



DigiDose

THE QUARTERLY DISPENSE

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EDITOR'S INK

Hi folks!

Hope the last quarter has been wonderful to you, just like it has been for us. From helping conduct blood donation camps to life support classes and Antimicrobial Stewardship Program, the last quarter of the year has kept us quite busy. PLC has been highly active in fields of public health service and pharmacotherapeutic education for students and the community since its inception. We organised a plethora of events covering public health education, strengthening the knowledge base of our own students, and social services. With the Centre for Public Health Pharmacy at MCOPS, PLC conducted a lecture series on "Strategizing AMS in Clinical Practice" to enhance the learning experience, update knowledge regarding antibiotics, and support students' clinical skills in the Antimicrobial Stewardship Program.

This April we bring out the latest edition of DigiDose, our quarterly newsletter. As World Health Organization (WHO) celebrates its 75th anniversary, World Health Day celebrations draw our attention to the theme: 'Health for All'. Keeping this in mind, the latest edition of DigiDose draws out inequalities in the healthcare sector in vivid detail. It is the nature of survival, that individuals with more resources, have better chances at it. Thus, there exists an inherent tendency for inequality in all fields of medicine and public health. I find this a topic worth a thorough inspection, or rather, one that warrants it. Institutional support for the needy at Kasturba Hospital, shows us the high demand for such liberalised accessibility to quality healthcare, in a country like India where the average family income is much lower than the global recommended salary threshold for happiness. We also take a quick scope at the latest innovations in medical devices. We live at the cusp of transcending our own capabilities, using robotics, computer science and skillful bio-engineering.

Do enjoy our content rich volume! And give a moment of thought, to the idea that access to quality health care remains equal to all. Is that good or bad for humanity as a race? Perhaps this inherent inequality and lack of access to healthcare does in a way, help control the population surge? Pique your brains, and have a good time reading!

The editor.

SPOTLIGHT ARTICLE

LEAVING NO ONE BEHIND:

CONFRONTING HEALTHCARE INEQUALITIES AROUND THE GLOBE

Muhilvannan S
Pharm D Intern

On World Health Day, as we celebrate the importance of good health and well-being for all, we must acknowledge that access to healthcare and resources is not fair to all. There is compelling evidence to suggest that social factors such as education, employment status, income level, gender, and ethnicity play a significant role in determining an individual's health.

Healthcare inequalities exist for various reasons worldwide, with differences in socioeconomic status being one of the primary reasons. In India, healthcare costs are often too high for those living in poverty, while additional expenses like transportation and lost wages make it even more challenging to access healthcare. Those with higher incomes have better healthcare access due to health insurance coverage. The rich reap the rewards, while the poor scrounge for scraps. Gender disparities also contribute significantly to healthcare inequalities in India, with women facing unique challenges. Cultural norms prioritizing men's health lead to women's concerns being dismissed or not taken seriously by healthcare professionals despite them being more likely to experience chronic pain and autoimmune diseases.

The COVID-19 pandemic has further highlighted these inequalities globally by exposing unequal access to testing and treatment facilities, particularly in low-income countries where factors like poverty and lack of transportation make it difficult for people from lower socioeconomic backgrounds to get tested or treated. Specific populations like older adults, people with underlying health conditions, and marginalized communities were disproportionately affected by this pandemic.

Despite these harsh realities of inequality in healthcare systems worldwide, there have been promising developments toward making healthcare accessible and affordable for everyone, regardless of their background. Community-based healthcare programs bring medical services directly into rural communities making them more accessible. In contrast, health education programs empower individuals with knowledge about healthy behaviors, reducing disease burden and improving overall outcomes. To conclude, health disparities persist as a significant issue. However, there is still a glimmer of hope. The ongoing COVID-19 pandemic has shed light on many of these inequities, prompting policymakers and healthcare practitioners to acknowledge their significance. As we commemorate World Health Day and ponder the future, let us not forget that everyone deserves access to top-notch medical care.

Of all the forms of inequality, injustice in health is the most shocking and inhumane.

Martin Luther King Jr.

MEDICAL DEVICES SHAPING THE FUTURE OF MEDICINES

Sanjay Kurien Mathew
Pharm D Intern

Recent technological innovations have expanded the field of medicine to a great extent. From wearable health monitors to ultra-wideband impulse radar that allows contactless monitoring of patient vitals, new medical devices are reshaping the future of medicine by improving diagnostics, patient care and outcomes in drastic ways. The medical industry has always been at the forefront of innovation, constantly evolving and changing to meet the increasing demands of patients and healthcare professionals. The medical device industry has risen in this growth due to technological advancement. These groundbreaking medical innovations are transforming how diseases are diagnosed and treated while also laying the foundation for more patient-centered, accurate, and accessible healthcare.



