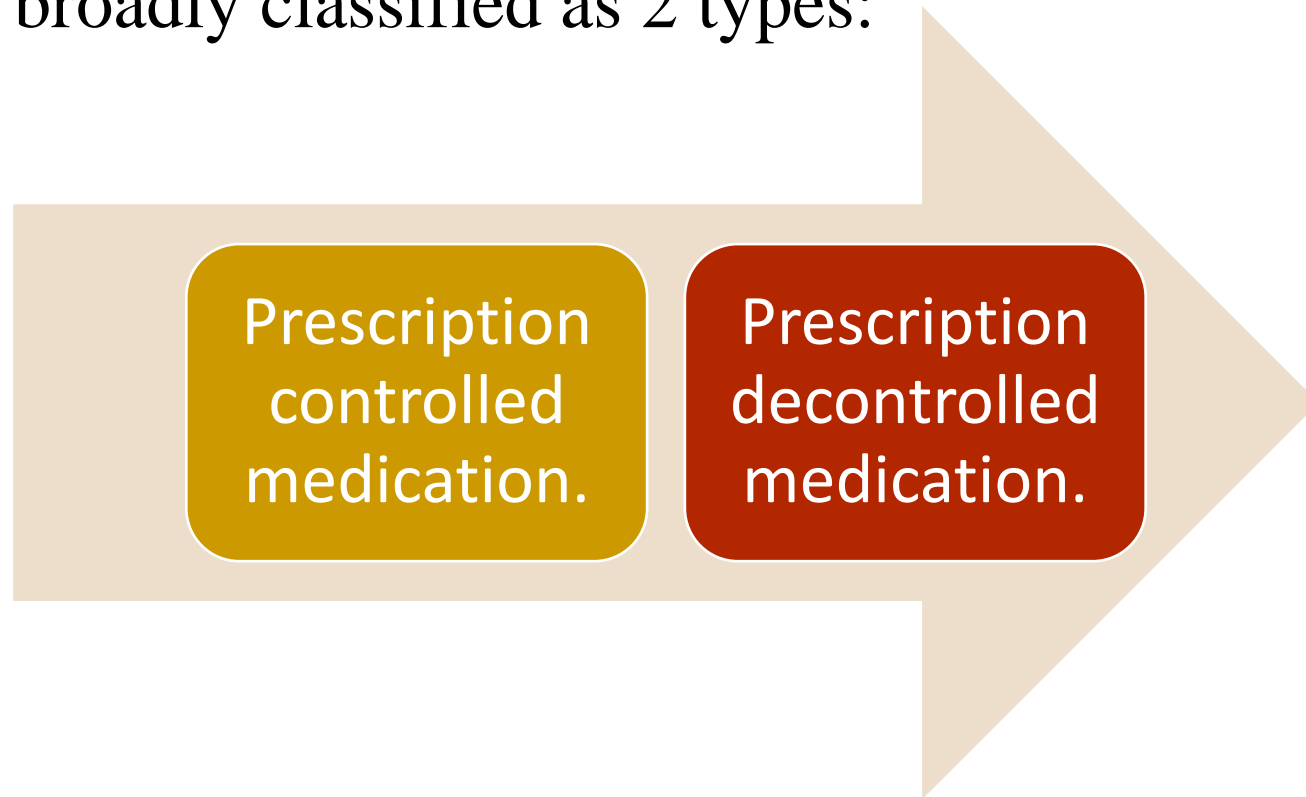


DEFINITION

OTC drugs are those drugs which are safe and effective for use by the general public without a doctors prescription.

- It is also called as prescription de controlled drugs.
- These drugs are the non prescription or over the counter drugs
- These have little significant pharmacological activity and therefore the physician need not to be very much concerned about their use by the patients themselves.
- It is used primarily for symptomatic relief and not as substitutes for prescription drugs

Medications are broadly classified as 2 types:



Prescription controlled medication:

This class involves all the drugs and medicines which needed a signed prescription of eligible authority i.e.; physician / a registered medical practitioner (RMP).

