**Ayesha Khan**

**ND617 - Clinical Nutrition Supervised Experiential Learning**

**Competency Activities**

1.8 Applies knowledge of pharmacology to recommend, prescribe and administer

medical nutrition therapy. (S)

1.9 Applies an understanding of the impact of complementary and integrative

nutrition on drugs, disease, health and wellness. (S)

6.3 Applies current research and evidence- informed practice to services. (D)

**Activity**

Develop a patient/client education handout on the interaction of atorvastatin with grapefruit juice

**Reflection**

During my clinical rotation, I noticed that almost every patient I screened would be on atorvastatin. I vaguely remember learning about statins as cholesterol lowering medications. Specifically LDL cholesterol, which is also referred to as “bad” cholesterol. This made me curious as to what kind of interactions this medication had with different foods.

After doing research, I found that grapefruit juice was the main food item that interacted with atorvastatin. Then I created a simple infographic, where I discussed the reason behind using atorvastatin and its interaction with grapefruit juice. One of the RDN’s I was working with at St. Luke’s hospital told me that it’s common for dietitians and even doctors to educate patients on avoiding grapefruit juice when taking atorvastatin. This was something I didn’t know, so it was interesting to find out.

 The purpose of an infographic is to help people comprehend information quickly and in the most accessible way possible. Oftentimes, processing complex topics may become overwhelming. Presenting information in a simple visual layout enables patients/clients to perceive information instantly and with precision. I tried using a simple, easy-to-read font for my infographic, with to-the-point information.

Visual components in infographics also increase the content's engagement and attractiveness. People are naturally drawn to visuals, and using colour, images, and graphics can help to capture the audience's attention and encourage them to devote more time interacting with the information. I used a combination of colors and graphics to make the infographic look appealing! This education material was certainly fun to create.