



KARNATAKA REGISTERED PHARMACISTS ASSOCIATION®

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KRPA MONTHLY BULLETIN

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MESSAGE

President of KRPA - Mr.Kaushik Devaraju

We are happy to inform you all that Karnataka Registered Pharmacists Association(R) is publishing its KRPA monthly bulletin starting this April 2020. KRPA Monthly bulletin is a platform for pharmacy students, pharmacists and healthcare professionals to exhibit their literacy skills. This platform would be helpful in expressing one's views and opinions about recent development in the field of pharmacy, and also extending the network among the fellow pharmacists. In addition to this, students can enhance their knowledge, burn their curiosity, widen their perspective about life and help them to be an intellectual wellbeing. I have always believed that "Education is what is left after you have forgotten all that you've learnt". I would like to thank all our advisory members for their continuous support and also would like to congratulate the editor and KRPA student forum and wish all the very best for their new initiative.



Editor of KRPA Monthly Bulletin - Mrs.Shilpa Palaksha

It is a great challenge to bring a dynamic, scientific yet interesting newsletter, especially when the pharmacy readers are keen in updating their knowledge as it is the key mantra. In this era, that is focusing on broadening the horizons of the pharmacy profession. Despite these challenges, the editorial team is keen in providing the professional readers the updated knowledge. The uniqueness of this newsletter is the editorial forum comprises both practicing and budding pharmacists. The team has taken the responsibility to provide a variety in the contents such as informing science, professional development upgrades, motivating aspects for budding pharmacists and some brain stormers. We believe in recognising the need for a change and communicating the same to the world of pharmacy.



Editor of KRPA Student Forum - Ms.Shifa Taj

I am glad and thankful for having been chosen as the student editor for our KRPA bulletin. The deliverance of first edition of official KRPA bulletin is astounding in its own avenue. The contents of the bulletin review the sublime creativity of thoughts and ideas of our KRPA forum. This bulletin is focussing on the pharmacy profession by reviewing the role of pharmacist in patient counselling, in a step towards strengthening pharmacy practice.



PHARMACIST ROLE IN PATIENT COUNSELLING

- MRS.SHILPA PALAKSHA

Now a days, public health care is more of a multidisciplinary approach unlike earlier. Each member of the health care team has an important role to play in the public health care service. Community pharmacist are important members of the health care team and they equally share the responsibilities. The role of community pharmacists is expanding globally from dispensing medication to involving in different public health services for better patient care. Among the various responsibility, patient counselling is one of the important roles a community pharmacist. There are various guidelines and standard steps to perform patient counselling. It is also necessary to understand, what information has to delivered to the patient. The content of information is the heart of patient counselling process. To deliver the right information pharmacist should be aware about the right source for the information. There are multiple resources such as textbooks, online resources, articles, individual drug monograph etc. It is important that the pharmacist choses the right resource that is authenticated, reliable and unbiased. The content of the counselling should be based on the individual need of the patient. To individualize the content, healthcare professional must be able to - understand the illness experience of the patient, build a professional relationship with patients, therapeutic alliance with patients to meet mutually and understood goals of therapy. Pharmacy Practice regulation 2015 emphasis on patient counselling as one of the important responsibility of the pharmacist will enhance or optimize drug therapy with each patient or care given of such patient. It also specifies the steps to be taken and the elements to be included in the process of patient counselling.

As per the Pharmacy Practice regulation 2015 elements that may be included are but not limited to:

- (i) Name and description of the drugs
- (ii) The dosage form, dose, route of administration, and duration of drug therapy
- (iii) Intended use of the drug and expected action
- (iv) Special directions and precautions for the drug
- (v) Common severe side effects or adverse effects or interactions and therapeutic contra indications that may be encountered, including their avoidance, and the action required if they occur
- (vi) Techniques for self-monitoring drug therapy
- (vii) Proper storage of the drugs
- (viii) Prescription refill information
- (ix) Action to be taken in the event of a missed dose.

Pharmacists counselling has a significant and positive impact on patient care and therapeutic outcomes. This responsibility of a pharmacist is especially important because a patient lack of knowledge about his or her medical condition and medications is one major factor that may contribute to a patient nonadherence to medications.

