

# Essentials of Pharmacology

for Health Professions



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# Contents

List of Tables / vii

Dedication / ix

Preface / xi

## Part 1 Introduction to Pharmacologic Principles

### Chapter 1

#### Consumer Safety and Drug Regulations 2

Drug History / 3

Pharmacology Timeline / 4

Drug Laws / 5

FDA and DEA / 10

Health Care Professionals and the Law and Ethics / 10

### Chapter 2

#### Drug Names and References 15

Classifications / 16

Identifying Names / 17

Legal Terms Referring to Drugs / 20

Terms Indicating Drug Actions / 21

Drug References / 23

The Internet as Reference / 23

### Chapter 3

#### Sources and Bodily Effects of Drugs 26

Sources of Drugs / 27

Effects of Drugs / 29

Drug Processing by the Body (Pharmacokinetics) / 29

Other Variables Affecting Drug Action / 33

Unexpected Responses to Drugs / 39

### Chapter 4

#### Medication Preparations and Supplies 44

Drug Forms and Devices / 45

Supplies / 57

### Chapter 5

#### Abbreviations and Systems of Measurement 63

Abbreviations / 63

Systems of Measurement / 69

### Chapter 6

#### Safe Dosage Calculations 77

Calculation Guidelines / 82

Method 1: Basic Calculation / 83

Method 2: Ratio and Proportion / 86

Pediatric Dosage / 89

Geriatric Dosage / 91

Prevention of Medication Errors / 91

### Chapter 7

#### Responsibilities and Principles of Drug Administration 97

Responsible Drug Administration / 97

Medication Errors / 99

Principles of Administration / 100  
MedWatch / 104

## **Chapter 8**

### **Administration by the Gastrointestinal Route 109**

Administration of Medications Orally / 111  
Administration of Medications Rectally / 116  
Administration of Rectal Suppository / 117  
Administration of Medications by Percutaneous Endoscopic Gastrostomy (PEG) or Nasogastric Tube (NGT) / 118

## **Chapter 9**

### **Administration by Parenteral and Other Routes 124**

Sublingual and Buccal Administration / 125  
Transcutaneous Drug Delivery System / 126

Inhalation Route / 128  
Injections / 131  
IV Medications / 145  
Skin Medications / 146  
Eye Medications / 146  
Ear Medications / 148

## **Chapter 10**

### **Poison Control 157**

Poisoning by Ingestion / 158  
Poisoning by Inhalation / 159  
External Poisoning of Skin or Eyes / 160  
Poisoning by Sting and Snakebite / 160  
People at Risk / 161

## **Part 2 Drug Classifications**

## **Chapter 11**

### **Nutritional Concepts of Pharmacology 168**

Fat-Soluble Vitamins / 170  
Water-Soluble Vitamins / 174  
Minerals / 183  
Antioxidants / 192  
Alternative Medicines / 193  
Suggested Readings / 200

## **Chapter 12**

### **Integumentary System Medications 203**

Antipruritics / 204  
Corticosteroids / 205  
Emollients and Protectants / 206  
Keratolytics / 207  
Enzyme Preparations / 207  
Scabicides and Pediculicides / 209  
Local Anti-Infectives / 211  
Burn Medications / 217  
Agents Used to Treat Acne / 219

Topical Immunomodulators / 220  
Cautions for Topical Medications / 221

## **Chapter 13**

### **Autonomic Nervous System Drugs 225**

Adrenergics / 228  
Adrenergic Blockers / 231  
Cholinergics / 233  
Cholinergic Blockers / 235

## **Chapter 14**

### **Cardiovascular System Medications 240**

Cardiac Glycosides (Digoxin) / 241  
Antiarrhythmic Agents / 243  
Antihypertensives / 250  
Other Antihypertensives / 253  
Coronary Vasodilators / 257  
Antilipemic Agents / 260  
Antithrombotic Agents / 266  
Thrombolytic Agents / 272  
Hematopoietic Agents / 273



