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Diploma in Pharmacy 2nd Year

Community Pharmacy & Management

Experiment

To provide counselling to simulated patients for skin infections.

Aim:

To provide counselling to simulated patients for skin infections.

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 70 - 74

Theory :

→ The diseases or conditions that influence the skin of an individual are skin diseases. Some common symptoms of skin diseases can be rashes, inflammation, itchiness, or other skin changes. Some skin diseases are genetic while others occur because of factors that affect the lifestyle. An individual can treat his skin disease through medications, creams, or ointments or by changing his lifestyle.

Patient Counselling Points

- 1) Almost all types of skin diseases are curable because many skin diseases respond well to treatment. A dermatologist or other healthcare provider can suggest the following treatments to the patient based on the condition of his skin disease:
 - i. Antibiotics;
 - ii. Antihistamines;
 - iii. Laser skin resurfacing;
 - iv. Medicated creams, ointments, or gels,
 - v. Moisturizers;
 - vi. Oral medications (taken by mouth);
 - vii. Steroid pills, creams, or injections; and
 - viii. Surgical procedures.

- 2) The dermatologist can suggest the patient to make changes in his lifestyle by giving the following instructions:
 - i) The patient should be advised to avoid or limit the consumption of certain food like sugar or dairy.
 - ii) He/she should be advised to manage his stress by doing yoga asanas and meditation.
 - iii) He/she should be advised to practice good hygiene including proper skin care
 - iv) He/she should be advised to avoid excessive intake of alcohol and smoking
- 3) The following instructions should be given to avoid contagious or infectious skin diseases:
 - i) He/she should not share his utensils, personal items, or cosmetics with others.
 - ii) He/she should make use of disinfected objects in public spaces.
 - iii) He/she should drink a sufficient amount of water and take a nutritious diet.
 - iv) He/she should avoid the application of irritants or harsh chemicals
 - v) He/she should sleep around seven to eight hours a day.
 - vi) He/she should apply sunscreen or sun protection creams to prevent sunburn and other sun damage.
 - vii) He/she should wash his hands regularly with soap and water.

Result :

Counselling to simulated patients for skin infections was provided.

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Amir Khan

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