

Role of a Pharmacist in Creating Healthy Nation for Next Generation- An overview

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Abstract

Despite its wealth, India has inadequate health care due to a dearth of skilled pharmacists and the necessity of pharmacists. Due to unclean conditions and a lack of awareness, rural populations suffer from a variety of communicable and infectious diseases, whereas urban inhabitants suffer from lifestyle diseases while maintaining hygienic conditions due to variables such as pollution, lifestyle, and stress. Because the pharmacist is an immediately available health practitioner, he should be involved in sickness prevention and treatment. We will look at generic drugs, lifestyle modifications, establishing drug information centres, avoiding antibiotic resistance, implementing smoking cessation and awareness programmes, raising immunisation rates, and focusing on clinical research and pharmacovigilance in this review. As a result, pharmacists may play a variety of roles, from dispensing to providing whole patient care, hence enhancing patients' treatment outcomes. The primary qualification for these occupations is interaction between the pharmacist and the patient, which necessitates a consulting room in each drugstore. The nation's health improves when the government recognises the significance of pharmacists and gives opportunities for them to contribute to society. Aspects in which the pharmacist should be involved to maximise his efforts to enhance health in society. A healthy Pharma nation may be achieved by including pharmacists into many areas such as good patient consultation, educating people on the importance of pharmacists, and giving opportunities for pharmacists to contribute to society.

Keywords: - *Pharmacist Role, Patient Health Promotion, Lifestyle, Smoking Cessation.*

INTRODUCTION

Traditionally, a pharmacist's function was to dispense drugs; however, despite their excellent qualifications, pharmacists' efforts are solely employed for distribution. It may be used for anything from medicine delivery to monitoring patient health and progress to optimise their response to drug therapy.

As a result, pharmacists contribute significantly to the healthcare system by providing pharmaceutical information. Despite the fact that the number of Pharmacists, Pharmaceutical Industries, New drugs, New technology, Health budgets, Doctors, and Hospitals is increasing on a daily basis, so is the number of ailments.

- Lack of quality pharmacist.
- Lack of importance to pharmacist.

To generate qualified pharmacists, pharmacy education requirements must be enhanced. The training should be centred on patient care. A good pharmacist can advance by perfecting his abilities, expanding his knowledge, and obtaining specialised understanding in areas such as pharmacology, access to treatment, and

prevention. Pharmacists must be able to create rapport with patients by persuading them that they are working for the good of the patient and are concerned about treatment outcomes.

For the importance to the pharmacist:

The government should provide opportunities for pharmacists to broaden their knowledge in all areas of the health-care system. The pharmacist should form strong bonds with the doctor, nurse, and other health care professionals.

When the demand for a good pharmacist grows, they may help with dispensing, patient history, medication history, patient counselling, drug utilisation and evaluation review, and monitoring for drug-drug and food interactions. Non-pharmacological therapy is available, as is ADR monitoring. All of information enables the pharmacist to provide the correct drug, dose, patient, time, route, and strategy.

The main objectives of this review are

- To improve the health score of India
- To expand the role of pharmacist
- To create awareness regarding the utilisation of pharmacy services

- To improve the facilities by government to provide pharmaceutical care

The pharmacist should provide all this he should actively participate in the following:

- Patient counselling
- Improving percent of immunization.1
- implementing smoking cessation
- Preventing antibiotic resistance
- Establishment of drug information centre and poison information centre
- Pharmacovigilance programme
- Conducting awareness programs
- Clinical research

PATIENT COUNSELLING:

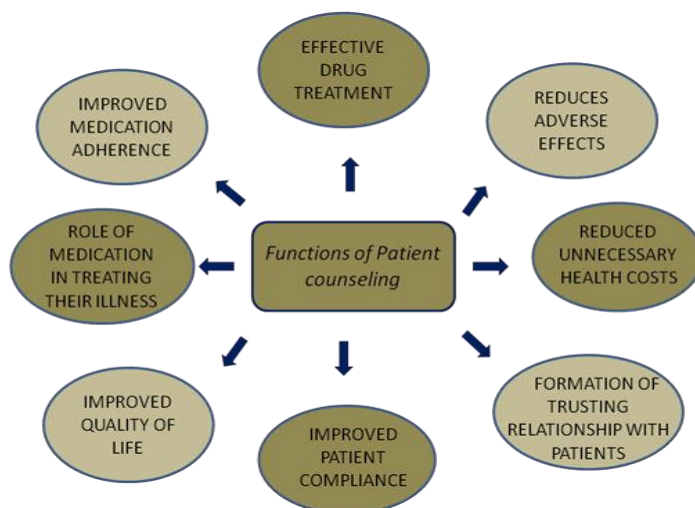
It is described as presenting drug information to the patient or their representative, either orally or in writing.

aspects2.

