Course: Pharmacology
Content: Methylprednisolone (Solu-Medrol)
Class: Glucosteroid (synthetic corticosteroid)

Action:
1. Reduce itching, swelling, redness, and decrease severity of allergic reactions
2. Inhaled steroids are designed to prevent asthma flare-ups or to improve mild symptoms

Indications (Corticosteroids have many uses because they affect almost every cell of the body and therefore affect every body system)
1. Acute inflammatory response
   a. Anaphylactic reactions/severe allergic reactions
   b. Obstructive airway disease (Asthma/COPD)
   c. Severe asthma – unresponsive to other treatments
   d. Adrenal insufficiency
2. Spinal cord injuries (controversial)

Contraindications:
Use with caution in patients with:
1. Head injury
2. Hypersensitivity to medication
3. Systemic infection (severe)
4. GI bleeding

Dosage:
<table>
<thead>
<tr>
<th>Status Asthmaticus</th>
<th>Adult</th>
<th>Pediatric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inflammatory disorders</td>
<td>40-125mg IVP</td>
<td>1-2 mg/kg IV</td>
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</tbody>
</table>

Side Effects:
1. Rare with short term use
2. Allergic reaction (RARE)

Long-term use side effects that may relate to Paramedic care:
1. Increased blood sugar
2. Sodium and water retention
3. Potassium loss

Medication interactions:
1. Diuretics: may cause diuretics to be less effective
2. Digoxin: May increase the risk of hypokalemia; thereby increasing risk for Digitalis toxicity and dysrhythmias
3. Aspirin: GI adverse effects
4. Coumadin: clotting factor metabolism may be altered

Pregnancy: Human studies have not been completed; however, animal studies correlate corticosteroid use with birth defects.

Lactation: Corticosteroids pass into breast milk and may cause problems in nursing babies.
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