Counseling

**Exp 4.1**

**1-Indication :**

Calamine lotion is an anti-itch medicine, used mainly for skin conditions . It causes soothing and cooling to the skin as it evaporates from the skin . It is used for a variety of conditions such as chickenpox , insect bites or stings also can be used in the case of eczema and sunburns also in poison ivy . In addition it dries oozing skin irritation . This lotion works as it causes cooling as it evaporates and is an antiseptic and kills bacteria in which the calamine and zinc oxide protect the skin and lower the rate of bacterial growth .

*NOTE :* it is an OTC drug.

**2- Administration:**

Shake the lotion well before using it . The skin should be washed with soap and water and then dried before applying it .apply the lotion on the skin ( a cotton can be used to smooth it over the skin ) and allow the lotion to dry . Wash your hands after applying it . Use the lotion as needed for a week and if there’s no improvement after a week , go see the doctor .

Note : the calamine lotion leaves a film after it dries , you can wear clothes on it but it can stain clothes so loose clothing is preferred so there’s no stain .

**3- Adverse Effects**

Can cause redness , rash , pus and other signs of infection . Also if there is any sign of allergic reaction such as hives , swelling of face , mouth or throat and difficulty breathing , go to the doctor immediately .

**4- Storage :**

Calamine lotion should be stored at room temperature (15-30C)and away from heat and moisture . Also it should not be put in the refrigerator or frozen . Expiry : 1- 2 weeks after preparation

**Warnings and Extra Notes :**

Do not use on open wounds and blisters to avoid systemic effect and avoid contact with eyes and mucous membranes, also if applied to fingers or toes do not bandage it . And this lotion shouldn’t be on the skin if you are getting an X-ray because it masks X-ray pictures under certain circumstances . And even though it had not shown any effect on lactation and pregnancy a doctor should be consulted if a woman is pregnant or breastfeeding .

Calamine should not be swallowed as it causes vomiting and inflammation of mucous membranes of the mouth and stomach , also causes mental confusion and weakness ; cold sweats depression of the pulse and leg cramps may occur . And if swallowed or gets into body cavities rinse with water .

* Sedimentation Volume :

Sedimentation volume was measured for 3 of the groups in our lab and results were as follows :

Kholoud and Kinda’s Lotion : 42 mL

Majdoleen and Ibrahim’s Lotion : 64 mL

Aseel and Shayma’s Lotion : 77 mL

The higher the volume that mains that the system is more flocculated which means colloids are in aggregate form and a flocculated system is composed of large aggregates will lead to higher rate of sedimentation as floccules sediment faster than small particles , The floccules have porous loose structure and the dispersion medium can flow through them during sedimentation. Also, they can entrap a large amount of the liquid phase. Therefore, the volume of the final sediment will still be large and will easily be redispersed by moderate agitation. So the lower the sedimentation volume the more it can cake and not disperse easily upon shaking.

**Exp4.2**

**1-Indication :**

used for a variety if fungal infections , as it can be used for athlete’s foot , infection of the scalp and infection of the skin folds , also to treat skin irritations and inflammation caused by insect bites or burns. The APIs of Whitfield lotion are salicylic acid and benzoic acid in which salicylic acid has a keratolytic function as it affects the keratin on the skin and helps the body shed rough and dead skin which in return will allow the lotion to penetrate the skin and membranes better , while benzoic acid is a fungistatic also helps prevent infections from bacteria , combination of APIs help in the treatment of fungal by lowering the growth of fungi as from function as fungistatic and affect the glycolytic metabolite and cellular pH of the fungi .

**2- Administration :**

Wash hands before applying the medication . Then gently rinse the skin with either saline or water before applying and then pat the skin dry with a cotton gauze or clean towel . Then apply a good amount of the lotion on the affected area . After you finish throw the cotton away . Keep the area that was treated clean and exposed to air whenever possible . Use the lotion 2 times a day for 3-6 weeks and not longer than recommended . And if there is no improvement after a week of using it , go see the doctor .

*Notes :* the area treated should not be covered with an adhesive bandage unless the doctor requires it . Also the tip of the tube of medicine should not touch any surfaces , including the skin that is being treated

**3- Adverse Effects:**

Common adverse effects is a warmth or burning sensation that could last up to 5 minutes after applying the lotion but if this burning lasts more than 10 days the doctor should be called and also should be called if there is a severe burning sensation . Also can cause skin irritation , itching , redness and local inflammation.

Go to the doctor if there is any sign of allergic reaction such as hives or swelling of the face and throat and lips and difficulty breathing .

**4- Storage :**

Store In a cool and dark place away from heat or moisture and away from flame as high temperature will cause the API to not be distributed evenly . Expiry : 1 month

**Warnings and Extra Notes :**

-Avoid using wet packs or wet to dry packs on the areas that are treated because this can make the medicine less effective .

-If you are allergic to benzoic acid or salicylic acid , do NOT use this medicine .

-Not known if it harms unborn babies or affects lactation , but women who are pregnant or breastfeeding should tell the doctor .

-Do not swallow or put in mouth or eyes or nose and other body cavities or open wounds or on sunburned, windburned, dry, chapped, or irritated skin because it will burn , and if that happens rinse with water .

-Do not use on children less than 6 months old .

