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

## Community Pharmacy & Management

### Experiment

To provide counselling to simulated patients for worm infestations.

#### Aim:

To provide counselling to simulated patients for worm infestations.

#### Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 63 – 65

#### Theory :

Any person may get infected by Ringworm as it is a very common fungal infection. Its name suggests that it is caused by a worm but it is not true because it is caused by the fungus called Tinea. This fungus is highly transmissible Young children and people with low immunity are more susceptible to Ringworm than others.

#### Patient Counselling Points

The patient should be instructed to take the following steps to avoid the spread of Ringworm:

- 1) He/she should be advised to wash his hands regularly, particularly before handling or eating food and after using the washroom or restroom.
- 2) He/she should be advised to never share his clothes, bedding, and other personal items with others.
- 3) He/she should be advised to never defecate in open areas like fields, railway tracks, roads, parks, etc

- 4) He/she should be advised to follow safe food practices because many intestinal worms enter the body through food. Some safe food practices are as follows:
- i) Pork, beef, and other red meat should be completely cooked at an internal temperature of 145°F.
  - ii) Poultry like chicken and turkey should always be cooked at an internal temperature of 165°F.
  - iii) The fish should be cooked at an internal temperature of 145°F.
  - iv) Undercooked and raw meat should never be eaten.
  - v) The cutting boards for meats and vegetables should be separate.
  - vi) All fruits and vegetables should be washed and cleaned thoroughly.
  - vii) The boiled and treated water should be used for drinking and washing foods
  - viii) The pork should be cut into less than 6 thick pieces, and the pieces should be frozen for about 20 days at 5°F. It is considered a trusted way to kill worms
  - ix) The meat grinder should be cleaned thoroughly after use.
  - x) It is better to reduce the consumption of meat because freezing, salting, drying, and microwaving meat may not kill worms.
- 5) He/she should be advised to avoid swimming in contaminated water.
- 6) He/she should be advised to avoid walking outdoors without shoes.

## Other Measures

The other measures to avoid the infection of ringworm are as follows:

- 1) The patient should keep his skin clean and dry.
- 2) He/she should never walk barefoot in communal showers or changing areas.
- 3) He/she should prefer open-toed or loose shoes if possible because it allows air to circulate around the feet.
- 4) He/she should not repeat the same socks and underwear.
- 5) He/she should clip and clean his fingernails and toenails.
- 6) He/she should never share his clothes, towels, and bed linen with another person.

- 7) He/she should wash his hands by applying sanitizer and soap, particularly after playing with domesticated animals like dogs, cats, rabbits, cows, etc.
- 8) He/she should take his pet to a veterinarian if it is infected.
- 9) He/she should take immediate showers after sports or practice sessions.
- 10) He/she should wash his sports gear regularly.

**Result :**

Counselling to simulated patients for worm infestations was provided.



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