On healthy diet: Many chronic problems, such as blood sugar levels, the risk of heart disease, hyperlipidaemia, and weight gain, may be managed with a balanced and full diet. Pharmacists should ensure that their patients follow a diet that is beneficial to their specific ailment. For example, use ORS for constipation, coconut water for UTI, and avoid citrus for UTI.3

Life style modifications: Non-pharmacological changes that increase patient treatment results by giving monthly checkups-BP, blood sugar level, ECG, and lipid profile Exercise and walk for at least 30 minutes every day. Reduce salt intake, avoid fat-containing foods, manage stress, and consume alcohol in moderation.

- Importance of compliance
- Preventive measures
- To avoid self medication.



PATIENT COUNSELLING INCLUDES THE FOLLOWING

Name, strength, dosage, route of administration, benefits of medication

- How medication works
- Dose and duration of therapy.⁴
- Goals of therapy
- How effectiveness will be monitored
- Adverse effects and how to deal with them
- Drug specific issues
- Proper storage of medications
- Potential precautions, contraindications, drug food and drug-drug interactions
- What to do if a dose is missed?
- Refill information and follow-up plan

IN IMPROVING THE PERCENT OF IMMUNIZATION:

Pharmacists must follow legal guidelines while administering vaccines to ensure high levels of immunisation coverage. 5 Some nations, such as Portugal and Ireland, have boosted the percentage of immunisation to 95% by delegating vaccination to pharmacists, and India could follow suit (Fig 1).

Pharmacists should have a larger role in recommending and providing vaccinations for avoidable illnesses.

People with chronic conditions are an important target category for influenza vaccine campaigns, and these patients see their local pharmacy more frequently than they do doctors. To achieve all of these goals, pharmacist training is a crucial component of conducting a successful community-based vaccination programme.

DOCTORS TREAT THE DISEASE AND THE PHARMACIST SHOULD PREVENT THE DISEASE

Involving pharmacists in vaccination is a win-win health policy since it boosts general immunisation rates, which helps both patients and the community. Getting vaccinated is the single most effective way to protect individuals. The pharmacist should also administer seasonal vaccinations.

FOR EXAMPLE:

Old age above 65 yrs are target for influenza attack

- Thus the pharmacist should create awareness to patient and administer the influenza vaccine to patient.
- By vaccination the disease can be prevented.
- Thus, the pharmacist should awareness to patient and administers the influenza vaccine to patient. It is simple and easy method in prevention of patients.

