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

## Community Pharmacy & Management

### Experiment

To provide counselling to simulated patients for upper respiratory tract Infections

#### Aim:

To provide counselling to simulated patients for upper respiratory tract 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 66 – 69

#### Theory :

Any infection that occurs in the upper respiratory tract is known as an upper respiratory tract infection. The upper respiratory tract includes the nose, sinuses, and throat, whereas the lower respiratory tract includes airways and lungs. Some common symptoms of this infection include cough, mild fever, headache, a runny or stuffy nose, sore throat, sneezing, body aches, and fatigue.

#### Patient Counselling Points

The patient should be instructed to take the following steps to treat the upper respiratory tract infection:

1. The patient should be advised to improve his immune system by including Vitamin C rich fruits and vegetables in his diet
2. To get relief from the symptoms of the infection, he/she should be advised to take over-the-counter medicines like acetaminophen and ibuprofen. These medicines are useful to get relief from fever, headache, etc.

3. He/she should be advised to make use of a cool mist humidifier as this makes breathing easier by thinning mucus
4. If the patient smokes then he/she should be advised to give up the habit of smoking for his good health.
5. Normally, Physicians do not prescribe any antibiotic for such infections because antibiotics are effective only for bacteria-caused infections
6. Osteopathic Physician can prescribe the other treatments to the patient like Osteopathic Manipulative Therapy (OMT). This therapy is useful to, relieve congestion, clear mucus, enhance breathing and improve comfort, relaxation. and immune function.
7. Physician can calm down the patient by sharing the fact that the symptoms of a respiratory tract infection are generally disappeared within one to two weeks.
8. The patient should be advised to use tissue or his arms while sneezing and to practice good hygiene like washing hands regularly with soap and warm water. He/she should wipe down the common surfaces with a disinfected spray after using the washrooms or restrooms. He should not share his cups and utensils with others.
9. The patient with low immunity or with other chronic conditions or if the patient is a child then he/she should be advised to visit the physician regularly. This is important to avoid the possible complication of an acute respiratory tract infection.
10. The patient can be suggested to get vaccinated against some respiratory tract infections like flu and pneumonia.
11. He/she should be advised to take sufficient rest
12. He/she should be advised to take proper bed rest until his fever exhaust and he should wear a face mask to prevent the spread of infection.
13. The following instructions should be given to get relief from the symptoms of the infection:
  - i) Physician can advise the patient to gargle with a salt water mixture about three to four times in a day.
  - ii) The patient can be advised to make use of a cool-mist humidifier so that he can breathe more easily.

14. The following instructions should be given for eating and drinking:
  - i) The patient should be advised to drink enough fluid to remain hydrate
  - ii) Physician can suggest the patient to add soups and other clear broths in his diet.
15. The following instructions should be given for preventing the spread of infection to others:
  - i) The patient should be advised to wash his hands frequently with soap and water and he should be suggested to make use of sanitizer.
  - ii) He/she should be advised to avoid touching the mouth, face, eyes, or nose
  - iii) He/she should be advised to make use of tissue paper or a handkerchief, or his arms while sneezing or coughing.

## **Result :**

Counselling to simulated patients for upper respiratory tract infections was provided.

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