Prescription decontrolled medication:

- This class includes all those drugs and medicines which do not require a written prescription of a physician (or) medical practitioner. Such medications can be directly purchased over the chemist bench.

Prescription & OTC Drugs

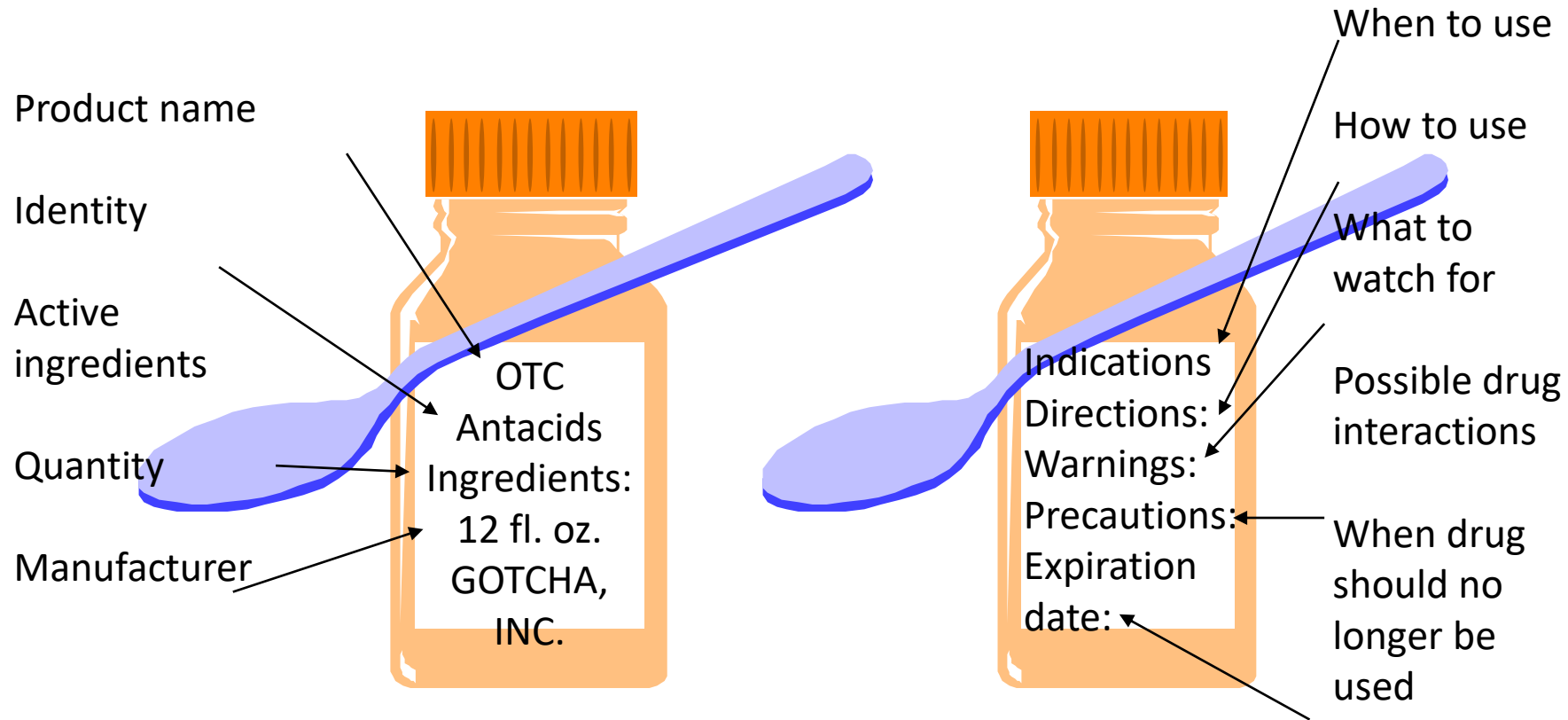
- Prescription and OTC drugs have been viewed differently by the public since the classifications were established by the Durham-Humphrey Amendment of 1951.
- In general, the public views OTC drugs as minimally effective and safe and prescription drugs as more potent and frequently dangerous
- However, these distinctions are not always accurate

