

# Rx-Gram

DEPARTMENT OF PHARMACY PRACTICE

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NEWSLETTER

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## FROM THE EDITORIAL DESK

What is Pharmacy? A place or a profession? For many it's a place where you buy medicines. But today, it has emerged as a lifesaving profession. The role of a pharmacist has dramatically changed from just dispensing to a key member of multidisciplinary team deciding medication management. Pharmacist is considered to be the gate keeper in the entire pharmaceutical care process. This requires rigorous training, knowledge, clinical skills and communication abilities.

Interdisciplinary communication is key to patient centered care. Every patient who comes to a hospital has a team of professionals involved in providing care. Lapse in communication can occur at any level. For example, a busy pharmacist failing to explain a patient about the dose change, a nurse missing a dose administration due to lack of proper communication from the previous nurse, or a physician not informing nurse about a STAT order. Lack of confidence and improper communication skills lead to lapse in communication.

CRICO Strategies National Comparative Benchmarking System (CBS) reported that out of 23,658 cases reviewed in USA between 2009-2013, about 30% (7149) cases were due to communication failure which resulted in patient harm. These are preventable medical errors.

Communication in healthcare is a complex process that requires a strong commitment to improve and practice. Improving knowledge and communication skills enable pharmacists to communicate effectively. Implementing structured communication tools help minimize lapses in a healthcare system.

This newsletter *Rx-Gram* is being published with an objective to provide up to date and useful information to the clinical pharmacy students and practicing pharmacists as well. Our subject expert team is committed to work in this direction.

As a team we are delighted to publish the first issue of *Rx-Gram* and passionate to take this publication to the next level of success soon.

We are thankful to all the contributors for their support and take this opportunity to wish you all HAPPY INDEPENDENCE DAY.

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Send your suggestions &  
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*"The single greatest tragedy in healthcare system today is the inability to communicate well".*

When humans and technology merge and become one creating cyborgs.

Cyborg technology has advanced to the point that bionic humans are no longer the stuff of science fiction. Don't believe it? Five real life cyborgs, individuals who have willingly become part human, part-machine.

1. **Neil Harbisson** - Born with achromatopsia, or extreme color blindness is equipped with a specialized electronic eye, or eyeborg, which renders perceived colors as sounds on the musical scale which allows him to "hear" color. His brain has formed new neural pathways that allow him to develop an advanced kind of perception.

2. **Kevin Warwick** - A professor of cybernetics at the University of Reading in the United Kingdom, Kevin Warwick is the founder of Project Cyborg. Using himself as the guinea pig, he "installed" a microchip in his arm that allowed him to operate doors, lights, heaters and other computers remotely as he moved from room to room.

3. **Jesse Sullivan** - He effectively became one of the world's first cyborgs when he was equipped with a bionic limb, connected through a nerve-muscle graft. Not only can Sullivan control his new limb with his mind, he can also feel hot, cold, and the amount of pressure his grip is applying.

4. **Jens Nauman** - After a pair of horrific accidents, Jens Naumann was struck blind in both eyes. In 2002, he became the first person in the world to receive an artificial vision system. His electronic eye is connected directly to his visual cortex through brain implants through which he actually "sees" the world.

5. **Nigel Ackland** - After losing part of his arm during an accident at work, Nigel Ackland got an upgrade. His incredibly advanced robotic prosthetic might be the closest thing to "The Terminator". Ackland controls the arm through muscle movements in his remaining forearm. He can independently move each of his five fingers to grip delicate objects, or even pour a liquid into a glass. He is even equipped with one alarming grip called the "trigger grip."