Effective patient counselling improves the medication adherence, improve the technique of administration, add to the better therapeutic outcome and may reduce economic burden. In order to provide a better counselling pharmacist should develop skills to

- Establish Trust with patients and other health care provides
- Communicate Verbally as well as nonverbally
- Good Listening, both passive and active listening is important
- Questioning
- Professional attitude
- Critical thinking
- Able to show empathy and encouragement
- Provide Privacy and Confidentiality
- Motivate Patients

Studies have shown that, the pharmacist counselling has a greater impact on improvising and providing a better health outcome. Especially in people suffering from chronic diseases. Pharmacist can build a bridge between the patient and other healthcare professionals. They have a major responsibility in the public health domain. The skill of counselling should be developed and practiced in every day of their profession.

Mrs. Shilpa Palaksha
Asst.professor,
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Mysuru.



If you want to soar in life, you must first love to FLY (FIRST LOVE YOURSELF)

- MR.SUNIL CHIPLUNKAR

If you want to soar in life, you must first love to FLY (First Love Yourself)!

- Mark Sterling

Success and wish to progress is a delightful subject to ponder on... because there are no precise answers. There is no perfect formula or factor to deliver the intended situation of success... it is situational application of certain factors. Timing should be right! An attempt is made below to reflect on factors that will help people fly high!!

Self-esteem (unconditional self love) is an important foundation attribute to achieve personal success. Self-esteem makes a person confident (fearless), and he is able to manage circumstances and people effectively. This ability to communicate without fear is a key trait for success. In various management situations, one has to manage people with complete absence of fear. Confidence is infectious, when a person is confident - he gives confidence to his people, and this establishes leadership. Instilling confidence in others is not possible by inconfident leaders. Hence, confident behavior springing out of self-esteem is vital for success and progress.

Focus is the next requirement for a successful life. Focus is the reaction by a person to the acceptance of a purpose. For example, when a field salesperson, is given a sales target, he is first given confidence by his leaders. This makes the field salesperson accept the sales target wholeheartedly. This target becomes the purpose. The next obvious step is that the field salesperson starts focusing on the sales target. Concentration or focus is the absence of distraction.

It is not the intelligent of the species that survives; it is the most adaptable of the species that survives!!

- Charles Darwin.

Adaptability means learning new ways and adjusting to the situation. This learning attitude creates survival and progress. Learning means gaining new theoretical and practical knowledge, and new skill sets. Learning helps add value and improve things for the better.

Practice makes a man perfect! Being talented, skilled and knowledgeable alone are not sufficient qualities. One has to have the inner drive to overcome inertia and look to apply the skill sets continuously. Only then will proficiency levels increase. Regular practice makes a person proficient, and proficiency helps make a person successful in his career.

Getting people co-operation! Team play is the order of the day. Most things are achieved by teams. Hence, the ability of people to work in co-ordinated manner has greater value in today's world. Team working requires mutual trust, understanding, patience, co-operative spirit and knowledge sharing. Team leaders need to inspire these elements and make team mates work enthusiastically towards the preset goals. It is impossible for an individual or organization to soar high without good team working. Hence, in the contemporary world of business, team play and team leadership are important requirements.

Perseverance is a de rigueur quality for contemporary success. A customer has more choices today, than he can imagine. To get customer engagement one has to persevere to a greater extent. There has to be a systemic engagement strategy. This involves team working. A salesperson has to follow-up with fellow team members, colleagues and customer to ensure a sale and customer delight. Perseverance and patience are key traits to succeed and fly high.

Change comes from our thinking. Our thoughts are at the root of change process. As we think, so we become! If we constantly think of the purpose or mission, our actions will follow through. Becoming one with the mission is key to success. Dedication to the mission will help, in all preparation activities, and will result in hard working. A mission dedicated person, will never shirk responsibility, passing the buck will never occur to him. A problem solving attitude will come naturally to such an individual. In modern resurgent India, the youth brigade has humongous opportunity, to build interesting careers. However, to soar high, an open mind is required, change is the new order.

