

Moxie digest

A Community Pharmacy training guide



VOL 9

This Volume contains:

- * General Overview
- * Self Care tips
- * WWHAM Questions
- * When to refer to the Pharmacist
- * Treatment algorithm
- * Test of Knowledge

Topic Of Focus
Child Health

Ideal for training:

Corper Pharmacists | Intern Pharmacists | Pharmacy Technicians | Counter Assistants | Pharmacy Students

HOW TO USE THIS TRAINING MANUAL

This book is broken down into chapters based on different disease conditions. Each chapter is further broken down into different sections to help the reader fully understand the disease condition and empower the reader with the necessary skills and information needed to give the best form of pharmaceutical care to the patient. The sections include

1 Disease overview

This section looks at the general disease condition, symptoms and common medications used in treating the condition. It helps the reader get a deeper understanding of cause of the disease and how the medication works.

2 Self-care tips

This column focuses on additional steps and advice given to the patient to help ensure that recovery is quick. This section usually focuses on non-drug approach to disease management.

3 WWHAM Questions

This section provides a good framework for finding out more about a customer's condition.

Everyone in the pharmacy team should be familiar with the WWHAM questions. Proper use of these questions helps the Pharmacy team to obtain the necessary information so that they can offer the right advice and/or a product recommendation.

The WWHAM questions are intended to form the basis of any conversations with customers, whether you are responding to their health complaints and recommending a product or they have asked for a medicine by name.

The WWHAM Questions are

- W** Who **W: Who is the medicine for?**
It may not be for the customer
- W** What **W: What are the symptoms?**
You may need to ask a few more questions so that you can fully understand the symptoms.
- H** How **H: How long have you had the symptoms?**
Many minor ailments clear up within a few days.
- A** Action **A: What Action has been taken?**
Have they tried any medicine or treatment without success?
- M** Medi-
cation **M: Are you taking any other Medication?**
It is important to ask about prescribed medicines as well as any OTC and herbal remedies as some can interact with each other.

In addition to the WWHAM questions, it is also important to find out whether the patient has any allergies. (it is important to know if the patient reacts to any medicines, foods or other substances).

4 When to refer to the Pharmacist

This section focuses on things the care giver should look out for and then subsequently refer to the Pharmacist in Charge. The section focuses on triggers that point the care giver to the fact that there may be a more serious underlying condition which requires professional management.

5 At a glance

This is a pictorial treatment algorithm for the disease under consideration. It shows a flow chart that the care giver can easily follow in questioning the patient so as to rule out any complications. It also clearly spells out the point at which the case is referred to the Pharmacist in charge.

6 Test of Knowledge Exercise

After each topic, the reader is expected to answer 10 questions drawn from the content studied. The answers to the questions are provided at the back of this manual.

Moxie

Vitamin-G Syrup



Child health

Although babies and young children can suffer from the majority of ailments that adults are prone to, they are not always able to tell us what is wrong. So they complain about their problems by crying and screaming. Here, we look at some of the most common problems and how they can be treated with OTC products.



Coughs and colds

There are more than 200 different viruses that can cause the common cold and children tend to get between three and eight of them a year. Because colds are viral infections, antibiotics, which treat bacterial infections, are not useful for treatment. Children may cough when they have a cold because of the mucus trickling down the back of their throat from their nose.

Coughing may be disturbing, but it happens for a reason – to clear phlegm from the chest or mucus from the throat. A child who lives with smokers has an increased risk of developing coughs and colds.

What are the symptoms?

Colds are normally mild and self-limiting, which means that they get better by themselves without

the need for treatment (Colds usually go away in four to 10 days). However, younger children and infants can be at a higher risk of infection as their immune systems are less developed. As with other conditions, babies and young children should be referred to the pharmacist.

Most colds start with a general feeling not being well, often followed by a sore throat. Children sometimes develop a fever (high temperature). A normal temperature is between 36-36.8°C. In children, a temperature above 38°C or above is classed as a fever. A fever is not an illness in itself, but is a sign that the body is trying to fight off an infection or illness. As well as high fever, symptoms

may include: shivers (body shaking); hot forehead; poor appetite; and weakness. Parents may notice these signs, particularly in babies who can't say they are feeling unwell. In addition to mild fever, other symptoms of cough and cold include:

- ▲ Cough (often worse at night)
- ▲ Sneezing with runny nose (watery nasal mucus)
- ▲ Sore throat
- ▲ Headache
- ▲ Earache
- ▲ Diarrhoea
- ▲ Vomiting

What are the treatment options?