**Chapter 15****Urinary System Drugs 279**

Diuretics / 279  
Medications for Gout / 285  
Bladder Antispasmodics / 289  
Cholinergics / 291  
Urinary Analgesics / 292  
Treatment of Benign Prostatic Hyperplasia / 294

**Chapter 16****Gastrointestinal Drugs 300**

Antacids / 301  
Agents for Treatment of Ulcers and Gerd / 302  
Gastric Mucosal Agents / 304  
GI Antispasmodics or Anticholinergics / 307  
Agents for Inflammatory Bowel Disease / 308  
Antidiarrheal Drugs / 310  
Antiflatulents / 313  
Laxatives and Cathartics / 315  
Antiemetics / 321

**Chapter 17****Respiratory System Drugs and Antihistamines 328**

Respiratory Diseases and Disorders / 328  
Oxygen Therapy / 329  
Respiratory Stimulants / 329  
Bronchodilators / 330  
Corticosteroids / 336  
Asthma Prophylaxis / 338  
Mucolytics and Expectorants / 340  
Antitussives / 342  
Antihistamines / 344  
Decongestants / 347  
Safety of Cough–Cold–Allergy Products / 349  
Smoking-Cessation Aids / 350

**Chapter 18****Eye and Ear Medications 358**

Anti-Infectives / 358  
Anti-inflammatory Agents / 360  
Antiglaucoma Agents / 363  
Mydriatics / 370  
Local Anesthetics / 371  
Otic (Ear) Medications / 372

**Chapter 19****Central Nervous System Drugs: Analgesics, Sedatives, and Hypnotics 378**

Analgesics / 378  
Antimigraine Agents / 392  
Sedatives and Hypnotics / 395

**Chapter 20****Psychotropic Medications, Alcohol, Drug Abuse, and Withdrawal Treatment 403**

CNS Stimulants / 404  
Selective Norepinephrine Reuptake Inhibitor (SNRI) for ADHD / 407  
Antidepressants / 409  
Antimanic Agents / 416  
Anxiolytics / 418  
Antipsychotic Medications/Major Tranquilizers / 422  
Substance Abuse / 429  
Alcohol / 429  
Alcohol Poisoning / 431  
Prescription Drug Abuse / 432  
Illegal Drug Abuse / 433

**Chapter 21****Musculoskeletal and Anti-Inflammatory Drugs 441**

Skeletal Muscle Relaxants / 441  
Anti-Inflammatory Drugs / 444  
Osteoporosis Therapy / 449

**Chapter 22****Anticonvulsants, Antiparkinsonian Drugs, and Agents for Alzheimer's Disease 457**

Anticonvulsants / 458  
Drug Therapy for Generalized and Partial Seizures / 460  
Drug Therapy for Febrile Seizures / 462  
Drug Therapy for Absence Seizures / 462  
Antiparkinsonian Drugs / 465  
Agents for Restless Legs Syndrome / 472  
Agents for Alzheimer's Disease / 472

## **Chapter 23**

### **Endocrine System Drugs 478**

Pituitary Hormones / 479  
Adrenal Corticosteroids / 480  
Thyroid Disorders / 483  
Antidiabetic Agents / 488

## **Chapter 24**

### **Reproductive System Drugs 507**

Gonadotropics / 507  
Androgens / 508  
Erectile Dysfunction Medications / 510  
Estrogens / 512  
Progestins / 515  
Choice of Contraceptives / 520  
Drugs for Labor and Delivery / 524  
Other Gonadotropic Drugs / 529

## **Chapter 25**

### **Anti-Infective Drugs 534**

Resistance / 535  
Adverse Reactions / 536  
Immunizations / 537  
Monoclonal Antibody Vaccines / 538  
Antibiotics / 538  
Aminoglycosides / 540  
Cephalosporins / 541  
Macrolides / 542  
Penicillins / 544  
Carbapenems / 545  
Quinolones / 547  
Tetracyclines / 549  
Antifungals / 550

*Summary / 609*  
*Comprehensive Exam for Part 1 / 611*  
*Comprehensive Exam for Part 2 / 617*  
*Glossary / 623*  
*Index / 639*

