



DigiDose

THE QUARTERLY DISPENSE

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EDITOR'S INK

THE QUARTERLY NEWSLETTER OF THE PHARMACY LITERACY CLUB

APRIL 2022 | VOLUME 01 | ISSUE 02

The Pharmacy Literacy Club (PLC), Dept. of Pharmacy Practice, MCOPS, proudly brings you the second edition of our quarterly newsletter 'DigiDose: A Quarterly Dispense'. In the last quarter, PLC has taken upon itself to host a plethora of events, workshops, and seminars for the students to help them further their interest and intellect in the fields of pharmacy practice research, and education.

This year's PLC's events kickstarted with the release of the first edition of newsletter "DigiDose" by Dr. Gabriel Rodrigues, former Prof. & Head, Dept. of Surgery, KMC, Manipal at the Dept. of Pharmacy Practice (DoPP) on 5th February, 2022. Having been a close ally and working on research projects with the department, Dr. Rodrigues was more than elated to partake in this new initiative.

Following this, Dr. Ahsan Farooq KK, Consultant, IQVIA, Bangalore, delivered an online guest talk on "A Career as a Medical Science Liaison: What You Need to Know." conducted on 26th February, 2022. He spoke in-depth about the professional trajectory of a Medical Science Liaison, the career opportunities and skills that need to be honed by pharmacy graduates to work in the same, and to prepare for the job interviews.

PLC takes great pride in having organized a four-day multidisciplinary online workshop on the basics of data science in pharmacoepidemiology held on 25, 26, 28, and 29 March 2022. Shastri Indo-Canadian Institute, New Delhi funded the event, and Genpro Research was the knowledge partner. The workshop witnessed a large turnover, with nearly 160 participants, including MAHE and non-MAHE students and staff. The event aimed to help the enrolled participants develop a practical understanding of the basic components of data science and its applications in pharmacoepidemiology. Both, PLC and DoPP hope to host more such endeavors and workshops to help fuel the passion among students & staff .

PLC ended this quarter by co-organizing a free medical camp in Mount Rosary Church, Santhekatte, Kallianpur, in association with Kasturba Hospital, Manipal; Health Commission, and Catholic Sabha, Mount Rosary Church, Santhekatte on 3rd April 2022. The health camp was organized on the occasion of World Health Day (7th April 2022). Expert doctors from General Medicine, OBG, ENT and Orthopaedics offered free consultations and treatment to the participants. Furthermore, the clinical pharmacy students and staff provided medication review and counselling to the patients on the common usage of medical devices and provided pamphlets. The health camp witnessed massive public participation, who were grateful for the services they received. PLC extends its heartfelt gratitude to all the funders, including Shastri Indo- Canadian Institute and knowledge partners such as Genpro Research for their sincere trust and support for the last quarter's events.

MAJOR PROGRAMMES CONDUCTED:

- RELEASE OF FIRST ISSUE OF DIGIDOSE
- SHASTRI CONFERENCE AND LECTURE SERIES GRANT PROGRAM- WORKSHOP
- FREE MEDICAL CAMP
- GUEST LECTURES



H I G H L I G H T S

LEARNING

SCLSG-WORKSHOP

Shastri Conference and Lecture Series
Grant Workshop on Basics of Data Science
in Pharmacoepidemiology

COMMUNITY

FREE MEDICAL CAMP

Free Medical Camp on the Occasion of the
World Health Day

EXPERIENCE

DR. MEENAKSHI SRINIVASAN, PHARMD

a proud alumna of DoPP, MCOPS

SPOTLIGHT

NEW OPTIONS FOR DIAGNOSING LUNG CANCER

Dr. Mahadev Rao, Prof. & Head of DoPP, at Manipal College of Pharmaceutical Sciences(MCOPS), MAHE, and his team, in collaboration with a team from University of Kentucky (UK) Markey Cancer Center, have published an article titled, "Integration of liquid biopsy and pharmacogenomics for precision therapy of EGFR mutant and resistant lung cancers" in the Journal 'Molecular Cancer'. The paper explores new options of diagnosing lung cancer