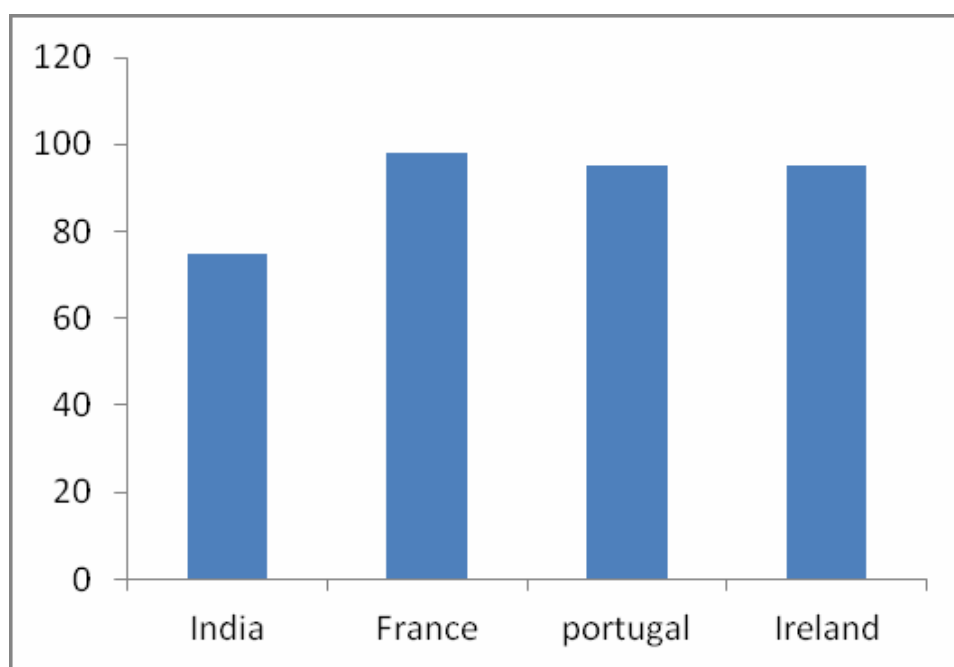


Fig No.1: Role in implementing smoking Cessation:

A pharmacist's involvement in smoking cessation⁷ might range from supporting and persuading clients to stop to offering a comprehensive smoking cessation programme. ⁸

In practise, the pharmacist should provide blood pressure and cholesterol⁹ screenings, addressing their risk of developing hypertension and chronic heart disease, and then motivating them by adopting models like as (Fig no.2)

1. Client is counseled and provided with smoking cessation progression card.
 - It contains hints for stopping smoking
 - Health benefits of smoking cessation

- Natural remedies for curing withdrawal symptoms by taking care of individual patient

2. In group model gathering the smoking people and to share their problems and experience with other people. The success rate is more in group model for smoking cessation.¹⁰
3. By advising the use of nicotine replacement therapy providing "Nicotine replacement therapy drug on OTC." This was done in Sweden and Denmark by pharmacists who were very successful.

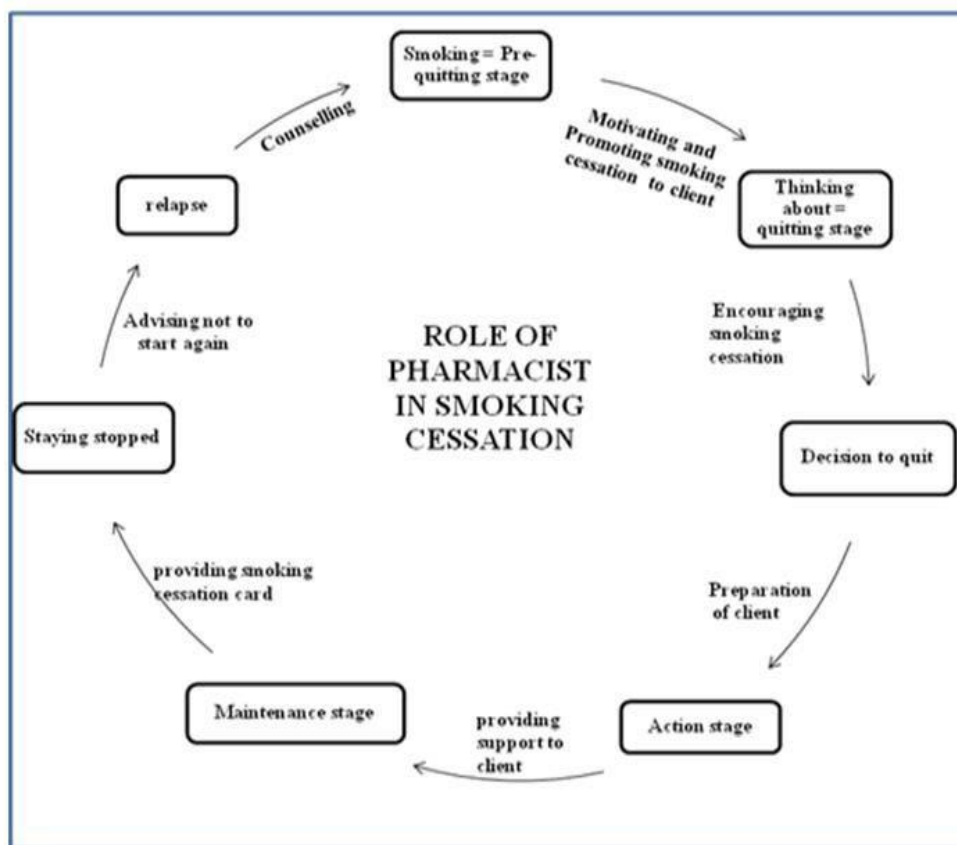


Fig No.2: Stages of Patient in Smoking Cessation and the Role of Pharmacist at Every Stage.

