



UMT

School of Pharmacy Newsletter

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EDITORIAL

Welcome to the second issue of our quarterly School of Pharmacy Newsletter. In this newsletter you would get the opportunity to meet the School of Pharmacy team. Furthermore, this newsletter will highlight some of the recent school activities, a collection of published research abstracts by SPH faculty members besides featuring a brief article on the recent outbreak of monkeypox virus. I hope that this edition of the newsletter will be of interest to students, faculty members, colleagues and members of the Pharmacy community.

Dr Ejaz Ullah Cheema
Dean SPH

News in Brief

International Accreditation:

School of Pharmacy is pleased to embark on a new journey towards international accreditation of its Pharm D program.

International Conference:

UMT School of Pharmacy in collaboration with giving back to Pharmacy in Pakistan is pleased to announce the International hybrid conference titled "Innovation in Pharmacy". The conference would be held on September 23 and 24, 2022.

Postgraduate Program:

School of Pharmacy would be launching its postgraduate program in multiple disciplines of Pharmacy very soon.





Meet the Team

Dr Ejaz Ullah Cheema

Professor and Founding Dean

MPharm, MSc, PhD (pharmacy practice) University of Warwick, 2015
PGCERT in Higher Education for Healthcare Professionals, 2020
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Ms Raeesa Ahmed

Senior Officer (Staff)



Ms Iqra Ijaz

Senior Officer (Academics)

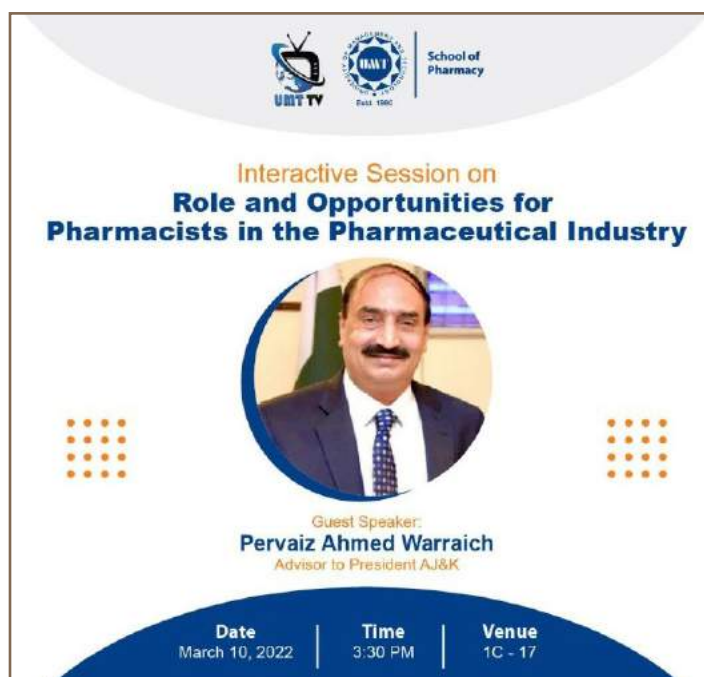


SPH ACTIVITIES

An Informative Session on the Role and Opportunities for Pharmacists in Pharmaceutical Industry

An informative session on “the Role and Opportunities for Pharmacists in Pharmaceutical Industries” was organized by UMT TV in collaboration with the School of Pharmacy on March 10, 2022. The event was attended by the Dean, faculty members and students of SPH. Mr Pervaiz Ahmed Warraich, Advisor to President AJ&K was invited as a guest speaker who highlighted the importance of Pharmacists in the Pharmaceutical

industry. He elaborated that the aim of the pharmaceutical industry is to produce safe and effective drugs and pharmacists possess unique skills which are highly desirable in the pharmaceutical industry. The Dean SPH Dr Ejaz Ullah Cheema thanked the guest speaker and mentioned that this informative session magnified the importance of pharmacists in drug development and research.





Clinical Communication Role Play Activity

Clinical communication role play activity was conducted at the School of Pharmacy for the first-year Pharm D students. The students had the opportunity to practice their communication and presentation skills. The students performed various communication role plays whereby they interacted with simulated patients as hospital, retail, industrial and regulatory affair pharmacists. This is an ongoing learning activity and the students will remain engaged with this activity throughout the five years of the Pharm D program.

