

# **The Concept Of Pharmaceutical Care (PC)**

- **Definition of pharmaceutical care:**
- A patient oriented pharmacy involving the concept of pharmaceutical care has been described by Helper and Strand :(The responsible provision of drug therapy directed at definite out comes that improves patient quality of life.)
- Its primary goal is to empower patients to become active participant in their health care.

- **Drug Therapy Outcomes Involve:**
- Curing a disease.
- Eliminating or reducing symptoms
- Arresting or slowing a disease process
- Achieving desired alterations in physiological processes all with minimum risk to patients.
- Besides Pc recognizes the pharmacist by virtue of his qualification as a health care provider :-

- A) Who can actively participate in illness prevention and health promotion along with other members of the health care teams.
- B) PC can not be provided in isolation but in collaboration with patients, physicians, nurses and other health care provider. The team approach is vital to the rational use of resources.

- **Aspect of PC:**
- Comprehensive pharmaceutical care (CPC):
- 1) Requires on going relationship between pharmacist and patient.
- 2) Pharmacist must use his clinical judgment to determine the level of PC needed for each patient.

- Examples of Situations which need CPC:
- Infant, Elderly, those with kidney ,liver, or respiratory failure.
- Patients with medical condition that require on going evaluation and manipulation of drug therapy to achieve optimal results (Diabetes, asthma, HT, CHF).
- Patients taking multiple medications .

- Patients requiring therapy with drugs that can be extremely toxic if dosed , administered or used improperly.
- Cancer chemotherapeutic agents, Anticoagulants and parenteral narcotics.
- Patients with acute illness that can be life threatening if the prescribed medication are ineffective, or used improperly (certain infections, sever diarrhea).

- **Pharmacist Care for individual patients:**
- The pharmacist in this respect should understand the following responsibilities:
- 1) Obtain and maintain medication records and relevant health information.
- 2) This information is essential to assess individualized drug therapy, identify, evaluate and assess.



- (1) drug related problems (side effects, drug interactions, improper drug use).
- (2) symptoms described by patients.
- (3) self diagnosed conditions.
- And decide whether pharmacist action is appropriate or collaboration with other health professionals is needed.

- Initiate or modify drug /therapies by:
- (1) Independent action (drugs that can be provided by pharmacist without prescription, non drug therapies, e.g .life style changes, medical devices).
- (2) Collaborative action (always for medically prescribed drugs ).
- Prepare medication for use ( including selection of drug products, prescription assessment, dispensing ,compounding ,packaging labeling).

- **With prescriber and / or patient set goals of therapy.**
- Design and implement Pc plan (education .counseling).
- Monitor for therapeutic outcomes and take appropriate follow up actions.

- **Pharmaceutical care for the community :**
- Pharmacist individually and as a profession have important role to play in positively influencing drug policy ,drug use outcomes as well as other aspects of health care in many instances this will be through collaboration with other health professionals .

- Examples of these role are :
- a) Participation in formulation of drug policy including drug regulation.
- b )Develop guidelines and criteria for formularies.
- c ) Collaborate with other health care professionals to develop treatment guideline.
- d )Design and monitor procurement and drug distribution system, including storage and disposal.

- e ) Formulate and manufacture quality medications within pharmacy practice.
- f ) Serve as a source of objective drug information ,establish poisons and drug information systems
- g ) Educate all health professionals who participate in pharmaceutical care.

- h )Participate in health promotion and education ( e.g. the proper use of medication ,smoking cessation ,immunization, prevention of drug abuse ,hygiene, family planning, aids prevention.)
- i ) Establish and maintain an appropriately qualified pharmacy workforce.

- **Expected practice- model outcomes:**
- ***1) For health care system:***
  - *-Reduction in total health care expenditure*
- ***2 ) For the patient:***
  - *-Improve quality of life*
  - *-Improve patient satisfaction.*
- ***3) For the prescriber:***
  - *-More informed treatment decisions*
  - *-Better educated and motivated patients*



- **4) For the pharmacy:**
- -Improved professional image ,
- -Increased customer loyalty.
- -Additional sources of revenue.
- -Positioning for referred provider status.

- **Recommendations for implementation of pc:**
- Most important that, the pharmacist should be empowered to embrace the changing role. To empower the pharmacist several barriers in provision of PC should be addressed.
- **1-Pharmacist education.**
- **2-Facility design,**
- **3-Documentation.**
- **4-Training.**

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