



PHARMACY BULLETIN

Shifa International Hospitals Ltd.

شفا انٹرنیشنل ہسپتال لمیٹڈ

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1-year Pharmacy Practice Residency Program of Shifa Earns Prestigious Accreditation from ASHP!

Shifa International Hospital's 1-year Pharmacy Practice Residency Program has been endorsed for accreditation by the American Society of Health-System Pharmacists (ASHP), the most prestigious body in the world for pharmacy practice and education. This achievement is not only a milestone for the Department of Pharmacy Services but also holds immense significance for the entire Hospital, our patients, and the country at large.

The accreditation affirms that pharmacists trained at our institution adhere to international best practices, both in academia and professional practice. Additionally, it serves as validation for our robust Medication Management and Use systems, ensuring that residents receive comprehensive training to meet the challenges of professional practice, leadership, and research.

Shifa's pharmacy residency program provides an opportunity to apply the knowledge and skills a pharmacy graduate has learned during education to real patients, situations, and settings. ASHP accreditation reaffirms Shifa International Hospital's pledge to excellence, ensuring that healthcare professionals trained within its walls adhere to the highest standards, reflecting the institution's core values of innovation, commitment, teamwork, quality, and compassionate service in healthcare.



Inside this issue

- ◆ Coping with the influenza in vaccine shortage
- ◆ Recap of AMMC 2023 workshop and conference
- ◆ Partial Oral versus Intravenous Antibiotic Treatment of Endocarditis
- ◆ FDA Drug Safety Communication
- And Much More....





AMMC 2023 Recap - Antimicrobial Stewardship Workshop

On December 15, 2023, Department of Pharmacy Services—Shifa hosted an enlightening pre-conference workshop: **"Development and Implementation of Antimicrobial Stewardship Program within the Hospital Setting."** The

3rd ANNUAL MEDICATION MANAGEMENT CONFERENCE
(15-16 December 2023)



event witnessed an

impressive turnout, with more than 60 enthusiastic participants including pharmacists, doctors and other health care professionals from all over the country, eagerly delving into the realms of antimicrobial stewardship.

Expert trainers from Shifa: Salwa Ahsan, Sundus Maria, Rehan Anjum, Dr Ejaz Khan, Dr Usman, Ms. Arifa and Areeba Nayab

(from Tabba Heart Institute, Karachi) covered key topics including:

Introduction to Antimicrobial Stewardship (AMS) and Antimicrobial Resistance (AMR), the AMR National Action Plan, setting up Antibiotic

Stewardship Committees (ASC), The AWARe classification, core

strategies for Antibiotic Stewardship, monitoring antibiotic consumption, Infection control and prevention and diagnostic stewardship. All topics were blended in with the practical insights for easy implementation at the grass-root level.

The workshop equipped participants with the knowledge and tools necessary to implement Antimicrobial Stewardship (AMS) in their respective healthcare facilities. The workshop did not just stop at informative sessions; engaging fun quizzes and interactive activities added an element of excitement.

Shifa International Hospital remains committed to advancing healthcare education, ensuring a knowledgeable and proactive healthcare community. This event not only served as a platform for knowledge exchange but also laid the groundwork for future collaborations and advancements in antimicrobial stewardship practices.



3rd Annual Medication Management Conference

On 16th Dec 2023, The 3rd Annual Medication Management (AMMC-2023) conference was successfully conducted at Hotel Margala Islamabad. The theme of the Conference was “**Pharmacy Strengthening the health system**”. Both days witnessed an immense gathering of 400+ hospital, community pharmacists, students, colleagues from industry, regulatory and faculty / academia.



Ms. Salwa Ahsan (Chief of Pharmacy Shifa) welcomed the conference attendees by appreciating pharmacists for their contributions in strengthening the health system.