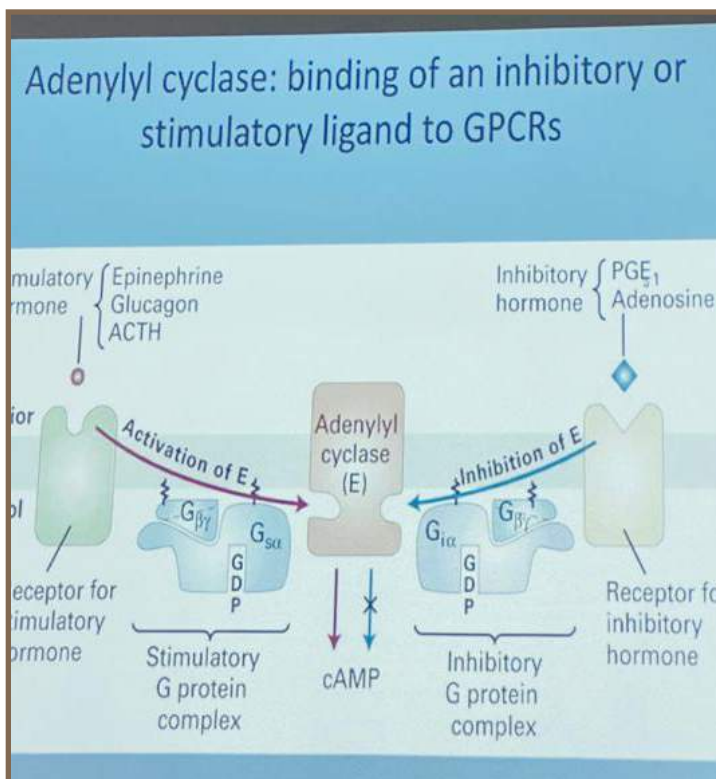


Seminar on Academic Writing Skills



A seminar was organized for the Pharm D students to make them proficient in academic writing skills. Prof Rao Jaleel Ahmed from the Institute of Liberal Arts at UMT was invited as a guest speaker. He has a vast experience in research and teaching in the field of linguistics, ELT and teachers' training. The lecture was attended by students, Dean SPH and faculty members from DLC and SPH. The guest speaker motivated the students with a learning attitude and then taught different areas of essay composition which are usually considered difficult and boring, in a convenient manner. The session was concluded with appreciating words for Prof Rao by Dr Ejaz Ullah, Dean, SPH who later on presented a souvenir to the guest speaker as a token of respect and thankfulness.





An International Webinar on Cell signaling Pathways

An international webinar was organized at SPH on April 19, 2022. The webinar was attended by Pharm D students, Dean SPH and Faculty members of SPH.

The session was conducted by Professor Donald RJ Singer, President, Fellowship of Postgraduate Medicine UK. Prof Donald Singer is a Clinical Pharmacologist and is interested in new approaches to personalizing medicine and in public understanding of health and

medicines. He is a member of the panel of experts of the European Medicines Agency. In his session, Prof Singer elaborated on modern concepts on the cell signaling pathway. The students and faculty members appreciated the session. It was quite an informative and interactive session thoroughly enjoyed by students and faculty members.

Workshop on Paving Your Journey to be a Pharmacist

A motivational workshop was organized at SPH on April 05, 2022, for Pharm D 1st semester students. Mr Kashif Raza was invited as a guest speaker who is Humanistic and Management Speaker. Mr Kashif Raza explained the different attributes required in future pharmacists. He elaborated that pharmacy is a noble profession and hence emphasized the importance of upholding the ethical and

professional standards of the pharmacy profession. It was an interactive talk with the students, followed by a questions and answers session. The session was concluded by presenting a souvenir to the guest speaker by Dean SPH.



UMT Interschool Debating Contest

An Interschool debating contest was organized by the UMT Institute of Liberal Arts on May 17, 2022. The contest trophy was won by the School of Pharmacy. SPH wholeheartedly congratulates M Waseem Asmat and M Shair Shah, students of the first semester for winning the trophy for SPH. You have made us all proud.



End of Semester Celebrations

While the UMT School of Pharmacy ensures students maintain a strong focus on their studies, it equally provides them with opportunities to celebrate their success and reflect on their accomplishments. An end-of-semester ceremony was

arranged by students of the first semester to celebrate their successful completion of the first semester. The event was attended by students, faculty members, staff and Dean SPH.