Starting with the **Bioflux**, a 24/7 wearable electrocardiogram developed by Biotricity that can continuously collect and transmit cardiac data, with abnormalities monitored in real time by a call center. Today, more than 1,500 cardiologists use Bioflux, making it available to around 3 million patients.

Another brilliant innovation is the AI-powered digital stethoscope/electrocardiogram, the DUO, developed by EKO, for giving physicians a digital leg up in detecting arrhythmia". The **EKO DUO** stethoscope, utilizes artificial intelligence (AI) to detect heart irregularities. This was supported by a study published in the Journal of the American Heart Association in May 2022, which revealed that the DUO demonstrated a 90% accuracy rate in detecting murmurs.



The **CleanSpace HALO respirator** is a fascinating medical device resembling something from a science fiction film. However, it is crucial to protect healthcare workers from COVID-19 today. The CleanSpace HALO is incredibly effective, providing up to 40 times better filtration than the N95 Mask. More importantly, it is reusable and rechargeable, reducing the waste generated by masks used only once. In 2021, CleanSpace introduced a program that allows healthcare workers to easily monitor the condition of their breathing apparatus, including battery levels, fit checks, and instruction videos. The effectiveness of CleanSpace HALO has been demonstrated at Singapore's Sengkang General Hospital, where after caring for 748 COVID-19 patients for six months, none of the hospital staff became infected with the virus, demonstrating the device's impressive performance.

The field of medicine is constantly changing as new medical devices are developed to improve patient care. From health monitors and AI-powered stethoscopes to advanced respirators, these new technologies are changing the healthcare landscape and improving diagnosis, patient outcomes, and healthcare access. These latest technologies empower patients to manage their lives, enable telemedicine monitoring and consultation, reduce complications and recovery times from surgery, and create customized prosthetics and implants—through 3D printing. As the medical device industry continues to evolve, we can expect more innovations that will shape the future of medicine by providing better patient care and better health outcomes for all.

OUTREACH PROGRAM

Medical Camp at Gujjarbettu-Hoode Athrady region, Udupi

Pharmacy Literacy Club (PLC), Centre for Public Health Pharmacy, MCOPS, in association with KMC hospital, Manipal; MCOADS, Manipal and Chosen Generation Charitable Trust (R.), conducted a community outreach program on 1st March 2023 at Adarsh building, Hoode, Udupi.

The program involved a free general health check-up and dental care along with health education regarding the importance of personal hygiene and the quality use of antibiotics.

The function was presided over by the president of

Jamate Islami Hind, Hoode, Mr. Abdul Khadeer Mohidin, Panchayat member and Vice President of Sahiyath Educational Institute, Mr. Mohammed Idris, and the Panchayat members, Mrs. Kusuma and Mrs. Jamiela Sadida.

The student volunteers performed a street play on "Awareness of Antimicrobial Resistance." They even helped the residents with Pradhan Mantri Jan Arogya Yojana (PMJAY) card registration.

The program was inaugurated with a short introduction by Mrs. Abigail, followed by a

prayer by Ms. Shreya Shenoy (V PharmD) and a beautiful rendering of "Jogada Siri Belakhinalli" by Ms. Anagha Ramamurthy (PharmD-Intern). The residents were handed pre-test and post-test questionnaires before and after the skit to see if the act positively impacted them.

Around 90 members of the community turned up and the students helped them with essential health education, dental care, and dermatology check-ups.

