

Frontline PHARMACISTS

Newsletter

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EDITORIAL



Dear Healthcare Colleagues,

Pharmacists have become crucial in advancing patient care, ensuring safety, and improving treatment outcomes. As medication regimens become more intricate, their role within healthcare teams has expanded, with a strong focus on patient-centered care to achieve optimal therapeutic results. Reflecting this evolving responsibility, the theme for this year's Pharmacist Day by the FIP emphasized strengthening pharmacy practice. Today, pharmacists play a key role in minimizing medication errors and improving outcomes through evidence-based approaches. Their collaboration with other healthcare professionals enhances patient care, reduces hospital readmissions, and supports cost-effective healthcare. On-going education and research are essential for pharmacists to meet emerging challenges and seize new opportunities.

This edition highlights important topics such as Pharmacovigilance, Patient counselling for diabetes, and the implementation of the Kerala Antimicrobial Resistance Strategic Action Plan in a government medical college. Our primary aim is to provide pharmacists with essential insights to optimize drug use and advance professional activities. We hope this issue will be a valuable resource in your practice, and we encourage your feedback and suggestions for upcoming editions.

It is my pleasure to present this issue for your review. On behalf of the IPA Kerala State Branch and the editorial team, I extend our gratitude to the dedicated professionals who contributed to this issue, "Frontline Pharmacists." Your valuable suggestions are instrumental in enhancing the quality of our publication.

Please write to "drkironss@gmail.com"

Best regards

Dr. Kiron SS

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“Essential Counselling Tips for Diabetes Medications: A Guide for Pharmacists”



Dr. Sowparnika Treasa Sabu,
Research Scientist-III, ICMR Headquarters,
New Delhi

Introduction

Diabetes mellitus is a chronic condition that requires ongoing medical attention and patient self-management to prevent acute complications and reduce the risk of long-term complications. Proper medication adherence, lifestyle modifications, and regular monitoring are crucial for effective diabetes management. Pharmacists play a pivotal role in counselling patients on the appropriate use of diabetes medications, which can enhance therapeutic outcomes and patient safety. This article provides detailed counselling points for various classes of drugs commonly prescribed to diabetes patients, helping pharmacists ensure that patients receive comprehensive information about their medications.

1. Biguanides (Metformin)

Metformin is often the first-line treatment for type 2 diabetes. It works by decreasing hepatic glucose production, decreasing intestinal absorption of glucose, and improving insulin sensitivity.

- **Dosage and Administration:** Take metformin with meals to reduce gastrointestinal side effects. Extended-release formulations should be taken once daily with the evening meal.

- **Common Side Effects:** Gastrointestinal disturbances, including nausea, vomiting, diarrhoea, and abdominal discomfort. These

symptoms usually subside with time; starting with a low dose and gradually increasing can help minimize these effects.

- **Serious Side Effects:** Rarely, metformin can cause lactic acidosis, which is a medical emergency. Patients should be advised to seek immediate medical attention if they experience symptoms like muscle pain, breathing difficulties, stomach pain, dizziness, or feeling very weak or tired.

- **Lifestyle Advice:** Encourage patients to maintain a balanced diet and regular exercise to enhance the drug's effectiveness.

- **Monitoring:** Routine blood glucose monitoring and regular kidney function tests are essential. Metformin is contraindicated in patients with severe renal impairment.

- **Missed Dose:** If a dose is missed, it should be taken as soon as remembered unless it is almost time for the next dose. Do not double up the dose.

2. Sulfonylureas

(e.g., Glipizide, Glyburide, Glimepiride)

Sulfonylureas increase insulin secretion from the pancreas and are used as monotherapy or in combination with other antidiabetic drugs.

- **Dosage and Administration:** Take these medications 30 minutes before a meal, usually before breakfast or the first main meal of the day.
- **Common Side Effects:** Hypoglycemia is a significant risk, especially with missed meals, excessive exercise, or alcohol consumption. Other side effects may include weight gain, nausea, and headache.
- **Managing Hypoglycemia:** Instruct patients on recognizing hypoglycemia symptoms (e.g., sweating, shaking, confusion) and how to treat it promptly with fast-acting carbohydrates such as glucose tablets or juice.
- **Lifestyle Advice:** Maintain consistent meal patterns to reduce the risk of hypoglycemia. Patients should avoid excessive alcohol as it can enhance the hypoglycemic effect.
- **Monitoring:** Regular blood glucose monitoring is crucial. Patients should be aware of the symptoms of hypoglycemia and have a glucose meter readily available.
- **Missed Dose:** If a dose is missed, take it as soon as possible. If it is close to the time for the next dose, skip the missed dose. Do not double the dose.

3. Thiazolidinediones (TZDs) (e.g., Pioglitazone, Rosiglitazone)

TZDs work by increasing insulin sensitivity in muscle and adipose tissue and decreasing hepatic glucose output.

