

# Expand your Portfolio

*Over the past few years, we've spoken often about the CPD cycle, and what Pharmacy Council wants you to do. (Go and look at past issues of SAPA to make sure that you know what is expected.) The important thing is to follow the steps in the CPD cycle. Step 1 – identify what your learning gaps are. What do you need to know? Step 2 – plan. How are you going to get this information? Step 3 – act. Put your plan into action – read SAPA and do some extra research. Step 4 – evaluate what you've learnt. This is the most important step – how are you going to apply your new knowledge? We've put some questions below to help guide you.*

## **Stress Management**

Assess your management of stress by using the tips mentioned on pg 15. Which of the tips do you not make use of? Try them, and record whether or not they work for you.

## **New product focus**

What other precautions can you recommend that a patient can take to prevent mosquito bites?

## **FAMILY FOCUS:**

### **Babies**

Which paediatric products contain lansoprazole or omeprazole? Does the package insert indicate that they can be used for babies? In each case, what dosage is recommended for babies?

### **Toddlers**

How appropriate are lozenges and lollies for toddlers to use? Which products are available? What is the risk that they may choke or swallow the product? Are there any side effects if they swallow an oral rinse?

### **Adolescents**

Name the products sold in the pharmacy containing omega-3 fatty acids. What percentage of the RDA does a single dose of each product contain? (What does RDA stand for?)

### **Women**

What products are available that doctors can prescribe for a patient suffering from urinary incontinence? What schedule are they? How effective are they?

### **Men**

Why would male menopause be known as "menoporsche"? (Hint – do not look in a medical dictionary to find the definition!)

### **Grannies**

What ingredients do artificial tears contain? Why would vitamin A and lutein supplementation be recommended for dry eyes?

## **Management of Coughs**

Is there a difference between pholcodine and codeine? What is it? Recent legislation has regulated the amount of codeine-containing products sold to a patient. Are you aware of such a regulation? If not where can you obtain it? What does the regulation state?

As a refresher – read up on the regulations regarding the quantity that may be sold of pseudoephedrine, ephedrine and phenolpropanolamine. Explain what they mean, and evaluate which products may be sold without a prescription.

List the products sold in the pharmacy you work in that you could recommend for a productive and non-productive cough. Can they be taken by all patients? What are the contra-indications?

## **Oral Hygiene**

Do all toothpastes contain the same amount of fluoride? List the products and fluoride quantity. How much fluorine is recommended for drinking water? Does all drinking water in South Africa contain the same amount of fluorine? What is the danger if the water contains too much fluorine?

## **Analgesics**

Can non-steroidal anti-inflammatory products be sold by a basic pharmacist's assistant? Can they be sold by a post-basic pharmacist's assistant? What does the law say about the scheduling of non-steroidal anti-inflammatory substances?

## **Allergic rhinitis**

Where can you find out about the pollen count in your area? How does it differ during the year? Is it the same in other areas?