*Contributed by Dr. P. J. Prasuna Sundari, Ph.D.*

**BEWARE OF ADVERSE EFFECTS**

Beta-lactams	Allergic reactions, seizures
Co-trimoxazole	Hyper K+, allergy, Myelosuppression
Fluoroquinolones	QT prolong, CNS effects, tendon rupture, peripheral neuropathy.
Aminoglycosides	Ototoxicity, Nephrotoxicity
Macrolides	QT prolong
Tetracyclines	Photo toxicity, Esophagitis
Tigecycline	Nausea / Vomiting
Daptomycin	CK elevation
Linezolid	Thrombocytopenia, Peripheral Neuropathy, Optic neuritis
Vancomycin	Nephrotoxicity
Rifampin	Hepatotoxicity, DDIs
Azoles	Hepatotoxicity, DDIs
Amphotericin B	Hypo-K, Hypo-Mg, Infusion related reactions, Nephrotoxicity

**PLAZOMICIN - NEW FDA APPROVAL**

*Plazomicin* (ZEMDRI™) is an aminoglycoside antibacterial approved by USFDA for treating complicated Urinary tract infections including Pyelonephritis in adult patients. It is available as 500mg/10ml single dose vial for IV use. Susceptible organisms are *Escherichia coli*, *Klebsiella pneumoniae*, *Proteus mirabilis*, and *Enterobacter cloacae*.

Recommended Dose is 15mg/kg/q24h for a duration of 4-7 days. Dose adjustment is required for patients with Clcr<60 mL/min. TDM is recommended in patients with CLcr greater than or equal to 15 mL/min and less than 90 mL/min.

Reference: [zemdri.com](http://zemdri.com)

## MEMORIES DOWN THE LANE

నా...జీవిత కాలంలో రోగులకు సేవలు అందించగలిగే జ్ఞానం ప్రసాదించిన నా కళాశాలకు నమస్సులు...తెలంగాణ తెలివిని ప్రపంచానికి చాటిన భారత మాజీ ప్రధాన మంత్రి పీ.వీ.నరసింహ రావు గారికి జోహార్లు, వారి ఆశీస్సులతో చక్కని కళాశాలను స్థాపించిన శ్రీమతి వాణి దేవి గారికి నా కృతజ్ఞతలు తెలియజేస్తూ... నా కాలేజ్ పయనం తీరుని తెలియచేసుకుంటున్నాను...

Hello SVCPians,

It was in 2012, searching for a career, when I found Pharm D as the best option to me and landed in SVCP (got to know that it is the best college in the city). Along with my dad I entered into the campus with a great excitement. To my surprise there was a statue of "Father of Indian Economic Reforms P.V. Narasimha Rao Sir" and to my right was an idol of Goddess Saraswathi. Standing there felt like I was in a temple of learning. I still remember my father saying to me "you are very fortunate to go to this college". On September 19<sup>th</sup> 2012, I met Dr. Y. Aparna madam for the first time in the orientation class. She inspired me to become a good clinical pharmacist.

Now, the real journey has started. I was the first representative of my class and this gave me an identity in the college where everybody knew who I was. From pricking our fingers in the anatomy lab to holding a rat for a pharmacology experiment, from our internal exams to externals, from giving our first seminar to the Project presentation in the University, we did everything with interest, sincerity, honesty and a bit of insanity. Apart from studies, we were also enthusiastic in extra-curricular activities. Swachh Bharat program was one of those things that flashes to my mind where everyone of us participated with a great energy. Internship at Apollo hospitals was a skill learning experience. Here, I got to interact with many health care professionals, patients and different kinds of people. Talking and dealing with them has taught me so much, that helped me to become a better person. I was very fortunate to be a "go to person" for any program held in our campus where I used to take pictures and write a press note on the events for local dailies. Six years of this journey has given me a chance to improve myself, make best friends and memories for a lifetime. I am glad to share this journey with my friends and also to be a part of others journey. I thank Dr. Aparna madam, Nisar sir, all my teachers, lab assistants, and my friends for guiding, supporting and shaping me into a competent professional. Usually people say six years is a long journey but it feels so short now.

**Aerram Rupa,**  
Pharm D intern.

## RAPID FIRE QUESTIONS

1. Which fourth generation cephalosporin has antipseudomonal activity?
2. Which antibiotic is used for vancomycin resistant organisms and has excellent oral bioavailability?