GENERIC DRUGS REDUCE HEALTH CARE COSTS

Because India is a developing country, the cost of pharmaceuticals has an impact on patient adherence. Pharmacists should advocate the use of generic drugs, which minimises the patient's economic burden.

According to a recent IMS Health research, generic pharmaceuticals saved the US health care system \$1.07 trillion over the last decade. It is critical that pharmacists are compensated in such a

manner that it does not deter them from distributing the least priced product. Pharmacists should raise knowledge about generic medications and their utilisation (Fig no.3).

DRUG	GENERIC COST	BRANDED COST
Diclofenac	Rs 4-5	Rs 20-25
Amoxicillin	Rs 13-14	Rs 40-120
Azithromycin	Rs 40-42	Rs 100-135

ROLE OF PHARMACIST IN PREVENTING ANTIBIOTIC RESISTANCE

Because of the risk that antibiotic resistance poses to society, pharmacists must devote their whole attention to it. 11 Antibiotics should not be prescribed for headaches, common colds, flu, or viruses, according to pharmacists.

To promote rational and safe use of antibiotics the role of pharmacist in the hospital

- Guide and advice on the products useful in infection control.
- Educate patient and also all grades of healthcare workers.
- Carry out research on new antibiotic formulation.
- Review of antibiotic prescriptions dispensed.
- Simple measures such as modification as IV treatment to oral and automatic stop orders could be followed
- Regular periodic review of antibiotic usage.
- Detect, enquire and supervise the antibiotic resistant cases.

Reasons of Antibiotic resistance

- Lack of medication adherence.
- Lack of patient counseling.

- Lack of awareness regarding antibiotic resistance.
- No rational use of drugs.
- Prescription of high power antibiotics.

All these reasons can be overcome by pharmacist counselling about antibiotics

ESTABLISHMENT OF DRUG INFORMATION CENTRE AND POISON INFORMATION CENTRE:

A “DRUG INFORMATION CENTRE” is an area where pharmacists (or other health professionals) specialise in providing information to health professionals or the public on drug safety aspects by answering their call regarding the all critical problems on drug information, their uses and their side effects.12

It should contain information of

- scientific developments,
- New drugs and formulations added,
- Journals and magazines.

The various functions of drug information centre by the pharmacist is:

- Answering Medication Related Inquiries
- Drug Evaluation
- Therapeutic Advice
- Education And Training
- Dissemination Of Information

- Pharmacovigilance
- Research

SUCH DRUG INFORMATION CENTRES SHOULD BE DEVELOPED MORE IN HOSPITALS AND OTHER PLACES

Poison Information centre:

The poison Information Center is a specialist institution that provides poisoning information to the entire community. Poison information centres should be established by trained pharmacists; the service offered by poison information centres gives significant direct health benefits by lowering morbidity and mortality from poisoning. 13

Pharmacist plays an important role in treating poison cases:

- Pharmacist working in emergency care so, they should be familiar with the management of common poisonings such as overdose of paracetamol, antidepressants, and hypnotics.
- Advice on treatment regimens and possible complications.
- Monitoring the adverse drug reactions of drugs and in handling problems of substance abuse.

- Suggest tips for the prevention of Accidental poisoning in elderly.
- Contingency planning for chemical incidents and disasters.
- They will help to prevent the unnecessary use of special antidotes and expensive treatments.
- Information concerning poisons, antidotes management and provide prevention services.
- Educate community, other health care professionals. They will organized database management.
- Pharmacovigilance activities, research education and training.

PHARMACOVIGILANCE

- Pharmacist play important role in detection, assessment, understanding and prevention of adverse effects or any other medicine related problems.14
- It function like a safe guard against the undetected use of ineffective, substandard or counterfeit medicines hence reduce the wastage of resources.15
- Pharmacist communicates the information on effectiveness and risks of drugs thereby educate the healthcare team and the public. Pharmacist by Pharmacovigilance ensures safe,

rational and effective use of medicines by patients¹⁶.

