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**BEYOND THE COUNTER: PHARMACISTS INSIGHTS  
IN OVER-THE-COUNTER MEDICATION USAGE  
AND PATIENT NEEDS**

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A Qualitative Research Study  
Presented to the Faculty of  
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Practical Research I

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**Belen, Cristine Jane A.  
Benitez, Yazil Amber G.  
Daños, Marianne Elvy G.  
Enriquez, Ashley D.  
Kiunisala, Kyrine Alexy B.  
Luceros, Jeci Cazandra A.  
Malicdem, Aljor Ley A.  
Martinez, Mark James F.  
Pelagio, Lance Francis M.**

**Christianne Roie A. Carabeo, MACDDS  
Practical Research I Teacher**

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**Abstract**

Over-the-counter (OTC) medicines have become a popular choice for managing common health issues due to their affordability and convenience. This qualitative study investigates the factors influencing the use of OTC medicines and the benefits they provide to patients in Cavite. Through structured interviews with 30 participants, the research examines the decision-making processes behind selecting OTC medications for common diseases. Findings suggest that convenience, cost-effectiveness, and trust in OTC products, often reinforced by patient counseling, play significant roles in influencing medication choices. However, a common concern among participants was the lack of understanding regarding the proper usage and potential side effects of OTC products. The study emphasizes the importance of patient counseling by pharmacists in ensuring that patients are fully informed about the right dosage and any potential risks associated with OTC medicines. To address these concerns, several recommendations are made. First, enhanced patient counseling should be prioritized, with pharmacists taking an active role in educating patients about the correct use and risks of OTC medications. Second, public awareness campaigns could be implemented to increase understanding of the potential dangers of self-medication and encourage seeking professional advice before using OTC products. Lastly, healthcare providers, especially pharmacists, should undergo continuous training and ensure that recommendations are accurate and comprehensive. By



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following these recommendations, the safe use of OTC medicines in Cavite can be improved, leading to better health outcomes.

*Keywords: Patient counseling, Decision-making process, Over-the-counter medicines (OTC), Convenience*



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## **CHAPTER I**

### **THE PROBLEM AND ITS BACKGROUND**

This chapter presents the background of the study, the statement of the problem, the scope and delimitation the significance of the study, and the definition of terms used.

#### **Introduction**

There are a lot of medicines that people can buy from the pharmacy. The medicines at the pharmacy should have a prescription, but nowadays, many people purchase this type of medication without a prescription; it is called over-the-counter (OTC) medicine. With the advent of the OTC medications, patients can now cure a wide range of ailments without a prescription. The pharmacists are the ones who provide or sell the items they will take to alleviate or cure the pain that they feel. Pharmacists usually determine the appropriate or suitable medication for the specific symptoms experienced by people buying OTC medicines.

#### **Background of the Study**

In the medicine world, over the counter medicine plays a convenient role of providing people a way to alleviate annoying symptoms or mild illnesses without going through the hassle of seeing a doctor or getting prescription. This allows for people to get medicine faster and cheaper, as it is accessible and can be bought in local stores;





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over-the-counter medicine is also cheaper than prescribed medicine. Using OTC medicine requires responsibility, knowledge, and insight, which are needed in order to ensure the safety and security of the people that use this type of medicine. However, people may lack these qualities, which can lead to problems like adverse reactions to other medicines, allergies, negative effects on people with certain medical conditions or who are pregnant, and problems that the user of over-the-counter medicine could encounter. This lack of knowledge, responsibility, and insight among people can be solved by gathering insights from pharmacists, with their insights allowing people to make far more critical decisions and lower the risk of complications.

Over-the-counter medications allow consumers to easily and affordably cure certain ailments and alleviate a number of bothersome symptoms. OTC medications are those that are sold directly to patients without a prescription from a medical expert, as opposed to prescription medications, which should only be sold to patients who have a valid prescription. Some over-the-counter medications were initially only available with a prescription. The Food and Drug Administration (FDA) may authorize medications with exceptional safety records for over-the-counter sale after they have been used for many years under prescription regulations (FDA Regulation, 2021).

OTC are now very useful for the people who are having a mild sickness, and pharmacists are the ones who are responsible for this; in



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fact, there is a law about it. Under the RA of 2382, or the Philippine Medical Act, it indicates that only the licensed pharmacist can distribute and sell medicine (Medical act, 1959). It means only the one who is familiar with and board passers can distribute those medicines to ensure that it is the right medicine. A single mistake can make those diseases even worse than they expected. The Philippines is one of the biggest pharmaceutical markets in the ASEAN region, and it is estimated to be valued at US\$4.1 billion in 2021 ("Philippines Pharmaceuticals," n.b.). Our country distributes a large amount of medicines, and a well-known one, yet each of them has their main target disease to be cured. Many of those Filipinos just brought any kind of medicine that they usually intake, and many of the stores just sell it to make money. Prescribing clinicians are often visited by patients looking for medications to remedy their chief complaint. For over-the-counter medications, prescriptions are not usually required. Some OTC medicines, based on their dosage limits or total days supply, mandate the prescription by the provider (Kenny & Preuss, 2024). Pharmacists are just responsible for reminding the patient of how often, how many, and the side effects of that OTC medicine.

The Philippines has an average antibiotic use of 5.3 DDDs per 1,000 people, with pediatric antibiotic use at 56.2%. This poses a significant threat to the healthcare system due to the widespread availability of antibiotics. The most consumers frequently attempt to buy antibiotics without a prescription, with a preference for penicillin-



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class antibiotics. Reasons for these purchases in Carmona, Cavite, include self-medication, pet and poultry treatment, and topical wound care, suggests that community education and engagement on antibiotic resistance risks are crucial. Local government educational programs can enhance consumer awareness of prescription requirements, but no significant association was found between the reasons for obtaining medicine without a prescription and the type or class of medicine purchased (Garcia & Tugna, 2024). Under Article 1, Section 2 of Republic Act No. 10918, state that the vital role of pharmacists is in the delivery of quality health care services through the provision of safe, effective, and quality pharmaceutical products, pharmaceutical care, drug information, patient medication counseling, and health promotion. The pharmacists' professional services shall, therefore, be promoted as an indispensable component of the total health care system to ensure the physical well-being of the Filipinos. It says that the pharmacists must be registered and licensed to avoid unnecessary movements on how they analyze or give the medicines to the patient.

This study will determine how pharmacists help patients and ensure that they are using over-the-counter medication properly. Also, this study will find out the authority of over-the-counter medicine to those consumers who avail themselves of this kind of drug medication without a prescription from doctors.



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### **Statement of the Problem**

This study aims to explore the pharmacists insights in OTC medication usage and patient needs in Cavite.

Specifically, this study will benefit the following:

1. What are the common OTC medicines purchased by patients in Cavite?
2. How do pharmacists in Cavite ensure that the OTC medicines are the most appropriate for the patients?
3. How do pharmacists in Cavite ensure proper usage of OTC medicine purchased by patients?

### **Scope and Delimitation**

The scope of the study will focus on over-the-counter medication of licensed pharmacists to residents within Cavite. It will focus on how pharmacists have insights in giving the proper intake of medication without prescriptions from doctors. The respondents of the study were composed of 27 randomly selected licensed pharmacists within Cavite.

This study will specifically not include pharmacists outside Cavite. It will not include any other medical professionals other than licensed pharmacists. This study will not include prescription medication from doctors. The result of this study should not be used as a measure of the effect of over-the-counter medicine on the residents of Cavite who buy this kind of medicine and the residents who do not belong to the population of the study.



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### **Significance of the Study**

This study will provide understanding on how pharmacists help patients in prescribing appropriate Over-the-Counter medications.

Specifically, this study will benefit the following:

**Patients:** OTC medications from the pharmacists will be reliable in their point of view. Therefore, it would be easier for patients to obtain healthcare, take charge of their own health, and treat minor ailments at home without wasting time or money. They can also secure their safety using this kind of medicine provided by the pharmacists.

**Pharmacist:** It equips them with up-to-date knowledge on the safety, efficacy, and proper usage of Over-the-Counter medications. This enables them to provide accurate and reliable advice to patients, enhancing patient safety and improving health outcomes. Additionally, pharmacists stay informed about new products and emerging trends in the market, allowing them to make informed decisions when recommending OTC medications.

**Pharmacy:** The pharmacy will be extensive and prosperous in various corners of the town to provide the assistance needed by the patients. It also helps them to stock more appropriate range of Over-the-Counter products. Then it can ensure it has in-demand items on



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its shelves, meeting the diverse needs of its customers. Moreover, OTC research can enhance the pharmacy's reputation.

**Pharmaceutical Companies:** It provides valuable insights into consumer preferences and behavior regarding Over-the-Counter products. This knowledge allows companies to develop and market medications that are more likely to meet the needs and expectations of consumers, increasing the potential for product success besides, it does not only enhances the competitiveness of the company but also contributes to the overall advancement of the pharmaceutical industry.

**Future researchers:** It provides a rich source of data and real-world evidence on the use, effectiveness, and safety of Over-the-Counter medications. The data can serve as a foundation for new research questions and hypotheses, enabling future researchers to build upon existing knowledge and explore novel areas of investigation. Besides, this collaborative environment exposes future researchers to different perspectives and methodologies, enhancing their research skills and broadening their knowledge base.

### **Definition of Terms**

To facilitate the understanding of this study, the following are with this definition to understand and clarify the terms used in the study.



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**Antibiotics.** It refers to the work of killing bacteria and preventing them from multiplying. Common antibiotics include gentamicin, cephalexin, ertapenem, erythromycin, ciprofloxacin, and metronidazole (Felman, 2023).

**Illness.** It refers to a condition in which the body or mind is harmed because an organ or part is unable to work as it usually does; a disease or sickness (Cambridge, n.b.).

**Over-the-Counter.** Are the medicines that also known as OTC or nonprescription medicine. All these terms refers to medicine that you can buy without a prescription. They are safe and effective when you follow the directions on the label and as directed by your health care professional (FDA, 2024).

**Patient.** It refers to a person who is receiving medical care, or who is cared for by a particular doctor or dentist when necessary (Cambridge, n.b.).

**Prescription medicine.** It refers to a medicine that can only be made available to a patient on the written instruction of an authorized health professional. Examples of prescription medicines include blood pressure tablets, cancer medicine and strong painkillers. ("Prescription medicines", 2022).



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**Pharmaceutical Market.** It refers to patient or a person who is receiving medical care, or who is cared for by a particular doctor or dentist when necessary (Cambridge, n.b.).

**Pharmacists.** These are the health care professionals who specialize in the right way to use, store, preserve, and provide medicine. They can guide you on how to use medications and let you know about any potential side effects. They fill prescriptions issued by doctors and other health care professionals (WeMD Editorial, 2023).





## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE**

This chapter presents the relevant literature and studies that the researchers considered in strengthening the claim and importance of the present study.

