



Moxie digest

A Community Pharmacy training guide



VOL 2

This Volume contains:

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

Topic Of Focus
Haemorrhoids

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 | Medication | 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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Paracetamol

Oral Suspension



Test of Knowledge Exercises

1. Which of the following is NOT true about constipation?

- a. Almost everyone gets constipated at some time during his or her life
- b. Though not usually serious, constipation can be a concern
- c. Constipation can be caused by taking excess fluid
- d. It occurs when the contents of the large intestine move slowly and more water than normal is absorbed from the faecal matter

2. The most common cause of constipation is

- a. Side effect of some drugs
- b. Not including enough fibre (roughage) in the diet
- c. Old age
- d. Not drinking enough fluid

3. The causes of constipation are wide-ranging and include all the following EXCEPT

- a. Lack of exercise
- b. Pregnancy
- c. Taking enough fluid
- d. Irritable bowel syndrome

4. The basic symptoms of constipation include all of the following EXCEPT

- a. Pain when defecating due to solid, hard stools
- b. Excessive stooling
- c. Abdominal discomfort (swollen abdomen)
- d. Difficulty in passing stools

5. Which of the following is true about constipation?

- a. Liquids containing caffeine, such as coffee and soft drinks, are good
- b. 'Holding back' the urge improves the condition
- c. Regular exercise will make the condition worse
- d. A well-balanced diet with plenty of fibre is helpful

6. The following are necessary cautions in the management of constipation EXCEPT

- a. Laxatives can be freely given to children under the age of ten
- b. Laxatives can sometimes be abused
- c. Make sure patients don't take laxatives to lose weight
- d. Always check with the pharmacist before recommending OTC laxatives to children

7. Laxatives can be taken for the purpose of weight loss

- a. True
- b. False

8. Bulk-forming laxatives _____.

- a. Contain natural fibres
- b. Decrease the mass of the faeces
- c. Work within 2-3 hours
- d. Make the stool harder and difficult to pass

9. Which of the following is true about lactulose and macrogols?

- a. Lactulose is superior to macrogols
- b. Lactulose is very useful for the rapid relief of constipation
- c. Lactulose and macrogols are useful for chronic constipation
- d. Lactulose has a very pleasant taste

10. Liquid Paraffin belongs to the class of laxatives called

- a. Stimulant laxatives
- b. Faecal softeners
- c. Osmotic laxatives
- d. Bulk forming laxatives

Haemorrhoids

Haemorrhoids also commonly known as piles or “jedi-jedi” in Yoruba, “basir” in Hausa and “avara” in Igbo means different things to different people, yet many people are suffering from it. Some complain about serious and chronic back pain while some relate it with poor sexual performance. Some people believe it is caused by consumption of sweet things (sugar) and usually patronize local herb sellers for herbal concoctions to flush out excess sugar and detoxify the blood (“Agbo jedi”).

The anus is the body opening through which solid waste matter (faeces) passes from the rectum (last portion of the large intestine). It is a very sensitive area of the body because it has many nerve fibre endings. The anus and rectum both form the anal canal which represents the last part of the large intestine and is about 4 cm long. There is a network of small veins (blood vessels) within the lining of the anal canal. These veins sometimes become wider and engorged (filled) with more blood than usual. The engorged veins and the overlying tissue may then form into one or more small swellings called piles (haemorrhoids).



Normally, tissue inside the anus fills with blood to help control bowel movements. But when there is an increase in the pressure in the small vessels (veins) of the anal canal, which occurs when straining (forcefully pushing) to move the bowels or sitting too long on the

toilet, the pressure causes the veins to stretch and swell (expand). Haemorrhoids are swellings of these blood vessels.

The main reason why people strain is because their stools are small, hard and difficult to pass – in

other words, they are constipated. Other factors that can lead to haemorrhoids include:

- Pregnancy and childbirth – this causes too much pressure on the veins in the pelvic and rectal areas leading to hemorrhoids. The growing womb presses on the pelvic veins, slowing blood flow and causing swelling. Also, pushing during childbirth can lead to piles.
- Acute and chronic diarrhoea.
- Occupations or sports that involve straining or heavy lifting, e.g. climbing, weight training.
- Ageing – The tissues in the lining of the anus may become less supportive as we get older.
- Being overweight (obesity).
- Anal intercourse.

