

Patient Counselling for Hyperlipidaemia

Experiment 12 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To counsel a fictional person with hyperlipidaemia.

Principle

Lipid management addresses cardiovascular risk, prescribed therapy and feasible lifestyle changes.

Key Points

- Explain the reason for long-term treatment even without symptoms.
- Review adherence, interactions and concerning muscle symptoms with the prescribed statin.
- Discuss food pattern, activity and tobacco avoidance without promising a cure.

Practice Scenario

Fictional role-play case: A fictional adult stops a statin because cholesterol improved and asks about a new antibiotic.

Activity Procedure

1. Assess

Ask about understanding, actual medicine instructions, adherence and concerns.

2. Explain

Explain the medicine purpose and practical self-care in plain language.

3. Demonstrate

Demonstrate a relevant device or reminder method when applicable.

4. Plan

Review the complete medicine list and seek the authorised plan for the interaction or treatment change.

5. Teach back

Ask the partner to repeat the plan and record follow-up needs.

Community Pharmacy and Management

Record and Observations

Topic	Counselling record
Medicine / adherence concern	_____
Key explanation	_____
Teach-back	_____
Referral / follow-up	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the supplied case and medicine labels; do not issue a prescription.

Viva Questions and Answers**1. Why ask about actual use?**

Prescribed directions and the way a person uses treatment may differ.

2. Why use teach-back?

It checks practical understanding.

3. Can a student change the regimen?

No; treatment changes require the authorised clinician's plan.

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