

# PREFACE

The newly revised and updated twentieth edition of the *Handbook of Nonprescription Drugs: An Interactive Approach to Self-care* is a comprehensive and authoritative textbook on self-care and nonprescription medications. Written and reviewed by experts in practice and academia, this edition of the *Handbook* continues to serve as an authoritative source for students and health care providers who guide and care for individuals undertaking self-treatment. The major goals for this edition were to

- enhance the content in all chapters from the previous edition with up-to-date information that is beneficial to all health care providers and students.
- update the objectives to complement the content in the chapters that focus on medical disorders.
- create an accompanying “Emerging Issues” chapter (available at [www.pharmacylibrary.com/updates](http://www.pharmacylibrary.com/updates)) that will provide information on evolving self-care topics that do not fit into any of the published chapters.

This edition remains true to the spirit of previous editions, that is, to assist health care providers and students in developing the knowledge and problem-solving skills needed to

- assess a patient’s health status, medical problems, and current practice of self-treatment, including nonprescription and prescription medications, dietary supplements, and other self-care measures.
- determine whether self-care and/or self-testing and monitoring are necessary and/or appropriate.
- recommend safe and effective self-care measures, taking into account the patient’s treatment preferences, where appropriate.

As with the previous edition, an online version of the book resides on APhA’s digital platform PharmacyLibrary ([www.pharmacylibrary.com](http://www.pharmacylibrary.com)), which allows regular updating and/or revision of chapters. With this edition, purchasers of the print book will have access to the online updates and revisions at <https://www.pharmacylibrary.com/updates>. For the print and online versions of the book, two new comprehensive patient cases per chapter are included; these cases are based on the revised nineteenth edition case format. The online version of the book provides additional cases that are based on the abbreviated case format used in previous editions.

Self-care opportunities exist for many individuals with myriad health disorders. The discussion of these disorders in this book lends itself to the following objectives. For each patient complaint

- identify its most likely underlying cause(s).
- identify common signs and symptoms.
- determine whether the complaint is amenable to self-care, the patient requires referral, or nothing needs to be done.
- identify the FDA-approved monograph active ingredient(s) in a given nonprescription drug category or drug that would best treat the complaint.
- determine common side effects for a drug or a given category of nonprescription drugs.
- determine contraindications to the use of a given drug or category of nonprescription drugs or devices.
- distinguish indications and limitations for use of a given drug or category of nonprescription drugs or devices.
- explain nondrug measures commonly used in treatment or prevention.
- develop an appropriate care plan for a given patient who seeks self-care advice.
- formulate a list of key counseling points to educate a patient on the appropriate use of a nonprescription drug, nondrug measures, or a device.

Considerable time and effort have been invested in improving this edition. We are hopeful that each of the chapter enhancements and updates improves the quality and usability of the book, as well as provides increased clarity and convenience.

## Chapter Content

All disorder-related chapters in this edition include the following features and information:

- Up-to-date information on nonprescription medications, including indications, dosages, interactions, supportive evidence for efficacy and safety, medical disorders or symptoms amenable to self-treatment, prescription-to-nonprescription reclassifications, and nonprescription drug withdrawals from the market
- Treatment algorithms that outline triage and treatment
- Controversies in self-care therapeutics
- Self-care treatment or prevention guidelines
- Product tables with examples of specific nonprescription products
- New nonprescription medications and dietary supplements, including nutrition-related dietary supplements, such as vitamins and minerals, which are discussed in the nutrition section of the book

## Chapter Features

Most chapter features remain unchanged and are intended to promote an interactive approach to self-care. Students and health care providers can use these features to develop or improve problem-solving and critical thinking skills.

- Disorder-related chapters are grouped primarily according to body systems. These chapters begin with a discussion of the epidemiologic, etiologic, and pathophysiologic characteristics and the clinical manifestations of the disorder. These discussions are followed by a comprehensive discussion of self-care options. The inclusion of dietary supplements, as well as nonpharmacologic and preventive measures, completes the discussion of self-care options. Information about one preventive measure, vaccines, is incorporated in chapters in which the content is deemed synergistic.
- Case studies, treatment algorithms, comparisons of self-treatments, patient education boxes, and product selection guidelines foster an interactive therapeutic approach to learning.
- The case studies in the Handbook utilize the Pharmacists' Patient Care Process (PPCP) format which is described in detail in Chapter 2. The online case studies utilize the QuEST/SCHOLAR-MAC process. These are consistent with previous editions.
- Sections on the evaluation of patient outcomes reinforce follow-up of patients who are self-treating. This section defines the parameters for confirming successful self-treatment and those that indicate the need for medical referral.
- Chapters include tables that list interactions (drug–drug, drug–supplement, drug–nutrient), as well as dosage and administration guidelines.
- At the end of each chapter, authors provide a list of key points. These are intended to serve as a summary of critical information in the chapter and can be an excellent resource for educators.
- Authors provide comparisons of agents based on clinical studies of safety and efficacy, as well as product selection guidelines based on patient factors and preferences.
- Authors discuss the role of nonprescription therapies among the available treatment options for a specific disorder and describe other options in the event that nonprescription therapy fails or is not appropriate.

- The book's organization and content allow students and health care providers to quickly identify the information needed to make a treatment recommendation and to counsel patients.

## Acknowledgments

We would like to acknowledge the hundreds of individuals who contributed to the new edition of this textbook. We are grateful to each of the authors and reviewers who contributed to this comprehensive and authoritative textbook. These individuals were selected from many practice settings and health professions throughout the country. Their scholarship and clinical experience reflect a broad perspective and interdisciplinary approach to patient care. The dedication of the authors and reviewers in ensuring that the chapters were accurate, comprehensive, balanced, and relevant to practice and of the highest quality is deeply appreciated.

The editors of this edition also want to acknowledge the contributions of previous editors, authors, reviewers, and the many health care providers, students, residents, and others who have helped make the *Handbook of Nonprescription Drugs* the premier resource for self-care content. We also want to thank the staff of the American Pharmacists Association, in particular John Fedor, Jesse Vineyard, and Janan Sarwar, for their ongoing support of our vision for the content and its incorporation into the print version and the online version available at PharmacyLibrary.com.

We would like to convey a very special thanks to Linda Young, our managing editor. Once again Ms. Young provided invaluable guidance and support to the editors, authors, and reviewers in all aspects related to the publication of this edition. She contributed to the copyediting of chapters, and managed the design, editorial, and composition stages of the book. Without her tireless efforts, experience, and attention to detail, the improvements in this edition would not have been possible.

We are confident that the combined efforts of these individuals will ensure that the *Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care* continues to serve as the worldwide practice and teaching resource on self-care and nonprescription products.

STEFANIE P. FERRERI  
 BRIAN HEMSTREET  
 ANNE L. HUME  
 DANIEL L. KRINSKY  
 CAROL J. ROLLINS  
 KAREN J. TIETZE