



KARNATAKA REGISTERED PHARMACIST ASSOCIATION ®

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----- KRPA MONTHLY BULLETIN -----

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PREFACE

Dr. Karthik Rakam Pharm. D

President,
Pharmacon Society for Pharmacy Practice
Medical Advisor,
Health Cloud AI.



At the outset I congratulate KRPA for coming up with the idea of publishing a monthly bulletin.

Myself Dr. Karthik Rakam, a Pharm. D graduate, working as Medical Advisor, HealthCloudAI, a startup looking to solve the deeper challenges in Indian HealthCare Leveraging Artificial Intelligence. In my student days when I was wondering whether a Pharm. D graduate has a place

in health care team or not, I happened to read a report 'To Err Is Human: Building A Safer Health System' published by Institute of Medicine (IOM). According to that report, A minimum of 44,000 to a maximum of 98,000 deaths happen in US hospitals every year as result of medical errors

that could have been prevented. Even taking the lowest estimate, deaths due to preventable errors, exceed the deaths attributable to motor vehicle accidents, breast cancer and AIDS. Total cost of these errors is estimated to be between 17 to 29 billion dollars. These stats startled me and made me think 'If this is the situation in highly evolved health care system like USA, what could be the situation in India'? I decided not to make a comment about Indian health care based on data from USA and decided to get a better understanding on how our system works by going to hospital regularly, interacting with everyone involved in health care which include doctors, nurses, dispensing pharmacists, physiotherapists, dietician and most

importantly patients. This interaction gave me a thorough understanding of the numerous unmet needs of patients, most of which can be addressed by a properly trained Clinical Pharmacist. I want all the student readers to get into patients shoes and think what might be going through a patients head in every step of their journey right from going to hospital with a health issue and finally going back home with a hope that he/she gets well. I leave you with this thought. You can write to KRPA on what you felt while imagining yourself in patients shoes, the potential issues patient might encounter through his journey which can be addressed by us the PHARMACISTS.

Pharmacy remains a very exciting profession; in fact, more opportunities are available for pharmacists, pharmacy students, and educators than ever before. Pharmacists' positions in interprofessional health care team continues to broaden and well accepted by other health care providers, patients, and policy makers. Pharmacists continue to transform the delivery of their services in order to emphasize the critical nature of public health and proactive health care. However, new opportunities come with more challenges, including the challenge of managing the personal and professional resources needed to succeed in today's ever-changing environment. Our team has published a newsletter that allows practitioners to develop their awareness and apply it in their daily practice.

Mr. Bajaji. S
Co-Editor, KRPA Monthly Bulletin



Ms. Bhagyashree N

Co-Editor of KRPA Student Forum



With boundless gratitude and unswerving resolve to honor, I am glad for choosing me as the student Co-editor for our KRPA bulletin. I wish to extend my deepest respect and appreciation to all the leaders of KRPA. This bulletin supports students' professional capability and seizes opportunities and it takes big strides towards getting more pharmacist, through team-based health care system. An educational game is defined as an instructional method that requires the learner to participate in a competitive activity. It can support higher-level discussions that assist in collaboration, communication and critical social-thinking skills, all of which are abilities essential to the pharmacist. The KRPA aims at enhancing the pharmacists' educational skills and knowledge along with social awareness through this newsletter.

PANDEMIC AND ITS PLASMA THERAPY

The Novel Corona Virus, the pandemic that jolted the world to a worldwide lockdown, resonating the Pandemic echo everywhere?! It has effected all three organs of the State; the Legislature, Executive and Judiciary, leaving no rock for a normal sustainability. It has disrupted supply chains globally; serious disruption of air and sea traffic and closure of vital air routes. This in turn has led to the collapse of the stock markets around the world, leading to the loss of billions of dollars, which got wiped out in a matter of days. A combination of all these factors has led to a decline in the overall volume of global economic activity, forcing the world economy towards a possible recession.

And "So here"! Let's get started knowing what is a pandemic and how a plasma therapy is a ray of hope in this scenario. A pandemic, is an epidemic infection occurring worldwide, or over a very wide area, crossing international boundaries and usually affecting a large number of people." Initially COVID was considered as an outbreak by the WHO as it has restricted spread to China, Italy and Iran. But today, it has an evident spread in over 115 countries and each country having at least 500 cases.

