

# Editorial

## Dr. Raman Dang

Secretary, APTI.

Clinical Pharmacy is a very important committed job. Clinical pharmacists work directly with physicians, other health professionals, and patients to ensure that the medications prescribed for patients contribute to the best possible health outcomes. Clinical pharmacists practice in health care settings where they have frequent and regular interactions with physicians and other health professionals, contributing to better coordination of care.

Clinical pharmacists are educated and trained in many direct patient care environments, including medical centers, clinics, and a variety of other health care settings. Clinical pharmacists are frequently granted patient care privileges by collaborating physicians and/or health systems that allow them to perform a full range of medication decision-making functions as part of the patient's health care team. These privileges are granted on the basis of the clinical pharmacist's demonstrated knowledge of medication therapy and record of clinical experience. This specialized knowledge and clinical experience is usually gained through residency training and specialist board certification.

### Clinical pharmacists:

- Assess the status of the patient's health problems and determine whether the prescribed medications are optimally meeting the patient's needs and goals of care.
- Evaluate the appropriateness and effectiveness of the patient's medications.
- Recognize untreated health problems that could be improved or resolved with appropriate medication therapy.
- Follow the patient's progress to

determine the effects of the patient's medications on his or her health.

- Consult with the patient's physicians and other health care providers in selecting the medication therapy that best meets the patient's needs and contributes effectively to the overall therapy goals.
- Advise the patient on how to best take his or her medications.
- Support the health care team's efforts to educate the patient on other important steps to improve or maintain health, such as exercise, diet, and preventive steps like immunization.
- Refer the patient to his or her physician or other health professionals to address specific health, wellness, or social services concerns as they arise.

Nowadays, various electronic databases and drug information softwares are used for the provision of unbiased and latest medicine/poison information in the western world. Such softwares/databases give easy, quick and updated information about drugs/poisons. Some good examples include - MICROMEDEX™, Clinical Pharmacology™ (by Elsevier), Medscape™, etc.

### Patient counseling

Patient counseling can be considered as the most important CPS from the patient's point of view. The pharmacists may provide the information about current clinical condition/proceedings of the patient and educate him about the safe and appropriate use of medicines, thereby enhancing his therapeutic outcomes.

Generally, there are many questions in patient's mind about disease, drugs, lifestyle modifications, diet, treatment, duration of

DOI: 10.5530/ijopp.11.4.45

### Address for correspondence:

**Dr. Raman Dang,**

Secretary, APTI.

Email Id: dangraman2000@yahoo.co.in



www.ijopp.org

therapy and medical devices, e.g., metered dose inhalers for asthma patients or insulin pen for diabetics. Here, the pharmacists can educate the patients about all such areas as a part of CPS.

A CP may provide information on ongoing care to the patient to ensure continuity of supply of drugs, continuity of medication concordance aids, communication of special problems, appropriate monitoring of the dosages and for minimal disruption.

The patient may be counseled/educated for the following points about the drugs by the pharmacists.

Generic name, brand name of the drug

- Dosage
- Indications/benefits of the medicine and expected action
- Proper storage
- How to take the medication?
- When and how long to take medication?
- Information about ceased/new medication
- Special precautions about the drug

- Common ADRs
- Action to be taken when a dose is missed
- Drugs and/or foods to be avoided.

Benefits of patient counseling include patient satisfaction, prevention of medication errors, better clinical outcomes and psychological support to the patient. Patient education especially plays an important role in chronic diseases. The major problems in front of India include diabetes, hypertension, dyslipidemia, breast cancer etc. and patient education/counseling does matter in all such disease conditions.

Clinical pharmacists are definitely going to be the major support to the Indian healthcare system. Patients, physicians, other healthcare providers, hospitals and different industries will to get a lot of benefits out of CPS. But at the same time, there is strong requirement to consider various unresolved issues. According to us, the time has come for India, to implement maximum CPS for the welfare of maximum people and also to make PharmD as the basic educational requirement for pharmacists in the country.

Pharmacovigilance is the need of the day.