



UMT

School of Pharmacy Newsletter

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MESSAGE FROM EDITOR IN CHIEF

We are pleased to share the third issue of School of Pharmacy quarterly newsletter (Volume 2, July–September 2023). This newsletter presents a captivating compilation of different activities at SPH including webinars and training activities for faculty as part of Continuous Professional Development (CPD). Research corner will give insight into the “Faculty Research Day” organized by SPH faculty while student corner will feature community pharmacy activities accomplished by SPH students. Hope this newsletter will be of interest to students, colleagues and members of the Pharmacy community.



NEWS IN BRIEF

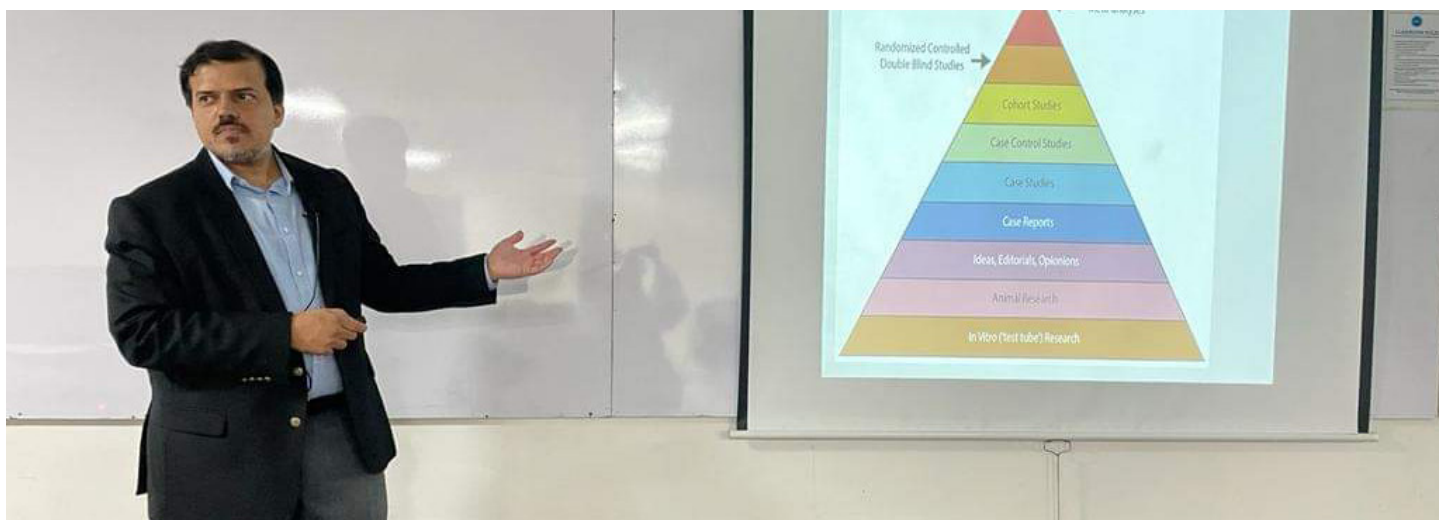
- UMT School of Pharmacy is pleased to announce the launch of a validated, cutting-edge MPhil Pharmacology program being delivered by dedicated Faculty members of SPH.
- SPH is heading towards the launch of the second issue of CPR (currents in pharmaceutical research) journal in December 2023 where the researchers will be able to publish their innovative and original research articles in pharmaceutical sciences.
- SPH is pleased to share that it has received NOC from PCP to launch evening program in Pharm-D

A blue rectangular banner with white and red text. At the top left is the CPR logo (a stylized 'C' with a red cross) and the text 'CURRENTS IN PHARMACEUTICAL RESEARCH'. At the top right is the UMT logo (a circular emblem with 'UMT' inside) and the text 'UMT'. In the center, the text 'CALL FOR PAPERS' is written in large red letters, followed by 'Volume 1 Issue 2, 2023' in smaller white letters. Below this is a QR code. At the bottom, the text 'Deadline: November 30, 2023' is written in white, followed by 'Email: cpr@umt.edu.pk' and 'Submit at: https://journals.umt.edu.pk/index.php/CPR/about/submissions'.

SPH ACTIVITIES

Webinar on Systematic Reviews and Meta-analysis

UMT School of Pharmacy organized a webinar on reviews and meta-analysis. The session was facilitated by Dean SPH Dr Ejaz ullah Cheema who focused on the fundamental principles of systematic reviews and their significance in research. It emphasized the importance of transparent reporting and assessing the risk of bias included in studies. The webinar concluded by highlighting the challenges that researchers may encounter when conducting systematic reviews and meta-analysis including heterogeneity, publication bias and interpretation of results.



Seminar on Research Ethics and Academic Integrity



A seminar was organized by UMT school of Pharmacy on research ethics and academic integrity. The session was conducted by Dean SPH. The seminar emphasized the importance of conducting research as per the four principles of biomedical ethics including autonomy, beneficence, non-maleficence and justice. It also highlighted the components of ethically informed consent and scientific peer review in research.