What are the different types of haemorrhoids?

There are two main types of haemorrhoids depending on where they form. They could form either externally (around the anus) or internally (in the lower rectum).

• Internal haemorrhoids

These are the most common form of the condition. They are caused when the veins in the lower rectum becomes swollen. Internal piles are usually painless because the upper anal canal has no pain nerve fibres. They can be classified as grade 1-4, depending on the degree of severity and size:

- ▲ Grade 1 haemorrhoids are the smallest and most common type. They develop on the inside of the back passage (anal canal) and cannot be seen or felt from outside the anus. In some people they enlarge further to grade 2 or more.

- ▲ Grade 2 haemorrhoids are larger and may be partly pushed outside the anus (prolapse) when the sufferer goes to the toilet, but quickly springs back inside again.

- ▲ Grade 3 haemorrhoids also protrude (hang) outside the anus when the sufferer goes to the toilet. The sufferer may say they can feel small,

soft lumps coming out of their anus. They can be pushed back inside the anus with a finger.

- ▲ Grade 4 haemorrhoids are also called prolapsed piles. They permanently protrude (hang) outside the anus and cannot be pushed back inside the body. This can cause itching and discomfort. There may also be a mucus discharge from the area. They sometimes become quite large.

• External haemorrhoids

These are caused when the veins close to the anal opening become swollen. They have a dark red or even purple appearance and can resemble a bunch of grapes. External piles may be painful because the lower part of the anal canal has lots of pain nerve fibres. The pain usually lasts for about 2-3 days. The swelling may, however, take a few weeks to disappear.

What are the symptoms?

Many people feel embarrassed when facing the problem and



Patient should be advised to drink plenty of water

frequently seek medical care only when the case is advanced. Most people suffer from mild haemorrhoids, where symptoms may only be obvious when they go to the toilet. The more severe the condition, the more likely the sufferer is to report symptoms at other times as well. The main symptoms of piles include:

- Itching around the anus.
- An ache or dragging sensation around the area of the anus and lower bowel (back passage).
- Increasing discomfort or pain during, and immediately after, opening the bowels (passing stool).
- A feeling of having not quite finished after

going to the toilet that the bowel is not completely empty.

- Anal discharge – a jelly-like, mucus discharge.
- Spots of fresh, bright red blood on toilet tissue paper, in the toilet bowl or on the surface of the stool (rather than mixed with stool) after passing stool.

What are the treatment options?

Most haemorrhoids symptoms improve dramatically with simple, at-home treatments. Some include warm soaks (sitz bath), cold packs, bed rests and OTC remedies.

A sitz bath is a warm water bath for the buttocks and hips. It can relieve itching, irritation, and pain by

relaxing the spasm of the sphincter muscle. It involves sitting in a plain warm water bath for 15 minutes three or four times a day. Also ice packs or cold compresses (ice block wrapped in cloth) can be applied to the anus to relieve swelling.

Over-The-Counter (OTC) products come in a choice of formulations. They do not cure piles. However, they may ease symptoms such as discomfort and itch. Creams, gels and ointments are best for treating external haemorrhoids. Sprays which provide 'no touch' relief from haemorrhoid symptoms (e.g. Germoloids HC Spray) are also available. Suppositories (drugs

inserted into the anus) are best suited for internal haemorrhoids. Soothing (baby) wipes can be used in combination with these treatments, to keep the anus clean instead of dry toilet paper. OTC products often contain ingredients from one or more of the following categories:

- **Astringents**

These form a protective layer over the affected area and help to relieve local irritation and inflammation. Peru Balsam (e.g. Anusol) also has mild antiseptic properties. Commonly used

astringents include allantoin (e.g. Anodesyn), zinc oxide, bismuth oxide and bismuth subgallate (e.g. Anusol Ointment /Suppository, Anuproct Suppository, Germoloids). Hamamelis (witch hazel) has astringent properties (e.g. Preparation H Clear Gel) and is cooling on application.

