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PATIENT EDUCATION

THE relation between the pharmacist & the patient must be modified to take a new version. The pharmacist must be the source of knowledge about drugs & disease to the patient.

The patient gains his trust to the pharmacist when he collects the full data about his self caring techniques specially if he is suffering from chronic diseases.

Many patients need to know more about his sickness ,how to manage it & how to adapt himself to it.

*EXAMPLES of some diseases &
the patient education he must
get from the pharmacist*

1. OBESITY

WHAT IS OBESITY ?

Definition is based on the amount of fat a person has. A person can weigh more than that thought to be healthy without being obese.

E.g.

- * A person can weigh too much because his or her body retain too much water(edema)**
- * Some athletes such as football players & body builders may weigh more than healthy measures but their weight is muscles not fat.**

MEASURING IDEAL BODY WEIGHT

Body Mass Index(BMI) is calculated by deviding a person's weight (in kilogram) by his or her height (in meters)

IF BMI is 30 or more (obese)

IF BMI IS 25-29.9 (over weight)

RISKS OF OBESITY

A patient must know that obesity may lead him to certain health problems as diabetes,hypertension , heart diseases & stroke.Also extra weight puts more stress on the joints than normal especially in legs & lower back.

TREATMENT OF OBESITY

- *Everyone who is trying to lose weight should change his or her eating & exercise habits.**
- *Weight-loss medications either prescription or non-prescription should only be used along with a weight-loss diet & exercise.**
- *Reduce fat intake as fat contributes to excess body weight since one gram of fat has 9 calories & one gram of carbohydrates or protein has 4 calories**

AS A CONCLUSION we summarize points to lose weight as follows:

- a) Eat a variety of lower-fat foods to get all the nutrients you need.**
- b) Watch your calories intake . Remember "low fat" does not always mean "low calorie"**
- c) Eat plenty of plant-based foods (as grain products,fruits & vegetables) & a moderate amount of animal based foods (meat &dairy products) to help control your fat ,cholesterol & calorie intake.**
- d) Increase your physical activity to improve heart health & lose excess body fat.**
- e) Must drink at least two litres of water daily as it plays a great role in fat metabolism**

2. ASTHMA

Asthma is a disease of bronchial tubes or airways of the lungs ,characterized by tightening of these air ways.

Who gets asthma ?

Asthma may occur at any age although it's more common in younger individuals (under age of 40)

People who have a family history of asthma have an increased risk of developing the disease

What causes Asthma?

People with asthma have very sensitive airways that react to many different things in the environment called Triggers

Common Triggers

- 1. Infection (cold ,viruses, flu ,sinus infection)**
- 2. Allergens such as pollens , mold , spores, pet, dust mites.**
- 3. Irritants such as strong odors from perfumes or cleaning solutions , air pollution.**
- 4. Tobacco smoke**
- 5. Exercise**
- 6. Weather changes in temperature or humidity.**
- 7. Strong emotions as anxiety ,laughter or crying ,stress**

Symptoms of Asthma

- * Coughing especially at night .
- * Wheezing (a high –pitched whistling sound when breathing out)
- * Shortness of breath.
- * Chest tightness , pain or pressure.

N.B not every person with asthma has the same symptoms in the same way.

3. ASTHMA IN CHILDREN

Risk factors for developing childhood asthma

- 1] Presence of allergies**
- 2] Family history of asthma & or allergies**
- 3] Frequent respiratory infections**
- 4] Low birth weight**
- 5] Exposure to tobacco smoke before & after birth**

Signs & symptoms

- 1] Frequent coughing spells which may occur during play , at night , or while laughing.It is important to know that cough may be the only symptom present .**
- 2] Less energy during play**
- 3] Rapid breathing**
- 4] Complaint of chest tightness or chest hurting**
- 5] Whistling sound "Wheezing " when breathing in or out**

6] See –saw motions (retraction) in the chest

7] Shortness of breath

8] Tightened neck & chest muscles

N.B The pharmacist must explain in full details for the parents how to use the nebulizers or inhalers for their asthmatic kids.

