BEFORE AND AFTER EXAMPLE

**Before: Select All That Apply**

A client with end-stage renal disease is prescribed epoetin alpha. The nurse plans the teaching the client will need to safely administer this medication at home. Which should the nurse include in the teaching plan in the electronic health record? Select all that apply.

A. To have iron levels monitored on a regular basis.
B. To be aware of adverse reactions such as myocardial infarctions.
C. Methods to administer the oral medication.
D. The need to monitor blood pressure and hematocrit levels.
E. The activity restrictions associated with the medication.
F. The need for protective isolation while receiving the medication.

**Answer:** A, B, D  
**Concept:** Fluid & Electrolytes, **System:** Renal, **Exemplar/Disease:** Chronic kidney disease/End stage renal disease, **Nursing Process:** Implementation, **NCLEX® Client Needs:** Reduction of risk potential, **QSEN Competencies:** Informatics

**Rationale:** Epoetin alpha increases red blood cell production and allows for higher quality of life and increased dose and duration of chemotherapy. Treatment is not without serious side effects including myocardial infarction and thromboembolic disease. Clients’ blood pressure and hematocrit, in addition to iron levels need to be monitored. The medication is given by subcutaneous injection, not orally. Activity restrictions and protective isolation are not indicated with this medication. **Clinical Tip:** Clients in chronic renal failure lack in endogenous erythropoietin. Exogenous epoetin alpha provides significant positive outcomes in clients. **Sub-Topic:** Drugs for immune disorders epoetin alpha
The nurse reviews the teaching plan in the electronic health record for a client using epoetin alpha for end-stage renal disease. The nurse would question what part of the teaching plan?

### Teaching Plan

**Date:** June 12, 0730

**Client is sent home with epoetin alpha / diagnosis of end-stage renal disease**

**Remember:**
- Monitor iron and hematocrit levels on a regular basis (ask your doctor)
- Avoid large crowds and fresh fruits and vegetables
- Monitor blood pressure
- Call 911 with chest pain or shortness of breath

### Concept
- Fluid & Electrolytes

### System
- Renal

### Exemplar/Disease
- Chronic kidney disease/End stage renal disease

### Nursing Process
- Implementation

### NCLEX® Client Needs
- Reduction of risk potential

### QSEN Competencies
- Informatics

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*Answer and rationale on the next page.*
**Rationale:** Epoetin alpha increases red blood cell production and allows for higher quality of life and increased dose and duration of chemotherapy. Treatment is not without serious side effects including myocardial infarction and thromboembolic disease. Clients’ blood pressure and hematocrit, in addition to iron levels need to be monitored. The medication is given by subcutaneous injection, not orally. Activity restrictions and protective isolation are not indicated with this medication. **Clinical Tip:** Clients in chronic renal failure lack in endogenous erythropoietin. Exogenous epoetin alpha provides significant positive outcomes in clients. **Sub-Topic:** Drugs for immune disorders epoetin alpha