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Diploma in Pharmacy 2nd Year

Community Pharmacy & Management

Experiment

To provide counselling to patients with hyperlipidaemia.

Aim:

To provide counselling to patients with hyperlipidaemia.

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 46 – 49

Theory :

Hyperlipidaemia, also referred to as hyperlipoproteinemia, is a condition characterised by an increase in the lipid concentration in plasma.

Patient Counselling Points

1. The patient should be emphasised that taking a cholesterol-lowering medicine does not give permission to eat unhealthy diet.
2. The consequences of high cholesterol, including heart attack, atherosclerosis, stroke, and vascular disease should be reviewed.
3. Regular cholesterol diagnosis should be recommended. According to some recommendations, screening should begin around age 20. Others suggest that the first screening for men start at age 35 and for women at age 45 respectively.
4. Tobacco quitting should be discussed. Giving up smoking can result in a 10% increase in HDL.
5. Physical activity should be encouraged.
6. Stress weight should be reduced. An increase in HDL of 1 mg/dL occurs for every 6 pounds removed.
7. The patients should be encouraged to read food labels.

8. Consumption of saturated fats should be suggested by reducing red meat and full-fat dairy products and increasing omega-3 fatty acids (eg, cold-water fish, walnuts, canola or soy bean oil, flax seeds).
9. Exercise should be done several days per week, if possible.
10. Low saturated and trans fats diet should be eaten.
11. Fruits, vegetables, beans, nuts, whole grains, and fish should be included into the diet.
12. Red meat and processed meats like bacon, sausage, and cold cuts should be reduced
13. Healthy weight should be maintained.
14. Lots of healthy fats, such as avocado, almonds, and olive oil should be eaten.

Result :

Counselling to patients with hyperlipidaemia was provided.

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