

**Homework 3**

**Pharmacotherapy 1 /PHAR452**

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**Dyslipidemia Case**

1. **Identify the drug-related problem**   
   a) Dyslipidemia (Ineffective drug therapy).  
   b) Uncontrolled Hypertension (Ineffective drug therapy) 162/92.  
   c) Anemia.  
   d) Obesity (BMI = 31.5 Kg/m2), contribute with HTN, and Dyslipidemia.e) Patient take two NSAID ( Ibuprofen, and Naproxen) so there is adverse drug reaction (ADR).
2. **What is the optimum plan ?**Non- pharmacotherapy:-   
   a) Reduce body weight.  
   b)Reduce dietary fat and cholesterol.  
   c)Physical Activity  
     
   Pharmacotherapy:-  
   a) Take Paracetamol 500mg rather than two NSAID (Ibuprofen and Naproxen)  
   b) Take Atrovastatin 10mg rather than Ezetimibe  
   c) Add Diuretics drug like Hydrochlorothiazide 12.5mg once daily
3. **Patient education**   
   a) Do not drink Grapefruit juice; because it interact with statins  
   b) Do not take a lot of painkiller (NSAID)  
   c) Take Diuretics in the morning  
   d) Exercise regularly  
   e) Eat healthy food
4. **Identify the drug-related problem**   
   a) Angina Pectoris, poor control (We need another medicine)  
   b)Dyslipidemia  
   c) Need another safe drug rather than Diltiazem; because of his milf Heart Failure.  
   d) Need to change Celecoxib; because it increase risk of CVD (Unsafe medicine).  
   e) Metabolic Syndrome ( Hige TG, Low HDL, Obesity).
5. **What is the optimum plan ?**Non- pharmacotherapy:- (Extra)  
   a) Reduce body weight.  
   b)Reduce dietary fat  
   Pharmacotherapy:-a) Stop taking Deltiazm and Carvidilol than replace them by Amlodepine 5mg once daily and Metoprolol tarterate (XL) 50mg once daily, Respectively.  
   b) Replace Simvastatin by Atrovastatines 40mg once daily  
   c) Decrease dose of Aspirin from 325 to 162mg once daily.  
   d) Stop Celecoxib and start with Paracetamol 500mg.  
   E) Increased the dose of Isosobide Mononitrate from 120 to 240mg after improved the patient condition.
6. **Patient education**   
   a) Nitroglcerin Sublingual, Take it when the angina start pain, after 5min the would be gone, if does not reduce pain, take another one, but then it the pain not go, you need to call emergency (MI). The pocket storage away from heat or light.  
     
   b) Aspirin, Give protection against recurrence MI or occurring Stroke. If pain in stomach or blood in stool release you need to tell doctor.