

**Second Semester 2020/2021**

**Pharmacology 2

Antipsychotic Drugs**

**Instructor Lina Adwan

Homework 1**

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**About the Case: -**

**We advise the patient as doctor of pharmacy students to:-**

 **1-** Suggest and encourage his GP to change his previously prescribed drug (**Olanzapine**) to another medication from the same family of second generation Antipsychotics, as he has a genetic predisposition and has an increased likelihood of developing diabetes based on his family history and his slightly high above normal blood glucose level results; on the basis of the analysis mentioned above and in order to avoid any of the side effects from first generation like the high incidence of EPS (Extrapyramidal symptoms), we went for **Aripiprazole** or **Brexpiprazole**, because these two agent have a **very low to low potential to weight gain and elevate glucose levels in blood.**

**2-** Talk with patient about the benefits of Lifestyle such as doing exercises (2-3 times a week). In addition, discuss the importance of a healthy whole food diet where fresh vegetables and fruits are consumed, besides eating whole grains, nuts and seeds which are loaded with essential vitamins, minerals, antioxidants and omega 3 fatty acids; rather than their canned and processed forms including canned vegetables, cookies and highly processed fast food that are high in sugars and in saturated fats and trans-fats.

**3-** provide another counselling to the patient about the **compliance** to the drug, even after symptoms have gone temporary during the treatment. Drug withdrawal at this stage of the treatment will result in relapse and in the deterioration of his health, as well as, his social and professional life. If he still insists, we may provide an alternative **LAI** (Long Acting Injectable) treatment like Aripiprazole Monohydrate where one dose is administered per month.

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