Seminar on Preventing plagiarism and fostering academic Integrity

Learning Resource Center (LRC) of the University of Management and Technology (UMT) conducted a seminar on Preventing Plagiarism and fostering Academic Integrity on June 21, 2022, for the students and faculty members of UMT School of Pharmacy, Health Sciences Campus. Mr Zaheer Ahmad, Chief Library Officer was the resource person of the seminar.

In the session, Mr Zaheer Ahmad, in a precise wide-ranging way, lime lighted the academic integrity and ethical issues in academia. He discussed the ways to avoid plagiarism and foster academic integrity.

In the closing remarks, Dr Ejaz Ullah Cheema, thanked the resource person for delivering the valuable session to the students and faculty members.



Student's Corner

My First Semester's Experience at UMT

Ayesha Ashraf

My first semester at UMT has been an interesting learning experience. The first month in the university was relatively tough because it's quite difficult to adapt to a new environment. Study pressure, and peer pressure, to be honest, are actually difficult things in university life; and a student has to excel with skills and knowledge in this competitive environment. On the very first day, I was excited that I got admission at UMT, and I was looking forward to exploring the university life with all its charms and odds. I found that the teachers were very cooperative and understanding. The batch advisors were also available for providing all kinds of cooperation to the students. The very struggle that I faced specifically in my 1st semester was managing my time. I have tried my best to manage it and thankfully I scored good marks and a nice GPA. Walking into the class on the first day, I still remember, I picked a seat in the 3rd row and was very nervous back then. The teachers guided us properly about the timetable, rules and regulations, syllabus, and reference books. Teachers gave us proper guidelines about our student portal and gave us our student ID card. Then the regular classes

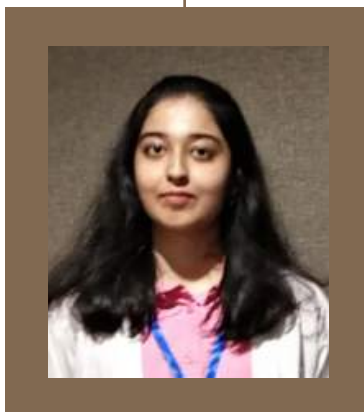


started. The assignments assigned and weekends seemed tougher and busier at first, but got better with time. With all obligations and goals, comes hard work, but once one adopts it, life becomes easier and passion becomes joy. This principle worked for me. Then after some days, an event was arranged on the main campus of my university, which was a musical concert. What a fun day it was! My whole class was there and we enjoyed ourselves a lot. During college time, we imagined and fantasized that university life would be all about fun; we would be independent, and we might be a lot relaxed, but university life is actually busy. It demands more maturity, and a new personality for this phase, with developed character and being more responsible. But undoubtedly there is also so much fun in university life. Fun and happiness all depend on our mindset and on our approach to dealing with all challenges life brings for us. So, for me, 1st semester was overall a joyous learning experience for me. I especially enjoyed and welcomed the modified version of me that university has molded me into. I'm grateful.

Fatima Naveed

(F20214t37100)

University life is entirely different from college life. It is hell of a ride, especially for students who previously studied in the annual system as they need some time to adjust themselves according to the semester system. I am one of those students too. Starting my first semester, I was extremely intimidated by UMT and was kind of nervous that I would not be able to do as well in university as I did in college. After a week or so, I felt like I have adjusted well according to the atmosphere. My first semester was not really easy or pleasant, but it was so exciting to work in the labs, performing experiments and making new things. The most exciting moment for me was in our Pharmaceutics Lab when we made our own cold cream. Another experience, worth talking about, was in the Organic Chemistry Lab where we performed an experiment and red fumes evolved in the air. It was so wonderful yet so dangerous as these fumes can cause serious breathing disorders if inhaled. Even though being a pharmacy student, most of our time was spent in the labs, some other noteworthy events also took place during the first semester.



