breath. I will guide you to do a 3-minute mini relaxation exercise. Please pay attention to the surrounding environment and take a comfortable and vigilant posture. If you want, gently put one hand on your abdomen and close your eyes.
2. Please breathe naturally and feel the ups and downs of your abdomen. Relax your body and calm down. Deeply breathe in via your nose and slowly expand your abdomen. When you reach the maximum, slowly pull in your abdomen and fully breathe out. If your hand is on your abdomen, feel its ups and downs: ups when breathing in and downs when breathing out. Try to breathe evenly and slowly.
3. Now, keep your natural abdominal breathing and slowly breathe in and out. Relax your body and abdomen and breathe freely and fully. Each time, let your breath fill the abdomen and take away the stress when breathing out. Maintain your natural and soothing breathing rhythm and keep your abdomen soft and relaxed. Focus your body on this relaxing, nourishing and soothing breath.

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