

# Chapter 19

## Regimens

### **This chapter—**

- Explains how regimens are used to streamline dispensing in RxSolution
- Familiarizes the user with how to—
  - Add a new regimen
  - Edit an existing regimen
  - Delete an existing regimen



## Working with Regimen Data

### *What Is a Regimen?*

A regimen is a systematic course of treatment. In RxSolution, it refers to a particular product formulation and dose, duration of treatment, and directions for the patient. In RxSolution, there is only one product per regimen. Regimens are used to make prescribing and dispensing more efficient, because frequently prescribed regimens can be defined here and then selected from a drop-down list to quickly create protocols or prescriptions. The regimens are usually created from the standard treatment guidelines (STGs) published for the country.

### *How Do I Get to the Regimen Screen?*

The regimen form can be opened by selecting **General** from the main menu, and then clicking on the **Regimen** option from the drop-down menu.



### *What Does the Regimen Screen Look Like?*

The **Regimen** screen is a list of items and their dosages that your site has defined for dispensing. The list is arranged in alphabetical order. This screen allows you to add, edit, and delete regimens from the list.

The **Prescription** column on the left of the screen summarizes the medicine, strength, interval, instructions, and duration that the user defined for the regimen. RxSolution calculates and displays the daily dose (**D.D.**) for the regimen. It reflects what is normally written in a prescription.

The **Dispensing** column on the right of the screen summarizes the information given to the patient about the medicine and how to take it. It contains the medicine name, strength, form, quantity, and instructions.

| Regimen  |   |
|--|---|
| Prescription   | Dispensing  |
| Abacavir 300mg 12h PO for 30 days - (D.D. = 600mg)                 | Abacavir 300mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 1 tablet every 12 hours )                                     |
| Amoxicillin 125mg tds PO for 7 days - (D.D. = 375mg)               | Amoxicillin 125mg/5ml (Suspension) [ 100 x ml(s) ] (Dir. - Take 1 medicine measure three times a day )                |
| Co-Trimoxazole 120mg OD PO for 30 days - (D.D. = 120mg)            | Co-Trimoxazole 240mg/5ml (Suspension) [ 100 x ml(s) ] (Dir. - Take ½ (half) of a medicine measure daily )             |
| Co-Trimoxazole 240mg bd PO for 7 days - (D.D. = 480mg)             | Co-Trimoxazole 240mg/5ml (Suspension) [ 100 x ml(s) ] (Dir. - Take 1 medicine measure twice a day )                   |
| Co-Trimoxazole 960mg OD PO for 30 days - (D.D. = 960mg)            | Co-Trimoxazole 480mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 2 tablets daily )                                       |
| Didanosine 200mg OD PO for 30 days - (D.D. = 200mg)                | Didanosine 100mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 2 tablets daily )   |
| Didanosine 250mg 24h PO for 30 days - (D.D. = 250mg)               | Didanosine 250mg (Capsule) [ 30 x capsule(s) ] (Dir. - Take 1 once a day )  |
| Didanosine 300mg OD PO for 30 days - (D.D. = 300mg)                | Didanosine 150mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 2 tablets daily )   |
| Didanosine 400mg 24h PO for 30 days - (D.D. = 400mg)               | Didanosine 400mg (Capsule) [ 30 x capsule(s) ] (Dir. - Take 1 capsule once a day )                                    |
| Didanosine 400mg OD PO for 30 days - (D.D. = 400mg)                | Didanosine 100mg (Tablet) [ 120 x tablet(s) ] (Dir. - Take 4 tablets daily )  |
| Efavirenz 200mg 24h PO for 30 days - (D.D. = 200mg)                | Efavirenz 200mg (Capsule) [ 90 x capsule(s) ] (Dir. - Take 1 capsule once a day )                                     |
| Efavirenz 50mg 24h PO for 30 days - (D.D. = 50mg)                  | Efavirenz 50mg (Capsule) [ 30 x capsule(s) ] (Dir. - Take 1 capsule once a day )                                      |
| Efavirenz 600mg OD PO for 30 days - (D.D. = 600mg)                 | Efavirenz 600mg (Capsule) [ 30 x capsule(s) ] (Dir. - Take 1 capsule daily )  |
| Indomethacin 25mg tds PO for 7 days - (D.D. = 75mg)                | Indomethacin 25mg (Capsule) [ 21 x capsule(s) ] (Dir. - Take 1 capsule three times a day with food)                   |
| Lamivudine 150mg 12h PO for 14 days - (D.D. = 300mg)               | Lamivudine 150mg (Tablet) [ 28 x tablet(s) ] (Dir. - Take 1 tablet every 12 hours For fourteen days)                  |
| Lamivudine 150mg 12h PO for 30 days - (D.D. = 300mg)               | Lamivudine 150mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 1 tablet every 12 hours )                                   |
| Lamivudine 50mg 12h PO for 30 days - (D.D. = 100mg)                | Lamivudine 10mg/1ml (Liquid, Internal) [ 300 x ml(s) ] (Dir. - Take 5 mls every 12 hours )                            |
| Lopinavir, Ritonavir 200mg 12h PO for 30 days - (D.D. = 400mg)     | Lopinavir, Ritonavir 80mg/20mg/ml (Liquid, Internal) [ 180 x ml(s) ] (Dir. - Take 2½ (half) of a mls every 12 hours ) |
| Lopinavir, Ritonavir 399.9mg 12h PO for 30 days - (D.D. = 799.8mg) | Lopinavir, Ritonavir 133.3/33.3mg (Capsule) [ 180 x capsule(s) ] (Dir. - Take 3 tablets every 12 hours )              |
| Nevirapine 100mg 12h PO for 30 days - (D.D. = 200mg)               | Nevirapine 10mg/1ml (Liquid, Internal) [ 720 x ml(s) ] (Dir. - Take 10 mls every 12 hours )                           |