#### **Related Literature**

This section discusses the different literature, both foreign and local, that are related to the topic. It discusses the commonly used OTC drugs, the pharmacist's way to ensure proper prescription of OTC drugs, and lastly, how to know if it is the right one for that specific patient.

#### **Foreign**

##### **Common Over-The-Counter Medicines**

Over-the-counter (OTC) medications are commonly used to treat a wide range of common ailments such as fever, fungal infections, sore throats, nasal congestion, headaches, body aches, and upset stomachs. Most OTC medications are listed on the Australian Register of Therapeutic Goods (ARTG) stated by (OTC medicine, n.d.). They are readily available to consumers for self-treatment of common ailments, but their composition and intended use are carefully controlled to minimize risks. Symptoms of the common cold, such as a runny nose, sneezing, and congestion, are also frequently managed with OTC



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decongestants, expectorants, and antihistamines. Fever, a common symptom of various illnesses, can be reduced with OTC fever reducers, providing temporary relief and comfort. Fungal infections, such as athlete's foot or yeast infections, often respond well to topical OTC antifungal creams or powders. Upset stomachs, caused by indigestion, heartburn, or mild food poisoning, can be alleviated with antacids or antidiarrheal medications. Even dry eyes, a common symptom of environmental factors or certain medical conditions, can sometimes be treated with OTC lubricating eye drops.

Healthdirect (n.d.) also said that over-the-counter (OTC) medications provide accessible treatment for a wide range of common, relatively mild health issues. These ailments, often self-treatable, encompass a spectrum of symptoms and conditions, ranging from minor inconveniences to more significant, yet manageable, health concerns. For example, OTC remedies are frequently employed to address headaches, ranging from tension headaches to migraines that respond to over-the-counter pain relievers. Sore throats, often associated with viral infections or irritations, can be soothed with lozenges or sprays available without a prescription. The availability of these OTC medications allows individuals to address these common health concerns conveniently and without the need for a doctor's visit, provided the symptoms remain mild and do not worsen.

Different formulations with the same brand name may have different ingredients, so checking the ingredients on the label is



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important. For example, there are several dozen different Tylenol® formulations with a vast array of ingredients and doses. Some Maalox® products contain aluminum and magnesium hydroxide, while others contain calcium carbonate aforesaid by (Lynch, 2022). The statement highlights the importance of careful reading of product labels, particularly for over-the-counter medications. While a product might have a familiar brand name (like Tylenol or Maalox), that does not guarantee the same ingredients or dosage across all its variations. Companies often produce multiple formulations of the same product to target different needs or preferences. These formulations might contain different active ingredients (the substances that treat the condition) or inactive ingredients (like fillers or binders). Wagner (2024) also said some of the OTC drugs are containing dextromethorphan (DXM) commonly in Cough medicines, Antihistamines that are sedating, lastly Laxatives. They might also vary in dosage strength. Therefore, consumers should always carefully examine the label or ask for a pharmacist's insight to ensure they are using the correct formulation for their specific needs and to be aware of any potential ingredients they might need to avoid due to allergies or other health concerns. Relying solely on the brand name is insufficient; the specific formulation details are critical.

Over-the-counter (OTC) medication is a medication that does not need any prescription. They are available for use by the general public and are typically used to treat common ailments and health conditions.



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Like pain relievers, antihistamines, cold and cough medication, etc., (Thalla, 2024). These are the common diseases that is treated by the OTC drugs. It is also a first line treatment in the prevention of heart attack and stroke because of its anti-blood clotting properties by making platelets in the bloodstream less sticky. Lastly Dextromethorphan (Delysm, Pedicare, Robitussin, Scot-Tussin, St. Joseph, Theraflu, Triaminic, Vicks 44, and many others) is an over-the-counter product used to control cough. Menthol is the active ingredient in many cough drops. Their effect is temporary and wears off when the cough drop has dissolved. Faaem (2020) said this are the examples of the common otc drugs, Acetaminophen is the most commonly recommended OTC medication for fever. It works well for minor aches and pains, especially for people who cannot tolerate anti-inflammatory medications such as ibuprofen or aspirin. Salicylic acid or aspirin is a well known medication that has been recommended for generations as a treatment pain, inflammation, and fever.

### **Pharmacist as Recommending Authority for OTC Medicines**

In today's world, medication is an integral part of maintaining our health and well-being. However, with the growing complexity of medical treatments and a vast array of pharmaceuticals available, ensuring medication safety becomes paramount. A helpful resource for navigating this complex landscape comes from Inspira Health (2022), in their YouTube video titled "Medication Safety Tips from Inspira's Pharmacy Experts." Be aware of the medications you take. Consult your



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pharmacists. Make a list of all the drugs you use. Patients often take multiple medications simultaneously, raising the risk of adverse drug reactions, drug-drug interactions, and improper usage. In this evolving landscape, having reliable resources to guide medication management is essential. Take responsibility for your prescription drugs. NBC NewsWatch (2024) talked about "OTC Medication" offers a brief but insightful glimpse into the world of over-the-counter (OTC) medications. While the video itself is short, clocking in at just under a minute, it provides a starting point for discussion on the importance of understanding OTC medication and its potential implications for our health. This accessibility can be beneficial, offering individuals the freedom to manage minor ailments independently. However, the video implicitly raises a critical point: with increased accessibility comes the responsibility to use OTC medications wisely.

The YouTube video titled "OTC Medicine," uploaded by (KX News, 2019), highlights the prevalence and accessibility of over-the-counter (OTC) medications. While the video itself is brief, offering just a glimpse into the topic, it effectively draws attention to the significance of understanding these readily available medications. Instead, it subtly underscores the need for informed decision-making when choosing and using OTC medications. The video's mere existence serves as a reminder that while OTC medications can be helpful tools for managing health, a basic understanding of their potential effects and interactions is crucial. In addition OTC medicine, (2024) stated the article stresses



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the importance of consulting with a pharmacist before purchasing any OTC medication. Pharmacists are qualified experts in medications and can provide valuable advice on choosing the right medicine for the patients specific needs, potential side effects, and potential interactions with other medications patient may be taking. The article emphasizes that OTC medications, like any medicine, can have side effects and potential drug interactions. It highlights the importance of being aware of any pre-existing health conditions, such as stomach, kidney, liver, or heart problems, and being pregnant when considering OTC medications.

Warner (2024), said that pharmacists are experts in medications (drugs) and provide people with the relevant treatment and support for minor health concerns. They ensure a person receives the correct drug and dose. They will also provide guidance on possible adverse effects and assess whether a person has any allergies to medications. Victoria Sambito, a hospital pharmacist, was asked about her experience working as a pharmacist. Victoria responded that it is a busy job because four and a half billion prescriptions have been recorded. She added that pharmacists play a vital role in the healthcare industry because they must be knowledgeable about prescribing medications, giving patients the right dosage and medication, providing the right indications, and keeping an eye on the antibiotics they take. If the pharmacists give patients the wrong medication, their health may be at risk, and their trust in pharmacists will erode because pharmacists are



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now one of the most trusted sources of medication for the public aforesaid by (V. Sambito, personal communication, Jan 22, 2020). They must possess extensive knowledge about medications, their interactions, and potential side effects. Their expertise in medication management is vital for patient safety and well-being. Victoria emphasizes the importance of trust in the pharmacist-patient relationship. Dispensing the wrong medication can have serious consequences for patients' health, and erode trust in pharmacists as a reliable source of medication. This trust is paramount, especially given that pharmacists are increasingly seen as a primary source of medication information for the public.

### **Assessment of Pharmacists on Patient's Needs**

Pharmacist connection (2023), said that the best practice for good service is to have a process in place to communicate with every refill patient to determine if there are any changes or issues (e.g. effectiveness, adverse effects, new medical conditions/allergies, new medications, medications from other sources). Patient Care (2018), The pharmacist assures the collection of necessary subjective and objective information about the patient in order to understand the relevant medical/medication history and clinical status of the patient. Information may be gathered and verified from multiple sources, including existing patient records, the patient, and other health care professionals.



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A pharmacist skills assessment typically includes several questions in each test that gauge a candidate's pharmaceutical knowledge, ability to manage medications, familiarity with pharmacy regulations, ethical considerations, and best practices to ensure patient safety aforesaid by (Testgorilla,2033). The assessment typically includes questions that test the candidate's pharmaceutical knowledge, such as their understanding of different medications, their effects, and proper dosages. It also assesses their ability to manage medications effectively, ensuring safe dispensing and monitoring of therapy. Thalla (2024) said they can advise patients on the right use of OTC medicines. Pharmacist can also check for interaction between OTC medication and prescription that patients may need and advise on necessary precautions. Pharmacists can check for potential interactions between OTC medications and prescriptions by reviewing the patient's current medication list.

### **Local**

#### **Common Over-The-Counter Medicines**

Biogesic is one of the best over-the-counter drugs in the Philippines that help relieve headache, pain, and fever relief. Biogesic medicine has been recognized by the Filipinos for over 50 years and always comes in the best over-the-counter drugs list. It can be used during an empty stomach; it can be used by elderly persons, pregnant women, and breastfeeding mothers aforesaid by (Getmeds,2023). Bringing Paracetamol such as biogesic can also be used if you ever





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experience fever or other pain. Ibuprofen can be used if you ever got out of paracetamol. While (Arshi Larga, 2023) said It is known for its effectiveness and gentle formulation, which makes it suitable for use on an empty stomach. There are different OTC medicines that the patient can bring when traveling such as Meclizine 25mg (Bonamine) to prevent nausea, Antacids like Kremil-S or Gaviscon Liquid Sachets that is used for hyper acidity. The video features Arshie at work, giving advice on travel medications, discussing his experience with these medications.

While Xtracee Plus, over-the-counter drugs in the Philippines, is used more commonly during the pandemic to boost the immune system (Getmeds, 2022). With the rise in health concerns and the need for preventive measures, many individuals turned to easily accessible OTC products, such as vitamins, supplements, and immune-boosting medications, to support their overall health and strengthen their body's defenses against illnesses. Getmeds (2022) also said Ophthamax over-the-counter medicine provides multivitamins and minerals to treat vitamin deficiencies caused by poor nutrition, pregnancy, digestive disorders, and many other problems. Ophthamax medicine also works as a vitamin to treat eye health.

Product detail (n.d.) said that Bioflu medicine is used to stop fungal infections in the mouth, throat, or other body parts. It helps to kill fungi by destroying the medicine into the fungal cell membrane. Bioflu, an over-the-counter medicine, also works during fingernails,



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toenails, and vagina infections .It works by targeting and killing fungi through its active ingredients, which penetrate the fungal cell membrane, disrupting the cell structure and ultimately leading to the destruction of the infection. Getmeds (2022) affirmed that Neozep Forte medicine comes to provide relief from the runny and clogged nose, sneezing, headache, fever, and body aches. In addition, this over-the-counter cough medicine is used during a common cold, allergic diseases, flu, and other minor respiratory infections. It is particularly useful for those suffering from allergic conditions or viral infections, offering a convenient and accessible solution to relieve common cold and flu symptoms.

