



MEDICINE INFORMATION NEWSLETTER

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Editors' Desk

Following DTAB's nod, the Government of India notified a draft regulation amending the Schedule K of Drugs and Cosmetic Rules on 6th November 2019. Schedule K deals with drugs which are exempted from the provisions of sale licence. There are two provisions which impact the public health and profession of pharmacy: Drugs supplied by Registered Medical Practitioners (Clause 5) and Drugs supplied by multipurpose health workers to anganwadi workers (Clause 23). The pharmacists have been opposing just the recent proposed amendment of clause 23 which empowers the expanded health functionaries (other than pharmacists) to distribute medicines covered under various health programmes of the government.

At present there is no need of the above two provisions. There are enough number of pharmacists available and the government needs to employ and utilize their services. They are better trained to handle and dispense drugs. Drugs supplied by Registered Medical Practitioners raises ethical issues. It

was a time when MBBS curriculum had dispensing as one practical and accordingly the clause was justified. At this moment, the MBBS curriculum does not have provision to learn dispensing. Dispensing is a skilled job and accordingly the Pharmacy Act (section 42) stipulates that no person other than registered pharmacist shall compound, prepare, mix, or dispense any medicine on the prescription of registered medical practitioner.

Now, the time has come, the government should initiate process to delete the two items given clause 5 and clause 23 of Schedule K in the interest of welfare of the people of the country as people deserves not just distribution but dispensing of medicines.

While thanking you for your continued support for the last five years, we look forward to hearing from you readers to make this newsletter more useful.

Wishing all our readers a happy, healthy and prosperous new year 2020!

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Dr. V. P. Maheshkumar

Contact Us

The Editors,
 Medicine Information Newsletter,
 Department of Pharmacy,
 Annamalai University,
 Annamalai Nagar - 608 002,
 Tamil Nadu, India.
 Email: dicpharmd@gmail.com

Quote

In science the credit goes to the man who convinces the world, not to the man whom the idea first occurs.

-Rene and Jean Dubos

Opportunities

EDCTP – TDR Clinical Research and Development Fellowship: The Clinical Research and Development Fellowship (CRDF) scheme is jointly implemented by EDCTP (the European & Developing Countries Clinical Trials Partnership) and TDR (Special Programme for Research and Training in Tropical Diseases). The purpose of the fellowship is to provide funding support to researchers and clinical trial staff from low- and middle-income countries (LMICs) to acquire essential skills in clinical research and development through placements in host training organizations. The last date for application is 28th February 2019. For complete information about this call and application process, please visit: <https://www.who.int/tdr/grants/calls/crdf-2019/en/>

Important Health Days

January 31	Anti Leprosy Day
February 4	World Cancer Day
February 12	Sexual & Reproductive Health Awareness Day
March 4	National Safety Day
March 8	International Women's day
March 11	No Smoking Day
March 12	World Kidney Day
March 16	Measles Immunisation Day
March 21	World ForestryDay
March 22	World Disabled Day
March 23	World Water Day
March 24	World Tuberculosis Day

Focus: Five simple steps to protect against flu (World Health Organization)

The most common symptoms of influenza (flu) include fever, a dry cough, headache, muscle and joint pain, a sore throat and a runny nose. Each year, millions of people come down with flu. Most recover within a week, but for an unlucky few, flu can be deadly. Seasonal flu epidemics typically occur in late autumn and winter, so we can anticipate them, and prepare accordingly. In tropical regions, influenza can occur throughout the year, causing outbreaks more irregularly, but prevention is still important.

Here are the five simple steps which can protect you against flu:

1. Get vaccinated

Annual vaccination is the most effective way to protect yourself against flu, and serious complications. Vaccination is especially important for pregnant women, at any stage of pregnancy. It's also crucial for children aged 6 months to 5 years, elderly people, those suffering with chronic medical conditions, and for health care workers.

Vaccination is especially important for pregnant women, at any stage of pregnancy. It's also crucial for children aged 6 months to 5 years, elderly people, those suffering with chronic medical conditions, and for health care workers.

Remember: a flu vaccine cannot give you flu. To feel achy or feverish after vaccination is a completely normal and natural reaction, and generally lasts only a day or two.

2. Wash your hands regularly

Clean hands protect against many infections, including flu. Keeping your hands clean is an easy way to keep yourself and your family healthy. Wash your hands with soap and running water regularly and dry them thoroughly with a single-use towel. You can also use an alcohol-based hand-rub if you can't get to soap and water. Remember — washing your hands properly takes about as long as singing "Happy Birthday" twice.

