



Review on Role of Pharmacist in Nutrition and Health Care

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ABSTRACT

During the last few years, the pharmacy profession has expanded significantly in terms of professional service delivery and has now been recognized as an important profession in the multidisciplinary provision of health care. Pharmacists play a vital role in promoting nutrition and healthcare by bridging the gap between medication and overall well-being. They increasingly serve as essential healthcare providers, contributing to patient education and disease prevention. Pharmacists are integral to guiding patients on dietary choices, addressing nutritional deficiencies, and promoting balanced diets. This will help to prevent and manage chronic conditions such as diabetes and cardiovascular diseases. Pharmacists also collaborate with other healthcare professionals to optimize patient outcomes, medication, nutrition, and overall health.

Keywords: nutrition, importance of nutrition, nutritional management.

Introduction

Pharmacists have been traditionally regarded as experts in medications, not in food and nutrition. However, in current years, pharmacists have found out their significance now no longer simplest in controlling unfavourable food-drug interactions however additionally in in-affected person counselling. The profession of pharmacy also focuses on medication product distribution to expand clinically-oriented patient care services. Pharmacists also interact with other health care professionals. They provide cost-effective nutrition, parental nutritional support, nutritional management for elderly people, health education, medication counseling, and healthy product selection. Pharmacists also participate in research programs.

NUTRITION

Nutrition is eating a regular, balanced diet. Good nutrition helps fuel your body. The foods you eat supply the nutrients your body needs to maintain your brain, muscles, bone, nerves, skin, blood, circulation and immune system. Nutrition is a critical part of health and development.

IMPORTANCE OF NUTRITION

Nutrition is essentials in our life. Food and liquids have an impact on our bodies and health as they include specific nourishment that is essential for our physical structures. Every great food and drinks contain essential nutrients such as proteins, carbohydrates, lipids, vitamins, minerals and water. These all play various roles to keep our bodies healthy and creating new cells.

PROTEIN

Protein facilitates our frame to construct muscle tissues and sturdy immune system. It also builds new tissues and repair all damaged cells in our body. Examples of proteins such as potatoes, corn, soya etc.

CARBOHYDRATES

Its gives energy. It's an ideal source of energy for the body because carbohydrates convert more readily into glucose. Examples such as potatoes, sugar, bananas etc.

VITAMINS

Its play an important function to maintain body function properly. There are 13 vitamins necessary for our body. Some of them are A, B, C, D, E, K, diet B-6.

MINERALS

It regulates our body processes and make body tissues. Minerals boost our immune system. Chloride, calcium, copper, chromium, fluoride, iron, and iodine are a few vital minerals.

ROLE OF PHARMACISTS IN NUTRITIONAL MANAGEMENT

Providing cost-effective nutrition

According to the WHO, lifestyle diseases such as hypertension, diabetes, and cardiovascular problems may be life-threatening. As the cost of health care continues to rise, health economics has developed as an important discipline where the principles of economics apply to the healthcare industry. Pharmacoeconomics is a branch of health economics whose goal is to improve general public health by helping industry, authorities, and the public make informed decisions when choosing cost-effective and appropriate healthcare products, therapies, and services. In the era of the knowledge explosion, when the public feels overwhelmed by information, there are conflicting views and opinions about different nutritional supplements and therapies that can improve well-being. A pharmacist with knowledge of pharmacoeconomics and nutrition can prove to be a reliable source of facts and information. A chemist can advise the public on low-cost options or complementary therapies that will yield the best health results for the money spent.

Providing nutritional support

Pharmacists have a wide range of skills and abilities that can make a big difference in PN treatment. They can evaluate patients' nutritional needs, plan, implement, and maintain PN formulations, compound, dispense, and quality control. They can also evaluate patients' reactions to the treatment. Pharmacists can also work as consultants for PN programs by working with doctors, dietitians, and even families or caregivers at home to maximize health outcomes.

Nutritional management for elderly people

When it comes to nutrition, older people are a special population that needs to be managed differently. The burden of medications increases with age-related conditions. Since older patients are taking multiple medications, the main risk factors for adverse reactions are drug-drug interactions, drug-food interactions, and drug-nutrient interactions. Deteriorating oral digestibility, poor nutrient absorption, and functional disabilities are some of the issues older people face.

Pharmacists, with their expertise and abilities related to drugs and their interactions, can help older people manage their health and assist organizations in lowering their overall cost of care for their aging patients.

