

Moxie digest

A Community Pharmacy training guide



VOL 4

This Volume contains:

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

Topic Of Focus
Cough & Cold

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.

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Vitamin-G Syrup



Cough and cold

Coughs and colds are two of the most common conditions experienced during the cold rainy seasons in Nigeria. Popularly termed 'common cold', the name has led many people to believe that it is caused by walking bareheaded in the rain or exposing oneself to cold weather by not wearing enough clothing. The increase in the incidence of colds during the rainy seasons occur because people spend more time indoors, thereby facilitating the transfer of cold germs from one person to another.



What are colds?

The common cold is not a simple matter; rather, it is a complex of symptoms. It is caused by a viral infection, hence no cure and which is why antibiotics don't work against them (antibiotics kill bacteria, but do not kill

viruses). The cold viruses enter the body through the nose, eyes or mouth. The virus could spread by sneezing, coughing, shaking hands and handling contaminated materials. The home, office, classroom, bus, or any other place where people gather is

a good spreading ground. The common cold is primarily an infection of the membrane lining the upper respiratory tract (nose, throat, and the sinuses). The delicate membranes react to infection by swelling and by increasing its mucus formation,

leading to the first symptoms usually beginning two or three days after infection, and includes: blocked and runny nose (catarrh); sneezing; sore throat; cough; mild muscular aches; tiredness, and headache. Symptoms can last from 2 to 14 days, but most people recover within a week even without medication. Children tend to get between three and eight colds a year, while adults average two to four a year.

What are the treatment options?

There is no cure for the common cold, but there are many products available that can help relieve the symptoms. Usually these cold preparations contain several ingredients in fixed combinations for oral use (by mouth). They usually contain in varying amounts and combinations a decongestant, an antihistamine, an analgesic, as well as vitamin C and other ingredients. Aches, pains and fever caused by colds can be



Handwashing is very crucial in managing the spread of cough and cold

relieved with painkillers (analgesics) such as aspirin, paracetamol and ibuprofen or with combination cold and flu remedies. These might include a decongestant, such as pseudoephedrine or phenylephrine. Decongestants help to relieve a blocked (stuffy) or runny nose so that the sufferer finds it easier to breathe through the nose. **Examples: Lemsip Max Sinus, Flucor Day, Day & Night Nurse.**

Decongestants are more effective when applied topically (in the nose as nose drops or sprays) than when taken orally. Nasal decongestants include xylometazoline and

oxymetazoline. Decongestant nasal sprays or nose drops should not be used more than two to three times daily and not longer than seven days as they can cause rebound congestion (the nose becomes blocked again once their use is stopped). **Examples: Otrivine Adult Nasal Spray, Otrivin Nasal Drops, Xylo-Mepha Nasal spray, Vicks Sinex Soother.**

An antihistamine such as diphenhydramine or chlorpheniramine is sometimes included to dry up nasal secretions (catarrh). **Examples: Benylin 4 Flu Tablets/Liquid, Procold Tablets, Mixagrip Caplets, Actifed**

Tablets/Syrup, Avrolin for Children Syrup, Coldafu Tablets.

An inhaler or vapour rub may also help, especially to clear blocked noses or sinuses. It makes use of the aromatic oils, such as eucalyptus oil, pine oil and peppermint oil together with other aromatic ingredients such as menthol and camphor. **Examples: Robb Inhaler, Meko Inhaler, Vicks Inhaler, Silverbird Eucalyptus Oil, Vicks Vaporub, Robb, Heatol.**

What are coughs?

A cough is an action the body takes to get rid of substances that are irritating to the airway passages, which carry the air that a person breathes in from the nose and mouth to the lungs. Several things can cause a cough; they include infections (bacterial, viral), cigarette smoking, asthma, smoke, dust and so on. There are two main type of cough:

- **Productive cough**

Also referred to as a chesty cough, a person suffering from a productive cough will often feel like they are trying to bring something up, usually described as mucus or phlegm (sputum) from their chest (lungs). It is important to find out if the mucus or phlegm is greenish, yellow or brown in colour as this may mean that the customer has a bacterial infection and should be referred to the pharmacist.

- **Non-productive cough**

Also known as a dry cough, someone with a non-productive cough will not normally bring up any phlegm or mucus (sputum).

It often starts as a tickle (scratchy feeling) in the back of the throat, which causes the person to cough to relieve this feeling of irritation. Dry coughs can be very irritating, especially at night, and can make sleeping difficult.

What are the treatment options?

Coughing can usually be relieved by sucking plain hard candies (sweets), by drinking hot beverages, or by inhaling steam. Any of these should help reduce the frequency and severity of coughing. However, a lot of Over-The-Counter products are also available in solid and liquid forms.