3. Avoid touching your eyes, nose and mouth

Germs are most likely to enter your body through the eyes, nose and mouth. You can't control everything you inhale, but you can reduce the risk of infection by keeping your hands away from your face.

If you do have to touch your eyes, nose or mouth, do it with a clean tissue, or wash your hands first.

4. Avoid being around sick people

Flu is contagious. It spreads easily in crowded spaces, such as on public transport, in schools and nursing homes and during public events. When an infected person coughs or sneezes, droplets containing the virus can spread as far as one metre, and infect others who breathe them in.

5. If you don't feel well, stay home

If you're ill with flu, being around others puts them at risk. This is especially true for people with chronic medical conditions like cancer, heart disease and HIV. Quickly isolating yourself can prevent the spread of flu and save lives.

Conferences

International Haemovigilance Seminar 2020: The 19th International Haemovigilance Seminar will be held from 16 till 18 September 2020 in Oslo, Norway. Further details will be available soon at: <https://www.ihn-org.com/international-heamovigilance-seminar-2020/>

3rd International Congress of Health Education and Research: Future Education in Healthcare: The Congress will take place in Barcelona, Spain between Wednesday 2nd and Friday 4th September 2020. The deadline for submission is Monday 3rd February 2020. More details are available at: <https://inhwe.org/sites/default/files/documents/Call%20for%20ABSTRACTS%20Barcelona%202020.pdf>

ISPOR 2020 in Orlando: The International Society for Pharmacoeconomics and Outcomes Research 2020 is scheduled at Orlando Florida during May 16-20, 2020. The conference plans to deliberate on the theme “HEOR: Advancing Evidence to Action”. The last date of submission of abstract is January 20, 2020. More details are available at: <https://www.ispor.org/conferences-education/conferences/upcoming-conferences/ispor-2020/abstract-Information>



Did You Know?

Disposable hypodermic syringe are widely used in the interest of patient safety. This was initially invented to use in animals by the New Zealand pharmacist and veterinarian, Colin Murdoch. He was great inventor and he was credited with 46 patents including tranquilizing gun and child proof medicine container.

Websites of Interest

TechNet-21: TechNet-21 is a global network of immunization professionals committed to strengthening immunization services by sharing experiences, coordinating activities, and helping to formulate optimal policies. Our members come from every corner of the world. The TechNet-21 forum provides a space for members to share experiences, coordinate activities, and discuss important developments in immunization. The link to the website: <https://www.technet-21.org/en/>

Knowledge Portal: The Knowledge Network for Innovation and Access to Medicines launched new online tool providing open-access information, research and analysis on policies relating to pharmaceutical innovation and access. The Knowledge Portal brings four main resources: research syntheses, data sources, list of research gaps and webinars. The resources are divided into three interrelated themes: Pricing, Intellectual Property and Innovation, and cover a range of related topics. The Knowledge Portal, available at <https://www.knowledgeportalIA.org>, aims to make existing knowledge more widely-available and easily accessible to researchers, advocates, practitioners and policymakers to improve policies for innovation and globally-equitable access to medicines.

Website for Health Literacy: Health literacy empowers people to make informed choices. It is an enabler that supports the promotion of equity improving peoples' access to health information and their capacity to use it effectively. WHO Europe has launched this website dedicated to health literacy and this can be accessed at: <http://www.euro.who.int/en/health-topics/disease-prevention/health-literacy>

New Antibiotic Approved by USFDA: The USFDA has approved a new antibiotic, Lefamulin (Brand, Xenleta) to treat adults with community acquired pneumonia. The clinical trial showed that the patients treated with Xenleta had similar rate of clinical success as those treated with Moxifloxacin with or without Linezolid. The common adverse effects are: diarrhoea, nausea, reaction at injection site, elevated liver enzymes and vomiting. Patients with Prolonged QT interval, patients with certain irregular heart rhythms, patients receiving antiarrhythmic agents, patients receiving other drugs that prolong QT interval should avoid this new antibiotic.

Atezolizumb, first cancer immunotherapy, approved in India: The drug, Atezolizumb, of Roche, is approved by the Indian Drugs Regulator and is recommended for the first line treatment of extensive –stage small cell lung cancer when given in combination with chemotherapy.

