



# Medicine Information NEWSLETTER

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## MESSAGE FROM ADMINISTRATOR

Medicines help in fighting illness and alleviate the agony when sick. But it is crucial for the users to be informed about the medicines and follow the directions of use, which otherwise might turn adverse. Pharmacists, as professionals, have an important role in keeping the users informed about the use of medicines by educating them.

Medicines can be broadly classified based on their availability. They are the prescription medicines and over-the-counter (OTC) medicines. Prescription medicines are those which can be available only when a valid prescription from a registered medical practitioner is produced. Over the counter medicines are those which can be bought from the druggists without any prescription. The Drug Facts Labels are made available with all the over-the-counter medicines which allow the patients to choose the right kind of medicine. In both the cases, the medicines are expected to have side effects which may be harmful if not used appropriately. The availability of information may be scarce or may be biased in either case.

Thus, bridging these gaps becomes imminent to prevent the end users from being harmed. It becomes the paramount obligation of the Pharmacists to maximize the benefits both on physical and economical aspects. It is imperative for the patients to have access to effective and inexpensive medicines. I am glad that the Department of Pharmacy has taken up the task to bring out the first issue of the Medicine Information Newsletter to provide informed consent to the patients to choose medicines wisely and use them effectively. I admire the sense of ethics the students and the staff of the Department of Pharmacy has exhibited in conceiving the idea in bringing out the Newsletter.

I wish them all success for this endeavour.

-Shiv Das Meena, I.A.S.

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## MESSAGE FROM REGISTRAR

I am happy to know that Department of Pharmacy is bringing out a Medicine Information Newsletter in electronic format to disseminate the information on recent findings in the usage of medicine among healthcare professionals. I am confident that this newsletter will provide reliable authenticated information on medicine which are vital for healthcare professionals to provide effective healthcare to general public. I congratulate the students and staff members of the Department of Pharmacy for their new initiative.

-Dr. J. Vasanthakumar



## MESSAGE FROM DEAN, FACULTY OF ENGINEERING AND TECHNOLOGY

I am glad to know that Department of Pharmacy is bringing out "Medicine Information Newsletter". Medicine is undoubtedly the most important weapon of the mankind to fight illness and diseases. Their safe and effective use is paramount importance to avoid harming the patients and prevent economic loss.

Availability of reliable and unbiased medicine information to the medicine users from prescribers to the patients is crucial to derive the maximum benefits from medicine use. I am confident that this Newsletter will serve as a tool in dissemination of the vital information to all stakeholders and help in promoting rational use of medicine.

I congratulate the staff and students of the Department of Pharmacy for this valuable initiative.

-Dr. S. Velusami



## MESSAGE FROM DEAN, FACULTY OF MEDICINE

The Department of Pharmacy of Faculty of Engineering and Technology has a long association with the Faculty of Medicine and more specific to the Rajah Muthiah Medical College Hospital. The faculty members and the students have been active in the areas of Adverse Drug Reaction Monitoring, Promoting Hand Hygiene Practice to reduce the Hospital Acquired Infections and managing a Medicine Information Centre. Information on Medicines is important not only for healthcare professionals for taking informed decision while prescribing but also equally important for consumers. The safe and effective use of medicines is of paramount importance to avoid harming the patients and prevent economic loss. It is learnt that the Department of Pharmacy is bringing out the first issue of the Medicine Information Newsletter to provide adequate and updated independent information which may be useful to promote rational use of medicines both in the healthcare facilities and community.

My good wishes to the students and faculty members of the Department of Pharmacy for this new initiative.

-Dr. P. V. S. Prasad



## MESSAGE FROM MEDICAL SUPERINTENDENT, RMMC HOSPITAL

The Department of Pharmacy has been associated with Rajah Muthiah Medical College Hospital for quite long time for training the students of Doctor of Pharmacy and Master of Pharmacy (Pharmacy Practice) Programmes. The students and interns are very supportive in identifying medicine related issues and educating the patients on need of medication adherence and proper use of medicines.

The Faculty Members of the Medical College have guided many of the Pharmacy students in their projects. Many scientific articles have been published with their co-authorship in reputed journals. I understand that the Department of Pharmacy is coming out with a new initiative to publish Electronic Medicine Information Newsletter to disseminate important information to health work force and the consumers. Adequate and reliable information is crucial in taking informed decision in prescribing and using medicines. I am sure the Newsletter would serve as a tool for promoting rational use of medicines in the healthcare facilities and community.

My best wishes to the Students and Faculty Members of the Department of Pharmacy for bringing out this newsletter.

-Dr. S. Ramesh

## FROM THE EDITORS' DESK

We have the great pleasure in presenting the FIRST ISSUE of our quarterly electronic publication 'Medicine Information Newsletter'. This Newsletter intends to provide first hand information on medicine and related issues for the benefit of all associated with medicine use. In addition to the goodwill messages from the Administrator of the University; the Dean, Faculty of Medicine; the Medical Superintendent; the Dean of Faculty of Engineering and Technology; the current issue focuses on treatment of swine flu, alert on proton pump inhibitors and metformin fixed dose combinations besides regulatory and other useful news.

