



# MEDICINE INFORMATION NEWSLETTER

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## Editors' Desk

Our Honorable Prime Minister's recent stress on writing prescription in generic name has brought lot of initiatives. The Medical Council of India has recirculated the provision of use of generic name in Indian Medical Council (Professional Conduct, Etiquette, and Ethics) Regulations 2002 as amended in 2016 advising the doctors to comply with the requirements of writing drugs with generic names legibly and preferably in Capital Letter. The circular further threatens that the violation of the provision of generic name prescribing invites disciplinary action. In addition to benefiting the patients on medication cost, the use of generic name would help in removing many of the issues prevailing in our country. There are no generic names for many Fixed Dose Combinations and these combinations would have natural death. The pharmaceutical companies too are making combinations just to avoid price capping under Drug Price Control Order. The DCGI has asked the state drugs regulating authorities not to renew the licenses of FCDs which are not approved by the DCGI. Finally, a ray of hope is seen to improve the pharmaceutical system of the country.

The apprehension is raised by different

stake holders about the quality of generic named medicines. This is a myth that the branded medicines are of better quality. The central government has recently found that many of the household brands of medicines are not of standard quality. In addition, the overall survey on medicines quality showed that the prevalence of not of standard quality of medicines in India is just 3.16%. However, the prevalence of not of standard quality is higher in government facilities at 10%. The governments need to be more quality conscious while procuring not just the lowest priced ones.

Another good news is that the Government of India released the Health Policy 2017 replacing that of 2002. This would be the driving force for Governments to initiate different strategies to improve our health system. The pharmacists are recognised as human resource for health sector too including them as paramedic. This is something to cheer about as this can be seen as beginning of getting recognised.

While thanking you for your continuing patronage, we request your continuing feedback to improve the quality and contents of the newsletter.

Happy Reading!

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## Quote

All substances are poisonous, there is none which is not a poison; the right dose differentiates a poison from a remedy.

Paracelsus, 1538

# Courses

## Free online course on new TB medicines:

This is a USAID-funded New TB Medicines and Regimens e-Course which is free and self-paced course on new TB medicines, such as bedaquiline and delamanid, and new regimens, such as the nine-month regimen. The course also covers responsible use of these medicines and regimens for the treatment of multi-drug-resistant TB (MDR-TB). The course includes eight modules with interactive case studies. One does not need to complete all the modules at once; but can space on free

time. There is provision of certificate for those who complete the full course. The more details are available at:

<https://leadernet.org/groups/courses/using-new-tb-medicines-and-regimens/>.

## Massive Open Online Course (MOOC) on Technology Innovation for Sustainable Development:

This focuses on Medical technologies. The course is self-paced and free. More information - <https://www.edx.org/course/technology-innovation-sustainable-epflx-innov4devx>

## Using Glucose Meters and Test Strips: Safety Tips

- Follow instructions carefully. Glucose meters and test strips are sold with instructions for use. You can call the manufacturer of your device or your health care provider if you have questions.
- Ask your health care provider to watch you test yourself. He or she can tell you if you are using your device correctly.
- Do quality control checks of your device. Regularly test your meter using a control solution to make sure the test strips and meter are working properly together. (Read the meter's instructions for use to see how often you should test it.)
- Understand what the meter display means. Be sure you know how high and low glucose values are displayed on your meter. Sometimes they are displayed as "LO" or "HI" when the glucose level is beyond the range than the meter can measure. Talk to your health care provider if you have questions.
- Know which test site gives the most accurate results. Readings from other areas of your body may not be as correct as fingertip readings.
- Readings from alternate sites—such as your forearm or palm—can be less accurate than fingertip readings when your glucose levels change quickly (like after you eat or during exercise).
- Take a reading from a fingertip if you think your blood glucose is low, if you don't normally have symptoms when your blood glucose is low, or if results from an alternate test site don't match how you feel.
- Know when and how to clean and disinfect your glucose meter. Cleaning and disinfection instructions can vary, so always read and follow the directions in your manual.
- Know when to report device problems.

