

**SJCP  
REACH  
OUT**



# THE BIANNUAL NEWS LETTER

Department of Pharmacy Practice

ST. JOSEPH'S COLLEGE OF PHARMACY, Cherthala, Kerala

Website: [www.sjpharmacycollege.com](http://www.sjpharmacycollege.com)



**Dr. Sr. Betty Carla**

Director and Founder Principal  
St. Joseph's College of Pharmacy

It gives me immense pleasure to note that the latest issue of "Reach Out" is ready for publication. The clinical activities associated with the PharmD programme continue to grow and evolve, reaching new milestones and dimensions of excellence. The dedication, hard work and collaborative spirit demonstrated by both faculty and students are truly commendable. I extend my heartfelt appreciation and best wishes to all those who have contributed to these achievements. The experience-sharing sessions conducted by our PharmD alumni from various batches have been highly inspiring and serve as a valuable source of motivation for current students and future professionals. We also gratefully acknowledge the unwavering support and encouragement extended by the doctors and hospital staff, whose contributions play a vital role in the success of our initiatives. I wish everyone continued growth, success and excellence in all their future endeavours.

It gives me great pleasure to learn that the latest issue of "Reach Out" is being released. I am immensely proud to see our PharmD graduates excelling in their careers across India and abroad, making significant contributions to the healthcare sector. This edition of the newsletter is particularly special as it features experience-sharing articles from many of our esteemed alumni, beginning with the 2014 batch. Their inspiring journeys and professional accomplishments serve as a valuable source of motivation for our students and readers. I sincerely hope that this issue enriches and inspires everyone who reads it. I extend my heartfelt congratulations and appreciation to all those whose hard work, dedication and collaborative efforts have made the publication of this issue possible. Wishing "Reach Out" continued success in its mission of connecting, informing and inspiring our academic community.



**Dr. Sr. Daisy P.A**

Principal  
St. Joseph's College of Pharmacy



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## Editorial

One more issue of the Newsletter “Reach Out”, featuring updates in Pharmacotherapy and messages from alumni from 2014 to 2019 batch PharmD students is ready. This issue has showcased health education programs conducted in connection with the International Health Days. In addition to these, alumni interactions, clinical activity experience sharing by students, details of research publications and poster/podium presentations by the students in various conferences, ongoing research works and graduation ceremony are included. On behalf of Pharmacy Practice department, I would like to thank each and every one who directly or indirectly contributed to making this issue of Reach Out a reality.



Dr. Siby Joseph

## Pharmacotherapy Updates

### Updated recommendations for individuals with chronic hepatitis B virus infection

In chronic Hepatitis B immune-tolerant phase (HBeAg-positive, markedly elevated HBV DNA, normal ALT) with high risk of cirrhosis or hepatocellular carcinoma, antiviral therapy is suggested (Grade 2C). In patients without cirrhosis, treatment decisions are mainly based on ALT and HBV DNA levels. American Association for the Study of Liver Diseases recommends treatment for immune-active phase (elevated ALT and HBV DNA) and suggests treatment for immune-tolerant phase if high risk (age >40,  $\geq$ F2 fibrosis,  $\geq$ grade 2 inflammation). Although evidence is limited, antiviral therapy likely reduces adverse outcomes.

### Palbociclib maintenance for advanced hormone receptor-positive, HER2-positive breast cancer

For advanced hormone receptor-positive, HER2-positive cancers without progression after induction chemotherapy, addition of palbociclib to maintenance with endocrine therapy, trastuzumab and pertuzumab is suggested (Grade 2B), though reserving it for later lines is acceptable. Initial treatment typically involves taxane-based chemotherapy plus trastuzumab and pertuzumab (THP), followed by maintenance endocrine and anti-HER2 therapy. A randomized trial (n=518) showed that adding palbociclib improved median progression-free survival (44 vs 29 months) but increased toxicity, mainly neutropenia and leukopenia, with overall survival data still immature.

### Nerandomilast for treatment of progressive pulmonary fibrosis

For patients with non-idiopathic pulmonary fibrosis interstitial lung disease who develop progressive pulmonary fibrosis despite optimal initial management, treatment with nintedanib or nerandomilast is suggested (Grade 2B), with combination therapy if progression continues despite one agent (Grade 2C). Nerandomilast, an oral PDE4B inhibitor with antifibrotic and immunomodulatory effects, does not require liver monitoring and is usable in moderate kidney or liver disease. In trials (including patients on nintedanib), it reduced FVC decline by 40–50% at 52 weeks and improved all-cause mortality up to 114 weeks, though diarrhea was common (15–25% alone, ~50% with nintedanib). Based on this, either agent or combination if needed is suggested for progressive non-idiopathic pulmonary fibrosis.

### Finerenone in type 1 diabetes and diabetic kidney disease

In addition to ACE inhibitors and ARBs, agents like SGLT2 inhibitors, GLP-1 receptor agonists and finerenone slow kidney disease progression in type 2 diabetes, but are contraindicated or not well studied in type 1 diabetes. In a trial of ~250 patients with type 1 diabetes and kidney disease already on ACE inhibitor/ARB therapy, finerenone reduced albuminuria by 25% at six months but increased hyperkalemia fourfold. Further studies on cardiovascular and renal outcomes in this population are needed.

### Tirzepatide and cardiovascular outcomes in adults with type 2 diabetes

Tirzepatide reduces weight and glycemia in type 2 diabetes, but its ASCVD outcome benefit is not established. In a trial vs dulaglutide, major cardiovascular events were similar after 4 years. These findings support using tirzepatide in type 2 diabetes with ASCVD, especially when weight loss and glycemic control are key goals.

### **Fosfomycin versus nitrofurantoin for acute simple cystitis**

Fosfomycin is a convenient single-dose option for acute simple cystitis with activity against resistant *E. coli*, but is less effective than nitrofurantoin. In a randomized trial (n=768), day-7 clinical cure was lower with fosfomycin (59%) vs nitrofurantoin for 5 days (74%), with both having mild mainly gastrointestinal adverse effects. These findings, consistent with earlier data, support preferring nitrofurantoin over fosfomycin for empiric and directed therapy.

### **Safety of acetaminophen during pregnancy**

Despite ongoing concerns, evidence supports the safety of acetaminophen in pregnancy for significant fever or pain. A 2026 meta-analysis found no association with autism spectrum disorder or attention deficit disorder in high-quality studies (sibling comparisons, low bias, >5-year follow-up). It remains recommended in pregnancy, using the lowest effective dose for the shortest duration.

### **Duration of beta blocker therapy after myocardial infarction**

Beta blockers are routinely used after acute myocardial infarction, but benefit appears limited in patients with normal LVEF compared with reduced LVEF. In a trial (>2500 patients on beta blockers  $\geq$ 1 year post-MI), discontinuation showed similar cardiovascular outcomes to continuation, with most participants having LVEF >50%. Based on this, some experts consider stopping beta blockers after 1 year in patients with normal LVEF, while others continue therapy for up to 3 years if well tolerated.