Loratadine is one of the best antihistamines for Filipino allergy sufferers. Known for being a non-drowsy option, it's ideal for those who need to stay alert while managing symptoms based on MedsGo (n.b.). Unlike older-generation antihistamines, which can cause significant drowsiness, loratadine allows individuals to manage symptoms such as sneezing, runny nose, and itching without compromising their daily activities. MedsGo (n.b.) also stated that Benadryl, a well-known brand for allergy medication in the Philippines, contains Diphenhydramine, which is effective for treating allergic reactions such as hives, sneezing, and itchy eyes. While Chlorpheniramine Maleate, commonly sold under the brand name Chlor-Trimeton, is one of the most affordable allergy pills in the Philippines.



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**Pharmacist as Recommending Authority for OTC Medicines**

The video report from News5's "Frontline Pilipinas" focuses on a customer's dispute with a pharmacist regarding the refusal to sell medicine without a prescription. The video serves as a case study illustrating the conflict that arises when customers attempt to purchase medication without a prescription. It also demonstrates the role of pharmacists in upholding medical safety and ethical practices reported by News5Everywhere (2024). This unprescribed medicine was likely to be the most purchase medicine in pandemic days. . It highlights the growing awareness of self-medication and preventive care among Filipinos, showing that they are actively seeking ways to manage their health independently. It underscores the importance of understanding consumer preferences, adapting retail strategies to meet these preferences, and leveraging data to drive growth and success. It examines consumer behavior, driving forces behind the rise of OTC, and the impact of these trends on retail strategies. NIQ, 2023 reported that filipinos are increasingly relying on OTC medications, fueled by the COVID-19 pandemic, a growing awareness of self-care, and the desire for affordable healthcare solutions. Despite shifting concerns, Filipinos prioritize physical health, making OTC products a key component in their healthcare approach as they focus on physical health. In an era of economic uncertainty, OTC medications offer cost-effective solutions for consumers looking to manage their health without significant expense, it is an affordable solution. Nielsen data reveals a 10% growth in generic OTC brands in the second quarter of 2023, demonstrating consumer



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preference for affordability, it lead on generic OTC growth. The analysis provides valuable insights for businesses operating in the OTC medicine industry in the Philippines. The analysis explores the growth and trends of the over-the-counter (OTC) medicine market in the Philippines.

It is important to understand safe and effective use of over-the-counter medications. Medications are not healthy, people can experience overdose because of it. When a patient have a fever, thats why the pharmacist suggested that they can take 500mg of Paracetamol every 4 hours or if patients are only experiencing dizziness – they can take it for every 6 hours. For a day, people can only intake 8 tablets which is equivalent to 4,000 mg. (Newswatch Plus PH, 2022) Pharmacist like Arshi Larga are the ones that provide guidance to patients on what they can use and how they can use one. The video aims to guide viewers on home treatments for flu-like symptoms. It offers advice on what should be included in a home medicine cabinet. The video serves as a resource for viewers seeking guidance on managing common health concerns, especially during a pandemic, through safe and appropriate use of over-the-counter medications. Egates (2025) also said that there will be legislative changes, such as The Drug Enforcement Administration (DEA) Regulations for Collaborative Practice Agreements, The Affordable Care Act (ACA) – Medication Therapy Management (MTM) Services, and state-level “Provider Status” laws, are pushing pharmacists to take on expanded roles, including administering vaccines, conducting health screenings,



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and managing chronic diseases. This trend will increase demand for pharmacy staff trained in direct patient care and collaborative practice agreements with physicians.

**Assessment of Pharmacists on Patient's Needs**

The video emphasizes the importance of informed decision-making when it comes to OTC medications. It reminds viewers that the pharmacist was there to assist their needs while these medications are readily available, it is crucial to understand their potential effects and interactions aforesaid by (NewsWatch Plus PH, 2022). "Safe Use of Over-the-Counter Medicines" offers valuable insights into home treatments for flu-like symptoms and provides a guide to essential medications for the patients medicine cabinet. The video emphasizes the importance of ethical prescribing practices and avoiding conflicts of interest in the healthcare system. The video serves as a platform for discussing a potential ethical issue within the medical field. It raises questions about the influence of pharmaceutical marketing on doctors' prescribing decisions and its potential impact on patient health. While (ANC 24/7, 2024) film this video that focus on home treatments for flu-like symptoms highlights the potential benefits of using OTC medications to manage common ailments. However, it also underscores the need to use these medications responsibly. A possible "doctor-pharma marketing scheme" where doctors may be influenced by incentives from pharmaceutical companies to prescribe specific medications may have potential consequences of this practice, including potentially



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inappropriate prescriptions and a lack of focus on patient needs. The video segment from ANC's "Headstart" program focuses on an interview with Dr. Tony Leachon, a health reform advocate, regarding the alleged "collusion" between doctors and a pharmacy firm in medicine prescription. The video emphasizes the importance of ethical prescribing practices and avoiding conflicts of interest in the healthcare system.

News5Everywhere (2024), reported that the pharmacist, adhering to professional guidelines, refuses the sale, citing the importance of a prescription for ensuring patient safety and preventing potential misuse of medications. This situation underscores the complexities of navigating the healthcare system and the need for a balanced approach between patient access and responsible medication practices. These experts emphasize the importance of requiring prescriptions for medications, highlighting that it safeguards both patient well-being and the proper use of pharmaceuticals. They reinforce the role of pharmacists as gatekeepers of safe and effective medication use, emphasizing the need to prioritize patient safety and prevent potential adverse effects from self-medication. While Regina, personal communication (January 10, 2024), said that a pharmacist has a patient medication counseling that indicate they are responsible to answer all the questions and assist properly that patient about the specific OTC medicines.



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### **Related Studies**

This section discusses the different study, both foreign and local, that are related to the topic. It discusses the commonly used OTC drugs, the pharmacist's way to ensure proper prescription of OTC drugs, and lastly, how to know if it is the right one for that specific patient.

### **Foreign**

#### **Common Over-The-Counter Medicines**

Many of us just rely on the frequently medicine intake since childhood, Kamal et al. (2023), said that the most frequently consumed over-the-counter medications among the participants were ibuprofen (2.04%) and paracetamol (13.35%). In addition to being easy to find in pharmacies and supermarkets, which make the medication easily accessible to patients, paracetamol is extremely safe to use and rarely produces negative effects same as Ibuprofen. As well to ( Sàncchez-Sàncchez, et al. 2021.) the most common medical ailments for which self-medication is practiced include headache, joint pain, fever, cold and cough, allergy, heartburn and diarrhea.

Consumers purchase over-the-counter (OTC) medications, and despite the truth that generic and brand name medications contain the same chemicals, brand name formulations dominate the drug industry (Kholi et al., n.d.). Drugs tend to dominate the market and the reason for this dominance could be related to consumer perception,



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marketing, or brand loyalty, which may lead people to prefer well-known brand-name medications over generics, even though the latter are typically cheaper and contain the same ingredients. McCoul (2020), explained that there are only 8 unique nonanalgesic ingredients were identified among these products, with many products sold under the same brand name and with the same active ingredient. Phenylephrine hydrochloride, dextromethorphan hydrobromide, pseudoephedrine hydrochloride, guaifenesin, chlorpheniramine maleate, brompheniramine maleate, diphenhydramine hydrochloride, and doxylamine succinate were the common active ingredients, with all available OTC sinonasal remedies consisting of 1 or more of these ingredients.

The Beers Criteria components were included in 71 over-the-counter medications, including six Chinese patent medications and 65 compounds. Cold medications made up 47.9% and other chemical formulations made up 78.9% ( Yang, et al., 2021). OTC is really useful and the OTC protein have the potential to play a significant role as genetic modifiers of a specific pathological mutation as a content in OTC drugs aforesaid by ( Lopes-Marques, 2021).Its significance extends beyond metabolic function, as OTC protein variants have the potential to act as genetic modifiers for certain pathological mutations.

**Pharmacist as Recommending Authority for OTC Medicines**





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Most pharmacist prescribing medications do not present clinical advantages compared to OTC's. In addition, other barriers for implementation were also pharmacists' training and patient medications costs (Fernandez, et al., 2024). OTC medicine in terms of clinical advantages are equal to prescribe medication, OTC are in some cases more effective than prescribed medicine, pharmacist also recommend an OTC medicine rather than prescription drugs often. Rusu (2018) said that Romania highlights the need to increase communication skills and build a professional relationship with the patient. The modern pharmacist must focus on the individual patient's needs rather than dispensing the medical prescription

Although an adequate level of practice with regard to Complementary and Alternative Medicine (CAM) products was noted, community pharmacists were found to be insufficiently ready in terms of their knowledge of supplying patients with information on CAM products. CAM products were thought of favorably by community pharmacists (See et al., 2024). Pharmacists generally have a reasonable level of experience or practice when it comes to CAM products. When compared to over-the-counter medicines, almost all of pharmacists who prescribe them do not offer any clinical benefits. The training of pharmacists and the cost of patient drugs were further implementation challenges (Fernandez, et al., 2024). This could mean that the medications prescribed by these pharmacists may not be as effective in treating patients as OTC alternatives.



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Pharmacist always approach the patient or consumer in a calm way, based on Rajiah et al. (2021), they found that effective communication between community pharmacists and patients resulted in improved medication adherence and quality consumption of medicines. The pharmacist plays an important role in helping patients in the use of medication, which may include over-the-counter medications, highlighting the pharmacist's act as a guide in health decision making and the beneficial effects they provide to their patients. (Ilardo & Speciale, 2020), said that the pharmacist acts as an intermediary between the doctor and the patient by providing both medicines and free medical advice without the need for an appointment. Although pharmacists can be the first point of contact for some healthcare consumers, they are a relatively underutilized resource and almost “invisible” in recent health care policies.

Clinical pharmacist interventions improve humanistic outcomes such as patient knowledge, adherence, and health-related quality of life; their additionally decrease medication-related errors and improve therapeutic outcomes including blood pressure, glycemic control, lipid control, CD4 T lymphocytes, and renal functions (Pousinho, et al., 2020), clinical pharmacists help reduce medication-related errors, which leads to better therapeutic outcomes, additional based on (Smith,et al., 2019). A national professional pharmacy



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organization's practice standards and guidelines must be observe when providing over-the-counter medications.

