



Homework 3

Part a

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