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Diploma in Pharmacy 2nd Year

Community Pharmacy & Management

Experiment

To provide counselling to simulated patients for pyrexia

Aim:

To provide counselling to simulated patients for pyrexia

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 66 – 69

Theory :

An increase in the body temperature beyond the normal range is known as Pyrexia. It is also known as fever Normally, it is assumed dangerous for the health but it is very natural because it occurs when the body fights against any infection. Those who suffered from Pyrexia may often report other symptoms like lethargy, headache, cough, and cold. A person can treat a mild increase in body temperature by taking over-the-counter medications

Patient Counselling Points

The patient should be instructed to take the following steps to treat the fever that is reported with mild symptoms like general discomfort or dehydration

- 1) The patient should be advised to take rest at room temperature or the temperature at which he feels comfortable
- 2) He/she should be advised to take a regular bath or sponge bath using lukewarm water.
- 3) He/she should be advised to take acetaminophen (Tylenol) or ibuprofen (Advil).

- 4) He/she should be advised to take sufficient rest.
- 5) He/she should be advised to take a sufficient amount of fluids accompanied by daily supplements to avoid dehydration.
- 6) The pharmacists should ensure that caregivers and patients have thoroughly understood the usage of prescribed medicines or antipyretic products including dosing, administration, and the possible adverse effects of the medicines.
- 7) Normally, it is believed that Pyrexia is caused by infectious agents. Therefore, the best way to prevent the fever is to limit the exposure to infectious agents like houseflies, mosquitos, cockroaches, rats, lizards, etc.

Some common ways to prevent such exposure are as follows:

- i) The patient should always wash his hands before eating and handling the food, after using the washrooms and restrooms, and after being around a large number of people.
- ii) If the patient is a child then he should be instructed to wash his hands properly. Proper instructions should be delivered to apply soap on both the front and back of each hand and to rinse the soap thoroughly under warm water.
- iii) The patient should always carry a hand sanitizer or antibacterial wipes with him, especially when the soap and water are not easily accessible.
- iv) He/she should avoid touching the nose, mouth, or eyes because such touch allows many viruses and bacteria to enter into the body and cause infection.
- v) He/she should cover his mouth while coughing and sneezing. etiquette should be taught to the children as well.
- vi) He/she should never share his cups, glasses, and eating utensils with This other people.

Result :

Counselling to simulated patients for pyrexia was provided.