[[https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049051.htm?source=govdelivery&utm\\_medium=email&utm\\_source=govdelivery](https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049051.htm?source=govdelivery&utm_medium=email&utm_source=govdelivery); Accessed on 16 May 2017]

# Conferences

**The 2nd International Social and Behaviour Change Communication Summit featuring Entertainment-Education (SBCC2/EE6)** is scheduled during April 16-20, 2018 at Bali, Indonesia. The event intends now to provide participants from a broad range of backgrounds the opportunity to engage with the growing global network; showcase their work in SBCC and EE; promote evidence-based SBCC tools and methodologies; disseminate evidence on the power of SBCC and participate in skills-building workshops. Further details can be obtained from: [info@sbccsummit.org](mailto:info@sbccsummit.org).

## The 5th International Conference on Family Planning in Kigali, Rwanda, in November 2018:

The fifth International Conference on Family Planning (ICFP) will take place in Kigali, Rwanda, from November 12 to 15, 2018. The ICFP is held biennially, each time in a different host country, and remains the largest scientific conference on reproductive health and family planning. The more details are available at: <http://fpconference.org/2018/>.

**Fourth Global Forum on Human Resources for Health: The Fourth Global Forum on Human Resources for Health - Building the health workforce of the future** - will be held in Dublin, Ireland, from 13-17 November 2017. It is the largest open conference on human resources for health related issues and is expected to gather over 1,000 delegates from across the globe. More details at: [www.hrhforum2017.ie](http://www.hrhforum2017.ie).

## Websites of Interest

### Therapeutic Guidelines Foundation:

This is a charitable organization that promotes the quality use of medicines and supports the creation and dissemination of independent, therapeutic information. It aims to improve health outcomes in developing countries by providing local health professionals with access to high quality guidelines and guideline development programmes. More details are available at <https://tgfl.org.au/>.

**Medicines Law and Policy:** The Medicines Law & Policy site provides policy and legal analysis and best practice models that can be used by governments, non-governmental organisations, product development initiatives, funding agencies, UN agencies and others working to ensure the availability of effective, safe and affordable medicines for all. Further details can be accessed at <https://medicineslawandpolicy.org/>

# Alert

**NSAIDs during pregnancy – Avoid!** NSAIDs may increase the risks of spontaneous abortion during the first trimester of pregnancy. There are possibility of link between their use and congenital heart defects. In the second and third trimester, NSAIDs including aspirin at anti-inflammatory dose may cause irreversible renal failure, premature closure of the ductus arteriosus and persistent pulmonary hypertension of the new born, even with topical use or brief oral exposure. Cases of necrotising enterocolitis and intracranial and gastrointestinal haemorrhage have been reported in children exposed in utero to certain NSAIDs. NSAIDs can also cause bleeding in the pregnant woman and the unborn child.

[Source: Rev Prescribe November 2016; 36 (397): 827-828]

**Pioglitazone is associated with increased risk of bladder cancer!** – The USFDA has updated the product information for pioglitazone containing medicines to include the warning about

increased risk of bladder cancer. This anti-diabetic medicine is usually used along with diet control and exercise to have better blood sugar control in type 2 diabetes in adults. It is appropriate: not to use in patients with active bladder cancer or patients with a history of bladder cancer.

[WHO Pharmaceuticals Newsletter, Issue 1, 2017]

**Bio-resorbable Stents associated with increased risk of heart attack!** - The Central Drugs Standard Control Organization (CDSCO), the apex body on Drug Regulation of the country, observed that there is an over-elevated rate of major adverse cardiac events: myocardial infraction and scaffold thrombosis associated with use of bio-resorbable stents. These stents were considered to be the path breaking invention and they dissolve around three years after implantation, leaving no foreign metal like the drug-eluting stents. They are not only expensive but also require the services of highly skilled doctors.

## Did You Know?

### Pharmacists as Inventor!

**Invention of Pepsi** – The popular soft drink ‘Pepsi’ has a long history and the drink was invented by Caleb Bradham, a pharmacist and drug store owner of New Bern, North Carolina, USA. The original drink invented in 1898 was named as ‘Brad Drink’. Since then, it had undergone several transformations. Though the name ‘Pepsi’ is believed to have its origin to the digestive enzyme ‘Pepsin’, it does not contain this. The original drink was made from a mix of sugar, water, caramel, lemon oil, nutmeg and other natural additives.