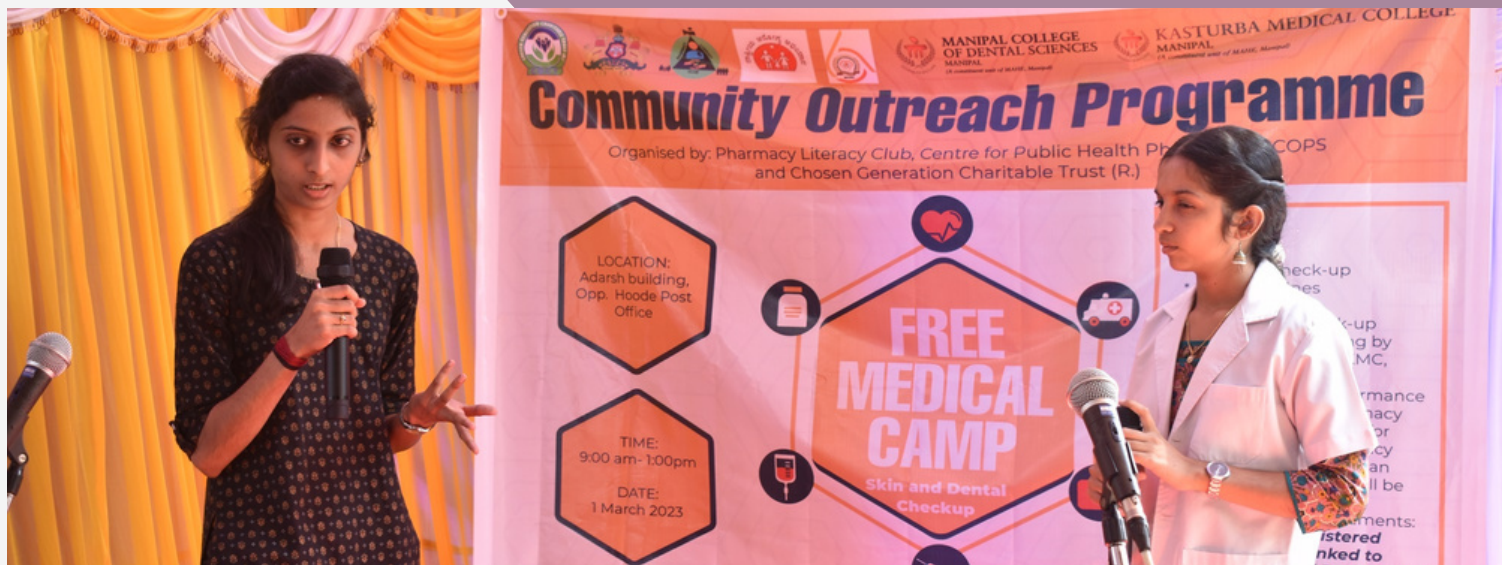
The patients were provided with free medications,

which were sponsored by Gautham Medicals, a unit of Gautham Agencies and Pharmaceutical Distributors, Udupi. The patients were provided medication counselling by pharmacy students of the Department of Pharmacy Practice, MCOPS.

The event was successful, and the dignitaries and residents applauded the efforts and contribution of the club to educate the community members.



OUTREACH PROGRAM



Community Outreach Programme
Organised by: Pharmacy Literacy Club, Centre for Public Health Pharmacy, MCOPS and Chosen Generation Charitable Trust (R.)

FREE MEDICAL CAMP
Skin and Dental Checkup

ACTIVITIES

- ▶ Educational talk on importance of personal hygiene
- ▶ Quality use of medications
- ▶ Street play on awareness of antimicrobial resistance
- ▶ PMJAY card registration

LOCATION: Adarsh building, Opp. Hoode Post Office, Udipi

DATE: 1 March 2023

TIME: 9:00 am-1:00pm

Contact Info: Abigail +91-8105002007
Lipin +91-9582800236

INAUGURATION OF MAHE ISPE STUDENT CHAPTER AND RELEASE OF DOCUMENTARY

The Department of Pharmacy Practice, in association with the Center for Toxicovigilance and Drug Safety, held the inauguration of the MAHE ISPE Student Chapter on February 9, 2023, at the Shirdi Sai Baba Conference Hall, highlighted by the release of an educational documentary for farmers. The event commenced with a welcome address by Dr. Surulivel Rajan, followed by the lighting of the lamp by dignitaries. Dr. Karunakar A Kotegar, Director of International Collaborations, MAHE, Manipal, inaugurated the MAHE ISPE student chapter.

The ISPE student chapter serves as a platform for students to interact with various professionals in the field of Pharmacoepidemiology and Drug Safety.

It provides free webinars, interactive sessions, and opportunities for the members of ISPE student chapter and directs them to various research opportunities across the globe. The chapter also aims to enhance internationalization and training opportunities for students from MAHE and other countries.

As part of the event, Dr. Krishna Undela delivered the keynote address on the "Advantages of being part of ISPE and its student chapter". On the auspicious occasion, an educational documentary titled "Visha Vivechane" was released as part of an initiative to provide community education to farmers on safe use of pesticides.