Keynote speaker was **Mr. Asim Rauf** (CEO, Drug Regulatory Authority of Pakistan), speakers included: **Mr. Ayyaz Kiani** (Pharmaceutical Policy & Systems Expert, National Medicine Policy Consultant, US Pharmacopeia), **Dr. Syed Atif Raza** (Professor, Punjab University College of Pharmacy Lahore), **Ms. Shannon Davila** (Director of Total Systems Safety at ECRI Associate Director of the Patient Safety Organization, ECRI), **Dr. Zakiuddin Ahmed** (CEO-Digital Care/Director-RIHIS/Chairman-ICPS), **Dr. Raisa Gul** (Dean, Shifa Nursing College & Tameer e Millat University), **Ms. Sumaira Khan** (Head of Pharmacy Tabba Heart Institute), **Mr. Amos Bajwa** (Region Director Emerging Leader | CVS Health USA) and **Mr. Sheikh Hussam Latif** (Chief Pharmacist, Mukhtar A. Sheikh Hospital, Multan).

Speakers exhibit their knowledge and tips & tools provided for improving medication safety and good medication practices. The conference delves into **national medicine policy**, emphasizing the critical aspects of accessibility and quality while navigating the challenges of implementation. It sheds light on **academia's pivotal role in shaping a practice-ready healthcare workforce** through a focus on curriculum innovation and collaborative efforts. The imperative of **establishing a Patient Safety Organization** takes center stage, with discussions centered on overcoming challenges to enhance overall patient care. The discourse extends to the **essential elements of a National Patient/Medication Safety framework**, underscoring the significance of technology integration and standardized protocols. The comprehensive scope of the conference covers various topics, including **nursing workforce preparation, pharmacist commitment, community pharmacy practice, and clinical services**, showcasing a holistic approach to advancing healthcare and medication safety.



COPING WITH THE INFLUENZA IN VACCINE SHORTAGE

(AIMEN FAHEEM Clinical Pharmacist)

Annual vaccination is the most important measure to prevent seasonal influenza infection.

⇒ Promoting good health habits Good health habits that prevent the spread of influenza include hand-washing, covering coughs and sneezes, avoiding touching one's nose, eyes, or mouth, particularly during upper respiratory infections, staying away from people with upper respiratory infections, and staying home from work or school if one suspects he or she has influenza.

WHO SHOULD GET A FLU SHOT THIS YEAR?

- I. Children age 6 to 23 months.
- II. Adults 65 years of age and older .
- III. Adults and children with chronic medical conditions, including heart disease, lung disease, kidney disease, metabolic disease, hemoglobinopathies.
- IV. Residents of nursing homes and chronic care facilities, regardless of age.

Whom not to vaccinate?

It is more important in the setting of vaccine shortage, to conserve the flu shots for those most in need of it:

- I. Children younger than 6 months
 - II. Healthy people 2 to 64 years old
 - III. People with known anaphylactic hypersensitivity to eggs or to other components of the influenza vaccine.
- * When to use antiviral medications Influenza antiviral medications should be judiciously used for both prevention and treatment of influenza.
- * The CDC encourages use of either amantadine or rimantadine for prophylaxis and use of oseltamivir or zanamivir for treatment



Medication	Influenza type	Preventive Dose	Therapeutic dose
Amantadine	A	100 mg bid	100 mg bid
Rimantadine	A	100 mg bid	100 mg bid
Oseltamivir	A and B	75 mg QD	75 mg bid

REFERENCES :

1. Centers for Disease Control and Prevention. Update: Influenza activity—United States and worldwide, May—October 2004. Morb Mortal Wkly Report October 29, 2004; 53(42):993–995.
2. Department of Health and Human Services/Centers for Disease Control and Prevention. Fact Sheet: Who should get flu vaccine this season. Published 10/25/04

“World’s Antibiotics Awareness Week” Celebrated at Shifa (Nov 2023)

The successful execution of **WAAW** at Shifa and the engaging walk at PIMS Hospital marked a significant stride in raising awareness about the responsible use of antibiotics and the global challenge of antibiotic resistance.

Shifa hosted a series of informative week long activities, walk, and interactive sessions with healthcare professionals, highlighting the importance of prudent antibiotic prescribing and the role of patients in combating antimicrobial resistance (AMR). The hospital's commitment to fostering a culture of responsible antibiotic use was evident through various educational initiatives that aimed to empower both healthcare providers and the community.

Salwa Ahsan Chief of Pharmacy was invited as a guest speaker on AMR and rational antibiotic use in Ali Medical Center Islamabad.





