

TEST YOURSELF ONLINE

GOOD PRACTICE KNOWLEDGE IS IMPORTANT WHEN ADVISING CUSTOMERS



Questions

1. Which of the following is NOT a **physical** cause of tiredness?

- a) Anaemia
- b) Diabetes
- c) Underactive thyroid
- d) Glandular fever

2. Which of the following demographics are more likely to experience tiredness?

- a) Elderly men
- b) Teenagers
- c) Athletes
- d) Women

3. Tiredness can be a side effect of which medication?

- a) Prescription painkillers
- b) Blood pressure medication
- c) Sedatives
- d) All of the above

4. Which of the following is NOT considered to be a lifestyle cause of tiredness?

- a) Overexercising
- b) Anxiety
- c) Looking after children
- d) Napping throughout the day

5. Which of the following is considered a helpful remedy for tiredness?

- a) Folic acid in pregnant women
- b) Vitamin C supplements
- c) Zinc supplements for brain health
- d) None of the above

6. Which of the following customers would NOT necessarily need a referral to the pharmacist?

- a) A 40-year-old woman with blurry vision
- b) A teenager suffering night sweats
- c) A pregnant woman
- d) Someone experiencing nausea and dizziness



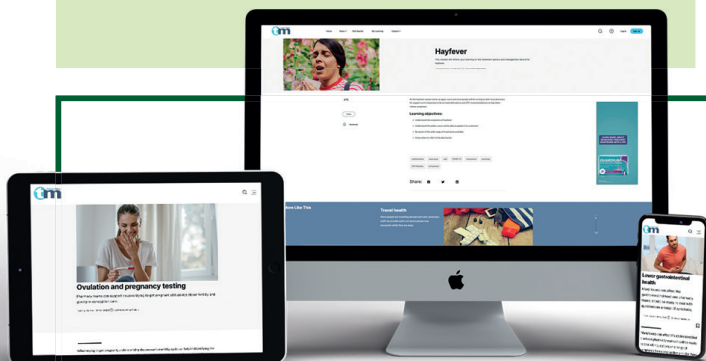
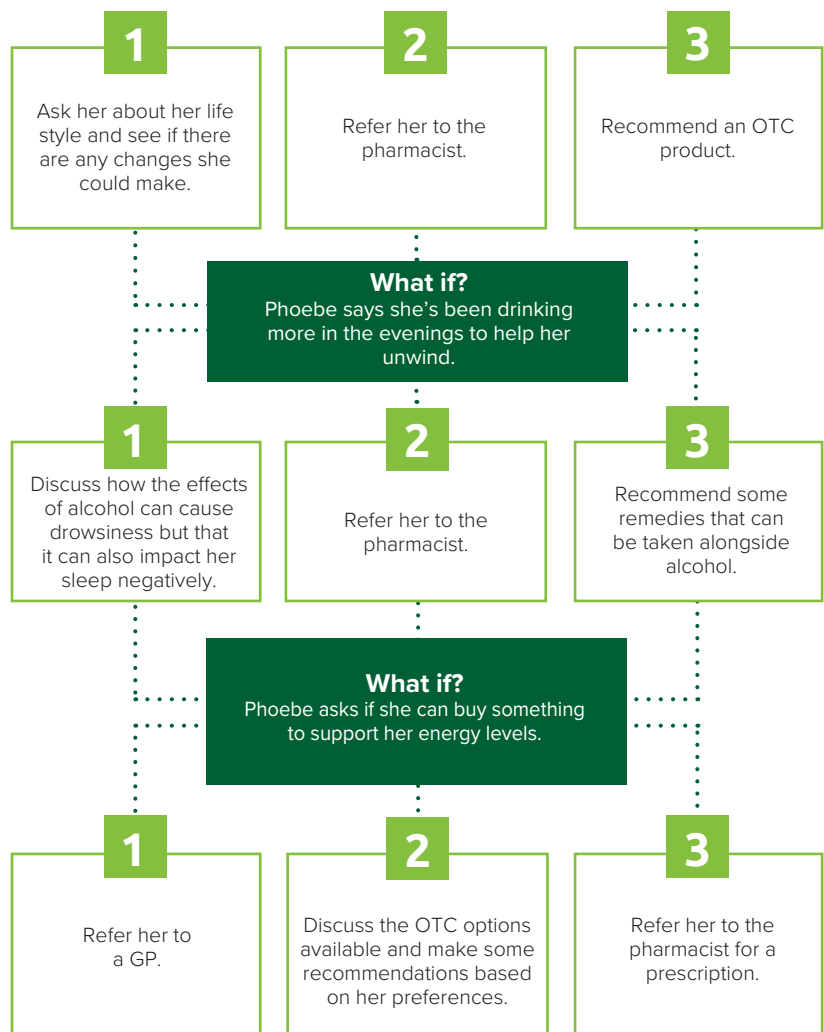
Scenario



Phoebe comes into the pharmacy complaining of feeling very tired. She has a big work presentation coming up and is worried she won't perform to her best ability if she keeps feeling this way.

What would you recommend?

For each part of this scenario, think about the decision you would make and, importantly, why you would choose that option. In addition, for each decision that you make, think about how you would talk to the customer and provide the necessary advice. Discuss this with your team and pharmacist.



Go to www.tmmagazine.co.uk to submit your answers to these questions. When you pass, you'll be able to download a certificate to showcase your learning. You can also add this to your online, personalised learning log.

www.tmmagazine.co.uk