

# A guide to *E-Therapeutics* +

## What is E-Therapeutics+ ?

E-Therapeutics+ is an online resource produced by the Canadian Pharmacist's Association that integrates content from *Therapeutic Choices* and *e-CPS*.

## What can I do with it?

You can use this resource to find information on drug therapies for a variety of conditions.

## How do I get to it?

To get to E-Therapeutics+ :

- 1) Go to [www.shirp.ca](http://www.shirp.ca)
- 2) Click on the "Search for articles on your topic" link under the heading "Find an Article"
- 3) Scroll down the page until you see "E-Therapeutics+" in the alphabetical list
- 4) Click on the heading above the description



E-therapeutics+ is made up of five parts:

- 1. Home:** This page features notices about what's new in E-Therapeutics, Health Canada advisories, links to information on public drug plans across Canada, and other recommended internet links.
- 2. Therapeutics:** This collection of monographs provides a brief description of a variety of conditions, the goals of therapy, the investigations used, pharmacologic and nonpharmacologic therapeutic choices, therapeutic tips, and suggested readings on the topic.
- 3. E-CPS:** This resource provides point-of-care access to current online Canadian drug and therapeutic information. See the SHIRP handout for E-CPS for more information.
- 4. Drug Interactions:** The Lexicomp online interaction lookup allows you to search for interactions between specific drugs, including the risk rating and information on patient management.
- 5. Info for Patients:** Is a set of monographs on specific conditions that are aimed at patients. Printable versions of the monographs are available, including French language monographs.

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What's New Health Canada Advisories Public Drug Programs Recommended Links Product Tour FAQ

#### Therapeutics

Content has been reviewed and updated for the following topics:

- [Acute Agitation - June 2007](#)
- [Acute Osteomyelitis - June 2007](#)
- [Age-related Macular Degeneration - June 2007](#)
- [Drug Withdrawal Syndromes - June 2007](#)
- [Dysmenorrhea - June 2007](#)
- [Endometriosis - June 2007](#)
- [Herpesvirus Infections - June 2007](#)
- [HIV Infection - June 2007 \(Revised\)](#)
- [Neuropathic Pain - June 2007](#)
- [Potassium Disturbances - June 2007](#)
- [Restless Legs Syndrome \(New topic\) - June 2007](#)
- [Sinusitis - June 2007](#)
- [Smoking Cessation - June 2007](#)
- [Stable Angina - June 2007](#)
- [Thyroid Disorders - June 2007](#)
- [Travellers' Diarrhea - June 2007](#)
- [Appendix 1: Dosage Adjustment in Renal Impairment - July 2007](#)
- [Appendix 3: Pharmacoeconomic Considerations - July 2007](#)

#### Evaluate Therapeutic Information

Tell us how our information affects your practice. New information to evaluate is highlighted in green. Choose a link to evaluate any of the following.

- [Use of ASA, NSAIDs and COX-2 inhibitors in asthmatic patients.](#)
- [Use of night splints in the treatment of plantar fasciitis.](#)
- [Healing of digital ulcers in patients with Raynaud's phenomenon.](#)
- [Efficacy of antispasmodic drugs for IBS.](#)
- [Structured treatment interruptions in antiretroviral therapy.](#)
- [Vaginal estrogen in stress incontinence.](#)
- [Transdermal nitroglycerin in recent stroke.](#)

e-CPS

#### Coming Soon to e-CPS and e-Therapeutics<sup>+</sup>

You'll see some exciting new features this fall, including:

- More results when you search for drug monographs
- Two additional Clin-Info documents
  - Drugs in Dentistry
  - Infective Endocarditis Prevention
- Information for Patient pages available in PDF
- Quicker, easier access to monographs developed by CPhA
- Ability to print selected sections of drug monographs

Watch your inbox this September for more information.

**Sign Up For Our Free Electronic Newsletter**  
Stay up-to-date on the latest information about e-Therapeutics. To add your email address to the distribution list, send us a notification by clicking [here](#).

#### Tell Us What You Think

Give us your feedback on the portal and mobile application [more >](#)

#### Product Tour

Learn how to use e-CPS or e-Therapeutics+ by trying one of the self-guided tours on the Product Tour page. [more >](#)

# Finding Information in Therapeutics

Choose a general category from the list on list on the left, and the click on the link.

