

# PHARMACEUTICS - OTC

## CASE (1)

### PATIENT ASSESSMENT:

#### SCENE 1:

Farah a dark skinned 18-year-old girl wearing heavy makeup came into your pharmacy. She has multiple comedones and some inflammatory lesions, too. She is annoyed because her acne won't go away, even though she watches her diet, steams her face, and uses an astringent. She wants to have a good-looking complexion as soon as possible.

- Is she a candidate for self-medication? Suggest a therapy plan with alternatives.
- Counsel the patient about; stress - diet – washing – cosmetics - scrubbing and sunscreen protection.
- The patient decided to try 5% benzoyl peroxide (panoxyl gel)<sup>®</sup>. Give her step by step directions for use and precautions.

#### SCENE 2:

A week later, she hasn't had appreciable improvement and complains that 5% benzoyl peroxide (the one you recommended) caused her itching and scaly dry skin.

- How could you handle this situation? Suggest tips to Improve compliance.
- She noticed dark brown spots where the acne lesions have healed. Is it scarring? And what can she do about it?

#### SCENE 3:

Another week latter her acne had aggravated and she is frustrated.

- Question medications (e.g., lithium, phenytoin) comedogenic make-up and conditions that could aggravate acne.(e.g. Fluctuating hormone levels around the time of menses (women) ,manipulating acne lesions ,Clothing & high humidity )
- If you recommend that she goes to see a dermatologist for evaluation & he prescribed tretinon (retin- A).Discuss the adverse effects of isotretinoin, particularly effects that occur if this agent is used during pregnancy.
- How would you respond to questions from a patient regarding the qualifications of a physician whom you feel is incompetent?