Infant nutritional management

The early years of a baby's life are crucial for its physical and psychological health. Poor nutrition can lead to poor growth, an underdeveloped immune system, and an increased risk of infection. Poor nutrition during the first few years of childhood can also impede the development of intellectual, social, and emotional abilities. Therefore, optimal nutritional deficiency is a key criterion for the health, growth, and development of newborns and adolescents and has become a global issue. In a country like India, undernutrition among young children is a major concern. Parents of young children need prompt and reliable information on nutritional issues such as breastfeeding, formula feedings, complementary foods, food supplements, vitamins, etc., to make informed decisions. A readily accessible pharmacist can play a key role in promoting infant health through nutrition. For example, a pharmacist can teach women about guidelines for breastfeeding and the long-term advantages of reducing the risk of certain diseases, as well as advise on proper breastfeeding techniques.

ROLES IN HEALTH CARE

The modern chemist performs a patient-centered, health-oriented position that includes providing professional services and counselling information, rather than a technical, product-oriented one. This change, commonly referred to as "pharmaceutical care," perplexes the nation that a pharmacist, working in partnership with other health-care providers, is responsible for patient outcomes regarding their drug therapy. The primary job of the pharmacist today is to identify and address drug-related issues. Some key elements of health care are outlined in the report of the International Conference on Primary Health Care.

Professionals are include in health care.

1. Direct professional

- A. Pharmacist
- B. Physician/doctors
- C. Nurses
- D. Compounder
- E. Dispenser

2. Indirect professional

Like Engineers, Teachers and every person

3. Different professional plays different minor roles in health care system but only Pharmacist play major role in health care system

The word PHARMACIST stands for

P- Patience - Honesty A-Alertness R-Research M- Motivator A-Administrator

C- Courageous I-Intelligent S- Studious T- Thinker

Academic pharmacist

Academic pharmacists put a lot of emphasis on student education, research, and training. Universities are a major source of pharmacists. Pharmacists are a valuable asset to the healthcare sector. One way that pharmacists add value to the healthcare system is through the organization of seminars, projects, and system academics. Health care providers are driven by education. Students acquire a deep understanding of the science and methodology of the pharmaceutical sciences through their basic education training, pre-registering training, and the ability to stay up-to-date with developments in medicine and pharmacy throughout their careers.

Education regulation 2020

In today's highly competitive and industrialized world, ER 2020 plays an important role. Students need a high-quality education to thrive in today's competitive and highly competitive world. Today's society is built on students who have a high standard of living and knowledge that enables them to solve problems better.

Research and development

Pharmacists make a contribution to research, and the organic sciences especially advantage from their know-how of components creation. There are various production phases including testing goods before distribution.

Drug information, counseling, parent application and drug regulation, clinical trials, and follow-up after marketing. Sales and marketing, management, primary care pharmacist, community pharmacist, hospital pharmacist.

Patient counselling

pharmacist also play an important role in the patient counselling. They educate about the adverse drug reaction, drug-food interaction, and drug-drug interaction. Educate about the bad effect of self-medication, provide the importance of rational drug usage.

Pharmacist also provides,

Health services

Pharmacists are experts in medicine and are responsible for providing medicines and services that are safe, effective, and of the highest quality to achieve the best possible health outcomes. Therefore, their primary focus is to provide information and advice that is tailored to the needs of their patients.

Health workforce

Pharmacists who perform well are responsive to patients' needs and wants. In fact, patients' involvement in health care decisions has been shown to lead to increased satisfaction and fewer complaints about services offered. With the shift from a 'product-oriented' to a 'patient-centred' pharmacy service, putting patients' interests first and treating them with respect is essential.

Health information

As one of the most accessible health professionals, pharmacists participate in health screening and monitoring programs, verifying immunization status, and identifying potential public health risks. With accurate and up-to-date health data, pharmacists help advance the health system and work together to reduce the risk of public health hazards.

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CONCLUSION

Pharmacies are the participant's preliminary factor of interaction and the most customarily accessed with the aid of using the overall public for minor fitness issues. Pharmacists have extra ordinary interaction with sufferers than physicians; consequently their function extends past virtually doling out drugs. One of the critical additives in dealing with acute and continual diseases and standard public fitness is nutrients control however it calls for understanding approximately the significance of a balanced diet, meals, and nutrients-associated fitness concerns, drug usage, drug-drug interactions, drug-meals interactions, drug-nutrient interactions, meals supplements, dietary supplements, nutraceuticals, cost-powerful treatments, etc. Since pharmacists have the needful understanding in this Field, so it strengthens their function in vitamins management and contribution to public fitness. With in addition training in regards to vitamins guidance-primarily based totally projects and fitness economics, the pharmacist might also additionally evolve into a dependable useful resource in supplying applicable facts to different healthcare experts that may be incorporated into their normal clinical practice.

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