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## ***Ibuprofen in the Management of Viral Infections: The Lesson of COVID-19 for Its Use in a Clinical Setting***

September 2023 – *The Journal of Clinical Pharmacology* (JCP)

### ***Why is this article important to you?***

Nonsteroidal anti-inflammatory drugs (NSAIDs) are commonly used for the management of fever, pain and inflammation. However, they have always been considered to have a double-faced role, according to their capacity to manage inflammation but also their possible reduction of immune system response and diagnosis delay. This last point could favor a dramatic increase of viral infection diffusion, possibly leading to a more severe outcome. The advent of severe acute respiratory syndrome coronavirus 2 excluded the use of NSAIDs, particularly ibuprofen, and then indicated this drug as the better NSAID to manage infected outpatients and prevent complications. Learners that complete this activity will be able to describe the role of NSAIDs, specifically ibuprofen, in the management of viral symptoms.



### **ACPE Accreditation Statement**

The American College of Clinical Pharmacology® is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education.

**UAN: 0665-0000-23-034-H01-P**– ACPE 1 Contact Hours

**Activity Type:** Knowledge-based **Format:** Home-study **Target Audience:** 'P'



### **ACCME Accreditation Statement**

The American College of Clinical Pharmacology® is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### **ACCME Designation Statement**

The Accreditation Council for Continuing Medical Education designates this journal CE activity for 1 *AMA PRA Category 1™* credit. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### **Target Audience**

Interprofessional team of Physicians, General Clinicians, Pharmacists and PhDs interested in increasing general knowledge regarding the risk vs. benefit profile on NSAID use, specifically ibuprofen in patient populations.

### **Learning Objectives**

After completing this activity, the learner will be able to:

1. State the key mediator of inflammation that is impacted by ibuprofen;
2. State at least one proinflammatory cytokine that is inhibited by ibuprofen;
3. Describe the association between COVID-19 severe outcomes and NSAID exposure in hospitalized COVID-19 patients;
4. Describe the impact of viral infection on the upregulation of the ACE-Angiotensin II-AT1R pathway.

### Requirements to Receive Credit

To receive continuing education credit, the learner must register for the educational activity, study the provided journal article and complete the online learning Post-event Self-assessment, as well as the online course Evaluation and CME/CPE Certificate. Credits and CME/CPE Certificates must be claimed within thirty (30) days of completing the article, Post-event Self-Assessment and Evaluation. Contact [CE@ACCP1.org](mailto:CE@ACCP1.org) with any questions.

### Disclosures:

Article Selection: Joseph S. Bertino Jr, PharmD, Editor-in-Chief, *The Journal of Clinical Pharmacology*, planner for this educational activity, has no relevant relationship(s) with ineligible companies to disclose.

Planners: Joseph Ma, PharmD, Professor, Univ of California San Diego is a consultant/scientific advisory member at Meter Health. All relevant relationship(s) with ineligible companies have been mitigated.

CE Reviewer: Ahmed A. Abulfathi, MBBS, PhD, Postdoctoral Associate, Univ of Florida Coll of Pharmacy has no relevant relationship(s) with ineligible companies to disclose.

### Schedule & Fees

JCP monthly Journal CE articles are generally released on the 1<sup>st</sup> or 2<sup>nd</sup> Tuesday of each month. They are priced in packages of January to December for each year. Packages are available at no cost to ACCP Members and \$75/calendar year to Non-members. Once you register, you have access to all of the Journal CE articles for the calendar year.

### Acknowledgment of Financial Support

No financial support was received for this educational activity.

### Home Study Initial Release and Expiration Dates

**Date of Issuance:** 09/01/2023

**Expiration Date:** 09/01/2026

### Reporting CPE Credits to ACPE Monitor

Learners seeking CPE credit must also provide ACCP with their National Association of Boards of Pharmacy (NABP) Profile Number and the month and day of their birth via email to [CE@ACCP1.org](mailto:CE@ACCP1.org). The NABP Profile Number and birthday information is required for ACCP to transmit CPE credit information via the CPE Monitor.

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### System Requirements

For best visual quality, we recommend viewing the Journal CE in the Chrome browser. If you do not have Chrome, you can download it [here](#).

### Helpful Tips

Download the article and access the Self-assessment Post-test, Evaluation and Certificate [here](#).

Learn how to print your CME/CPE Certificate [here](#).

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