The WHO's pandemic alert system ranges from Phase 1 (a low risk) to Phase 6 (a full pandemic):

Phase 1: A virus in animals has caused no known infections in humans.

Phase 2: An animal virus has caused infection in humans.

Phase 3: There are scattered cases or small clusters of disease in humans. If the illness is spreading from human to human, it's not broad enough to cause community-level outbreaks.

Phase 4: The disease is spreading from person to person with confirmed outbreaks at the community level.

Phase 5: The disease is spreading between humans in more than one country of one of the WHO regions.

Phase 6: At least one more country, in a different region from similar to Phase 5, has community-level outbreaks.

Poignantly, pandemic spread in our country was little less virulent but might turn as dangerous as a slow poison thus, it is important to be vigilant enough in concentrating on its prevention rather than waiting for a cure. The prevention term raised the necessity of self-hygiene and increasing need to maintain our innate immunity.

Pharmacists, the front line responders in the fight with COVID, has the responsibility to help prevent a disease spread by formulating a vaccine that gives a person passive immunity or in designing a cure for the disease.

It is so obvious that it takes years together to design a cure for a disease. Thus, plasma therapy can be an immediate measure to develop a passive immunity in an effected person, being a ray of hope in this consequence.

Plasma Therapy:

Plasma, the fourth state of matter, whose utilization has paved path to a new technology in treatment of living cells, tissue and organs creating an intersection of plasma science and technology with the biology and medicine known as plasma medicine. Plasma therapy represents a novel sterilization and disinfection treatment for various oral and environmental pathogens, heat-sensitive materials, hard and soft surfaces, and it may assist health care facilities in the management of various health concerns. The role plasma therapy could play in the inactivation of pathogenic microorganisms might prove to be a new, faster, more economical alternative.

Principle:

In this therapy blood is collected from a person who recovered from COVID-19 sickness, serum is separated and screening is done for the specific antibodies, that can neutralize the viral agents. This is then given to the severely affected patients to develop passive immunity against the virus.

VARIOUS ADMINISTRATIVE APPROVALS:

1. Clinical Trials

Investigators wishing to study the use of convalescent plasma in a clinical trial should submit requests to FDA for investigational use under the traditional IND (Investigational New Drug) regulatory pathway.

2. Expanded Access

An IND application for expanded access is an alternative for use of COVID-19 convalescent plasma for patients with serious or immediately life-threatening COVID-19 disease who are not eligible or who are unable to participate in randomized clinical trials. FDA has worked with multiple federal partners and academia to open an expanded access protocol to facilitate access to COVID-19 convalescent plasma across the nation.

Although participation in clinical trials or an expanded access program are ways for patients to obtain access to convalescent plasma, for various reasons these may not be readily available to all patients in potential need.

3. Single Patient Emergency IND:

Inaccessibility of the above two procedures in few cases and given the public health emergency that the COVID-19 pandemic presents, FDA is also facilitating access to COVID-19 convalescent plasma for use in patients with serious or immediately life-threatening COVID-19 infections through the process of the patient's physician requesting a single patient emergency IND (eIND) for the individual patient. This process allows the use of an investigational drug for the treatment of an individual patient by a licensed physician upon FDA authorization, if the applicable regulatory criteria are met.

Patient Eligibility

To facilitate requests for eINDs for use of COVID-19 convalescent plasma to treat patients, health care providers seeking an emergency IND may want to consider the eligibility criteria.

These criteria include:

- Laboratory confirmed COVID-19
- Severe or immediately life-threatening COVID-19, for example,
 - Severe disease is defined as one or more of the following:
 - dyspnea,
 - respiratory frequency ≥ 30 /min,
 - blood oxygen saturation $\leq 93\%$,
 - partial pressure of arterial oxygen to fraction of inspired oxygen ratio < 300 ,
 - lung infiltrates $> 50\%$ within 24 to 48 hours
 - Life-threatening disease is defined as one or more of the following:
 - respiratory failure,
 - septic shock,
 - multiple organ dysfunction or failure
- Informed consent provided by the patient or healthcare proxy.

Collection of COVID-19 Convalescent Plasma

Health care providers or acute care facilities seeking to use COVID-19 convalescent plasma should include information in the IND submission that the COVID-19 convalescent plasma will be obtained from an FDA-registered blood establishment that follows the donor eligibility criteria and donor qualifications described below in collecting plasma from donors.

