

Pharmacy prep Exam Case # 8

CANDIDATE'S INSTRUCTIONS

A patient approaches you for a OTC recommendation. Please also demonstrate if there are any devices. Kindly counsel him as you would in practice.

Time Frame: You have 7 minutes to complete this station.

References: Minor Ailments



Patient profile:

Mr John Johnny

Male

Age: 42

Allergies: no known allergies (last updated 2023/04/01)

Medical conditions: Hyperlipidemia, Blood pressure

Medication:

Ramipril 10mg QD 1 tab once daily, disp:90, 1 month ago refilled 3 times previously – Dr. Vora

Atorvastatin 40 mg 1 tab once daily, disp: 90 , 1 month ago refilled 3 times previously, Dr. Vora

Hydrochlorothiazide 12.5 mg 1 tab once daily, disp: 90 , 1 month ago, refilled 3 times previously Dr. Vora

Atacand 8 mg 1 tab once daily, disp : 90, 1 month ago , refilled 3 times previously Dr. Vora

SP Instructions: Act Highly motivated, Smile, eager to meet the Rxist and ready to quit

If can asks: How r u? say I am absolutely fine , I am going to take a major step in my life...I am planning to quit smoking

(candidate is expected to feel happy about this decision and congratulate the patient)

Can to ask: how many cigs do you smoke?

Sp:Smoking : Yes (1 pack a day)

Candidate : Have you tried anything before?

SP : No. this is the first time

Can : quit date?

Sp: not decided so far can you help me decide it.

If can asks : Did you discuss this with your doctor, and he says he trusts u to suggest a good product for me, I don' t like Rx drugs.I have heard the Nicorette products are really goodNicoretteate is supposed to say a few positive words about Nicorette products such as : yes, its been around for a long time and several people have used it sucessfully for quitting smoking)

SP to ask : Can you suggest me a product?

Candidate : Sure, there is a gum, lozenge, patch, Inhaler and QuickMist.

SP : I have seen the commercial on the QuickMist. May be I will take that. What do you think?

Candidate: Sure, before I suggest the right product, a few questions about your medical conditions : I see in my system that you have blood pressure and cholesterol problems. Is that right and any other medical conditions? Sp says; whatever is on my profile...If asked-No heart probs, BP: 140/85

Lifestyle; No alc, excercises 20 mins/week, diet: Not very good, eats out with friends quite often.

Smoking motivators if asked: when with friends, also- when stress at work(supervisor)

Candidate : Good , now let me explain you how to use the quick mist. – Demonstrate

At end of 6 mins: I have heard about bad SE with quitting smoking, how can I manage that?

Grading	Problem Solved	Grading	Communication
solved	<ol style="list-style-type: none"> 1. Set Quit date 2. Analysing & tackling motivators for quitting 3. Nicorette quick mist Demo incl max doses 4. Manage SE-wt gain/ agitation 	Excellent	<ol style="list-style-type: none"> 1. Motivation is the key 2. Two way communication 3. Keeping patient involved in taking decision 4. Step by step directions 5. Side effects and what to expect from the product 6. Follow up offered
Marg solved	<ol style="list-style-type: none"> 1. Set Quit date 2. Analysing & tackling motivators for quitting 3. Nicorette quick mist Demo incl max doses 	Good	<ol style="list-style-type: none"> 1. Very specific, no or limited friendly talk 2. Effective in demonstration 3. Follow up
Marg unsolved	1. Directly going into the product and demonstrating, without any proper communication	Fair	<ol style="list-style-type: none"> 1. Not encouraging 2. No questions asked 3. One way communication only
Unsolved	<ol style="list-style-type: none"> 1. No time to demonstrate 2. Wrong communication 	Unacceptable	Demonstrating none of the above

HOW TO USE NICORETTE QUICKMIST



- 1 Press down to release spray into your mouth; avoid inhaling
- 2 Avoid spraying on lips or inside the throat
- 3 For best results, do not swallow for a few seconds



Nicorette QuickMist mouthspray contains nicotine. Stop smoking Aid.
Requires willpower. Always read the label.

- Priming : Upon first time use, point the nozzle away and press the top of the dispenser several times until a fine mist appears. If spray is not used for 2 days or more, this may need to be repeated.
- Point the spray nozzle towards the open mouth, holding it as close as possible.
- Press the top of the dispenser to release one spray into the mouth, avoiding the lips.
- To avoid getting spray down the throat, don't inhale while spraying.
- For best results, don't swallow for a few seconds after spraying.
- Use 1 or 2 sprays when you would normally smoke a cigarette or have cravings to smoke. Use one spray first and if your cravings do not disappear within a few minutes use the second spray. If 2 sprays are required, future doses may be delivered as 2 consecutive sprays. For most smokers this means about 1 or 2 sprays every 30 minutes to 1 hour. The maximum dose is 2 sprays at a time, 4 sprays per hour and 64 sprays per day.
- Side effects: TINGLING LIPS, HICCUPS, A STRONG TASTE
- Candidate : Nicorette quick mist acts quickly to control your nicotine cravings. The manufacturer claims it acts in 60 seconds, and you can use as and when needed.
- SP : that sounds exciting and that's what I actually need – Quick and easy.