World Pharmacist Day



Pharmacists play an important role in healthcare and in providing patient outcomes. On the occasion of world pharmacist day, UMT SPH faculty and students organized a remarkable event to pay tribute to Pharmacists worldwide and recognize their vital contributions to patient care, medication management and public health. Pharmacists from different health care settings were invited as guest speakers who expounded the role of Pharmacists in different capacities.

Pharmacy Council of Pakistan (PCP) Visited UMT School of Pharmacy

A delegate from Pharmacy Council of Pakistan visited UMT School of Pharmacy. During the visit, they were apprised about the progress of school during last two years. They appreciated the innovative teaching methods for Pharm-D students and commended well equipped labs of SPH.



Launch of Community Pharmacy Service Activities

UMT SPH – School of Pharmacy is pleased to announce the launch of a community pharmacy service program for its students. This initiative is based on the concept of offering services and expertise to charitable organizations (not for profit) as per need basis. It aims to help pharmacy students gain practical experience, develop their pharmacy practice skills, and contribute to the well-being of the community. Given the limitations of healthcare services in Pakistan, community pharmacy service will play an important role in improving patient health outcomes, increase healthcare literacy besides nurturing a sense of social responsibility among future pharmacists.



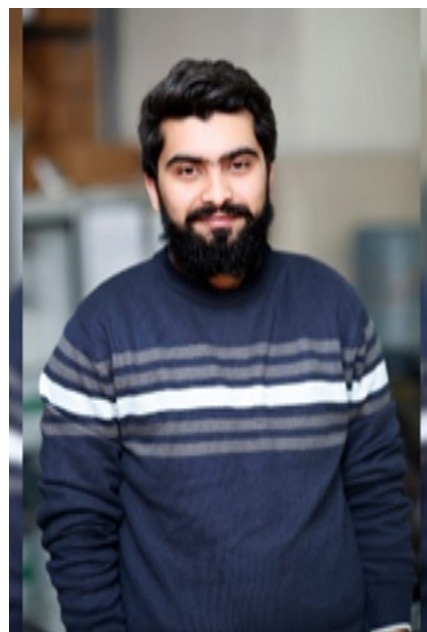
INDUSTRY ACADEMIA LINKAGES

Faculty Secondment Program (FSP)

Faculty Secondment Program (FSP) is a unique opportunity for academic faculty members to spend time in an industrial setting. It is a win-win situation for both academia and industry where academics bring their academic expertise and research to industries, while industries share practical insights that can be integrated into teaching, curriculum, and research.

A faculty member of UMT School of Pharmacy Hafiz Hanzalah Fahham while reflecting on his experience of placement in Ferozsons Laboratories Limited commented “FSP allowed me to spend time in various departments and witness the application of theoretical concepts into real-world pharmaceutical settings”.

FSP highlights the significance of academia-industry collaborations and such collaborations must be promoted to foster innovation in education and research.



CONTINUOUS PROFESSIONAL DEVELOPMENT

Hybrid webinar on “Enhancing Pharmacy Practice Education and Training with My Dispense (A Virtual Pharmacy Teaching Tool)”

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STUDENT CORNER

Highlights of Community Service Activities



Students of the School of Pharmacy visited Alhamrah Foundation as a part of their community service activities. Alhamrah Foundation is a non-profit organization that houses more than 100 orphan children. The students organized various fun activities for children including coloring competition, educating them about healthy eating besides distributing goodie bags to them

A team of students and staff visited one of the Aghosh homes housing 120 girls and 100 boys (Aghosh home is a project of Alkhidmat Foundation Pakistan and is dedicated to the provision of quality education to orphan children). The team conducted a general health assessment of children by checking their BMI, eyesight, temperature, and breathing (spirometry). Besides conducting the health assessment, the team educated children on dehydration and the importance of drinking water regularly..

Student's reflection regarding their experience of community pharmacy service

Muhammad Junaid (F2022437071)

Being part of a community pharmacy service at an old age home and conducting regular check-ups for blood pressure and sugar levels brought a sense of purpose and fulfillment. When I saw how these check-ups helped the residents stay on top of their health, it warmed my heart. Encouraging them to exercise and spend time engaging in activities within the home made me realize the significance of not just physical health, but the joy and companionship these activities brought to their lives. Witnessing the smiles, the laughter, and the sense

of belonging within the community truly made me understand the impact of holistic care on their overall well-being. Watching the positive changes and happiness in the elderly residents because of the care we provide has strengthened my belief in the power of a supportive community and comprehensive care on people's health and happiness. This experience has not only influenced my work but has also touched me personally in a way that I'll always carry with me.

Adeena Qayyum (F2022437105)

I wanted to express my gratitude for the invaluable opportunity to visit the hospital as part of our community service. Our group's engagement in taking patient histories and explaining safety protocols was an enlightening experience. It provided a unique perspective on the practical applications of our pharmacy education. This hands-on approach allowed us to witness the direct impact of our knowledge on patient care. By interacting with patients, we could appreciate the importance of clear communication and empathetic care

in the field of pharmacy. The opportunity to positively impact patients' lives was rewarding and instilled a sense of purpose in our group. Working together in a hospital environment taught us the value of teamwork, adaptability, and the importance of giving back to the community. I believe that this hospital visit has enriched our education, reinforcing our commitment to the profession, and emphasizing the real-world relevance of our coursework.

