

Individual Therapeutic-plan Discussion

Experiment 3 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To compare treatment options and justify a proposed patient-specific plan.

Principle

An appropriate plan considers indication, evidence, patient factors, feasibility and monitoring rather than choosing a medicine solely from a disease name.

Requirements

- Allocated clinical notes or fictional case, current approved medicine information and local clinical policy.
- Case-record form, calculator where needed and supervising pharmacist.

Procedure

1. Prepare the case

Use the allocated clinical record or a fictional teaching case. Record a case code, setting and date; exclude names and personal identifiers.

2. Assess the required information

Confirm therapeutic objective; allergies and contraindication questions; renal/hepatic function and interactions; available local guideline and patient preference. Note missing information explicitly.

3. Develop the pharmacy assessment

Create an option table with expected benefit, relevant risk, feasibility and monitoring. State why an option is proposed and what information must be confirmed. Present dose/route/duration checks from the current approved patient-specific method to the treating team; do not implement an unapproved student plan.

4. Discuss and document

Present the assessment to the supervising pharmacist or treating team. Record the accepted action, responsible person and intended follow-up.

5. Evaluate the outcome

Review the agreed clinical or process endpoint. Record what changed, what remained unresolved and the next step.

Pharmacotherapeutics I

Observations and Record

Record component	Student entry
Coded case and date	_____
Presenting problem and diagnosis	_____
Allergies / previous medicines	_____
Relevant clinical and laboratory findings	_____
Pharmacy problem and priority	_____
Proposed plan and monitoring	_____
Supervisor decision and follow-up	_____

Result

Assessment: _____. Proposed action: _____. Supervisor decision: _____. Follow-up outcome: _____.

Precautions

- Use the treating team and current patient-specific information for all actual medicine decisions.
- Maintain confidentiality and confirm allergy, medicine and timing information.
- Do not invent patient observations, acceptance of an intervention or follow-up outcomes.

Viva Questions and Answers**1. What makes a plan individualised?**

It uses the patient-specific goal, risks, treatment context and follow-up requirements.

2. What if a key clinical fact is missing?

State the uncertainty and obtain it before recommending a dependent action.

Pharmacotherapeutics I**Disease-area Checklist**

Area	Topics	Assessment focus
Cardiovascular	Hypertension, heart failure, angina, myocardial infarction, hyperlipidaemia and arrhythmias.	Indication, vital-sign trend, volume status where relevant, ECG/laboratory context, adverse effects and monitoring.
Respiratory	Pulmonary-function interpretation, asthma, COPD and drug-induced pulmonary disease.	Symptoms, exacerbations, device technique, adherence and response/adverse-effect monitoring.
Endocrine	Diabetes, thyroid disease, contraception, hormone replacement and osteoporosis.	Relevant laboratory trend, comorbidities, patient-specific risks and correct medicine/device use.
Special populations	Paediatrics, geriatrics, pregnancy and breastfeeding.	Age/weight where required, organ function, pregnancy/lactation context and authorised patient-specific information.
Ophthalmology	Glaucoma and viral/bacterial conjunctivitis.	Diagnosis, correct eye-product technique, contamination prevention and specialist follow-up.

Continue Learning with FirstHope

Complete Notes on the FirstHope App

Complete subject and semesters are available on FirstHope app only.

- Get complete subject and semester notes in the FirstHope app.
- Available for B.Pharm, D.Pharm, M.Pharm and Pharm.D students.

[Click here to get the FirstHope app](#)

Join the FirstHope Telegram Channel

Join FirstHope Notes and keep up with channel updates.

[Click here to join Telegram](#)

Instagram

@firsthope.official

[Click here to follow Instagram](#)

YouTube Channel

FirstHope-Pharmacy / Live streams

[Click here to watch the YouTube channel](#)

WhatsApp Channel

Follow FirstHope on WhatsApp.

[Click here to join the WhatsApp channel](#)

FirstHope Website

firsthopenotes.com

[Click here to visit the website](#)