## Medicines for Head Lice Treatment

Head lice spread easily from person to person by body contact. Female lice lay shiny greyish-white eggs. These hatched eggs are hatched in 5-10 days. The newly hatched immature louse resembles an adult and matures within 8-9 days. The newly hatched are more active. The life span of an adult louse is around 30 days.

The presence of live lice must be confirmed before initiating the treatment.

Medicine	Instruction of Use (Refer manufacturers' direction for use too)	Issues
Pyrethrins with piperonyl butoxide Shampoo	<ol style="list-style-type: none"> <li>1. Apply to dry hairs for 10 minutes, then shampoo.</li> <li>2. Repeat after 7-10 days later.</li> </ol>	Allergic reactions may occur rarely. Resistance is also reported.
Permethrin 1% cream rinse	<ol style="list-style-type: none"> <li>1. Apply to shampooed, towel dried hairs for 10 minutes and then rinse.</li> <li>2. Repeat after 7 days.</li> </ol>	Pruritis, erythema and edema may occur. Resistance is also reported.
Ivermectin 0.5% lotion	Apply to dry hairs and scalp for 10 minutes, then rinse.	Ocular hyperemia, eye irritation, dry skin, burning sensation may occur.
Spinosad 0.9% suspension	<ol style="list-style-type: none"> <li>1. Apply to dry hairs for 10 minutes, then rinse.</li> <li>2. Repeat after 7 days if required</li> </ol>	Erythema and irritation of scalp may occur. Irritation in eyes may rarely occur too.
Benzyl alcohol 5% lotion	<ol style="list-style-type: none"> <li>1. Apply to dry hairs for 10 minutes, then rinse.</li> <li>2. Repeat after 7 days.</li> </ol>	Eye irritation and contact dermatitis may occur.
Malathion 0.5% lotion	<ol style="list-style-type: none"> <li>1. Apply to dry hairs for 8-12 hours, then shampoo.</li> <li>2. Repeat after 7 days if necessary.</li> </ol>	<ol style="list-style-type: none"> <li>1. Highly flammable. Do not use a hair dryer or curling iron after applying.</li> <li>2. Stinging sensation and chemical burns may occur.</li> </ol>

Treatment and prevention of transmission are important. The prevention of transmission guidelines are:

- Clean the items that have been in contact with the head of the louse infested person within 24-48 hours;
- Wash the clothing and bed linens in hot water of temperature around 55°C;
- Seal the items (which cannot be washed) in a plastic bag for 48 hours.

# NEWS

## **Dextropropoxyphene is back for use in cancer pain:**

The Government has revoked the ban imposed on use of dextropropoxyphene with restricted use only for cancer pain.

The Government advised that the drug and its formulation should be promoted and labelled with 'for cancer pain only' and the dosage should not exceed 300 mg per day.

**New Drug for Drug Resistance TB:** Delamanid, a new drug, is expected to be available soon in India as the manufacturer is seeking its approval from DCGI. It would be useful to treat multi-drug resistant (MDR) and extensively drug resistant TB (XDR).

**13-valent Pneumococcal Conjugate Vaccine (PCV 13) to prevent Pneumonia:** The vaccine is introduced for immunisation program in certain states.

**Restricting the sale and use of Aspirin, Ibuprofen and Diclofenac in Dengue:** The Government of Delhi has advised not to sale these medicines without prescription. These medicines cause destruction of platelets in human blood and hence should be avoided in Dengue and Chikungunya.

## Resources

**Treatment Guideline for 10 Infectious Conditions:** The Indian Council for Medical Research (ICMR) has recently issued guidelines for the treatment of 10 common infections. They are the evidenced based guidelines as they are based on India's bacterial resistance pattern. The guideline is available for downloading at: <http://icmr.nic.in/guidelines/treatment%20guidelines%20for%20antimicrobial.pdf>

The **Department of Pharmacy, Annamalai University**, has been ranked at **13th position (all India)** and at **2nd position (Tamil Nadu)** in Pharmacy Category under National Institutional Ranking Framework of Government of India [NIRF 2017].

## 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.