

COMMUNITY PHARMACY

ASSIGNMENT

OTC

MEDICATION

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# OTC MEDICATION - OTC MEDICATION LIST - COUNSELLING

### INTRODUCTION:-

\* Feeling unwell and suffering from minor ailments is a very common experience by individuals is all over the world.

\* Majority people treat their ailments through self-care using home remedies or over the counter (OTC) medicines. According to the worldwide review of consumer survey, about 50% individual either wait for the problem to run its course or use a home remedy.

\* Another 25% the people visit the doctor or use a prescription medicine and remaining 25% people visit pharmacists to take the OTC medications.

\* Self-medication is the selection and use of medicines by individuals to treat self-recognized minor-ailments or symptoms. The WHO promotes practice of self-medication for effective and quick relief of symptoms where medical services are inaccessible in rural and remote areas.

## DEFINITION:-

\* Over the counter (OTC) medicines are defined as the 'medicine or a pharmaceutical product, or drug', which is considered to be safe and effective in controlling the symptoms of minor ailments, such as common colds, diarrhea, period pains or symptoms which do not require immediate medical consultation and can be sold by pharmacist without a valid prescription.

\* OTC medicines is approved as being safe and effective for self-medication by the National drug regulatory authority for prevention or treatment of minor ailments.

## OTC MEDICATIONS - REASONS FOR PREVAILING:

There are number of reasons due to which OTC medications are highly popular among common people. Some of the reasons include:

\* In cities and towns, usually people due to their routine, don't get proper time for visiting physician and for getting proper medications.

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- \* In country like India, where more than 55% of total population is just near the poverty line, people majority are weak to visit physician for small health problems and they prefer OTC medications.
  - \* Most of the non-prescribed drugs (NPD) are very easily available and at all places.
  - \* Many of people have either very low level of awareness due to which they do not prefer to visit the physician.
  - \* Also due to increased health care, now-a-days people with high literacy and awareness prefer the use of OTC medications.
  - \* Due to the increased attractive advertisements, increases the purchase OTC medications.

#### ADVANTAGES OF HAVING OTC MEDICINES:-

The following are the advantages of having OTC medicines,

- \* OTC medications are considered to be safe and effective as they are approved by regulatory authorities.

- \* Does not require a medical consultation thus saves the consultation charges to the patient.
- \* As the OTC medicines are deregulated from prescription status, the cost of the medicine may be economical.
- \* Waiting time of consultation is saved.
- \* Pharmacist dispenses OTC medications without a prescription.

## BENEFITS & RISKS OF SWITCHING FROM PRESCRIPTION DRUGS

### TO OTC MEDICATIONS:-

#### POSSIBLE BENEFITS:-

- \* Increased access
- \* Decreased frequency of visits to physician, leading to lower healthcare costs.
- \* Improved education to consumers
- \* Increased autonomy of patients
- \* Decreased cost of the third party players.

## POSSIBLE RISK:-

- \* Inaccurate diagnosis.
- \* Delay in obtaining needed therapy
- \* use in suboptimal therapy
- \* Drug resistance
- \* Increased costs to patients due to side effects, adverse effects and drug interactions.
- \* Failure to follow label instructions
- \* Perceived loss of control by physician

## COMMON OTC MEDICINES USED TO TREAT MINOR ALIMENTS:-

- \* Nasal allergies - claritin, Benadryl.
- \* Athlete foot - clotrimazole, Lamisil
- \* cough and cold - Guaifenesin DM, Mucinex DM
- \* Fever - Acetaminophen, Ibuprofen
- \* Migraine - Ibuprofen, Excedrin
- \* pain and inflammation - Ibuprofen, Naproxen
- \* Stomach reflux - Ranitidine, omeprazole.

