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— AL RAYAN UNIVERSITY —
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lecture 1: Introduction to clinical Pharmacy

What is clinical Pharmacy?

- **Clinical Pharmacy** is a branch of pharmacy that focuses on providing patient-centered care to optimize medication therapy outcomes. It involves the direct interaction with patients and healthcare teams to ensure the safe and effective use of medications.
- **Importance of Clinical Pharmacy:**
 - **Dispensing Medications:** Making sure patients get the correct medications with proper instructions.
 - **Health Counseling:** Advising patients on how to use their medications, explaining potential side effects, and suggesting lifestyle changes to improve health.
 - **Healthcare Services:** Offering services like vaccinations, blood pressure checks, and help with managing diabetes.

Clinical Settings for Pharmacy Practice

- **Hospitals:**

- Pharmacists provide services in various departments, including emergency rooms, intensive care units, and medical wards.

- **Outpatient Clinics:**

- Clinical pharmacists care for patients visiting clinics for routine follow-ups.

- **Home Healthcare:**

- Some pharmacists provide care for patients in their homes, especially those requiring long-term medication management.

Skills Required for Clinical Pharmacists

- **Communication:**

- Effective communication skills are essential for interacting with patients and healthcare providers to ensure understanding of medication information.

- **Assessment and Analysis:**

- Skills in evaluating patient health status and analyzing medication-related information are critical.

- **Problem Solving:**

- The ability to provide solutions for potential drug-related problems and interactions.

Evaluating Treatment Effectiveness in Chronic Diseases

1. Collecting Information:

- **Medical History:** Review past and current health records.
- **Current Symptoms:** Assess present symptoms and their severity.

2. Medication Review:

- **Suitability:** Ensure medications fit the patient's condition.
- **Drug Interactions:** Check for potential interactions and side effects.

3. Effectiveness Assessment:

- **Biomarkers:** Use measurable indicators like blood pressure or blood sugar levels.
- **Patient Feedback:** Talk with patients about their experiences and improvements.

4. Adjustments and Education:

- **Dose Adjustments:** Modify medication doses if needed.
- **Patient Education:** Inform about medication adherence and lifestyle changes.

5. Ongoing Monitoring:

- **Regular Check-Ups:** Continuously evaluate the treatment's effectiveness.
- **Collaboration:** Work with the healthcare team to ensure comprehensive care

Respiratory Problems

Common Respiratory Issues:

- **Cough:** Often caused by infections, allergies or as side effect from drug.
- **Common Cold:** A viral infection leading to congestion, runny nose, and sneezing.
- **Allergic Rhinitis:** Inflammation in the nose caused by allergens like pollen.
- **Otitis Media:** An infection in the middle ear, usually following a cold.
- **Laryngitis:** Inflammation of the voice box, causing hoarseness or loss of voice.
- **Pharyngitis:** Inflammation of the throat, commonly known as a sore throat.

Management and Treatment:

Over-the-Counter (OTC) Medications:

- **For Cough:**

- **Cough Suppressants:** Dextromethorphan to reduce coughing.
- **Expectorants:** Guaifenesin to help clear mucus.
- **Mucolytics:** acetylcysteine to dissolve thinning mucosa.
- **For Common Cold:**
 - **Decongestants:** Pseudoephedrine or phenylephrine to relieve nasal congestion.
 - **Antihistamines:** Diphenhydramine or loratadine to reduce sneezing and runny nose.
- **For Allergic Rhinitis:**
 - **Antihistamines:** Cetirizine or fexofenadine to alleviate allergy symptoms.
 - **Nasal Sprays:** Fluticasone to reduce inflammation in the nasal passages.
- **For Otitis Media:**
 - **Pain Relievers:** Acetaminophen or ibuprofen to reduce pain and fever.

- **Decongestants:** To relieve ear pressure.
- **For Laryngitis:**
 - **Pain Relievers:** Acetaminophen or ibuprofen to reduce pain and swelling.
- **For Pharyngitis:**
 - **Lozenges:** Throat lozenges with menthol or benzocaine for soothing relief.
 - **Gargles:** Saltwater gargles to ease throat irritation.

Home Care:

- **Rest:** Getting enough sleep to help the body recover.
- **Hydration:** Drinking plenty of fluids to keep the throat moist and avoid dehydration.
- **Humidifiers:** Adding moisture to the air can help ease breathing.
- **Warm Liquids:**