### **Ceftolozane-tazobactam versus ceftazidime-avibactam for *Pseudomonas aeruginosa* infections**

Data comparing ceftolozane-tazobactam and ceftazidime-avibactam for multidrug-resistant *Pseudomonas aeruginosa* are limited. A meta-analysis (4 observational studies, n=862) showed higher 90-day clinical cure with ceftolozane-tazobactam (OR 1.8, 95% CI 1.1–3.0), but similar microbiologic cure, resistance development at 90 days and 30-day mortality between the two agents.

### **Adjuvant trastuzumab deruxtecan in HER2-positive breast cancer**

For HER2-positive breast cancer with residual disease after neoadjuvant therapy, optimal adjuvant treatment is under study. In a randomized trial (n=1635), adjuvant trastuzumab deruxtecan improved 3-year disease-free survival (92% vs 84%) compared with trastuzumab emtansine in patients with residual invasive nodal disease or initially inoperable disease (cT4 or N2-3). Based on this, T-DXd is suggested for eligible patients.

### **Memantine for atrial arrhythmias**

There is no currently approved drug for premature atrial contraction (PAC) suppression. The effects of memantine, an antagonist of N-methyl-D-aspartate receptors used to treat selected patients with Alzheimer dementia, were evaluated in a double-blind trial in over 250 symptomatic adults with frequent PACs who were randomly assigned to receive this drug or placebo for six weeks. Among 241 patients who received at least one dose of assigned treatment, memantine reduced PAC count, burden of non-sustained atrial tachycardia and cumulative incidence of new-onset atrial fibrillation compared with placebo. No drug-related serious adverse events were reported in either treatment group. These results provide preliminary support for a novel, non-ion channel-based strategy to treat atrial arrhythmias.

### **Efficacy and safety of cefepime-nacubactam and aztreonam-nacubactam**

Nacubactam is a novel beta-lactamase inhibitor. In a randomized trial including 431 patients with complicated urinary tract infection (including pyelonephritis), clinical and microbiologic success with cefepime-nacubactam, aztreonam-nacubactam, was achieved in 82 and 72 percent respectively. Adverse events were observed less frequently in the nacubactam groups; most were of mild or moderate severity.

Reference: [www.uptodate.com](http://www.uptodate.com)

## OUR PROUD ALUMNI (JOSEPHYTES)



**Dr. Shiyona Noyal**

### **OSPAP: My Perspective on the Training Process and Career Pathway**

I am a proud alumna of St. Joseph's College of Pharmacy and as a PharmD graduate from India, exploring opportunities to practice abroad can be both exciting and challenging. Overseas Pharmacists Assessment Programme (OSPAP) is one of the well-recognized pathways to practice in the United Kingdom. Based on my experience and understanding, I would like to share a realistic overview of this journey for students who may be considering it in the future.

The OSPAP is a one-year postgraduate diploma designed for internationally qualified pharmacists. It focuses on adapting our existing knowledge to the UK healthcare system. During this programme, students study clinical pharmacy, pharmacy law and ethics, communication skills and evidence-based practice. We also become familiar with important resources like the British National Formulary and NICE guidelines, which are widely used in UK practice.

One of the most important aspects of OSPAP is the focus on patient-centered care and communication. Through workshops, case discussions and OSCEs (Objective Structured Clinical Examinations), students are trained to handle real-life situations such as patient counselling, responding to symptoms and making clinical decisions. It is important to understand that the OSPAP route is relatively time-consuming compared to some other countries (current scenario). After completing the one-year course, students must undergo a foundation training year and then pass the registration assessment to become a qualified pharmacist in the UK. The academic expectations are also high, with pass marks often in the range of 70–80%.

### **How to Apply for OSPAP**

For those interested in this pathway, the first step is to check eligibility with the General Pharmaceutical Council (GPhC). You need proof of English language proficiency, usually IELTS or OET. After this, you must apply for qualification assessment through the GPhC. Once approved, you can apply to universities offering the OSPAP course. The application usually requires academic transcripts, English test scores, a CV and a personal statement. Since the number of seats is limited, it is important to apply early.

### **Job Prospects and Professional Roles**

After registration, pharmacists in the UK have a wide range of career opportunities in both community and hospital settings. In community pharmacy, the role involves not only dispensing medicines accurately but also providing patient counselling, advising on side effects and drug interactions, maintaining legal records and ensuring compliance with professional standards. Pharmacists also manage stock, support public health services such as vaccinations and smoking cessation and contribute to medication reviews and health promotion activities. Hospital pharmacists, on the other hand, work closely with doctors and nurses as part of a multidisciplinary team, focusing more on clinical decision-making and patient-specific treatment plans. The starting salary for newly qualified pharmacists generally ranges from £35,000 to £45,000 per year, with opportunities for progression into higher roles.

In addition, there are several opportunities for further specialisation. Pharmacists can develop expertise in areas such as diabetes care, infectious diseases, oncology, or mental health. With further training, they can become independent prescribers or progress into advanced clinical and consultant pharmacist roles.

For students planning to go abroad after PharmD or pharmacy graduation, OSPAP can be considered as one of the career options. It is not the easiest or fastest route, but it offers strong clinical training and the opportunity to work in a well-developed healthcare system.

## Dr. Agna Maria Rejy PharmD 2018-2024 batch



After completing my PharmD from St. Joseph's College of Pharmacy, I am currently pursuing my MS in Pharmacology in the United States and have recently completed my first year of the program. This experience has given me the opportunity to strengthen my understanding of advanced pharmacological concepts and research methodologies. The coursework has expanded my perspective on drug discovery and development, an area I find deeply interesting and hope to build my career in.

**Dr. Agna Maria Rejy** One thing that helped me find my footing in what was initially a challenging transition was actively seeking opportunities. Migrating to another country for higher studies was definitely not easy but staying curious and actively involving myself in research projects and presentations outside the classroom has made a significant impact on my journey.

Parallel to my Master's program, I'm also pursuing my pharmacist licensure, which is a multi-step process. The licensure process requires the aspirants to complete the TOEFL, the Foreign Pharmacy Graduate Equivalency Examination (FPGEE), state-specified internship hours, the NAPLEX licensure exam and finally the jurisprudence examination. I have already cleared FPGEE. Although the process is long and demanding, the outcome is highly rewarding. A Pharmacist in the US, is a well-sought-out position and plays a vital role in healthcare.

To all future SJCP PharmD aspirants, my advice is to make the most of every clinical posting, project and learning opportunity. The PharmD programme offers exposure to both patient care and research and your growth depends on how actively you engage with it. The knowledge and experiences you gain through this journey can open doors to clinical practice, research, academia, regulatory sciences and the pharmaceutical industry worldwide. And finally, I know this journey can feel scary and stressful at times, but keep believing in yourselves and keep moving forward. You are capable of achieving great things – you've got this!

## Dr. Biona Benny PharmD 2017-2023 Batch



I am currently working at Concert AI, Bangalore, as a Data Analyst specializing in clinical oncology data research support. My role involves working closely with oncology-related variables such as biomarkers, treatment regimens, staging, disease progression and outcomes, helping generate high quality, real-world evidence that supports clinical research and decision-making in healthcare. A major part of my work includes understanding and working with clinical research concepts such as Electronic Data Capture systems and Case Report Forms (CRFs).

**Dr. Biona Benny**

This process contributes to generating reliable and meaningful research inferences that can support drug development, treatment evaluation and improved patient care. My PharmD background especially clinical training has been highly valuable in understanding disease conditions, treatment protocols, medical terminology and clinical interpretation, all of which are essential for this role.