End quote:

"Don't allow the fear of falling stop you from pursuing your dream.
Prepare. Practice. Pray. Jump! It's through the fall that you'll realize you can also fly."

- Yvonne Pierre

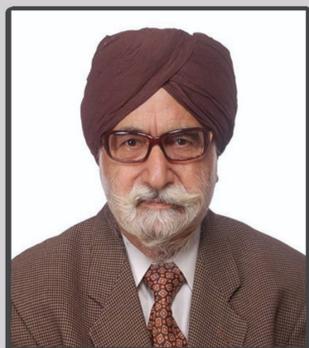
Mr. Sunil Chiplunkar
Vice-President,
Business Development,
Group Pharmaceuticals,
Bengaluru.



Inspirational Pharmacist - Dr.Harkishan Singh

By Ms.Chethana Suresh

Harkishan Singh, a learned professor, inspiring teacher and an accomplished scientist, who went ahead to receive the very prestigious Padmashri award, has done a groundbreaking contribution to the field of pharmaceutical sciences and Medicinal chemistry. He was born on 25 November 1928 and departed this life on 20 March 2020.



His affiliations with several scientific and professional organizations include emeritus membership of the American Chemical Society, life memberships of the Indian Pharmaceutical Association and Association of Pharmaceutical Teachers of India, and memberships of the American Institute of History of Pharmacy and British Society for History of Pharmacy. Professor. Singh graduated with his B.Pharm degree from Panjab University (1950), M.Pharm from Banaras Hindu University (1952), Ph.D from Banaras Hindu University (1956), D.Sc. (Honoris Causa) University of the Sciences (2014), D.Sc. (Honoris Causa) Panjab University (2016). Professor Singh has been on many academic, scientific, professional and governmental bodies. He was a member of the Committee on International Education of Medicinal Chemists of the International Union of Pure and Applied Chemistry, which prepared the Report on the International Education of Medicinal Chemists (IUPAC Technical Reports Number 13; 1974). His affiliations with several scientific and professional organizations include emeritus membership of the American Chemical Society, life memberships of the Indian Pharmaceutical Association and Association of Pharmaceutical Teachers of India, and memberships of the American Institute of History of Pharmacy and British Society for History of Pharmacy.

Professor. Singh has received many number of prestigious award in his lifetime, some of which are:

- 1987 Ranbaxy Research Award in Pharmaceutical Sciences, Ranbaxy Research Foundation, New Delhi
- Elected Member, Academie Internationale d'Historie de la Pharmacie, 1995
- 1998 Schroff Memorial National Award, Indian Hospital Pharmacists' Association, New Delhi
- Doctor of Science (Honoris Causa) conferred by the Panjab University, Chandigarh, India., 2016
- Padma Shri in Medicine in Jan 2017 by Govt. Of India for his notable work.

'Society is a great leveler, you try to raise your head above the crowd, you get a bang and are forced to come to the general level. It really needs a lot of courage efforts to keep your head up above the rest and show the world that you are different"- said Prof. Harkishan Singh.

Like Professor. Singh there are many achievers in the field of pharmacy. Some are known to the whole wide world while others remain unsung heroes. The hardwork and dedication of Professor. Harkishan Singh took him to places where not an ordinary could go. I hope we draw inspiration from Professor. Singh and work up to our fullest potential.

Ms. Chethana Suresh
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Mysuru



EVENTS

KRPA Women's Day Celebration - Women's Throwball Tournament

Karnataka Registered Pharmacist Association (KRPA) had organized Women's Day Celebration on 7th December 2019 for a platform for women recognition in the field of pharmacy profession. KRPA had organized this tournament in terms to motivate women in sports and leadership. Every year this tournament is organized and this is the second consecutive year. The tournament was represented by a total 9 teams, girls team from Pharmacy colleges of Mysuru i.e JSS College of Pharmacy, Farooqia College of Pharmacy and Sarda Vilas college of Pharmacy, apart from they JSS College of Physiotherapy, JSS College of Nursing, Karigowda College of Pharmacy, Hassan along with 3 teams of teaching staff from the pharmacy colleges of Mysuru city.