Answers: 1. Cefepime 2. Linezolid

## MESSAGE FROM PRINCIPAL

I am delighted to learn that our Pharmacy practice department is publishing a bimonthly Newsletter, "**Rx-Gram**".

I hope this newsletter will provide practicing pharmacists, clinicians and other healthcare professionals with accurate, relevant and up-to-date information to improve their clinical practice and to meet with the increasing need for news, facts and information as it happens.

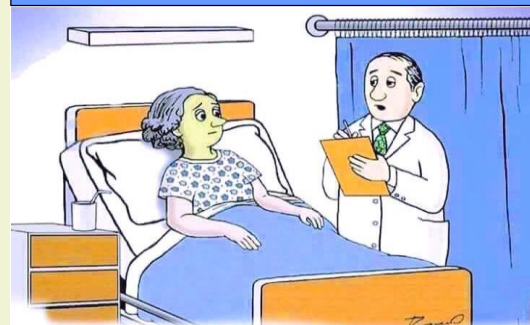
In addition to news about current practices, new drug profiles, and clinical forms, "**Rx-Gram**" can be a great resource to keep up with changing trends, involving pharmacy students and preparing them professionally to be skillful communicators who will not only make the best possible clinical/prescription decisions but will also be responsible for promptly educating their peers, and hospital as well as patient communities.

I congratulate Dr. Y. Aparna, HOD, and Editor Mr. Nisar Ahamed and the members of the editorial board and wish "**Rx-Gram**" a great future.



**Dr. M. Bhagavan Raju, Ph. D**  
Principal.

## LAUGHTER TIME ...



**Doctor:** why did you take your antibiotic Medicine at 6:00 p.m when I told you 9:00 p.m.,?

**Patient:** I wanted to surprise the **Bacteria**...

## MESSAGES



I congratulate Principal and his team for taking up this commendable task of publishing a bi-monthly newsletter "*Rx-gram*".

Pharmacy is a very dynamic field in which new drugs, new technologies and new regulations are emerging on a daily basis and I am sure *Rx-Gram* will serve to update students and staff in these areas.

Publication of newsletter fits into our objective to provide quality education and encourage all round development of our students. The experience of bringing out a newsletter and reading it will enrich the contributors and those who read it.

My blessings to the editorial team and I wish all success in bringing forth *Rx-Gram* with a good content.

**Smt. S. Vani Devi,**  
Secretary,  
Sri Venkateshwara Group of Colleges.



I am glad to know that Sri Venkateshwara College of Pharmacy is launching a bi-monthly newsletter *Rx-Gram*.

Writing is a best way to teach, to give and to convey. I am confident that *Rx-Gram* will be a useful source of updates for both students and staff. This will prompt many of them to read extensively so as to write on a variety of topics.

I wish the newsletter all success and a fast growth in quality as issues start rolling out. Happy writing and reading to all concerned.

**Mrs. Ajitha. M.**  
Director,  
Sri Venkateshwara Group of Colleges.



Communication of drug information is the need of the hour today as patient safety is the responsibility of all healthcare professionals.

I am very happy to know that Sri Venkateshwara College of Pharmacy is bringing out a newsletter which will definitely be helpful and a must read for all in the healthcare field.

I congratulate the team of *Rx-Gram* on the occasion. My best wishes for all.

**Dr. Kavitha Waghray,**  
Dean, Faculty of Pharmacy, Osmania University.



I am very happy to know about the release of a clinical pharmacy newsletter by your institution. This is very essential in this era of complex multiple medication treatment with new drugs being introduced into the market with potentially harmful adverse effects.

Congratulations to the *Rx-Gram* team for this initiative

**Dr. Srinu Naik,**  
Chairperson, B.O.S. (Pharm D), Osmania University.

## BOOK POST

### *Rx-Gram*

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