General standards suggest the best approaches for pharmacists to advise and educate patients about prescription and OTC medicines. The method of distribution must include details such as the drug's name, description, indications, amount and dosage forms, methods of administration, usage suggestions duration of therapy, precautions, side effects, and contraindications, as well as proper prescriptions (Bekele, 2020). Pharmacists provide comprehensive guidance to patients on both prescription and OTC medications, ensuring that the distribution method includes essential information like the drug's name, description, uses, dosage forms, administration methods, usage instructions, treatment duration, precautions, side effects, contraindications, and accurate prescription details. (Juperi, et. al.,2023), Pharmacy services are essential to the healthcare system. Historically, pharmacists were primarily responsible for the production and delivery of drugs. However, due to globalization and advances in healthcare, pharmacists' roles have changed toward clinically oriented services. Due to a shift in pharmacists' responsibilities and activities, community pharmacists are now actively involved in dispensing, counseling on correct usage, keeping pharmaceuticals, and retailing medicines. Despite professional training, community pharmacists' abilities are frequently underutilized.



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Knowledge and contentment with Patient medication counselling experience and willingness to It was also assessed. From the analyzed variables, Predictors of preference for each communication Medium was identified and examined. Face-to-face has no A important predictor. The highest educational achievement was demonstrated to be a strong predictor for the use of text messages(Alharti, et al.,2024).A community pharmacy worker is always in charge of dispensing the correct drug, dosage, and dose, even if a position or consultant suggested the drugs. It is the duty of a pharmacy worker to consider drug interactions as well as indications and contraindications before prescribing a drug. As a result, pharmacy staff perform an important role in informing the general population about potential hazards and promoting appropriate self-care. (Nekathenna, et al., 2023). It is all about the critical responsibility of community pharmacy workers in ensuring the safe and accurate dispensing of medications.

Pharmacy staff were less likely to need to leave the prescription department for extended periods; they also had fewer prolonged encounters or encounters about product location. Importantly, the Senior Section did not impede pharmacy workflow. (Gilson et al., 2020). The staff also experienced fewer interruptions or lengthy interactions regarding product location, which often disrupt workflow.



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Healthcare providers are crucial in educating the public about the OTC medications they choose. Participants may prefer to purchase over-the-counter medications from community pharmacies over retail stores for this primary reason. (Lalagkas, et al., 2022). Their knowledge should be beyond expectation since it is all about the health of other people.

**Assessment of Pharmacists on Patient's Needs**

Community pharmacists have a capacity to assist patients in controlling chronic diseases, and community pharmacies provide a great setting for pharmacists to carry out their professional responsibilities. Community pharmacies have the potential to serve as convenient and easily accessible facilities for patient-centered medication management services. (Juperi, et. al.,2023).Community pharmacies are well-positioned to offer services that help patients better manage their medications and health conditions, due to their accessibility and convenience. Valliant et al., (2021) said, when it comes to treating minor illnesses, pharmacists are the most accessible healthcare providers to patients. Community pharmacists must have access to up-to-date accurate data about pharmaceuticals in order to counsel patients on over-the-counter (OTC) medications and provide them with the proper guidance while they are being managed.

Patients has the right to decide since they are the ones who felt the symptoms that can be clues for pharmacis. Aninon (2020)



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claimed that the majority of the exact active ingredients and brands requested by patients were provided as is, with somewhat less than 33% receiving a pharmaceutical equal, alternative, or being reviewed. When patients asked for advice, pharmacists reasoned 100% of the time. Filipino pharmacists used the if/then tactics (83%), whereas Maltese pharmacists assess and decide drugs by forward chaining (50%). The clinical reasoning utilized by pharmacists primarily relied on analytical decision making, which varied significantly depending on the patient's request at the start of the engagement. See, et al., (2020), said that a minor ailment is defined as a health complaint which, by simple action, patients could handle themselves. These conditions are self-limiting or uncomplicated with the use of over the counter (OTC) products for relieving symptoms and thus improve the patient's health condition. The reason why people like to buy otc since it is convenient. Aninon (2020), also said that Pharmacist's clinical reasoning approach mostly followed the analytical decision making, which critically varied to patient's request at the onset of the interaction. Pharmacist use clinical reasoning when giving advices to patients, they also take into account the patients' request when giving out their insights.

These healthcare professionals interact with patients on a regular basis, have access to patients' prescription profiles to identify therapeutic duplications and potential drug-drug interactions, and are trained to assess whether an OTC medication is safe to take based on a person's concurrent health conditions. (Gilson, et al.,



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2019). Pharmacists are also trained to assess whether over-the-counter (OTC) medications are safe for patients, considering any existing health conditions or other medications they may be taking. Cassar and Azzopardi (2023) said that adults most often requested self-care treatments for skin, respiratory, digestive, and musculoskeletal issues was purchase in community pharmacies. Pharmacists regularly came in, asking for clarification on symptoms and providing medicine recommendations. The importance of the pharmacist's contribution to self-care, involving information gathering, counseling, and the overall quality of engagement among patients, has been established by focus groups.

The clinical reasoning used by pharmacists primarily relied on analytical decision making, which varied significantly depending on the patient's request at the start of the engagement (Aninon, 2020). Pharmacists depend on clinical reasoning while giving advise to patients, and they also consider the patients' requests when providing insights. Korean consumers had a comparatively low perception of OTC medication-related adverse drug reactions and drug-drug interactions. Despite being a primary source of information on over-the-counter medications, Korean consumers did not read OTC package leaflets very often ( Kim et al., 2018). Despite being a key source of information, package leaflets are not frequently read by consumers, possibly due to small print, complex medical jargon, or the assumption that these medications do not require detailed scrutiny.



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The prevalence of OTC drug use among subjects aged  $\geq 71$  was 36.4%, indicating a decrease in consumption as subjects' ages increased. ( Sánchez-Sánchez, et al., 2021). This suggests that age may play a role in the decision to use OTC medications, possibly due to factors such as changes in health conditions, medication management, or medical advice and based on Stone, et al. (2023), customers believed that over-the-counter medications are safe no matter how they are used, and they agreed that pharmacists can recommend them.

### **Local**

#### **Common Over-The-Counter Medicines**

Findings indicate that the majority of consumers in Carmona, Cavite, frequently attempt to obtain antibiotics without a prescription, with a preference for penicillin-class antibiotics illness aforesaid by Garcia and Tugna (2024). One of the most common OTC medicine bought are penicillin-class antibiotics, these class of OTC medicine can treat bacterial infections which may cause minor illnesses, disease in pets and other animals, and infection of wounds. While De Lara, et al. (2021) said that Carbocisteine, phenylephrine/ chlorphenamine/ paracetamol, and paracetamol were the most often utilized drugs. Colds and coughs were also treated with prescription medications, such as antibiotics. Pediatric formulations and liquid formulations were favored in terms of dosage and dosage type. This medicine are the people commonly used to treat their symptoms without prescription.





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Symptoms like cold and coughs are treated with prescription but it can also treated even without prescription. There were formulations preferred regarding to the dosage and dosing type.

It is a common practice among Filipinos to use medicine when experiencing discomfort such as headache, runny nose, cough, fatigue, and stomach ache. In fact, 83.4% of residents of Cebu City are practicing self- medication. The concept of self- medication has been adopted worldwide and even promotes individual family and community participation in primary health care. This together with poor awareness leaves the people uninformed about lethal effects of these medicines.(Gilson, et al.,2019) A lack of proper awareness about medications and their potential risks can lead to people unknowingly using drugs that may have harmful or even fatal effects. Putatively neutral missense polymorphisms in the OTC protein have the potential to play a significant role as genetic modifiers of a specific pathological mutation( Lopes-Marques, 2021). These protein can mutate and lead to unknown variations, yet essential in genetic engineering.

Anticholinergic medications, a class targeted in the pilot as potentially harmful to older adults, were possessed by 31 % of participants, and 14 % of all participants reported use of such a medication within the previous 2 weeks.(Alamer et al., 2024). These type of medicine can help and is effective in treating cramps and spasm and (Caragan, 2018) said that Consumers purchase over-the-counter (OTC) medications, and despite the truth that generic and brand name



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medications contain the same chemicals, brand name formulations dominate the drug industry.

**Pharmacist as Recommending Authority for OTC Medicines**

In fact, at post-intervention pharmacists were involved in providing assistance in almost two-thirds of post-intervention encounters, while pharmacy technicians played a role to an even greater degree (Gilson, et al., 2020). This demonstrates the value of a team-based approach in healthcare, where both pharmacists and pharmacy technicians collaborate to improve patient outcomes and ensure the success of healthcare programs or interventions. As believe by Ferreira, et al. (2023), healthcare systems are continually changing and improving, and so it is necessary to find a way to assess outputs while evaluating the satisfaction of the service receiver, in this case, the patient.

Out of the 72 patients, 50 encountered drug-related problems during their pharmacotherapy. The clinical pharmacists examined a total of 306 Drug Related Problems, with an average of 6.12 per patient. Clinical pharmacists performed 568 interventions, with an average of 11.36 per patient. 57.57% of the therapies carried out were deemed to have significant therapeutic value, and all interventions were well received (95.6%) by physicians. Clinical pharmacists provided clinically suitable pharmaceutical therapy to intensive care patients, highlighting the importance of their active participation in direct patient care



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settings( Lim, et al.,2021). Highlights the crucial role of clinical pharmacists in providing appropriate pharmaceutical care, particularly in intensive care settings, demonstrating the positive impact of their involvement in direct patient care. Community pharmacies represent an optimal environment for the implementation of interventions aimed at ensuring the safe use of over-the-counter medications. (Lehnbom, et al., 2023) This article highlights medication experts, pharmacists, who are crucial for patient safety. They ensure correct medication and dosage, and educate patients and other healthcare professionals on safe and effective medication use.

When it comes to treating minor illnesses, pharmacists are the most accessible healthcare providers to patients. Community pharmacists must have access to up-to-date accurate data about pharmaceuticals in order to counsel patients on over-the-counter (OTC) medications and provide them with the proper guidance while they are being managed (Shakya et al., 2021). Vreeland et al. (2022) found that the general public has a positive perception of community pharmacists' duties and practices. This demonstrates that pharmacists play a successful role in guiding and resolving patient requirements, as well as providing insights, which provides the public a good impression of them. People prefer over-the-counter rather prescribed drugs for a variety of reasons. included to reduce costs, to save time and effort on doctor's appointments, easy and rapid availability, and appropriateness because they simply have a slight discomfort and are terrified of serious



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sickness. (Antonino, 2022). Many individuals opt for OTC medications because they thought their symptoms as minor and are afraid of the possibility of a more serious illness, prompting them to self-medicate without seeking professional advice.