Antituberculosis Agents / 552  
Miscellaneous Anti-Infectives / 556  
Agents for VRE / 557  
Sulfonamides / 560  
Urinary Anti-Infectives / 561  
Antivirals / 562  
Treatment of Human Immunodeficiency Virus/AIDS Infections / 565

## **Chapter 26**

### **Antineoplastic Drugs 573**

Antimetabolites / 576  
Alkylating Agents / 577  
Mitotic Inhibitors / 577  
Antitumor Antibiotics / 580  
Hormones and Hormone Modifiers / 580  
Biological Therapies / 581  
Colony-Stimulating Factors (CSFs) / 582  
Monoclonal Antibodies (MABs) / 582  
Targeted Therapies / 583  
Vaccines / 584  
Radioactive Isotopes / 585  
Cautions and Responsibilities for Antineoplastic Drugs / 585

## **Chapter 27**

### **Age-Related Medication Issues 592**

Older Adult Considerations / 593  
Physiologic Changes with Increasing Age / 593  
Potentially Inappropriate Medication Use in Older Adults / 596  
Drugs to Avoid with Certain Medical Conditions / 596  
Polypharmacy / 599  
Issues with Adherence / 601  
Pediatric Considerations / 602

Schedule Number	Abuse Potential and Legal Limitations	Examples of Substances
4, C <sub>IV</sub>	<p>Lower abuse potential than the previous schedules</p> <p>Prescription may be written out by the health care professional but must be signed by the physician</p> <p>Prescription may be phoned in by the health care professional or faxed</p> <p>May be refilled up to five times in six months</p> <p>All C-IV prescriptions are uploaded to the state's (if available) prescription drug monitoring program (PDMP)</p>	Valium, Ativan, Xanax, phenobarbital, Librium, Restoril, Ambien
5, C <sub>v</sub>	<p>Low abuse potential compared to the previous schedules</p> <p>Consists primarily of preparations for cough suppressants containing codeine and preparations for diarrhea (e.g., diphenoxylate)</p> <p>May be refilled up to five times in six months</p>	promethazine with codeine, Cheratussin AC, Lomotil

**Note:** This control schedule can vary from state to state. Some states may have stricter schedules than the federal regulations. You must be aware of the regulations in your area.



**Figure 1-3** Controlled substance schedule numbers appear in a variety of drug information resources, including (A) drug packages and (B) drug inserts. Schedule numbers are also found in drug reference sources.

## Clinical Application

Although many other drug laws exist, there are two significant pieces of drug legislation that are important to mention here. The 1983 Orphan Drug Act gives pharmaceutical companies financial incentives to develop medications for diseases that affect only a small number of people. This encourages the companies to develop **orphan drugs** that would otherwise be of low

profitability. The other legislation is the strangely named Omnibus Budget Reconciliation Act (OBRA) of 1990. This act mandates that all OTC drugs a patient is taking must be documented as part of the medical record. OBRA also mandates that pharmacists provide drug use review and patient counseling before dispensing prescriptions to a patient.

4. Shake the actuator off to remove as much water as possible and allow the actuator to dry overnight.
5. Replace the canister in the actuator and shake well, spray two sprays into the air away from your face, then replace the cap on the mouthpiece.

**Dry-powder inhalers (DPIs)** provide medication (especially corticosteroids and long-acting  $\beta_2$  agonists) only under the pressure of spontaneous inspiration rather than through compression of the valve (Figure 17-2). Therefore, the patient must be able to generate sufficient inspiratory effort on their own to deliver the medication, and therefore this device should not be used in acute respiratory distress. This option is helpful for patients who are unable to coordinate inspiration with actuation of a conventional MDI.

**Small-volume nebulizers (SVNs)**, more commonly referred to as nebulizers, create an aerosol mist of a drug solution that can then be inhaled into the lungs through a mouthpiece or a mask. The aerosol is created by either compressed air or oxygen gas, and the optimal breathing pattern is a slow, deep breath with a sustained breath hold; the aerosol should be delivered over an 8–12-min period (refer to Figure 17-3).