Currently tumour biopsies are the most commonly used diagnostic tool for lung cancer. However, this paper talks about the enormous potential of liquid biopsies obtained from a blood sample to

replace tumor biopsies that require patients to undergo a surgical procedure. Along with Dr. Rao, the paper was jointly published with a team from UK Markey Cancer Center, headed by Jill Kolesar, Pharm.D., Director of the Precision Medicine Center, co-chair of the Molecular Tumor Board for the UK Markey Cancer Center and a Professor in the UK College of Pharmacy and Dr. Vivek Rangnekar, UK Markey Cancer Center associate director and Global Cancer Consortium founding chair. The paper included multidisciplinary team of oncologists, researchers, clinical pharmacists and basic scientists from MAHE. The study was also facilitated by the Global Cancer Consortium, which was formed in 2020. The Consortium, which was



formed in 2020. The consortium aims to promote partnerships in global cancer research, education, and outreach activities.



IF YOU ARE NOT WILLING TO LEARN NO ONE CAN HELP YOU. IF YOU ARE DETERMINED TO LEARN NO ONE CAN STOP YOU.

ZIG ZIGLAR



BIRD FLU

A 4-year old boy in the Henan province of China was hospitalized in early April with fever and some other symptoms. He has tested positive for the H3N8 bird flu, thus



becoming the first known human case of H3N8 bird flu. This strain emerged in North America in 2002 and has been known to infect horses and dogs, but not human. The health authorities say that the boy was infected directly by the birds, and called it a one-off case. They say the risk of transmission among people is low.

Meanwhile, the first known human case of H5 bird flu has been confirmed in a prison inmate in Colorado, US. He experienced

fatigue and is being treated with oseltamivir. In both cases, the health authorities have confirmed that the risk of transmission of bird flu is low.

In the first case, the boy's family raised chickens at home while in the second case, the inmate was involved in culling poultry. Nevertheless, they warned the public to stay away from dead or sick birds and seek immediate treatment if they experience fever or any respiratory symptoms.

UPCOMING EVENTS

- ISPOR 2022 leading global conference for Health Economics and Outcomes Research (HEOR), May 15-18, for discussion and dissemination of the latest trends in healthcare. For more details, visit <https://www.ispor.org/conferences-education/conferences/upcoming-conferences/ispor-2022>
- ICPE 2022 from August 24- 28, 2022 Copenhagen Denmark organized by International Society for Pharmacoepidemiology. For more details, visit <https://www.pharmacoeppi.org/meetings/annual-conference/icpe-2022/>
- 80th FIP World Congress of Pharmacy and Pharmaceutical Sciences, from 18-22 September 2022, Seville, Spain, organized by FIP Seville 2022. For more details, visit <https://seville2022.fip.org/>.
- ISO 2022 Annual Meeting 20-23 September 2022 Verona, Italy organized by International Society of Pharmacovigilance For more details, visit <https://isoponline.org/annual-meetings/>

OUTREACH PROGRAMMES



S C L S G - W O R K S H O P

BASICS OF DATA SCIENCE IN PHARMACOEPIDEMIOLOGY

An interdisciplinary 4-days workshop on 'Basics of Data Science in Pharmacoepidemiology' was organized by Pharmacy Literacy Club (PLC), Department of Pharmacy Practice, MCOPS funded by Shastri Indo-Canadian Institute (SICI), New Delhi, and in association with Genpro Research as knowledge partner on 25, 26, 28 & 29 March 2022. This virtual event was conducted via Microsoft teams which involved an array of interactive sessions, group discussions, and hands-on training. A total of 16 sessions were handled by data science experts from the industry as well as from academia. The workshop began with a welcome address by Dr. C. Mallikarjuna Rao, Prof. & Principal of MCOPS, Manipal. Dr. Mahadev Rao, Prof. & Head, DoPP gave an overview of the department and Dr. Sonal Sekhar M, organizing secretary of the workshop gave overview of the program. This was followed by a keynote address by Dr. Prachi Kaul, Director, SICI, New Delhi. The workshop session started with an introduction to the concept of pharmacoepidemiology & evidence generation, the type of data, design of statistical experiments.