The screenshot shows the Therapeutics+ website interface. At the top, there is a navigation bar with the logo "Therapeutics+ What Works When" and links for "Feedback", "Contact Us", and "Log Out". Below the navigation bar, there are tabs for "Home", "Therapeutics", "e-CPS", "Drug Interactions", "Info for Patients", and "Mobile". The main content area is divided into two columns. The left column has a "Search Therapeutic Information" section with a search box and a "HELP" button. Below it is a "Select Therapeutic Topic" section with a "HELP" button and a list of categories. The "Infectious Diseases" category is circled in red. The right column has a "Therapeutic Information" section with an "ABOUT" button. It contains a "How to Search Therapeutic Information" section, a "Using Search Therapeutic Topic:" section, a "Using Select Therapeutic Topic:" section, and an "Evaluate Therapeutic Information" section. The "Evaluate Therapeutic Information" section lists several links to evaluate, such as "Use of ASA, NSAIDs and COX-2 inhibitors in asthmatic patients."

Choose from the topics listed under that category and click on the link to bring up information about that condition.

This screenshot is similar to the one above, showing the Therapeutics+ website interface. The "Select Therapeutic Topic" section is expanded to show sub-topics under "Infectious Diseases". The sub-topic "Community-acquired Pneumonia" is circled in red. The rest of the page content, including the search bar, navigation tabs, and the right-hand "Therapeutic Information" section, is identical to the previous screenshot.

If you want to print the information out, make sure to go to the printable version by clicking on the link in the top right corner of the page

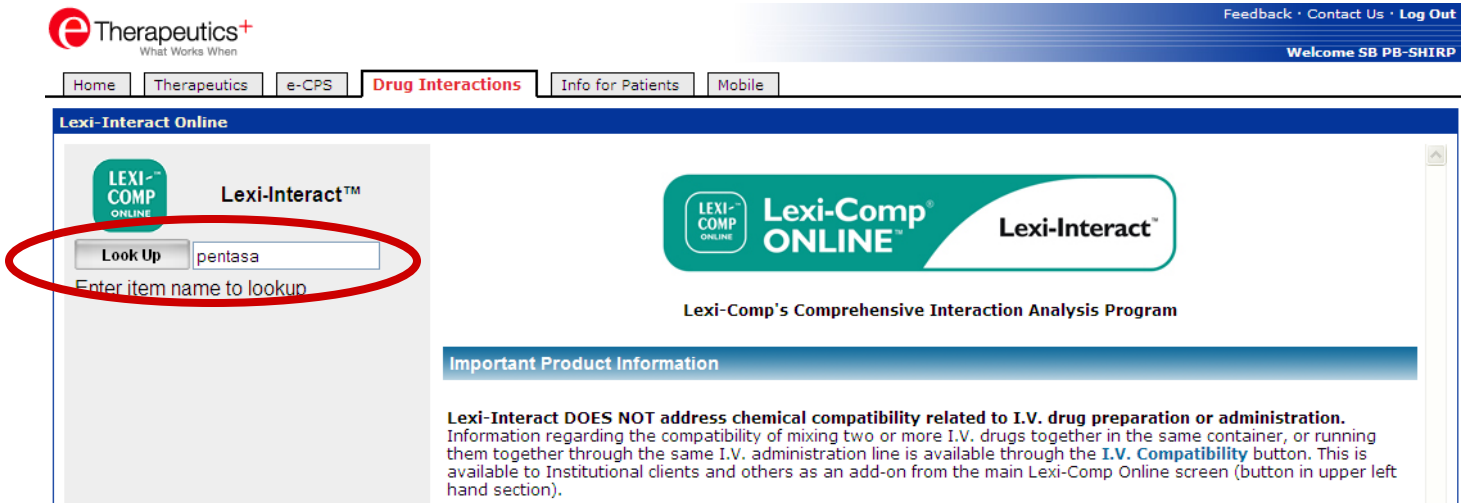
The screenshot shows the Therapeutics+ website interface. At the top, there is a navigation bar with 'Home', 'Therapeutics', 'e-CPS', 'Drug Interactions', 'Info for Patients', and 'Mobile'. The main content area is titled 'Infectious Diseases: Community-acquired Pneumonia'. On the right side of this header, a link labeled 'Printable Version' is circled in red. Below the header, there is a search bar, a list of therapeutic topics on the left, and the main text of the article. The article includes a date prepared (March 2007), author information (Thomas J. Marrie, MD, FRCPC), and a paragraph describing CAP. Below the text, there are two tables: 'Pneumonia treated on an ambulatory basis' and 'Pneumonia requiring admission to hospital ward'. The 'Printable Version' link is located in the top right corner of the article content area.

