

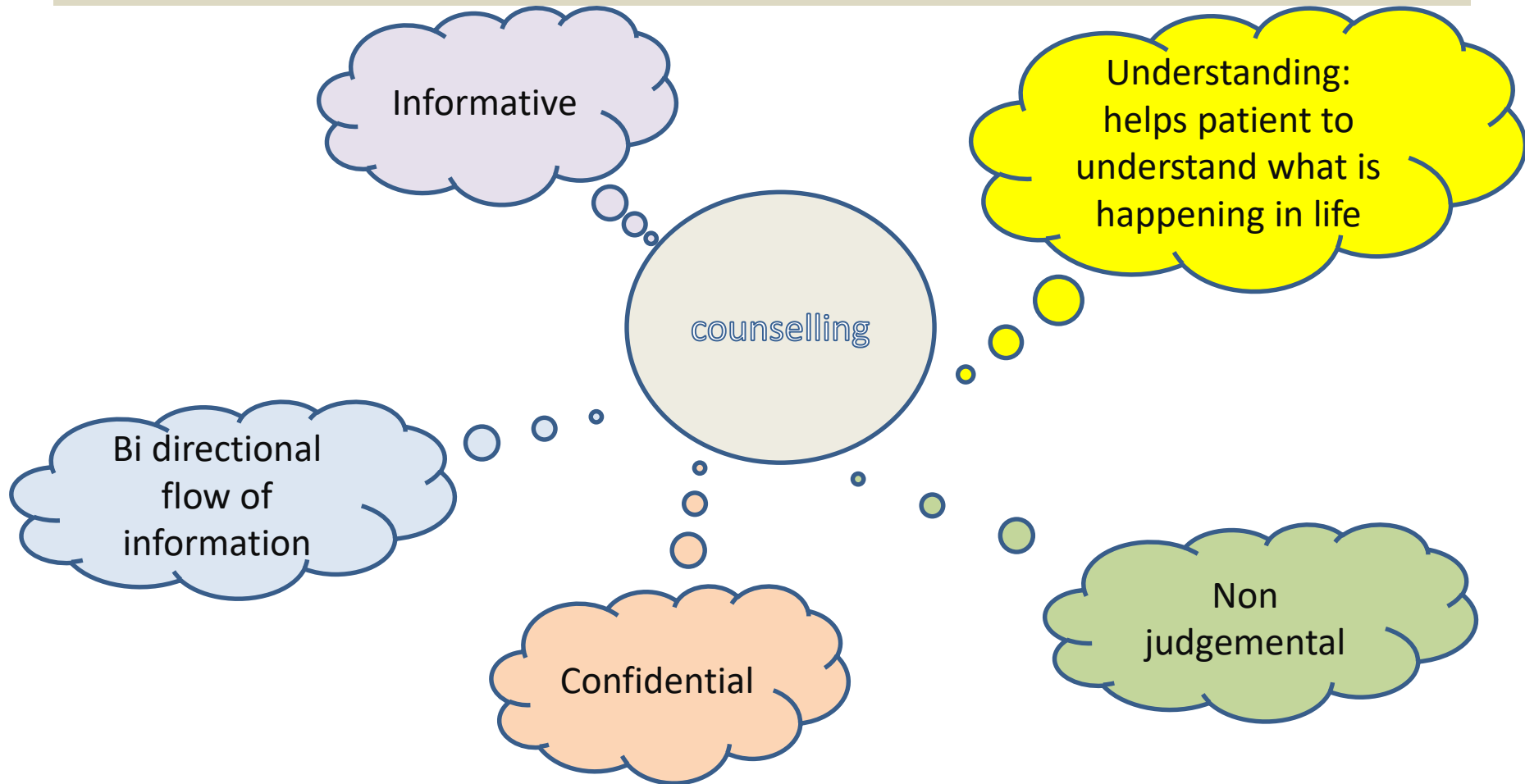
# Topic: Patient counselling

(Dr.) Anupriya Kapoor  
Assistant Professor  
School of Pharmaceutical Sciences, CSJMU,  
Kanpur  
CSJMU, Kanpur

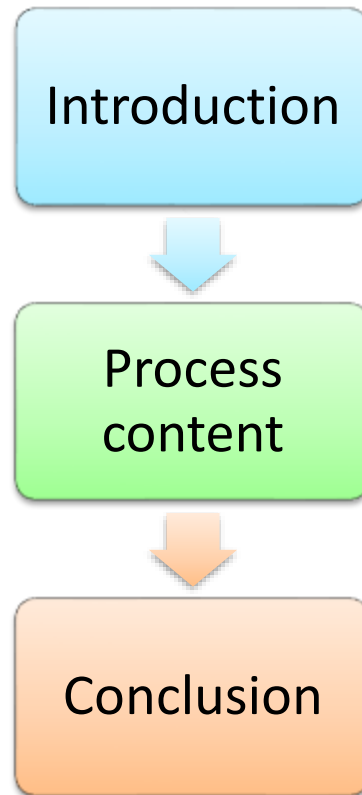
# Patient counselling

- It is a technique of providing information regarding the disease, medication, life style changes, diet etc. to patient in oral or written format.

# Key points of counselling



# Stages of Patient counselling



# Introduction

- Review the patient file.
- Introduce yourself to the patient like name, designation .
- Explain the purpose of counseling.
- Obtain drug related information - try to understand allergy of patients with some drug or not or they are having herbal medicine.
- Listen to the problem of patients and try to find out whether patients understand the purpose of counseling.

