Over The Counter Project
The community pharmacy attracts hundreds of patients everyday, sometimes coming in to pick up their prescription, and more often perusing the over the counter aisles to treat their cold or stomach ache or headache, etc. The pharmacist and pharmacy student plays a key role in counseling patients to make appropriate choices and provide information and/or refer for medical attention as needed.

Your role as a first year pharmacy student in the community setting is to utilize and combine the knowledge you will gain in your PHRX 3020 didactic lectures about the over the counter (OTC) “self care” products and your site visit experiences. During your site visit, you will walk around the aisles, and review the various over the counter products available for the following conditions:

1. Cold
2. Cough
3. Fever
4. Headache
5. Pain Reliever
6. Nausea
7. Congestion
8. Diarrhea
9. Heartburn
10. Constipation

For each of the above categories, you will do the following:
1. Pick one medication available over the counter for the treatment of each condition. Include brand name, generic name, and dose.
2. In three lines or less, write a case history of a patient that would be appropriate for the medication you have chosen. This case history can be a true case of a customer that you saw on your site visit.
3. Write an explanation as to why this is an appropriate medication.
4. List 3 important, clinically significant counseling points for the OTC product you have chosen.
Example:
Cold Product: Delsym (dextromethorphan polistirex) 2 teaspoonsful every 12 hours

Case: MG is a 24 y/o male complaining of a dry cough without any phlegm. He denies any other sx and is not taking any other medications. He has had the dry cough X 3 days. No history of smoking.

Rationale: MG has a nonproductive cough and no other symptoms. Delsym may help suppress his cough. He does not need any of the other combination products b/c he does not have any other symptoms.
Counseling Points:
1. Consult a physician if no improvements noted within 7 days.
2. Consult a physician if symptoms such as high fevers occur.
3. May rarely cause drowsiness.

Project Deadline:
This project is to be submitted at the completion of your site visit requirement via the assignment tool on HuskyCT during the spring 2009 semester under course PHRX 3021 (IPPE II). This project should be submitted no later than the second week in April 2009.