

Awareness and knowledge of Calcium and Vitamin D among the undergraduate pharmacy students in Karachi, Pakistan

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ABSTRACT

Objective:

This study was done to institute a fundamental perception on the level of information and understanding among undergraduate pharmacy students in Karachi upon the requirements of Calcium and Vitamin D by human body.

Method:

The survey was conducted from November, 2013 to March, 2014 using a structured performa which was developed from different published sources. The performa was then filled by undergraduate Pharm.D 5th year students of 3 different universities in Karachi, Pakistan in the presence of the researchers. The data was assessed using descriptive analysis.

Result:

A total of n=255 students of Doctor of Pharmacy course (Pharm.D) participated in the study and majority of them were female (83.5%). The questionnaire contained various questions about the sources, importance, daily requirements and some related terms to calcium and vitamin D. It was found that (n=253) 99.2 % of the students were familiar with the importance of calcium and vitamin D in bone health. The term osteoporosis and rickets were known to (n= 252) 98.8% students, (n=207) 81.1% knew the term hypovitaminosis and (n=147) 57.6% knew about BMD (bone mineral density). The BMD test was taken by (n= 18) 7.05 % students. Unfortunately, (n= 29) 11.3% and (n=17) 6.66% students failed to mention at least one food that is rich in calcium and vitamin D, respectively. Most of the students got familiar about these essential nutrients from their teachers (n=142, 55.68%) and textbooks (n= 120, 47.05%). Calcium/ Vitamin D supplements were taken by (n=171) 67.0% of the students. It was known to (n=60) 23.5% students that dark skin people are more prone to Vitamin D deficiency and (n=199) 78.0% had knowledge that some drugs interfere with Vitamin D metabolism. Almost all the students (n=250, 98.0 %) agreed that counseling is necessary about the adequate intake of Calcium and Vitamin D as the human body needs vitamin D to absorb Calcium which keeps the bones, muscles and the heart healthy and strong; those people who do not get an adequate amount of calcium and vitamin D may require supplements.

Conclusion:

The present study indicates that the under graduate pharmacy students in Karachi have satisfactory knowledge about calcium and vitamin D but it is necessary to move further on the awareness regarding these essential nutrients as pharmacists stand for well informed part of the healthcare system.

KEYWORDS: Vitamin D, calcium, Undergraduate pharmacy students, Awareness

Role of Piperacillin-Tazobactam as a New Armament in
Treatment of Bacterial Corneal Ulcer

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ABSTRACT

The aim was to study the effect of piperacillintazobactum eye drop in concentration of 7 mg/ml in bacterial corneal ulcers. This was a prospective, non-randomized, non comparative, selective analysis, single center pilot study. 50 patients of various age groups, (majority had (46 %) history of trauma with vegetative material or foreign body in eye), with bacterial corneal ulcer differing in severity and of different grades were thoroughly examined, microbiological evaluation done, by antibacterial culture & sensitivity testing, Staph aureus was commonest isolate & 100 % sensitive with piperacillin tazobactum. When treated with piperacillin tazobactum eye drop 7 mg/ml and followed in relation of response in terms of healing rate and any complication associated with use of this eye drop. 88% of ulcers resolved with treatment, 60 % of patients had visual acuity better than the level at time of admission, and 5% had very poor visual outcome. Treatment with piperacillin-tazobactum eye drop was superior in terms of epithelial healing, resolution of stromal infiltration and clearing of anterior chamber reaction. Mean time for epithelial healing was 9.6 ± 2.7 (range 3-17) days ; mean time for resolution of the stromal infiltrate was 3.8 ± 3.6 (range 6-22) ; and clearing of the anterior chamber took a mean of 8.1 ± 2.3 (range 3-14) days. The most common adverse effect of treatment was burning sensation which was reported by 73 % of patients. The patient who deteriorated and developed hypopion was known case of diabetes.