- **Dosage and Administration:** Take once daily, with or without food, as prescribed.
- **Common Side Effects:** Weight gain, fluid retention, and increased risk of heart failure. Patients should monitor for signs of edema (e.g., swelling of the legs or ankles) and report these to their healthcare provider.
- **Serious Side Effects:** There is a risk of heart failure and bone fractures. Pioglitazone is also associated with a potential risk of bladder cancer with long-term use. Inform patients to report any symptoms such as rapid weight gain, shortness of breath, or blood in the urine.
- **Monitoring:** Liver function tests should be done periodically. Monitor for signs of heart failure, particularly in patients with a history of

cardiovascular disease.

- **Lifestyle Advice:** Advise patients to follow a heart-healthy diet and engage in regular physical activity to counteract potential weight gain.
- **Missed Dose:** If a dose is missed, take it as soon as remembered unless it is almost time for the next dose. Do not take two doses at the same time.

4. Dipeptidyl Peptidase-4 (DPP-4) Inhibitors (e.g., Sitagliptin, Saxagliptin, Linagliptin)

DPP-4 inhibitors help increase insulin release and decrease glucagon levels by preventing the breakdown of incretin hormones.

- **Dosage and Administration:** These medications can be taken once daily, with or without food.
- **Common Side Effects:** Nasopharyngitis, headache, and upper respiratory tract infections. Some patients may experience gastrointestinal symptoms such as nausea or diarrhoea.
- **Serious Side Effects:** Rarely, DPP-4 inhibitors can cause pancreatitis. Patients should be instructed to report severe and persistent abdominal pain, which may radiate to the back, with or without vomiting.
- **Monitoring:** Regular blood glucose checks are important. Kidney function should be monitored periodically, as some DPP-4 inhibitors require dose adjustment in renal impairment.
- **Missed Dose:** Take the missed dose as soon as remembered unless it is close to the next dose. Do not take an extra dose to make up for a missed one.

5. Sodium-Glucose Co-Transporter-2 (SGLT-2) Inhibitors (e.g., Empagliflozin, Dapagliflozin, Canagliflozin)

SGLT-2 inhibitors lower blood glucose by preventing glucose reabsorption in the kidneys, leading to glucose excretion in urine.

- **Dosage and Administration:** Take once daily, typically in the morning, with or without food.
- **Common Side Effects:** Increased risk of genital and urinary tract infections due to higher glucose levels in the urine. Patients should be educated on proper hygiene practices and advised to drink

plenty of water.

- **Serious Side Effects:** Risk of ketoacidosis and severe urinary tract infections. Patients should be aware of symptoms like difficulty breathing, nausea, vomiting, abdominal pain, and confusion, and seek immediate medical attention if they occur.
- **Additional Benefits:** SGLT-2 inhibitors may also help with weight loss and have cardiovascular and renal benefits, which should be highlighted to patients as potential added advantages.
- **Monitoring:** Regular monitoring of blood glucose and kidney function tests is advised. Patients should also be aware of symptoms of dehydration and maintain adequate hydration.
- **Missed Dose:** If a dose is missed, take it as soon as possible on the same day. Do not double the dose the next day.

6. Glucagon-Like Peptide-1 (GLP-1) Receptor Agonists (e.g., Liraglutide, Exenatide, Dulaglutide)

GLP-1 receptor agonists increase insulin secretion, inhibit glucagon release, and slow gastric emptying, helping to control blood sugar levels.

- **Dosage and Administration:** These are usually administered subcutaneously. Patients should be instructed on proper injection techniques and rotation of injection sites to avoid lipodystrophy.
- **Common Side Effects:** Gastrointestinal issues such as nausea, vomiting, and diarrhoea are common, especially at the beginning of treatment. These usually subside over time.
- **Serious Side Effects:** There is a risk of pancreatitis. Patients should be advised to report severe abdominal pain. Thyroid C-cell tumors have been noted in rodent studies, so any symptoms such as a lump in the neck, hoarseness, or difficulty swallowing should be reported.
- **Weight Loss:** GLP-1 receptor agonists often result in weight loss, which may be a beneficial side effect for many patients. Discuss this potential benefit.
- **Monitoring:** Regular monitoring of blood glucose

levels is necessary. Periodic assessment of renal function may also be needed.

- **Missed Dose:** Follow specific instructions based on the dosing schedule. For example, if a once-weekly injection is missed, it should be taken as soon as possible if there are at least 3 days before the next dose.

7. Insulin

Insulin therapy is critical for type 1 diabetes and may be necessary for type 2 diabetes when other medications are insufficient.