On the first day, the sessions were handled by industry experts from Genpro Research and Dr. Reddy's Laboratories Ltd. Second-day involved hands-on training on various industry-standard software such as SPSS, R, and SAS by experts from both Industry and academia. Third-day focused on artificial intelligence and machine learning algorithms and their applications including No-Code ML using WEKA with a case study. Last -day, covered sessions on big-data analytics, digital health platforms, and demonstration of TB-Portal big data. More than 160 delegates registered pan India and participated in the workshop. During the valedictory, Dr. M.P Narmadha, Prof. & Head, DoPP, Amrita School of Pharmacy, Kochi represented the delegates to give feedback on the workshop. She said "This workshop and selected topics are relevant and need of the hour since data science has vast applications in pharmacoepidemiology and there is a growing demand for data science professionals and researchers in the healthcare sectors and pharmaceutical industry". Dr. Sonal Sekhar M gave vote of thanks and Mr. Liston Dsouza, President, PLC gave the closing remarks.

FEATURED ARTICLES

PREVENTION OR PALLIATION?

NAYONIKA MUKHERJEE

2022 marks the 40th year since the fundamentals of the National Cancer Control Programme were laid. With the objectives of primary prevention by health education, secondary prevention by screening and diagnosis, we sure have walked a long way. Cancer is not a single disease. It is a group of diseases characterized by uncontrolled proliferation of abnormal cells. A radically increasing world population supplemented with an increased life expectancy, it's no avoiding that cancer will come for each of us eventually. If not individually, we are likely to find a close friend or family grappling with this immortal demon. Although tremendous progress is made in the field by digging deep into the cancer biology, developing drugs for the 'undruggable' targets, advancing screening approaches, much work remains to be done. There is a distressing discrepancy between the reservoir of knowledge in the oncology community and what is passed down to the population. Misconceptions, lack of awareness, stigmas, access to proven therapies, poverty, racial and gender bias, & cost remain the predominant barriers to improving cancer outcome.

Lung cancer is up top in claiming lives specifically in low-middle-income countries like India, where both the incidence and mortality of the disease have shot up lately. The metropolitan cities specifically have been recording



a higher incidence of lung cancer. Most patients, when diagnosed with lung cancer, usually present with distant or metastatic disease. Right off, the sole rescue is prevention vis-a-vis screening. In 2013, the US Preventive Services Task Force (USPSTF) recommended Low dose computed tomography or LDCT annually in adults between 55 to 80 years with a history of 30 pack years who are currently smoking or have quit in the past 15 years. The National Lung Cancer Screening Trial (NLST) and lately the Dutch-Belgian Lung Cancer Screening Trial (NELSON)

concluded a significant reduction in lung cancer mortality in subjects getting screened.

Despite the hullabaloo about cancer prevention around us for a while, there is meagre data about the willingness or attitude of the subjects eligible to be screened. Back in 2001, a study concluded that smokers were less likely to get screened over never smokers. Screening at one's own expense, fatalistic beliefs, mistrust on healthcare workers, concerns about the procedure are few of the many causes behind reluctance to undergo screening among the subjects. Although the concern of overdiagnosis, low positive predictive value (PPV) and potential harms are looming, with the growing number of smokers worldwide we cannot overlook regular LCS. Our society is an amalgamation of several cultures and ethnicities and the perception towards science is subject to variation among the population. However, we must never underutilize the potential preventive measures that science offers us. It is about time that the government adopts policies to fund screenings, get more and more people off smoking, & inculcate community appropriate discussions to get past the taboos and find a way around cancer.



