

DEPARTMENT ACTIVITIES



Participated in dispensing and counselling activity in pharmacy at Vivekanandha Medical Care Hospital.



Participated in counselling for post operative Total Knee Arthroplasty patients of Orthopaedic Department at Vivekanandha Medical Care Hospital on 29 October 2020.

DIC ACTIVITIES	NUMBER
Number of Queries Answered	52

Answers for Quiz

1.A 2.D 3.D 4.B 5.B

Book Post

To



Please send your suggestions to
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An Update on Clinical Research and Drug Information



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PHARMACIST DESK

BINGE-EATING DISORDER

- ❖ Binge eating disorder (BED) is a type of feeding and eating disorder that's now recognized as an official diagnosis.
- ❖ It affects almost 2% of people worldwide and can cause additional health issues linked to diet, such as high cholesterol levels and diabetes.
- ❖ Feeding and eating disorders are not about food alone, which is why they're recognized as psychiatric disorders.
- ❖ People typically develop them as a way of dealing with a deeper issue or another psychological condition, such as anxiety or depression.

What are the symptoms?

People with BED may eat a lot of food in a short amount of time, even if they aren't hungry. Emotional stress or distress often plays a role and might trigger a period of binge eating.

- ❖ eating much more rapidly than normal
- ❖ eating until uncomfortably full
- ❖ eating large amounts without feeling hungry
- ❖ eating alone due to feelings of embarrassment and shame
- ❖ feelings of guilt or disgust with oneself

What causes binge eating disorder?

The causes of binge-eating disorder are unknown. But genetics, biological

factors, long-term dieting and psychological issues increase your risk.

What are the treatment options?

1. Cognitive behavioral therapy (CBT) for BED focuses on analyzing the relationships between negative thoughts, feelings, and behaviors related to Interpersonal psychotherapy
2. Interpersonal psychotherapy (IPT) is based on the idea that binge eating is a coping mechanism for unresolved personal problems such as grief, relationship conflicts, significant life changes, or underlying social problems eating, body shape, and weight
3. Dialectical behavior therapy (DBT) views binge eating as an emotional reaction to negative experiences that the person has no other way of coping with. It teaches people to regulate their emotional responses so that they can cope with negative situations in daily life without bingeing
4. Weight loss therapy Behavioral weight loss therapy aims to help people lose weight, which may reduce binge eating behavior by improving self-esteem and body image.

How to overcome bingeing?

- ❖ Keep a food and mood diary
- ❖ Practice mindfulness
- ❖ Find someone to talk to
- ❖ Choose healthy foods
- ❖ Start exercising.
- ❖ Get enough sleep



CASE REPORT

Improved chronic ankle injury results from V-spread tissue release and spontaneous emotional release.

A case study of a 38 year old female who sustained a 2nd degree ankle sprain is treated with traditional physical therapy applications of ice, ultrasound and exercise for a duration of 2 months with some symptom improvements. Eleven months later, continued ankle pain and symptoms causes her to seek further treatment to recover more ankle flexibility and stamina. After more traditional therapy techniques and no change, therapist offers Craniosacral technique of V-spread, Direction of Energy. This treatment subsequently elicits an emotional release of relevant history that explains more of the injury and its recurring symptoms. On release of emotions and 'meaning making' by patient, they experience a full recovery of all ankle functions, strength and movements This case study provides supportive evidence that some injuries may have both a physical and emotional component. In order for these injuries to heal, both the physical and emotional content of the injury need to be addressed and released.

Conclusion

Craniosacral Therapy is a gentle, hands-on form of manual therapy which addresses dysfunction within the craniosacral system, which follows the movement and flow of cerebrospinal fluid within the ventricles of the brain, the dural tube, and the central nervous system surrounding the spinal and cranial nerves. The therapist uses specific techniques to help restore physiological balance of the nervous system, the brain and cranial bones. Homeostasis is restored to the patient through restoring optimal functioning of these areas. When restriction or dysfunction in these areas has been corrected or relieved, a patient may also experience an improvement of their physical, mental, emotional and spiritual well-being.

ABIRAMI A.R (Pharm .D Intern)

QUIZ



1. All the following side effects of Fluoxetine, except ?

- A. Weight gain B. Sweating
C. Urinary retention D. Diarrhea

2. People taking MAO Inhibitor should avoid

- A. Loud noise,bright lights B. Citrus fruits,hot pepper, spices
C. Over exertion,heavy lifting D. Coffee, chocolate,beans amd cheese

3. A psychiatric pharmacist reviewing medications for 75 years old patient with major depression, insomnia and generalised anxiety disorder.Using Beers criteria which medication is most appropriate for this patient?

- A. Clonidine B. Amitriptyline
C. Clonazepam D. Escitalopram

4. Nausea is the troublesome side effects of following antidepressant?

- A. Doxepine B. Fluoxetine
C. Trazodone D. Mianserine

5. Akathesiaistreatedby following,except?

- A. Diazepam B. Haloperidol
C. Promethazine D. Trihexyphenidyl

AYSHWARIYA LAXMI (Pharm D Intern)

DRUGS RECENTLY APPROVED BY FDA

S. No.	DRUG NAME	DOSE	DOSAGE	INDICATIONS	APPROVED ON
1.	Onureg (azacitidine)	300 mg	Tablet	Acute myeloid leukemia	01.09.2020
2.	Qdolo (tramadol hydrochloride)	5mg in 1 ml	Oral solution	Pain	09.09.2020
3.	Inmazeb (atoltivimab, mafftivimab & odesivimab-ebgn)	50mg: 50mg:50mg	Injection	Zaire Ebola Virus Infection	14.10.2020
4.	Eysuvis (loteprednol etabonate)	1- 2 drops of each eye	Ophthalmic suspension	Dry Eye Disease	26.10.2020
5.	Imcivree (setmelanotide)	2 mg SC	Injection	Obesity	25.11.2020
5.	Orladeyo (berotralstat)	150 mg	Capsules	Hereditary Angioedema	03.12.2020

NEW DRUG PROFILE

OXLUMO	SESQUIENT
Generic name : Lumasiran	Generic name : Fosphenytoin sodium
Drug class : HAO1-directed small interfering ribonucleic acid (siRNA)	Drug class : Anticonvulsant
Dosage form and strength : 94.5mg/0.5mL; single-dose vial for SC Injection	Dosage forms and strength : 100 mg PE/1 ml Injection
Indication : Primary Hyperoxaluria Type 1 (PH1)	Indication : Status epilepticus
MoA : It works by degrading HAO1 messenger RNA and reducing the synthesis of glycolate oxidase, which inhibits hepatic production of oxalate - the toxic metabolite responsible for the clinical manifestations of PH1.	MoA : Converted to phenytoin after injected ; stabilizes neuronal membranes and decrease seizure activity by increasing efflux or decreasing influx of sodium ions.
ADR : Injection site reactions reported in ≥ 20% of patients	ADR : Pruritus, nystagmus, dizziness, somnolence, ataxia.
Storage : Store at 2-25°C	Storage : Store at 20-25°C
Drug	Drug
Approved on : 23.11.2020	Approved on : 5.11.2020

Ref : www.fda.com