Mosquito sterilization offers new opportunity to control

dengue, Zika and chikungunya: The Sterile Insect Technique (SIT) is a form of insect birth control by mass rearing in dedicated facilities of sterilized male mosquitoes, which are then released to mate with females in the wild. As these do not produce any offspring, the insect population declines over time. TDR, the International Atomic Energy Agency (IAEA), in partnership with the Food and Agriculture Organization of the United Nations (FAO), and the World Health Organization have developed a guidance document for countries interested in testing SIT for Aedes mosquitoes.

Paediatric HIV medicines developed: Quadrimune, a combination of four HIV drugs: ritonavir, lopinavir, abacavir and lamivudine is recently launched. This new formulation is meant for children and is available with strawberry flavour. In addition, the medicine has better stability compared to paediatric formulations currently available. It does not require storing in refrigerator. It is priced at just 1 US dollar a day.

New Drugs Approved in India

S. No	Name of drug	Indication	Date of Approval
1	Acalabrutinib 100mg capsules	Mantle cell lymphoma (MCL) who have received at least one prior therapy	18.10.2019
2	Abemaciclib 50mg, 100mg, 150mg and 200mg film coated tablets	Indicated for the treatment of women with hormone receptor (HR) positive, human epidermal growth factor receptor 2 (HER2) negative locally advanced or metastatic breast cancer	18.11.2019
3	Ripasudil hydrochloride hydrate bulk drug and Ripasudil Eye drops 0.4% w/v	To treat glaucoma and ocular hypertension	20.11.2019
4	Diperoxochloric acid concentrate and Diperoxochloric acid topical solution	Indicated for wound healing in diabetic neuropathic ulcers of skin and subcutaneous tissues reduction	20.11.2019
5	Endoxifen citrate bulk and Endoxifen tablets 8 mg	For the acute treatment of manic episodes with or without mixed features of Bipolar disorder	10.12.2019
6	Azelnidipine bulk and Azelnidipine tablets 16 mg	For the treatment of Stage II Hypertension	10.12.2019
7	Genopep bulk and Genopep 0.05% w/w cream	Indicated for treatment of burn wound, antimicrobial therapy, scar prevention/reduction	11.12.2019

Resources

Online and Downloadable Resources for Developing Universities: A compilation of list of resources in almost all subjects are freely available at <https://downloadablebooksforuniversities.wordpress.com/>. It has link to Open Textbook Library and Free TechBooks.

Basic Emergency Care: approach to the acutely ill and injured: This is an open-access training course for frontline healthcare providers who manage acute illness and injury with limited resources. This is developed by WHO and ICRC, in collaboration with the International Federation for Emergency Medicine, Basic Emergency Care (BEC). This can be accessed at: <https://www.who.int/emergencycare/publications/Basic-Emergency-Care/en/>

WHO publication: Global guidelines on the prevention of surgical site infection: This new publication can be accessed at: <https://www.who.int/infection-prevention/publications/implementation-manual-prevention-surgical-site-infections.pdf?ua=1>

Alerts

Proton Pump Inhibitors (PPIs) associated with Kidney Injury: The long term use of proton pump inhibitors are reported to cause long term kidney damage, acute renal disease and chronic kidney disease including gastric cancer in some cases. The proton pump inhibitors like Pantoprazole, Omeprazole, Lansoprazole, and Esomeprazole are widely used as anti-acidity medicines. The Drugs Controller General of India has issued directive to States' Drugs Controller to instruct the manufacturers of PPIs to incorporate 'acute kidney injury as an adverse effect' in the package inserts.

Codeine, Dihydrocodeine and Tramadol contraindicated in Children: The Japanese Regulatory Authority has recommended that the product inserts of codeine, dihydrocodeine or tramadol should include 'contraindication in children under 12 years of age (for all uses), and patients under 18 years of age when used for pain relief after tonsillectomy or adenoidectomy, due to the risk of serious respiratory depression'. Codeine, dihydrocodeine and tramadol are indicated to relieve coughs and pains.

Gentian Violet has link with Cancer: Health Canada has announced that there is potential evidence of a link between the use of gentian violet and cancer. Gentian violet is a non-prescription medicine used to treat cutaneous and mucocutaneous infections.

Fenspiride withdrawal advice in Europe due to the risk of heart rhythm problems: The EMA's Pharmacovigilance Risk Assessment Committee (PRAC) has recommended that the marketing authorizations for cough medicines containing fenspiride should be revoked due to the risk of heart rhythm problems. Fenspiride is used to relieve cough resulting from lung diseases in adults and children of two years and older.