1. Donor Eligibility

- Evidence of COVID-19 documented by a laboratory test either by:
 - A diagnostic test (e.g., nasopharyngeal swab) at the time of illness
 - OR
 - A positive serological test for SARS-CoV-2 antibodies after recovery, if prior diagnostic testing was not performed at the time COVID-19 was suspected.

- Either one of the following
 1. Complete resolution of the symptoms at least 28 days prior to donation
OR
 2. Complete resolution of symptoms at least 14 days prior to donation, AND Negative results for COVID-19 either from one or more nasopharyngeal swab specimens or by a molecular diagnostic test from blood.
- Male donors, or female donors who have not been pregnant, or female donors who have been tested since their most recent pregnancy and results interpreted as negative for HLA antibodies.
- SARS-CoV-2 neutralizing antibody titers, if available
 - When measurement of neutralizing antibody titers is available, we recommend neutralizing antibody titers of at least 1:160. A titer of 1:80 may be considered acceptable if an alternative matched unit is not available.
 - When measurement of neutralizing antibody titers is not available, consider storing a retention sample from the convalescent plasma donation for determining antibody titers at a later date.

Registered and licensed blood establishments that collect plasma intended for transfusion are expected to

- 1) Follow their standard operating procedures for plasma collection and all applicable regulations,
- 2) Collect plasma from individuals that meet the donor qualifications specified above, which would be included in the applicable IND(s) held by a health care provider or other sponsor.

Once manufactured, the COVID-19 convalescent plasma may be distributed for investigational use.

Labelling

- a. The container label of COVID-19 convalescent plasma units must include the following statement
 - i. FDA recognizes that the current circular of information does not contain specific information about COVID-19 convalescent plasma regarding indications for use, dosage information, contraindications or cautions, but it provides information on the use of plasma.
- b. The recommendation is to make use of a uniform container label for COVID-19 convalescent plasma.
- c. The manufacturing process used and the expiration date on the label for COVID-19 convalescent plasma should be the same as for other plasma products that are of the same type. For example, COVID-19 Convalescent Plasma, Fresh Frozen, should be frozen within 8 hours after collection, stored at -18C or colder and have an expiration date one year from the date of collection.

Record keeping

A health care provider who is participating in an IND, including an expanded access IND or eIND, must maintain records for the COVID-19 convalescent plasma units administered to the COVID-19 patient. Such records should include the unique identification number.

Though it sounds a quite good relief from this pandemic, it can only be used for severely sick patients as it is still in clinical trials with restricted use. The other problem is in finding the survivors as many victims were old age patients and have other co-morbidities.

Thus, it might be considered as an option but not as a complete cure until we come up with more effective treatments.

Nevertheless, Pharmacists have always been a torch bearer, for all the health professionals by giving a life to a drug or a vaccine that can assist the health care workers in saving the life of a patient.

By

N. Meghana

5th Pharm D,

JSS College of Pharmacy, Mysore.



ASSERTIVE NOT ARROGANT

Hypothetical scene: It was a public function; many doctors, nurses and other healthcare workers were being honoured for their services in Covid-19 infection management. A pharmacist was also the part of organization team. However, funny as the situation was, encomiums were showered on all healthcare workers, but the pharmacist was taken for granted with only minor acknowledgement of his role.

In the above scene lack of assertive behaviour was perhaps the reason for the pharmacist's plight.

Assertiveness

Assertiveness is being confident or fearless, and the ability to project this confidence in our behaviour. Psychology defines assertiveness as the quality of being self-assured and confident without being aggressive. To display fearlessness in our body language and tone of voice is an important part of assertive behaviour for success. Assertive people are not arrogant. In healthcare domain, assertive behaviour training is a well appreciated approach for ensuring better healthcare outcomes, as this trait is required for better communication or message transfer.

The formal definition of assertiveness, as per Dorland's medical dictionary, is a mouthful! The definition is: a form of behavior characterized by a confident declaration or affirmation of a statement without need of proof; this affirms the person's rights or point of view without either aggressively threatening the rights of another (assuming a position of dominance) or submissively permitting another to ignore or deny one's rights or point of view¹.

Lack of Assertiveness can be Costly!