Click on the “print” link to print the document.

This screenshot shows the 'Printable Version' of the document. A red circle highlights the 'Print' link in the top left corner. The page content is identical to the previous screenshot, including the title 'Infectious Diseases: Community-acquired Pneumonia', the author 'Thomas J. Marrie, MD, FRCPC', the introductory paragraph about CAP, and the two tables of pathogens. The layout is clean and optimized for printing.

# Using Lexicomp Online

Enter the name of the drug in the search box and click on the “Look Up” button.



Therapeutics+  
What Works When

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Home Therapeutics e-CPS **Drug Interactions** Info for Patients Mobile

Lexi-Interact Online

LEXI-COMP ONLINE Lexi-Interact™

Look Up pentasa

Enter item name to lookup

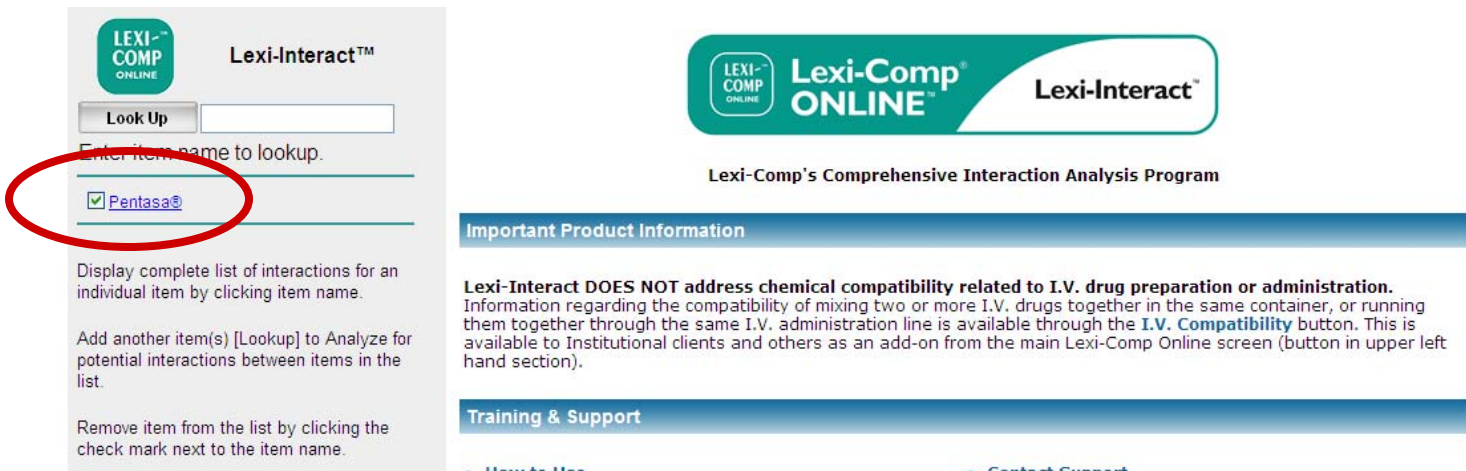
LEXI-COMP ONLINE Lexi-Comp ONLINE Lexi-Interact™

Lexi-Comp's Comprehensive Interaction Analysis Program

**Important Product Information**

Lexi-Interact DOES NOT address chemical compatibility related to I.V. drug preparation or administration. Information regarding the compatibility of mixing two or more I.V. drugs together in the same container, or running them together through the same I.V. administration line is available through the **I.V. Compatibility** button. This is available to Institutional clients and others as an add-on from the main Lexi-Comp Online screen (button in upper left hand section).

A list will start on the left side of the page. If you want to see all of the potential drug interactions for that drug, click on the link.



LEXI-COMP ONLINE Lexi-Interact™

Look Up

Enter item name to lookup.