To PharmD aspirants, I would like to say that the scope after PharmD is expanding beyond traditional pharmacy practice into areas such as clinical research, pharmacovigilance, medical writing, healthcare analytics and real-world evidence research. Developing strong clinical knowledge, communication skills, attention to detail and willingness to continuously learn can open many opportunities globally. PharmD provides a strong foundation to contribute meaningfully to patient care as well as healthcare research and every experience during the course helps shape a rewarding professional journey.

## Dr. Maria John PharmD 2015-2021 Batch



**Dr. Maria John**

After pursuing PharmD, I completed my master's in public health from Canada and started to work as a Pharmacy Assistant while preparing for the Evaluation exam and licensing process. My role as a pharmacy assistant involved prescription processing, medication preparation and labeling, inventory management and supporting pharmacists in daily operations. This experience has enhanced my understanding of the Canadian healthcare system, patient care and community pharmacy practice while serving as a valuable step toward pharmacist licensure. In Canada, pharmacists are recognized as frontline providers, contributing significantly to medication therapy optimization, patient counseling and immunization services.

### Key developments in Canadian pharmacy practice include:

- Expanded scope of practice  
(e.g., prescribing for minor ailments)
- Greater emphasis on patient-centered care
- Integration into multidisciplinary healthcare teams
- Use of digital tools in medication management
- High demand in rural and underserved regions due to workforce shortages
- Increased focus on clinical pharmacy services and medication optimization

For international pharmacy graduates—especially from India—Canada presents a promising career.

Canada values professionals with a strong foundation in healthcare. Focus on updating knowledge in pharmacy subjects, especially pharmacology and clinical subjects. Though the licensure journey can be demanding, it opens the door to a fulfilling and impactful career. Salary package varies from 55 to 80 Canadian dollars per hour. With persistence and the right guidance, international pharmacy graduates can successfully transition into Canada's evolving pharmacy landscape.

### Pathway to Licensure for International Pharmacy Graduates

Task	Institution	Notes
NAPRA ID	NAPRA	Start here
Document Evaluation	PEBC	Apply online
Degree Verification	KUHS	Sent directly to PEBC
Transcript	Pharmacy College	Via KUHS
Good Standing	KSPC	Sent directly
Language Proficiency	IELTS/TOEFL	Send scores to PEBC
PEBC Exams	PEBC	Evaluating → Qualifying
Jurisprudence	OCP/ACP	Province-specific
Internship	Provincial authority	Must be documented
Final Registration	Regulatory Authority	Submit all credentials

## Dr. Aleena Mohamed Sadi PharmD 2019-2025 Batch



**Dr. Aleena  
Mohamed Sadi**

As an Oncology Clinical Pharmacist at MVR Cancer Centre and Research Institute, Calicut, I am actively involved in both the clinical and patient-care aspects of oncology practice, where every day brings opportunities to learn, contribute and make a difference in the lives of patients. My role includes participating in consultant ward rounds and collaborating closely with multidisciplinary teams to optimize patient outcomes through evidence-based pharmacotherapy and clinical decision-making. I routinely review medication regimens for appropriateness, monitor for adverse drug reactions, drug interactions, therapeutic duplications and medication errors, while also promoting the safe and rational use of antibiotics through antimicrobial stewardship activities. A major part of my work involves ensuring adherence to treatment protocols to improve medication safety and compliance.

I am also involved in reviewing and validating chemotherapy regimens, preparation and dilution of chemotherapy medications and overseeing the safe handling and monitoring of cytotoxic medications, responsibilities that demand precision, patience, vigilance and strict adherence to safety practices. Working closely with cancer patients throughout different stages of their treatment journey has taught me that healthcare extends far beyond medicines and protocols alone.

Extensive training during my PharmD at St. Joseph's College of Pharmacy and Internship at VPS Lakeshore Hospital in the oncology department with reputed doctors like Dr. Gangadharan helped me to become a competent clinical pharmacist in Oncology.

The PharmD profession today offers diverse opportunities in clinical practice, oncology, research, pharmacovigilance, academia and the pharmaceutical industry. However, succeeding in this field requires much more than academic knowledge alone. Strong clinical understanding, communication skills, attention to detail, empathy toward patients and the willingness to continuously learn are all equally important. To PharmD aspirants, I would say that this profession is both challenging and deeply rewarding. Every patient teaches you something beyond textbooks and every clinical experience helps you grow not only as a professional but also as a person. Stay curious, value every learning opportunity and always remember that sincerity, dedication and compassion are just as important as clinical knowledge in healthcare.

### **Dr.Amith.S PharmD 2016-2022 batch**



**Dr.Amith.S**

My PharmD journey has played a significant role in shaping my professional career, especially in oncology. Looking back, the most impactful phase of my academic life was the internship year, which became the turning point in building my confidence and clinical knowledge. During the internship, activities such as ward rounds, patient interactions, case presentations, medication reconciliation, antibiotic stewardship programs, ADR monitoring and checking for drug interactions provided me with real-time exposure to patient care and clinical decision-making. These experiences have directly helped me succeed in all three of my professional roles. Since all my professional roles have been in oncology, the exposure I gained during this posting proved extremely valuable.

#### **Beginning of My Professional Journey**

After completing PharmD, I was selected as a Patient Advocate at TMC NCG Navya online expert service. My primary responsibility involved collecting and documenting detailed patient histories from oncology patients through telephonic interactions. The patient counselling experience and ward rounds during internship helped me communicate confidently and empathetically with patients. In addition, the case discussions conducted during PharmD classes helped me systematically organize and format patient information for clinical review. I also worked on analysing patient files and preparing treatment plans based on NCCN guidelines, which were later verified by doctors before being shared as second opinions or treatment recommendations.

After a year, I transitioned into a new role as a Clinical Data Analyst at Concert AI. The company focuses on curating oncology patient data for clinical research and study purposes. Here, the knowledge and experience gained during my clerkship, project work and internship played a major role in helping me excel. Since I already had experience reviewing patient files and collecting information for case presentations and project studies during PharmD, curating and structuring oncology data became easier and efficient.

#### **Current Role in Oncology Data Review**

I moved to Omega Healthcare as a Medical Reviewer. In this role as well, the primary responsibility involves reviewing and curating oncology EMR for project studies and research purposes. Once again, the strong clinical foundation provided by PharmD, especially in oncology postings, patient case evaluations and clinical documentation, has been instrumental in my day-to-day responsibilities.

I sincerely thank my college and faculty members for providing me with excellent academic training, clinical exposure and continuous guidance throughout my PharmD journey. The practical experiences, hospital postings, seminars, project work and mentorship I received have contributed immensely to my professional growth. Today, I can proudly say that PharmD not only provided me with a degree but also equipped me with the confidence, clinical expertise and professional skills required to build a successful career in the healthcare and oncology sector.