In the book 'Vital conversations' author Alec Grimsley reiterates that lack of assertiveness or silence can be costly, particularly with reference to management². Lack of assertiveness due to silence encouraged consistent, inappropriate and destructive behaviour in employees and certainly this is applicable to other situations. To build assertive behaviour

- One has to start with baby steps
- Learning to say no helps, as it sets the limits and ensures a healthy relationship
- Don't be a people-pleaser, or too passive, this ends up damaging personal well-being
- Learn to express your feelings and needs tactfully and clearly - to protect yourself

Interesting Tips to be Assertive

Various professional bodies have understood the importance of being assertive and encouraged healthy assertive behaviour among their members. The Chartered Accountants Benevolent Association (CABA) too provides tips to develop healthy assertive behaviour for honest and clear communication³:

- Be clear: in expressing your requirements in a straight forward way. Let the tone be even and respectful, do not manipulate the emotions of the opposite person to force him or her to do something. Let it be through his or her volition
- Maintain eye contact 70% of time when talking: It has been studied that staring is not a good communication habit, it is being over aggressive. Maintaining eye contact for 70% of the time during talking helps best for messaging
- Positive body language: There are several body language aspects that help in providing assertive communication. This includes neutral and calm expression, upright and relaxed posture, do not use excessive hand movements, lean forward without being too close and personal, and do not fold hands, let them stay at the side. (Many people rehearse in front of the mirror and speak loudly during rehearsal to ensure best assertive behaviour in future transactions)
- Do your homework: ensure to research and prepare on the topic of conversation or presentation - so you are comfortable to manage an assertive presence
- Best to check emotions: Many people find it difficult to keep emotions in check and this spoils the relationship or transactions, hence, taking time-out to pull oneself together is useful
- Avoid the blame trap: do not indulge in accusations while transacting - this ensures a solution comes up
- Keep your cool: it is very difficult to keep cool in challenging circumstances; however, the person who keeps cool will be assertive and can provide remedies. This ensures personal well-being and he remains a respected person.

Endnote:

Being a self-assured and confident person is very vital for being a happy individual, both professionally and personally. This implies the individual is assertive without being noted as an arrogant person. Each pharmacist needs to imbibe this confident persona to enable excellent patient counselling. This will ensure a better image for the profession of pharmacy.

References:

- <https://en.wikipedia.org/wiki/Assertiveness> (accessed on 26.4.2020)
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<https://www.caba.org.uk/help-and-guides/information/how-be-assertive-without-being-aggressive> (accessed on 26.4.2020)

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#PHARMA GO DIGITAL



Google Tasks The omni-device to-do-list planner!

Introduction

The Covid-19 lockdown has given a perfect time for most of us to strike a balance of our already messed up lifestyle. This lockdown has given us once in a lifetime chance to ensure we set right every pending task that does not involve going out from home! One aspect this lockdown has taught each one of us is to go digital. If you are reading this article, you have already gone digital. To-do-list planner is one of the most terrifying tools for most of us. Some of us have printed planners some of us have online planners while some of us use mobile apps. When it comes to choose a to-do-list planner, Google Tasks is my personal favorite. One reason for this is—Google Tasks is available for all the devices that we use currently—browsers, mobile. All you need is a Gmail ID.

How and where to use Google Tasks?

Gmail

Google Tasks has been rolled out for Gmail recently. It allows you to add and plan any e-mail conversation as a to-do-list planner and take necessary action accordingly. Figure 1 below, shows how Google Tasks appears for Gmail. When you open an e-mail in your Gmail, you would get a tiny band on the top. You can create a task from any e-mail (steps 1, 2, and 3).

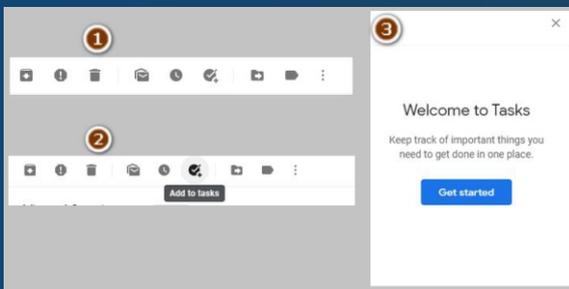


Figure 1. Google Tasks for Gmail

Chrome Browser Extension

If you love Google Chrome, you would love Google Tasks Extension for Chrome (Figure 2). It gives the ability to access the to-do-lists without opening your Gmail ID! Just add this extension to your favorite browser and enjoy it. This extension was added on April 23, 2020, and within 4 days it has 30,000+ users.