Pentasa®

Display complete list of interactions for an individual item by clicking item name.

Add another item(s) [Lookup] to Analyze for potential interactions between items in the list.

Remove item from the list by clicking the check mark next to the item name.

LEXI-COMP ONLINE Lexi-Comp ONLINE Lexi-Interact™

Lexi-Comp's Comprehensive Interaction Analysis Program


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**Training & Support**

How to Use Contact Support

A list of interacting drugs will show up, including the risk rating for each.



LEXI-COMP ONLINE Lexi-Interact™

Look Up

Enter item name to lookup.

Pentasa®

Display complete list of interactions for an individual item by clicking item name.

Add another item(s) [Lookup] to Analyze for potential interactions between items in the list.

Remove item from the list by clicking the check mark next to the item name.

## Lexi-Comp ONLINE™ Interaction Lookup

View interaction detail by clicking on link.

### Mesalamine

**Brand Name** Pentasa®

**Interacting Categories**  
[C] [Cardiac Glycosides](#)  
[C] [Thiopurine Analogs](#)

**Date** October 4, 2007

Displaying interactions with a **risk rating** of

If you want to compare specific drugs, continue to build up the list on the left side of the page by searching for each drug individually.

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Home Therapeutics e-CPS **Drug Interactions** Info for Patients Mobile

Lexi-Interact Online

LEXI-COMP ONLINE Lexi-Interact™

Look Up asacol

Enter item name to lookup.

Pentasa@

Display complete list of interactions for an individual item by clicking item name.

Add another item(s) [Lookup] to Analyze for potential interactions between items in the list.

Remove item from the list by clicking the check mark next to the item name.

LEXI-COMP ONLINE Lexi-Comp ONLINE Lexi-Interact™

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Training & Support

If more than one option comes up, select the appropriate one by clicking on it. When your list is complete, click on the analyze button.

LEXI-COMP ONLINE Lexi-Interact™

Look Up asacol

Enter item name to lookup.

Click on desired item.

Asacol®  
Asacol® 800 (CAN)

Pentasa@

LEXI-COMP ONLINE Lexi-Interact™

Look Up

Enter item name to lookup.

Analyze New List

Asacol® 800 (CAN)  
 Pentasa@

The right side of the screen will display which, if any, drugs in the list have the potential to interact with one another.

LEXI-COMP ONLINE Lexi-Interact™

Look Up

Enter item name to lookup.

Analyze New List

Asacol® 800 (CAN)  
 Pentasa@

Display complete list of interactions for an individual item by clicking item name.

Add another item(s) [Lookup] to Analyze for potential interactions between items in the list.

Remove item from the list by clicking the check mark next to the item name.

### Lexi-Comp ONLINE™ Interaction Analysis

[Customize Analysis](#)

View interaction detail by clicking on link.

**Asacol® 800 (CAN)** (Mesalamine)  
No interactions identified with others in the selection list.

**Pentasa®** (Mesalamine)  
No interactions identified with others in the selection list.

Date October 4, 2007

Displaying interactions with a [risk rating](#) of

**Disclaimer** Readers are advised that decisions regarding drug therapy must be based on the independent judgment of the clinician, changing information about a drug (eg, as reflected in the literature and manufacturer's most current product information), and changing medical practices.

# Using Info for Patients

Click on the general category you are interested from the list provided on the left hand side of the page.

The screenshot shows the Therapeutics+ website interface. At the top, there is a navigation bar with links for Home, Therapeutics, e-CPS, Drug Interactions, Info for Patients (highlighted), and Mobile. The main content area is divided into two columns. The left column has a search box and a list of categories under 'Select Information for Patients'. The 'Dermatologic Conditions' link is circled in red. The right column contains instructions on how to search and select information for patients.