-Avoid exposure to heat as it contains alcohol so it may flame .

**Exp4.3:**

**1-Indication :**

Benzyl benzoate Is used to treat lice and scabies infestations . It is an effective and inexpensive treatment . This medicine acts on the nervous systems of lice and mites as it is absorbed by the lice and mite .

**2-Adminstration :**

Administration is based on why it is used for ( lice or scabies ) :\

For Lice :

-if your hair has any oil-based product , ointment, cream or lotion , the hair should be shampooed and rinsed , after that dry your hair and scalp well before applying the medication.

-apply enough medicine with care to wet all the hair and the whole scalp .

-Let the medicine stay on the affected area for 24 hours .

-Then , wash your hair and affect5e areas with warm water and soap or any shampoo thoroughly .

-Rinse your hair and then dry it with a clean towel

After that , get a fine-toothed comb and comb your hair to get rid of any eggs or egg shells that remained and if you have fine hair you can use tweezers or your fingernails to remove them .

For Scabies :

-If your skin has any ointment , lotion , cream or any oil-based product , wash your skin and rise it and dry it before applying the medicine .

-apply enough to cover your whole skin from the neck down to the soles of your feet and rub the medicine well.

-Allow the medicine to stay on your skin for 24 hours

-Then , wash your body with warm water and soap and after that rinse carefully and dry with a clean towel .

\*Immediately after you finish using the benzyl benzoate , wash your hands to remove any medication that remained .

Doses that are Used :

* For lice infestation:
  + Adults—Use only one time. But treatment can be repeated for severe cases two or three times after twenty-four hours.
  + Children—
    - For infants: you should use it mixed with three parts of water, and only one time.
    - For older children: you should use it mixed with an equal quantity of waterand only one time.
* For scabies infestation:
  + Adults—Use just one time. But treatment can be repeated in severe cases after twenty-four hours one time anytime within five days.
  + Children—
    - For infants: should be used mixed with three parts of water, only one time.
    - For older children:should be used mixed with an equal quantity of water, only one time.

**3-Adverse Effects :**

Can cause burning or stinging sensation on the site that it was applied . Can cause itching or rash on the skin or scalp can also cause an allergic skin reaction which is severe and rare and you should go to the doctor if there appears to be an allergic reaction . May also cause peeling of the skin , eye irritation ,difficulty urinating and loss of consciousness .

**4-Storage :**

In a closed container and at room temperature . Should be away from heat and light and moisture. Do not freeze and do not keep if outdated or no longer needed . Expiry : 1 month

**Warnings and Extra Notes :**

* Everything that was worn and you want to wear and bed linen..etc. All your things should be washed from combs to towels should be washed with hot water to kill any bacteria also the things of your close contacts to decontaminate everything .
* DO NOT SHARE ! , you should not share this medicine with any other patient or person and do not use it directly from bottle to avoid spreading .
* Itching can continue 1 to 3 weeks despite successful treatment , so do not re-treat during this period ( repetition is only for severe cases ) .
* Do not apply to broken or infected skin. In the event of secondary bacterial infection, administer an appropriate local (antiseptic) or systemic (antibiotic) treatment 24 to 48 hours before applying benzyl benzoate. And do not apply to inflamed skin as it may worsen the condition
* Avoid contact with eyes. In case of eye contact, rinse immediately with plenty of water
* DO NOT SWALLOW! (risk of seizures).and if ingested do not induce vomiting, do not perform gastric lavage; administer activated charcoal.
* As for pregnancy and breastfeeding , this medicine is not recommended unless absolutely necessary and if used for pregnant women : do not leave on skin more than 12 hours and do not repeat application , and for breastfeeding women : do not apply on breasts .

Label :

Exp4.1 :

-Pharmacy name: MID Pharmacy

-Pharmacist name: Muhammad Musleh

-Partner name: Dana Joza’

-Product name: Phenolated Calamine Lotion

-Product strength : 15% Calamine (w/v) ,5% Zinc Oxide (w/v)

-Expiry: 1-2 weeks after preparation

-Amount prepared : 100 ml

-Use: relieve itching and redness of skin and for other skin conditions such as chickenpox...etc.

**Auxiliary label :**

* Shake well before use.
* For external use only.
* Save at room temperature.

Exp4.2 :

Pharmacy name: MID Pharmacy Pharmacist name:Muhammad Musleh

Partner name: Dana Joza’

Product name: Phenolated Calamine Lotion

Product strength :Salicylic Acid 3%.(w/v ), Benzoic Acid 6% ( w/v )

Expiry: 1 month

Amount prepared : 100 ml

Use: for fungal and dermal infections , such as athlete’s foot (Fungistatic and keratolytic agents)

**Auxiliary label:**

* Store in cool place-
* -Away from flame
* -External use only, away from eyes and nose.
* Keep out of reach of children.

Exp4.3 :

Pharmacy name:MID Pharmacy

Pharmacist name:Muhammad Musleh

Partner name: Dana Joza’

Product name: Benzyl Benzoate Application BP

Product strength : 25% (w/v).

Expiry: 1 month

Amount prepared : 100 ml (1000 g water )

Use: to treat lice and scabies infestations.

**Auxiliary label:**

* Store the medicine in a closed container at room temperature, away from heat, moisture, and direct light.
* Keep out of the reach of children