MAIN AIMS OF PHARMACOVIGILANCE

- To enhance public health.¹⁷
- To encourage monitoring understanding and training in pharmacovigilance program thereby altering health care team and general public.¹⁸
- To evaluate drug benefits, risks and effectiveness and thereby to promote safe and rational use of drugs
- To improve patient care and safety

ADVANTAGES

- It is a cost effective method of detecting and minimizing problems to patients and thereby
- preventing potential disaster
- It safeguards against the undetected use of ineffective, substandard or counter fit medicines and reduce the wastage on drugs
- It communicates the information on the effectiveness and risks and risks o drugs and thereby

- Educate the health care team and the public

- It ensures safe, rational and effective use of medicines by patients.¹⁹

Medicines are like double edged weapons and to use it wisely without being hurt, vigilance is needed.

- Increases the confidence and faith of people on medicines and health care providers
- provides essential information to drugs regulatory authorities, so as to function more effectively and educate the health care professionals about the medicine they prescribe, dispense and administer.
- Deaddiction services by pharmacist :
 1. Alcohol deaddiction
 2. Tobacco deaddiction
- Programme for control of vector borne diseases
 1. ensuring rational use of prescribed medicines
 2. sensitizing people about various vector control measures
 3. providing consumer health information and other IEC materials

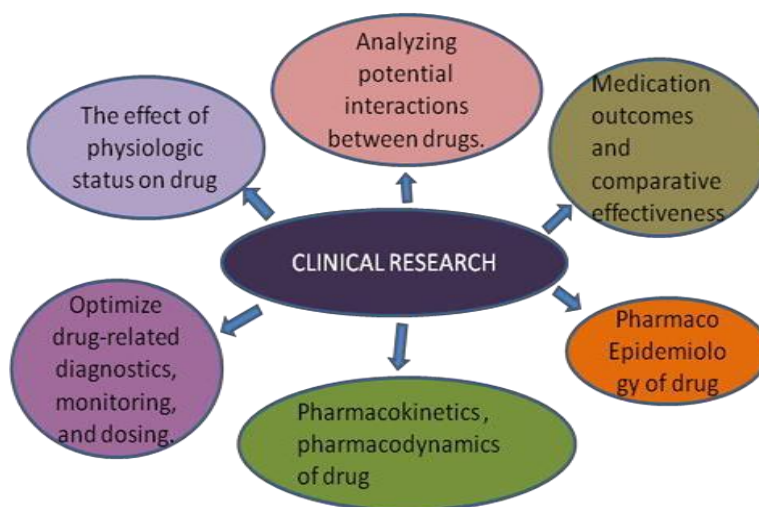
Creating awareness on schemes and policies of government:

- Government is providing schemes like Swachh Bharat;
- some communication is missing which is filled by community pharmacist by creating awareness programmes on importance and benefit of such schemes.
- Pharmacist should provide information regarding the policies for rural like

National rural health mission by government for benefit of patient.

PHARMACISTS IN CLINICAL RESEARCH:

Clinical research in the Department of Clinical Pharmacy that determine the safest, most effective use of medications for a given patient or population and disease state, while accounting for age, gender, ethnicity, health status, and genetics.²²“An actual pathway is research for budding pharmacist in India.”



Individuals trained in pharmacy are in the perfect position to bridge the gap between the flood of genomic information becoming available and the goal of personalized medicine.

Pharmacy practices	Present situation in India	For Healthy India
Personnel	Non Pharmacist also dispense in pharmacies.	Only quality pharmacist should dispense in pharmacy.
Percent of Immunization	70% of total population	Totally immunized when it becomes pharmacist’s responsibility.
Procurement and inventory control	Not maintained in all hospitals.	Should be maintained and inspected regularly

Prescription refilling	Not proper	Information and Importance of refilling should be provided by pharmacist for proper refilling.
Patient history	Not considered	With consideration medication errors can be decreased.
Patient counseling	Not proper and Not a legal act	Should become legal act and properly counseled after prescription by pharmacist.
Medicine records and patient records.	Not properly maintained	Should be maintained by chief pharmacist for ADR monitoring.
pharmacovigilance	Developing now a days	Should be further developed.
Drug information centres	Only in big hospitals	Should be established in all hospitals and other places

The pharmacist plays an important part in society by being involved in many elements such as devotion, awareness programmes, immunisation, and being a carer, decision maker, and communicator. As a pharmacist is a readily available health professional at all times. As a result, the government should provide chances for pharmacists to improve people's health. A healthy nation may be attained sooner if every pharmacist is accountable to their vocation. When all pharmacies in India are supplied with a consultation space for interaction between pharmacists and society, a shift occurs.

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