OTC Labels

Required label information includes:

- Approved uses of the product
- Detailed instructions on safe and effective use
- Cautions or warnings to those at greatest risk when taking the medication

Label information controlled by the FDA



Rules for proper OTC drug use

- Always know what you are taking.
- Know the effects.
- Read and heed the warnings and cautions.
- Don't use anything for more than 1 to 2 wks.
- Be particularly cautious if also taking prescription drugs.
- If you have questions, ask a pharmacist.
- If you don't need it, don't use it!

Types of OTC drugs

- Internal analgesics
 - Analgesics
 - Salicylates
- Therapeutic considerations
 - Analgesic actions
 - Anti-inflammatory effects
 - Antipyretic effects
 - Side effects

Types of OTC drugs

- Cold, allergy and cough remedies
 - Decongestants
 - Antitussives
 - Expectorants
 - Vitamin C
 - SMOKING CESSATION DRUGS
 - ANTIFUNGAL
- Sleep aids
- Stimulants
 - “Look-alike” and “act-alike” drugs

Types of OTC drugs

- Gastrointestinal medication
 - Antacids and anti-heartburn medication
- Diet aids
- Skin products
 - Acne medications
 - Sun products
- Skin first-aid products
- OTC herbal products

Risk

- Risk of adverse events
- Delay in seeking medical advice for a serious illness
- Misuse and abuse
- Risk of drug-drug/herbal/dietary supplement interactions
- Drug resistance failure to follow the label instructions

OTC counselling Questions

Open ended questions

- Which of the prescription medications do you take on regular basis
- Which of the nonprescription and herbal medications do you use
- What types of conditions do you routinely see your doctor
- Some other questions are also possible:
- Have you ever experienced any sideeffects after taking the OTC medication
- Have you taken this OTC medication before

Closed end questions

which start with the words will,can, do or did are to be used only if the open ended questions do not get the response the pharmacist is trying to receive and/or are not effective because they can be usually be answered

with a simple yes or no. For example:

- Do you take vitamins
- Do you have high blood pressure
- As well as:
- Are you a vegetarian
- Do you eat fatty food

OTC Counseling Area

- OTC counselling may also involve sensitive patient issues that require privacy. Therefore, a special room is to be made available within the pharmacy premises so that the pharmacist can discuss sensitive patient issues without others overhearing the subject matter.
- The pharmacist should not be interrupted during the session, so that he/she can focus entirely on what the patient is saying.
- The counseling area should be a room with a desk and two chairs where the pharmacist should be able to demonstrate the use of medicines, to write down instructions and to store written materials.

OTC patient counseling

- **Step 1** - Every pharmacist should begin the OTC counseling session by introducing himself/herself by name which identifies him/her as the pharmacist. He/she should try to relax the patient by beginning the session with good oculesics (or eye contact), a friendly smile and a handshake – that is employ basic non-verbal communication equally as important as verbal The pharmacist should also explain that he/she can provide assistance with OTC product selection and explain how to use such medication

- **Step 2** - In order to elicit key information the pharmacist should first and foremost try to obtain relevant information about patient's demographic (e.g. sex, age, pregnant, nursing, weight, allergies, social history etc), disease (e.g. history of present illness, current symptoms, course of illness, past history, other underlying medical conditions) and drug (e.g. current medication, medication taking history, OTC history etc.)

The pharmacist should counsel the patient about the following

- Drug name(generic and/or brand name)
- Route, dosage form,
- Dosage and administration schedule
- Special directions for preparation and administration as well as precautions to be taken during the process
- Techniques for self-monitoring of drug therapy
- Storage
- Potential drug-drug or drug-food interactions
- Therapeutic contraindications