

DELHI SOCIETY FOR PROMOTION OF RATIONAL USE OF DRUGS

From the President's Desk

Since bringing out the previous newsletter in March 2013, it must be confessed that we did not have as active a year as one would have wished.

The previous edition of our publication of STG was brought out in 2009 (reprinted in 2010). We are in the process of revising this edition. We have entered into an agreement with a leading global provider of medical information, tools and solutions to help professionals deliver quality healthcare, Wolters Kluwer India Pvt. Ltd. It is expected that with the wider reach of the company the sale of our publication will improve.

There was renewed interest in the Standard Treatment Guidelines (STG) from state governments. We brought out a special edition of the book for Haryana after our resource persons have had interaction with the clinicians and specialists in the state. 3000 copies were supplied to the state.

We are having discussion with the Government of Chhattisgarh to undertake a few activities like updating of Standard Treatment Guidelines and Formulary; setting-up of Drugs and Therapeutic Cell; monitoring, drug use evaluation etc. The matter is under discussion with the Government of Chhattisgarh.

Recently along with my colleagues, I had a meeting with the Secretary, Department of Health, Government of NCT of Delhi. After he got acquainted with the work done by DSPRUD, in general, and for the Delhi government in particular, he foresaw our active involvement in the continuing medical education programme of serving doctors and other health officials of the state. We are particularly glad of this development.

In the last issue we had highlighted the apocalyptic warning issued by Professor Dame Sally Davies that medicine would be set back centuries if the world allowed infections to continue developing resistance to widely used drugs. WHO has yet again issued a warning on 'Drug resistant superbugs a serious threat worldwide' – this has been featured in this newsletter.

– R. Parameswar

A glance at some work done

Training of pharmacists of ART Centres – National AIDS Control Organization (NACO)

After successful completion of the Training Programme for pharmacists working in ART Centres under NACO, DSPRUD was asked to continue to be associated with NACO in capacity building at ART Centres not covered earlier. The remaining training programmes for pharmacists were held at Bangalore (13-15 June 2013) and Delhi (10-12 July 2013). In this programme, 118 pharmacists from more than 90 ART centres were trained.

National Training Programme on Medication Safety in Hospital: Role of Pharmacists

A National Training Programme on Medication Safety in Hospitals: Role of Pharmacists was organized by the Society on February 13 and 14, 2014, at the Golden Palms Hotel and Spa, I.P. Extension, Patparganj, Delhi. Eighty participants (29 pharmacists from Chhattisgarh, 2 from Chennai, 1 from Pondicherry, 1 from Haryana 46 from Delhi and 1 from Nepal) attended the programme. The programme was inaugurated by Professor Ranjit Roy Chaudhury.

Inaugurating the course, Dr. Ranjit Roy Chaudhury mentioned that the pharmacists have a very crucial role in the procurement of efficacious and good quality medicines and their dispensing and use. He said that medication error is the highest component in the list of reasons where patient safety is compromised. He hoped that the pharmacists would take advantage of this course to have a good understanding of common medication errors and patients get the most benefits of the medicines.

Continued on next page ...



↑ Participants of the training programme





↑ Participants ...

The major topics included in the course were:

- Problem of Irrational Use of medicines and Strategies to improve medication use;
- Medication errors: Special focus on LASA, High Alert and Controlled Drugs;
- Development of Essential Medicines List: Concept, Advantages and Management
 - Assessing drug efficacy, safety, quality
 - Cost evaluation of formulary drugs
- Standard Treatment Guidelines for improving quality of care;
- Monitoring of adverse drug reaction and Pharmacovigilance Programme;
- Prescription Writing and Prescription Audit;
- Methods to assess usage, criticality and expenditure on medicines; DDD, VED, ABC analysis; and
- Structure and function of DTCs/PTCs.

The pre and post evaluation with a 24 item questionnaire indicated an average score of 8.5 in the pre-workshop and 13.08 in post-workshop and the feedback was that the course was very useful.