**Therapeutics+**  
What Works When

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Home Therapeutics e-CPS Drug Interactions **Info for Patients** Mobile

**Search Information for Patients** HELP

Enter a word or phrase:  
 Search

**Select Information for Patients** HELP

- [Cardiovascular Disorders](#)
- [Central Nervous System Conditions](#)
- [Dental Care](#)
- [Dermatologic Conditions](#)
- [Ear Conditions](#)
- [Endocrine Disorders](#)
- [Eye Conditions](#)
- [Foot Conditions](#)
- [Gastrointestinal Conditions](#)
- [Gynecologic and Genitourinary Health](#)
- [Infectious Diseases](#)
- [Mouth Conditions](#)
- [Musculoskeletal Conditions](#)
- [Nutrition](#)
- [Psychiatric Conditions](#)
- [Reproductive](#)
- [Respiratory Conditions](#)
- [Symptom Control](#)

**Information for Patients** ABOUT

**How to Search Information for Patients**

Information for Patients can be found using either Search Information for Patients or by looking up a topic under Select Information for Patients.

**Using Search Information for Patients:**

- Enter a word or phrase in the text box provided and click the Search button.
- Results are shown as a list of topics that contain the word or phrase you entered. Results can be sorted by Relevance or in Alphabetical Order.
- Clicking on a result will show the details of that topic on the right side of the screen.

For more information on search, click the Help button at the top right of the Search Information for Patients portlet.

**Using Select Information for Patients:**

- Click on a topic to reveal a list of associated sub-topics.
- When you click on a sub-topic, the patient information page for that sub-topic will display on the right of the screen.

Click on the link for the topic you are interested in.

This screenshot is similar to the first one, but the 'Ear Piercing' link under the 'Ear Conditions' category in the left-hand list is circled in red. The rest of the page layout and content are identical to the first screenshot.

**Therapeutics+**  
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Home Therapeutics e-CPS Drug Interactions **Info for Patients** Mobile

**Search Information for Patients** HELP

Enter a word or phrase:  
 Search

**Select Information for Patients** HELP

- [Cardiovascular Disorders](#)
- [Central Nervous System Conditions](#)
- [Dental Care](#)
- [Dermatologic Conditions](#)
- [Ear Conditions](#)
  - Ear Plugs
  - Ear Piercing
  - Impacted Ear Wax
  - Otitis Externa
  - Tinnitus
  - Vertigo
- [Endocrine Disorders](#)
- [Eye Conditions](#)
- [Foot Conditions](#)
- [Gastrointestinal Conditions](#)
- [Gynecologic and Genitourinary Health](#)
- [Infectious Diseases](#)
- [Mouth Conditions](#)
- [Musculoskeletal Conditions](#)
- [Nutrition](#)
- [Psychiatric Conditions](#)
- [Reproductive](#)
- [Respiratory Conditions](#)
- [Symptom Control](#)

**Information for Patients** ABOUT

**How to Search Information for Patients**

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For more information on search, click the Help button at the top right of the Search Information for Patients portlet.

**Using Select Information for Patients:**

- Click on a topic to reveal a list of associated sub-topics.
- When you click on a sub-topic, the patient information page for that sub-topic will display on the right of the screen.

The monograph will show up on the right. If you want to print the information out for your patient, make sure to go to the printable version by clicking on the link in the top right corner of the page. You can also access a French version of the document by clicking on “Francais”.

**Therapeutics+**  
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Home Therapeutics e-CPS Drug Interactions **Info for Patients** Mobile

**Search Information for Patients** HELP  
Enter a word or phrase:  
 Search

**Select Information for Patients** HELP

- [Cardiovascular Disorders](#)
- [Central Nervous System Conditions](#)
- [Dental Care](#)
- [Dermatologic Conditions](#)
- [Ear Conditions](#)
  - Ear Drops
  - Ear Piercing
  - Impacted Ear Wax
  - Otitis Externa
  - Tinnitus
  - Vertigo
- [Endocrine Disorders](#)
- [Eye Conditions](#)
- [Foot Conditions](#)
- [Gastrointestinal Conditions](#)
- [Gynecologic and Genitourinary Health](#)
- [Infectious Diseases](#)
- [Mouth Conditions](#)
- [Musculoskeletal Conditions](#)
- [Nutrition](#)
- [Psychiatric Conditions](#)
- [Reproductive](#)
- [Respiratory Conditions](#)
- [Symptom Control](#)

**Impacted Ear Wax** ABOUT

**Impacted Ear Wax — What You Need to Know**

[Francais](#) [Printable Version](#)