Dr. Sharath Kumar Rao, Pro-Vice Chancellor- Health Sciences, MAHE, Manipal, dedicated the documentary to Dr. TMA Pai during the Diamond Jubilee celebration of MCOPS, MAHE. The documentary was presented in the local language and provided information on pesticide safety measures, from mixing to disposal.

In addition, Dr. Padmaraj Hegde, Dean, KMC, MAHE, Manipal, announced the Declaration of the International Symposium "Asia Pacific Joined Symposium on Medication Safety and Toxicovigilance", scheduled to be held in September 2023.

Approximately 75 people, including staff, research scholars, and Department of Pharmacy Practice students, attended the event.



8TH INTERNATIONAL CONFERENCE ON CLINICAL PHARMACY



The Centre for Pharmaceutical Care, Department of Pharmacy Practice, MCOPS, organized the 8th International Conference on Clinical Pharmacy (CPCON 2023) from January 5th to 7th, 2023, at Dr. TMA Pai Auditorium, Kasturba Medical College, Manipal Academy of Higher Education, Manipal. The three-day conference revolved around "Redefining Pharmaceutical Care in the Era of Digital Health". The event highlights included thematic sessions on digital health, clinical pharmacy education & research, and panel discussions. The sessions featured renowned international faculties from the University of Manchester, UK; University of Southern California, USA; and Monash University, Australia, as well as national speakers from Angel Institute of Technology and Design, Goa; Certara, Hyderabad; Tata Memorial Centre, Mumbai; Novartis Healthcare, Hyderabad; and Prasanna School of Public Health. The program also featured scientific oral and poster presentations by students and staff. Four hundred thirteen registered delegates from 39 pharmacy colleges across India participated in the conference.

BLOOD DONATION CAMP AT MCOPS



As part of their social commitment, the Pharmacy Literacy Club, MCOPS, Manipal, in collaboration with the MAHE Association of Pharmacy Students (MAPS), organized a blood donation camp on the 15th of February 2023 on the occasion of the Diamond Jubilee Celebrations of Manipal College of Pharmaceutical Sciences (MCOPS). The event aimed to raise awareness about children's cancer and its prevention. Dr. Shamee Shastry, Head of Immunohematology & Transfusion Medicine, and Avinash Shetty, Medical Superintendent of Kasturba Hospital, Manipal, inaugurated the camp. They gave a brief speech about children's cancer and blood donation. The statements by the chief guests emphasized the importance of blood donation in saving lives. The active participation of students, instructors, and staff significantly contributed to the camp's success. The well-organized event ensured the safety and comfort of all participants. One hundred ninety-five people registered to donate blood. The collected blood will significantly contribute to saving lives and aiding those in need. It was heartening to witness the community coming together to support a noble cause and make a positive impact on the lives of others.

BASIC LIFE SUPPORT PROGRAM



On March 17th, 2023, Manipal College of Pharmaceutical Sciences (MCOPS), in association with the Department of Anesthesiology, KMC, Manipal, conducted a Basic Life Support (BLS) Program for the factory employees of Manipal Technologies Limited. Dr. Prasanna Kumar and Dr. Sreedharan coordinated the program from the Department of Pharmacy Practice, MCOPS, Manipal. The program was organized by the Department of Pharmacy Practice, Community Development Committee, National Service Scheme (NSS) Cell, and Manipal Association of Pharmaceutical Students (MAPS).

Ms. Pooja Gopal Poojari, a Research Scholar from the Department of Pharmacy Practice, MCOPS, welcomed the session, followed by Dr. Sushma TK, Associate Professor from the Department of Anesthesiology, KMC, Manipal, a certified AHA BLS and ACLS instructor, who conducted the program. Dr. Sushma provided first aid training on the management of cardiac arrest and choking to 25 factory employees.

As a token of appreciation, Ms. Vidya Gomes, Manager of Human Resources at Manipal Technologies Limited, presented a memento to Dr. Sushma. Overall, The BLS program aimed to equip factory employees with crucial life-saving skills and knowledge and was a success, promoting health and safety in the workplace.

ANTI MICROBIAL STEWARDSHIP LECTURE SERIES



PLC and Centre for Public Health Pharmacy at MCOPS conducted a lecture series on 'Strategizing AMS in Clinical Practice'. The lecture series included four one-hour sessions from February 14-17, 2023. Dr. Mohammed Asif M, a Scientist-C from the Dept of Microbiology at Kasturba Medical College, Manipal, and an alumnus of the Dept of Pharmacy Practice, MCOPS, expertly delivered all the lectures.