- **For adults and children over 12 with a productive cough**

Cough expectorants, such as ammonium chloride, guaifenesin, sodium citrate, ipecacuanha and squill, help reduce the stickiness of the secretions in the airways, making the phlegm and mucus looser and easier to cough up. Clearing of mucus from the

Self-care tips

- ▲ Help prevent viruses from spreading by using tissues correctly and washing hands frequently
- ▲ If you have a cold, rest, stay warm and drink plenty of fluids
- ▲ Inhale steam to help loosen and bring up phlegm (mucus)

cough and cold

airways decreases cough. **Examples: Cadiphen Syrup, Cofex Syrup, Cofta Syrup/Tablets, Greentus Syrup, Neofylin Cough Syrup.**

- **For adults and children over 12 with a non-productive cough**

Cough suppressants such as pholcodine, codeine, and dextromethorphan help by acting on the

brain to hold back the natural coughing reflex. These stop the body's urge to cough. However, they can also cause nausea and drowsiness. Cough syrups containing codeine should not be given to children under 18 years. In addition, codeine-containing cough syrups are prone to abuse; requests sales should be referred to the pharmacist.

Examples: Benylin with Codeine Linctus, Emzolyln with Codeine Syrup, Zedex Cough Syrup, Lixyped Cough Linctus.

Diphenhydramine is a sedating antihistamine (it causes drowsiness). It is often included in cough mixtures to help suppress a cough. Because it has a sedating effect, it can be useful for people who are finding it difficult to sleep due to their dry cough. As with all sedating antihistamines, anyone taking it should be warned not to drive or operate machinery if they feel drowsy.

Examples: Benylin Dry Coughs, Tuxil-C Syrup.

Soothing ingredients, such as glycerin, honey and lemon, are useful for people who can't use a cough suppressant for their dry, non-productive cough. They work by coating the back of the throat to create a soothing effect. These products often have high sugar content and may therefore not be suitable for people with diabetes.

Patients suffering from cough and cold are advised to drink a lot of water



Examples: Beechams Veno's Honey and Lemon, Beehive Balsam Cough Syrup, Novalyn Cough Linctus.

- **For children under 12 years**

Other than simple cough syrups that contain glycerol, honey or lemon, cough and cold medicines should not be given to children under six years. This is because there is no evidence that they are effective and they have also been shown to cause side effects, such as allergic reactions and

sleep problems. There are products available for children aged six to 12 years, but these should be sold with clear advice.

Recommended treatments for children under six with cough and/or cold include:

- ▲ Drinking plenty of fluids and resting.
- ▲ Taking a painkiller, such as paracetamol or ibuprofen, to help ease symptoms.
- ▲ Having a warm drink of lemon and honey.

▲ Taking a simple cough syrup that contains glycerol, honey or lemon.

▲ For young babies, particularly those who are having difficulty feeding, saline nasal drops or sprays are available to help with stuffy noses and difficulty breathing. Vapour rubs can be rubbed onto their chest, often immediately before sleeping to improve breathing. Nasal aspirators which 'suck' out mucus can also be used.



Inhaling steam helps to loosen mucus in the nostrils

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** **W – Who is it for?**
It may not be the customer who needs the treatment. Remember that most cough and cold remedies are not suitable for children under six years.
- W** **W – What are the symptoms?**
Ask the customer to describe all the symptoms so that you can establish what the most appropriate treatment would be and whether they need to be referred.
- H** **H – How long have the symptoms been present?**
This will help you find out if the customer has a cold or something more serious.
- A** **A – Action already taken?**
This will help establish if the customer has used a product that wasn't appropriate or hasn't helped for their symptoms.
- M** **M – Medications?**
It is important to find out if the customer is taking prescribed or OTC medicines and refer them when appropriate to the pharmacist.