Buttons for navigating, adding, editing, and deleting entries from the regimen list are provided at the top left of the list. The functions of these buttons are described in chapter 3, “Understanding the Features and Navigation.”



## Using RxSolution to Manage Regimen Data

### How Do I Add a Regimen?



1. Click on the plus sign  from the menu to add a new regimen. A blank screen like the following one will appear—

Regimen

Product not selected (Dir. - Nil)

| Formulation | Qty. | - | Int. | Dur. | Calc. | Product | Qty. | Dir. | Packs |
|-------------|------|---|------|------|-------|---------|------|------|-------|
|             | 0    |   |      | 0    | 0     |         | 0    |      | 0     |

**Item Detail**

BP ☐ Break the product pack?

Instructions ☒ Automatically build the instruction sentence? [ or type in the line below to switch off]

Warnings Nil

ICD

**Label**

Product not selected

[Patient Name]

[Institution] - Rx #: [RX Number]

[Institution Address]

OK Cancel

- Add the formulation. The regimen name and the product selected fields will be blank when you begin to add a new regimen. Start by selecting the **Formulation** field. The **Formulation** field can be picked from the drop-down list of items that is built up from the generic name, strength, unit form, and route of each of the products that are available from the system.

In the example below, **Zidovudine 300mg Tablet [PO]** has been selected as the formulation—

Regimen

**Zidovudine PO**

Product not selected (Dir. - Nil)

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 0    | tablet |      | 0    | 0     |         | 0    |      | 0     |

Yellow fever vaccine 0.5mL Vial [INJ]

Zidovudine 100mg Capsule [PO]

Zidovudine 100mg Tablet [PO]

**Zidovudine 300mg Tablet [PO]**

Zidovudine 50mg/5mL Solution [PO]

Zidovudine 50mg/5mL Syrup [PO]

Zidovudine, Lamivudine 300/150mg Tablet [PO]

Warnings

ICD

**Label**

Product not selected

[Patient Name]

[Institution] - Rx #: [RX Number]

[Institution Address]

OK Cancel

- Next, define the quantity (**Qty.**) of this formulation that will be given for each dose.

Regimen

**Zidovudine PO**  
Product not selected (Dir. - Nil)

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet |      | 0    | 0     |         | 0    |      | 0     |

**Item Detail**

BP ☐ Break the product pack?

Instructions ☒ Automatically build the instruction sentence? [ or type in the line below to switch off]  
Nil

Warnings

ICD

**Label**

Product not selected

[Patient Name]  
[Institution] - Rx #: [RX Number]  
[Institution Address]

OK Cancel

- Int.** is short for interval, which tells the patient how often to take the formulation. Select the interval from a drop-down list of all intervals that were defined in the system setup (see chapter 2).