## Dr. Minnu Mariya Joy PharmD 2014-2020 Batch



**Dr. Minnu Mariya Joy**

Pharmacovigilance plays a critical role in ensuring patient safety by continuously monitoring the safety profile of medicines throughout their lifecycle. In my current role, I am responsible for handling Individual Case Safety Reports (ICSRs), which involves reviewing, processing and validating adverse event data to ensure compliance with global regulatory standards. This role requires strong clinical knowledge, analytical skills and attention to detail, along with effective collaboration and adherence to strict timelines. The training during my PharmD programme at St. Joseph's College of Pharmacy helped me to take up this challenging role. Pharmacovigilance offers a promising career pathway beyond traditional clinical roles. PharmD graduates are well-suited for careers in pharmacovigilance due to their strong clinical foundation and patient-centered training.

Their comprehensive knowledge of clinical pharmacology and pharmacotherapeutics enables a clear understanding of drug mechanisms and safety profiles. In addition, their ability to identify, assess and interpret adverse drug reactions (ADRs) enhances the quality of drug safety evaluations. Training in patient safety and clinical evaluation further equips them to analyze real-world safety data effectively, making them valuable contributors to maintaining high standards in pharmacovigilance and supporting global patient safety initiatives. As the global emphasis on drug safety and regulatory compliance continues to grow, pharmacovigilance has become a high-demand and evolving field, offering opportunities in case processing, medical review and risk management.

## INTERACTIVE SESSION BY DR CHRISTY MARIYA BABU



An enlightening interactive session was organized for students by our esteemed alumna, Dr. Christy Maria. Drawing from her professional experience as a pharmacist in Canada, she explained the assessment and licensing pathways for internationally educated pharmacy graduates seeking registration in Canada. The session also covered employment opportunities, professional responsibilities and the various benefits of pursuing a pharmacy career in Canada.

## From Classroom to Career– Alumni Interaction Series 2



The Department of Pharmacy Practice and Josephites Alumni Association, successfully organized “From Classroom to Career– Alumni Interaction Series 2” on 23 May 2026 from 9 AM to 1 PM. The event aimed to provide students with practical exposure to diverse career opportunities in the healthcare and pharmaceutical sectors through interactions with accomplished alumni. The session served as a platform for students to understand the transition from academics to professional life and gain inspiration from real-life experiences.

The programme featured distinguished alumni working in various domains, including clinical research and clinical pharmacy. Dr. Arathi Radhakrishnan, Clinical Research Associate, Aster Medicity shared valuable insights into clinical trials and research activities from the perspective of a Clinical Research Associate. Her presentation provided students with a better understanding of the scope, responsibilities and opportunities in clinical research. Dr. Sruthy Sugunappan, Centralized Monitoring Assistant, IQVIA explained the role of centralized monitoring and the utilization of clinical data in ensuring quality and efficiency in healthcare research services at a globally recognized organization. Dr. Sneha C. Reji, clinical pharmacist, Believers Church Medical College Hospital, highlighted the role of pharmacists in clinical decision-making in critical care. Dr. Ananya S Prasad, Clinical Pharmacist, VPS Lakeshore, provided informative insights into clinical pharmacy services in a tertiary care hospital setting, with special emphasis on the antimicrobial stewardship program. Students from the 3rd year to the 6th year Pharm D attended the sessions, which were highly interactive, informative and motivating, leaving students inspired and better informed about their future career pathways.

## Bridging theory and practice: Hospital training experiences.



**Ms. Alena Riya  
Sajan  
PharmD Intern**

What began as a course centered around textbooks and theory gradually evolved into my personal and professional journey in clinical settings. From participating in health camps in my first year to progressively engaging in structured hospital training from the second to fourth year, my growth in respect to healthcare has been steadily influenced by consistent exposure.

Throughout this journey, St. Joseph's College of Pharmacy and its faculty played a key role in bridging classroom learning with clinical practice, allowing me to gradually transition from theory to real, hands-on patient care. Looking back to my earlier days of training, I still remember how each hospital posting was carefully planned and guided, giving me the chance to observe, learn and slowly take part in clinical activities with increasing confidence.

Although theoretical subjects such as Pharmacology, Pharmacotherapeutics and Clinical Pharmacy gave me an academic base, it was through the structured hospital postings and clinical exposure arranged meticulously by the faculty that I truly understood how these concepts are applied in real scenarios.

During the internship year, we students are actively involved in Antibiotic Stewardship, Prescription Audits, Medication Reconciliation, ADR reporting, Anticoagulation Monitoring, Pharmacy and Narcotics Audits and Patient Counselling. Being entrusted with antibiotic stewardship responsibilities since 5th year became one of the most interesting parts of my internship, with my interest and curiosity in the field growing stronger through each experience and learning opportunity. Routine documentation of clinical activities, along with periodic presentations and interactive case discussions, demanded consistency, attention to detail and further exposure to different perspectives.

Having been born and raised abroad came with its own set of challenges, but in many ways this journey has shaped me, challenged me and helped me grow into a more confident healthcare professional. As I move forward, I hope to carry these lessons with me and honour the training, guidance and opportunities I have received throughout.

## OUTREACH ACTIVITIES

### PHARMACIST'S DAY CELEBRATION CONDUCTED AT LOURDES HOSPITAL



## PHARMACIST'S DAY CELEBRATION AT ST JOSEPH'S COLLEGE OF PHARMACY IN ASSOCIATION WITH IPA KERALA STATE BRANCH



In association with the Indian Pharmaceutical Association, we celebrated World Pharmacist Day. Justice Ms. Mary Joseph, former Judge, High Court, Kerala, inaugurated the celebration. WPD messages were conveyed by eminent academicians, including Dr. Jayashekhar, President, IPA KB and Dr. John Joseph, Secretary, IPA KB. There were two scientific talks, which included one from the pharma industry by Mr. Sreejith PR and one from the clinical perspective by Dr. Devika S. Pharma excellence award and Academic merit awards were distributed. It was followed by a panel discussion on curriculum of the B.Pharm and PharmD programs by eminent academicians from different colleges. Students and faculty members from different colleges attended the program.

## BLOOD DONATION CONDUCTED BY NATIONAL SERVICE SCHEME



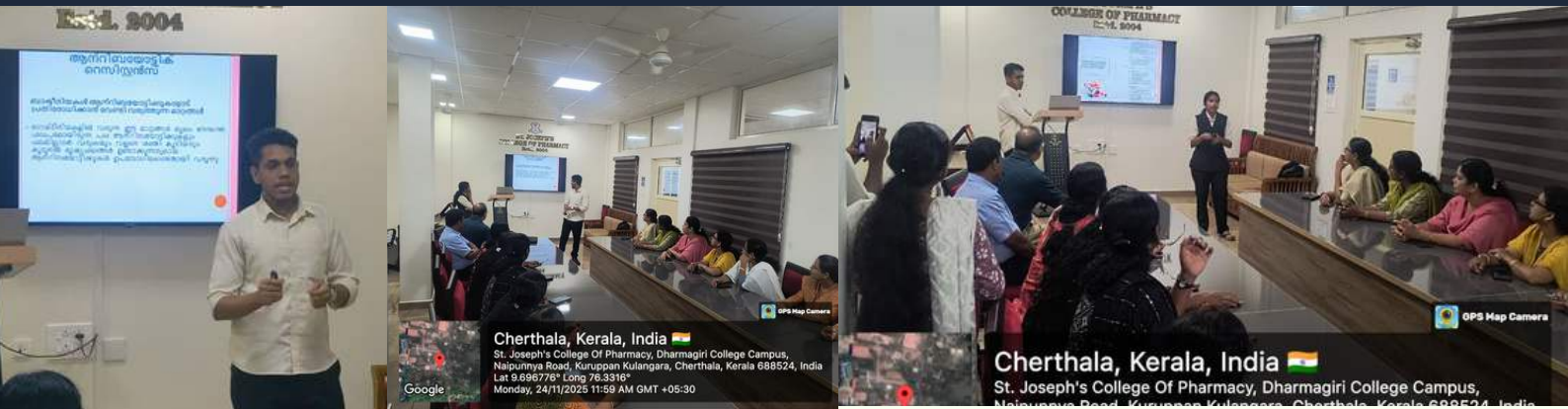
As part of community service, the NSS Unit and the Department of Pharmacy Practice, in association with Government T.D. Medical College, organized a blood donation camp on campus. The event witnessed enthusiastic participation from students and faculty members, who voluntarily donated blood to support the healthcare needs of the community.