### **Assessment of Pharmacists on Patient's Needs**

Knowledge and contentment with Patient medication counselling experience and willingness to It was also assessed. From the analyzed variables, Predictors of preference for each communication Medium was identified and examined. Face-to-face has no A important predictor. The highest educational achievement was demonstrated to be a strong predictor for the use of text messages. A channel for patient counseling. For the telephone, age The knowledge score and place of residence were the finest set of predictors. Finally, the preference for online was found to be Predicted by highest educational achievement, age willingness to engage in patient counseling. Overall, it was Face-to-face was found to have the most(Cadorna, 2023). Preferences for online counseling were linked to the highest educational achievement, age, and willingness to engage in counseling. Overall, face-to-face communication emerged as the preferred method for patient counseling. A Patient medication counseling via face-to-face still prevailed to have the highest level of preference regardless of Existence of technological developments. Despite this, Development, enhancement, and/or wider diffusion of other communication media outlets that provide counseling are So that patient medication counseling is not simply limited by traditional



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techniques, but must also be continuously evolving to broaden its reach to more patients, therefore Improving health. (Vreeland, et al., 2022), also said that It has been discovered that community pharmacists provide patients and other medical professionals with easy access to pharmaceutical information. The roles and techniques of community pharmacists have changed throughout time, from drug-based activities to patient-centered healthcare. Despite their efforts, community pharmacists remain underutilized healthcare professionals who serve as invisible to the general public, despite the fact that the majority of patients regard them as the primary point of contact for any medication-related difficulties. Despite these significant contributions, community pharmacists remain underutilized and largely unrecognized by the general public.

Community pharmacists are frequently available to provide drug information to patients and other healthcare providers. Their duties have changed dramatically, from a major concentration on dispensing drugs to a more patient-centered approach to healthcare. While many patients first seek their community pharmacist for medication-related problems, these vital healthcare professionals are underutilized and largely unknown to the general public, despite their significant contributions. Analyze and comprehend the public's knowledge, expectations, and perceptions about the duties and responsibilities of community pharmacists in the Philippines. (Vreeland, et al., 2022) attempted to determine the extent to which the



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general public is aware of community pharmacists' enhanced capabilities, as well as how these services are appreciated and used by the community. It also tried to identify the gaps. It aimed to assess the extent of public knowledge about the expanded capabilities of community pharmacists and whether their services are appreciated and used by the community. Pharmacy utilization in the Philippines, especially the ever-accessible community pharmacies, can be improved. Very little published literature in the Philippines comprehensively covers the utilization rate for Value-Added Pharmacy Services domestically. Improving the awareness and perception of the public will help develop the accessibility and quality of those value-added pharmacy services aforesaid by (Garcia&Duhan,2024). By improving public knowledge and perception, both the accessibility and quality of these value-added services can be enhanced, ultimately benefiting public health and contributing to a more efficient healthcare system.

The awareness of senior citizens on value-added community pharmacy services are strongly correlated with their attitude on paying. That is to say that as their level of awareness increases, their attitude on paying also increases.( Garcia & Duhan, 2024). He also said that as senior citizens become more aware of the benefits and additional services offered by community pharmacies, such as medication management or health consultations, they are more likely to have a favorable attitude toward paying for those services.



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This research, along with its supporting studies and insightful findings, establishes a robust foundation for a more comprehensive and technically detailed understanding of the subject matter. The researchers have diligently compiled a range of studies to bolster each argument and illuminate every aspect of the research. Careful consideration was given to ensure that all selected studies directly relate to and support the central aims of the research project, creating a cohesive and rigorously supported body of work. This meticulous approach strengthens the overall validity and reliability of the conclusions drawn. The interconnectedness of these studies ensures a robust and coherent narrative, preventing any gaps in the research's logical progression and contributing to a more nuanced and complete analysis.

The final relationship are that reviewing prior studies, giving a highlights about the pharmacists in OTC drug counseling, consumer health behavior and the way of recommendation of an pharmacist. This allow the researchers to identify gaps that the research aim to address and build up on existing theories. Furthermore, the RRL offers important insights about the previous methodologies and approached used by other studies, a literature that will connect some important details. It can also serve as a guide to researchers for some questions that needs a deep analysis about this specific topic. Lastly the



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researchers will gain a big insights about how pharmaceutical practice happen and the rule of a OTC drug management.

To conclude that related literature has a connection in this study. First, it provides a foundation that will prove this research to be significant. Second, it strengthens the quality of the study's credibility. Third it can be the guide of the researchers for the further details and serve as a prior knowledge to them. Lastly, it gives information that can help the study to have a deeper understanding and evaluation of the problem.





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### **CHAPTER III**

### **METHODOLOGY**

This chapter reveals the methods of research to be employed by the researcher in conducting the study which includes the research design, research locale, research instrument, population and sampling, data construction procedure, analysis of information, and ethical considerations.

#### **Research Design**

This study is qualitative research in which data were collected through interviews to develop a new theory about over the counter ( OTC ) medication. Grounded theory were employed to uncover the issues around the OTC medication, which were addressed by pharmacist. Grounded theory is a process of discovering new theories based on the collection and analysis of real-world data ( Practical guide, n.d.).This approach helps researcher identify patterns, categories, in relationships within the data, enabling them to construct a new theory.

#### **Research Locale**

The study was conducted in the province of Cavite, one of the most industrialized and rapidly growing province in the country. Cavite is located 31 km south of Manila. The researchers gather data specifically in Dasmariñas City, which is 30 km South of Manila. Additionally, Silang is 43 km south of Manila, and Tagaytay is 59 km



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South of Manila. Cavite was chosen as a research site due to the widespread presence of pharmacist throughout the province.

### **Population & Sample**

Among pharmaceutical staffs and professionals, the researcher only selected pharmacist and assistant pharmacist. In this study, the pharmacist and assistant pharmacist selected are 27 (Grounded theory). These pharmacist and assistant pharmacist must be situated in the province of Cavite and they have to be qualified or licensed. An average of \_\_\_\_ pharmacist or assistant pharmacist are interviewed per location within Cavite. Among those who participated, \_\_\_\_ of them are female while \_\_\_\_ of them are male, the ages of the participants are on average \_\_\_\_ years old. The pharmacist and assistant pharmacist are all working in drugstores which have distributed or sold over-the-counter medicine and have handled patient needs regarding OTC drugs and other things.

### **Sampling Technique**

A purposive sampling technique was used to select the participants for this study. Purposive sampling is employed in research to pick a particular group for analysis. It is suitable when researchers know the characteristics they are interested in (Dovetail Editorial Team, 2023).



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The researcher chose purposive sampling because they needed to gather data from individuals who have real-life experience with meditation and are well-educated in the medical field. This was necessary to ensure the researchers obtained truthful and relevant information about medicine.

A purposive sampling technique was used to find participants with extensive knowledge about alternative medicine, which would help in answering the researcher's interview questions.

### **Research Instrument**

This consisted study used a structured interview as a data-gathering instrument. The interview of 15 open-ended questions. The first five questions focused on the common OTC medicines purchased by patients in Cavite. The next five questions explored how pharmacists in Cavite ensure that the OTC medicines are the most appropriate for patients. The last five questions examined how pharmacists in Cavite ensure the proper usage of OTC medicines purchased by patients.

### **Data Construction Procedure**

The researchers used structured interview protocols to gather data. The questions were formulated based on the study's statement of the problem and by determining the requirements needed for the study. The following steps were followed to collect the necessary data.



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First, each interview began with a formal introduction, during which the researchers introduced themselves and greeted the interviewees. This was followed by a brief explanation of the study's purpose and the confidentiality of the respondents' data. Subsequently, participants signed the informed consent form.

The developed questions were then asked to the participants. Opening questions were designed to make participants feel at ease before transitioning to the main content questions. These content questions were specifically chosen to address the research problem and define the study's conclusions. The participants answered the questions properly and clearly, and their responses were explained thoroughly and in accordance with the question.

Finally, the researchers provided closing instructions before concluding each interview. As they finished interviewing, they compiled the participants' responses and kept them confidential before reviewing and analyzing them. The video recordings were stored in Google Drive, while physical data were stored securely by the researcher.

### **Analysis of Information**

Thematic analysis is a method of analyzing qualitative data. It is usually applied to a set of texts, such as an interview or transcripts. The researcher closely examines the data to identify common themes –



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topics, ideas and patterns of meaning that come up repeatedly (Caulfield, 2023.) It is often used to analyze interviews or transcripts.

The first step involves transcribing participant's responses, ensuring that everything they say is written down. The second step is coding, where researchers label and assign codes to common themes or ideas in the data. The third step is collating data from various sources and organizing it systematically.

The fourth step is theming, in which researchers name and categorize the coded data to group similar ideas. After this, researchers review these codes and refine or combine them into overarching themes.

Finally, researchers carefully analyze each code to identify recurring patterns, similarities, and key concepts within the data. Related codes are then grouped together to create broader themes, ensuring that each theme captures a distinct aspect of the data while maintaining a logical hierarchy.

### **Ethical Considerations**

Ethical research demands careful consideration of potential biases, conflicts of interest, and the protection of participants' rights. Researchers must ensure that participants fully understand the study's purpose, procedures, potential risks, and anticipated benefits before



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providing informed consent. Participants must also be informed of their right to withdraw from the study at any time without penalty.

Before the interview, the researchers informed the pharmacist or assistant pharmacist at the registered pharmacy about the study. Researchers provided relevant information, fostering trust and transparency. They then explained the study's objectives to the participants and emphasized the paramount importance of maintaining confidentiality. To ensure confidentiality, researchers informed the participants that only the researchers' appearances would be visible during the interview.

The data gathered from the participants were kept confidential before being reviewed and analyzed. Researchers implemented robust measures to safeguard confidentiality, employing secure data storage and appropriate anonymization techniques.

Participants were also informed of their right to withdraw from the study at any time without penalty and that doing so would not affect their relationship with the researchers or the institution. Additionally, participants were given the opportunity to review the consent form and questionnaire, allowing them to consider their responses thoughtfully before the interview.



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## CHAPTER IV

### RESULTS AND DISCUSSION

This chapter comprises the analysis, presentation and interpretation of the findings resulting from this study. Discussions are also provided to give a comprehensive explanation of the themes that were generated in response to the objectives set in this study.

#### Research Findings

##### **SOP 1: What are the common OTC medicines purchased by patients in Cavite?**

OTC drugs are medications that pharmacists can provide without requiring a prescription. In Cavite, pharmacists highlight three of the most commonly used OTC medicines today: Biogesic, Neozep, and Bioflu. These medications are particularly popular depending on the season, as they are commonly used to treat mild illnesses such as the common cold, flu, and fever. On average, more than 50 units of these medicines are sold daily. Notably, most of these drugs share similar ingredient compositions, making them interchangeable in many cases.