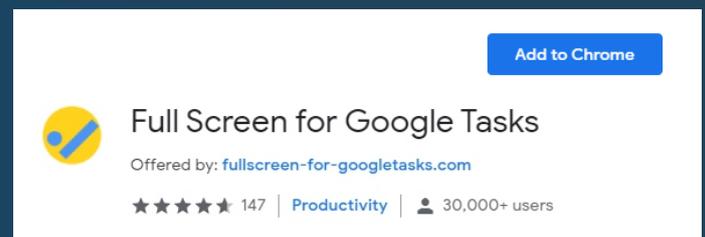


Figure 2. Google Tasks Extension for Google Chrome. You may add this extension to your Chrome browser by following this link www.bit.ly/2yHvs14



Google Tasks Mobile App (Android) is being used by more than 50,00000 lakh users globally. It quickly integrates itself with the Google Calendar and ensures that you do not miss anything. Just install to your smartphone and enjoy. For your Android device, you could download it from Google Play Store here www.bit.ly/3cGTjg6 or follow the quick response (QR) code below.

- Quickly capture tasks anywhere
- Add details and create subtasks
- View tasks created from e-mails
- Stay on track with due dates and notifications



SUMMARY

With Google Tasks you could manage, capture, and edit your tasks from any device, anywhere, anytime with to-dos that sync your devices. Google Tasks lets you create a to-do list within your desktop Gmail or the Google Tasks app. When you add a task, you can integrate it into your Gmail calendar, and add details or subtasks. Tasks also enable you to drag and drop emails into your to-do list, rearrange the order of your tasks, and check off completed ones. With the updated Gmail design, Google Tasks is sleeker and easier to incorporate into your work routine.



Manoj Kumar Yadava,

M. Pharm, MBA (IT), (PhD) is a medical/pharmaceutical content strategist and has more than 13 years of experience in Data analysis and Manuscript writing, planing, and publication, creating customized medical/pharmaceutical content, medico-marketing, medical/healthcare/ pharmaceutical communications, Drug Database, Online Automation/Web solutions, Mobile apps, SMS, e-mail and digital marketing. He loves to help pharmacy professionals adopt digitalization through the use of rights tools and software for both personal and professional work. If you wish to connect with him do feel free to write to him at manojinpharm@gmail.com or simply call at +91 94810 24569

RULES

1. Correct answer for each Pharmacology Game section will be rewarded 1 point each (5 marks)
2. Each correct answer in Pharma Entrepreneur and their company carries 1 point each (2 marks)
3. Caption Me (Show case your Humour) (3 marks)
4. Answer of the quiz will be evaluated by panel of judges and their 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 May 2020 to this Mail ID- kaushik.devaraju@gmail.com
A confirmation mail will be sent to you upon receiving your mail.

Quiz

Questions

1. Pharmacology Game

Pharmacology game 

 Guess the names of these drugs.

Example:    llin
is Penicillin (Pen-see-lin)

1.  + nidazole =
2.  + tro +  =
3. Nal +  +  =
4.  +  +  +  =
5.  +  =
6.  +  + lact +  =

2. GUESS THE PHARMA ENTREPRENEUR AND THEIR COMPANY

Who founded the multinational pharmaceutical company being a professor of chemistry at BITS-Pilani, Rajasthan and initially borrowed Rs 5000 from his wife to fund his venture. The company which was able to start their manufacturing facility for producing folic acid and iron tablets for Government of India mother and child health , funding came from central bank of india. The company is been ranked as the 12th largest company by revenue globally. The key focus areas of the company include paediatrics, cardiovascular, anti-infectives, diabetology, asthma and anti-tuberculosis.

3. Caption This



Congratulations

*to the winner of First Edition
KRPA Quiz Competition*

Ameena Faiza

2nd year, Pharm D
Sarada Vilas College of Pharmacy,
Mysuru



Events Conducted



The Karnataka Registered Pharmacist Association is pleased to brief the events conducted during the CoViD-19 lockdown.



The KRPA forum believes in “Helping one person might not change the world, but it could change the World for one person”. By keeping this principle KRPA student Forum identified few needy families in Mysuru and contributed few essential commodities(groceries) in a step towards serving the purpose of humanity and its upliftment in the best possible way. The distribution process was carried on 14th April -2020. Initiative was taken by KRPA - Student Forum, Mysuru Branch.