The third lecture discussed the pharmacokinetic and dynamic features of antibiotics and the correct way to prescribe antibiotics. The final day featured a Q&A session and discussions on antibiogram, antibiotic policy, colistin resistance, and calculation of drug usage. The lecture series was highly interactive, motivating students to ask questions and clarify their doubts.



In the first lecture, Dr. Mohammed Asif M explained the mechanism of developing resistance in bacteria, citing examples of MRSA cases, and taught the basics of antibiotic prescription writing. On the second day, the focus was on sepsis and treating sepsis in adults and neonates.

The event's success was reflected in the pre-test and post-test results, with participants performing far better in the post-test. More than forty participants, including postgraduate and Ph.D. research scholars, attended the lecture series, making it a successful and engaging event.

DR. DESAI (IQVIA) VISITED DEPT. OF PHARMACY PRACTICE

Dr. Parima Desai, IQVIA, Bangalore, interacted with the staff and students of Dept. of Pharmacy Practice, MCOPS, on the 10th of February 2023. Her visit to the MAHE campus was a part of the Curriculum Conclave organized by MCOPS. She delivered a brief presentation on the activities of IQVIA and emphasized the services provided to global pharma sectors during COVID-19.

During the session, she motivated the students to acquire the essential skill sets that pharmaceutical industries look for in a prospective candidate. She also discussed various key performance indicators (KPIs) concerning the pharma industries.

Additionally, she explained the importance of data sets and data analytics. Dr. Desai said, "Currently, health economics and outcome research (HEOR) is a hot cake in the pharma industry, and there is a tremendous demand for HEOR scientists in the pharma sector". Dr. Surulivel Rajan M, Prof & Head, Dept. of Pharmacy Practice, moderated the discussion and took inputs from Dr. Desai regarding key industry aspects for incorporation in the pharmacy curriculum. Overall, the discussion was very fruitful, and nearly 50 students were actively involved in the session.



HALL OF FAME

MS. GAYATHRI BABURAJ AND MS. ANMI JOSE RECEIVED POSTER PRESENTATION AWARDS IN GCCC

Ms. Gayathri Baburaj and Ms. Anmi Jose, Research Scholars, Dept. of Pharmacy Practice, MCOPS, received first and second positions for poster competitions in the 2nd International Global Cancer Consortium Conference (GCCC), held on 7th January 2023 at Manipal. The conference was organized by Global Cancer Consortium (GCC) in association with Manipal Comprehensive Cancer Care Centre, Kasturba Medical College, Manipal. Ms. Gayathri was awarded under the “Clinical research” category for the study “Survival analysis of non-small cell lung cancer patients: a non-parametric time to event model”. Ms. Anmi was awarded under the “Translational research” category for the study “Repurposing of antiviral drugs targeting KDM5B oncogene in breast cancer using bioinformatics, in silico and in vitro tools: a precision medicine approach”. Both research scholars are doing their Ph.D. under Dr. Mahadev Rao, Professor, Department of Pharmacy Practice, MCOPS, Manipal.



SAIKUMAR MATCHA, RESEARCH SCHOLAR, WON BEST POSTER AWARD IN 7TH ASIA-PACIFIC ISSX 2023

Mr. Saikumar Matcha, Research Scholar, Dept. of Pharmacy Practice, MCOPS, received the Best Poster Award in the 7th Asia-Pacific International Society for Study of Xenobiotics (ISSX) 2023, held on 30th to 31st January, & 1st February 2023 at Sheraton Grand Hotel-Brigade Gateway, Bangalore. Mr. Saikumar presented the research paper “Precision Dosing of Amikacin in Term Neonates”. Mr. Saikumar is doing his Ph.D. under Dr. Surulivelrajan M, Professor & Head, Department of Pharmacy Practice, MCOPS, Manipal.



UNIVERSITY OF SYDNEY FELLOWSHIP FOR PHARM D STUDENTS OF MCOPS



Ms. Sucharitha Borkar
Pharm D



Mr. Shrey Seth
Pharm D



Mr. Lipin Lukose
Pharm D

Students from the Department of Pharmacy Practice, MCOPS, MAHE were selected to attend a fellowship program with a total grant of 18000 AUD at the University of Sydney, Australia.

The fellowship includes a two-week community pharmacy observership for one student and a research internship of 6 weeks working with an Australian healthcare database for two students.

