

# DRUG INFORMATION FOR COUNSELLING



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# DEFINITION:

- *Patient counselling provides an opportunity to elicit the necessary information from a patient, and to enable safe and effective use of medicines.*
- *Patients have the right to expect that the pharmacist will counsel them privately about their medicines.*
- *Counselling is also the final checking process to ensure the correct medicine is supplied to the correct patient.'*

# THE ROLE OF THE PHARMACIST

- **Pharmacists play a central role in ensuring medication safety and compliance across the continuum of care.** The complexity of the medication prescribing and delivery processes can make it hard to prove the positive effect that pharmacists have on adverse outcomes directly.

# Pharmacist involvement has the potential to:

- Reduce errors;
- Enhance patient monitoring across different settings.
- Lack of sufficient knowledge about their health problems and medicines is a leading cause of patients' non-adherence to treatment plans.
- Medicine non-compliance not only creates problems for health professionals overseeing treatment, but also has the potential to cause death.

# WHAT IS REQUIRED TO PROVIDE EFFECTIVE COUNSELLING?

- Allocating appropriate time for each patient is crucial to effective counselling. Each and every patient should understand why they are taking a medicine and exactly how it should be taken.
- With a community setting that has largely become like a business, pharmacists must do what they can to try to make themselves available to the patients.
- Open-ended questioning and active listening are essential skills for sharing information with patients, and obtaining information from them as well.
- Pharmacists may need to adapt medicine counselling to suit patients' language skills and primary languages.

# VITAL COMPONENTS OF COUNSELLING (DRUG):

## 1. D - Dosage

- The dose of the medicine and how often it should be taken;
- Potential timing issues associated with dosage;
- What to do if a dose is missed.

## 2. R - Results

- What the person can expect while taking the medicine;
- How the drug works in the body;
- How the person can tell if the medicine is working; and
- The potential consequences of non-adherence.

# VITAL COMPONENTS OF COUNSELLING (DRUG):

## 3. U - Underlying issues

- Is the person allergic to this medicine?
- Is the person taking other medicines that could interact with this medicine?
- Does this medicine react to alcohol, particular foods, or sunlight?
- Are there specific precautions for elderly, young, pregnant or breast-feeding persons?

# VITAL COMPONENTS OF COUNSELLING (DRUG):

## 4. G - General information

- Assess the person's understanding of the above;
- Discuss how to properly store this medicine;
- Discuss information regarding refills;
- How to dispose of unused medicines; and
- Who they can call if they have any questions.



# COMMON SIDE EFFECTS AND THEIR MANAGEMENT

- ❑ **Retinoids** - Photosensitivity : Use sunscreen higher than SPF 30  
Chapping of lips and dry skin: Use emollient and lip balm
- ❑ **Tamsulosin** - GI side effects – Take with food  
Nasal congestion- use steam, Vicks vaporub, and nasal saline.  
Rhinitis - Drink lukewarm water  
Headache- take with 1-2 tab of PCM if needed
- ❑ **Pregabalin** - Weight gain - Consult a dietician and exercise  
Dry mouth, suck on ice chips, sugarless candies, or chew gum  
Drowsiness, dizziness - Do not operate heavy machinery or drive  
Constipation - Lots of fibre and 8 glasses of water

# COMMON SIDE EFFECTS AND THEIR MANAGEMENT

- ❑ **Methotrexate** - Mouth ulcer: Ask your Dr. for folic acid Rx  
Photosensitivity – sunscreen higher than SPF 30 and |Full sleeved clothings.  
Nausea, vomiting- with food.
- ❑ **Clopidogrel** - Dizziness - Do not operate heavy machinery or drive  
Bleeding - Don't do any activities where there is chance for cut or fall
- ❑ **Conjugated estrogens** - Weight gain - Consult a dietician and exercise  
Nausea, vomiting – Take with food  
Headache - Take 1-2 tabs PCM if needed  
Mood changes - Get involved in activities that elevate your mood

# COMMON SIDE EFFECTS AND THEIR MANAGEMENT

**Antimalarial** - Sun sensitivity - Use sunscreen, if any change in vision, contact doctor  
Stomach upset - Take with food

**Latanoprost** - Change of eye color, stinging and discomfort, increase in eyelash length

**B-blockers** - Dizziness ,fatigue - Do not operate machines or drive until you adjust to it  
Increased risk of falls - Change posture slowly  
Fluctuated glucose levels - Keep regular lab appointments

**Corticosteroids** - Oral thrush - gargle after inhalation / swallowing  
May deplete calcium - Take calcium and vitamin D  
Increased risk of infection - Use probiotics or yogurt

# COMMON SIDE EFFECTS AND THEIR MANAGEMENT

☐ **NSAIDs** - Acidity, heartburn - Take with food.

☐ **Statins** - Avoid grape fruit juice

Dizziness – Change posture slowly

Mild nausea – Take with food

☐ **Opioids** - Constipation - 8-10 glass of water

Nausea – Take with food

Drowsiness – Caution when driving or operating machinery

Causes dependence and tolerance.

# FEW PRODUCTS WITH IMPORTANT INSTRUCTIONS:

■ **NMOS = No More Shaking but requires PRIMING:**

**N = Nitroglycerine**

**M = Miacalcin Nasal Spray**

**O = Otrivin Nasal Spray**

**S = Butorphenol Nasal Spray**

# FEW PRODUCTS WITH IMPORTANT INSTRUCTIONS:

- Medication where the CAPSULE SHELL comes out in Stool
- ☐ METHYLPHENIDATE
- ☐ MESALAMINE(5 ASA)
- ☐ POTASSIUM CHLORIDE
- ☐ NIFEDIPINE XL
- ☐ OXYBUTININ

# PATIENTS WHO SHOULD ALWAYS BE COUNSELLED:

- Confused patients, and their caregivers.
- Patients who are sight or hearing impaired.
- Patients with poor literacy.
- Patients whose profile shows a change in medications or dosing.
- New patients, or those receiving a medication for the first time.
- Children, and parents receiving medication.
- Patients receiving medication with special storage requirements, complicated directions, significant side effects.

## FOR MORE TIPS ON COUNSELLING AND MEDICINES:


- I have created this Instagram page to reach out maximum people and let them know that “We the Pharmacists” are a noble profession and we can contribute ourselves in the betterment of our society.
- Please follow it and share this page among your friends, family, colleagues for Tips and Medicinal advices.
- Please help me to make “Pharmacist” word as popular as “Doctors”.



**Pharmaeasy\_with\_bhoomi**



# THANK YOU

A 3D rendering of the text 'Q&A' in a bold, sans-serif font. The 'Q' and 'A' are red, while the ampersand '&' is grey. The letters are thick and have a slight shadow underneath, giving them a three-dimensional appearance. They are set against a plain white background.

Q&A