USUALLY children experience a noticeable decrease in asthma symptoms by the time they become adolescents.

4. SMOKING

Smoking is from the unhealthy habits that may lead to several diseases as cardiovascular disease & hypertension.

Patient may ask the pharmacist for a way to quit smoking. The pharmacist must give him the full data of how to quit , how to avoid relapsing & what will be the withdrawal symptoms .

STEPS FOR QUITTING SMOKING

- 1. Pick a date to stop smoking & stick to it .**
- 2. Write down when you smoke ,why you smoke & what you are doing when you smoke ,then you will learn what triggers you to smoke.**
- 3. Stop smoking in certain situations such as during your work break or after dinner.**
- 4. Some people find nicotine gum or patches may be helpful**
- 5. Exercise will help**

HOW to avoid Relapsing

- 1. Don't carry a lighter , matches or cigarettes.**
- 2. If you stay with a smoker ask him not to smoke in your presence.**
- 3. When you get the urge to smoke , take a deep breath .Hold it for 10 seconds & release it slowly .Repeat this several times until the urge to smoke is gone.**
- 4. Change activities that were connected to smoking. Take a walk or read a book instead of cigarette break**
- 5. Avoid places , people & situations associated with smoking.**
- 6. Don't substitute food or sugar based products for cigarettes.Eat low – calorie, healthy foods as carrots or chew gum when the urge to smoke strikes so you can avoid weight gain.**
- 7. Exercise will help you relax**

WITHDRAWAL symptoms

- 1. Irritation**
- 2. Feel very hungry**
- 3. Cough often**
- 4. Get headaches or have difficulty concentrating.**

The withdrawal symptoms are temporary .They are strongest when you first quit but will go away within 10 to 14 days.Remember that withdrawl symptoms are easier to treat than the major disease that smoking can cause.

We must ascertain the patient that if he relapse he must not lose hope as about 75% of those who quit ,smoke again

5. PSORIASIS

***PSORIASIS is a skin condition that occur when certain skin cells grow too quickly & begins to pile up on the surface causing the skin to thicken. Although it usually appear as a skin condition , the real cause of psoriasis is a default in the immune system(auto-immune disease)**

TYPICAL SYMPTOMS

Raised red patches covered with silvery – white scales of dead skin (patches are called plaques)

Most people with psoriasis develop psoriatic arthritis ,a condition that causes symptoms similar to other types of inflammatory arthritis such as swollen & painful joints.

TREATMENT

#There isn't a cure for psoriasis , but there are a wide variety of symptoms treatment that can help controlling the condition

THE PHARMACIST ADVICES TO PATIENT

- 1. ALWAYS keep your skin moist since dry weather can make psoriasis worse.**
- 2. Don't pick at your skin & be careful to avoid cuts & bruises as injuries can cause psoriasis to flare.**
- 3. Stress can make psoriasis worse**
- 4. Certain medications like lithium & some beta-blockers & alcohol worsen psoriasis.**

6. HYPERTENSION

Facts to know about HYPERTENSION

- 1) Blood pressure refers to the force of blood pushing against artery walls as it courses through the body. High blood pressure can threaten healthy arteries & lead to heart disease & stroke.**
- 2) Normal blood pressure rises steadily from about 90/60 at birth to about 120/80 in healthy adult.**
- 3) It is normal for blood pressure to vary from person to person even from one area of your body to another. It is also natural for B.P to rise & fall with changes in activity or emotional state.**

4) *People with B.p. of 140/90 or higher on at least two occasions are said to have high B.p .