PARTIAL ORAL VERSUS INTRAVENOUS ANTIBIOTIC TREATMENT OF ENDOCARDITIS

(SHINZA ARSHAD Clinical Pharmacist)

- Endocarditis requires a prolonged and effective course of antibiotic therapy to eliminate the causative microorganisms.
- Traditionally, endocarditis has been treated with intravenous **antibiotics** due to concerns about achieving **adequate drug levels** in the bloodstream and cardiac tissues.
- This approach is often associated with higher initial drug concentrations.
- In a recent multi-centre trial, researchers investigated the effectiveness and safety of **switching stable adult patients** with left-sided heart infective endocarditis from **intravenous to oral antibiotics**.
- The study involved **400 participants** with endocarditis caused by various bacteria.
- After at least **10 days** of intravenous treatment, patients were randomized to either continue intravenous antibiotics or switch to oral antibiotics, with the goal of outpatient treatment if possible.
- The primary outcome, a combination of mortality, unplanned cardiac surgery, embolic events, or bacteremia relapse, was observed in **12.1%** of the intravenous group and **9%** of the oral group.
- The difference of **3.1%** points met **non-inferiority criteria**, indicating that **changing to oral antibiotics was as effective as continuing intravenous treatment**.



This study suggests that for stable patients with left-sided heart infective endocarditis, transitioning to oral antibiotics is a viable and non-inferior alternative to prolonged intravenous treatment.

REFERENCE: <https://www.nejm.org/doi/full/10.1056/nejmoa1808312>



Shifa Center of Professional Excellence - SCOPE, in collaboration with GOPA Worldwide Consultants, organized a 2-days workshop on "**Commodity Security and Efficient Supply Chain Management**" as part of the "Self-Employment of Women (SEW) in the Private Health Sector" project at Shifa International Hospitals Ltd, Islamabad. Sponsored by German Cooperation and KfW. Lead trainer was **Salwa Ahsan**, Chief of Pharmacy along with co-trainers **Muhammad Usman** (Biomedical) and **Kamran Amjad** (Procurement)

Achievement unlocked!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

WE'RE SO PROUD OF YOU

CONGRATULATIONS!



SABA JAVED
CLINICAL PHARMACIST
NICU



ISO 9001 Certificate No. 2555
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SANA FATIMA
CLINICAL PHARMACIST

The workshop provided practical insights in to the best practices for pharmaceutical supply chain, biomedical equipment procurement & management and materials management (MM). Participants from Punjab and KPK government procurement, expressed high satisfaction and a commitment to applying the knowledge gained. The success of the program was evident through positive feedback, the achievement of learning objectives, and the capture of collaborative moments in snapshots.

FDA DRUG SAFETY COMMUNICATION

FDA warns of rare but serious drug reaction to the anti seizure medicines **LEVETIRACETAM** (Keppra, Lerace) and **CLOBAZAM** (Frisium).

⇒ **Seek immediate medical attention if unexplained rash, fever, or swollen lymph nodes develop.**

WHAT SHOULD PATIENTS AND CAREGIVERS DO?

- Do not stop taking Levetiracetam or clobazam without talking with your health care professional.
- Stopping these medicines suddenly can lead to uncontrolled seizures.
- Patients who develop any unusual symptoms or reactions, including a rash, at any time while taking Levetiracetam or clobazam should go to an emergency room immediately.
- Fever with a rash and swollen lymph nodes or swelling in the face are common with DRESS, but some patients may not develop a rash.
- A physical examination, laboratory blood tests, and other evaluations are used to diagnose DRESS.



Reference: <https://www.fda.gov/drugs/drug-safety-and-availability/fda-warns-rare-serious-drug-reaction-antiseizure-medicines-levetiracetam-keppra-keppra-xr-elepsia-xr>

Formulary Updates *(Visit Shifa Intranet Home Page—click Medication Updates for details)*

Brand	Generic	Class	Indications
Vaxigrip tetra	Influenza vaccine	Vaccine	Prevention of Flu
Paracetamol Suppositories	Acetaminophen	Analgesics	Treats pain and fever
Ampho-Liposomal	Amphotericin liposomal	Anti-Fungal	Fungal infection

Congratulations

We're so proud of you!



SHINZA ARSHAD
Youngest Board-Certified
(ASHP resident -2022)
Oncology Clinical Pharmacist



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AHSAN SHEHZAD
(ASHP resident-2021)
Liver Transplant Clinical Pharmacist

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