



MEDICINE INFORMATION NEWSLETTER

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Editors' Desk

Dear Readers,

The recent Supreme Court judgement (3rd July 2017) quashing the need of the Preparation of First Register by the State of Jharkhand is historic win. Once for all, it has made it clear that there is no need of constituting tribunal and use the old provision to make the first register as the Pharmacy Act (Education Regulation) is in force. The Court advised to constitute the Jharkhand State Pharmacy Council based on the First Register of erstwhile State of Bihar taking into consideration of the pharmacists' address given in the first register. Hence forth, only qualified persons as approved by the Pharmacy Council of India would become registered pharmacists. This would prevent the entry of unqualified persons into the profession of pharmacy and protect public health. People who have been working hard to achieve this deserve our salutation!

There is another significant development in the professional field. The President of Indian Pharmaceutical Association, Dr. Vadlamudi Rao, has been elected as President of Commonwealth Pharmaceutical Association (CPA) and Dr. B. Suresh, President of Pharmacy Council of India, has been conferred with CPA Fellowship. We are proud of this achievement by our leaders. Our hearty congratulation to them!

The press usually puts clinical trials in bad light citing lack of transparency and non

adherence of the ethical guidelines. But the clinical trials are the ways to discover new drugs. We cannot stop clinical trials as our requirement of new medicine is never ending. On the other hand, the clinical trials can be made more transparent. Avoiding unethical practice and paying suitable compensation to the participants would improve the peoples' good will and credibility of the clinical trials. Clinical trial data sharing and public disclosure of results are viewed as best practices. The international Committee of Medical Journal Editors proposes mandatory data sharing statement for publication. This is another welcome move in an attempt to maximise the knowledge gained from the clinical trials. Clinical trials are the efforts and sacrifices of research participants.

The country is facing another threat of Swine Flu (H1N1 Influenza). The medicines for this viral infection (oseltamivir phosphate and zanamivir) which were earlier in category X is rescheduled to 'Schedule H1' enhancing their availability. They do require prescription to dispense like high ended antibiotics. In this issue, we have included a poster 'guide for protection from H1N1 infection'.

In addition, you will find all our regular features. Kindly continue your patronage through feedback. With Warm Greetings from the Editorial Team and Wishing You a Happy Reading!

With Diwali Greetings!

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Quote

I do not want two diseases: one nature made and one doctor made.

Napoleon Bonaparte

Courses

4th Asia Pacific Pharmacovigilance Training Course:

The course is jointly organised by Uppsala Monitoring Centre and JSS University, Mysore. The course is scheduled at Mysore during 29 January to 9 February 2018. The further details can be seen at: <https://www.who-umc.org/education-training/education-training/asia-pacific-pharmacovigilance-training-course/>

Good Clinical Laboratory Practice:

Good Clinical Laboratory Practice (GCLP) is a free, online, multi-module training course developed by The Global Health Network and the Global Health Clinical Consortium. GCLP:

Facilities, Equipment, Materials & Reagents is the third module of the seven module course 'Good Clinical Laboratory Practice'. This module provides a detailed analysis of GCLP guidance for laboratory facilities including biosafety, design, workflow, security, archiving and waste disposal. It also analyses GCLP guidance for equipment, materials and reagents utilised in the laboratory and how they are implemented and managed. The more details can be accessed at: <https://globalhealthtrainingcentre.tghn.org/good-clinical-laboratory-practice-course/gclp-facilities-equipment-materials-reagents/>

Regimens for *Helicobacter pylori* [The Medical Letter, Vol. 59 (1525), July 17, 2017]

The development of resistance to antibiotics necessitated the need of update treatment protocol. The preferred regimens for *H. pylori* infection are:

Regimen / Drugs	Usual Dosage	Duration	Remarks
Bismuth Quadruple Therapy			
Bismuth sub-salicylate	262 or 525 mg qid	10-14 days	First line choice as empiric therapy. This therapy is more effective than triple therapy.
Metronidazole	250 mg qid or 500 mg tid		
Tetracycline	500 mg qid		
a PPI	*		
Concomitant Quadruple Therapy			
Clarithromycin	500 mg bid	10-14 days	The therapy is more effective than triple regimen therapy. It is recommended as first line treatment
Amoxicillin	1 g bid		
Metronidazole	500 mg bid		
a PPI	*		
Triple Therapy			
Clarithromycin	500 mg bid	14 days	Due to clarithromycin resistance, the regimen becomes less effective. Hence, the regimen is preferred if there is no issue of clarithromycin resistance or when the patient has not been exposed to macrolide antibiotics before.
Amoxicillin	1 g bid		
a PPI	*		
OR			
Clarithromycin	500 mg bid	14 days	
Metronidazole	500 mg tid		
a PPI	*		
*Proton Pump Inhibitors (PPI):			
<ul style="list-style-type: none"> • Esomeprazole – 20 mg bid or 40 mg once a day • Lansoprazole – 30 mg bid • Omeprazole – 20 mg bid • Pantoprazole – 40 mg bid • Rabeprazole – 20 mg bid 			
PPI duration may be longer to heal the ulcer.			