**Figure 17-2** An example of a dry-powder inhaler (DPI).



**Figure 17-3** Child receiving a small-volume nebulizer (SVN) aerosol treatment with a mask.

## Sympathomimetics

**Sympathomimetics** (adrenergics) are potent bronchodilators that increase vital capacity and decrease airway resistance. The adrenergics work on the smooth muscle in the lungs to cause relaxation. Examples include albuterol, epinephrine, and salmeterol.

An important classification system is differentiating between short-acting beta agonists (SABAs) and long-acting beta agonists (LABAs). SABAs, such as albuterol, are the drug of choice for managing acute exacerbations of asthma. LABAs, such as salmeterol, are used for prophylactic treatment. SABAs are also known as *rescue medications*, as opposed to the LABAs, which are known as **maintenance medications**.

**Side effects** of the adrenergics include potentiation of theophylline effects with increased risk of toxicity, especially:

Gastrointestinal (GI) (nausea, vomiting, and decreased appetite)

Cough, throat irritation, hoarseness, and sinusitis with inhaled preps

Drug classifications (*continued*)

- restless legs syndrome agents, 472
- sedatives and hypnotics, 398–399
- vitamins, minerals, and herbs, 167–199

Drug Enforcement Administration (DEA),  
8, 10, 68

## Drug errors, 19, 20

## Drug forms

- defined, 44
- inhalable, 56
- injectable, 47–52, 49
- mucosal, 53
- oral, 45–47, 48
- rectal, 47
- and right medication, 100–102
- safety devices, 60
- standard, 45–56
- supplies, 56–60, 57–58
- topical, 52–54, 52, 53

## Drug history, 3–4

## Drug-induced parkinsonism (DIP), 466

## Drug inserts, 6, 9

## Drug interactions, 22, 34–35

## Drug label, 21

## Drug laws, 5–9

- Controlled Substances Act, 8
- FDA and DEA, 10
- Federal Food, Drug, and Cosmetic Act and  
Amendments of 1951 and 1962, 6
- health care practitioners and, 10–11
- Omnibus Budget Reconciliation Act, 9
- Orphan Drug Act, 9
- Pure Food and Drug Act, 5

## Drug packages, 9

Drug preparation. *See* Drug forms

## Drug processes, 29

## Drugs

- administration routes, 36–39
- allergic reactions to, 19, 41
- dosage, 35
- effects of, 29
- errors, 19
- interactions, 34–35
- Internet as reference, 23–24
- legal terms referring to drugs, 20–21
- legend, 6

## orphan, 9

## physiologic changes with age, 593–595

## processing by the body, 29–33

## reference sources for, 9, 23

## sources of, 27, 28

## terms indicating actions, 21–23

## unexpected responses to, 39–41

## Drug standards, 5

## Drug therapy

- for absence seizures, 462–464
- for febrile seizures, 462
- for generalized and partial seizures, 460–462

## Dry-powder inhalers (DPIs), 56, 128, 331, 331

## Duexis, 302

## Dulaglutide, 499

## Duloxetine, 391, 415

## Duodenal ulcer, 304

## Duragesic, 53, 126

## Dutasteride, 296

## Dyazide, 19

## Dyrenium, 282

## Dysphagia, 110

**E**

## Ear drops, 53, 373

## Ear medications, 148–149, 148

- ear wax building and blockage, 374, 374
- otitis media, 372
- systematic preparations for ear infections, 374
- topical preparations for ear infections,  
372–373

## Echinacea, 197

## Ecotrin, 274

## Efavirenz, 566

## Effient, 274

## Eicosapentaenoic acid (EPA), 264

## Eldepryl, 468

## Electrolytes, 183

## Electronic drug references, 23

Electronic medication administration record  
(eMAR), 23, 68, 69

## Eletriptan, 394

## Eliquis, 267

## Elixir, fluid extract, 47

## Emesis, 159, 321