We were accompanied by

Vijayanagar Manju,
GP Member,
Vijayanagar 3rd stage,
Mysuru,

Kaushik Devaraju,
President -KRPA,

Mohammed Arfath,
President KRPA- Student Forum,
Mysuru branch and his Team



BLOCK THIS DATE AND TIME!
Get Ready, Dear Pharmacist!

KRPA:
Karnataka Regd.
Pharmacists Association
Presents

An Exclusive  **WEBINAR On**

ORAL AND HAND HYGIENE IN TIMES OF COVID-19
Because we know your time is important!

Main Speakers :
Dr. T M Pramod Kumar PhD
 Principal, JSS College of Pharmacy, Mysuru
 President, IPA - Mysore Branch
 Advisory Member - KRPA

Dr. M D Salahuddin PhD
 Principal, Farooqia College of Pharmacy, Mysuru
 Vice - President, IPA - Mysore Branch
 Advisory Member - KRPA

Speakers:
Mr. Laxmikant P Sugandhi
 B.Pharm MBA

Mr. Manoj Kumar Yadava (PhD)
 M Pharm MBA

Moderator:
Mr. Sunil S Chiplunkar (PhD)
 M Pharm (Pharmacology)
 MBA (Marketing) PGDHRM

Link: <https://bit.ly/KRPACOV19> **Date: 24-04-2020**
Time: 4.00 pm to 4.20 pm

With Best Wishes:

  **Group Pharmaceuticals Ltd**
 healthy smiles matter

KRPA always works best at every required moment, it takes great initiative in imparting service and promoting safety to both pharmacist and patients. At this juncture of pandemic, KRPA conducted a webinar on **“ORAL AND HAND HYGIENE IN TERMS OF COVID-19”** on 24th April 2020 from 3.00 to 4.00 PM. The webinar session was moderated by **Mr. Sunil S.Chiplunkar**, Vice President, Business development, Group Pharmaceuticals, Bengaluru. The experience of **Mr. Chiplunkar** added enrichment to the aim of the webinar. The main speakers for the session were **Dr. Pramod Kumar T.M**, Principal JSS College of Pharmacy, Mysuru, **Dr. Md Salahuddin**, Principal, Farooqia College of Pharmacy, Mysuru, **Mr. Laxmikanth Sungandhi**, Vice President, Group Pharmaceuticals, Bengaluru and **Mr. Manoj Kumar**, CEO, Pharma Pulse.

The eminent speakers highlighted the importance of oral and hand hygiene and also emphasised about taking precautions while dispensing. A total of 2413 participant attended the webinar. This overwhelming responses has provided an encouragement for future provision of such services.



“BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD”

As what people think pharmacists are the ones who just dispense the medications. The change in their mind or thinking can be changed by creating a awareness regarding what we pharmacists are. With this regard I would like to share about few points regarding Clinical Pharmacy. It's a branch of pharmacy in which clinical pharmacists provide direct care for patient that optimises the use of medications and promotes health, wellness and disease prevention. Clinical pharmacists care for the patients in all health care settings but the clinical pharmacy movement initially said began inside hospitals and clinics. Clinical pharmacists often work in collaboration with physicians, physician's assistants and nurse practitioners and other health care professionals.

As of now the field of pharmacy profession is growing up we need to be the one who have the capacity is doing everything. So we can adapt a technology that can help us and have a better knowledge of the pharmacy field . Dispensing of medicines has to be taken at most care . If the wrong medicine is dispensed in case of a right medicine it is like the life of a patients / person is in threat.

So be proud to be in the field which has lot of opportunities and we need to utilise it in a better way.

I am in into this field and I AM PROUD TO BE A PHARMACIST



Mohan S Patil
Secretary,
KRPA Student Forum

DISCLAIMER

The Newsletter intends to provide updated and reliable information on medicines and other related issues in an attempt to equip healthcare professionals to take informed decision in recommending medicines to the patients. However, they are encouraged to validate the contents. None of the people associated with the publication of the Newsletter nor the organization shall be responsible for any liability for any damage incurred as a result of use of contents of this publication. The brand names of medicines, if mentioned, are for illustration only and the Newsletter does not endorse them.