## NATIONAL PHARMACY WEEK CELEBRATIONS



To commemorate National Pharmacy Week, the college organized a poster-making competition centered on the theme “Pharmacists as Advocates of Vaccination,” highlighting the vital role of pharmacists in promoting immunization awareness.

## ANTIBIOTIC RESISTANCE AWARENESS PROGRAMME



In connection with the Antimicrobial Resistance Awareness Week, we conducted an Antibiotic Resistance Awareness Program. Third-year PharmD students jointly presented awareness classes regarding antimicrobial resistance, its causes, hazards, how it is affecting our society and how to prevent antimicrobial resistance. The seminar aimed to raise awareness among students and non-teaching staff.

## WORLD AIDS DAY



As part of the World AIDS Day observance, awareness sessions on HIV/AIDS were conducted in collaboration with the NSS Unit, emphasizing the theme “Take the Right Path: My Health, My Right!”

## DIABETES DAY AWARENESS PROGRAMME



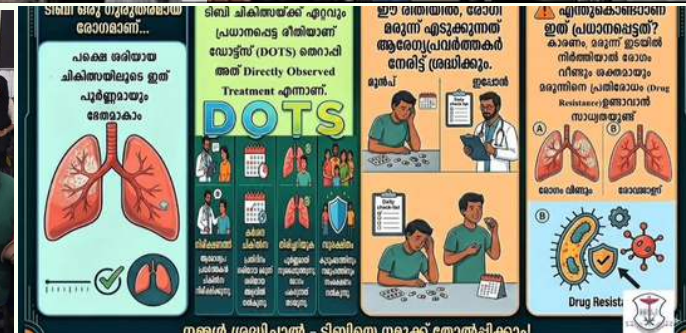
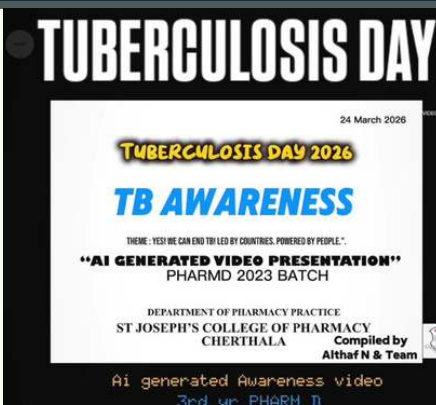
In connection with World Diabetes Day, we conducted free blood sugar screening and diabetes awareness classes focusing on prevention and management of diabetes at different locations like public schools, arts and science college and auto stand. Third-year PharmD students and 8th-semester B.Pharm students actively participated in the programme under the guidance of faculty members.

## WORLD HEART DAY



As part of the World Heart Day observance at Lourdes Hospital and Post Graduate Research Institute, PharmD interns conducted a public awareness skit to promote cardiovascular health awareness under the theme “Use Heart for Every Heart.”

## WORLD TUBERCULOSIS DAY



In observance of World Tuberculosis Day, 3rd PharmD students utilized AI tools to develop an awareness video and engaged Haritha Karma Sena volunteers through an interactive session, promoting awareness and action under the theme “Yes! We Can End TB: Commit, Invest, Deliver.”

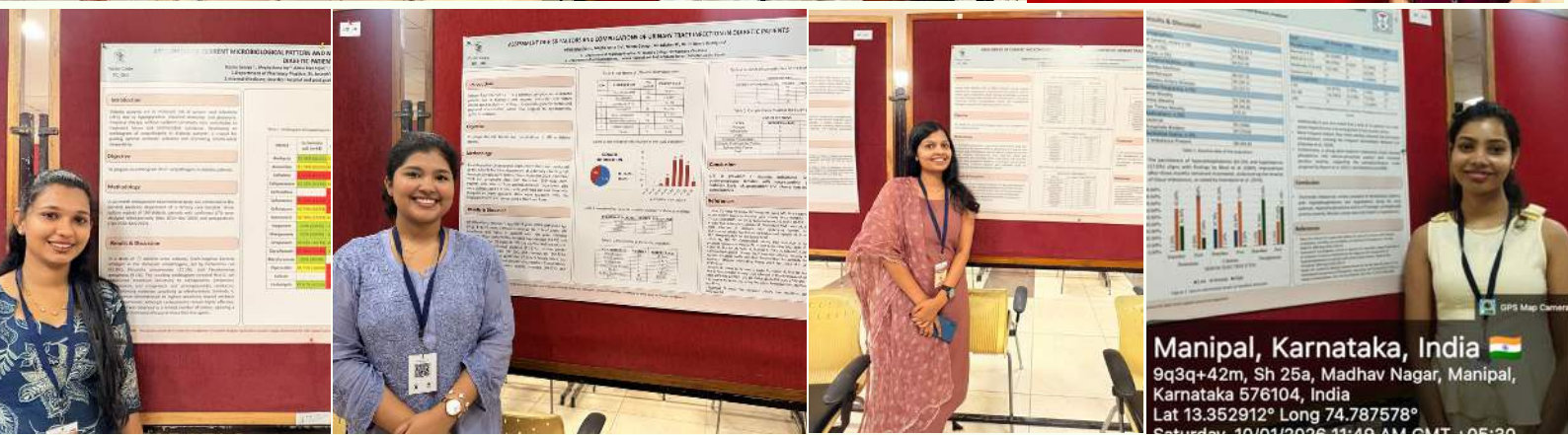
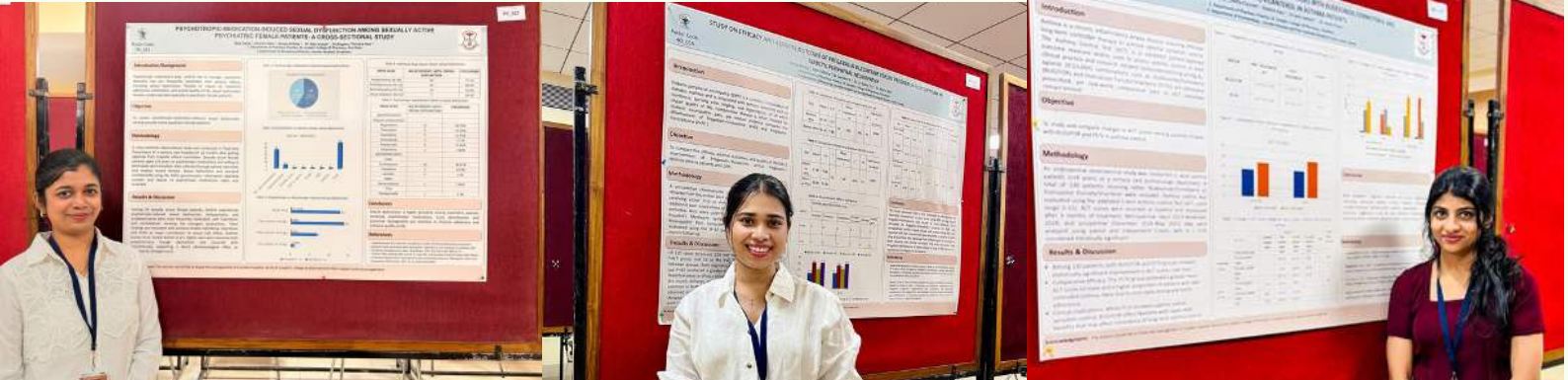
# MEDICAL CAMP AT THYCATTUSSERY



