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# Diploma in Pharmacy 2<sup>nd</sup> Year

## Community Pharmacy & Management

### Experiment

To provide counselling to simulated patients for headache.

#### Aim:

To provide counselling to simulated patients for headache.

#### Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 54 – 58

#### Theory :

Headache is a very common condition in which an individual experiences pain in the head or upper neck. A throbbing, constant, sharp or dull pain in the head or face is the major symptom of headache. It can be controlled with medication, stress management, and biofeedback.

#### Patient Counselling Points

- 1) **Lifestyle Changes:** The occurrence of headaches can be decreased with a few easy lifestyle changes including
  - i) Smoking should be stopped
  - ii) The amount of alcohol consumption should be reduced.
  - iii) Caffeine consumption should be reduced or avoided.
  - iv) Eating and sleeping habit should be maintained regularly.
  - v) Exercise should be done several times per week.
- 2) **Physical Therapy:** Consulting with a physical therapist who specialises in headaches can help some people who suffer from regular headaches. This treatment should be used if medication does not work, only partially or briefly works, or if the medication is unable to be taken (such as in pregnancy or breastfeeding).

**3) Acupuncture:** Metal needles that are hair-thin are inserted into certain body locations during acupuncture. It causes little to no pain. The acupuncture needle may occasionally be subjected to electrical stimulation. Acupuncture does not appear to be able to treat tension headaches or other types of chronic daily headaches. Acupuncture is a therapy option for those who do not want to or are unable to tolerate other therapies.

**4) Behavioural Therapy:**

- i) Behavioural therapy helps a patient deal with the stress, anger, or frustration that can come with frequent or chronic headache pain. There are several types of behavioural therapy.
- ii) Psychotherapy involves having discussions about emotional reactions to regarding chronic pain, treatment successes or failures, and/or interpersonal connections with a psychologist, psychiatrist, social worker, or other competent mental health specialist.
- iii) Group psychotherapy enables a person to discuss headache-related experiences with others, combat propensity to withdraw and isolate in pain, and encourage others' pain-management efforts.
- iv) Relaxation techniques can relieve muscle tension, and may include meditation, progressive muscle relaxation, self hypnosis, and biofeedback (a technique that teaches to control certain body functions). Biofeedback may be especially helpful for people with chronic tension- type headaches.
- v) Group skill-building activities teach a person to manage pain, including strengthening bonds with others, to stop thinking negative, and to handle pain flares.

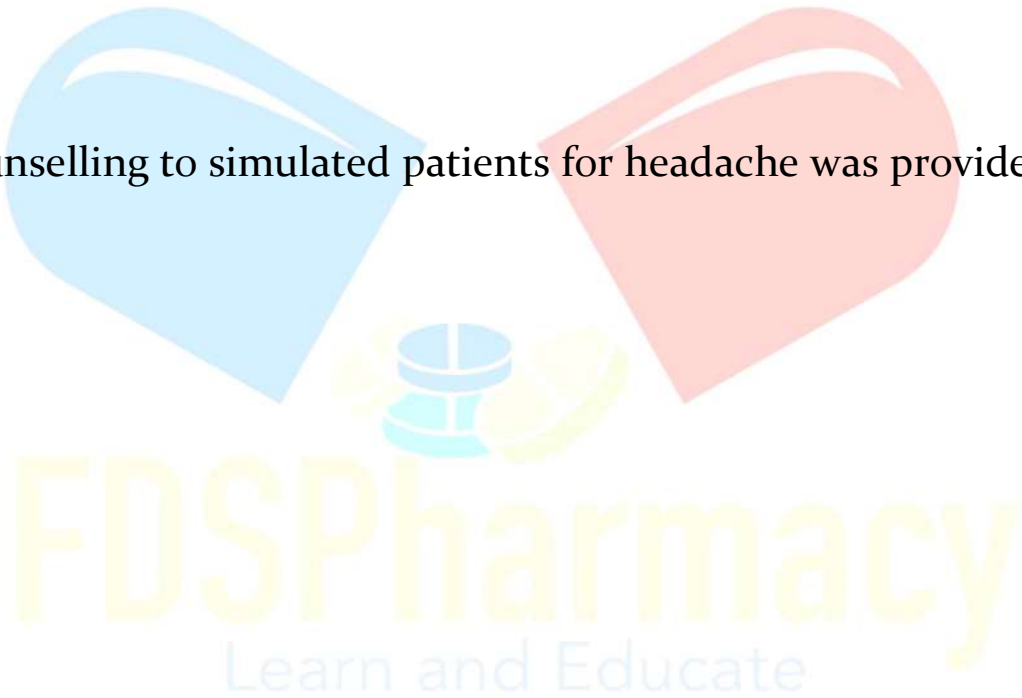
**5) Herbal and Homeopathic Remedies:** The relief or prevention of headaches, including migraines, is supported by a number of herbal and "homoeopathic" therapies. It is not always obvious if these treatments work. Patients should utilise them sensibly and under the guidance of a licenced healthcare provider.

## 6) Medical Management:

- i) Headaches due to stress or tension can be relieved with OTC pain relievers, however, frequent use of these medications can cause a long- term daily headache.
- ii) Frequent or severe headaches can be relieved with prescription headache medications

## Result :

Counselling to simulated patients for headache was provided.



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