

Corticosteroids use

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Corticosteroid Use Nursing work April The Role of the Registered Nurse in Corticosteroid Use Corticosteroids are native hormones generated by the adrenal cortex. The therapeutic effects of corticosteroids come from their ability to repress inflammation, the immune system, as well as nauseating effects (Rozenchwajg, Nunes, Sakuma, Laselva, & Roza, 2008). Despite having therapeutic effects, protracted use of these drugs leads to unwanted consequences, which are specific to the various body systems. The topical administration of corticosteroids leads to fewer side effects than systemic administration through oral and parenteral routes. Some of the side effects on the central nervous system include mood changes, intuitive impairment, headache, seizure, lightheadedness and lack of sleep. These effects may affect the overall mental state of an individual.

The registered nurse should have a comprehensive understanding of the side effects and bodily changes that arise from the long-term use of corticosteroids as well as their interactions with other drugs. Such knowledge enables the nurse to develop a customized patient care plan. For example, the nurse can change the dosage to the lowest dose that achieves the desired therapeutic target. The nurse can also provide the drug in the form of inhalants, intra-articular injection or topical to minimize the systemic upshots (Burke, 2015).

When preparing to interact with the patient, the nurse should have empathy and find a comforting way of relaying the truth to the patient. The nurse should make the patient understand that she needs corticosteroids for the rest of her life due to her chronic condition and that stopping the usage of the drugs will have adverse effects on her health. The nurse should be

prepared to educate the patient regarding the inevitable side effects of corticosteroids and how to deal with them. However, the nurse should be prepared to guide the patient in the usage of the drugs to minimize the side effects.

References

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