In association with St. Antony's Church Thycattussery, Lourdes Hospital and Eye Foundation Hospital, the NSS Unit and the Department of Pharmacy Practice jointly organized a medical camp at the parish hall. A door-to-door health survey was conducted prior to the camp. Students delivered health awareness sessions on infectious disease prevention and healthy dietary practices. Free medical consultations and medications were provided to the beneficiaries.

# CONFERENCES / SEMINARS PARTICIPATED

## CLINICAL PHARMACY INTERNATIONAL CONFERENCE AT MANIPAL UNIVERSITY



## CAREER GUIDANCE AT ST. JAMES COLLEGE OF PHARMACY, CHALAKKUDY



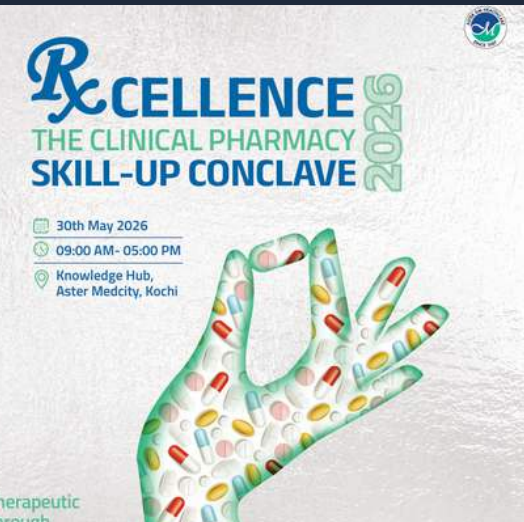
Thrissur, Kerala, India  
Govt.hospital Road, River Bank Chalakudy, 78qw+p47,  
Chalakudy, Thrissur, Kerala, India 689967



# ONCOLOGY CONFERENCE 2026



## CLINICAL PHARMACY SKILL UP CONCLAVE AT ASTER MEDICITY, KOCHI



## PHARMA ANVESHAN AT ST.JAMES COLLEGE OF PHARMACY, CHALAKKUDY



# ANEMIA DAY CONDUCTED BY 4<sup>th</sup> YEAR PHARM D STUDENTS



### അനിമിയ കാരണങ്ങൾ

- പോഷകാഹാരക്കുറവ്
- വീട്ടുമാറാത്ത ചില രോഗങ്ങൾ
- അയൺ കുറവ്
- ഗർഭാവസ്ഥ
- ചില മരുന്നുകൾ
- അമിത രക്തസ്രാവം

ആരംഭ ലക്ഷണങ്ങൾ

- ക്ഷീണം
- തലകറക്കം
- അമിതമായ നെഞ്ചിടിപ്പ്
- വിളറിയാവുന്ന ചർമ്മം
- മുട്ടി കൊഴിച്ചിൽ
- ശ്വാസംമുട്ടൽ

### വ്യത്യസ്ത തരം അനിമിയ

അയൺ കുറവ് മൂലമുള്ള അനിമിയ

സ്പിട്രിൻ സെൽ അനിമിയ

വിറ്റാമിൻ B12 കുറവ് മൂലമുള്ള അനിമിയ

അപ്പോസ്റ്റിക് അനിമിയ

ഹിമോഗ്ലൈറ്റിക് അനിമിയ

### സാധ്യതയുള്ള കാരണങ്ങൾ

രക്തനഷ്ടം

അണുബാധകൾ

ക്യാൻസർ

അമിതമായ മദ്യപാനം

വൃക്കരോഗം

അനിമിയ

ഹൃദയസംബന്ധമായ പ്രശ്നങ്ങൾ

ഗർഭകാലത്തെ സങ്കീർണ്ണതകൾ

അമിതമായ ക്ഷീണം

അവധിമുഖം പ്രകാശിതം

കുട്ടികളിലെ വളർച്ചാ തടസ്സം

രോഗപ്രതിരോധ രോഗി കുറയുന്നു

രക്തത്തിൽ ഹിമോഗ്ലോബിൻ അനുവദനീയമായ അളവ്
പുരുഷന്മാരിൽ - 13 - 18 g /dL
സ്ത്രീകളിൽ - 12 - 16.5 g/dL
കുമാരൻ (6-18yrs) - 10-15.5g/dL
കുട്ടികളിൽ - (1-6 yrs)-9.5-14 g/dL

2 ലക്ഷണങ്ങളോടുകൂടി അനിമിയ രോഗിയെ തിരിച്ചറിയുക

അനിമിയയോട് NO പറയാം

### ഗുരുതര പ്രത്യാഘാതങ്ങൾ

അനിമിയ രോഗിക്ക് സാധാരണ ജീവിതം നയിക്കാൻ സാധിക്കുമോ ?

കൃത്യമായ ഇടവേളകളിൽ ഉള്ള രക്ത പരിശോധനകൾ

മരുന്നുകൾ സോഷ്യലിന്റെ നിർദ്ദേശ പ്രകാരം മാത്രം എടുക്കുക

അയൺ അധികമുള്ള ഭക്ഷണം കഴിക്കുക

മിതമായ വ്യായാമം

വിശ്രമം ഒഴിവാക്കുക



In connection with World Anemia Day, we conducted awareness classes and leaflet distribution for the Haritha Karma Sena volunteers, coir factory employees, students and non-teaching staff members. Fourth year PharmD students conducted this programme under the guidance of faculty members.