In the ever-changing medicine scenario, we do believe this Newsletter would be a good source of reliable information on medicines use. We shall be pleased to receive feed-back from the readers for improving the contents as well as usefulness. You can reach us through e. mail: [dicpharmd@gmail.com](mailto:dicpharmd@gmail.com).



**Dr. K. Kannan**  
PROFESSOR & HEAD  
DEPARTMENT OF PHARMACY

Dear Readers,

The Department of Pharmacy at Annamalai University, one of the premier pharmaceutical education and research centres, offers Diploma in Pharmacy to Doctor of Pharmacy to PhD programmes. The Department is recently recognised at SAP Phase – II of UGC with funding of Rs. 1.2 crore.

We at the Department firmly believe that in addition to teaching, learning and research activities, the institute must have equal concern for outreach activities. Recently we had conducted a sensitization cum training programme for professional pharmacists on spurious medicines. We have a long history of similar outreach activities for school children to professionals. This is our new attempt to reach the health professionals and others through E-Newsletter. You would appreciate the reason behind the electronic form of communication as it provides quickest way of reaching people without wasting natural resources. We intend to disseminate the important and updated information on medicine and related matters which would be useful promoting rational use of medicines. Throughout the world there have been initiatives for promoting rational use of medicines to provide appropriate therapy and to reduce the incidences of microbial resistance. The publication of the Newsletter is looked after by the experienced editorial team. We do hope you would find this useful in your professional practice and appeal you for your feedback for further improving its utilities.

### FORTHCOMING EVENTS

1. 61ST IPSF WORLD CONGRESS, HYDERABAD, INDIA, 30TH JULY TO 9TH AUGUST 2015, [HTTPS://IPSF2015.ORG](https://ipsf2015.org)
2. 67TH INDIAN PHARMACEUTICAL CONGRESS, JSS UNIVERSITY, MYSORE, INDIA, 19TH TO 21ST DECEMBER 2015.
3. 75TH FIP WORLD CONGRESS OF PHARMACY AND PHARMACEUTICAL SCIENCES, DÜSSELDORF, GERMANY, 29 SEPTEMBER - 3 OCTOBER 2015, [HTTP://WWW.FIP.ORG/DUSSELDORF2015/](http://www.fip.org/dusseldorf2015/), ABSTRACT SUBMISSION OPEN [LAST DATE 01 MAY 2015]
4. 3RD INTERNATIONAL CONFERENCE ON HEALTH LITERACY AND BETTER HEALTH SERVICES, TAINAN, TAIWAN, 9TH NOVEMBER TO 11TH NOVEMBER 2015, [HTTP://WWW.AHLA-ASIA.ORG/MAIN.PHP?FID=01&PAGE\\_NAME=NEWS\\_DETAIL&NEWS\\_ID=285](http://www.ahla-asia.org/main.php?fid=01&page_name=news_detail&news_id=285)
5. ISPOR 18TH ANNUAL EUROPEAN CONGRESS, 7TH TO 11TH NOVEMBER 2015, MILAN, ITALY, [HTTP://ISPOR.ORG/EVENT/INDEX/2015MILAN](http://ispor.org/event/index/2015milan), ABSTRACT SUBMISSION OPEN [LAST DATE 23 JUNE 2015]

# OSELTAMIVIR

DRUG FOR H1N1 INFLUENZA

Osetamivir is therecommended drug both for prophylaxis and treatment  
Dose for treatment is as follows

By Weight	For Infants
For Weight <15 Kg : 30mg BD for 5 days	<3 months : 12 mg BD for 5 days
15 - 23 Kg : 45mg BD for 5 days	3 - 5 months: 20 mg BD for 5 days
24- <40 Kg : 60 mg BD for 5 days	6 - 11 months : 25 mg BD for 5 days
>40 Kg: 75 mg BD for 5 days	

**It is also available as syrup (12 mg/ml)**

**If needed dose & duration can be modified as per clinical condition.**

The updated Cochrane Evidence Review Released on 10th April 2014 states that Osetamivir shortens the symptoms of influenza by half a day. There is no good evidence to support claims that it reduces the admission to the hospital or complication of influenza. There is insufficient ground to support the use of Osetamivir (Tamiflu) in preventing person to person spreading of influenza. The meta-analysis of treatment trials confirms the increased risk of nausea and vomiting with the medicine use.

INCONCLUSIVE EVIDENCE  
ON USE OF OSEALTAMIVIR  
PREVENTING PERSON TO  
PERSON SPREADING OF  
INFLUENZA

In preventive trial an increased risk of headache, psychiatric disturbances and renal event were observed. The medicine falls under Schedule X of Drugs and Cosmetics Rules. Hence, it is not available in all medical stores but only with licensed to sell schedule X drugs. Dispensing of schedule X medicines requires prescription in duplicate and the pharmacist needs to preserve a copy. In the light of these findings, self medication is discouraged and the clinicians are advised to prescribe when required only.

