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Diploma in Pharmacy 2nd Year
Community Pharmacy & Management
Experiment

To provide counselling to patients with primary hypertension and education on the use of digital blood pressure monitors.

Aim:

To provide counselling to patients with primary hypertension and education on the use of digital blood pressure monitors.

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 40 – 42

Theory :

Hypertension is not a disease, but is an important risk factor for several complications that ultimately results in organ damage. If hypertension is not controlled, it causes a huge adverse impact on quality of life. Its management requires non-pharmacological and pharmacological measures.

Primary (essential) hypertension is the most common type of hypertension. About 90-95% cases of hypertension are recognised as the cases of essential hypertension. There is no exact medical condition that can explain the raised blood pressure, it is the result of a complex multi-factorial disorder.

Patient Counselling Points

1) In some cases of hypertension, management by non-pharmacological treatment alone is sufficient.
2) The pharmacist counsels the patients on weight loss and regular exercise, restriction of sodium, calorie, and saturated fats, increased intake of dietary fibres, restriction of alcohol, smoking cessation, caution while

using cold remedies containing sympathomimetics, and self-monitoring of blood pressure.

3) In most of the hypertensive patients, drug therapy is required.
4) Many patients take hypertension lightly as it usually does not give any major symptoms; and this result in non-compliance.
5) Many antihypertensive drugs cause serious side effects such as ACE inhibitors induce cough, B-blockers induce bradycardia, etc.
6) Some cases may even demand dose modulation of the drugs.
7) The pharmacist must advise the patient to check blood pressure at least once or twice a week (or anytime when concerning signs or symptoms may observed). The pharmacist must advise the patient to seek medical help if the blood pressure is rising (increasing) The target is a score of 140/80.
8) The pharmacist must advise the patient to follow the doctor's instructions for taking all the medications. The pharmacist must advise that stopping and starting drugs on will is not a good idea. The pharmacist must carry a current list of all drugs and supplements prescribed, including dosages and directions, on the phone or on paper. The provider shall be informed right once if any troubling signs or symptoms are observed.

Table 7: Drug Counselling Points in Hypertension

Drugs	Pharmacist Role
Diuretics	The pharmacist should check the patient for muscle weakness, disorientation, and dizziness. He/she should ascertain that the patient is involved in the dos modulation process. To avoid frequent urination during the night, he/she should choose the right dose timing. He/she should explain how ACE inhibitors may interact with other medications.
Beta-blockers	He/she should check the patient for hypotension, dizziness, headache, and bradycardia. He/she should inform the patient about risk of nocturnal dreams, impotence, and CNS issues. Before stopping the drug, he/she should explain why dose tapering is needed.
ACE inhibitors	He/she should check the patient for hypotension, dizziness, cough, taste abnormalities, and rash.
Calcium channel blockers	He/she should check the patient for swollen gums, chest pain, swollen joints (with nifedipine), constipation, dizziness, and light-headedness. He/she should educate the patient on the need of swallowing the extended-release tablets whole. He/she should explain to the patient how can heart rate be checked using pulse rate.
Alpha-blockers	He/she should check the patient for hypotension. He/she should advise the patients taking Gastro Intestinal Therapeutic System (GITS) to not crush or chew the tablets.

Digital Blood Pressure Monitor

Digital monitors are more widely used to measure blood pressure. They frequently make aneroid devices easier to use. A gauge and stethoscope are combined in the digital monitor. Additionally, it contains an error indicator. The blood pressure reading is displayed on a small screen. A dial may not be as simple to read as this.



Steps to Use Digital Blood Pressure Monitor

Following steps should be followed before measuring blood pressure:

- Duration of 30 minutes should be maintained after eating or using caffeine, alcohol, or tobacco products.
- Urination should be done to empty the bladder.
- Duration of 3 to 5 minutes should be maintained without talking.
- Comfortable position, should be maintained with legs and ankles uncrossed and back support.
- Left arm should be raised to the level of heart. It should be placed on a table or desk.
- The cuff should be wrapped around the upper part of bare arm. The cuff should be smooth and snug. There should be sufficient space to fit one fingertip under the cuff.
- The placement of the cuff should be examined. Its bottom edge should be I inch over elbow's crease.
- The power should be turned on to start the unit.

- The automated models automatically inflate the cuff when a button is pressed. The cuff on the manual models should be inflated. The rubber bulb should be squeezed quickly for doing this.
- The automatic gadget will slowly release air after the cuff has inflated.
- Blood pressure reading should be taken from the display screen. Systolic and diastolic pressures will be displayed. The measurement should be noted in record. Systolic pressure always precedes diastolic pressure. For example, 120/80.
- The exhaust button should be pressed to release all of the air from the cuff.
- Duration of 2 to 3 minutes should be maintained before repeating the measurement.

Result :

Counselling to patients with primary hypertension and education on the use of digital blood pressure monitors were provided.

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