The example below shows **12h**, which stands for 12 hours and means that the patient will take the specified quantity of one tablet of zidovudine 300 mg every 12 hours.

Regimen

**Zidovudine 300mg 12h PO - (D.D. = 600mg)**  
Product not selected (Dir. - Nil)

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet | 12h  | 0    | 0     |         | 0    |      | 0     |

**Item Detail**

BP ☐ Break the product pack?

Instructions ☒ Automatically build the instruction sentence? [ or type in the line below to switch off]  
Nil

Warnings

ICD

**Label**

Product not selected

[Patient Name]  
[Institution] - Rx #: [RX Number]  
[Institution Address]

OK Cancel

- The next column is **Dur.**, which is short for duration, or the number of days that the patient will take the formulation. Enter a number for this field. The example below shows a duration of 28 days.

Regimen

**Zidovudine 300mg 12h PO for 28 days - (D.D. = 600mg)**  
Product not selected (Dir. - Nil)

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet | 12h  | 28   | 56    |         | 0    |      | 0     |

**Item Detail**

BP ☐ Break the product pack?

Instructions ☒ Automatically build the instruction sentence? [ or type in the line below to switch off]

Warnings Nil

ICD

**Label**

Product not selected

[Patient Name]  
[Institution] - Rx #: [RX Number]  
[Institution Address]

OK Cancel

- RxSolution automatically calculates the **Calc.** (calculated) column by multiplying the quantity, interval, and duration. In the example of the zidovudine above, **Calc.** is equal to 56 tablets for the duration of the prescription. One tablet is taken every 12 hours for 28 days, and therefore the patient will take a total of 56 tablets during that time.
- Next, select the product to dispense. The drop-down list of products will contain only those product items that match the formulation and will list the pack sizes of each.

Regimen

**Zidovudine 300mg 12h PO for 28 days - (D.D. = 600mg)**  
Zidovudine 300mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 1 tablet every 12 hours)

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product                               | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------------------------------------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet | 12h  | 28   | 56    | Zidovudine 300mg (Tablet) [60 Tablet] | 60   |      | 1     |

**Item Detail**

BP ☐ Break the product pack?

Instructions ☒ Automatically build the instruction sentence? [ or type in the line below to switch off]

Warnings Take 1 tablet every 12 hours

ICD

Zidovudine 100mg (Tablet) [100 Tablet]  
Zidovudine 300mg (Tablet) [10 Tablet]  
Zidovudine 300mg (Tablet) [60 Tablet]

**Zidovudine 300mg (Tablet) [ 60 x tablet(s) ]**  
Take 1 tablet every 12 hours

[Patient Name]  
[Institution]  
[Institution Address]

OK Cancel



8. When the product item has been selected, RxSolution will fill in the second quantity (**Qty.**) field. This field states the quantity of the selected product required to provide enough tablets to last the duration of the treatment. The default is the closest product pack size to the required quantity to dispense. If the default for this regimen should always be “break the pack to the actual calculated quantity,” place a check mark in the box for **Break the product pack?** in the **BP** field. The quantity can be changed if you want to break the pack size by typing in the actual quantity.

This decision becomes important in prescribing and dispensing when the calculated quantity may not be the required quantity. For example, if an analgesic is prescribed as “take 2 tablets four times a day when needed for pain” and the duration is 5 days, you may not want to issue the calculated quantity of 40 tablets, but rather dispense only 20 tablets. Thus, 20 tablets would be entered here. You will also need to type in the actual quantity to dispense if tapered doses are prescribed, as for oral steroid preparations such as prednisolone tablets.

9. Use the directions (**Dir.**) column to specify how the patient should take the medicine. The directions can be selected from the drop-down list, which was set up in **Tools, System Settings, Dispensing Directions**. The list contains abbreviations of the different additional directions that are normally used when dispensing medicine. Examples of these are “complete the course,” “1 hour after meals,” “half hour before meals,” and “shake the bottle.”

In the example below, the option **pc**, which means “after meals,” is selected.

