

DRUG-INDUCED NUTRIENT DEPLETION

The use of multiple prescription drugs is increasing, particularly in the increasing aging population. Prescription drugs may lead to the depletion of key nutrients. The major risk factors for developing drug-induced nutrient deficiencies are lack of awareness by the prescribing physician and long duration of drug therapy. Patients with these risk factors should be targeted for interventions to prevent drug induced nutrient depletion.

Upon completion of this course, pharmacists and pharmacy technicians will be able to:

- Identify risk factors for nutrient deficiencies.
- Discuss the prevalence of nutrient deficiencies.
- Describe mechanisms of drug-induced nutrient depletion.
- List nutrients that may be depleted by acid blockers.
- Describe who is at risk for proton pump inhibitor-related hypomagnesemia.
- List nutrients that may be depleted by antibiotics.
- Describe which antibiotics are most like to cause vitamin K depletion.
- Describe why vitamin D supplements are needed for patients who take anticonvulsants.
- List minerals that may be depleted by diuretics.
- Identify foods that are rich sources of magnesium.
- List symptoms of magnesium deficiency.
- Describe the clinical significance of estrogen effects on B vitamins.
- Explain how salicylates may affect vitamin C.
- List the nutrients that can be affected by the use of corticosteroids.
- Explain why coenzyme Q10 may be effective for treating or preventing statin-related muscle side effects.

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Contact Hours: 3 Hours

Activity Type: Knowledge-Based Home Study

Instructional Methods: Online Independent Self-Study (Training + Post-Test)

Target Audience: Pharmacists & Pharmacy Technicians

Cost: \$25 / Participant

UAN: Pharmacist: 0384-9999-19-109-H01-P Technicians: 0384-9999-19-109-H01-T

Release Date: 07/01/2019 **Expiration Date:** 07/01/2022

Course Completion Certificate: A minimum passing score of 70% is required for course completion. A Printable (PDF) Certificate By Email. Credit will be reported to CPE monitor within 30 days of completion.



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