# Swine Flu- A Review

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*Abstract*

*Swine influenza is an active, contagious, respiratory disease that results from infection with type A influenza virus.*

*There are three genera of virus which reported to cause human flu viz Influenza A, Influenza B and Influenza C. Out of that two species Influenza A and Influenza C cause flu in pigs with Influenza A being common in pigs and Influenza C being rare. In case of transmission between pigs the main route of transmission is through direct contact between infected and uninfected animals. While direct transmission of a swine flu virus from pigs to humans is occasionally possible. In humans it spread fast and may lead to severe symptoms, in adults emergency warning signs like difficult breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting and flu like symptoms improve but the return with fever and worse cough need urgent medical attention. Methods of preventing the spread of influenza among swine flu include facility management, herd management, and vaccination. The transmission from swine to human is believed to occur mainly in swine farms where farmers are in close contact with live pigs. Influenza spreads between humans through coughing or sneezing and people touching something with the virus on it and the touching their own nose or mouth. Antiviral drug like osteonavir are available for treatment in humans.*

***Key words:*** *influenza, swine flu, antiviral drugs*

# Attitude and practices of the community pharmacists in Bhutan towards adverse drug reactions and pharmacovigilance

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*Abstract*

*To study the knowledge, attitude and practices (KAP) of the community pharmacists from Thimphu valley towards drug adverse drug reactions and pharmacovigilance and to compare their KAP scores with the demography. The baseline KAP of 116 among 147 (response rate of 78.9%) community pharmacists in the Thimphu valley towards drug safety was evaluated using a validated (Cronbach alpha = 0.61) KAP questionnaire. There were 20 questions [(knowledge 11, attitude 5 and practice 4) with maximum possible score of 40]. The filled questionnaires were analyzed as per study objectives. Out of 116 community pharmacists, 21.6% (n=25) were females and 78.4% (n =91) were males. The respondents mean sd age was 33.11 10.70 years and mean sd length of experience was 10.31 8.41 years. The overall KAP scores was 31.25 2.37 [knowledge 14.08 10, attitude 9.77 0.60 and practice 7.39 0.89]. The mean sd overall scores of males was 31.14 2.24 and females was 31.68 2.82. The community pharmacists possess a poor knowledge about adverse drug reactions and pharmacovigilance. But they had a good attitude and practice scores. Training them in the area of pharmacovigilance and making them aware of the current pharmacovigilance program in is essential.*

***Key words:*** *Adverse effects, Community Pharmacists, Bhutan, Pharmacovigilance.*

# 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 under graduate 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 osteopororsis 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 Socio-Economic Factors in prevalence to Tuberculosis in

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**Abstract**

The poorest people are vulnerable to Tuberculosis because of their living and working conditions and but they plunge deeper into poverty as a consequence of this disease. There is a need to reassess the role of generally identifiable risk factors of TB (e.g. old age, poverty and poor socio-economic status). The present study was designed to look into the socio-economic and demographic characteristics of TB patients of TB in area of Lucknow. Two hundred cases of TB patients were interviewed as per a pre designed, structure questionnaire that inquired into several socio-economic and demographic variables besides the clinical details. In the entire sample 66 % of male and 34 % of female are were reported to suffer from TB. Reporting of TB in significantly more among males having characteristics with lower level of income, illiterate and rural population. It increase with age. Prevalence of TB was reported to be significantly high among males having lower levels of income and those who were illiterates and were from rural population. Also prevalence of TB was seen to increase with age. There is a inverse relation of socio-economic status in with prevalence of TB. TB risk increases with lowering socio-economic status.

**Key words:** Tuberculosis, Socio-economic factors, Demographic characteristics, Risk factors, Poverty

# A Inpatient observational study for bipolar manic disorder in a multispecialty tertiary care hospital in Banglore , Karnataka

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**Abstract**

Approximately 0.5 % of the world adult population is affected by bipolar disorders.[1,2,3] The primary goal of treatment for mania is to restore behavioral control as quickly as possible so as to minimize danger to self and others and limit the high economic, social, and personal costs of manic episodes.[4,6] Alterations in neuro transmitters including nor epinephrine, serotonin, dopamine, changes in the activity of GABA & Ach, electrophysiological kindling, changes in electrolytic balance etc. may be the root causes of bipolar manic disorders. The inpatient observation study aimed mainly to assess the efficiency of three mood stabilizers in ameliorating the symptoms of mania and to evaluate the drug side effects. The present study was undertaken to validate the effectiveness of Lithium, Sodium valproate, and Carbamazapine in the treatment of bipolar manic disorders as primary mood stabilizers in a southern keralite population.[5,6,7] The patient observational data (POD) and the clinical reports were analyzed and evaluated using Young Mania Rating Scale for the reduction in mania for the drug treated groups, mainly the lithium(Li) sodium, valproate (VPA) and the Carbamazapine group (CBZ). Adverse drug reactions for these drug groups were analyzed by the Udvalg Klimniske Undersogelser (UKU) scale.[8,9,10] The YMRS patient rating parameters were studied by Kaplan-Meir survival analysis, and log rank test, to compare the efficacy among the three different mood stabilizers. The results indicated that valproate group produced fast reduction in mania. Lithium is equally effective but slow in action. Carbamazepine showed reduction in mania but less comparable to lithium treated group. The post hoc ANOVA was done for finding out other influencing variables affecting Kaplan-Meir survival plot. The statistical analysis revealed that the use of atypical, typical antipsychotic drugs (olanzapine, & risperidone and haloperidol) was more in the lithium treated patients. The adverse side effects like weight gain, liver dysfunction and edema etc associated with antipsychotic adjuvant therapy were found to be more and statistically significant in Lithium treated group.

**Key words:** bipolar disorder, Lithium, Sodium valproate, Carbamazapine, YMRS patient rating parameters, M.U.E

# Drug Utilization Pattern in a Pediatric High Dependency Unit of a tertiary care government teaching hospital in India

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**Abstract**

To study the drug prescription by WHO indicators in a Pediatric HDU of a tertiary care government teaching hospital. The cross sectional, retrospective analysis of case records of all the patients admitted to pediatric High Dependency Unit of the hospital from september 2008 to march 2009 was done to measure demography, duration of stay, WHO Drug Prescribing Indicators and final outcome. The association between HDU deaths and duration of stay and between total number of drugs administered and duration of stay was studied using Pearson's correlation. Data was expressed as Mean±SD. A p value <0.05 was considered significant. The mean duration of stay was 4.0±3.4 days with females on higher side (4.4±3.4). Majority (55.7%) and (33.6%) of the patients were shifted and expired respectively. The average number of drugs per encounter was 7.12.4. Percentage of encounters with an antibiotic and percentage of encounters with an injection were 99.3% and 95% respectively. About 57.2 % of the drugs were prescribed by generic name and 74.2 % of the all the drugs were from Essential Medicine List. An association was found between total number of drugs and duration of stay. The drug utilization studies are useful for improvement of therapeutic practice. Pediatric population is more prone to ADRs due to medication errors, so special attention must be given to issues related to the paediatric population. Factors affecting the prescribing behavior of the physician should be monitored and regulated to promote rational prescribing.

**Key words:** WHO indicators, polypharmacy, medication errors, HDU