**Regimen**

**Zidovudine 300mg 12h PO for 30 days - (D.D. = 600mg)**

Zidovudine 300mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 1 tablet EVERY 12 HOURS (MORNING AND NIGHT) after meals)

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product                               | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------------------------------------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet | 12h  | 30   | 60    | Zidovudine 300mg (Tablet) [60 Tablet] | 60   | pc   | 1     |

**Item Detail**

**BP** ☐ Break the product pack?

**Instructions** ☒ Automatically build the instruction sentence? [ or type in the line below to switch off]

Take 1 tablet EVERY 12 HOURS (MORNING AND NIGHT) after meals

**Warnings**

**ICD**

**Label**

**Zidovudine 300mg (Tablet) [ 60 x tablet(s) ]**

Take 1 tablet EVERY 12 HOURS (MORNING AND NIGHT) after meals

[Patient Name]

[Institution]

[Institution Address]

OK Cancel

10. RxSolution then calculates for you the number of product packs to give to the patient when dispensing.



11. You will next need to specify or double check the **Item Detail** in the bottom left section of the screen—

- **BP**—If you want to use a broken pack instead of a full pack, put a check on the **Break the product pack?** check box (see above). This allows you to edit the second **Qty.** field and enter any value.
- **Instructions**—RxSolution gives you the option of automatically building an instruction sentence based on the information defined earlier on the screen. If the **Instructions** box **Instructions** ☒ **Automatically build the instruction sentence? [ or type in the line below to switch off]** is checked, the program creates an instruction sentence using the product quantity, interval, and directions. If you do not check the **Instructions** box, you can enter your own text.
- **Warnings**—The **Regimen** screen also provides you with the option of including warnings for each regimen. Type the warning in the **Warnings** field. The warnings are then printed on the dispensing label for the patient.
- **ICD**—ICD, which stands for International Classification of Diseases, is a widely used standard method of defining illnesses and conditions. This code may have to be submitted to medical insurance when the pharmacy places a claim. The code and the accompanying description (see below) are usually specified in the institutional STGs. You may select either the ICD code (in the left drop-down list) or the ICD class name (in the right drop down list).

**Regimen**

**Zidovudine 300mg 12h PO for 28 days - (D.D. = 600mg)**  
 Zidovudine 300mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 1 tablet every 12 hours after meals)

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product                               | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------------------------------------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet | 12h  | 28   | 56    | Zidovudine 300mg (Tablet) [60 Tablet] | 60   | pc   | 1     |

**Item Detail**

**BP** ☐ Break the product pack?

**Instructions** ☒ Automatically build the instruction sentence? [ or type in the line below to switch off]  
 Take 1 tablet every 12 hours after meals

**Warnings**

**ICD**

**Label**

Zidovudine 300mg (Tablet) [ 60 x tablet(s) ]  
 Take 1 tablet every 12 hours after meals

[Patient Name]  
 [Institution]  
 [Institution Address]

are f  
 T44.6  
 Y51.6  
 T51.2  
 Q99.1  
 T39.1  
 Y45.5  
 Z96.0

OK Cancel

**Regimen**

**Zidovudine 300mg 12h PO for 28 days - (D.D. = 600mg)**  
**Zidovudine 300mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 1 tablet every 12 hours after meals)**

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product                               | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------------------------------------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet | 12h  | 28   | 56    | Zidovudine 300mg (Tablet) [60 Tablet] | 60   | pc   | 1     |

**Item Detail**

BP ☐ Break the product pack?

Instructions ☒ Automatically build the instruction sentence? [ or type in the line below to switch off ]  
Take 1 tablet every 12 hours after meals

Warnings

ICD ▼

- Antithyroid drugs
- Antitussives
- Antitussives
- Antiviral drugs, including sclerosing agents
- Antiviral drugs, including sclerosing agents
- Antiviral drugs
- Antiviral drugs

**Label**

Zidovudine 300mg (Tablet) [ 60 x tablet(s) ]  
Take 1 tablet every 12 hours after meals

[Patient Name]  
[Institution]  
[Institution Address]

☒ OK ☐ Cancel

12. The bottom right section of the **Regimen** screen contains a depiction of the **Label** that will be printed when you dispense the regimen (see below). The label contains the product name, strength, form, and quantity, as well as warnings and patient instructions. At the time of dispensing, the patient name, prescription number, institution, date, and institution address are printed as well.

The prescription and dispensing information for the regimen are summarized at the top of the screen.