The findings on the data gathered from the pharmacists, the estimated number of these OTC drugs sold per day is more than 50. One of the participants said, *“Ah... siguro nasa mga 300+ kung itotal mo sya sa isang araw.”* (Translation: Ann... maybe around 300+ so if you



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total it in a day...). Other participant also said, "*Siguro ano mga around 1000 or 1500 pababa.*" (Translation: Maybe around 1000 or slightly below 1500). Additionally, another participant said, "*300 pieces above 500 pieces pala!*" (Translation: 300 pieces above... 500? Oh... actually, 500 pieces!) The data from the participants indicate that more than 500 OTC drugs are issued by the pharmacist. This depends on the date when the pharmacy started selling medicines.

These OTC medicines are commonly sold in pharmacies situated in Cavite due to the usefulness of these medicines in treating common illnesses and symptoms. The illnesses and symptoms which OTC drugs such as Biogesic, Neozep, and Bioflu are used for are flu, fever, cough, cold, and pains. An interviewee said: "*Ang hinahanap sa trangkaso talaga.*" (Translation: "What really helps with the flu"). This statement meant that patients who come to their pharmacy usually ask for OTC drugs against flu like Bioflu. Another interviewee said: "*So yung mga common disease na pwedeng gamutin or mare-relieve ng mga OTC medicine main is yung mga gflu, tapos mga colds and a cough, diarrhea, mga allergies, sa mga ganoon.*" (Translation: "So, the common illnesses that can be treated or relieved with OTC medicines include flu, cough, colds, diarrhea, allergies, and similar conditions"). These common diseases stated by the interviewees are treatable by OTC medicines and is a common reason why patients buy OTC medicines such as Bioflu, Neozep, and Biogesic which makes these drugs very common. A different interviewee said: "*Ayun fever, cough, and cold tas mga*





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*pananakig ng katawan.*” (Translation: “Fever, cough, cold and body pains.”), this response is similar to the previous one, it tackles the common illnesses that is treated by OTC medicines and thus making them common. These common diseases are easily treatable using OTC medicines, not only the they are useful, these OTC medicine can be easily bought which is why OTC drugs such as Bioflu, Neozep, and Biogesic are very common in Cavite.

Based on the gathered data from the interviewee, as the active ingredients in common OTC drugs differ of their effectiveness, as issued by pharmacists is components. One of the participants said, “some differ in terms of their dosage.” (Translation: some differ in terms of their dosage.) additionally, another participant said, *“just like what I said ahmm.. may vary sya sa different ingredients, meron kasing gamot para sa colds, meron din para sa ubo ahmm... meron din para sa may allergy at one rule of it ahmm ay pagalingin yung patients.”* (Translation: just like what I said, it varies depending on the ingredients. There are medicine for colds, for cough, and also for allergies, and one rule of it is to heal the patients.) Other participants also said *“ano naka depende naman yan sa katawan ng tao eh kung бага may mga gamot kasi na kahit branded hindi padin effective sa kanila so talagang hiyangan lang talaga yan sa gamot”.* (Translation: Well it depends on a person’s body. Some medicine, even if they are branded may not be effective for certain people. So, it really comes down to what works best for each individual. The data from the participants indicate that the active ingredients in



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common OTC drugs differ in terms of their effectiveness for treating similar conditions is OTC differ to their components.

**SOP 2: How do pharmacists in Cavite ensure that the OTC medicines are the most appropriate for the patients?**

Pharmacists in Cavite ensure the appropriate use of OTC medicines by leveraging their expertise in drug interactions, patient health, and medication guidelines. Through assessing and counselling they provide safe, effective treatments, improving patient care and preventing medication-related issues. Based on the gathered data, pharmacies in Cavite ensure that the over-the-counter (OTC) medicine they provide to patients is the most appropriate one by assessing the patient's condition. One of the interviewees stated: *"Depende sa patient kung anong sakit eh, dahil hindi mo siya pwede bigyan ng kung ano-ano gamot"* (Translation: "It depends on the patient's illness because you cannot just give them any medicine"). The interviewee meant that simply asking about the patient's illness helps them identify the most suitable medication.

Another interviewee said: *"Subok na rin namin at nakakagaling"* (Translation: "We have tried it too, and it works"). This statement implies that they also use the medicine they provide, giving them confidence that it is effective and appropriate.



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Lastly, one of the interviewees mentioned: *“Pinag-aaralan muna namin ang bawat gamot at kung para saan iyon”* (Translation: “We first study each drug and its purpose”). This means that before dispensing OTC medicine, they thoroughly study and understand its uses to ensure it is the right choice for the patient.

Overall, these insights indicate that pharmacies in Cavite take measures to ensure that the OTC medicines they dispense are safe and appropriate for their customers.

The pharmacist in Cavite ensures the OTC medicine are the most appropriate by asking or patient counseling. Patient counseling is when pharmacist asks the patient what they need or what are the symptoms that they feel. As an interviewee said: *“Nasa counseling part ng pharmacist”* (Translation: It is in the counseling part of pharmacist). This explains that counseling is part of pharmacists. As other interviewee said: *“Ah ano unang-una nagtatanong talaga kami”* (Translation: First of all, we ask). The first thing that pharmacists do is ask the patient. Another interviewee added: *“In a way of advising patient about medication potential side effect and ensuring any question.”* This emphasizes that counseling is a way effective thing that pharmacists do. Counseling is very helpful for pharmacists to know the right medicine for the patient.



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**SOP 3: How do pharmacists in Cavite ensure proper usage of OTC medicine purchased by patients?**

Pharmacists in Cavite ensure the safe use of OTC medicines through patient counseling, assessments, and professional competence. This study highlights their role in guiding patients, ensuring accuracy, and promoting proper medication use. Based on the data gathered from interviews, pharmacists in Cavite ensure the proper use of OTC medicines purchased by patients by assessing their condition, providing patient counseling, demonstrating the right competence, and ensuring a high level of accuracy in recommending the appropriate medicine.

Patient counseling involves educating patients about their condition, medications, and lifestyle changes to improve treatment adherence and health outcomes. One of the pharmacists explained how they conduct patient counseling: *"More on patient counseling talaga 'to. Kailangan mo ma-explain sa kanila yung mga gamot, at kailangan mo silang ma-history nang maayos para maano talaga yung needs nila."* (Translation: "This is really more about patient counseling. It's important to properly explain the medications to them, and you need to take a thorough patient history to accurately determine their needs.") The interviewee emphasized that patient counseling is crucial. Pharmacists must clearly explain medications and take a thorough patient history to ensure that the recommended treatment meets the patient's needs. Another pharmacist stated: *"Through counseling, so yun*



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*yung role ng pharmacist sa community para malaman nila kung ano yung gamot para sa kanila.*" (Translation: "Through counseling, that's the role of the pharmacist in the community—to help patients understand which medication is right for them.") The interviewee highlighted the key role of pharmacists in the community by providing counseling to help patients understand the right medications for their needs. Another pharmacist added: *"So, inaral namin yung bawat component ng gamot, kaya alam namin yung active ingredients ay tama dun sa symptoms ng patient. Tapos, regarding sa brand ng gamot, parang wala naman siyang brand, pero focus talaga kami sa active ingredients."* (Translation: "So, we studied each component of the medicine, which is why we know that the active ingredients match the patient's symptoms. As for the brand, it doesn't really matter—we focus more on the active ingredients.")

Pharmacists assess patients before dispensing OTC medications. A pharmacist noted: *"Kailangan mo silang tanungin ng maayos."* (Translation: "You need to ask them properly.") This highlights the importance of asking patients the right questions to ensure they receive the correct medication. Another pharmacist mentioned: *"Meron din kaming patient assessment in dispensing medications."* (Translation: "We also conduct patient assessments when dispensing medications.") Pharmacists evaluate a patient's condition before dispensing medication to ensure its appropriateness. One pharmacist further stated: "We offer advice and practical help on keeping our patients



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healthy." This emphasizes that pharmacists provide guidance and support to help patients maintain their health.

Additionally, pharmacists stressed that competence is essential in providing the right medication. One pharmacist said: *"Finufulfill ko yung role ko by giving the appropriate medicines."* (Translation: "I fulfill my role by giving the appropriate medicines.") Another pharmacist stated: *"Mas maganda pa rin na i-explain pa rin paano siya i-take."* (Translation: "It is still better to explain how to take it properly.") Proper medication instructions help ensure safe and effective use. Another pharmacist added: *"Una, competence pa rin. Dapat alam mo na well-versed ka. Alam na alam mo yung gamot, yung common effects, kanino dapat ibigay, at kanino bawal ibigay."* (Translation: "First, competence is essential. You must be well-versed in medications, knowing their common effects, who can take them, and who should avoid them.") Pharmacists must be knowledgeable about medications, their effects, and patient suitability to ensure proper dispensing.

Lastly, pharmacists emphasize the importance of accuracy in recommending medicines. One pharmacist remarked: *"Syempre, dapat 100%. Buhay pinag-uusapan diyan."* (Translation: "Of course, it should always be 100% because lives are at stake.") Pharmacists stress the need for 100% accuracy in recommending medicines because lives are at stake. Even small errors can have serious consequences, making precision essential in their profession. Another pharmacist agreed:



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*"100%, kasi since college pinag-aralan na namin yung gamot."*  
(Translation: "100%, because we have been studying medications since college.") This underscores the extensive preparation pharmacists undergo to ensure patient safety. Another pharmacist concluded: "Kapag usapang health, dapat parating 100% ka!" (Translation: "When it comes to health, you must always give your best.") Excellence in healthcare should always be a priority.

### **Discussion**

The research findings occur due to the influence of self-care, which creates a pattern of seeking and giving recommendations. It serves as a coping mechanism for individuals who seek advice on medication and then purchase it immediately. The presumption of this research is that OTC medicines are safe when patient counseling is properly conducted. The results show that pharmacists validate the proper use of OTC medicines by diagnosing a patient's condition, providing counseling, demonstrating the necessary expertise, and ensuring a high level of accuracy in recommending appropriate medications. This supports the thesis statement, as the assumptions and collected data are interconnected. Some patients may initially doubt the effectiveness of medication, but through this study, their preferences may change. Medicine can be more effective when patient counseling is conducted with accuracy. This can form a theory that transforms communication and knowledge into action.



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The theory of transforming communication and knowledge into action focuses on minimizing errors and reducing risks, particularly in the use of medicines. In healthcare, accurate diagnoses and correct medication dosages are essential for patient safety, preventing harmful side effects. It begins with the precise formulation of the drug, ensuring the correct active ingredients, and includes one-on-one consultations between the patient and the pharmacist. Since pharmacists are professionals who serve as the last safeguard in the medication process, their advice is the most reliable. By reducing uncertainties and incorrect predictions, the overall safety and well-being of individuals can be improved.





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## CHAPTER V

### SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

This chapter presents the summary of the study, conclusions, and recommendations of the study based on the data analyzed from the previous chapter.

