

Case Study: MN553 Advanced Pharmacology

Unit 9 Case Study

“Prescribed Drugs with CAMs”

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PRESCRIBED DRUGS WITH CAMS

This paper addresses a pharmacological management plan for Mr. NX, including consideration of possible contraindications for CAMs, prescriptive and non-prescriptive recommendations for management of acute pain and other ongoing disease processes, followed by evaluation strategies.

Pharmacological Management Plan

Chronic pain can be categorized as most costly, prevalent and disabling conditions in various workplaces and clinics and in most cases, it remains to be rarely treated. The systematic arrangements and the protocols followed for treatment is not universally accepted by the pain managers, hence boosting traditional methods of treatment and personal experiences. Chronic pain usually leads to inter-related depressions such as loss of the sleep, anxiety disorders, and varied mood (Galper 2011) The specific treatment of the Neuropathic pain can be a challenging experience as the patients suffering from such form of pain normally experience more than the average pain leading to discomfort and lower health quality of life. Therefore, as indicated by the issue of Mr., contraindications of CAMS can prove to solve the problem and enable the patient to live free from pain. The subsequent sections will illustrate what needs to be exactly done to Mr. NX to disable the conditions of the pain and ensure that the combinations, of therapy through the expansion of knowledge of pharmacological options are available and able to manage different pain mechanism.

CAMs Contraindicated with Current Prescriptions

While back pain is regarded as the most common frequent reason why the patients have to look for extensive contemporary and alternative medicine (CAM) therapies, little

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information has been established on the magnitude of the CAM and its impact for the back pain.

Therefore, for the case of Mr. NX, general analysis of the prospective cohort study which has to be embedded in RCT is recommended (Romm, 2011). GPs (General Practitioners) have to be applied in the diagnosis process so that it can bring the desired impact to the patient. The specific data on utilization of specific health services, objective mood, and the physical function was extensively collected, and the follow-up process was initiated, and it indicated the following results which will be suitable for Mr. NX.

CAMs Contraindicated with Diagnoses

The extensive use of CAM for the LBP shows that CAM is well known for the patients with the back pain. The successive observation of the association with the treatment in the rehabilitation facility or the specific specialist consultant tends to reflect professional preferences of a particular physician rather than the medical indication (Maher, 2013). The following treatment recommendation for Mr. NX has to be applied to reduce the acute pain.

Massage

Giving the patient the massage for LBP is regarded as the most classical form of CAM. Massage has always been a traditional form of treatment in the rehabilitation facilities. Massage is recommended since it is cheap and economical to many middle-class earners.

Spinal manipulation

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Consultation with GP who has been trained in spinal manipulation TENS or acupuncture is paramount to receiving the service. It has been established that the patients who frequently use manipulative therapy tend to have a chronic of 47% or the recurrent of the LBP by 39%.

Acupuncture

Acupuncture has been found to be the significant remedy to back pain. Therefore, it's recommended that the patient suffering from the disease should apply acupuncture.

Prescription for Back Pain

There are prescription medications that can be very helpful in relieving the back pain, and it can be applied to Mr. NX to relieve the acute pain which has been witnessed over a long period (Smith, 2010). Careful medication and attention to the magnitude of pain management is crucial to the patient's recovery process. Prescription of the back pain can be found in the three major forms which are injection, topical and oral.

- Injections. The injections can be done directly to the patient particularly where there is the source of pain in the form of anti-inflammatory and the pain relieving.
- Topical pain medication. Topical pain medication is commonly applied to the specific area of the skin, and the ultimate purpose is to drastically reduce the pain. The localized location of the pain can be back arthritic joint and the sore muscle. The common brands that advocates for the eradication of the back pain include Ben Gay, Aspercreme, Zostrix, Article, and Icy Hot among many other store brands across the world.

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- Oral pain medication. These are pain medications taken by mouth in the form of liquid and the pill. They work in different ways and normally have potential risks and the unique benefits to the prospective patients.

Changes in Prescribed Drugs

Time-Frame

With the timely use of prescribed drugs, depending on the complexity of back pain among other interrelated factors, the massive improvement is expected within one week. The recovery process is fully realized one month after the use of drugs. Therefore, the patient is supposed to fully use the prescribed drugs so that the desired changes are achieved within a stated period.

Strategies for Evaluating Side/Adverse Effects

The routine use of plain lumbosacral spine radiograph is an appropriate method of evaluating side effects of the back pain whenever the risk factors are present. The radiographs used should be made up of two views which are lateral and the anteroposterior respectively. Coming up with extensive views might also prove to be much significant whenever the patient is reported to have a fusion procedure that might in most cases cause the pain in the form of extension/lumbosacral series (Maher, 2013). Therefore, constant monitoring of the patient by the medical personnel is inevitable to establish immediate remedies whenever the negative impact occurs.

Strategies for evaluating effectiveness

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Meeting the effectiveness of the patients is a good reason for consideration of performing the diagnostic test. The imaging procedures are commonly used to evaluate the effectiveness of the procedure. Here, the patients who tend to have acute back pain with the extension of pending litigation or disability compensation are expected to have certain imaging procedure. Other strategies include comprehensive laboratory studies with the use of routine use of erythrocyte sedimentation rate (ESR) which is used for testing infections or malignancy which is considered to be more sensitive than the use of radiography.

Conclusion

In conclusion, it is evident that back pain is a challenge affecting a lot of people. The case of Mr. NX is a true indication that back pain causes controversial challenge, but there is good news in that, prescription of medication is available to solve the challenge. Further research is needed to establish the exact cause of back pain and the innovation of more effective solution.

Reference

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