There are a number of steps to help children and babies with coughs and colds:

- Make sure they drink plenty of fluids, keep warm and have plenty of rest. If the child has a fever and needs treatment, give an appropriate child dose of ibuprofen (e.g. Reprofen Syrup, Nurofen for children) or paracetamol (e.g. Calpol, Panda).

Paracetamol is suitable for babies from two months old and ibuprofen from three months. Always check the pack to make sure the product is suitable for the child's age, and make sure the customer understands the dosage. Never give aspirin to children or teenagers who have cold symptoms, particularly fever.

- If a child under six years has a cough, simple cough mixtures containing ingredients such as honey and lemon or glycerol may be suitable (e.g. Novalyn Linctus, Tixylix Baby). Other products are available for children aged six to age 12 years, which are restricted for sale in pharmacies only.

- Vapour rubs (e.g. Robb, Mentholatum, Vicks Vaporub) and inhalant decongestants (e.g. Olbas for Children) can help to relieve a blocked nose. They can be applied to the chest and back do not apply inside the nose in small children, for safety reasons). Because babies breathe through their

noses and not their mouths, breaking up blocked nostrils can make it easier to breathe, allowing a baby to breastfeed or drink from a bottle more comfortably. Saline (salt water) nasal drops can be used to help make breathing easier.

Teething

A baby's first teeth (known as milk or deciduous teeth) usually develop while the child is growing in the womb. In most babies, these teeth start to emerge through the gums when they are around six months old. This process is known as teething. However, all babies are different and the timing of teething varies (anytime between 4-12 months). Teething is one of the most common causes of discomfort and worry in young babies and toddlers. When teething, babies may become troublesome, irritable (disturbed) and clingy (always wanting their mothers to carry them).

For many babies, teething leads to mild symptoms that just last a few days. However, for others, teething is painful and can last much longer. Symptoms of teething often occur a few days (or even weeks) before the tooth comes through the gum. Common signs of teething include dribbling more than usual (letting saliva run from their mouth), red or flushed cheeks and inconsistent feeding. The customer may also notice that their baby chews on anything it can get its hands on. The surface of the gum where the tooth is pushing through will probably look red and swollen.

When are the treatment options?

A painkiller such as paracetamol suspension (e.g. Panda, Calpol) or ibuprofen suspension (e.g. Reprofen, Nurofen for children) can be given to help ease pain and discomfort. There are also teething gels and liquids available OTC, which contain a local anaesthetic, such as lidocaine, to help numb painful gum. The gels may also contain antiseptic ingredients, which help to prevent infection in any sore or broken skin in a baby's mouth (e.g. Bonjela Teething Gel, Drujela Mouth Gel). These should be applied with a clean finger. Some of

these products are not suitable for babies of a very young age – check packaging for details. As with all medicines, always remind parents to follow the dosage instructions.

Colic

Colic is a common condition in babies. It is more of something that babies 'do', rather than a problem they suffer from. It is a normal part of baby development, even if it is difficult for parents to cope with it. Between 1 and 3 out of 10 newborn babies develop colic. It usually starts when baby is a few weeks old. Most babies 'grow out of it' by the age of three or four months, or six



Colic is a major source of discomfort in children

months at the latest. It's not known exactly what causes colic, but it usually gets better on its own. It may be due to trapped air swallowed during feeding or crying, or the fact that the baby's digestive system is not fully developed. Colicky' babies tend to have periods of the day or night – often early evening – when they cry loudly, for about two to three hours for no obvious reason. They often cry at roughly the same time usually once or twice a day. They may pull their legs up to their stomach as if in pain, squeeze their hands and bend their backs.

What are the treatment options?