- **Types of Insulin:** Educate patients about the different types of insulin (rapid-acting, short-acting, intermediate-acting, and long-acting) and their onset, peak, and duration times.
- **Dosage and Administration:** Instruct on proper injection techniques, including how to use pens, syringes, or pumps. Emphasize the importance of rotating injection sites to avoid lipohypertrophy.
- **Hypoglycemia Management:** Hypoglycemia is a common side effect of insulin therapy. Teach patients to recognize symptoms (e.g., sweating, shakiness, confusion) and treat them with fast-acting carbohydrates. Always carry a source of sugar, such as glucose tablets or candy.
- **Storage:** Insulin should be stored in the refrigerator before opening. Once opened, it can be kept at room temperature but should be used within a specified time frame (e.g., 28 days).
- **Monitoring:** Regular blood glucose monitoring is critical. Patients should also keep track of their HbA1c levels to assess long-term glucose control.
- **Missed Dose:** Patients should follow individualized plans for missed doses based on their insulin regimen. They should consult their healthcare provider for specific instructions.

Conclusion

Effective patient counselling on diabetes medications is crucial for optimizing therapeutic outcomes and preventing complications. Pharmacists should provide comprehensive information tailored to each patient's needs, emphasizing the importance of medication

DRUG PROFILE

TREMELIMUMAB



Ms. Arya Chandran

Fifth Year PharmD student
The Dale View College of Pharmacy and
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Thiruvananthapuram.



Dr. Sini.S.G

Assistant Professor of Pharmacy Practice
The Dale View College of Pharmacy and
Research Centre
Thiruvananthapuram.

Class of Drug:

Antineoplastics, Anti-CTLA4 Antibodies.

Mechanism Of Action : Tremelimumab turns off Cytotoxic T-lymphocytes (CTLs) inhibitory mechanism and allows CTLs to continue to destroy the cancer cells.

Storage of reconstituted Tremelimumab: It does not contain a preservative. Administer infusion solution immediately once prepared. If not administered immediately and needs to be stored, the total time from preparation to the start of administration should not exceed: 24 hours in a refrigerator at 2°C to 8°C (36°F to 46°F); 24 hours at room temperature up to 30°C (86°F). Do not freeze and Do not shake.

Dosage Forms and Strengths: Injection: 25 mg/1.25 mL (20 mg/mL) or 300 mg/15 mL (20 mg/mL) clear to slightly opalescent, colourless to slightly yellow solution in a single-dose vial.

Indications

Hepatocellular Carcinoma

Indicated in combination with durvalumab for

unresectable hepatocellular carcinoma (uHCC)

Each cycle is 28 days

Cycle 1 in combination with durvalumab

- Weight ≥ 30 kg: Tremelimumab 300 mg IV x 1 dose, THEN durvalumab 1500 mg IV

- Weight < 30 kg: Tremelimumab 4 mg/kg IV x 1 dose, THEN durvalumab 20 mg/kg IV

Cycle 2 and thereafter

- Weight ≥ 30 kg: Durvalumab 1,500 mg IV q4Weeks as a single agent

- Weight < 30 kg: Durvalumab 20 mg/kg IV q4Weeks as a single agent

- Continue until disease progression or unacceptable toxicity

Warning and Precautions: Severe and Fatal Immune-Mediated Adverse Reactions.

Adverse Reaction: Cardiovascular system; Myocarditis, pericarditis, vasculitis; Nervous system: Meningitis, encephalitis, myelitis and demyelination, myasthenic syndrome/myasthenia gravis (including exacerbation), Guillain-Barré syndrome, nerve paresis; Ocular: Uveitis, iritis, and other ocular inflammatory toxicities can occur. Some

cases can be associated with retinal detachment. Blindness may occur; Gastrointestinal: Gastritis, duodenitis; Musculoskeletal and connective tissue disorders: Myositis/polymyositis, rhabdomyolysis and associated sequelae including renal failure, arthritis, polymyalgia rheumatica; Endocrine: Hypoparathyroidism; Infusion-related reactions and Embryo-Fetal Toxicity when administered to a pregnant woman.

Patient Counseling Information

Immune-Mediated Adverse Reactions: Inform patients of the risk of immune-mediated adverse reactions that may require corticosteroid treatment and interruption or discontinuation of IMJUDO in combination with durvalumab.

- a. Pneumonitis: Advise patients to contact their healthcare provider immediately for any new or worsening cough, chest pain, or shortness of breath.
- b. Colitis: Advise patients to contact their healthcare provider immediately for diarrhea, blood or mucus in stools, or severe abdominal pain
- c. Hepatitis: Advise patients to contact their healthcare provider immediately for jaundice, severe nausea or vomiting, pain on the right side of abdomen, lethargy, or easy bruising or bleeding.

d. Endocrinopathies: Advise patients to contact their healthcare provider immediately for signs or symptoms of hypothyroidism, hyperthyroidism, adrenal insufficiency, type 1 diabetes mellitus, or hypophysitis.

e. Nephritis: Advise patients to contact their healthcare provider immediately for signs or symptoms of nephritis.

f. Dermatological Reactions: Advise patients to contact their healthcare provider immediately for signs or symptoms of severe dermatological reactions.

g. Pancreatitis: Advise patients to contact their healthcare provider immediately for signs or symptoms of pancreatitis.

h. Other Immune-Mediated Adverse Reactions: Advise patients to contact their healthcare provider immediately for signs or symptoms of aseptic meningitis, immune thrombocytopenia, myocarditis, hemolytic anemia, myositis, uveitis, keratitis, and myasthenia gravis.

