

Course Unit	Option I - null	Field of study	Health
Master in	Applied Health Sciences - Biotechnology	School	School of Health
Academic Year	2022/2023	Year of study	1
Type	Semestral	Semester	2
Workload (hours)	121,5	Contact hours	T - TP - PL - TC - S - E - OT - O 54
		Level	2-1
		ECTS credits	4.5
		Code	5055-669-1206-10-22

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Olívia Rodrigues Pereira

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Identify possible drug-related problems in patients,
2. Understand the importance of implementing pharmacotherapeutic follow-up and therapeutic reconciliation programs,
3. Develop pharmacotherapeutic follow-up programs, in a hospital or community context, targeting certain groups of chronically ill patients and in specific clinical situations
4. Develop planning and organization skills and implementation of measures and interventions that promote the rational use of medicines,
5. Develop the ability for self-learning, research and choice of appropriate information,
6. Demonstrate synthesis and communication skills

### Prerequisites

Before the course unit the learner is expected to be able to:  
None

### Course contents

General Principles of Pharmacotherapy, Drug Related Problems (DRP) and Negative Medication Outcomes (NMR). General Principles of Therapeutic Reconciliation, Pharmacotherapeutic Follow-up and Therapeutic Review. Planning a pharmacotherapeutic follow-up. Pharmacotherapeutic follow-up in the elderly and patients with chronic diseases.

### Course contents (extended version)

1. General Principles of Pharmacotherapy.
  - Pharmacokinetics
  - Pharmacodynamics
2. Drug Related Problems and Negative Medication Outcomes.
  - Granada Consensus
  - Self-medication
  - Medicines information center: informed
  - Adverse drug reactions and their reporting
  - Objectives and importance of pharmacotherapeutic follow-up.
5. Planning a pharmacotherapeutic follow-up using the Dader method and its phases:
  - service offer,
  - interviews,
  - status of the situation,
  - evaluation phase,
  - identification of negative medication results,
  - intervention phase,
  - Action plan.
6. Pharmacotherapeutic follow-up in the elderly patient
  - Physiological, pharmacokinetic and pharmacodynamic changes
  - Polypharmacy and polymedication.
  - Potentially inappropriate medications in the elderly
  - The importance of deprescription
  - Therapeutic Review
  - Clinical cases
7. Pharmacotherapeutic follow-up in patients with chronic diseases
  - Asthma
  - Chronic obstructive pulmonary disease
  - Arterial hypertension
  - Dyslipidemias
  - Diabetes mellitus
  - Depression
  - Generalized anxiety disorder
  - Pathophysiology
  - Therapy review
  - Clinical Cases

### Recommended reading

1. Whalen, Karen; Finkel, Richard; Panavelil, Thomas A. , Farmacologia ilustrada, 6. ed. – Porto Alegre: Artmed, 2016.
2. Wells, Barbara G; DiPiro, Joseph T. ; Schwinghammer, Terry L. ; DiPiro, Cecily V. ; Manual de farmacoterapia, 9ª edição, Artemed, 2016.
3. <https://www.ordemfarmaceuticos.pt>
4. <https://www.sns24.gov.pt>

### Teaching and learning methods

Theoretical and practical lectures, group dynamics and case studies and class discussion of papers. Accomplishment accompanied by works in accordance with the thematic orientation specific. Self-guided study based on detailed description of learning outcomes and competencies.

**Assessment methods**

- 1 - (Regular, Student Worker) (Final, Supplementary, Special)
- Practical Work - 30%
- Intermediate Written Test - 70%

**Language of instruction**

1. Portuguese
2. Portuguese, with additional English support for foreign students.

**Electronic validation**

Olivia Rodrigues Pereira	Josiana Adelaide Vaz	Ana Maria Geraldês Rodrigues Pereira	Adília Maria Pires da Silva Fernandes
26-07-2023	27-07-2023	27-07-2023	27-07-2023