Creating awareness on rational use of medicines in a village community

The Centre for Community Development and Action (CCDA), which is an extension and demonstration unit of the Department of Social Work, University of Delhi in



↑ Group of women participating in the programme

collaboration with our Society took upon a programme of 'Sensitizing a cluster in the Burari community in North Delhi'.

The outcome of the programme was that, there was a distinctly higher level of awareness among the community with regard to safe and rational use of medicines, especially antibiotics. Many women reported a greater reliance on doctors to prescribe medication and an adherence to prescription in the post phase. They also reported greater care in the purchase and storage of medicines and a careful use of antibiotics after due prescription from the doctor. The additional advantage of the programme was the training of the staff and the community functionaries of the Centre.

The team included the balwadi workers, ASHA workers, community mobilizers and the outreach workers of CCDA, who were trained by Dr. Usha Gupta and Dr. Neera Agnimitra.

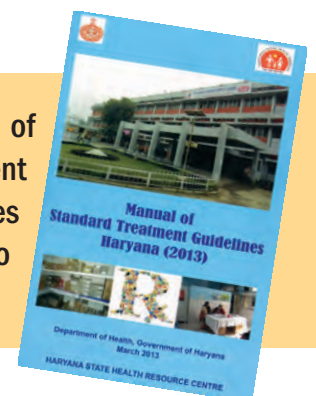


↑ Burari community in North Delhi

Workshop on Rational Use of Drugs and Essential Medicines at Erode

A workshop for pharmacists on 'Rational Use of Drugs and Essential Medicines' was conducted by the Nandha College of Pharmacy, Erode, in association with the Delhi Society for Promotion of Rational Use of Drugs (DSPRUD) on August 10 and 11, 2013. Dr. Usha Gupta and Dr. Sangeeta Sharma were the resource persons from DSPRUD. Two hundred and thirty pharmacists participated in the workshop.

Special Edition of
Standard Treatment
Guidelines
supplied to
Government of Haryana



IN THE NEWS

Overall Health and Medicine Scenario in India*

Achievements

- Eradication of Polio
- Reduction of maternal mortality and infant mortality
- Containment of HIV/AIDS
- Free anti-TB drugs to all Indians who need them, not only the first line drugs but also the second line drugs
- Every fifth drug used in the world is Indian and 80% of the vaccines prescribed all over the world comes from India
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Weaknesses

- Acute shortage of healthcare personnel
- High Out of Pocket expenses on health - Around 70% of expenses on health as compared to 30-40% in other countries
- Lack of good quality medicines, even though the country has a strong and resilient pharmaceutical industry
- Instances of medication errors in developed countries - U.K. and U.S.A. - are very high
- Patient Safety and Medication Errors which is the highest component in the list of reasons where patient safety is compromised.

*As highlighted in Professor Ranjit Roy Chaudhury's Address at the Inauguration of the National Training Programme for Pharmacists.

Training Course on 'Medication Safety in Hospitals: Role of Drugs (or Pharmacy) and Therapeutic Committees'

DSPRUD, with the support of WHO, had conducted many international courses on 'Medication Safety in Hospitals: Role of Drug (or Pharmacy) & Therapeutics Committees'.

These courses were well received by participants both from abroad as well as those from India.

During recent discussion with WHO, it emerged that WHO was keen to sensitize all major hospitals in India on establishing Drug and Therapeutics Committees in each of their institutions. Since there are more than 170 medical colleges in India, WHO has suggested that to begin with, attention may be focused primarily on the hospitals in the public sector. The training course should be so structured to sensitize both policy makers as well as medical practitioners from medical colleges having hospitals. Accordingly, it is planned to have four training programmes for policy makers and four training programmes for medical practitioners covering a cross section of university colleges having hospitals and other major tertiary hospitals in the public sector as also some major corporate hospitals.

Since medication management through functional Drug and Therapeutics Committees is an integral requirement for hospitals seeking accreditation from the **National Accreditation Board for Hospitals & Healthcare Providers (NABH) - Quality Council of India (QCI)** - in India, it is proposed to conduct the programmes in association with NABH-QCI. Preliminaries discussions with WHO and NABH-QCI have taken place and the training programmes are expected to start soon.