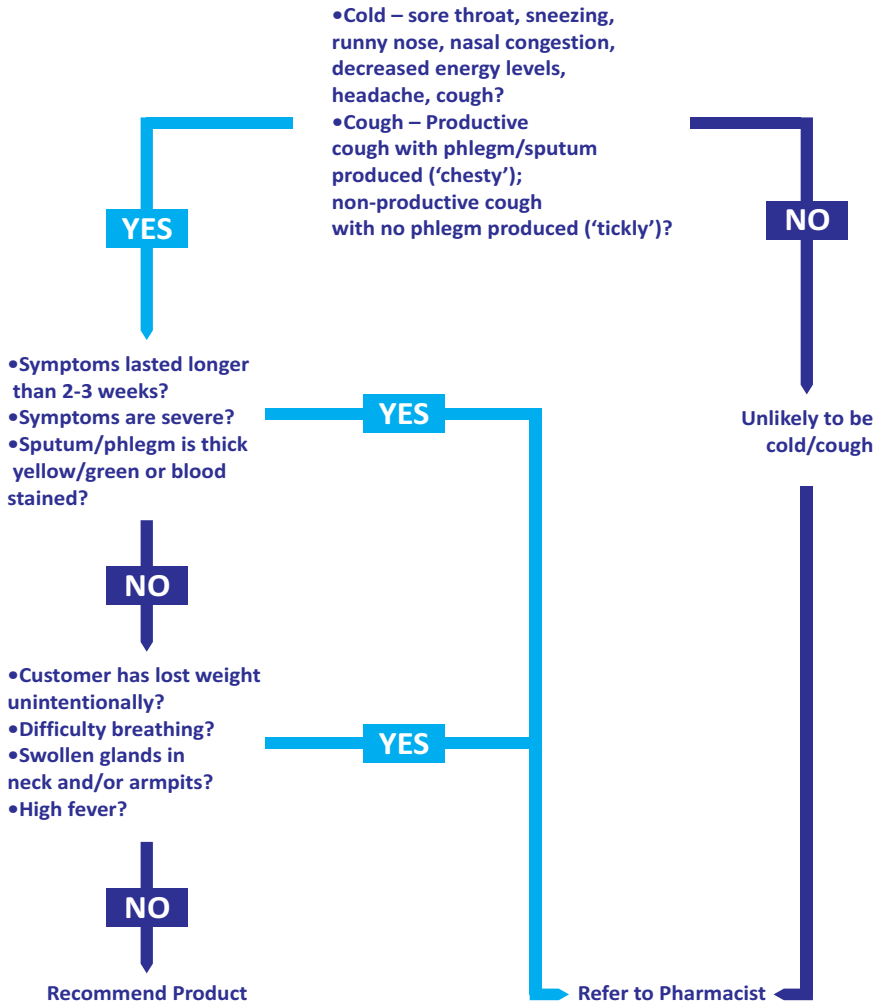
When to refer to the Pharmacist

There are a number of different causes of cough, some of which are serious. You should refer children and pregnant or breastfeeding women as well as anyone who:

- ⋈ Is coughing up mucus or phlegm that is not clear or white
- ⋈ Is coughing up blood
- ⋈ Has chest pain, shortness of breath or wheezing (whistling sound made while breathing)
- ⋈ Has had a cough that is not getting better
- ⋈ Has a cough that did not start with a cold
- ⋈ Is a smoker or is worried about their cough
- ⋈ Has a severe or persistent cough or a suspected infection



At a glance



Test of Knowledge Exercises

1. Two of the most common conditions experienced during the cold rainy seasons in Nigeria are

- a. Measles and chicken pox
- b. Cough and yawning
- c. Cough and cold
- d. Hunger and thirst

2. Which of the following is NOT true of cold?

- a. It is caused by a viral infection
- b. The cold weather during the rainy season causes colds
- c. The cold viruses enter the body through the nose, eyes or mouth
- d. It has no cure

3. The common cold responds well to antibiotics

- a. True
- b. False

4. Cold preparations usually contain the following ingredients EXCEPT

- a. Congestants
- b. Antihistamines
- c. Analgesics
- d. Vitamin C

5. Which of the following is NOT true of decongestants?

- a. More effective when applied topically than when taken orally
- b. Xylometazoline and oxymetazoline are examples of nasal decongestants
- c. Should not be used more than two to three times daily
- d. Should be used for more than seven days

6. Causes of cough include all of the following EXCEPT

- a. Bacteria or viral infection
- b. Inhaling steam
- c. Asthma
- d. Dust

7. Codeine-containing cough syrups should not be used in children

- a. Under 12 years
- b. Under 14 years
- c. Under 16 years
- d. Under 18 years

8. The following are best given for a non-productive cough EXCEPT

- a. Cofta Syrup
- b. Benylin with Codeine Linctus
- c. Emzolyn with Codeine Syrup
- d. Lixyped Cough Linctus

9. Examples of products containing soothing ingredients include the following EXCEPT

- a. Beehive Balsam Cough Syrup
- b. Benylin Dry Coughs
- c. Beechams Veno's Honey and Lemon
- d. Novalyn Cough Linctus

10. The following patients should be referred to the pharmacist EXCEPT

- a. If the person is a smoker or is worried about their cough
- b. If the person is coughing up blood
- c. If the person has chest pain, shortness of breath or wheezing
- d. If the person has had a cough that is getting better

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Vitamin-G Syrup