**General information about caring for your ears:**

- Ears generally clean themselves. It is not usually necessary to remove wax.
- If you put any object into the ear canal, you may push wax further in. This can cause a wax build-up that blocks the ear (impaction). It may result in discomfort and hearing loss.
- If ear wax becomes impacted, you may need to use something to soften the wax so it will come out. You can use:
  - 4 to 6 drops of olive oil, vegetable oil or light mineral oil; or
  - A commercial ear drop. Follow the directions on the package.
- For some products, such as olive oil, vegetable oil, light mineral oil or carbamide peroxide, you will have to put drops in your ear twice a day for several days before the wax softens enough to come out on its own.
- Some products (such as those containing triethanolamine polypeptide condensate) should remain in the ear for only 15 minutes before you syringe them out.
- Make sure you know how to use the product safely before you leave the pharmacy. Ask your pharmacist for advice.
- **Do not** try to syringe your ears by yourself; you may damage your ears. Have someone help you.
- **Stop** using any product that irritates your ears.
- If you have repeated problems with ear wax, you may be able to prevent the problem by using 4 to 6 drops of olive oil, vegetable oil, light mineral oil, or sodium bicarbonate 15% solution in your ears two to three times a week.
- You may have heard or read about the use of ear candling to clean the ear canal. Ear candling is ineffective and dangerous. It can lead to injury of the ear and burns to the ears or face.

**How to syringe the ears:**

- **Never attempt to flush out the ear canal if there is any possibility the eardrum has burst.** Symptoms of a burst eardrum include:
  - bleeding
  - discharge
  - dizziness
  - pain
  - ringing in the ears
  - hearing loss.
- **If you think you have a burst eardrum, see your doctor.**
- It is difficult to syringe your ears by yourself — get someone to help you.
- Fill the ear syringe with warm water (body temperature).
- Hold a basin just below the ear to catch the water coming out of the ear. Lay a towel over the shoulder.
- For adults, straighten the ear canal by gently pulling the ear up and back. For a child, pull the ear down and back.
- Insert the ear syringe just into the opening of the ear canal. **Do not** put it in farther — you could damage the ear.
- Using the syringe, direct a stream of water along the upper surface of the ear canal so that the returning flow pushes the ear wax out from behind. Squeeze the syringe gently. Don't force the water into the ear.

**When should you see your doctor?**

See your doctor if:

- You have any of the symptoms of a burst eardrum (see above).
- You have:
  - a rash in your ear
  - a history of ear surgery
  - tubes in your ears
  - chronic otitis media.

Click on the “imprimer” link to print the French document.

**Imprimer** Fermer

**Les bouchons de cérumen — Ce que vous devez savoir**

**Renseignements généraux sur le soin de vos oreilles :**

- Les oreilles se nettoient généralement toute seules. D'habitude, il n'est pas nécessaire d'enlever le cérumen (la cire d'oreille).
- Si vous mettez un objet dans le conduit auditif, vous pourriez pousser la cire encore plus loin. Cela peut causer une accumulation de cire qui bloque l'oreille (bouchon de cire). Un bouchon peut causer de l'inconfort et une perte auditive.
- Si la cire forme un bouchon, vous pourriez avoir besoin d'utiliser un produit pour ramollir la cire afin qu'elle puisse sortir. Vous pouvez utiliser :
  - 4 à 6 gouttes d'huile d'olive, d'huile végétale ou d'huile minérale légère; ou
  - des gouttes commerciales pour les oreilles. Suivez le mode d'emploi sur l'emballage.
- Dans le cas de certains produits comme l'huile d'olive, l'huile végétale, l'huile minérale légère ou le peroxyde d'urée, vous devrez mettre des gouttes dans votre oreille deux fois par jour pendant plusieurs jours avant que la cire ramollisse assez pour sortir toute seule.
- Certains produits (comme ceux qui contiennent du polypeptide condensé d'oléate de triéthanolamine) doivent rester dans l'oreille pendant 15 minutes seulement avant qu'on les enlève au moyen d'une seringue.
- Assurez-vous de savoir comment utiliser le produit en toute sécurité avant de quitter la pharmacie. Demandez conseil à votre pharmacien.
- **N'essayez pas** de nettoyer vous-même vos oreilles avec une seringue auriculaire. Vous pourriez causer des dommages à vos oreilles. Demandez à quelqu'un de vous aider.