Annual General Body Meeting of the Society

At the Annual General Body Meeting held on September 20, 2013, the existing office bearers, as mentioned below, were re-elected for another term of four years.

1. Mr. R. Parameswar, President;
2. Dr. Usha Gupta, Executive Vice President;
3. Dr. Uma Tekur, Vice President;
4. Dr. Sangeeta Sharma, Secretary cum Treasurer;
5. Dr. K.S. Sachdeva, Joint Secretary;
6. Mr. Ramesh Chandra, Executive Member;
7. Dr. K.K. Sharma, Executive Member;
8. Dr. R.N. Baishya, Executive Member;
9. Dr. Jeevan Jha, Executive Member;
10. Dr. Neera Agnimitra, Executive Member; and
11. Director Health Services, Govt. of NCT of Delhi, Executive Member (Ex-officio).

RECOGNITION

- Our Patron Dr. Ranjit Roy Chaudhury was featured in the India Today, March 10, 2014, issue, along with other doctors, who are building a global movement by blending good science with good sense and changing the future of medicine. The magazine writes.....

"For forty long years, the Rhodes scholar from India and former director of PGIMER, Chandigarh, has been helping the Government of India study, identify and test the health claims of hundreds of herbs that were used for centuries by traditional healers in India. "Millions in the Third World will always use herbal medicine because they believe in them." says the clinical pharmacologist."

A World Health Organization (WHO) report shows, traditional medicine remains the most commonly used form of medical care in many countries: 80% in Africa; 70% in India; 60% in China. Modern medicine does not have a proper answer for patients who suffer from certain chronic conditions like high blood pressure, cholesterol, diabetes, back pain etc. Dr. Roy Chaudhury has pioneered the use of herbal medicines in treatment of various diseases. He has published several books on traditional medicines.

- Dr. Usha Gupta and Dr. Sangeeta Sharma are continuing assisting the Quality Council of India (QCI) and the National Accreditation Board for Hospitals and Healthcare Providers (NABH) for conducting training programmes on "Medication Safety".
- Mr. R. Parameswar participated in a meeting of "The Partnership for Safe Medicines India" (PSM India) held in July 2013, with whom DSPRUD maintains close relationship.

Drug resistant superbugs a serious threat worldwide, say WHO

The spread of deadly superbugs that evade even the most powerful antibiotics is no longer a prediction but is happening right now across the world, United Nations officials said.

Antibiotic resistance has the potential to affect anyone, of any age, in any country, the U.N.'s World Health Organisation (WHO) said in a report. It is now a major threat to public health, of which "the implications will be devastating".

"The world is headed for a post-antibiotic era, in which common infections and minor injuries which have been treatable for decades can once again kill," said Keiji Fukuda, the WHO's assistant director-general for health security.

In its first global report on antibiotic resistance, with data from 114 countries, the WHO said superbugs able to evade even the hardest-hitting antibiotics - a class of drugs called carbapenems - has now been found in all regions of the world.

Drug resistance is driven by the misuse and overuse of antibiotics, which encourages bacteria to develop new ways of overcoming them.

Only a handful of new antibiotics have been developed and brought to market in the past few decades, and it is a race against time to find more as bacterial infections increasingly evolves into "superbugs" resistant to even the most powerful last-resort medicines reserved for extreme cases.

One of the best known superbugs, MRSA, is alone estimated to kill around 19,000 people every year in the United States - far more than HIV and AIDS - and a similar number in Europe.

(Source: Story published by NDTV Updates - www.ndtv.com/article/world/drug-resistant-superbugs-a-serious-threat-worldwide-says-who-516468)

Quotable Quotes

- "The person who takes medicine must recover twice, once from the disease and once from the medicine" - Sir William Osler, M.D.
- "Dying from a disease is sometimes unavoidable; dying from a medicine is unacceptable." - Lepakhin V. Geneva 2005
- "Medicine is a science of uncertainty and an art of probability." - William Osler



Delhi Society for Promotion of Rational Use of Drugs

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