**ഉൾപ്പെടുത്തേണ്ട ഭക്ഷണങ്ങൾ**

- ഇല വർഗ്ഗങ്ങൾ
- മാംസം
- മുട്ട
- കൊപ്രിപ്പിക്കം
- ചെറുപയർ വെള്ളക്കടല
- കടലി
- ചോക്ലേറ്റ്
- ബീറ്റ്റൂട്ട്
- ധാന്യങ്ങൾ
- ഉണക്ക മുതിരി
- പാൽ ഉൽപ്പന്നങ്ങൾ
- ഇറച്ചിപ്പുഴു
- മാതള നാരങ്ങ

**ചികിത്സാ രീതികൾ**

- 1.സൂപ്പിമെന്റേഷൻ**
  - വിറ്റാമിൻ B12 (വിറ്റാമിൻ ക്യാൻ മുഖമുള്ള അരിശിര)
  - ഫോളിക് ആസിഡ് (പോളിക് ആസിഡ് ക്യാൻ മുഖമുള്ള അരിശിര)
- 2.മരുന്നുകൾ**
  - അയൺ അടങ്ങിയ മരുന്നുകൾ
  - 1. ഫെറസ് സൾഫേറ്റ്
  - 2. ഫെറസ് അസക്രാർബേറ്റ്
  - 3. ഫെറസ് ഫ്യുമറേറ്റ്
  - 4. ഫെറസ് ബിസ്മുതൈനേറ്റ്, മുതലായവ.
  - സാധാരണ രീതിയിൽ 3 തൊട്ട് 6 മാസം വരെ ഇത്തരത്തിൽ ഉള്ള മരുന്നുകൾ തുടരേണ്ടതായി വരുന്നു
- 3.ഇഞ്ചക്ഷൻ**
  1. ഫെറിക്കൽ കാൻബോക്സി മാൾട്ടോസ്
  2. ഫെറിക്കൽ ഡെറിസോ-മാൾട്ടോസ്
- 4.ബ്ലഡ് ട്രാൻസ്ഫ്യൂഷൻ**
  - ഗുരുതരമായ രീതിയിൽ Hb യുടെ അളവ് കുറയുന്ന ആളുകളിൽ ആണ് ഇവ കൊടുക്കാറുള്ളത്
  - അമിതമായ മദ്യപാനം ഒഴിവാക്കുക
  - മരുന്നുകൾ ഡോക്ടറിന്റെ നിർദ്ദേശ പ്രകാരം മാത്രം എടുക്കുക
  - അയൺ അടങ്ങിയ മരുന്നുകൾ കഴിക്കുമ്പോൾ മലബന്ധം, കറുത്ത നിറത്തിൽ ഉള്ള മലം പോലുള്ളവ ഉണ്ടാകാൻ സാധ്യതയുള്ളതിനാൽ പരിശ്രമിക്കാതെ ഡോക്ടറെ സമീപിക്കുക
  - ഒരിക്കലും സ്വന്തം ഇഷ്ട പ്രകാരം മരുന്ന് നിർത്തരുത്

**EAT HEALTHY STAY HEALTHY!**

# ANEMIA വിളർച്ച

അനീമിയ: നിങ്ങൾ അറിയേണ്ടതെല്ലാം

നമ്മുടെ ശരീരത്തിന്റെ പല ഭാഗങ്ങളിൽ ഓക്സിജൻ എത്തിക്കേണ്ട ഓക്സിജൻ വാഹകരായ ഹീമോഗ്ലോബിന്റെ അളവ് കുറയുന്നതിന് ആണ് അനീമിയ അഥവാ വിളർച്ച എന്ന് പറയുന്നത്

**വിവ വിളർച്ചയിൽ നിന്നും വളർച്ചയിലേക്ക്**

Department of Pharmacy Practice  
ST. JOSEPH'S COLLEGE OF PHARMACY  
Dharmagiri College Campus  
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Tel: +91 478-2182138, 2810046, 2821546

CREATED BY PHARM D 2022 - 28 BATCH



**CONTINUED NURSING EDUCATION AT LOURDES HOSPITAL BY DR. AKASH JOSE**



Duration: 60 min    CNE    Nurses    Lourdes Hospital

**Basics of IV reconstitution and Dilution with Pharmacotherapeutic and PK/PD considerations**

Dr. Akash Jose  
Pharm. D, Assistant Professor, St. Joseph's College of Pharmacy  
Part-time PhD Scholar, Manipal College of Pharmaceutical Sciences, MAHE

**ST. JOSEPH'S COLLEGE OF PHARMACY**

Dr. Akash Jose conducted a workshop on the importance of intravenous diluent stewardship as an integral component of Antimicrobial Stewardship during the Continuing Nursing Education (CNE) Programme organized by Lourdes Hospital and Postgraduate Research Centre. The workshop emphasized the rational selection and appropriate use of intravenous diluents to enhance patient safety and to optimize antimicrobial therapy outcomes.

To facilitate the participation of practicing nursing professionals, the workshop was conducted over three days. A total of approximately 450 nurses attended the programme, with around 150 participants attending each day. The sessions were highly interactive and provided valuable insights into best practices for intravenous medication administration and antimicrobial stewardship.

# WORLD KIDNEY DAY



Ernakulam, Kerala, India  
2882+frv, Devankulangara, Mamangalam,  
Edappally, Ernakulam, Kerala 682024, India  
Lat 10.016204° Long 76.302071°



Ernakulam, Kerala, India  
2882+jxc, Devankulangara, Mamangalam,  
Edappally, Ernakulam, Kerala 682024, India  
Lat 10.016448° Long 76.302258°



Ernakulam, Kerala, India  
2882+jxc, Devankulangara, Mamangalam,  
Edappally, Ernakulam, Kerala 682024, India  
Lat 10.016446° Long 76.30228°



Ernakulam, Kerala, India  
2882+frv, Devankulangara, Mamangalam,  
Edappally, Ernakulam, Kerala 682024, India  
Lat 10.016182° Long 76.301993°



As part of World Kidney Day celebrations, our students, in collaboration with the Cochin Nephrology Association and the Nephrology Department of Lourdes Hospital, performed awareness skits on the theme “Kidney Health for All – Caring for People, Protecting the Planet.” The skits were presented at the hospital premises and Changampuzha Park, reaching a wider audience and emphasizing the importance of kidney health.



As part of the World Asthma Day observance, a poster competition was conducted under the theme “Access to Anti-Inflammatory Inhalers for Everyone with Asthma – Still an Urgent Need.” Students actively participated by creating informative and impactful posters highlighting the need for accessible asthma treatment. The winning entries were uploaded to the Global Initiative for Asthma website.

# STUDENT ACHIEVEMENTS

## First Year PharmD - 2025 - Toppers

CONGRATULATIONS..! WE ARE PROUD OF YOU!!



## SECOND YEAR PHARM.D UNIVERSITY EXAMINATIONS 2025



## THIRD YEAR PHARM.D UNIVERSITY EXAMINATIONS 2025



## FOURTH YEAR PHARM.D KUHS UNIVERSITY EXAMINATIONS 2025



## Fifth Year PharmD Regular Examinations-2025



CONGRATULATIONS..! WE ARE PROUD OF YOU



# PHARMACEUTICAL CARE PULSE

Pharmacare pulse - Newsletter series regarding pharmaceutical care updates in 12 different clinical departments. It is published on monthly basis clubbing 4 clinical departments so that 12 departments are covered within 3 months. Pharmaceutical care updates of 3 months are included in each issue.