The program is a collaborative effort of Dr. Girish Thunga, Centre for Toxicovigilance and Drug Safety, MAHE, and Dr. Ronald Castelino, Associate Professor, University of Sydney.

ISPE MID-YEAR MEETING 2023 SCHOLARSHIP REYKJAVIC, IRELAND

FULL SCHOLARSHIP + REGISTRATION



Ms. Riyona D'Silva
(Guide: Dr. Rajesh V)
USD 1800 + 280



Ms. Pooja Poojary
(Guide: Dr. Girish Thunga)
USD 1700 + 280



Mr. Chaithanya
(Guide: Dr. Girish Thunga)
USD 1700 + 280



Ms. Mansi Pawar
(Guide: Dr. Sreedharan)
USD 1600 + 280



Ms. Ananya Rudra
(Guide: Dr. Vijayanarayana K)
USD 1500 + 280

PARTIAL SCHOLARSHIP (USD 280)



Mr. Muhammed Rashid
P. P.
(Guide: Dr. Sreedharan)



Mr. Ayyappa Chagi
(Guide: Dr. Girish Thunga)



Mr. Amar Patil
(Guide: Dr. Sreedharan)



Mr. Sanjay Mathew
(Guide: Dr. Sonal Sekhar M)



Mr. Muhilvannan S
(Guide: Dr. Sonal Sekhar M)

DIGI-TALK

SUCHARITHA
BORKAR

INTERVIEWER: ANANYA RUDRA

EDITORS: ANAGHA R, AIESHEL S JOHNSON

**A CLOSER LOOK AT WHAT CHEUNG KONG
EXCHANGE PROGRAM REALLY IS.**



Do you know why it's called Cheung Kong?

It's basically a government funded program, provided by the Department of Health in Australia. They fund international student exchange programs for the students from Asian countries such as: China (including Hong Kong), India, Indonesia, Japan, Republic of Korea, Laos, Malaysia etc.

As I understand, this is your first time traveling internationally. Would you like to inform our readers regarding any challenges that you faced, or any tips that you might have for our prospective students?

You can apply online for the Australian visa, which is a convenient option. If you have your passport already and have kept your documents in order, the visa process should take about two weeks. I applied for a student visa which granted me eligibility for the mobility program as well as to obtain government funding. The communication from the University was quite clear and the entire process was fairly seamless. The key for any successful visa application is to gather all the necessary documents and fill in the details carefully and accurately. Alternatively, applying through an agent might make the process easier for you. Since I was posted in a community setting, I had a few mandatory health examinations to clear, and I was required to take certain vaccinations as well. Once completed, I had to submit the related documentation to the University.



With the chief pharmacist

What are some differences that you noticed between the pharmacist-patient dynamic in Indian and Australian setting?

Well, I don't have first-hand knowledge about the community pharmacy setting in India, since I haven't worked in one. But if I had to take an educated guess, I would say that the set up in Australia is really quite different from the one we have here. To be eligible to work in the Australian setting, the pharmacists are required to demonstrate a high level of knowledge and skill, since they are not just selling medicines, rather they are dispensing them. The dispensing process as we all know, involves reviewing prescriptions, preparing labels and counselling patients on their various medications. The pharmacists and the patients share a personal relationship and most patients are repeat customers to the same pharmacy. This enables the pharmacy to maintain all the necessary details of each patient and remind or counsel them regarding their medication schedules and related instructions, each time they come in for a refill.

Seems like they have a great set up in place! Are there any anecdotes that you would like to share to provide our readers with a clearer picture?

Oh! I remember this one time when a patient came in with a rash on the back of his neck. He claimed that the steroid cream prescribed by his doctor was not working. The pharmacist examined the rash, which turned out to be a fungal infection. He dispensed an antifungal cream instead, along with instructions on how it should be used. The public there are also well informed, so there might be instances when the pharmacist could upgrade his/her knowledge by heeding to them. A patient came in with dry cough and the pharmacist dispensed cough drops containing pholcodeine, a derivative of codeine. The patient then informed the pharmacist that the Australian Government has recalled all codeine-containing products. The pharmacist verified the information and dispensed Benadryl instead, and removed all pholcodeine-containing products from the shelves.

Could you please tell us about some interesting observations you made regarding the community pharmacy set up in Australia?

