

357 Drug Nutrient Interactions (ALL)

**Description**

- Use of prescription or over-the-counter medications that interfere with nutritional status
- Side effects: altered taste, stomach irritation, decreased appetite, changes in absorption or use of nutrients

**Assess Readiness for Change:** with open ended questions

- “Sam’s xx (i.e. medication: Ritalin) for (i.e. condition: ADHD) can cause xx (i.e. loss appetite & weight loss). What side effects have you noticed?”
- “What side effects from xx (i.e. medication: Ritalin) did the Dr tell you to watch for?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“The Dr didn’t say anything. He seems to be eating fine.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “I’m glad you feel he is eating well. It can be hard to tell sometimes since children’s appetites vary. It looks like he is gaining, but not as steadily as he was. How has his eating changed?”</li> <li>• “How often does he eat? How does he do at sitting at the table with the family and finishing his food at mealtime?”</li> </ul> <p>*****</p> <p>Breastfeeding &amp; Pregnancy</p>	<ul style="list-style-type: none"> <li>• “It would be a good idea to check his weight next appointment. Would you be interested in a feeding guide? If he is still losing, we can talk about some ideas to increase calories. How would that be?”</li> <li>• Offer feeding suggestions for disease/condition</li> <li>• Not high risk but refer to RD if above comfort level</li> </ul> <p>*****</p> <ul style="list-style-type: none"> <li>• Some medications not safe in pregnancy or BF- Consult: <i>Medications in Mother’s Milk</i> or <i>PDR</i> <ul style="list-style-type: none"> <li>○ When meds interfere with BF, temporality pump, dispose of milk until may resume BF</li> </ul> </li> </ul>
<p><b>Record Plan or Goal</b></p> <p>Mom feels child is eating fine. Slowed growth but is unconcerned.</p> <p><b>Unsure</b> →</p> <p>“It seems like he isn’t as hungry as before but the Dr said it was normal?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<p>Weigh and re-assess next appointment.</p> <ul style="list-style-type: none"> <li>• “xx (i.e. Ritalin) can decrease his appetite. We will want to watch his weight. When you said he wasn’t as hungry as before, what changes have you noticed?”</li> <li>• “On a scale of 1-10, how much has his appetite decreased?”</li> </ul>	<ul style="list-style-type: none"> <li>• Assure Dr knows of any nonprescription meds</li> <li>• As able assist with nutrition related side effects:                     <ul style="list-style-type: none"> <li>○ Weight loss/gain</li> <li>○ Nausea, vomiting</li> <li>○ Constipation, diarrhea</li> <li>○ Vitamin/mineral loss</li> <li>○ Foods to avoid (absorption blockers)</li> </ul> </li> </ul>
<p><b>Record Plan or Goal</b></p> <p>Mom expressed concern not eating as much, but not wanting to make any changes. Check weight, re-asses next appointment.</p> <p><b>Ready</b> →</p> <p>“I need to get him to eat more. He needs his medicine.”</p> <p>Help plan change-support</p>	<p>Child already has snacks. Will try high calorie substitutions. Check weight and follow-up food choices next appointment.</p> <ul style="list-style-type: none"> <li>• “What have you already tried to do to get him more calories?”</li> <li>• “When could you sneak in another snack?”</li> </ul>	<ul style="list-style-type: none"> <li>• “You might also try foods that are higher in calories like cheese, peanut butter or eggs as part of his snacks.”</li> </ul>

**Education Resources**

<http://www.merck.com/mmhe/sec02/ch013/ch013c.html> Resource- *Drug Interactions*

<http://www.womenshealth.gov/breastfeeding/medicines/index.cfm> Resource- *Medications and Breastfeeding*

<http://www.pharmacistelink.com/naturalmedicine/pdfs/P4880x1204DrugChart.pdf> Resource- *Drug Nutrient Interaction Chart*