FEATURED ARTICLES

DIGI-HEALTH IN PHARMACEUTICAL SECTOR

LAVANYA SWAMINATHAN

COVID-19 pandemic has brought changes in the professional outlook of various healthcare sectors to improve their performance one among them being the pharmaceutical sector.



Therefore, we need to empower ourselves to be future-ready to combat pandemics. Hence, knowing the fundamentals of digital health and where we stand in this evolving healthcare ecosystem is pivotal. Digital health includes artificial intelligence, robotics and automation, telehealth, voice assistants, mobile apps, and sensors. One of the biggest concerns is the integration of digital technologies to enhance patient care. The pharmaceutical industry has transformed the tedious workflow process into a seamless process by reducing the time consumed in pharmaceutical plants by incorporating Artificial Intelligence-Machine Learning which helps in identifying the trends,

enables corrective actions automatically, and predictive maintenance via the Internet of Things. Traditionally, clinical settings have been considered the only mean of diagnosis but advancement in technology has led to various transformations by exploring remote patient monitoring, and telehealth services which could drastically improve patient health outcomes, reduce the time spent visiting clinics, and expenses incurred unnecessarily. Furthermore, in clinical practice, they could help health-care practitioners to identify trends in disease outbreaks, enhance medication adherence through various data collected from billing and interpret the results. Digitalizing the field of pharmacy could bring a paradigm shift in the professional front helping in the holistic development of the individuals involved.

MIND PERCEPTION

SANJAY MATHEW

In the hectic pace of modern living, we tend to overlook our mental health. Everybody has good days and bad days, but how your day goes depends on you, on your state of mind. It is always a matter of perspective. You could be someone who always looks at the bright side of things, or on the contrary, you could be someone who sees the worst in everything. This kind of thinking isn't fixed though. It is up to you how you want to see the world. For instance, imagine you wake up to the sound of heavy rain as it batters your window. The sound of the rain could either be music to your ears or a consistent hammering of your eardrums. How you perceive it is entirely on you, your brain is, at the end of the day, "YOUR" brain. You make the decisions. You choose how you want to feel. You may not control all of your thoughts, but you always have that little voice in your head. That voice that tells you to get back up when you fall. That voice that tells you that failure is not the end. Everybody has it, but not everybody listens to it.

It is imperative to seek help if you find listening to that little voice challenging. Seeking help could look like different things to different people. It may be therapy, counseling, or even spending time with your loved ones. Mental health, just like physical health, requires upkeep. It is easy to ignore it, to push it away, to look at the world as a bleak, cold, dark, and cruel place. The brain tends to exaggerate feelings, especially the feelings about recent events. But if you think about it rationally with a clear mind, you may realize that things aren't as bad as they seem.

Every disadvantage can be turned into an advantage with the right mindset. The heavy rain outside doesn't have to be a dull and depressing day spent cooped up in your house being lethargic. It could be a productive day of writing or working on your cooking skills. We can do so much if we put our minds to it. But the first and hardest step is telling yourself, "You can." The fear of failure has held back many bright minds. But with dedication and patience, you can conquer anything. For remember, fear doesn't exist anywhere except in the mind.





OUTREACH PROGRAMMES

ON THE OCCASION OF THE
WORLD HEALTH DAY

FREE MEDICAL CAMP

organised by PLC in association
with Health Commission, Mount
Rosary Church

On the occasion of World Health Day, a free medical camp in Mount Rosary Church, Santhekatte, Kallianpur was co-organized by Pharmacy Literacy Club (PLC), Department of Pharmacy Practice, MCOPS in association with Kasturba Hospital, Manipal; Mount Rosary Church, Santhekatte and Health Commission, Catholic Sabha on 3rd April 2022 (Sunday). The medical camp was inaugurated by Rev. Dr Leslie C Dsouza, the Parish Priest of the Mount Rosary Church in the adjoining School premises. Dr. Sonal Sekhar M, staff co-ordinator of the PLC spoke on the public health pharmacy services provided by the club. Specialist doctors in General Medicine, OBG, Orthopaedics, and ENT from Kasturba Hospital, Manipal offered their best consultation services and

basic treatments to the
deserved.