***People with B.p. reading of 200/120 or higher need treatment immediately.**

***Diabetic patients are treated if their B.p. rises above 135/80 as this population already has a high risk of heart disease .**

##FORTUNATELY high B.p can be controlled effectively .The first step is discovery so B.p must be checked regularly

People of high risk of HYPERTENSION

- 1) Family history of high B.p , heart disease , or diabetes.**
- 2) Pregnant or take contraceptive pills.**
- 3) Over age of 50 [men after age 50 , women after menopause]**
- 4) Overweight**
- 5) Not active**
- 6) Drink alcohol beverages**
- 7) Smoke**
- 8) Eat foods high in fat or sodium**

SYMPTOMS of HYPERTENSION

1)Headaches

2)Chest pain or tightness

3)Nose bleeding , numbness & tingling

CALL YOUR DOCTOR IF:

- A) While taking antihypertensive drugs you experience Worrisome side effects as drowsiness , constipation , dizziness , or loss of sexual function.**
- B)During pregnancy & developing hypertension. Symptoms may includes severe headache & sudden swelling of legs. Hypertension during pregnancy can affect not only the mother's health but the unborn child as well.**
- C)When experiencing severe headache, nausea, blurred vision & confusion or memory loss.**
- D)If diastolic pressure in a blood pressure reading suddenly shoots above 130**

Advices To Lifestyle Adjustment To maintain Normal B.p.

1] QUIT smoking

2] LOSE weight. Losing weight not only decrease B.p. but it also can reverse some the heart damage caused by hypertension

3] EAT right. A diet low in salt & fat , High in fruits & vegetables can maintain normal B.p. Make sure to get enough vitamins & minerals as some studies show that having the recommended amounts of vit.C ,E , K, Mag. & Calcium can improve heart health

4] EXERCISE . Regular aerobic activity as walking three to four times per week can maintain normal B.p.

5] REDUCE stress. Emotional factors play a role in B.p.

##Women should discuss with their doctor the increased risk of high blood pressure from taking contraceptive pills specially if they are age of 35 & overweight

7. DIABETIC PATIENT

DIABETIC PATIENT always suffers from poor peripheral circulation which may leads to many problems.A pharmacist must give advices to diabetic patient to care about his feet.

Feet Care of Diabetic patient

- 1. Wash feet daily with warm water & soap .Dry them well specially inbetween toes. Also you must monitor the water temperature before use to avoid hazards of burning.**
- 2. Check daily your feet from front & sides & between toes to early discover an ulcer or wound.**
- 3. Keep skin always moist as diabetic patient's skin is always dry & may cracks leading to super-infection.**
- 4. Choose a comfortable shoes &always check it from inside to avoid injury by anything inside.**
- 5. BEFORE nail cutting put feet in warm water to avoid injury.**
- 6.DIABETIC patient always have peripheral neuritis so he loses sense in feet thus it may be helpful to use a cream that increase the circulation in this area.**

8. HAIR LOSS

Causes & treatment for non-pathogenic HAIR LOSS

1] SALTY WATER

SALTY water (sea) leaves a layer over the hair thus keeping moisture leading to dry & brittle hair .

Treatment: before swimming in the sea apply hair oil to protect your hair. Also your hair must be washed thoroughly after finishing swimming.

2] CHLORINE

Chlorine is a substance that is found in large quantities in swimming pools. It react shampoo's residues & hair dyes in hair making it brittle & weak .

Treatment : wash hair before swimming to derease chlorine absorption.

3] ELECTROSTATIC WAVES

Electrostatic waves results when using plastic combs resulting in hair loss.THUS always use wooden-made combs.

4] IRON & ZINC DEFFICIENCY

MOSTLY anemic patients are most suspectable for hair loss. Also zinc deficiency cause hair loss. So iron & zinc supplements must be given together with having a healthy diet of fresh vegetables & fruits

5] SYNTHETIC HAIR COVERS

Synthetic hair covers don't permit enough air to hair follicle thus cause hair loss .Try to use full cotton hair covers.

Summary

The pharmacist must educate his patient with a very simple way to make sure that he knows about his disease & about his self caring management .This pharmacist-patient education is the strongest relation that can hold them together

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