**Development of Second Edition Of Hospital Formulary
for a tertiary care referral hospital, Malabar, Kerala.**

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ABSTRACT

This was a prospective study carried out in Six phases over a period of one year in Al Shifa Hospital. The study aims to design and develop second edition of Formulary in the hospital, to compare it with National Essential Drug List 2011, WHO model list 2011, First edition of Al Shifa formulary and National Formulary of India 2011 and to implement the prepared hospital formulary. The selected drugs were classified according to the BNF in to 16 therapeutic categories. Monographs were prepared for all the drugs in the hospital pharmacy. Prepared formulary consisted of 417 generic drugs among these about 49.48% drugs were available in single brand, 32% in two brands and there was about 118 FDCs in the prepared formulary, There were only 85 drugs safe to use in pregnancy. About 179 drugs recommended by the essential list were not present in the prepared formulary absence of oncology department in the hospital is considered as the reason for this deviation. Addition and deletion of drugs had done in every therapeutic class of drugs. During the surveillance of pharmacy, it was found that out of 417 drugs, 25 drugs were those that were not present in pharmacy but were included in the formulary, about 34 drugs were present in the pharmacy but not included in the formulary. Study suggests that formulary management process is very important to give current and updated knowledge about the drugs and their availability to the healthcare providers to promote rational drug use. The prepared formulary was published in a book format and distributed to all physicians to support their prescription and to promote rational drug use in the hospital.

Key Words: Formulary, WHO, Monographs

Pattern of drug utilization among outpatients in a teaching hospital of north India

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Address for Correspondence: editorjohp@gmail.com**ABSTRACT**

Drug utilization study using prescribing indicators enables us to detect and also to quantify problems in prescribing practices. Such study helps to frame appropriate interventions based on type of problems and ultimately promotes rational use of drugs in the community. This descriptive study was undertaken at a recently started teaching hospital of rural area of Barabanki district of north India with objectives to generate the data on drug utilization of hospital and to suggest appropriate interventions in an attempt to rationalize the medical care provided by the practitioners of this hospital. The data collected from outpatient prescriptions were analyzed to calculate the average number of drugs per encounter and the other parameters of prescribing indicators. Prescribed drugs were categorized into different therapeutic groups to get pattern in drug prescribing. A total of 1101 patients were prescribed a total of 2942 drugs. The average number of drugs per encounter was 2.6. Antibiotics, non-steroidal anti-inflammatory drugs, antihistaminics, drugs for acid peptic disorders and multivitamins were five most commonly prescribed therapeutic groups. Encounters with an antibiotic were approximately 42%. Only 12.6 % drugs were prescribed by generic name and approximately 42% drugs matched with essential drugs list. Polypharmacy, over-prescribing of antibiotics, prescribing by brand name and out of formulary are some of the important problems that seek proper attention of the practitioners. Institution of hospital formulary, strict antibiotic prescribing policy and educational interventions can help to rectify these problems.

Keywords: Drug utilization, generic prescribing, prescribing practices, teaching hospital

Hypovitaminosis D- A Silent Epidemic In Gulf Region

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ABSTRACT

Vitamin D deficiency is a worldwide health problem. It can result from inadequate exposure to sunlight, malabsorption, accelerated catabolism from certain medications, among many other influencing factors. While the health implications of hypovitaminosis D are still not completely understood, studies have indicated that normal vitamin D levels are required for healthy function of almost every tissue in the body. Vitamin D deficiency is implicated as a cause of osteoporosis, cardiovascular disease, diabetes mellitus, cancer, among other conditions. Surprisingly the sun-blessed Gulf region bears the biggest burden of hypovitaminosis D and yet it is still ignored. Keeping in mind the consequences of vitamin D deficiency in Gulf population, there is an urgent need to warn the public of achieving sufficient vitamin D blood levels. Therefore, this review aimed to describe vitamin D status in the Gulf region and consequently to determine those local risk factors that lead to this condition.

Key words: Vitamin D, hypovitaminosis D, deficiency, sunlight, Gulf