#### Summary

The research was to discern and discover the insights of pharmacists in OTC medication usage and needs of the patients by exploring commonly used OTC drugs in Cavite, the way pharmacists in Cavite ensure the appropriate medication and how to take it properly. This study is a qualitative ground theory. The researchers gathered data by interviewing 27 pharmacists or assistant pharmacists within Cavite that is selected through purposive sampling. The findings obtained were analyzed by using thematic analysis.

Findings on the super ordinate themes, subordinate themes, and subcategories that emerged from the analysis of data are as follow:

- 1.Common OTC medications purchased by patients in Cavite
  - 1.1.Biogesic
  - 1.2.Bioflu
  - 1 3.Neozep



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2.Strategies used to ensure the appropriacy of OTC medicine for patients

2.1.Assessing

2.2.Counselling

3.Strategies employed to ensure the proper usage of OTC medicine

3.1.Counselling

3.2.Assessments

3.3.Professional Competence

**Conclusion**

The research conducted highlighted the significant role of pharmacists in the community. It explored various perspectives on OTC (over-the-counter) medication, with the majority of pharmacists expressing confidence in its use and a strong willingness to provide appropriate recommendations. This study provided valuable insights into how pharmacists ensure the safe and effective use of medications, their level of certainty in recommending OTC drugs, and their overall competence in delivering quality healthcare.

Comprehensive support and training emerged as crucial factors in enhancing pharmacists' ability to recommend OTC medications to patients, fostering broader acceptance and trust in this healthcare practice. As a result, pharmacists emphasized their role in improving



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patient care and underscored the importance of OTC medication in community healthcare.

The deliberate integration of OTC medication into healthcare practices yielded positive outcomes, equipping pharmacists with the necessary knowledge and skills to provide proper medication guidance through their training and professional development.

The significance of addressing pharmacists' experiences with over the counter (OTC) medications is that they were helpful, especially for patients. Offering appropriate medications benefited patients because they could easily buy basic medicines like Biogesic and Neozep. Pharmacies also benefited, gaining significant profit from sales of these basic medicines. The availability of OTC medications ensured patients could access the basic medicines they needed. This research shows that OTC medications are beneficial to both patients and pharmacies.

### **Recommendations**

This study revealed the effectiveness of OTC medicines through patient counseling and improved communication between pharmacists and patients. The following are recommendations for the beneficiaries who will gain from this research study.

Based on the findings, the researchers therefore recommend the following:



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**To the Patients.** The findings of this study highlight the effectiveness of OTC medicines in addressing patients' daily needs. As a patient, it is important to be aware of different OTC medicines for your safety. First, seek information about the right medication and consider patient counseling. Next, communicate with pharmacists to determine the appropriate dosage for your condition. Ensure proper medication is used for your well-being and prioritize your safety.

**To the pharmacists.** This study emphasizes the importance of communication skills for pharmacists. As a pharmacist, it is essential to acquire knowledge about OTC medicines and learn how to properly advise patients. Pharmacists must also develop social skills and uphold ethical behavior and attitude. Strong social skills enable effective communication with patients, which can enhance the efficiency of the OTC medicines provided.

**To the pharmacy.** The findings of this study show that pharmacies with lower ratings or new names may generate lower income from patients. As a pharmacy, it is essential to provide reliable products and medicines, not just focusing on ratings. OTC medicines are becoming increasingly popular, leading to higher sales in bargains and other communities. Pharmacies should remain open as much as possible to accommodate those purchasing OTC medicines. Additionally, they must ensure that the medicines sold are correct and not expired to maintain their effectiveness and patient safety.



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**To pharmaceutical companies.** Based on the findings of this study, medicines must undergo proper inspection. As pharmaceutical companies, it is essential to ensure the safety of the medicines being manufactured and delivered to pharmacies. The production process must be carefully monitored to maintain smooth and efficient operations. Additionally, all medicines must be FDA-approved and undergo thorough inspection to verify their legality and safety.

**To future researchers.** Based on the findings, further investigation into pharmacists' experiences with over the counter (OTC) medicines is recommended. This would provide a more comprehensive understanding of how pharmacists assess patients when providing OTC medications. Explore how pharmacists assist patients in choosing the right medication. Conduct comparative studies across different regions to identify variations among pharmacies and pharmacists. Additionally, consider incorporating qualitative methods to strengthen the validity and generalizability of the findings.



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NATIONAL HIGH SCHOOL

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NATIONAL HIGH SCHOOL

# APPENDIXES



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL

**APPENDIX A**



Republic of the Philippines  
Department of Education  
DIVISION OFFICE - CAVITE

DIVISION OF CAVITE PROVINCE  
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

**Informed Consent**

Dear Sir/Madam:

I hope this letter finds you in good health and high spirits. We are Grade 11 HUMSS students from Munting Ilog Integrated National High School. I am writing to you to seek your voluntary participation in a research study that we are conducting entitled "Beyond the counter: pharmacist insights in over the counter medication usage and patient needs." The purpose of this study is to gather insights from pharmacists about their role in managing OTC medication use and how they can better meet patients' needs, ultimately improving the safety and efficacy of self-medication practices.

Your participation in this research study is entirely voluntary, and you have the right to refuse to participate or withdraw your consent at any time without any negative consequences. Your decision to participate or decline will not affect your current or future relationship with our school or fellow researchers.

Here are some important details about the research study:

**Study Procedures:** If you agree to participate, you will be asked to answer our interviews and it includes 15 questions. The estimated duration of your participation will be approximately 1 hour.

**Confidentiality:** We will maintain strict confidentiality of all the information collected during the research study. Your data will be coded and stored securely, and only authorized researchers will have access to it. Any information published or presented will in an aggregated and anonymized form, ensuring your identity remains confidential.

**Voluntary Participation:** Participation in this research study is entirely voluntary. If you decide to participate, you are free to withdraw your consent or discontinue your involvement at any point without providing a reason and without any penalty or loss of benefits.

By signing below, you indicate that you have read this consent letter, understood the information provided, and voluntarily agree to participate in the research study. You also acknowledge that you have received a copy of this letter for your records.

Thank you so much for your cooperation on this study and God bless!

Sincerely,

**The Researchers**

\_\_\_\_\_

**Participant's Signature:** \_\_\_\_\_

**Participant's Name:** \_\_\_\_\_

**Date of Interview:** \_\_\_\_\_



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL

**APPENDIX B**



Republic of the Philippines  
Department of Education  
REGION IV-A  
DIVISION OF CAVETE PROVINCE  
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

**Interviewee's Profile**

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Educational Background: \_\_\_\_\_

Current Employment: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Name of pharmacy: \_\_\_\_\_

Years of working in the pharmacy: \_\_\_\_\_

\_\_\_\_\_  
Signature of Interviewee over Printed Name



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL

**APPENDIX C**



Republic of the Philippines  
Department of Education  
REGION IV-A

DIVISION OF CAVITE PROVINCE  
MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

**Interview Questions**

- 1.What are the often purchased OTC medications and the top 3 most frequently in your pharmacy then why do you think they are so popular?
2. What are the common disease or illness that is using OTC medication?
- 3.Which type of OTC medication do you see the most demand for during different seasons like cold and flu?
- 4.Can you give the estimate number of how many of these OTC drugs are being sold in one day?
- 5.How do the active ingredients in common OTC drugs differ in terms of their effectiveness for treating similar conditions?
- 6.What opportunities do you see in OTC medication in providing medicine for the community?
- 7.Can OTC be better than prescription?



MUNTING ILOG INTEGRATED  
NATIONAL HIGH SCHOOL



Republic of the Philippines  
Department of Education

REGION IV-A

DIVISION OF CAVITE PROVINCE

MUNTING ILOG INTEGRATED NATIONAL HIGH SCHOOL

8. How do pharmacists evaluate and balance the needs, safety, and preferences of patients when recommending over-the-counter (OTC) medications?

9. How will you know the most effective medicine to be given to a patient where in fact there are many types of brand for a medicine?

10. How do you assess and prescribe OTC medication, in what specific situation will you recommend OTC instead of prescription medicine?

11. How do you communicate to your patients or consumers?

12. What are the techniques you used to know the appropriate medication for patients or consumers?

13. How many percent do you think you are sure that your recommended OTC medicine are the appropriate one?

14. In what ways do you fulfill your role as a pharmacist in terms of giving appropriate medicine for patients or consumers?



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Republic of the Philippines  
Department of Education  
REGION IV-A

DIVISION OF CAVITE PROVINCE

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15. How do you properly and accurately administer the appropriate medication for the patient?

\_\_\_\_\_  
Name and Signature of Interviewee

\_\_\_\_\_  
Name and Signature of Interviewer



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NATIONAL HIGH SCHOOL

# **CURRICULUM VITAE**



# ALJOR LEY A. MALICDEM

Malaking Tatiao, Silang, Cavite

0968428 0345

malicdemalJOR118@gmail.com

## PERSONAL INFORMATION

<b>Birthday</b>	May 18, 2008
<b>Birthplace</b>	Silang, Cavite
<b>Age</b>	16 years old
<b>Father's Name</b>	Albert malicdem
<b>Mother's Name</b>	Jhoyce arimagao
<b>Nationality</b>	Filipino
<b>Religion</b>	Catholic
<b>Civil Status</b>	Single
<b>Language Spoken</b>	English and Tagalog
<b>Hobbies</b>	Reading

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

## CAREER OBJECTIVE

A observant and smart student who aspire to be an engineer. With great problem-solving skills, a sharp mind and mathematical skill I can accomplish what is needed for this profession

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National Highschool(2020-2024)

### • ELEMELINARY SCHOOL

Iba Elementary School (2014-2020)

## SKILLS

- Observant
- Hard Working
- Self-Awareness

Malicdem AlJOR A.  
GRADE 11- STEM STUDENT





# ASHLEY D. ENRIQUEZ

291, Iba Silang, Cavite

09683277779

ashley02enriquez@gmail.com

## PERSONAL INFORMATION

**Birthday** December 02, 2007

**Birthplace** Silang, Cavite

**Age** 17 years old

**Father's Name** Jayson A. Enriquez

**Mother's Name** Jerlyn D. Enriquez

**Nationality** Filipino

**Religion** Catholic

**Civil Status** Single

**Language Spoken** English and Tagalog

**Hobbies** Sketching

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

Jerlyce D. Batutay  
Munting Ilog Integrated  
Teacher I  
09491016518

## CAREER OBJECTIVE

To leverage my passion for design and problem-solving in architecture to create innovative, sustainable, and functional spaces that enhance the built environment. I aim to contribute my skills in drafting, design, and project management while continuously learning and growing in the field, with a focus on creating spaces that inspire and meet the needs of diverse communities.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-2025)

Munting Ilog, Silang, Cavite

with honors

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2020-2024)

Munting Ilog, Silang, Cavite

with honors

### • ELEMELINARY SCHOOL


Saint Gaetano Catanoso Elementary School (2012-2020)

Ilayang pulo, Silang, Cavite

With honors

## SKILLS

- Time Management
- Visualization
- Creative Thinking
- Technical skills
- Critical Thinker