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Kashmala (F2022437025)

The visit to an old age home was a gratifying experience for us. Being at an old age home was an eye-opening experience as well. It allowed us to confront the realities of aging and the challenges that the elderly face. It was a reminder to cherish our own

health and to treat the elderly with respect and dignity. Overall, the experience at an old age home was incredibly rewarding. It was a chance to make a positive impact in the lives of others while gaining valuable insights and appreciation for the beauty of aging.

Laiba Nadeem (F2021437061)

Growing up in a land where rich customs and traditions are deeply rooted has left a significant impact on my personality. I have always wanted to serve my community to make a distinctive impact. I am thankful to the University of Management and Technology and School of Pharmacy who not only took the initiative but are also a supporting factor for this cause. Community pharmacy service has enabled me to look at the world with a new perspective. From visiting different

orphanages, old age homes and schools to organizing blood donation camps, fund raising campaigns and awareness seminars, this journey has taught me a lot. It improved my communication skills, teamwork skills, leadership and public speaking and also made me realize how a little effort can create a difference in someone's life. I hope with continuous efforts, we make society a better place to live.

RESEARCH CORNER

Faculty Research Day

The School of Pharmacy organized an interactive faculty research day that brought together faculty members from various disciplines to showcase the diversity and depth of research within the school. It also served as an opportunity to identify the following major research themes for the year 2023-2024:

1. Impact of community-based interventions on drug safety
2. Phosphate drug delivery systems
3. Pharmacological validation of herbal extracts
4. Design and biological evaluation of potent kinase inhibitors



HEALTH CORNER

New Students: New horizons, New Pathways and New World

The age to join higher education studies is the most critical age to adjust with the emerging psychological issues such as stress, distress, mental wellbeing and increased risk of burn out. Certain policies and practices must be developed based on the conceptualizations relating student wellbeing to their educational experiences.

Domains of the wellbeing of students:

Certain domains and dimensions of the well-being of students relating to their student life are:

- a) A balance between contexts
- b) A balance between effort and achievement
- c) Dimensions of social, emotional and mental well being
- d) Resilience and its relationship to adjustability
- e) Stress at each level, psychological, emotional, physical or mental
- f) A balance between psychological, social and physical resources and their associated challenges

Student wellbeing in educational settings:

Four different levels of the environment impact the newcomers as students in higher education at an educational setting. These include microsystem, mesosystem, exosystem and macrosystem.

- i) Microsystem: Interpersonal relationships and activities experienced by the students in their immediate environment as family and friends in educational context.
- ii) Mesosystem: Interactions and interrelations between 2 or more elements of the microsystem connecting the individual as academic context and home environments.
- iii) Exosystem: Policies of the educational setup in which the individual doesn't have direct or close contact and thereby indirectly impact student wellbeing.
- iv) Macrosystem: Encompassing prevailing norms and attitudes constituting wider culture and spans across multiple levels of interrelations between person and environment.

Summarizing the overall concept of student wellbeing, there are multiple factors that affect the wellbeing of students in a wider concept. These include the families, the family setup and system, tutors, teachers, peers within and outside the educational context, characteristics of the study program and adaptability to the cultural shock.

Students experience their well-being as interplay between multiple systems. New students must follow a regular routine of life including a well-balanced diet, a stable sleep routine, dedicated proper time schedule for each and every activity, healthy mental activities to combat the homesickness factor in the hostelites. These include:

- a) Be mindful of your environment
- b) Getting into good sleep routine
- c) Thinking about food
- d) Sparing time for physical activities as yoga, run or indoor games
- e) Appreciating a great company
- f) Engaging in enjoyable fun activities to lighten your mood
- g) Do a guided meditation
- h) Better understanding of yourself, your strengths and limitations

Educational institutes might get a deep insight into factors influencing the wellbeing of their students depending upon their location, environment and experience. Institutes must develop policies and regulations to support the wellbeing of their students providing care at different levels and adapt a holistic perspective for their development, mental well-being and learning. As an institute, we welcome our new students from the same perspective and ensure to implicate all the relevant policies to develop the overall wellbeing of our students.

By Dr Rabia Altaf
Associate professor SPH





**School of
Pharmacy**

Admission Fall 2023

MPhil Pharmacology



Why Choose UMT School of Pharmacy?

- World-class research facilities
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- Valid GAT general with a minimum 60% cumulative score

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School of Pharmacy

DOCTOR OF PHARMACY

(Pharm D)

Evening Program

This program is designed to shape learners into skilled pharmacy professionals, aligning with both national and global standards of excellence. Our primary goal is to nurture pharmacists who embody scientific prowess and ethical consciousness, equipped to provide comprehensive pharmaceutical services across diverse settings. Graduates of this program will take on roles in community pharmacies, pharmaceutical industries, health centers, drug information centers, and cutting-edge laboratories.



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- Modern Facilities for Hands-on Training
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