The tournament was inaugurated by our Chief Guest Dr. Dakshayani, Principal, Mysore Medical College and Research Institute along Smt. Mamatha DM, Police Inspector, Women's Police Station, Mysuru, Dr. Sarah Haq, President, Mysore welfare trust, Mysuru and Guest of honors were Dr. T M Pramod Kumar, Principal JSS College of Pharmacy, Dr. Md. Salahuddin Principal Farooqia College of Pharmacy and Dr. Hanumanthachar Joshi, Principal, Sarda Vilas college of Pharmacy. KRPA supported the green India movement by presenting plants as the token of appreciation to spread the importance of "GO GREEN"

There was a good representation and motivation with the great support of principals of all the colleges, Eminent Women representation as chief guest added more strength to the event. They all motivated the young women to be independent and be strengthened in both their professional fields and personal life. All the participants had a true sportsman spirit and truly played well. The chief guest also inaugurated the first game by doing the ball service. All the teams enjoyed and appreciated the event.

Both students' team and teachers team played well. The final match was between JSS student team of Physiotherapy v/s JSS College of Nursing. JSS student team of Physiotherapy bagged First place, whereas, JSS College of Nursing student team were the runners. Price distribution was held on World Pharmacist's day celebration at JSS college of Pharmacy, Mysuru.



Nitin Gadkari @nitin_gadkari · 19s
Pharmacists are the backbone of our medical support in the war against COVID-19. Their ongoing efforts and selfless dedication are saving the lives of people each and every day. I thank them for their invaluable service to the country.
#Heroes #ClapForOurCarers



FEEL PROUD TO BE A PHARMACIST !

Karnataka Registered pharmacists association (R) thanks Honorable Minister Nitin Gadkari Ji for the message.

QUIZ

Rules

1. Correct answer for each disease synonym carries 1 point each.
2. Each correct answer in Pharma Entrepreneurs and their company carries 1 point each. (1 +1) (2 marks)
3. Caption Me (Show case your Humour) (3 marks)
4. Answer of the Quiz would be evaluated by panel of judges, & thier decision is final (Max mark:10)
5. Those who get the highest marks, their photo will be published in our next bulletin with their photo and also a cash prize of Rs.250/- will be rewarded to them
6. The answer must be sent within 13th March 2020 to this mail ID - kaushik.devaraju@gmail.com,
A confirmation mail will be sent to you upon recieving your mail.

Questions

1. DISEASE SYNONYMS

Ex- Hangsen's disease Answer- Leprosy

- A. Rich man's disease or disease of kings
- B. Disease of lightning
- C. Shaking palsy
- D. Enteric Fever
- E. School sores

2. GUESS THE PHARMA ENTREPRENEUR AND THEIR COMPANY

Who was the launcher of a Pharma company being a son of a wholesale drug distributor graduated from university of Calcutta with a bachelor's degree in commerce. The pharma that made its International acquisition when it bought Detroit based Caraco pharmaceutical laborities and also took equity stakes in two prominent Indian drug manufacturers. Ranked as fifth largest generic drug producers in the world as well as the largest Pharmaceutical company in India.

3. CAPTION ME



THE CHANGE YOU WANT TO SEE

"CHANGE COMES WHEN SOMEONE DOES SOMETHING DIFFERENT"

What pharmacy needs to help us prepare for tomorrow are "OUT OF THE BOX" thinkers. Most of the pharmacy students have lack of cohesiveness and low self-confidence towards the profession. Changes in the way we practice, Adaptation of technology can help us to overcome this. Planning of innovative practical course can help the students ability to acquire pharmaceutical care skills. So that the students can even put their careers at risk to make the pharmacy advancement that solve real patient problems.

Mr. Mohammed Arfath M I
President,
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KARNATAKA REGISTERED PHARMACISTS ASSOCIATION (R) congratulates our dear pharmacist Raghuvan sir, Owner of RAGHULAL & CO, Mysuru, who donated 550 n95 masks and 24 bottles of 500ml hand sanitizers to Mysore City Corporation.

KRPA STUDENT FORUM

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