Magnesium Sulphate has the risk of skeletal adverse effects in neonates: The British Regulatory Authority has announced that the product information for products containing magnesium sulfate will be updated to warn of skeletal adverse effects observed with administration for more than five to seven days during pregnancy. Magnesium sulfate is indicated for the prevention of further seizures associated with eclampsia in pregnancy and for the treatment of magnesium deficiency in hypomagnesemia.

Glucagon-like peptide-1 (GLP-1) receptor agonists with Risk of diabetic ketoacidosis: The British regulatory authority has requested that the Summaries of Product Characteristics and Patient Information Leaflets for Glucagon-like peptide-1 (GLP-1) receptor agonists (exenatide, liraglutide and dulaglutide) are updated to include advice on reducing insulin dosage using a stepwise approach and monitoring of blood glucose to minimize the risk of diabetic ketoacidosis. GLP-1 is indicated to treat adults with type-2 diabetes and are not substitutes for insulin.

There have been reports of diabetic ketoacidosis in patients with type-2 diabetes on a combination of a GLP-1 receptor agonist and insulin when the concomitant insulin is rapidly reduced. An EU review concluded that the reported cases of diabetic ketoacidosis could be attributed to abrupt discontinuation or dose reduction of insulin while initiating GLP-1 receptor agonist therapy, resulting in poor glycaemic control. Health-care professionals are advised that if the insulin dose is to be reduced, a stepwise approach is recommended. Also, they should monitor for signs and symptoms of diabetic ketoacidosis and risk factors with patients.

Courses

E-learning modules for Improving Clinical Communication Skills on Immunization: The National Centre for Immunization Research and Surveillance (NCIRS) of Australia in partnership with The University of Sydney has launched an innovative communication system and package to aid and inspire great conversation about immunization. Sharing Knowledge About Immunization (SKAI), an e-learning module, is available for healthcare workers intends to improve clinical communication skills to to meet the needs of all parents: whether they are ready to vaccinate, or have questions or intend to decline vaccination altogether. More details are available at: https://learn.nps.org.au/mod/page/view.php?id=11018&utm_medium=email&utm_source=medicinewise-update&utm_campaign=--%20Topic%20--&utm_content=SKAI-olm&_cldee=Z3Btb2hhbnRhQGhvdG1haWwuY29t&recipientid=contact-05339a9b449ae91194ae0050568a45a5-61d76a023d2f4148b43eadeb8cfc2812&resid=cba446fe-70ff-e911-94ae-0050568a45a5

Sharing Knowledge About Immunisation

The National Centre for Immunisation Research and Surveillance (NCIRS) in partnership with The University of Sydney, and with the support of collaborators, has recently launched an innovative communications system and package to aid and inspire great conversations about immunisation.

'Sharing Knowledge About Immunisation – SKAI' consists of 2 websites and an eLearning module. We are pleased to offer the SKAI eLearning module to healthcare workers.

This module is designed to help you adapt your clinical communication skills to meet the needs of all parents, whether they are ready to vaccinate, have questions or intend to decline vaccination altogether. It teaches you how to use the SKAI system and equips you with strategies to assist immunisation consultations. We anticipate it will take approximately 90 minutes to complete this module..

Learning outcomes

Upon completion of the SKAI module, the learner should be able to:

- distinguish the differing attitudinal positions of parents towards childhood vaccination to discern appropriate communication needs;
- analyse the communication needs of parents to identify communication goals;
- utilise the communication goals to select appropriate SKAI communication strategies and resources;
- implement SKAI communication strategies with parents to maximise engagement and reduce vaccination hesitancy.

Target audience: General practitioners, nurses, midwives, pharmacists and Aboriginal health workers

Other audiences: This module may have relevance for all healthcare staff. It is designed primarily for primary healthcare staff who have conversations with parents about vaccination, and may qualify for CPD points as indicated.

Cost: Free

CPD points: GPs, Nurses, Midwives, Pharmacists

More details available at : <https://learn.nps.org.au/mod/page/view.php?id=11018#CPD>

Gallery



[Second from the Left – Sitting], Second B. Pharm. Student in the Annamalai University Women Football Team which won Tamil Nadu Inter University Tournament



ISPOR Student Chapter Members on World Antibiotics Awareness Campaign on 19th November 2019





ISPOR Student Chapter Members on Global Hand Washing Day on 15th October 2019



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.