

A Pilot Study To Assess The Prevalence of Depression Among Diabetic Patients

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ABSTRACT

Background: The prevalence and incidence of diabetes is on the rise around the globe. Similar to diabetes, depression is another condition which is prevalent worldwide. Several studies suggest that there is a bi-directional link between diabetes and depression and is associated with poor outcomes.

Aim: The aim of our pilot study is to assess the prevalence of depression among diabetic patients'.

Methods: In this prospective pilot study, 200 diabetic patients' admitted to the GSL General Hospital and Medical College, for various complaints is recruited for the study. The patients' demographic data, duration of diabetes, medication data, family and social history are collected in a structured questionnaire. Depression status of the diabetic patients' was evaluated using Patient Health Questionnaire -9 (PHQ-9).

Results: A total of 200 patients' were recruited for the study, of which 55.5% were males and 44.5% were females. The average age of the study population was found to be 60.37 ± 12.67 years. The average duration of diabetes in our study population was 10.51 ± 6.52 years. The severity of depression assessed using PHQ-9 questionnaire showed that minimal depression in 5% of the population, mild, moderately severe and severe depression was found in 20%, 42.50%, and 32.50% of population respectively.

Conclusion: As diabetes and depression shares a bi-directional link, and as prevalence and incidence of diabetes is increasing globally, psychosocial evaluation of diabetic patients' should be need of the hour. Clinical pharmacist should work in hand with physicians in detecting and treating depression among patients' so as to improve the quality of life and to prevent worsening of diabetes.

Keywords: Diabetes, Depression, Patient Health Questionnaire -9 (PHQ-9).

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ABSTRACT:

The main aim of the study of the data collected for a period of 20 days from Out Patient Department of Sivsagar Civil Hospital (Assam) with regard to Antibiotics prescribed (to patients of civil hospital of Sivsagar suffering from various bacterial infections) was to discover the most suitable group of antibiotic having broad spectrum for treatment of specific symptoms due to bacterial infection which are prescribed for better patient compliance without supportive pathological investigations in community medical practice. The objective of the work was to identify the right indications of antibiotics to avoid repetition of antibiotics as usually done by changing the type of antibiotic prescribed in community medical practice due to increasing bacterial resistance day by day. A total of 897 Prescriptions containing antibiotics were studied to collect the data. The research work took around a period of 25 days to complete the task. We specially forward our thanks to Medical & Health Officers , office staff and Para- medical staff of OPD of Sivsagar Civil Hospital for valuable support without which the work was impossible.

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Background: The incidence of cancers in India is increasing every year, which impacts financial status of patient. Studies related to the epidemiology, associated risk factors and the health care costs of cancers are scarce in India, thus we felt important to capture such data.

Purpose: The objective of our study is to review the demographics, risk factors, various diagnostic tests and to compare prevalence of Leukemias, Lung and Oral cancers in a tertiary care centre. To determine average direct cost per cycle in a cancer patient in the management of these cancers.

Method: This study was conducted at Apollo hospitals, Jubilee Hills, Hyderabad. A structured proforma was designed to collect the information from patients with either Leukemia, Oral or Lung cancer, the cost of chemotherapy and adjuvant therapy from collected data was analyzed.

Results: A total of 241 cases were collected. Of these, 86 (35.685%) cases of Leukemias, 81(33.60%) of Oral Cancers and 74(30.70%) of Lung Cancers were collected and analyzed for the objective.

Conclusion: This study is intended to help the physicians to understand the characteristics of the cancer population in this tertiary care setting, which will aid the health care provider in making better patient-specific management decisions. Pharmacist can perform his role when making formulary decisions by using the information gathered from this evaluation.

Key words: Chemo therapy, Regimens, Incidence, Direct cost.

PEN

**Deobstruent (*Mufatteh-e-sudad*) property of Irsa (*Iris ensata*)
A Clinical Study on the patients of Cervicitis
(*Iltehab-e-Unqur Rehm*)**

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ABSTRACT

Background and Objectives: *Iltehab-e-unqur rehm* (cervicitis) is one of the commonest lesions of the female genital tract. It refers to the inflammation of the cervix (the lower part of the uterus which opens into the vagina) which may be acute or chronic. This inflammation stimulates a reparative upward growth of squamous epithelium, causing obstruction of some of the ducts of endocervical glands. Retention of mucous within these glands results in the formation of *Nabothian cysts*. Uterine cervical Nabothian cysts are common gynaecological diseases in women of reproductive age. Hence it has been decided to conduct a clinical trial for its management with *Irsa*.

Method: *Irsa* was given in the form of *majoon*, 10 gm in two divided doses after menses for 15 days for three cycles and extract of *Irsa* (10ml) was prepared and used locally in the form of *humool* (pessary) OD after menses for 15 days for three cycles.

Results: Out of 30 (100%) patients, 14 (46.7%) had Nabothian cysts on per speculum examination. After the completion of treatment 13 (92.7%) recovered completely.

Interpretation and Conclusion: The study revealed that the test drug is effective. So, the trial drug can be recommended to manage it.

Key words: *Iltehab-e-Unqur Rehm*; Cervicitis; Nabothian cysts; Unani formulation.

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ABSTRACT

In recent years an increase in drug safety concerns accompanied by some high profile drug withdrawals has steeped the bar of drug safety by various stake holders, more significantly by the regulatory authorities. With the increasing reporting of Adverse Drug Reactions, volumes of data to be handled have simultaneously increased. Rapidly detection of drug risks as well as the ability to defend the marketed product against an inappropriate serves as the essential expertise skills, which are attained by those personnel having a sound understanding of Pharmacovigilance.

The future path and providence of drug safety is solely dependent on Proactive pharmacovigilance throughout a product's life cycle. In the context of clinical trials and post-marketing pharmacovigilance codification followed by standardization of the act of signal detection and risk management remains a great challenge in the progression and flourishment of the field. Advancements of the discipline are at an infancy stage in India whereas the west has already reached the mountain in the same prospect. By the passage of time and with more clinical trials and clinical research activity being conducted in India, understanding and implementation of pharmacovigilance have become an essential need. A positive change can occur in Indian Scenario if the outlook of the workforce of regulatory agency (DCGI Office) and the Indian Pharmaceutical companies is varied. This review describes and discusses the various policies and propositions to build, maintain and implement a stout pharmacovigilance system for various stakeholders and eventually make it functional in India.

Key Words : Pharmacovigilance, Adverse Drug Reaction, Adverse Events.