As part of public health pharmacy services, clinical pharmacy students and staff provided medication review and counselling to the patients. In addition, they demonstrated appropriate use of medical devices- such as inhalers, and insulin pen to the patients to optimize their medication use. Patient information pamphlets for hypertension and diabetes were also distributed to the relevant patients by PLC. Mr. Louis Dsouza, Convenor of Health Commission of Mount Rosary Church, who co-ordinated the camp proposed vote of thanks to all the healthcare professionals. More than a hundred people were benefited from the medical camp drive.

Hall of Fame

STUDENTS:

- Ms. Rashmi Shetty, PharmD (Intern), Dept. of Pharmacy Practice, MCOPS won Third prize in case study contest titled “Quest to explore scientific writing skills” conducted by clinical reporting team in Novo Nordisk, Global Business Services, Bangalore on 20th December 2021. The case study contest assessed concise writing, data interpretation, proofreading, graphical illustration, and presentation skills.
- Mr. Shrey Seth, and Ms. Femida Rashid, 5th PharmD students, Department of Pharmacy Practice, MCOPS have been selected for Mitacs Globalink Research Internship at the University of British Columbia and University of Manitoba, respectively. The research internship is an extremely competitive and fully funded program in partnership with the Shastri Indo-Canadian Institute and All-India Council for Technical Education, New Delhi.

RESEARCH SCHOLARS:

- Ms. Jaya Shree D , Mr. Jerin James and Ms. Tejaswini Baral , Research Scholars, Department of Pharmacy Practice, MCOPS were selected for ICMR Senior Research Fellowship 2021. Ms. Jaya Shree D is perusing doctoral studies on “Clinical assessment of pharmacometric model guided dosing in oncology” under the guidance of Dr. Surulivel Rajan M. Mr. Jerin James is perusing doctoral studies on “Development of pain management stewardship program and evaluation of its impact on pain management practice in a tertiary care hospital” under Dr. Rajesh V. Ms. Tejaswini Baral is perusing doctoral studies on “Probiotic supplementation in patients with pulmonary tuberculosis: a prospective cohort study” under Dr. Sonal Sekhar M.

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(JANUARY- APRIL 2022)

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Alumni Column



Dr. Meenakshi Srinivasan, PharmD

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I owe everything I am today to my many kind and knowledgeable professors and mentors who patiently guided me and opened doors for my professional growth and development. I encourage students to take full advantage of the myriad of unique opportunities that our college, professors and university provide us – be it academic training, clinical experiences in our hospital, research projects, participation in professional societies and workshops/conferences, among many others.

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PHARMD BATCH: 2011-2017

I am a proud alumna of Manipal College of Pharmaceutical Sciences having graduated in 2017 along with my wonderful cohort of energetic, driven and ambitious fellow friends and pharmacists. The six years of rigorous training at MCOPS and specifically at the Department of Pharmacy Practice, was not only immensely enjoyable and satisfying, but also built a strong foundation to succeed at my professional pursuits. The multi-faceted nature of the PharmD course curriculum along with the innovative teaching methodologies adopted by the faculty provides an excellent launchpad for students to diversify into a variety of career settings – academic, clinical, research or industry.