- **Anti-inflammatory agents**

Hydrocortisone, betamethasone are corticosteroids which, when applied topically, reduces inflammation and may help to reduce any swelling around a haemorrhoid

This may help to ease itch and pain. Products containing hydrocortisone (e.g. Anusol Plus HC, Scheriproct Ointment/Suppository) should not be used by anyone under 18 years of age, during pregnancy and when a local infection is present. Their use should be restricted to a maximum of seven days.

- **Local anaesthetics**

An anaesthetic is a drug or agent that produces a complete or partial loss of feeling (body sensation).

These are included to help relieve the pain, burning and itching that can occur with piles. A common example is lidocaine (e.g.

Germoloids Cream, Procto-Glyvenol Cream/Suppository).

These products should be used for short periods of time (no longer than two weeks) because of the possibility of local skin reactions.

- **Analgesics**

Simple oral painkillers such as paracetamol

Self-care tips

- ▲ Increase fibre intake and cut down on sugary, over-refined or fatty foods.
- ▲ Drink plenty of fluid (at least two litres, 6-8 glasses) throughout the day.
- ▲ Avoid alcoholic and caffeine drinks as they cause the body to lose fluids (they are dehydrating).
- ▲ Eat regular meals.
- ▲ Don't strain when passing stools.
- ▲ Avoid sitting on the toilet for long periods – this may weaken the pelvic floor muscles (for example, do not read whilst on the toilet.)
- ▲ Symptoms of haemorrhoids can be improved with good hygiene, so it's important to keep the anal area clean.
- ▲ Wear cotton underwear

haemorrhoids

(e.g. Panadol Tablet) and non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen can be used temporarily to relieve pain and discomfort associated with haemorrhoids.

- **Vasoprotectives**

Vasoprotectives such as diosmin are used in treating haemorrhoids. Diosmin is used with hesperidin to control internal symptoms of hemorrhoids. They act

by making the blood vessels (veins) in the anal canal resistant to increased pressure and thus prevent swelling and stretching of the veins. **Examples: Daflon 500 Tablets, Piloncon Tablets.**

- **Miscellaneous**

Heparinoid (e.g. Anacal) helps to reduce swelling. Shark Liver Oil (e.g. Preparation H Ointment) is said to be skin protectant,

while yeast cells extract (also included in Preparation H Ointment) is thought to be a wound-healing agent.

If constipation is a main factor, your customer might want to try taking a mild OTC laxative (bulk-forming and osmotic) in the short-term to ease straining.



Patients suffering from haemorrhoids should keep away from sugary, fatty and refined foods

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?

Haemorrhoids are common in pregnancy, people who are overweight and people above 50 years but not all treatments are suitable especially for pregnant women.

W W – What are the symptoms?

This will help establish whether the haemorrhoids are internal or external.

H H – How long have the symptoms been present?

The longer a customer has had haemorrhoids, the more severe they are likely to be.

A A – Action already taken?

This will help establish if the customer has used a product that wasn't appropriate or hasn't helped.

M M – Medication?

Some medicines can cause constipation, which can lead to haemorrhoids if the customer has to strain when passing stools.