Practice Quiz



Dr. Suja Abraham

Professor, Nirmala College of Pharmacy,
Muvattupuzha

1. Adverse Drug Reaction means
 - a. Mechanism of drug
 - b. Unwanted effect of drug
 - c. Intended effect of drug
 - d. Efficacy of drug
2. Pharmacovigilance deals with
 - a. Effects of drugs and mechanism of action
 - b. Efficacy of drug in a population
 - c. Analysis of the risk and safety of medicine
 - d. Cost of treatment
3. NDA stands for –
 - a. New drug availability
 - b. Novel drug application
 - c. New device application
 - d. New drug application
4. Phase I clinical trial involved
 - a. 20 -100 patients
 - b. 20-100 healthy volunteers
 - c. 100-200 patients
 - d. 200-500 patients
5. The Uppasala Monitoring Center is located in which of the following country?
 - a. China
 - b. Japan
 - c. Sweden
 - d. India
6. The Pharmacovigilance Programme of India (PvPI), coordinated by the Indian Pharmacopoeia Commission, is located at
 - a. Ghaziabad
 - b. Mumbai
 - c. Calcutta
 - d. Jaipur
7. Type A adverse reactions are –
 - a. Unpredictable
 - b. Dose dependent.
 - c. Dose independent.
 - d. Idiosyncratic

8. What is the full form of MedDRA

- a. Medical Dictionary for Regulatory Activities
- b. Medical Directory for Regulatory Affairs
- c. Medical Dictionary for Regulations and Actions
- d. Medical Directory for Regulations of Affairs

9. The timeline mentioned to report serious adverse drug reaction is

- a. 24 hrs
- b. 7 days
- c. 15 days
- d. 90 days

10. Phocomelia is caused by

- a. Sulfanilamide
- b. Tetracycline
- c. Thalidomide
- d. Phenytoin

**Please refer the answer key on page number 22*

Pharmaceutical Care Service Blooming to Blue



Mrs. Manju C S

Associate Professor in Pharmacy &
Officer in Charge, FPMS,
Govt. Medical College, Kozhikode

Antimicrobial resistance is a global health issue with direful impact on mortality rate with infections, cost of treatment and hospital stay. To contend with antibiotic resistance a combined effort and understanding from the end users, pharmacists, prescribers, manufacturers, policy makers, law and order and government is required.

Kerala Antimicrobial Resistance Strategic Action Plan (KARSAP) under the “One Health” approach by World Health Organization is implemented with inter sectorial coordination. Strategies include awareness and understanding, knowledge and evidence, infection prevention and control,

optimised use of antibiotics, innovations, research and development in all relevant sectors. Drugs Control Department of Kerala has initiated operation AMRITH to restrict antibiotic use without valid prescription. Other programs are nPROUD, VETBIOTICS and NCORD.

As a responsible Pharmacy in the tertiary care setting, we undertake this move in a positive way. Pharmacist’s role includes awareness on antibiotic usage, proper storage, scientific dispensing, patient counselling and documentation

ABOUT THE ORGANIZATION



Hospital and Clinical Pharmacy services is a paying pharmacy functioning under Hospital

Development Society of Govt. Medical College hospital Kozhikode. This pharmacy is having

five counters which is catering more than 1000 patients including inpatients and out patients per day. There are around 55 pharmacists working on 24-hour shift basis.

I. AWARENESS-THE CHANGE AGENT IN ACTION

1.Preparation of Training Module

To implement AMR surveillance program in a scientific manner we prepared a training module about introduction to bacteria, antibiotics and brief history of antibiotic development, classification of antibiotics with mechanism of action, bacterial diseases and choice of drug, commonly used antibiotics for surgical prophylaxis, infectious diseases requiring prolonged antimicrobial therapy, uses and dose of antibiotics, major route of elimination of antibiotics, storage conditions for antibiotics, antimicrobial resistance, strategies to combat antimicrobial resistance, and institutional strategies to combat antimicrobial resistance.

2. In-house Training

As a first step for the implementation of antimicrobial surveillance program pharmacists are provided with comprehensive training sessions covering basics of antibiotics, including their mechanism of action, indications for use, appropriate dosing, common side effects, policy and procedure of government, standard dispensing procedure, proper storage along with effective communication techniques for counselling patients on antibiotic therapy



3. External Training

Training provided to pharmacists by Drugs Control Department, Government of Kerala. Training sessions include antimicrobial surveillance program and Rule 65 of Drug Rules 1945. Many pharmacists working here has attended Train the Trainer's program conducted by The Indian Pharmaceutical Association Kerala State branch in patient counselling.



