Pharmaceutical Care
Made Easy

Essentials of medicines management in the individual patient

John Sexton
BPharm(Hons), MSc, MCPP, DipClinPharm, PgCertEd(Teaching and Learning in HE), MRPharmS
Principal Pharmacist Lecturer-Practitioner
Royal Liverpool and Broadgreen University Hospitals NHS Trust, and Liverpool John Moores University, UK

Gareth Nickless
BPharm(Hons), DipClinPharm, MRPharmS
Senior Pharmacist Clinical Tutor
Royal Liverpool and Broadgreen University Hospitals NHS Trust, UK

Chris Green
BSc(Hons), DipClinPharm, PhD, MRPharmS
Director of Pharmacy and Medicines Management
Countess of Chester Hospital NHS Foundation Trust and Honorary Lecturer, Liverpool John Moores University, UK
Contents

Preface x
About the authors xii
Further reading xiii

Section 1: The Basics of Pharmaceutical Care

Introduction: what is pharmaceutical care? 2

PI Problem identification and prioritisation 4
PI1 What is a problem? 4
PI2 Identifying the problems 5
PI3 The medication history and the patient interview 5
PI4 Initial laboratory tests 8
PI5 Initial assessment and prioritisation of problems 9

PH Problem handling 11
PH1 Introduction 11
PH2 Defining the desired outcome 11
PH3 The detailed assessment of each problem 13
PH4 Consideration of other problems and co-morbidity 14
PH5 Treatment options available and the preferred option 14
PH6 Implementation: whether, when and how to act 16
PH7 Monitoring: for effect and for adverse effects 20

Summary: adopting a holistic approach 22
Reassembling the case 22
Reassessing the patient 22
References 24

Section 2: The Problems

Cardiology 26
C1 The patient has chronic hypertension 27
C2 The patient has ischaemic heart disease 29
C3 The patient has chronic heart failure 31
C4 The patient needs to reduce their cardiovascular risk 33

R Respiratory medicine 44
R1 The patient has chronic asthma 45
R2 The patient has chronic obstructive pulmonary disease 47
R3 The patient needs an inhaler device 49

ER Endocrinology and rheumatology 55
ER1 The patient has type 1 diabetes mellitus 56
ER2 The patient has type 2 diabetes mellitus 58
ER3 The patient has rheumatoid arthritis 60

N Nephrology and renal transplantation 71
N1 The patient has impairment of renal function 72
N2 The patient has severe chronic renal disease 74
N3 The patient has received a renal transplant 78

G Gastroenterology 86
G1 The patient has upper gastrointestinal disease 87
G2 The patient has inflammatory bowel disease 89
G3 The patient is an abuser of alcohol 91
G4 The patient has chronic liver disease 93

NP Neurology and psychiatry 103
NP1 The patient has depression 104
NP2 The patient has Parkinson’s disease 106
NP3 The patient has epilepsy 106

SG Surgical and general problems 116
SG1 The patient is to have surgery 117
SG2 The patient requires intravenous fluids or nutrition 120
SG3 The patient requires palliative care 122
SG4 The patient has had a thromboembolic event 124

P Pharmaceutical problems 136
P1 The patient has had a suspected ADR 137
P2 The patient is receiving a drug with a narrow therapeutic index 139
P3 The patient has difficulties with compliance 144
P4 The patient’s medication history is not easily identified 146
P5 The patient is about to be discharged from hospital 146
Section 3: Examples of Pharmaceutical Care Planning

E1 A patient who has presented to their local accident and emergency department with haematemesis 160
E2 A patient who has presented with chest pains 161
E3 A patient with a history of falls and confusion 161

Abbreviations 167
Index 171