**Regimen**

**Zidovudine 300mg 12h PO for 28 days - (D.D. = 600mg)**  
**Zidovudine 300mg (Tablet) [ 60 x tablet(s) ] (Dir. - Take 1 tablet every 12 hours after meals)**

| Formulation                  | Qty. | -      | Int. | Dur. | Calc. | Product                               | Qty. | Dir. | Packs |
|------------------------------|------|--------|------|------|-------|---------------------------------------|------|------|-------|
| Zidovudine 300mg Tablet [PO] | 1    | tablet | 12h  | 28   | 56    | Zidovudine 300mg (Tablet) [60 Tablet] | 60   | pc   | 1     |

**Item Detail**

BP ☐ Break the product pack?

Instructions ☒ Automatically build the instruction sentence? [ or type in the line below to switch off ]  
Take 1 tablet every 12 hours after meals

Warnings

ICD Y41.5 ▼ Antiviral drugs

**Label**

Zidovudine 300mg (Tablet) [ 60 x tablet(s) ]  
Take 1 tablet every 12 hours after meals


[Patient Name]  
[Institution]  
[Institution Address]

☒ OK ☐ Cancel

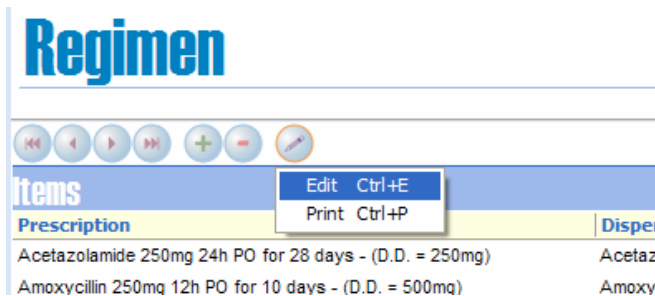
- Click on **OK** in the lower right-hand corner to save the regimen, or **Cancel** to cancel the new entry.

### How Do I Edit a Regimen?


A regimen can be edited or modified in three different ways—

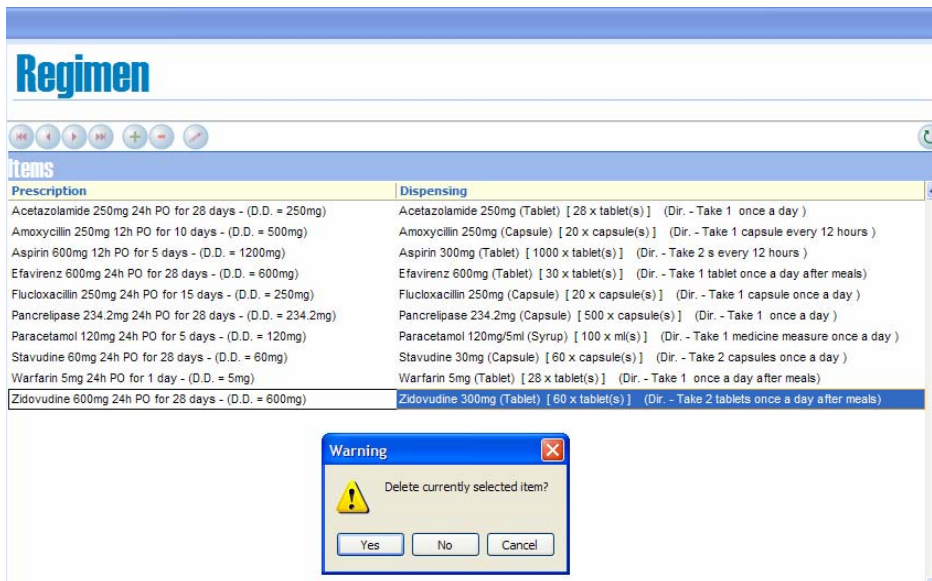
- Double click on the desired regimen from the list.
- Select the regimen from the list by clicking on it once and then selecting the **Edit** option under the edit button  from the drop-down menu that pops up.
- Select the regimen from the list and press *Ctrl + E* on the keyboard.

Make any necessary modifications, and then click **OK** to save.



### How Do I Delete a Regimen?

- Select the regimen from the list, and then click on the minus sign button  from the menu.



2. A confirmation message will pop up asking you to confirm the deletion process. Press **Yes** to confirm or **No** or **Cancel** to cancel the deletion.
3. If the Regimen is part of a Protocol (see Chapter 20), it can not be deleted and a message is displayed

