

Mrs G is a 73-year-old, friendly lady who lives together with her husband. Being a former dietician, the patient was eager to participate in the assignment and it became easier for me to interact with her as she was able to understand any medical jargon that surfaced in our conversations.

Mrs G had met with a road accident in 2013 due to which, she had acquired some injuries which resulted in her becoming physically weak and having a moderate falls risk. She was also recently diagnosed with type 2 diabetes and was on a low-dose statin to help prevent the development of cardiovascular disease. She also suffered from dry eyes, hypothyroidism and had occasional muscular pain as a result of her accident.

The following is a list of the patient's regular medicines which she was taking at the time of the assignment:

Medication	Strength & Form	Dose
Metformin	500mg tablet	Half-a-tablet (250mg) twice a day.
Atorvastatin	10mg tablet	1 tablet once daily at night.
Levothyroxine (Eltroxin)	50mcg tablet	1 tablet once daily.
Vitamin D3 (Colecalciferol)	1.25mg capsule	1 capsule once a month.
Lomide eye drops	0.1% Eye drops	Instil 1 drop into the affected eye(s) four times daily.

Mrs G explained that she had strict control over her diet and diabetes and had no issues with taking her medicines. She had a positive attitude towards conventional medicines and believed that they worked to help manage her medical conditions. Unlike some patients, Mrs G did not require significant changes to be made to her medication therapy and was, for the most part, managing well with her medications and keeping an impressive control over her diabetes and lifestyle. For this reason, I had recommended the patient to be continued on the current doses of most of her regular medicines.

The patient however, had some misconceptions about metformin as she thought that it caused hypoglycaemia when she had actually been following irregular meal patterns every so often. Through counselling however, this was clarified and the patient was given a better understanding about her medicine. Mrs G also regularly used Lomide eye drops to help manage her dry eyes which did not provide her with optimum symptom control and therefore, I had recommended her to replace Lomide with Poly-Tears to provide better management of her dry eye symptoms. I also advised the patient to apply warm compresses to her eyes frequently, keep herself hydrated throughout the day and limit the amount of time she spent using her electronic devices.

As the current doses of the patient's regular medicines were appropriate for her, most of the recommendations I made was aimed at improving Mrs G's lifestyle by providing her with non-pharmacological advice around the management of her medical conditions. In terms of her diabetes, I had explained the significance of her medicines, the need to closely monitor herself and also reinforced the importance of following a healthy diet which the patient had already been doing. I also provided the patient with some pamphlets which highlighted the key aspects of the management of her condition.

For the patient's occasional muscular pain caused by her accident in 2013, I recommended the use of Nuromol and local heat therapy along with informing her about some simple exercise techniques that would help with the management of her back pain. In addition to this, I also discussed some ways in which the patient could improve her sleep quality which she mentioned got affected when she was in pain and also provided both her and her husband with examples of how they could make their surroundings safer to reduce the risk of falls in the future.

Upon the completion of this assignment, I realised that there are a lot of grey areas when it comes to the issues that patients present with in real life and it becomes important to take a holistic approach and consider the impact of the patient's physical, mental, social and spiritual well-being on their overall health outcome. Additionally, through the interactions I had with all the different health professionals during this assignment, it was refreshing to see the appreciation people have for pharmacists. The teamwork that I experienced proved that each member of the healthcare team has a vital role to play when it comes to providing optimal healthcare to patients.