Conferences

10th Global Health Supply Chain Summit:

The 10th Global Health Supply Chain Summit (GHSCS) is scheduled during 15-17 November 2017 at Accra, Ghana. The three day conference theme is "Linking to the future of Global Health Supply Chain Management through enhancing the role of the private sector, technology enablement, and workforce development and empowerment. More details are available at: <http://ghscs.com/>.

Geneva health Forum – The Forum of Innovative Practices in Global Health:

The seventh edition of the programme is based on the theme – Precision Global health in Digital Age is scheduled during April 10-12, 2018 at Geneva, Switzerland. More details are available at: <http://ghf2018.g2hpn.net/>

Medicine Quality & Public Health Conference:

The Centre for Tropical Medicine & Global Health, University of Oxford, UK. This is scheduled during 23-28 September 2018. The details can be accessed at: <http://www.tropicalmedicine.ox.ac.uk/medicinequality2018/>

Fifth Global Symposium on Health Systems Research:

This is scheduled during 8-12 October 2018 at Liverpool, UK. The theme of the event is "Advancing Health Systems for All in the SDG Era". More details are available at: <http://healthsystemsresearch.org/hsr2018/>

7th Multilateral Initiative on Malaria Panafrican Conference:

The 7th Edition of the Conference intends to provide platform for discussion on ground breaking scientific research. The conference is scheduled during April 15-20, 2018, at International Conference Centre, Abdou Diouf, Dakar, Senegal. More details are available at: <http://www.mim2018.com/en/>

Websites of Interest

The Health Action International:

Health Action International (HAI) is an independent, non-profit organization dedicated to strengthening medicine policy to improve public health. It is known for its advocacy especially its work on medicine price. Its publication: Measuring Medicine Price, Availability, Affordability and Price Components, is an useful guide for those who are working in the area of Medicine Price. The website of the organization is: <http://haiweb.org/>. The Asia Pacific wing of HAI known as HAIAP can be accessed at: <http://www.haiasiapacific.org>. HAIAP published "Where there are no pharmacists".

Alert

France Imposes Partial Ban on Epilepsy Medicine 'Sodium Valproate':

France has imposed a partial ban on the prescription of popular anti-epileptic drug sodium valproate in women and girls of reproductive age amid reports of birth defects and developmental anomaly. According to a study by the French drug regulatory agency released in April this year up to 4,100 birth defects were observed in children born to pregnant mothers who were exposed to valproate between 1967 and 2016.

Guidance:

Do not prescribe valproate medicines for epilepsy or bipolar disorder in women and girls unless other treatments are ineffective or not tolerated.

Ensure women and girls taking valproate medicines understand the 30 - 40% risk of neuro-developmental disorders and 10% risk of birth defects and are using effective contraception.

Combined hormonal contraceptives is associated with Risk of venous and arterial thromboembolism:

The risk of venous thromboembolism (VTE), such as deep vein thrombosis and pulmonary embolism for women, is generally rare, but the risk is slightly increased for women using combined hormonal contraceptives (CHCs). The increase in risk of VTE varies according to the progesterone included in the CHC. The risk of arterial thromboembolism (ATE), such as myocardial infarction or stroke, is also increased with the use of CHCs, however, it is still very rare. There is no evidence for differences in risk between CHCs.

Fluoroquinolones have Risk of retinal detachment:

The fluoroquinolone-containing products (ciprofloxacin, levofloxacin, moxifloxacin, norfloxacin, pefloxacin, ofloxacin, and lomefloxacin) have found to have the potential risk of retinal detachment. The patients should be advised to seek medical attention in the event of visual impairment and disturbances with these products.

US FDA Warns against Use

of Codeine and Tramadol in Children and Breast feeding Women: The recommended guidelines are:

Use of codeine to treat pain or cough in children <12 years old is contraindicated.

Use of tramadol to treat pain in children <12 years old is contraindicated.

Use of tramadol for treatment of pain after tonsillectomy or adenoidectomy in patients <18 years old is contraindicated. (Codeine was already contraindicated in such patients.)

Use of codeine or tramadol in children 12-18 years old who are obese or who have an increased risk of serious breathing problems, such as those with obstructive sleep apnea or severe lung disease, is not recommended.

Use of codeine or tramadol in breast feeding women should be avoided.

Did You Know?

Scientist Refused to Patent Invention:

Jonas Salk, American Medical Scientist, is credited for the introduction of first safe and effective polio vaccine. He made the invention known to the public on 12th April 1955. It was a remarkable invention of the times as polio was the greatest fear for America after atomic bomb. He refused to patent his invention of polio vaccine for sake of humanity and the world derived the benefit of this. When asked who owns the patent, his reply was "No one, Can you patent the Sun?" He is reported to have forfeited an estimated seven billion US Dollars.

