

UCSD OTC Prescription Presentation 11/16

Start: 6:05

What is OTC Clarity?

- Community service project that provides one outreach per quarter that educated the community about OTC (over the counter) medication

Common Cold

- Symptoms
 - Sore throat
 - Sneezing
 - Running nose
 - Congestion
 - Mild aches and pains
 - Dry cough
 - Lasts for about 7 days
- When to see a provider
 - Fever over 101.5 F
 - Chest pain
 - Shortness of breath
 - Asthma
 - COPD
 - Congestive heart failure CHF
 - HIV
 - Over 60 years old or less than 9 months old
 - If symptoms worsen or develop go see a provider
- Nonpharmacologic for adults
 - Prevention: maintain good hygiene
 - Hand hygiene
 - Sneeze/Cough into elbow or tissue
 - Humidification (w/ eucalyptus oil if possible)
 - Avoid touching face
 - Take foods that help with sore throat (hot tea)
 - Nasal/Sinus Congestion (What can help with)
 - Saline nasal sprays/drops
 - Saline irrigation
 - Humidifier/vaporizer

- Hydration
 - Contemporary Treatments
 - Vitamin C
 - 1-2 grams per day, may reduce symptom severity by 20% but must start early
 - Cold-eeze (zinc gluconate) lozenges
 - Use within 24 hours when symptoms start
 - Only use for up to 5 days
 - Echinacea
 - Continue for 7-10 days
 - May reduce common cold and severity
 - Pharmacologic Treatments for Adults
 - Nasal Congestion
 - Oral Decongestants
 - Onset 30 min-1 hour
 - Precautions: benign prostatic hyperplasia, glaucoma
 - Don't take if pregnant, have diabetes, hypertension
 - Maximum use of 7 days and avoid taking at night
 - Topically
 - Afrin
 - Fast onset of action but likely to get rebound congestion
 - Maximum of 3 days of use
 - Less side effects and drug to drug interaction
 - Cough
 - See a healthcare provider if
 - you see a yellow, tan, or sputum
 - Expectorants
 - Mucinex
 - Some adverse effects: nausea, vomiting, dizziness
 - Antitussives
 - For dry coughing
 - Don't take with any depressants or alcohol
 - Can have euphoric event (hallucinations, out of body experiences)
 - Might want to combine with something like
 - Sore Throat
 - Local Anesthetics, antiseptics
 - Not recommended for ages younger than 2
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Flu Prevention

- What is the flu?
 - Influenza is a respiratory illness that is caused by the influenza virus
 - Symptoms: headache, fever, chills, etc
 - Common colds usually has milder symptoms
- CDC Guidelines
 - Should be administered annually for anyone older than 6 months
 - Inactivated
 - Attenuated = weak forms of the virus that can still replicate, not used as much anymore
- Vaccines and Immune Response
 - Vaccines contain antigens which are recognized by the immune system
 - B and T cells are activated
 - Production of antibodies attack and destroy the antigen
- Complications of Influenza
 - Pneumonia
 - Exacerbation of underlying medical conditions
- Common Myths
 - Too many vaccines “use up” the immune system
 - False
 - Vaccines can cause Autism
 - False - FDA determined there is no such thing
 - The flu shot will give me the flu
 - False - it takes 2 weeks for the body to develop immune protection and people can get sick from other things
 - Concerns about side effects
 - Somewhat true - but the benefits outweigh the risks, if you don't get the vaccine the symptoms could be much worse

Kahoot Time!

Q&A

- What made each of you UCSD as your Pharm school?
 - Went to UCSD as an undergrad and applied for the 7 year pharmacy program
 - Faculty is great, kind, welcoming, and passionate
 - Tight knit community
 - You get a big (P2) and little (P1)
 - Mentorship and connections

- The feeling of belonging to the school
 - Small class sizes (73) and feeling cared for
 - Professors are at the top of their field
 - Great food and weather in SD
- Is the program competitive?
 - Class size is 65-75 range
 - Hard question to answer
 - Depends on how schools look at applicants and how they interview those people
- How is P1?
 - Fast pace
 - Midterm almost every week
 - Meeting lots of people and know most of their classmates
 - Learning a lot more things that are applicable
 - Interning at pharmacies
 - Simulation centers that relay real life situations
 - Guest speakers from all different types of pharmacies
 - Classes are very interesting (biostatistics - using R language)
 - Anatomy class with actual cadavers (during spring)
- How is P2?
 - Classes are integrated with Med students
 - Good prep with NAPLEX
 - Trains students very well
- It's ok to not have much experience in a pharmacy!
 - It's ok to not have a tech license

End: 7:03