

Course title	Παθήσεις Ήσσονος Σημασίας/Minor Ailments				
Course code	PHPR-604G				
Course type	Required				
Level	2 <sup>nd</sup> Cycle				
Year / Semester	1 <sup>st</sup> / Spring				
Teacher’s name	Monica Nikitara				
ECTS	10	3		Laboratories / week	
Course purpose and objectives	<p>Pharmacists, as healthcare professionals, are the first point of call in the community. There is no need for appointment to speak and consult a pharmacist and members of the public/patients can receive free, unbiased advice almost anywhere. A community pharmacist is often the first health professional the patient seeks advice from and, as such, provides a filtering mechanism whereby minor self-limiting conditions can be cured with the appropriated treatment/medications and patients with more severe symptoms/pathology referred on to the doctor for further investigation. On a typical day, a community pharmacist can realistically expect to help between 5 and 10 individuals/patients.</p> <p>Additionally, members of the public present to pharmacists and their staff in three ways:</p> <p>Requesting advice about symptoms</p> <p>Asking to purchase a named medicine</p> <p>Requiring general health advice</p> <p>This module contains all the essential information required for managing symptoms presented in the pharmacy, and covers the common ailments that pharmacists are likely to be presented with.</p>				
Learning outcomes	<p>After completion of the course students are expected to:</p> <ul style="list-style-type: none"><li>• Improve their knowledge level about commonly occurring medical conditions.</li><li>• Recognise signs and symptoms, and use an evidence-based approach to treatment</li><li>• Compare and contrast the different diagnosis</li><li>• Assess patients’ signs and symptoms</li><li>• Distinguish possible treatment options and/or referral</li></ul>				
Prerequisites	None		Required		
Course content	<p>Service purpose, general protocol &amp; procedures (History taking, Health Problem Assessment, Decision for Refferal or Treatment Selection, Drug Information &amp; Education, Prevention of Pharmacotherapeutic Problems)</p> <p>Signs and symptoms, differential diagnosis, specific criteria for referral or treatment</p> <p>Respiratory system</p> <p>The common cold</p> <p>Sore throats</p> <p>Rhinitis</p> <p>Differential Diagnosis</p>				

	<p>Ophthalmology</p> <p>The eye examination</p> <p>Red eye</p> <p>Eyelid disorders</p> <p>Dry eye (keratoconjunctivitis sicca)</p> <p>Ear conditions</p> <p>Ear wax impaction</p> <p>Otitis externa</p> <p>Central nervous system</p> <p>Pain</p> <p>Headache and migraine</p> <p>Dental pain</p> <p>Women's health</p> <p>Cystitis</p> <p>Dysmenorrhoea</p> <p>Vaginal thrush</p> <p>Emergency hormonal contraception</p> <p>Common symptoms in pregnancy</p> <p>Premenstrual syndrome (PMS)</p> <p>Gastroenterology</p> <p>Mouth ulcers</p> <p>Heartburn</p> <p>Indigestion</p> <p>Nausea and vomiting</p> <p>Motion sickness and its prevention</p> <p>Constipation</p> <p>Diarrhoea</p> <p>Irritable bowel syndrome</p> <p>Haemorrhoids</p> <p>Dermatology</p> <p>Hyperproliferative disorders</p> <p>Athlete's foot</p> <p>Psoriasis</p> <p>Dandruff (pityriasis capitis)</p> <p>Seborrhoeic dermatitis</p> <p>Fungal skin infections</p> <p>Fungal nail infection (onychomycosis)</p> <p>Hair loss (androgenetic alopecia)</p> <p>Warts and verrucas</p> <p>Corns and calluses</p> <p>Scabies</p> <p>Acne vulgaris</p> <p>Cold sores</p> <p>Eczema and dermatitis</p> <p>Sun exposure and melanoma risk</p> <p>Musculoskeletal conditions</p> <p>Acute low back pain</p>
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	<p>Activity-related/sports-related soft tissue injuries</p> <p>Paediatrics</p> <p>Common childhood rashes</p> <p>Colic</p> <p>Teething</p> <p>Napkin rash</p> <p>Head lice</p> <p>Threadworms (Pinworms)</p> <p>Oral thrush</p> <p>Insomnia</p> <p>Insomnia</p>
Teaching methodology	Interactive Lectures, workshops, case studies, group-based learning, technology enhanced learning, experiential learning discussions
Bibliography	<p>Alan Nathan. Managing Symptoms in the Pharmacy, Pharmaceutical Press, 2008. ISBN 978-0-85369-727-5</p> <p>Alison Blenkinsopp, Paul Paxton, John Blenkinsopp. Symptoms in the pharmacy: a guide to the management of common illness. 5th edition, 2005. ISBN 1-4051-2222-6</p> <p>Paul Rutter. Community Pharmacy, Symptoms, Diagnosis and Treatment. 3rd edition, 2013. ISBN 978-0-7020-5018-3</p>
Assessment	<p>Continuous Assessment</p> <p>Final Exam</p>
Language	Greek/English