## METFORMIN COMBINATIONS IN CLINICAL PRACTICE – A CAUSE OF CONCERN!

**A** recent article entitled “The proliferation of irrational metformin fixed – dose combinations in India” published in The Lancet Diabetes & Endocrinology [www.thelancet.com/diabetes-endocrinology Vol 3 February 2015] raised serious concern on availability and use of metformin combinations in the treatment of type 2 diabetes. Our country seems to have more than 60 million people with type 2 diabetes. The treatment guideline advocates using diet and exercise as first line treatment. Oral antidiabetic mono therapy should be started if necessary and further drug (s) may be added, if required, to achieve glycemic control. The paper continues “Metformin fixed dose combinations are sold at a much higher level than single metformin formulation and it accounts for 56% of all oral antidiabetic sales in India”.

The five top selling metformin fixed dose combinations in India include: glimepiride-metformin; glimepiride-pioglitazone-metformin; glipizide-metformin; glibenclamide-metformin and gliclazide-metformin. Out of these five combinations only two, glipizide-metformin and glibenclamide-metformin, are approved in USA. None of the five combinations are approved in UK.

## ALERT ON PROTON PUMP INHIBITORS

The proton pump inhibitors are one of the most widely used medicines that suppress the production of gastric acid. They are indicated for variety of conditions including gastric ulcer and medicine induced gastric discomfort. Their use in minor conditions like heart burn is not justified as they are associated with several serious risks. Some of these risks are:

- Rebound excess production of stomach acid may cause long term dependency on discontinuation;
- Risks of osteoporosis related fracture of wrist/spine/hip;
- Infection leading to diarrhoea or pneumonia
- Dangerously low magnesium blood levels

## USEFUL WEBSITES

1. Australian Prescriber: <http://www.australianprescriber.com/>
2. Cochrane collaboration: [www.cochrane.org](http://www.cochrane.org)
3. E- Drug: <http://www.essentialdrugs.org/edrug/>
4. Free Medical Journal Website: <http://www.freemedicaljournals.com/>
5. National Formulary of India: [http://www.cdsc.nic.in/NFI\\_2011.pdf](http://www.cdsc.nic.in/NFI_2011.pdf)
6. The Merck Manuals: <http://www.merckmanuals.com/>
7. US National Library of Medicines (Medline): <https://www.nlm.nih.gov/bsd/pmresources.html>
8. US National Library of Medicines (MedlinePlus): <http://www.nlm.nih.gov/medlineplus/>
9. WHO Drug Information: <http://www.who.int/medicines/publications/druginformation/en/>
10. World Health Organization Essential Medicines Information Portal: <http://apps.who.int/medicinedocs/en/>

## REGULATORY NEWS

1. Pharmacy Practice Regulation, 2015: The Pharmacy Council of India has recently notified Pharmacy Practice Regulation, 2015, outlining the professional responsibilities of community pharmacists, hospital pharmacists, drug information pharmacists and clinical pharmacists. The notification gives the legal approval of various activities of pharmacist. This can be accessed at Pharmacy Council of India web site: [www.pci.nic.in](http://www.pci.nic.in)
2. Draft Guidelines on Accreditation Standards for Clinical Trials: Expert Committee headed by Professor Ranjit Roy Chaudhury has recommended that clinical trials should be conducted only at accredited sites by accredited investigators with oversight of accredited Ethics Committee. The Ministry of Health and Family Welfare issued draft guideline on Accreditation Standards for Ethics Committee, Investigators and Clinical Trial Sites on 03rd March 2015. The standards are developed by Quality Council of India. This can be accessed at: [www.cdsc.nic.in](http://www.cdsc.nic.in)

## WEBSITE OF INTEREST

### Healthcare Information for All (HIFA)

HIFA is an electronic discussion forum that works to ensure that "every person and every health worker will have access to the healthcare information they need to protect their own health and the health of those for whom they are responsible". Studies have shown that the people and the health workers often have no access or knowledge of simple and low cost interventions available for saving lives. People are dying for lack of knowledge. The membership is free and one can join simply by sending an e. mail to: [hifa2015@dggroups.org](mailto:hifa2015@dggroups.org) . Currently the HIFA has more than 14,000 members. To know more look at: <http://www.hifa2015.org/>

## NEWS

**Indigenous Rotavirus Vaccine:** India successfully developed indigenous rotavirus vaccine and the same is launched for use by the Honourable Prime Minister on 9th March 2015. The vaccine is developed by Bharat Biotech in association with Ministry of Science and Technology of Government of India and others under public –private partnership model. This affordable rotovac is likely to reduce infant mortality caused by rotavirus infective diarrhoea.

## 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 University 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.