

# Therapy Monitoring and Follow-up

Experiment 4 - Practical Notes

Name: \_\_\_\_\_ Roll no.: \_\_\_\_\_ Date: \_\_\_\_\_

## Aim

To evaluate response, adverse effects and changes in an allocated case.

## Principle

Monitoring compares time-linked findings with a predefined goal and identifies whether the treatment remains appropriate.

## Requirements

- Allocated clinical notes or fictional case, current approved medicine information and local clinical policy.
- Case-record form, calculator where needed and supervising pharmacist.

## Procedure

### 1. Prepare the case

Use the allocated clinical record or a fictional teaching case. Record a case code, setting and date; exclude names and personal identifiers.

### 2. Assess the required information

Confirm baseline and later findings with dates; medicine changes and their reasons; response endpoint; adverse-effect and adherence information. Note missing information explicitly.

### 3. Develop the pharmacy assessment

Choose a response endpoint and a safety endpoint relevant to the case. Build a dated trend table, relate changes to treatment and other clinical events, and state whether further assessment or escalation is needed. Record actual outcomes rather than expected ones.

### 4. Discuss and document

Present the assessment to the supervising pharmacist or treating team. Record the accepted action, responsible person and intended follow-up.

### 5. Evaluate the outcome

Review the agreed clinical or process endpoint. Record what changed, what remained unresolved and the next step.

**Pharmacotherapeutics II**

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**Observations and Record**

| Record component                          | Student entry |
|-------------------------------------------|---------------|
| Coded case and date                       | _____         |
| Presenting problem and diagnosis          | _____         |
| Allergies / previous medicines            | _____         |
| Relevant clinical and laboratory findings | _____         |
| Pharmacy problem and priority             | _____         |
| Proposed plan and monitoring              | _____         |
| Supervisor decision and follow-up         | _____         |

**Result**

Assessment: \_\_\_\_\_. Proposed action: \_\_\_\_\_. Supervisor decision: \_\_\_\_\_. Follow-up outcome: \_\_\_\_\_.

**Precautions**

- Use the treating team and current patient-specific information for all actual medicine decisions.
- Maintain confidentiality and confirm allergy, medicine and timing information.
- Do not invent patient observations, acceptance of an intervention or follow-up outcomes.

**Viva Questions and Answers****1. Why record measurement dates?**

Timing determines whether a finding precedes or follows a treatment change.

**2. Does a change after treatment prove causation?**

No. Other events and the clinical context must be considered.

**Pharmacotherapeutics II****Disease-area Checklist**

| Area                | Topics                                                                                                                                                                                                              | Assessment focus                                                                                           |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Infectious diseases | Rational antimicrobial use and surgical prophylaxis; TB, meningitis, respiratory/GI infections, endocarditis, sepsis, UTI, malaria, HIV/opportunistic infections, fungal/viral infections, gonorrhoea and syphilis. | Indication, microbiology evidence, source/site, allergy, renal/hepatic function, duration and review plan. |
| Musculoskeletal     | Rheumatoid arthritis, osteoarthritis, gout, spondylitis and systemic lupus erythematosus.                                                                                                                           | Symptoms/function, comorbidities, medicine risks and required safety monitoring.                           |
| Renal               | Acute/chronic kidney failure, dialysis and drug-induced renal disorders.                                                                                                                                            | Renal trend, urine/volume context, dialysis schedule and medicine-review needs.                            |
| Oncology            | Cancer-treatment principles, breast cancer, leukaemia and chemotherapy-related nausea/emesis.                                                                                                                       | Regimen documentation, protocol checks, supportive care, interactions and urgent toxicity escalation.      |
| Dermatology         | Psoriasis, scabies, eczema and impetigo.                                                                                                                                                                            | Diagnosis/site, topical application technique, adherence and review of response.                           |

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