# Process content

- Discuss disease related facts with patients
- Explain these facts in simple word and logical order like what is disease, purpose of medicine , timing of dosing and then side effects.
- Explain Counseling aids in very simple language.
- Ask open ended questions for feedback and understand patient's psychology.

# Conclusion

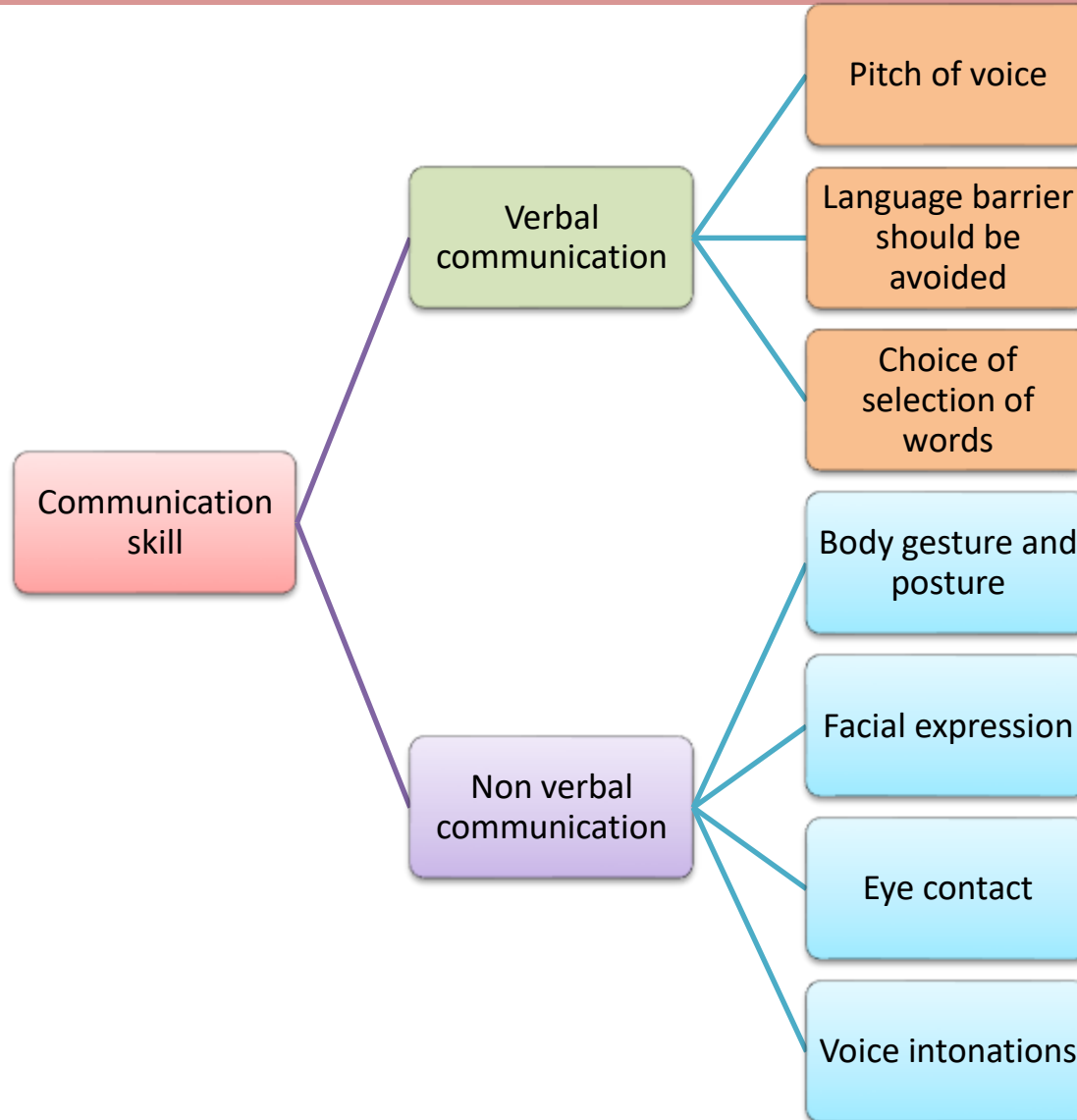
- At the end of meeting, ask open ended questions regarding counseling with patients.
- Emphasis the main points of counseling at end.
- Provide 1 or 2 minutes to patients so as if he/she wants to know something he can ask.
- Discuss the follow up plan like how he can make contact for future purpose.

# Motive of Patient counselling

- Patient understands the importance of medication.
- Develop a better between health care provider and patient relationship for proper consultation
- Patients understanding of strategies to deal with drug interactions should be improved.
- Ensure better patient compliance
- Patient participate actively in self care management.
- Minimize of chances of drug interactions and ADR
- Offer pharmaceutical care



# Communication skill at time of counselling



# When is Patient counselling required?

- ❖ Patient receiving more than one specified number of medication i.e., patients on multiple drug therapy ( Usually more than 5 formulations at a time )
- ❖ Patients with literacy problem.
- ❖ Patients with visual impairment
- ❖ Pediatric patients need counseling, counsel the parents in such case
- ❖ Geriatric patients

- ❖ Patients on anti asthmatic
- ❖ Patients on anti diabetic
- ❖ Patients using special instruments
- ❖ Patients who are mentally ill
- ❖ Patients who miss used drugs
- ❖ Patient with skin problems
- ❖ Patient who are terminally ill
- ❖ Patients on anticoagulant, anti TB , anti cancer - explain them interaction with other drugs

# Benefits of counselling