Current guidelines advise trying drops containing simeticone (e.g. Infacol) or lactase (e.g. Colief) for seven days to see if symptoms improve. Simeticone works by breaking up tiny bubbles of trapped air in the baby's stomach to form larger bubbles, which are easier to bring up through the mouth. Lactase drops

help to break down lactose in the baby's milk, making it easier to digest. Also available OTC is gripe water (e.g. Woodward's Gripe Water, Bonababe Gripe), which contains alkaline substances such as sodium bicarbonate and soothing ingredients like dill oil. Some gripe waters are unsuitable for children under one month.

You could also suggest the customer tries the following:

- Holding their baby during a colic episode or wrapping them properly in a blanket (swaddling) to help comfort them.
- Sitting their baby upright during feeding to prevent them from swallowing too much air.
- Always allowing their baby to belch after a feed, by sitting the baby upright or holding them against their shoulder, making sure that they support the infant's neck and head. Advise them to gently rub the baby's back and tummy until

they belch. The baby may regurgitate (vomit) a small amount of milk when they have belched, but you should advise your customer that this is normal.

- If bottle feeding, using teats with larger or several holes may be useful, as teats that are too small may cause babies swallow air along with their food.
- If breast feeding, avoid drinking too much tea, coffee, and other drinks that contains caffeine.



Self-care tips

- ▲ If a child has a cold, encourage the whole family to wash their hands regularly to stop the cold spreading
- ▲ Seek medical advice, if a child has fever for more than 24 hours or if their temperature rises above 39°C
- ▲ Some teething rings can be cooled first in the fridge, however they should never be put in the freezer, as the ring may become very hard or cold and could damage the baby's gums
- ▲ Babies like movement. Pushing a baby with colic around in their pram or pushchair, or going for a drive can be comforting

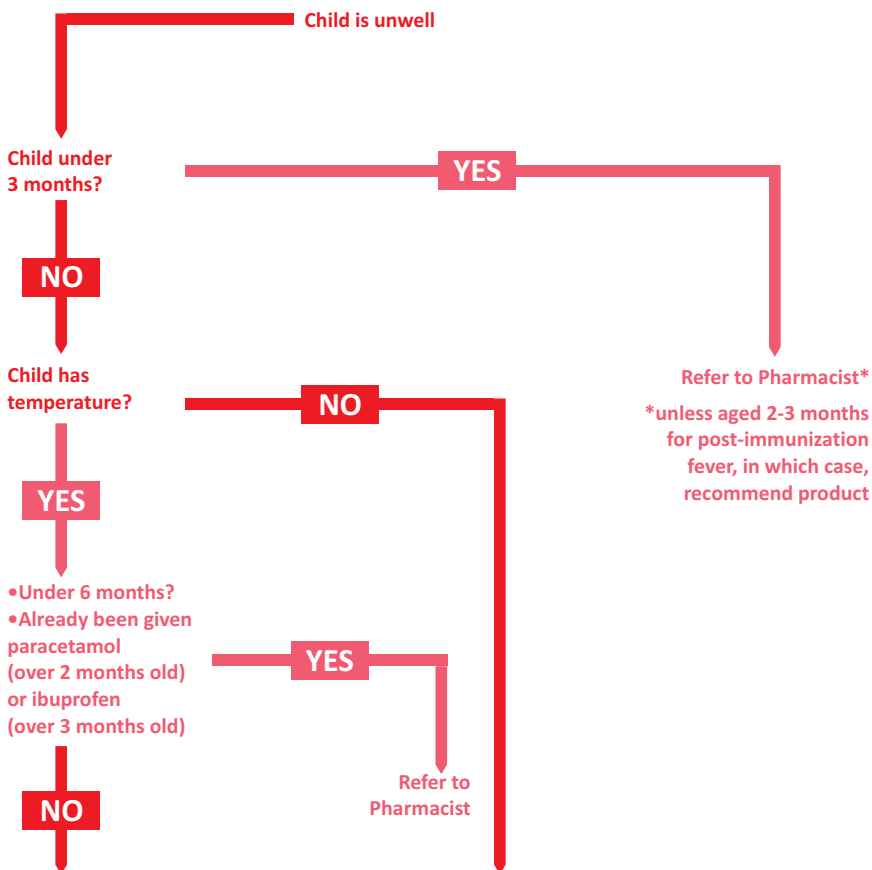
WWHAM questions

Ask these questions in order to find out more about the patient's condition so as to give accurate advice and correct medication for their problems.