Shri. V K Shinu, Drugs Inspector, Intelligence Branch Kozhikode is providing training to Pharmacists of FPMS, Kozhikode

4. Go Blue Campaign: Go bluecampaign of antimicrobial awareness week in antibiotics was also implemented in the pharmacy. Our dispensing cover, storage area are themed into light blue colour to raise awareness about the responsible use of antibiotics among public, to emphasize the importance of using antibiotics as prescribed to preserve their effectiveness for future generations.

5. Awareness Posters





Antibiotic resistance awareness posters provided by Drugs Control Department and professional bodies are displayed in the pharmacy premises visible to



THE BLUE CORNER- WITH MORE AUTHENTICITY

We are keeping antibiotics in a separate area known as blue area as per the storage condition, in the store, and dispensed in specially designed blue covers.

In the blue area of the store, antibiotics are arranged in alphabetical order. The separate storage creates awareness among the pharmacists as well

WELL DONE IS BETTER THAN WELL SAID

1. Policy of the Institution: No antibiotic is dispensed without a valid prescription. Prescriptions should be clear, complete in terms of dose and duration. No refill is allowed for antibiotics.
2. Blue Cover: antibiotics are dispensed in a specially designed blue cover. This will help patients to take care of their antibiotic and distinguish it from other medicines, also to raise consumer awareness that these are not ordinary medications and should be used wisely and carefully. Medication details and directions for use are printed on the blue cover
3. Prescription Sealing: prescriptions containing antibiotics are affixed with a seal so that self-medication and repeated purchase using the same prescription can be avoided.



Mr. Ravi K P, Pharmacist, FPMS is providing counselling on proper use of antibiotics

A WALK IN CUSTOMER'S SHOES

All out patients receiving antibiotics are provided with structured medication counselling. We started this facility of antibiotic counselling from March 2024. So far counselled more than 750 out patients and discharge patients on proper use of antibiotics.

1. Following are the main points conveyed during counselling session of 10 minutes in the counselling room

- What is an antibiotic medicine
- What is its importance in the therapy of that particular patient
- Name and purpose of the antibiotic
- Dose, dosing interval and duration of treatment
- What is the importance of completing the course even after they feel better
- What happens in case of incomplete course of antibiotic
- Where and how to store the medicine at home
- What should do in case of missed dose
- What are the possible minor side effects and how to overcome that.
- Instructions of not sharing antibiotic prescriptions, not using left over medicines.

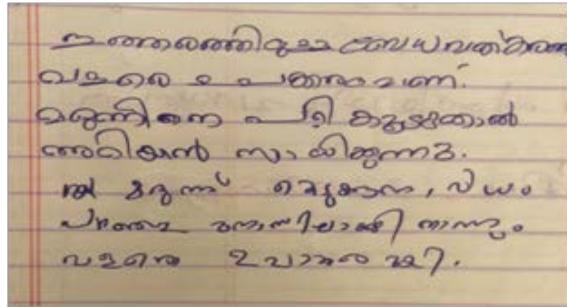
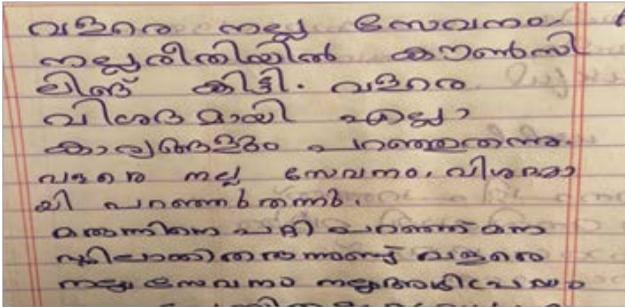
2. Follow up

All patients receiving counselling are followed up after the prescribed course by telephone call. Patients are asked whether they completed the course, and achieved the desired therapeutic end point.

3. Documentation

Details of patients counselled are documented by name, contact number, name of antibiotic, whether complete the course, and reason for missed dose as well.

THE MEDICATION EXPERT' IS REWARDED



Gratitude sweetens even the smallest moments

We Acknowledge

In our journey of transforming the 'mere pill eaters' to 'Informed Medication Consumers' we are indebted to Drugs Control department Kerala state and Pharmacy Practice Forum of Indian Pharmaceutical Association, Kerala state branch. .

IPA KERALA STATE - ASSOCIATION NEWS

18th August 2024

Medication Counseling Camp

The IPA Students Forum, Mar Dioscorus College of Pharmacy, Thiruvananthapuram, and the St. Thomas Orthodox Rural Health Mission organized a medical camp with medication counselling at the remote village of Malayankeezhu on August 18, 2024, from 2:00 PM to 5:30 PM.

Patients in the locality were informed about the camp and were directed to bring copies of their prescriptions. Approximately 60 patients and their families participated in the event.

