

## Over The Counter Medication Education Albany College of Pharmacy and Health Sciences

### **Project Description & Implementation Overview**

Members of the Albany College of Pharmacy and Health Sciences AMCP chapter participated in a joint project with ASHP-SSHP at a local independent pharmacy called Four Corners. The main theme for the project was Over the Counter (OTC) medication education. We presented on the main active ingredients that are found in some of the most common brand, generic, and combination OTC medications. Patients were informed of the dangers of taking multiple medications with the same active ingredient and the maximum dose for each active ingredient. We were able to talk one-on-one with patients and address their concerns of their current medications. This allowed us to discuss the safe dose that was appropriate for each individual.

### **Purpose of the Project**

The purpose of this project was to inform the community in order to reduce the amount of preventable medication related events. Many patients benefited from this project as we found that many did not know they were taking multiple medications with acetaminophen at high doses. The general public found it very informational as well as beneficial to receive OTC medication education.

### **Project Budget: Expenses and Revenues**

There were two expenses recorded and no revenue gained during the course of this event.

- Table Runner: \$120
- Velcro Display Boards (2) \$125 each
- Construction Paper with printed titles
- Handouts were printed by our facility

### **Who and How Many Chapter Members are Involved?**

The intended beneficiaries for this community service project were the community residents who pick up their prescriptions at the Four Corners Pharmacy on regular basis. The event was advertised on our school campus for approximately 2.5 weeks in advance to inform student pharmacists about this upcoming opportunity. A flyer was prepared and presented to the student on the various televisions around campus. The Pharmacist was also informing patients on a regular basis that an OTC presentation would be taking place a week before the event was to occur.

## **Who Should be Targeted? Audience or Involvement? How Do You Find Them? How Do You Contact?**

The intended beneficiaries for this community service project were the patients coming to the Four Corners pharmacy. The pharmacists were informed about this event 3 weeks in advance to advertise and encourage patient participation.

## **What Materials are Needed? Outside Resources, Ordering, etc?**

List of materials needed in this event were:

- One Table
- One table runner
- Chairs
- Over-the-Counter handout was created for distribution

## **Timeline for Implementation and Execution**

### *1 month ahead*

- Reach out to Activities Coordinator of the facility to get approval for date and time for the event.
- Contact local pharmacy to get possible date and time for the event.

### *3 weeks ahead*

- Start to recruit volunteers via general meeting, email, and chapter AMCP Facebook.
- Reach out to the local pharmacy residents to supervise the event.
- Contact the local pharmacy to confirm date and time of the event.
- Encourage the pharmacists to begin promoting the event to the local residents.

### *2 weeks ahead*

- Create flyers and a tri-fold poster for the event.

### *1 week ahead*

- Finalize the list of volunteers.
- Send out the final email to the volunteers, advisors, pharmacists, and pharmacy residents summarizing the event.

## **Follow-up with Faculty Members/Volunteers/Participants**

- Feedback was gathered after the presentation, during an E-Board meeting with all the group leaders, and via email with the team leaders of the groups. Information gathered from this feedback included a count of people reached, what they liked, disliked, and any suggestions for next year.
- Thank you letters were sent to the activity coordinators/pharmacists/store managers/pharmacy residents

## **Project Evaluation:**

### **What Went Well? What Didn't? How Would You Improve for the Next Year?**

We had about 20 patients who participated in this program. They were counseled not only about the common over-the-counter pain medications, but also about other medications that they were currently taking. The patients enjoyed having conversations with student pharmacists and learned about the potential danger of taking over-the-counter medications. The only limitation of this project was the space that we had. Since we held this event in the local pharmacy, small space was preventing us from having private conversations. In order to improve the next event, we are going to find other pharmacies that can compensate for the large number of patients and student pharmacists or limit number of patients that we can speak to each time.

## **Timeline/Checklist for Project:**

- Create a timeline for planning
- Contact and confirm location with four Corners Pharmacy
- Reach out to Activities Coordinator of the facility at least 1 month prior to the event
- Pick a specific date or week for the event
- Reserve tables, and chairs from facility
- Submit any forms required by the school
- Recruit volunteers
- Print all flyers, handouts, etc. to bring to the event
- Hold a mini-training session a week prior to the event

# Common over-the-counter pain medications

	Acetaminophen (APAP)	Aspirin (ASA)	Ibuprofen	Naproxen
Dose	650 mg every 4 to 6 hours	650 mg every 4 to 6 hours	400 mg every 4 to 6 hours	220 mg every 8 to 12 hours
Maximum daily allowance	3,250 mg	4,000 mg	3,200 mg	1,500 mg
Brands	Tylenol, Alka-seltzer, Excedrin, Nyquil, Sudafed, Midol	Bayer, Ecotrin, Excedrin, St. Joseph's	Motrin, Advil, Midol	Aleve, Naprosyn, Anapro, Naprelan
Toxicity signs and symptoms	<b>MILD TO MODERATE:</b> No symptoms Vomiting and abdominal pain  <b>SEVERE:</b> Liver failure Kidney injury High glucose levels Coma Death	<b>MILD TO MODERATE:</b> GI upset Tinnitus (ear ringing) Rapid breathing  <b>SEVERE:</b> Metabolic acidosis Sweating fever Altered mental status Seizure Coma Cerebral edema Pulmonary edema Death	<b>MILD TO MODERATE:</b> Asymptomatic Mild GI upset Headache  <b>SEVERE:</b> Seizure Coma Acute kidney failure Upper GI bleeding	<b>MILD TO MODERATE:</b> GI bleed Ulcers Kidney damage in elderly patients  <b>SEVERE:</b> CNS depression Hallucinations Seizures Renal failure GI bleeding Metabolic acidosis

**If you accidentally ingested more than maximum daily allowance or currently experiencing symptoms of toxicity, contact poison control (1-800-222-1222) or visit Emergency Room immediately.**

**If you have any questions about any of the over-the-counter medications, please call or stop by a local pharmacy and ask questions!**

**Thank you for stopping by today and have a great day!**