SWINE FLU

H1 N1

Protect yourself and your family members from Swine Flu !



— Be aware of the symptoms: —

- Fever and cough; sore throat; runny or stuffy nose; difficulty in breathing; other symptoms may include body aches, headache, fatigue, chills, diarrhoea, vomiting, blood in sputum.

Follow the DOs and DONTs

DOs	DONTs
<ul style="list-style-type: none">Cover your mouth and nose with a handkerchief or tissue paper when you cough or sneeze.Wash your hands often with soap and water.Avoid touching your eyes, nose or mouth.Avoid crowded places; Stay more than an arm's length from persons afflicted with fluStay away from public places if you have fever, coughing and sneezingDrink plenty of water and eat nutritious food.Sleep well.	<ul style="list-style-type: none">Shake hands or use other contact greetingsSpit in publicTake medicines without consulting the physician

Medicines are available at various Hospitals and Chemists . Details on www.mohfw.nic.in

In case you need more information, call: 011-23921401; Outbreak Monitoring Cell, National Centre for Disease Control, Delhi

Ministry of Health and Family Welfare
Government of India

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NEWS

Oseltamivir, medicine for H1N1 influenza, is removed from Schedule X of Drugs and Cosmetics Rules. The Schedule X requires special licence for selling and seller requires a duplicate prescription to preserve. In order to improve the availability, the medicine is now kept in Schedule H1. This would now be available in almost all medicine stores. However, a prescription is needed for the pharmacist to dispense.

Measles – Rubella [MR] Vaccine included in Universal Immunization Programme. The single vaccine replaces the currently given two doses of measles vaccine at 9-12 months

and 16-24 months of age. The new single shot vaccine is meant for all children aged between 9 months and less than 15 years irrespective of their previous measles or rubella vaccination status or measles or rubella disease status.

Injectable Contraceptive: Deoxy medroxyprogesterone acetate injection, an injectable contraceptive, is recently introduced to the Family Planning programme. This has expanded the basket of choice. This would be available along with other contraceptives like Progesterone pills and centchroman pills.

Resources

Standard Treatment Guidelines: The Government of India has developed Standard Treatment Guidelines for various conditions. They can be accessed and downloaded from: <http://clinicalestablishments.nic.in/En/1068-standard-treatment-guidelines.aspx>

Safer Primary Care: This is a series of nine monographs, which explore the magnitude and nature of harm in the primary care setting from a number of different angles and provide some possible solutions and practical next steps for improving safety. The monographs area are: Patient Engagement, Education and Training, Human Factors, Administrative Errors, Diagnostic Errors, Medication Errors, Multimorbidity, Transitions of Care and Electronic Tools. These can be downloaded from: http://www.who.int/patientsafety/topics/primary-care/technical_series/en/

Cancer Drug Interaction Resource: The University of Liverpool and Radboud University, Nijmegen, have launched a new website intended to promote safer prescribing and improve quality of care for cancer patients called <http://www.cancer-druginteractions.org>. Users will be able to select from a list of anti-cancer agents organised by generic name, trade name and indication and a comprehensive list of commonly prescribed co-medications and see, at a glance, whether a Drug – Drug Interaction between selected drugs is likely. The rationale and quality of evidence behind each recommendation will also be clearly displayed.

Health Calendar [October to December]

October	Breast Cancer Awareness Month	October 29	World Stroke Day
October 1	International Day of Elderly	October 30	World Thrift Day
	World Vegetarian day	November 10	World Immunization Day
October 2	National Anti-Drug Addiction Day	November 12	World Pneumonia Day
First Wednesday of October	World Cerebral Palsy Day	November 14	World Diabetes Day
October 9	World Sight Day	November 17	World Epilepsy Day
October 10	World Mental Health Day	November 19	World COPD Day
October 12	World Arthritis Day		World Toilet day
October 15	Global Hand Washing Day	November 16-22	World Antibiotic Awareness Week
October 16	World Food Day	December 1	World AIDS Day
October 17	World Trauma Day	December 2	National Pollution Prevention Day
October 20	World Osteoporosis Day	December 3	International Day of Persons with Disabilities
October 21	World Iodine Deficiency Day	December 9	World Patient Safety Day
October 24	World Polio Day	December 12	Universal Health Coverage Day
October 26	World Obesity Day		

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.



From research to health care
Your pharmacist is at your service
PHARMACIST DAY
September 25, 2017

Working in an array of fields

- Manufacturing
- Hospital Pharmacy
- Clinical Pharmacy
- Public Health
- Pharmaceutical Care
- Community Pharmacy
- Quality Control
- Pharmacovigilance
- Clinical Research
- Research & Development
- Pharmacoeconomics
- Medication Safety
- Regulatory Affairs
- Drug Information
- Education

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