The camp was inaugurated by Dr. Preeja G. Pillai, Principal of Mar Dioscorus College of Pharmacy, with Father Abraham Thomas, Administrator, presiding over the function. Mr. Shisi A., Treasurer of the IPA Kerala State Branch, welcomed the gathering.

Mr. Aji S., Drugs Inspector of Thiruvananthapuram, conducted a session on the safer and proper use of medicines, while Mrs. Ansu Sarah Koruthu, Assistant Professor at Mar Dioscorus College, presented a class on AMR (Antimicrobial Resistance) awareness. Dr. Yesudasan M.G., Medical Officer, performed medical examinations and prescribed medicines. Sr. Steli Joy and Mr. Hari, Pharmacists, dispensed medicines free of charge to the patients. Following the distribution of medication, medication counseling was provided by Dr. Preeja G. Pillai, Mr. Aji S., Mr. Shisi A., and Mrs. Ansu Sarah Koruthu.

The medicine for the camp was donated by IPA Kerala state branch. The IPA-SF and NSS unit donated a body weight machine to the St. Thomas Orthodox Rural Health Mission. IPA-SF students

Ms. Gowri Krishna B, Ms. Fathima S, Ms. Sneha S, and Ms. Devika R volunteered and supported both the camp and the medication counselling efforts. Their involvement in both the camp and

medication counselling efforts was instrumental in ensuring the success of the initiative.



Dr. Preeja G Pillai inaugurating the Medication counselling camp



The IPASF students and IPA members in the Camp along with the other organizers

Proceeding of General Body Meeting of the IPA Kerala State Branch held on 8th September 2024

The Indian Pharmaceutical Association (IPA) Kerala state branch conducted its Annual General Body Meeting on 8th September 2024 at the Training Hall, Lisie Hospital Kochi. The event was attended by 50 life members and 20 IPASF students.

The meeting commenced with an inaugural address by Dr. Paul Karedan, Director of Lisie Hospital setting the tone for the day's proceedings. Fr. Devis Padanakkal, along with other esteemed senior members of the IPA, was present to lend their support and guidance.

The event began with a warm welcome address delivered by Dr. John Joseph, who greeted the participants and outlined the day's agenda. This was followed by the presidential address by Dr. Jayasekhar, who highlighted the achievements and progress of the IPA Kerala state branch over the past years.

Dr. John Joseph presented the Annual Report, detailing the association's activities, Mr. Shisi A, Treasurer presented the statement of accounts for the FY 2023-24. After detailed discussion the annual report and statement of accounts were approved by AGM.

Mr. Salu Mohammed, Managing Director, Progresso Perception management and Strategies Pvt Ltd. Kochi gave a talk on Enhancing Personality skills. The training session was well-received and focused on key industry topics relevant to both seasoned professionals and emerging pharmacists.

The following faculty were honoured in the AGM for laudable service rendered in the colleges for promoting IPASF activities.

1. Dr. Sabitha M, Principal, Amrita School of Pharmacy, Kochi
2. Dr. Fels Saju, Associate Professor, Nirmala

College of Pharmacy, Muvattupuzha

3. Dr. Sujith Varma, Principal, National College of Pharmacy, Kozhikode

4. Mrs. Meena Chandran, Associate Professor , St. James College of Pharmaceutical Science, Chalakkudy

5. Dr. Shamna MS, Assisntat Professor , Govt. College of Pharmaceutical Sciences, Kottayam

6. Dr. Jooly Kuriyen , Associate Professor , Lisie College of Pharmacy, Ernakulam

7. Dr. Anjana John, Principal, JD T Islam College of Pharmacy, Kozhikode

8. Dr. Deepu S, Pofessor & HOD, Ahalia School of Pharmacy, Palakkad

9. Dr. Sutharson L , Principal, Nirmala College of Health Sciences, Chalakkudy

10. Dr. Sapna Shrikumar, Principal, Nehru College of Pharmacy, Thrissur

11. Dr. Sabu MC, Principal, Mookambika College of Pharmaceutical Sciences & Research . Muvattupuzha

The IPA SF student leaders from 12 colleges who attended the AGM were presented well known books on Personality development and Leadership.

The General Body Meeting elected the new executive members for the year 2024-26. Dr K, Krishna Kumar, Returning officer announced that the following panel of members were elected unopposed as only panel of nomination was received before the last date. The AGM unanimously approved the decision of the Returning officer on the election. As the direction from IPA headquarter, the new office assumes the office form 1st of October 2024

Office bearers of IPA Kerala State branch for 2024-26

President	Dr. P. Jayasekhar
Vice President	Mr M.P Gorge
Hon. Secretary	Dr. John Joseph
Treasurer	Mr. Shisi A
Joint secretaries	Mr. PK Harikumar Dr. Kiron S.S
Executive Council members	Dr. Arun Rasheed Dr. Anjana John Dr. Shamna MS Dr. Anupriya Mahesh Mrs. Manju CS

Permanent Invitees and Coopted members were nominated by the executive council to the State Executive Council without voting powers. They were assigned to various Forums and committees to the State Executive Council (2024-26)