## OTC MEDICATIONS - VULNERABLE GROUP OF USERS:-

Some people may be more likely to have side effects or other problems upon using the OTC products. These groups, particularly, should take proper precautions before opting for OTC medications. Such groups include the following:

\* children: Pay close attention to the dose information make sure you give the right amount of medicine to your child at the right times. Be especially careful with iron-containing supplements, since Iron is the leading cause of accidental fetal poisonings in children below age of three.

\* pregnancy:- Always talk to your doctor before taking any medicine or herbal health product when you're pregnant. If possible, avoid medication in your first trimester. This is when the risk to your body is highest. Avoid using Aspirin during pregnancy. It can cause low birth weight and problems during pregnancy.

• Avoid using Non-Steroidal anti-inflammatory drugs (NSAIDs), especially during the third trimester of pregnancy. NSAIDs can cause heart problems in your baby. NSAIDs include Ibuprofen, Ketoprofen etc.

\* Breast-feeding women:- NSAIDs usually provide safe pain relief for women who are breast-feeding. Avoid using aspirin. Limit longterm use of antihistamines. If you need to take an oral medicine, take it, night after nursing or before your baby's longest sleep period. Watch your baby for signs and symptoms.

\* Geriatric patients: Use of NSAIDs, may cause higher risk of kidney disease and gastrointestinal kidney and bleeding.

\* Drug regulatory and health authorities have to consider the types of medicinal product for which reclassification is appropriate, safe and rational is the interest of public health.

\* The transition of prescribed drugs (Rx) to over the counter (OTC) status is a very complex and multi-faceted process industry, regulatory authorities and health care professionals.

\* The initiative for the review of prescription product as OTC medication generally will be taken by the pharmaceutical industries. in the form of documented proposal to national drug regulatory authority.

\* The drug regulatory authority will take suitable steps to reclassify the medicinal products as OTC medication. In some situations, products have been changed back from self-medication to prescription drugs status due to new safety concerns.

## DOSE - BASED ON AGE:

- \* FDA-approval age limits are clearly marked on the labels of most nonprescription products, however, various manufacturers have begun supplying their own pediatric dosing charts.
- \* unfortunately, medication errors, are more common than we think. Those medication errors can occur in hospitals, pharmacies or even in your own home.
- \* Before using the OTC medications always examine the label closely. It is vital to know the minimum age of safe use.
- \* The label of the product usually contains the warning such as "children under 6 years of age; consult a doctor."

## OTHER SPECIAL GROUPS:

People with health problems may be at higher risk of having problems when taking OTC drugs. Talk to the doctor before taking one OTC drug if you have any one of the following conditions.

- \* Breathing problems like asthma
- \* Bleeding disorders
- \* Diabetes mellitus
- \* Enlarged prostate gland
- \* Epilepsy
- \* Glaucoma
- \* Gout
- \* Heart disease
- \* High blood pressure
- \* Immune system problem
- \* Kidney disease
- \* Liver problems
- \* Parkinson's disease.
- \* Psychiatric problems
- \* Stroke
- \* Thyroid problems.

## COMMONLY EMPLOYED MEDICATIONS:-

<u>DRUG NAME</u>	<u>STRENGTH &amp; DOSAGE FORM</u>
<u>ANALGESIC AND ANTIPYRETICS:-</u>	
Acetaminophen	325mg tab, 160mg 15ml suspension
Ibuprofen	200mg tab, 100mg 15ml suspension 100mg easy swallow coated tabs.
Aspirin	81mg chewable tab
<u>ANTACID / GI MEDS:</u>	
calcium carbonate	500mg chewable tab
omeprazole	20mg tab
magnesium citrate	oral solution
psyllium	powder
<u>COUGH / COLD / ALLERGY:</u>	
pseudoephrine	elixir
capacol	Oral lozenge
chlorpheniramine	4mg tab
oxymetazoline	0.05% nasal spray
<u>VITAMIN &amp; MINERAL SUPPLEMENTS:-</u>	
calcium carbonate	500mg chewable tabs
multivitamin with minerals	tablet
ferrous gluconate	324 mg tabs

### OTC MEDICATIONS: RATIONAL DRUG USE!-

- \* Rational drug use is conventionally defined as use of appropriate, efficacious, safe and cost effective drug given for the right indication in the right dose, formulation, right interval and right duration of time.
- \* care should be taken to ensure that recommended OTC products are not contraindicated in a particular patient.
- \* The pharmacist should provide all the important and necessary information to the patients.