- W – Who is it for?**
It may not be the customer who needs the treatment. Most cough and cold remedies are not suitable for children under six.
- W – What are the symptoms?**
Ask the customer to describe all their symptoms. A child with a fever should be referred to the pharmacist.
- H – How long have the symptoms been present?**
This will help you find out if the child has a cold or something more serious.
- A – Action already taken?**
This will help establish if the customer has given their child a product that hasn't helped or wasn't appropriate for their symptoms.
- M – Medications?**
It is important to find out if the child is taking prescribed or OTC medicines. Many OTC cold remedies contain similar ingredients and could lead to an accidental overdose.

When to refer to the Pharmacist

- ▲ If a baby less than six months old has a fever
- ▲ If the temperature remains high for longer than 24 hours or rises above 39°C despite treatment
- ▲ If the child has a feverish convulsion, has had one in the past or if there is a family history
- ▲ If there are other symptoms such as a stiff neck, vomiting, a dislike of light or a rash on the skin – could be signs of meningitis
- ▲ If the child has had regular doses of painkillers for days and is still unwell. Younger children – particularly babies – should be referred before this if symptoms do not improve
- ▲ If colic-like symptoms continue after a child is four to five months old
- ▲ If a colicky baby is failing to cope or if there is vomiting or diarrhoea



What is the child suffering from?

Fever: Suggest suitable paracetamol or ibuprofen suspension if child appears distressed or unwell.

Cough and cold: Children over six years – suggest suitable cough mixture with/without decongestant, or vaporizing oil or children’s nasal drops. Children under six years – suggest children’s paracetamol or ibuprofen suspension to reduce a raised temperature and ease any pain; decongestant inhalants may also be suitable, depending on the child’s age.

Teething: Suggest gels with mild anaesthetic, teething ring or appropriate paracetamol or ibuprofen suspension

Test of Knowledge Exercises

1. **Conditions that can affect a child's health include the following EXCEPT**
 - a. Colic
 - b. Teething
 - c. Coughs and colds
 - d. None of the above

2. **There are more than _____ different viruses that can cause the common cold.**
 - a. 20
 - b. 120
 - c. 200
 - d. 220

3. **Antibiotics are the major therapy for common cold.**
 - a. True
 - b. False

4. **In children, parents may notice the following as symptoms of common cold EXCEPT**
 - a. Body shaking
 - b. Hot forehead
 - c. Poor appetite
 - d. Stomach pain

5. **Other symptoms of cough and cold include the following EXCEPT**
 - a. Rash on the skin
 - b. Sore throat
 - c. Headache
 - d. Mild fever

6. **Which of the following is NOT a common sign of teething?**
 - a. Dribbling more than usual
 - b. Red or flushed cheeks
 - c. Regular feeding
 - d. Red and swollen gums

7. **The following can be used to ease pain associated with teething EXCEPT**
 - a. Paracetamol suspension
 - b. Bonjela Teething Gel
 - c. Ibuprofen suspension
 - d. Aspirin suspension

8. **You could advise a mother with a colicky child to do the following EXCEPT**
 - a. Sitting their baby upright during feeding to prevent them from swallowing too much air
 - b. Holding their baby during a colic episode or wrapping them properly in a blanket
 - c. Drinking much tea, coffee, and other drinks that contains caffeine if breast feeding
 - d. Using teats with larger or several holes if using a feeding bottle to feed the child

9. **Which of the following can help in the treatment of colic?**
 - a. Simeticone
 - b. Ibuprofen
 - c. Paracetamol
 - d. Aspirin

10. **Which of the following is NOT true about managing children's health?**
 - a. If a child has a cold, encourage the whole family to wash their hands regularly to stop the cold spreading
 - b. Children with colic should not be allowed to move around in their pram or pushchair or taken for a drive
 - c. If a child has fever for more than 24 hours or if their temperature rises above 39°C, they should seek medical advice
 - d. If a baby less than six months old has a fever, they should be referred to the pharmacist