1. Dr. K. Krishna Kumar (Education)
2. Dr. Sabitha M (Research & Innovation)
3. Dr. David Joseph (Industry)
4. Mr. Shaji M Varghese (Regulatory)
5. Dr. Suja Abraham (Hospital Pharmacy)
6. Mr. S. Suseelan Nair (Community Pharmacy)
7. Dr. Pradeep M.R (PRO & Advocacies)
8. Dr. Aravind A (Research & Innovation)
9. Dr. David Paul (research & Innovation)
10. Dr. Preeja G Pillai (Education)
11. Dr. Sapna Shrikumar (Education)
12. Dr. Sujith Varma (Education)
13. Dr. Sutharson L (Research & Innovation)
14. Mrs. Meena Chandran (Education)
15. Dr. Bobby John (Research & Innovation)
16. Dr. Fels Saju (Research & Innovation)
17. Mr. Santhosh TR (Industry)
18. Dr. Deepu S (IPASF)
19. Dr. Jooly Kurien (Membership)
20. Dr. M.S Sudheesh (Projects)
21. Mr. Aji S (Regulatory)
22. Dr, Robin Jose (Education)
23. Mr. Prasanth Kumar M (Social Media)
24. Mrs. Raji MK (Programs)

In the afternoon, an “Idea Hunt” session was held, encouraging members to present innovative ideas and solutions to current challenges in the pharmacy profession. This session allowed for creative brainstorming and collaboration, making it one of the highlights of the event. The event provided an excellent platform for discussions and networking among the participants, fostering a collaborative environment for the future growth of the association

The AGM concluded with a vote of thanks by Mr, Shisi A, treasurer, IPA KSB

Frontline Pharmacists: Editorial Board (2024-26)

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Dr. Jose K. Thomas

Former Clinical Pharmacist,
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Dr. Suja Abraham

Professor & HOD
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Dr. Manjula Devi A.S

Associate Professor.
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Sri Ramakrishna Institute
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Dr. Shamna MS

Assistant Professor'
Govt. College of Pharmaceutical
Sciences, Kottayam



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World Pharmacist Day Celebration 2024; Amrita School of Pharmacy, Kochi

Amrita School of Pharmacy commemorated World Pharmacist Day Celebrations 2024 with grace and vigour, embracing the theme, “Pharmacist: Meeting Global Health Needs.”

The festivities began with a blood donation drive on the 11th, 23rd, and 24th of September 2024, organized by the students of the B.Pharm 2021 batch. 63 individuals successfully donated blood..

The event featured two main competitions: a poster-making contest and debate.

The debate’s central topic was, “The Risk of Artificial Intelligence: A Boon for Society?” with students from B.Pharm (2021-2024), Pharm.D (2020-2024), and M.Pharm (2024) forming two teams based on the draw.

Dr. Aneesh T.P. (Associate Professor and Head, Department of Pharmaceutical Chemistry), Dr. Jaya Thomas (Associate Professor and Head, Department of Pharmacology) and Dr. Prashant Chandra (Assistant Professor, Department of Pharmacy Practice) monitored the debate completion. The competition unfolded over three dynamic rounds—Foundation of Arguments, Battle of Perspectives, and Final Words—with engaging discussions on the societal impacts of artificial intelligence. Mr. Madhav Shankar (B,Pharm 2024 batch), winning the title of “Best Debater”

An invited talk was held in the afternoon by Dr. P.K. Sreekumar, Retd. Deputy Drug Controller, Kerala, on the topic “Insight into the Drug Regulatory Framework and Functions of Government Regulatory Agencies.”. In the valedictory function, Dr. Sabith , the Principal gave away the Prize to the winners of debate and poster making contests.



WPD celebration 2024 : St. James College of Pharmaceutical Sciences, Chalakudy

World pharmacist day 2024 was jointly celebrated by Indian Pharmaceutical Association, Kerala State Branch and St James College of Pharmaceutical Sciences, Chalakudy, on September 25, 2024,. The theme “Pharmacists: Meeting the Global Health Needs.” Was projected in the seminars and other students competitions. The event began at 9.30 a.m. with a prayer by the SJCOPS students. The welcome address was delivered by Dr K Krishnakumar, Principal, SJCOPS, Chalakudy. Rev. Dr. Antu Alappadan, Director, St James Medical Academy, delivered the Presidential address, followed by the inauguration of the ceremony by lighting the lamp. Shri V S Prince, President, District Panchayath, Thrissur, gave the inaugural address. Chief Guest of the Day Justice Smt. Mary Joseph, Former Judge, High Court of Kerala, extended her views on the empowerment of women in the field of pharmacy and medicine. The message of the WPD day was given by Mr. M. P. George, retired drugs controller and vice president of IPA, Kerala state branch, stating the importance of humanity and service mentality in the pharmacy profession. The managing director of Oushadhi, Dr. T. K. Hrideek, was the guest of honour. Mr. T P Balakrishnan,

