

**PEER ASSISTED LEARNING ACTIVITY: MEDICATIONS (B PLACEMENT)**

**Aim:** To highlight commonly used medications, the indications for their use and the relevance to dietetic practice

**Objectives**: After completion the learner should;

* Have a greater awareness of the common medications, which they are likely to come across during their placement
* Demonstrate an understanding of the relevance of these medications in dietetic practice

**Process**

* During week 1 or 2 of their placement, learners will be given a drug chart by their supervising dietitian whilst on a ward or in a clinic. The learners will make a list all of the medications that are listed on the drug chart provided.
* Using resources such as a copy of the BNF (or BNF Online) learners will complete the summary table below, using the headings provided, for the medications on their list (this can be done either on a computer or on paper).
* Working collaboratively, learners will then share the information they have gathered about these medications with each other.
* Throughout their placement learners will continue to collect information on relevant medications they come across in the settings they are exposed to, and update their medications summary table accordingly.
* During week 3/4 and week 8/9, time will be allocated for the learners to meet together with their peers to discuss and share details of those medications they have come across.
* A supervising dietitian will facilitate these discussions between the learners, identifying what was learnt, highlighting any missing information and enabling learners to reflect and formulate an action plan to develop their knowledge of medications and relevant professional capabilities further during the placement.

* Learners will also take their medications summary document forward to their C placement, where they will continue to expand upon it within any specialist practice areas to which they are exposed.
* During week 3/4 and week 8/9 of C placement, time will be allocated for learners to meet with their learner peers to discuss and share details of those medications they have come across whilst on C placement. These discussions with be facilitated by a Dietitian, as above

**Placement capabilities demonstrated:** To be completed by supervising dietitian

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|  | K1 | C1 | CP1 | P1 | P2 |
| Insert 🗸 (yes, met this time), NI (needs improvement) or NA (not applicable)  |  |  |  |  |  |
| Supervisor’s signature: Date: |

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| --- | --- | --- | --- | --- | --- |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **ANTIBIOTICS** |
|  |  |  |  |  |  |
| **ANTI-DIARRHOEALS**  |
|  |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **LAXATIVES** |
| **Bulk forming laxatives** |  |  |  |  |  |
| **Stimulant Laxatives**  |  |  |  |  |  |
| **Osmotic laxatives**  |  |  |  |  |  |
| **Bowel Cleansing Solutions**  |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **ANTACIDS** |
|  |  |  |  |  |  |
| **PROTON PUMP INHIBITORS** |
|  |  |  |  |  |  |
| **H2 BLOCKERS** |
|  |  |  |  |  |  |
| **Medication** | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **ANTIEMETICS** |
|  |  |  |  |  |  |
| **ANALGESICS** |
|  |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **ORAL ANTI-HYPOGLYCEAMIC AGENTS** |
|  |  |  |  |  |  |
| **INSULINS** |  |  |  |  |  |
|  |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **ANTIHYPERTENSIVES** |
| **ACE Inhibitors** |  |  |  |  |  |
| **Calcium Channel Blockers** |  |  |  |  |  |
| **Beta Blockers** |  |  |  |  |  |
| **Angiotensin II Blockers** |  |  |  |  |  |
| **Diuretics** |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **LIPID LOWERING MEDICATIONS** |
|  |  |  |  |  |  |
| **MEDICATIONS THAT AFFECT BLOOD CLOTTING** |
|  |  |  |  |  |  |
| **Medication** | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **REFEEDING SYNDROME MEDICATIONS**  |
|  |  |  |  |  |  |
| **ADULT ORAL VITAMIN AND MINERAL SUPPLEMENTS** |
|  |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **PEADIATRIC ORAL VITAMIN AND MINERAL SUPPLEMENTS**  |
|  |  |  |  |  |  |
| **MEDICATIONS USED IN SPECIALIST AREAS**  |
| **MEDICATIONS USED IN CHRONIC BOWEL DISEASE**  |
|  |  |  |  |  |  |
| **Medication** | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **MEDICATIONS USED IN RENAL DISEASE**  |
|  |  |  |  |  |  |
| **MEDICATIONS USED IN PAEDIATRICS**  |
|  |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **MEDICATIONS USED IN HIV** |
|  |  |  |  |  |  |
| **MEDICATIONS USED IN ONCOLOGY** |
|  |  |  |  |  |  |
| **Medication** | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **MEDICATIONS USED IN CYSTIC FIBROSIS** |
|  |  |  |  |  |  |
| **MEDICATIONS USED IN NEUROLOGICAL DISORDERS**  |
|  |  |  |  |  |  |
| **Medication**  | **Preparation/****Composition/****Dose** **(as relevant)** | **Indication for use** | **Contraindications/****Cautions** | **Common side effects** | **Relevance to dietetic practice** |
| **MISCELLENEOUS** |
|  |  |  |  |  |  |

Updated 26.11.2021