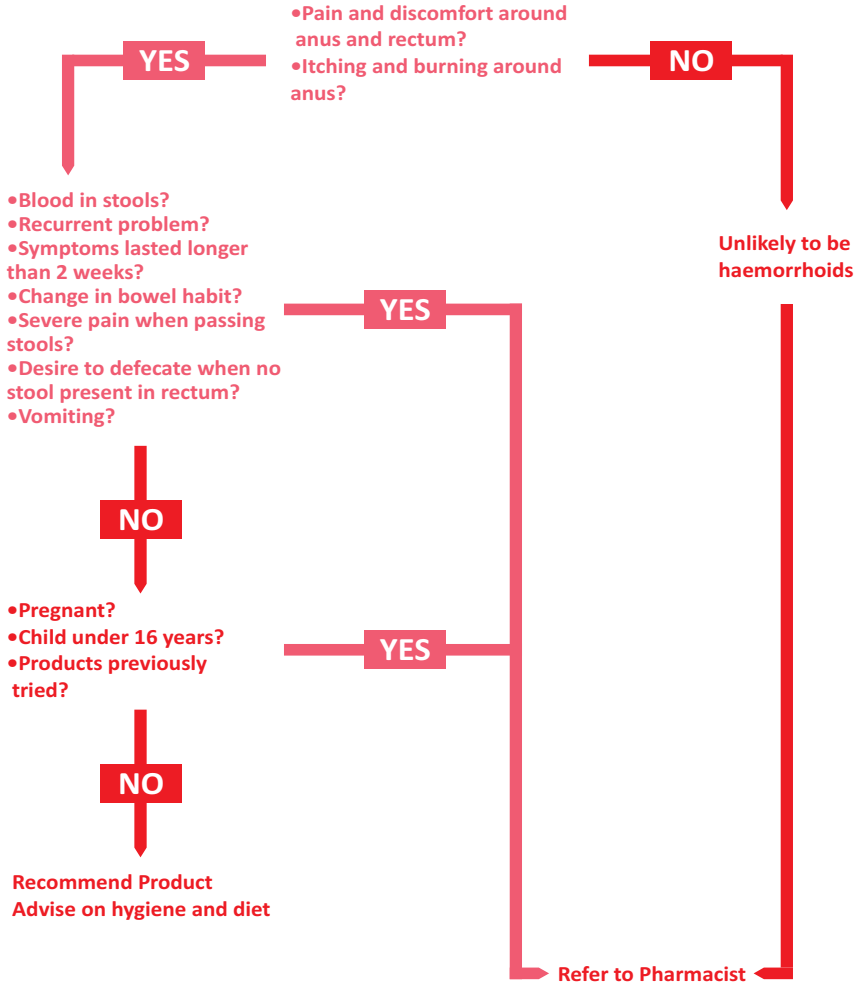
When to refer to the Pharmacist

- ✦ Pregnant women
- ✦ First time sufferers of haemorrhoids
- ✦ Children under 16 years
- ✦ Sufferers of repeated episodes of haemorrhoids
- ✦ Persistent or regular bleeding from the back passage
- ✦ Serious abdominal or rectal pain
- ✦ Black, tar-like blood mixed in with the stools
- ✦ If the customer has already tried OTC products without relief
- ✦ A persistent change in bowel habits



haemorrhoids

At a glance



Test of Knowledge Exercises

1. The anus is a very sensitive area of the body because

- a. It is the body opening
 - b. It consists of a network of small veins (blood vessels)
 - c. It has many nerve fibre endings
 - d. It fills with blood to control bowel movement
-

2. The swellings of the blood vessels inside the anus are called

- a. Haemorrhoids
 - b. Haemorrhage
 - c. Haemorrhoids
 - d. Haemorrhoids
-

3. The main reason why people strain is due to

- a. Constipation
 - b. Constipation
 - c. Conspiracy
 - d. Conservation
-

4. The following are factors that can lead to haemorrhoids EXCEPT

- a. Being underweight
 - b. Acute and chronic diarrhoea
 - c. Ageing
 - d. Pregnancy and childbirth
-

5. The type of haemorrhoid caused when the veins close to the anal opening become swollen is

- a. Internal
 - b. External
 - c. Prolapsed
 - d. Hidden
-

6. Which of the following is true of Grade 4 haemorrhoids?

- a. They are the smallest and most common type
 - b. They do not cause itching and discomfort
 - c. They can be pushed back inside the anus with a finger
 - d. They are also called prolapsed piles
-

7. _____ are best suited for internal haemorrhoids.

- a. Oral drugs
 - b. Suppositories
 - c. Topical creams
 - d. Transdermal patches
-

8. The following are examples of anti-inflammatories used in haemorrhoids EXCEPT

- a. Hydrocortisone
 - b. Betamethasone
 - c. Corticosteroids
 - d. Lidocaine
-

9. Products containing hydrocortisone should not be used in the following EXCEPT

- a. Pregnancy
 - b. Presence of local infection
 - c. Presence of external haemorrhoids
 - d. Anyone under 18 years of age
-

10. Diosmin is used with hesperidin to control external symptoms of hemorrhoids

- a. True
- b. False

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