MD, Variety Pharmaceuticals Pvt. Ltd., Shornur, was honoured for his life time achievement in Pharmaceutical industry by preseting IPA Pharma Excellnce Award 2204 (Industry). Mr. Alexander C K, MD, Sangrose Laboratories Pvt. Ltd., Mavelikkara, were honoured for his r immense contribution in the pharmaceutical research with prestigious “IPA Pharma Excellence Awards” for the Industry research. Later, Sri A. Prabhakaran, Director, Labindus Pvt. Ltd., Palakkad, and secretary, Kerala Pharmaceutical Manufacturers’ Association, mentioned in his felicitation, the need of pharmaceutical industrial development in our country. Dr. Sr. Jijimole Mathew, Principal, St. James College of Nursing, expressed her sincere wishes regarding the day. Certificates and cash prizes were given for the poster-making and quiz competitions both at the school level and college level. The end of the official ceremony was marked with the vote of thanks by Dr. John Joseph, Hon. Secretary, IPA, Kerala State Branch. There were 3 professional sessions arranged on the day. Dr. T. K. Hrideek, MD, Oushadhi, delivered a talk on “the global need of medical plants.” He shared his experience in the cultivation, collection, and manufacturing of herbal medicines. He also expressed his concern about the invasive species of plants destroying. Mr. M. R. Pradeep, retired Deputy Drugs Controller, gave a talk on “Empowering pharmacists for global needs.” He also addressed various job opportunities in the field of pharmacy. The last talk was delivered by Smt. Saraswati K, Community Pharmacist, Sahakar Medicals & Surgical, Kannur, on the topic Role of Community Pharmacist in Public Health.” Madam delivered the importance and role of pharmacists in the dispensing of medicine. Last, the program was ended by the national anthem.



Shri V S Prince, President, District Panchayath, Thrissur inaugurating the ceremony along with Justice Smt . Mary Joseph



Sri. T.P Balakrishnan receiving Pharma Excellence Award 2024 from Sri. M P George (Former Drug Controller)



Sri. Alexander CK is being honored by Justice Smt. Mary Joseph



Sri. T.P Balakrishnan receiving citation memento from Justice Smt Mary Joseph



Sri. Alexander CK is being honored by Dr. John Joseph

World Pharmacist Day 2024 Celebration: MGM Silver Jubilee College of Pharmacy, Kilimanoor.

World pharmacist day was celebrated on 25th September 2024 in association with Indian Pharmaceutical Association. Prof Dr Leena P Narayan, Principal welcomed the distinguished guests and delegates. Celebration was inaugurated by Mr Saju John , Dy Drugs Controller Kerala state and he emphasized the importance of World Pharmacists Day and salient role of Pharmacists to healthcare delivery system. Dr.

P. Jayasekhar presided over the session and he outlined the significant role of Pharmaceutical professional in public health and contribution of IPA in guarding the profession of Pharmacy. In the meeting two eminent Pharmacy professionals were honoured by presenting the IPA Pharma Excellence Award. Prof P Velayudha Panicker , Former Professor of Pharmacognosy ,Govt. College of Pharmaceutical Sciences was

felicitated for his valuable contributions in pharma education. Sri K Balakrishna Pillai, a veteran community Pharmacist was honoured with IPA Pharma Excellent Award for his passionate contribution to the community Pharmacy Service. Dr. P. Jayasekhar and Mr. Shis, A joined the Chief guest in honouring them. Both then expressed their gratitude to IPA for the gesture and proudly accepted the honour. The colorful cultural events by students of the college was the highlight of the inaugural session

Three scientific sessions were conducted after inaugural function by Dr P Jayasekhar fFormer Dean, College of Pharmacy, National University of Sciences & Technology, Muscat, gave a talk on “Molecule to medicines”. Dr Prasanth M S Associate Professor Govt Medical College TVM gave extensive session on “Molecules to Drug delivery systems” and Dr Babitha K Vazhayil,

Technical Assistant to Drugs Controller presented a lecture on role of Pharmacist in AMR and safe and proper use of medicines.

More than 350 delegates participated from various pharmacy colleges. IPA Prizes for the winners of poster competition were distributed in the function by Dr. P. Jayasekhar and Dr Leena Narayan. . All delegates actively participated in the game show conducted by Kalyan Jewellers and bagged prizes . World Pharmacist Day 2024 was celebrated with tremendous joy by all staff as well as the students of the college. The celebration ended with a vote of thanks and pledge of national anthem.



Inauguration by Mr. Saju John Deputy Drugs Controller, Kerala state



Prof. P. Velayudha Panicker being honored with “Pharma Excellence Award” 2024 by Deputy Drugs Controller



Sri. K. Balakrishnan Pillai being honored with IPA Pharm Excellence Award by Dr. P. Jayasekhar and Mr Shisi A