During the course of my PharmD training, particularly during our clinical ward rotations at KMC - Manipal, I was fascinated by how pharmacists can contribute to individualization of therapy based on patient – specific clinical characteristics, thus resulting in safe and efficacious therapy and improved health outcomes. I am grateful to have received several opportunities to delve deeper to learn, understand and apply concepts of pharmacokinetics, biostatistics and health outcomes research by conducting research projects with the support of our distinguished professors. Subsequently, during my final year of PharmD, I got a chance to undergo clinical research training at ACTREC, Mumbai where I learnt about the design, conduct and analysis of clinical pharmacology studies. Equipped with a curiosity to specialize in this area, I was fortunate to receive an opportunity to pursue postdoctoral training at the University of North Texas Health Science Center at Fort Worth, TX in the quantitative aspects of pharmacometrics and health outcomes research. I could further hone my skills as a clinical pharmacologist during my experience at the University of Florida/GlaxoSmithKline postdoctoral fellowship program where I could work on application of pharmacometrics to current drug development projects. Throughout the course of my training, I received opportunities to share my research work in the form of poster presentations at various conferences and through peer-reviewed manuscripts. Currently, in my role as a quantitative clinical pharmacologist in the pharmaceutical industry, I contribute to the development of new drugs. At its core, my work involves designing clinical trials and conducting analysis of pharmacokinetic and pharmacodynamic data to identify the optimal dose of new drugs, considering the variability observed in patients – exactly what I was intrigued by, as a PharmD student observing patients in the ward!

I owe everything I am today to my many kind and knowledgeable professors and mentors who patiently guided me and opened doors for my professional growth and development. I encourage students to take full advantage of the myriad of unique opportunities that our college, professors and university provide us – be it academic training, clinical experiences in our hospital, research projects, participation in professional societies and workshops/conferences, among many others. Students, you are lucky to be at MCOPS – an institution that offers world-class pharmacy education and a space to blossom into a confident and competent professional in whatever field of pharmacy that you enjoy and choose to pursue. Please do not hesitate to contact me if I can be of any help to you!

Pharmacovigilance Programme of India(PvPI)



National Coordination Centre,
Indian Pharmacopoeia Commission, Ghaziabad



The Department of Pharmacy Practice, Manipal College of Pharmaceutical Sciences has been approved as an **ADR Monitoring Centre (AMC)** under Pharmacovigilance Programme of India (PvPI), Indian Pharmacopoeia Commission - National Coordination Centre (NCC), under Ministry of Health & Family Welfare (MoHFW), Government of India.



**DEPARTMENT OF
PHARMACY PRACTICE**

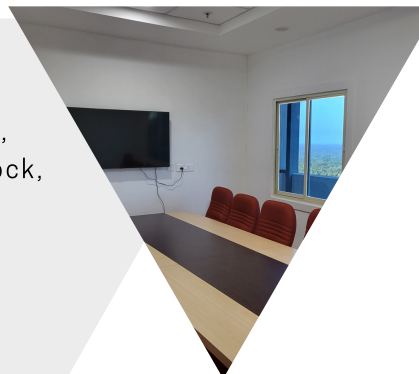


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MPHARM 2020-22

OUT-GOING BATCHES

DEPARTMENT OF PHARMACY PRACTICE

“ THE FUTURE IS COMPLETELY OPEN AND WE ARE WRITING IT MOMENT TO MOMENT... ”

PEMA CHÖDRÖN



PHARMD 2016 - 22

CAREER FRONT

These students have been-

offered for the position of Junior Associate - Scientific Writing at Indegene Private Limited, Bengaluru.

- Izwath Begum
- Lavanya S
- Swapnil Raj
- Thomas George L



selected as Intern in Clinical Reporting at Clarivate Analytics (India), Bangalore.

- Parth Gandhi
- Alisha Mathew
- Raveena kantemneni
- Sanjana Shastri
- Raashida Farheen
- Freya Felicia
- Thashreefa Basheer



selected as Intern in Clinical Reporting at Novo Nordisk Service Centre (India) Private Limited, Bangalore.

- Rashmi Shetty
- Mohammed Farhan



selected as Intern in Evidence synthesis & Scientific writing at Genpro.

- Meera Madhukumar



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