

PRACTITIONERS' GUIDANCE SERIES - VI



Editor in Chief :

Shankar P.S.

Section Editors :

Sudarshan M.K.

Ranjan Kumar Pejaver

Pratima Murthy

Substance use Disorders: A Physician's Guide

Art and Science of Medicine

Understanding Medication Errors

Public Health Nutrition for the Youth and Elderly

KARNATAKA MEDICAL COUNCIL

BENGALURU

ISBN No.: 978-81-928479-8-6

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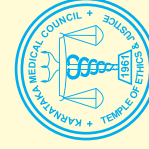
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Produced & Printed by :

Arrow Medical Information Services
"THARANGA", #5, Binny Layout,
Attiguppe, Vijayanagar, Bengaluru-560 040.
for

KARNATAKA MEDICAL COUNCIL

16/6, Miller Tank Bund Road, Vasanth Nagar,
Bengaluru - 560 052.
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First Edition - 2017



President's Remarks



It gives me immense pleasure to present 6th Series of Practitioners' Guidelines.

I would like to put on record the great effort made by editorial board constituted under eminent teacher and writer Dr. P.S. Shankar, Karnataka Medical Council is indebted to all the members.

Young graduates should not only study for acquiring P.G. qualifications, but they should inculcate an aptitude for learning and also for exploration of avenues to do research in the field of their interest. Our institutions and universities are lagging behind in taking patents and publication of original research.

Our doctors should inculcate the art of writing articles in medical journals and also for lay press on public health issue for public.

This present series has important topics like substance use disorders, and understanding of medication errors. Substance abuse has become a menace and has become a serious problem in many campuses and institutions both in bigger and tier-2 cities. Parents and teachers should try to address this issue. Police department and NGOs should keep a constant vigil on drug peddlers. Medication error is important because it can result in death and it is due to medical negligence. Health care providers should ensure safety. All necessary checks at various levels should be audited periodically. Safety of patient should be paramount important in all hospitals.

In the recent years, we have witnessed new developments in the care of patients with introduction of value-based medicine, Desktop medicine, Regenerative medicine, Precision medicine, and nanomedicine. The details about these advances are given in this booklet. Medication errors are common and it has potential to harm the patient. This is a preventable occurrence. Our health is dependent on what we eat. Public health nutrition programs are playing a vital role to keep the Nation healthy.

The present booklet has lot of information, which I am sure will be of great utility to the medical graduates and practitioners.

H. VEERABHADRAPPA
President, KMC



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Editorial



It gives me a great pleasure to place before you the sixth series of booklets of Practitioner's series that carry the write up on four different topics such as Addiction Medicine, Art and Science of Medicine, Medication errors and Public health nutrition.

Substances are a group of chemical substances that are capable of altering the mind of the persons who use them to get pleasure, relaxation or relief from distress. Their misuse or addiction, results in distress, and presents with a wide-ranging manifestation which the physician must be able to recognize and diagnose, and treat. An attempt has been made to provide information to the physician to know different substances (tobacco, alcohol, cannabinoids, opioids, benzodiazapines, inhalants, stimulants, and hallucinogens) that are being used by the individuals and to recognize and manage on proper lines. Substance use disorders form an important public health problem and have great impact on physical and mental health. They affect the emotional well being, and finances of the family. The physician plays an important role to help patients with substance use disorders.

Medicine is an art and science of promotion of health, prevention of disease and when disease occurs, its diagnosis, treatment and rehabilitation. The practice of medicine has changed in significant ways in the recent decades. Humanistic medicine or value-based medicine is a relationship or patient centered care that establishes mutual respect and emotional connection between physician and patients. It has become a challenge for doctors to take advantage of advances in science and technology without losing the art of diagnosis and bedside manners. The healing art establishes a firm rapport between doctor and patient. Desktop medicine does not replace the bedside medicine and provides preventive strategies for

diseases that have been diagnosed by traditional bedside medicine. Regenerative medicine is a process of creating, living functional tissues to repair or replace tissues or organ functions lost due to damage or congenital defects.

Precision medicine is person-centered and multifaceted. It would define diseases by underlying molecular causes and other factors in addition to traditional signs and symptoms. The advances that have occurred in the field of nanotechnology in the recent years have made significant impact in all scientific fields. The technique has potential medical applications.

Medication error can lead to adverse drug reactions. A medication error refers to a failure in the treatment leading to, or has the potential to lead to harm to the patient. There can be prescribing fault wherein there is a failure in prescribing process that leads to or has the potential to lead to harm to the patient. Prescription error is a failure in prescription writing that results in a wrong instruction. Medication errors may occur as knowledge-based mistakes, rule-based mistakes, action-based slips and memory-based lapses according to Jeffrey Aronson. The medication error refers to any preventable occurrence that may cause or lead to inappropriate medication use or patient harm

Nutrition is essential for health. The nutrition requirement varies according to age of the persons. Today dieting and health are much talked about. There is an urgent need to know about pre-cooking, cooking, removal of pesticides from food, use of safe and clean food for good health. The consumption of junk and processed food is getting popularity among youth. We have tried to give an insight into the public health nutrition programs and food legislation .

These booklets provide new information in a nut shell for use by the graduates of Medicine. I am sure they will be well received by the medical fraternity .

P.S. SHANKAR
Editor-in-Chief

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