St. JOSEPH'S COLLEGE OF PHARMACY  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
General medicine  
VOLUME 1 | ISSUE 3



St. JOSEPH'S COLLEGE OF PHARMACY  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Cardiology  
VOLUME 1 | ISSUE 1

Message from Director



St. JOSEPH'S COLLEGE OF PHARMACY DEPARTMENT OF PHARMACY PRACTICE  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Pediatrics  
VOLUME 1 | ISSUE 7




St. JOSEPH'S COLLEGE OF PHARMACY  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Oncology  
VOLUME 1 | ISSUE 4



St. JOSEPH'S COLLEGE OF PHARMACY Department of Pharmacy Practice  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Orthopaedics  
VOLUME 1 | ISSUE 9



St. JOSEPH'S COLLEGE OF PHARMACY  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Neurology  
VOLUME 1 | ISSUE 2



St. JOSEPH'S COLLEGE OF PHARMACY Department of Pharmacy Practice  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Psychiatry  
VOLUME 1 | ISSUE 11



St. JOSEPH'S COLLEGE OF PHARMACY DEPARTMENT OF PHARMACY PRACTICE  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Obstetrics and Gynaecology  
VOLUME 1 | ISSUE 8



St. JOSEPH'S COLLEGE OF PHARMACY Department of Pharmacy Practice  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Nephrology  
VOLUME 1 | ISSUE 5



St. JOSEPH'S COLLEGE OF PHARMACY Department of Pharmacy Practice  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Dermatology  
VOLUME 1 | ISSUE 12



St. JOSEPH'S COLLEGE OF PHARMACY Department of Pharmacy Practice  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Gastroenterology  
VOLUME 1 | ISSUE 10



St. JOSEPH'S COLLEGE OF PHARMACY DEPARTMENT OF PHARMACY PRACTICE  
**PHARMACARE PULSE**  
Pharmaceutical care weekly updates  
Pulmonology  
VOLUME 1 | ISSUE 6



## RESEARCH PUBLICATIONS

1. Vidya S., Joseph F., Wilson A., Joseph S, & Rodriguez R. Atypical Presentation of Metformin- induced Lactic Acidosis in a Patient with Normal Renal Function: A Case Report. *International Journal of Medical and Pharmaceutical Case Reports*. 2026;19(2), 94–98.
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4. Alina Thomas, Lakshmi R, Kevin Reji. Amiodarone and its neurotoxicities: a case study on drug induced proximal myopathy. *European journal of pharmaceutical and medical research* 2025; 12(1), 292-94.
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7. Wilson A, Vidya S, Joseph S, Madhu CS, Boney A. Atezolizumab Induced Sicca Syndrome: A Case Report. *International Journal of Medical and Pharmaceutical Case Reports*. 2025;18(2):1-5
8. Sr. Binu Jose, Aalia Ps, Dona Daison, Elizabeth K. Thomas, Jeethu Jose and Dr. Binu Upendran. Hemodialysis Catheter - Associated Bloodstream Infections: A Combined Retrospective And Prospective Study. *World Journal Of Pharmacy And Pharmaceutical Sciences*.2025; 14 ( 5) 991-1006.
9. Anulakshmi P B, Vidya S ,Binu Jose, Rojo Joy. Clinical Analysis of Mycoplasma Pneumoniae in Children: A Case Series. *International Journal of Medical and Pharmaceutical Case Reports* 2025;18(2):59-65
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11. Anulakshmi P B, Vidya S, Binu Jose, Rojo Joy. Clinical Analysis of Mycoplasma Pneumoniae in Children: A Case Series. *International Journal of Medical and Pharmaceutical Case Reports* 18 (2):59-65.

## RESEARCH PUBLICATIONS

12. Binu Jose, Aalia PS, Dona Daison, Elizabeth K. Thomas, Jeethu Jose, Dr. Binu Upendran. Hemodialysis catheter - associated bloodstream infections: a combined retrospective and prospective study. *World Journal Of Pharmacy And Pharmaceutical Sciences*;2025 14(5):991-06.

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## RESEARCH PUBLICATIONS

22. Benoy Navya, Telma Titto, Akash Jose and George Thayil. "A Case of Severe Anaphylaxis Following Iohexol Administration". *International Journal of Medical and Pharmaceutical Case Reports* .2025;18 (3):6-10.
23. T A Farisa, Telma Titto, Siby Joseph, Madhu C S and Aditya V Boney. "Primary Pulmonary Synovial Sarcoma (PPSS): A Rare Case Report on Diagnosis and Management". *International Journal of Medical and Pharmaceutical Case Reports* 2025; 18 (3):27-31.
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25. Ajai Sankar, Anna Liyan Scaria, Sherin K. S, Anjitha B., Saira Rahima and Jeny Samuel: A study on public perception of adverse drug reactions related to self-medication, *European Journal Of Biomedical and Pharmaceutical sciences* Vol 12, Issue 06, 2025.:144-145
26. Cijy John, Akash Jose Kollanassery, Venkateshwaran, Blessy Cherian, Aiswarya Wilson. Intracerebral Hemorrhage Complicating Post-Angioplasty in a Hypertensive Patient on Dual Antiplatelet Therapy: A Case Report. *Int. J. of Pharm. Sci.*, 2025;3 (5):3260-64.
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28. Aleena Muhammed Sadi, Lakshmi R, Krithi Raviraj Ullal. Secukinumab achieves successful outcomes in Plaque Psoriasis: A case report. *Asian Journal of Pharmaceutical and Health Sciences* 2025; 14 (4): 3031-35.
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31. Aleena Muhammed Sadi, Bayana H, Lakshmi R and Murali Krishna Menon. Leptomeningeal Salmonella Paratyphi B: An Atypical Viral-Mimicking Encephalitis in Geriatrics. *International Journal of Medical and Pharmaceutical Case Reports* 2025;18 (4):44-48.

## Ongoing Collaborative research with Manipal Academy of Higher Education



1. Development and evaluation of antibiotic usage protocol in Chronic Kidney Disease patients in a south Indian tertiary care hospital  
Ms. Gayatri R Panicker, Research Scholar (Part-time)  
Department of Pharmacy Practice, MCOPS, MAHE, Manipal.



2. Development of automated system for decision making in intravenous antimicrobial administration practice.  
Dr. Akash Jose, Research Scholar (Part-time) Department of Pharmacy Practice, MCOPS, MAHE, Manipal.

## ONGOING RESEARCH TOPICS

1. Assessment of quality of life and anaemia prevalence in type 2 diabetes mellitus patients on metformin therapy – Internal Medicine department
2. Study on drug utilisation evaluation of newer agents in heart failure with reduced ejection fraction: dapagliflozin, Arni and vericiguat. -Cardiology department
3. A prospective observational study on the effectiveness of nebulized lignocaine and gabapentin nortriptyline therapy in severe cough- Pulmonology department
4. An ambispective study to assess microbial profile, disease severity and prescribing patterns in urosepsis patients-Internal medicine department
5. Effectiveness of Low Dose Rituximab in Rheumatoid Arthritis, Systemic Lupus Erythematosus and Vasculitis-Rheumatology department.
6. A prospective study on antiepileptic drug therapy medication adherence and quality of life in epileptic patients. -Neurology department.



### Team Pharmacy Practice SJCP

L-R: Dr. Sr. Ashitha, Dr. Lakshmi.R, Dr. Naveen Kumar Panicker, Dr. Siby Joseph, Dr. Akash Jose, Dr. Jeny Samuel, Sr. Binu Jose

**Directors:** Dr. Sr. Betty Carla , Dr. Sr. Daisy P.A

**Editor in Chief :** Dr. Siby Joseph, Professor, Department of Pharmacy Practice

**Editorial Board Faculties**

**Dr. Naveen Kumar Panicker, Associate Professor,  
Dept. of Pharmacy Practice**

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