  
**Ashley D. Enriquez**  
GRADE 11- STEM STUDENT



# CRISTINE JANE A. BELEN

09565610926

cristinejanebelen@gmail.com

Ibaba Street, Brgy. Tibig,  
Silang, Cavite, 4118

## PERSONAL INFORMATION

**Birthday** May 10, 2008  
**Birthplace** Silang, Cavite  
**Age** 16 years old  
**Father's Name** Leonardo S. Belen  
**Mother's Name** Rhodora A. Belen  
**Nationality** Filipino  
**Religion** Catholic  
**Civil Status** Single  
**Language Spoken** English and Tagalog  
**Hobbies** Reading, Dancing,  
and Drawing

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated National High  
School  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT Munting Ilog  
Integrated National High School  
Teacher I  
09369482991

Robelyn Anne P. Caraan, LPT Munting  
Ilog Integrated National High School  
Grade 10 Adviser  
09161157119

## CAREER OBJECTIVE

To secure a challenging position in the field of nursing, where I can utilize my skills and develop my current knowledge in treating various diseases. I want to expand my eagerness in this field and support individuals in achieving their goals.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite  
With Honors

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2020-2024)  
Munting Ilog, Silang, Cavite  
With Honors

### • ELEMELINARY SCHOOL

Tibig Elementary School (2013- 2020)  
Tibig, Silang, Cavite  
With Honors

## SKILLS

- Leadership Skills
- Memorization Skills
- Time Management
- Active Listening

**Cristine Jane A. Belen**  
GRADE 11- STEM STUDENT



# JECI CAZANDRA LUCEROS

09706572732

jecaluceros@gmail.com

Purok 5, Luceros Compound, #218, Biluso  
Silang, Cavite, 4118

## PERSONAL INFORMATION

<b>Birthday</b>	May 7, 2008
<b>Birthplace</b>	Trece Martirez, Cavite
<b>Age</b>	16 years old
<b>Father's Name</b>	Jaime A. Luceros
<b>Mother's Name</b>	Cecilia A. Luceros
<b>Nationality</b>	Filipino
<b>Religion</b>	Christian
<b>Civil Status</b>	Single
<b>Language Spoken</b>	English and Filipino
<b>Hobbies</b>	Watching series, propagating plants, sleeping

## REFERENCE

Lendl Kay Manzanilla  
Munting Ilog Integrated National High  
School  
Teacher II  
09675910069

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated National High  
School  
Research Teacher  
desturagervi@gmail.com

Clarice Toledo, MMEM  
Munting Ilog Integrated National High  
School  
Teacher III  
09542733667

## CAREER OBJECTIVE

Driven by a strong work ethic and a commitment to serve others instilled by my eagerness to share my knowledge and inspire future generations. I am pursuing a biology degree with the goal of becoming a high school science teacher.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School  
(2024-Present)

Munting Ilog, Silang, Cavite

With Honors

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School  
(2020-2024)

Munting Ilog, Silang, Cavite

With Honors

### • ELEMELINARY SCHOOL

Biluso Elementary School (2013-2020)

Biluso, Silang, Cavite

With Honors

## SKILLS

- Leadership skills
- Adaptability
- Time Management
- Active Listening

Jeci Cazandra A. Luceros  
GRADE 11- STEM STUDENT





# KYRINE ALEXY B. KIUNISALA

063 Buboy St. Hukay, Silang, Cavite

09504889187

kiunisalakyrine@gmail.com

## CAREER OBJECTIVE

To obtain my dream as a Medical Technologist where I think I can enhance my skills in Biology and laboratory activities. I want to use this skills to be better in this field.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-2026)

Munting Ilog, Silang, Cavite

With Honors

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2020-2024)

Munting Ilog, Silang, Cavite

With Honors

### • ELEMELINARY SCHOOL

Hukay Elementary School

Hukay, Silang, Cavite

With Honors

## SKILLS

- Time Management
- Writing
- Memorization

Kyrine Alexy B. Kiunisala  
GRADE 11- STEM STUDENT

## PERSONAL INFORMATION

**Birthday** August 21, 2008

**Birthplace** Trece Martires City, Cavite

**Age** 16 years old

**Father's Name** Emmanuel L. Kiunisala

**Mother's Name** Mary Rose B. Kiunisala

**Nationality** Filipino

**Religion** Catholic

**Civil Status** Single

**Language Spoken** Filipino

**Hobbies**

Reading books

Sleeping

Walking

Eating

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Clarice A. Toledo, LPT  
Munting Ilog Integrated NHS  
Teacher I

Josefa Charlene B. Mendoza  
Munting Ilog Integrated NHS  
English Teacher



# LANCE FRANCIS M. PELAGIO

Hukay, Silang, Cavite

09668700402

pelagiolance7@gmail.com

## PERSONAL INFORMATION

<b>Birthday</b>	January 04, 2008
<b>Birthplace</b>	Silang, Cavite
<b>Age</b>	17 years old
<b>Father's Name</b>	Hector Pelagio
<b>Mother's Name</b>	Marina Marasigan
<b>Nationality</b>	Filipino
<b>Religion</b>	Catholic
<b>Civil Status</b>	Single
<b>Language Spoken</b>	English and Tagalog
<b>Hobbies</b>	Reading

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

## CAREER OBJECTIVE

A observant and smart student who aspire to be an engineer. With great problem-solving skills, a sharp mind and mathematical skill I can accomplish what is needed for this profession

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National Highschool(2020-2024)  
Dolores Eastern Samar  
With Honors

### • ELEMELINARY SCHOOL

Munting Ilog Elementary School (2014-2020)  
Bulihan, Silang, Cavite  
With Honors

## SKILLS

- Observant
- Hard Working
- Self-Awareness

Lance Francis M. Pelagio  
GRADE 11- STEM STUDENT



# MARIANNE ELVY G. DAÑOS

09197736265

dañosmarianne620@gmail.com

Matro, Brgy. Tibig,

Silang, Cavite, 140

## PERSONAL INFORMATION

**Birthday** December 5, 2007

**Birthplace** Silang, Cavite

**Age** 17 years old

**Father's Name** Eldie D. Daños

**Mother's Name** Marife S. Guerrero

**Nationality** Filipino

**Religion** Catholic

**Civil Status** Single

**Language Spoken** English and Filipino

**Hobbies** Watching movies, playing badminton, reading.

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated National High School  
Research Teacher  
09171452217

Clarice Toledo, LPT Munting Ilog  
Integrated National High School  
Teacher III  
09550123441

Wilmore Benitez, LPT Munting Ilog  
Integrated National High School  
Grade 11 Teacher  
09156789558

## CAREER OBJECTIVE

To be accepted by a company that will see my skills as a nurse and will help me to strengthen it show what I can do

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite  
With Honors

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2020-2024)  
Munting Ilog, Silang, Cavite  
With Honors

### • ELEMELINARY SCHOOL

Tibig Elementary School (2013- 2020)  
Tibig, Silang, Cavite  
With Honors

## SKILLS

- Critical thinker
- Leadership skills
- Analytical thinker
- Professional in medical tools
- Creative

Marianne Elvy G. Daños  
GRADE 11- STEM STUDENT





# MARK JAMES F. MARTINEZ

Tibig, Silang, Cavite

09271450038

[martinezmarkjames6@gmail.com](mailto:martinezmarkjames6@gmail.com)

## PERSONAL INFORMATION

**Birthday** March 5, 2008  
**Birthplace** Silang, Cavite  
**Age** 17 years old  
**Father's Name** Felix Martinez  
**Mother's Name** Maricris Formaran  
**Nationality** Filipino  
**Religion** Catholic  
**Civil Status** Single  
**Language Spoken** English and Tagalog  
**Hobbies** Reading

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated NHS  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated NHS  
Teacher I  
09369482991

## CAREER OBJECTIVE

I want a challenging job as an architect where I can use my design and project skills to build innovative and sustainable buildings. I'll use my creativity and skills to design great buildings that meet client needs.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite

### • JUNIOR HIGH SCHOOL

Munting Ilog Integrated National Highschool(2020-2024)  
Tibig Silang Cavite  
with honors

### • ELEMELINARY SCHOOL

Tibig Elementary School (2014-2020)  
Tibig, Silang, Cavite  
With Honors

## SKILLS

- Observant
- Hard Working
- Sports
- 

Mark James F. Martinez  
GRADE 11- STEM STUDENT



# YAZIL AMBER G. BENITEZ

09084265011

yagbenitez@gmail.com

Purok 4, Brgy. Balite 1,  
Silang, Cavite, 4118

## PERSONAL INFORMATION

<b>Birthday</b>	June 21, 2008
<b>Birthplace</b>	Balite 1 Silang, Cavite
<b>Age</b>	16 years old
<b>Father's Name</b>	Abner M. Benitez
<b>Mother's Name</b>	Melissa A. Gutierrez
<b>Nationality</b>	Filipino
<b>Religion</b>	Catholic
<b>Civil Status</b>	Single
<b>Language Spoken</b>	English and Tagalog
<b>Hobbies</b>	Drawing, sketching, designing and solving puzzles

## REFERENCE

Christianne Roie A. Carabeo, MACDDS  
Munting Ilog Integrated National High  
School  
Research Teacher  
09171452217

Angela Lalaine Vicente, LPT  
Munting Ilog Integrated National High  
School  
Teacher 1  
09369482991

Robelyn Anne Caraan, LPT  
Munting Ilog Integrated National High  
School  
Math Teacher  
09161157119

## CAREER OBJECTIVE

I intended to apply for the position of Architectural Engineer to leverage my expertise in designing and optimizing building systems, ensuring sustainability and enhancing structural integrity. My goal is to contribute to innovative projects while collaborating with multidisciplinary teams to deliver efficient, cost-effective environmental responsible solutions.

## EDUCATION

### • SENIOR HIGH SCHOOL

Munting Ilog Integrated National High School (2024-Present)  
Munting Ilog, Silang, Cavite  
With Honors and Conduct Awardee

### • JUNIOR HIGH SCHOOL

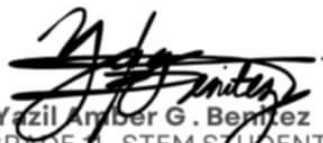
Munting Ilog Integrated National High School (2020-2024)  
Munting Ilog, Silang, Cavite  
With Honors, With High Honor and Conduct Awardee

### • ELEMELINARY SCHOOL

Balite 1 Elementary School (2014-2020)  
Balite 1, Silang, Cavite  
With Honors, Conduct Awardee

## SKILLS

- Analytical skills
- Adaptability
- Time Management
- Active Listening
- Project Management
- Creativity
- Organizational skills

  
Yazil Amber G. Benitez  
GRADE 11- STEM STUDENT