## ROLE OF PHARMACIST IN DISPENSING OTC MEDICINES!

- \* Pharmacist have a greater responsibility in educating the patients regarding safe use of medicines and monitor their health in terms of therapeutic outcome and improved quality of life.
- \* Often patients visit pharmacies with enquiries about the management of minor ailments. whenever the pharmacist dispenses the medicine, consulting about the non-prescription medicines is very essential due to their potential adverse effects/ interaction with disease process or with other prescribed medicines.

\* The pharmacist should ask the patient about the clinical conditions for which the OTC medicine is required and also about other prescribed medicines the patient is taking. For example, if patient is using ciprofloxacin antibiotic and ask for an antacid for his acidity, if the pharmacist knows about the use of ciprofloxacin, he/she may advise the patient to keep a gap of 2 hours between taking the two drugs to prevent absorption interaction, and improve therapeutic outcome of both drug.

#### COUNSELLING POINTS ASSOCIATED WITH USE OF ANTIBIOTICS:

Antibiotics are the drugs that are used to treat infections caused by bacteria. These drugs are supposed to be taken for full course of time that is 5-7 days to cure the infection completely. Thus these drugs are to be taken under the medical supervision. Your doctor may choose the correct antibiotic based on your clinical condition.

- \* Take them as advised in right time.
- \* store them in suitable containers at appropriate temperature
- \* keep the medicines out of the reach of children
- \* If any adverse effects are seen, please contact doctor immediately.
- \* If you have missed a dose, please take as soon as possible but do not double the dose which may be toxic.

#### COUNSELLING POINTS FOR USING ANTI-COLD & COUGH

##### SUPPRESSANTS:

cold and cough suppressants are the agents used to give relief of symptoms associated with cold and flu such as sneezing, stuffy nose, itchy cough etc. Following are the

- \* These medications may cause drowsiness, patients should be advised not to drive any vehicle or operate any heavy machinery.
- \* These medicines may cause dryness of mouth, nose and throat.
- \* As these medicines may pass through breast milk, nursing mothers should be advised to stop feeding the baby and give dairy milk.
- \* If you are taking any of these medicines such as CNS depressants, or MAO inhibition, please discuss with doctor.

### INCUSSION OF HELPING ATTITUDE:-

- \* It is very important for a pharmacist to inculcate certain sets of qualities like Patience, co-operation, helpful and compassionate attitude, in order to achieve the target of counselling of OTC consumers successfully.
- \* Dealing the consumers sympathetically and in a proper psychological manner will leave a strong impact on them.

## PHARMACIST - DOCTOR - PATIENT : A VITAL TRIANGULAR

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### RELATIONSHIP:

- \* A more optimistic scenario envisages greater co-operation between pharmacist, doctor and nurses to ensure that patient get the best possible advice, both an diagnosis from doctors and on medication from pharmacist
- \* Evidence that this is happening comes from the increasing number of initiatives in which doctors and pharmacists are forging links to improve patients use of medicines.
- \* These positive developments need to be strongly encouraged and developed

### CONCLUSION:

- \* The increasing scope of self medication and its likely consequences can be seen as a shift from primary care of both minor and stable health care problems to self care.
- \* Whether this transition occurs smoothly

or not depends to a large extend on the attitudes and responses of the primary health care professionals involved, and whether they view this as a positive or negative development.

\* It will also depend on how well informed and equipped the consumers are to take on the burden of self-care.

\* One effective strategy may be the mass movement of all the medico-professionals like pharmacists, doctors and nurses, which have the direct interactions with the OTC consumers to make the mission targets oriented and successful.

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