

# ANTI-INFLAMMATORY CORTICOSTEROIDS:

• - SONE, - LONE, - OLONE

- Class of steroid hormones made by adrenal glands that **reduce inflammation and suppress the immune system.**
- Produced as medications.

## MECHANISM OF ACTION:

- Primarily as a powerful **anti-inflammatory** and **immunosuppressant** agents by imitating natural hormones (cortisol).

## ANTIDOTE:

- Activated Charcoal  
↳ Within 1/2hrs

## DRUG NAME:

- **Betamethasone (Topical)** → **Atopic dermatitis (Eczema)**
- **Beclamethasone (IH)** → **Preventer for asthma/COPD**
- **Budesonide (IH)** → **Preventer for asthma/COPD**
- **Fluticasone (IN, IH)** → **Preventer for asthma/COPD**
- **Mometasone (IN)** → **Allergic Rhinitis**
- **Prednisolone (PO)** → **Exacerbation of asthma/COPD**
- **Hydrocortisone (IV)** → **Acute exacerbation of asthma/COPD**

## THERAPEUTIC USES

## SIDE/ADVERSE EFFECTS:

- HTN
- Hyperglycemia
- Adrenal insufficiency
- Poor wound healing
- Peptic Ulcer Disease
- Fluid retention → Edema
- Insomnia

## CONTRAINDICATION:

- DM
- Uncontrolled HTN
- Joint condition; certain

## NURSING CONSIDERATION:

- Monitor for side/Adverse effect.
- BGM
- Electrolytes monitoring
- **Administer together with GI protector**
- Daily weight → weight gain
- Record I/O chart

## PATIENT EDUCATION:

- Medication compliance
- Do not stop abruptly
- Managing side effects
- Blood sugar monitoring
- Infection prevention
- Bone protection