

## Patient counselling

points for chronic diseases/disorders - Hypertension, Diabetes, Asthma, Tuberculosis, Chronic obstructive pulmonary disease and AIDS.

**Hypertension**— It is the clinical condition, in which more blood pressure observed in the blood vessels which leads to hemorrhagic and other disease condition. During patients counselling it is managed by the- Pharmacological management. • Non pharmacological management. •

**Diabetes**— Diabetes mellitus is the group of metabolic disorders sharing the common feature of hyperglycemia. Hyperglycemia in diabetes results from defects in insulin secretion, insulin action or both. The chronic hyperglycemia and attendant metabolic dysregulation may be associated with secondary damage in multiple organ systems, especially the kidney, eyes, nerves, and blood vessels. During patients counselling it is managed by the- Pharmacological management— Biphasic insulin, teneligliptin, albiglutide, metformin, • voglibose, bromocriptine.

Non pharmacological management. • Make the diet plan because, in diabetes condition sugar level maintenance is the major— task. Avoid the any type of injury.— More hunger and thirst is the common condition in the diabetes so, availability of— things is very important

. **Asthma**—Asthma is a condition in which our airways become narrow, swell up and become more glandular (produce extra mucus). This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when we breathe out and shortness of breath. During patients counselling it is managed by the-

Pharmacological management— Salbutamol, salmeterol, ipratropium, glycopyrrolate • bromide and combination of drugs used (albuterol + ipratropium)

Non pharmacological management. • Avoid the allergen which is responsible for the allergic condition.— Avoid the smoking, drinking, chewing and risks factors which is responsible for other— disease manifestations. Regular uses of home remedies and natural products in the daily life.— Follow/doing the regular pranayama, yoga, exercise etc. to increase the lung capacity or— health. Sometime diets plan also required to manage the disease so, always follow the rules— and regulation which are regulated by our government.

Tuberculosis— It is a potentially fatal contagious disease that can affect almost any part of the body but is mainly an infection of the lungs (formation of tubercles or granulomas in the lungs), it is caused by the mycobacterium tuberculosis. During patients counselling it is managed by the-  
Pharmacological management— Rifampicin, pyrazinamide, isoniazid, streptomycin,•  
ethambutol, Salbutamol, salmeterol, ipratropium, glycopyrrolate bromide and combination of  
drugs used (albuterol + ipratropium)

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