Of course. The layout of a typical community pharmacy in Australia consists of a compounding room now used for vaccine preparation, a fridge with controlled temperature, and a locker for controlled drugs. The drugs are arranged and stored in alphabetical order, and as per their pharmacological classification. Expired drugs are discarded and shelves are restocked regularly. Webster packaging of drugs is done to ensure patient adherence.

Prescriptions generally specify the refill limit and refills can be obtained until the limit is met. Prescribers advise patients susceptible for overdosing and accidental / intentional abuse of certain medications to avail the “staged-supply” services. Another initiative by the Australian government is the Methadone program to combat opioid addiction – which involves consumption of methadone tablets under the supervision of a pharmacist in a private room. Under the Pharmaceutical Benefit Scheme, drugs meant for treating chronic conditions can be subsidized for certain patients who qualify the eligibility criteria. Interestingly, pharmacists in Australia are also trained to administer flu shots and more recently, COVID vaccines for the general public. They also focus on CPD and CME programs and undergo rigorous BLS training.

Can you walk me through a day in the life of an intern pharmacist you were working with, followed by your role in the duration that you were there?

The branch I worked at was called ‘Pharmacy for Less’. It has two chief pharmacists, one intern, and other non-pharmacist personnel. The intern started her day at 8am and her main tasks included restocking medications, checking for near-expiry drugs, dispensing, and basic patient counseling. She also entered information into the system and she manned the billing counter a few times. Most afternoons, she engaged in Webster packaging of drugs which I sometimes helped her with. Her shift ended at 5 PM and the pharmacy closed at 8 PM. It took me a few days to familiarize myself with the brand names of drugs sold in the pharmacy and understand the common ailments affecting the Australian population. But eventually, I had the opportunity to dispense drugs as well.

Would you like to share your takeaways from the experience with our readers?

A fully funded international trip where I get to learn and implement my knowledge was a once in a life-time opportunity. I had the chance to work in a highly advanced healthcare setting, understand and comply with different regulations and draw parallels between the set-up in both the countries. Moreover, I was able to improve my interpersonal and communication skills and channel my initial nervousness into confidence and adaptability. I thank Dr Girish Thunga, Dr Ronald Castelino, Department of Pharmacy Practice, MCOPS and Sydney University for granting me this wonderful opportunity. I now hope that similar policies will be implemented in India as well and believe that taking small steps to consistently modify the system might eventually help us achieve excellent pharmaceutical care services.



PUBLICATIONS

JANUARY TO MARCH 2023

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- Manasvini Ramakrishnan, Pooja Gopal Poojari, Muhammed Rashid, Sreedharan Nair, Viji Pulikkel Chandran, Girish Thunga. Impact of COVID-19 pandemic on medicine supply chain for patients with chronic diseases: Experiences of the community pharmacists. *Clinical Epidemiology and Global Health*. 2023; 20:101243. (Q2)
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Alumni Column

I am a Doctor of Pharmacy Graduate from Manipal College of Pharmaceutical Sciences. I joined PharmD in the year 2016 with the vision of becoming a successful healthcare professional and contributing to the society. I am currently working as an Associate Content Editor, US Market Access at Clarivate. My responsibilities include conducting extensive research and analysis of payer pharmacy and medical policy documents to track and report regular updates. In addition, I conduct primary and secondary research to support market access and data automation initiatives, working collaboratively with cross-functional teams to enhance healthcare outcomes for patients.

As a recent graduate, transitioning from being a student to a working professional has been an exciting and challenging journey. It has been a time of discovery, growth, and exploration. There are several key points that I believe play a major role for anyone making this transition. Allow me to impart a few pearls of wisdom I have gleaned from my journey. I hope that my experiences and insights can serve as a humble source of inspiration and support as you strive to establish yourself in the career of your choice.

Bridging the gap between academic knowledge and the real world: As students, we spend years learning and acquiring knowledge, but we rarely get a chance to apply it in real-world situations. However, the real world is vastly different from the classroom, and bridging the gap between theory and practice can be daunting. Internships and volunteer opportunities across diverse domains allow to apply what is learned in the classroom to real-world situations. These experiences help to gain valuable skills, learn from mistakes, and build confidence. Furthermore, this can be the catalyst in discovering a clear direction, gaining insight into one's preferences and dislikes, and thus empowering them to make informed decisions when the moment calls for it.

It is never too early to start exploring: We are blessed with the gift of time, but we must remember that it is a fleeting gift. It is imperative that we take advantage of this time and explore our options. This is the time to discover our passions, align ourselves with our values, and embark on the journey of our dreams. One can start by, attending career fairs and talking to professionals in various industries to gain insights into what working in those fields would be like.



