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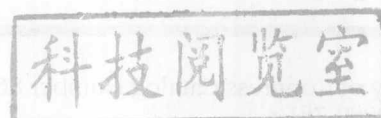
**10<sup>th</sup>**  
EDITION

**Handbook of**

**Nonprescription**  
**DRUGS**

# Handbook of Nonprescription Drugs

## 10<sup>th</sup> EDITION



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## Preface

The goals of the American Pharmaceutical Association include advancing standards of pharmacy practice; fostering safe, effective, appropriate, and economical nonprescription drug use; and expanding professional practice prerogatives of pharmacists. These goals are assisted substantially by publication of the *Handbook of Nonprescription Drugs*. The 10th Edition of the *Handbook* has refined and updated the world's most comprehensive drug information database dealing exclusively with nonprescription drugs. Conscientious use of the *Handbook* by pharmacists and pharmacy students will foster optimal pharmacotherapy, advance the evolution of pharmaceutical care, and serve the public health.

In an era of health care reform and cost containment, numerous issues concerning quality and cost of health care present opportunities to pharmacists. One of these areas is management of self-limiting conditions with nonprescription drugs. Consumers want and need more information on the appropriate use of these agents. New strategies and initiatives are needed to optimize self-care with nonprescription pharmaceuticals. The pharmacist is the most qualified and appropriate *learned intermediary* to help the patient with optimal use of nonprescription drugs.

Pharmacists are strategically positioned in health care to assess patient needs, recognize conditions that are self-treatable with nonprescription drugs, and advise and counsel patients. If self-care with a nonprescription drug is appropriate, the pharmacist is generally available and well qualified to:

- Help in product selection;
- Assess patient risk factors;
- Counsel patients regarding proper use;
- Monitor for drug allergies or hypersensitivities, adverse drug reactions, and drug-drug interactions;
- Monitor response to therapy;
- Assess clinical outcomes;
- Discourage use of fraudulent or quack remedies;
- Assess the ability of a nonprescription drug to mask symptoms of a serious medical condition;
- Prevent delays in seeking medical attention by referring the patient to a physician.

Nonprescription drug sales at the wholesale level were approximately \$12 billion in 1991 and \$13.2 billion in 1992. Sales are projected to increase 8–10% per year and, by 1996, could increase by \$4–5 billion. Factors fostering such sales growth are the projected reclassification of numerous prescription drugs to nonprescription status, the availability and positive public perception of the pharmacist, the emerging growth of the self-care movement, and the ever increasing safety and efficacy of the nation's supply of nonprescription drugs due in large part to the FDA-coordinated OTC Drug Review.

The pharmacist's clinical competency relative to the provision of cognitive informational services to patients on safe, appropriate, effective, and economical nonprescription drug use is vital. The 10th Edition of the *Handbook of Nonprescription Drugs* is the greatest single tool available to enhance professional competence and expand patient services in the domain of nonprescription pharmacotherapy. The American Pharmaceutical Association is pleased to offer this valued resource and pledges an ongoing commitment to further expansion and refinement of this publication.

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