Introduction to Nonprescription Drugs

Kayla Kent Doctor of Pharmacy Candidate 2010 February 19th, 2010

Goal and Objectives

Goal

 To be able to conduct an over-the-counter medication consultation

Objectives

- Describe a pharmacist's role in self-care
- Perform an adequate patient encounter for assessment of self-care
- Assess a patient's ability/need for self-care
- Counsel a patient regarding self-care

Importance to you...

IPPE Requirement:

Objective #6: Communicate appropriate information about medications.

 6b. Communicate with patients about nonprescription drug products, devices, and diagnostics.

http://depts.washington.edu/pharmopp/practicum.htm#527

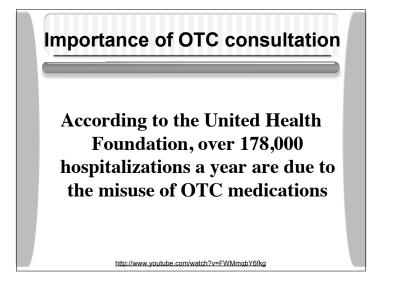
Common Ailments Self-treated

FDA OTC classification

- FDA considers the following three questions when determining a drug's classification:
 - Can the patient adequately self-diagnose the clinical abnormality?
 - Can the clinically abnormal condition be successfully treated?
 - Is the self-treatment product safe and effective for consumer use, under conditions with actual use?

Drug Facts Uses Warnings Directions Other information Inactive ingredients Other information Inactive ingredients Warnings Warning

Pharmacist's Role in Self-Care



Patient Care Process

- Assess patient's needs
 - Identify problem and gather pertinent information
- Create a care plan
 - •
 - Counsel patient regarding care plan
- Arrange for follow up

Assess patient's needs

Problem Solving Model:

- Identify the problem
- Gather pertinent information
- Identify exclusions for self-treatment
- Patient assessment and triage
- Identify any alternate solutions

Assess patient's needs

Problem Solving Model continued:

- Select optimal solution
- Prepare and implement a plan
- Provide patient education
- Follow up to evaluate patient outcome

Patient Care Encounter

- First step is to _____
- Then Ask an open ended question
- Begin the information gathering process
 - Information pertaining to the patient
 - Information pertaining to the chief complaint

Patient Care Encounter

• Information pertaining to the patient

Patient Care Encounter

- Information pertaining to the chief complaint
- **•** ()

• C

• T.

■ A

• D

- R **■** T
- **■** S

Patient Care Encounter

- Chief complaint
- Onset, duration
- Description
- Aggravating factors
- Relieving factors
- Associated conditions

- Medications
- Other medications
- Allergies
- Past medical history
- Family history
 - Last menstrual period
 - Effect on pt's life
 - Summary

Create a Care Plan

- No treatment, self-care treatment, or refer
 - Refer patient if:
 - Symptoms are too severe to handle without diagnosis and treatment
 - Symptoms are minor, persistent, and cannot be attributed to an easily identifiable cause
 - Pharmacist is in doubt about the patients medical
 - Patient fits any exclusion criteria for current condition or decided optimal medication

Create a Care Plan

- Recommend determined optimal product if decision is made to self-treat.
- Counsel patient regarding product use

Summary

- Introduce yourself
- Assess the patient's needs
 - Patient Care Encounter
 - CODARAMOAPFLES
 - Create a Care Plan
 - No treatment, self-care treatment, refer
 - If self-care treatment warranted, recommend optimal product and counsel regarding proper use
 - Arrange for follow-up
 - Evaluate patient outcome

Arrange for follow up

- If decision is made to refer, help patient make follow-up appointment with their physician
- Counsel patient regarding what to do if condition does not improve
- Inform patient to call pharmacy with any questions or concerns
- Evaluate patient outcome at follow up

Competency 6b

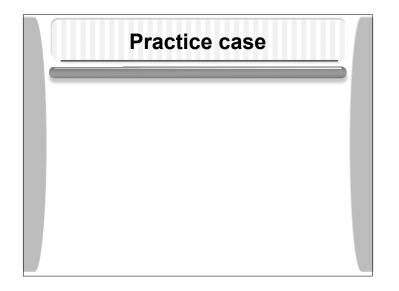
Competency 6b: Communicate with patients about non-prescription drug products, devices, and diagnostics.

<u>Task</u>: Whenever consulting about non-prescription drug products, devices, and diagnostics, the student needs do three things:

- 1. Gather information from the patient. At a minimum, this information should include:
- A description of the symptoms and the time course of those symptoms. If the symptoms can be visualized (e.g., a rash) and are located in a place on the body that is not difficult or inappropriate to examine in a public setting, then the student should physically examine the patient.
- What the patient has already tried, the time course of that trial, and the result
- A list of all concomitant disease states, conditions, or medications (prescription, OTC, or health supplement) which might affect either the patient's complaint or the product recommendation.
- Decide to either refer the patient to a prescriber or to recommend OTC therapy. If the patient needs referral the student should explain to the patient clearly and in lay language why expert diagnostic help and not self therapy would be in the ratient's best interest.
- 3. If OTC therapy is warranted, design a plan with the patient, including:
- · What product would probably fit the patient's needs most closely
- What time frame the patient could reasonably expect to pass before they see evidence of the OTC product working or not
- What to do if the OTC product doesn't work or if it produces unacceptable side effects

All of these tasks should be performed under the guidance of the preceptor.

Competency Measure: The student will spend a minimum of 1–2 hours in the OTC section of the pharmacy, and will provide recommendations to at least 4 people about OTC drugs, devices, or diagnostics. This patient interaction should be initiated by the student, rather than by the patient. The student must document these 4 interactions on forms provided on the following pages and submit them with the rest of this competency portfolio.



Questions?

If you need to contact me with any further questions, feel free to email me at:

kjkent@u.washington.edu