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Pharm D Batch: 2016-2022

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REMEMBER, YOU ARE CAPABLE OF DOING MUCH MORE THAN YOU THINK YOU CAN!



Importance of upskilling: The world we are heading towards is highly competitive, and it is important to stay relevant and up to date with the latest trends and technologies. Never underestimate the power of education and the value of continuous learning. Upskilling can take many forms, from attending workshops and training programs to pursuing additional certifications and degrees. Embrace the power of education and let it propel you towards success, for a mind that is open to learning is a mind that is open to greatness.

Unleashing the Power of Connections: Networking is a crucial component of professional success. Building a network of contacts can help you learn about job opportunities, gain valuable insights, and build lasting relationships. It is not just about collecting business cards, but about building relationships with individuals who could offer guidance, support, and even potential opportunities. Through networking, I discovered new passions, gained new insights, and connected with some of the most incredible people who have helped me along my path.

Marketing yourself and building a personal brand: In today's digital age, the world is at our fingertips, and the opportunities are endless. Social media platforms like LinkedIn and Twitter can help you connect with professionals in your field and beyond. Embrace the power of the digital world and leverage its capabilities to unlock doors that you never knew existed.

Finally, do not limit yourself: As you set forth on your career journey, remember that the world is full of endless possibilities. Don't limit yourself to a particular industry, job title, or location, but rather, keep an open mind and be willing to explore. Your dreams and aspirations may take you to unexpected places, and the road to success is often filled with twists and turns. So, embrace the journey and trust yourself to adapt and pivot, as necessary. You never know where your career journey might take you, and the possibilities are truly endless. So, dare to dream big, explore fearlessly, and discover the infinite potential that lies within you.

As I bring this article to a close, I am filled with immense gratitude for the role that my professors Dr. Surulivel Rajan, Dr. Sonal Sekhar, and Dr. Rajesh V played in laying the foundation for my career. Their impact on my academic achievements cannot be overstated, but it was their example as professional individuals that truly left an impression on me. Through their words and actions, they showed me the importance of hard work, dedication, and integrity in any career path.

Looking towards the future, I am deeply inspired by the potential that lies ahead for each one of you. I hope that my journey and the lessons I have learned along can inspire and encourage you as you embark on your own career paths. Remember that the path to success is not always linear, and that it is often shaped by the choices we make and the risks we take. The world is waiting for you, and I have no doubt that you will all achieve great things.

UPCOMING EVENTS

- International Society for Pharmacoeconomics and Outcomes Research (ISPOR) 2023
7-10 May 2023
Boston , USA
- 39th International Conference on Pharmacoepidemiology (ICPE)
23-27 August 2023
Nova Scotia, Canada
- International Society of Pharmacovigilance (ISoP) 2023 Annual Meeting
06-09 September 2023
Bali, Indonesia

CAREER FRONT



Ms. Aieshel Serafin Johnson

Admitted to University College Dublin, Ireland for MSc. Biotherapeutics and Business, with a scholarship of 9500 EUR



Mr. Muhilvannan Somasundaram

Admitted to University of Warwick, UK for MSc. in Healthcare Operational Management



Mr. Lipin Lukose

Admitted to Johns Hopkins University, USA for Masters in Public Health (Mph)



Ms. Riyona D'Silva

Job Title: Associate Healthcare Research and Data Analyst Internship
Company: Clarivate Analytics



Ms. Mithali Shetty

Job Title: MedTech Internship
Company: Clarivate Analytics



Ms. Anagha R

Job Title: Value Evidence Outcomes (VEO) Internship
Company: Eli Lilly and Company



Ms. Gursimran Kaur

Job Title: Global Scientific Communications Internship
Company: Eli Lilly and Company

2023 GRADUATING BATCHES



PHARM D 2017/2020 TO 2023



M PHARM (Pharmacy Practice)
2021 to 2023



Pharmacovigilance Programme of India (PvPI)

National Coordination Centre,
Indian Pharmacopoeia Commission, Ghaziabad



The Department of Pharmacy Practice, Manipal College of Pharmaceutical Sciences is an ADR Monitoring Centre (AMC) under Pharmacovigilance Programme of India (PvPI), Indian Pharmacopoeia Commission - National Coordination Centre (NCC), under Ministry of Health & Family Welfare (MoHFW), Government of India.

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