LETTERS

Pharmacist's 4Ds 4 U

I read the recent news release on the WHO international website which states that the four leading killers (diseases) among non-communicable diseases (NCDs) are heart disease, lung disease, cancers and diabetes. Seven in 10 deaths globally every year are from NCDs. Tobacco use, harmful use of alcohol, unhealthy diets and physical inactivity are the main contributors to the development of NCDs. Half of premature deaths from NCDs occur in low-income and lower-middle-income countries. It also states that many lives can be saved from NCDs through early diagnosis and improved access to affordable quality treatment. Patient counselling is a part of quality treatment in which pharmacists can play a vital role. The president of Uruguay, Dr Vázquez, mentioned¹ that NCDs are the world's leading avoidable killers, but the world is not doing enough to prevent and control them. As a clinical pharmacist I have been thinking a lot about what I do to prevent and manage NCDs in my community. I have noticed that one of the main factors for increased prevalence of NCDs is the lack of knowledge of disease management and prevention among people. The president's words kindled my present research works and influenced the development of the slogan 'Pharmacist's 4Ds 4 U' on educating patients for the very first time in the healthcare department. The 4Ds are 'Disease, Drug, Diet and Daily life' and 4 U is 'for you'. Pharmacists who regularly counsel their patients must keep in mind that they have to educate patients about their Disease condition (risk factors, symptoms, complication, management and prevention), Drug use (directions, side or adverse effect reporting, precautions, and compliance), Diet (drug food interaction if any, appropriate and healthy food habits, and appropriate portions and servings) and finally Daily life (exercises, stress-busting efforts, coping with the disease, positive attitude and practice). The practice of 'Pharmacist's 4Ds 4 U' among pharmacists can definitely bring effective health outcomes in society to minimise the burden of NCDs globally.

A Porselvi[✉]

Department of Pharmacy Practice, SRM College of Pharmacy, SRM Institute of Science and Technology, Kattankulathur, Tamil Nadu, India

Correspondence to A Porselvi, Department of Pharmacy Practice, SRM College of Pharmacy, SRM

Institute of Science and Technology, Kattankulathur 603 203, Tamil Nadu, India; por07selvi@yahoo.com

Competing interests None declared.

Provenance and peer review Not commissioned; internally peer reviewed.

© European Association of Hospital Pharmacists (unless otherwise stated in the text of the article) 2019. All rights reserved. No commercial use is permitted unless otherwise expressly granted.

To cite Porselvi A. *Eur J Hosp Pharm* 2019;**26**:239.

Published Online First 24 May 2018

Eur J Hosp Pharm 2019;**26**:239.
doi:10.1136/ejhp-2018-001604

REFERENCE

- 1 WHO. World leaders join new drive to beat noncommunicable diseases. <http://www.who.int/mediacentre/news/releases/2018/world-leaders-ncds/en/>