One of the most inspiring was the role-play activity, organized by our English teacher, Sobia Malik. In that activity, we had to perform short plays in order to show various aspects of the pharmacy profession. This was such a healthy and creative activity that we got so much to learn from it. Though English was our minor subject, it proved to be a big source of knowledge through its various activities. Another activity was our English Poster Presentation, through which we learned about the tenses which proved beneficial. Also, last but not the least, one of the most inspiring and heart-warming events was our White Coat Ceremony, where we took oath about fulfilling our responsibilities sincerely. It will always be unforgettable and will hold a special place in my heart forever. These past couple of months have been some of the most stressful yet exciting experiences of my life. Even though the whole "first-semester experience" was not really easy, I am very proud of myself for getting through it and am very determined to improve myself during the next semester.

Syeda Gul E Zehra

(F2021437115)

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Mehak Riaz

(F2021437061)

The past few months were a significant learning phase in my life. It was the phase that taught me the ways of survival, rules, morals, ethics, and values, and most of all it proved to be the time when I groomed my personality and found the chance to pursue my career in the field that attracted me. Taking the first step, I was anxious about how things will turn out. Meeting new people and adjusting to a new environment has never been easy for me. Somehow, it resembled my first day at school but the difference was that I was on an upper level.



Although, I was not expecting university life to be a bed of roses yet it was difficult for me to fit in immediately. Apart from my previous school and college experience, university life was a little disparate. It required more hard work, diligent working, teamwork and patience. The chemical reactions we studied and formulas we learned required concentration and patience. The first semester was all about learning the subject matter and experiencing new things which not only proved to be difficult but exciting as well. I

Raza Mansha

Before entering the university every student dreams of university life because this is the life that opens up new horizons of education. There the students learn different sorts of experiences and learn new things that can be a life-giving experience for them. My first semester was a blend of a variety of versatile experiences. Starting a new journey of education at university is not easy. One has to face many challenges.

During the 1st semester, I learned a lot about university life. In entering a semester system, you are not aware of challenges regarding studies and practical life. In university life, everyone is responsible for their studies. Everyone is mature enough to know good and bad things about themselves. My experience during the first semester was good. I learned to struggle for obtaining good grades.

During the fresher's week, I was a little confused but everything became clear after the first week. I didn't take seriously the subjects at the start of the semester. But soon I realized the importance of my courses. I began to work seriously. My professors motivated me a lot regarding my degree. They made me realize how much this degree is helpful in my future. They provided extraordinary support in my studies. During the semester I made a lot of friends. Some of them were close to me. I received the

same respect and kindness from them that I gave to them. They supported me a lot in every aspect. In total all of my friends were kindhearted. University arranged a white coat ceremony for us. I enjoyed it a lot. We also appreciated a motivational lecture. It motivated me a lot toward my goal. I really enjoyed my academic work. During the whole semester, my first priority was to complete my

assignments on time. I tried my best to get good marks on quizzes. Most things which I really enjoyed were group presentations and projects. It helped me a lot in developing confidence. I interacted with other students and learned a lot of new things. I gained much experience from my colleagues. It was much interesting to work with other students.

To conclude, I can say that university life is quite different from college and school life. This is a big and mature life for all the students and everybody expects positive and good behavior from all the students. They have to quit childish activities and things that have been a part of school and college life but have to be more responsible and proficient in learning and improving. Because right after this life they step on to the practical life where they have to do various jobs and perform their duties



Syed Hamza Rizwan Bhukhari

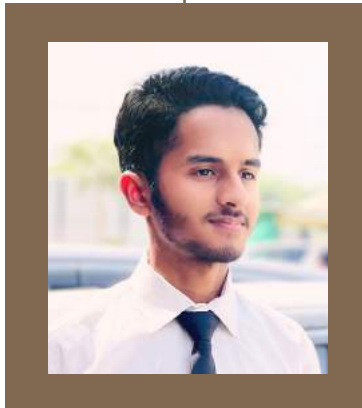
First of all, I would say that there is nothing wrong with private or government universities. The actual fault is in the person himself. It is up to the person whether he or she studies or not, or whether he or she works or not.

I am glad to pass my first semester with a good CGPA. During the semester, the problem faced by most of the students is time management and I was also the victim of it. So due to this problem, the whole semester seemed to be a little bit tough for me. The cooperation of staff and faculty members was very good with the students, which help them to overcome their issues. Meeting the students with batch advisors seemed to be compelling, so I utilized this opportunity too. The thing which I appreciate the most during the first semester is the conduction of different informative and skillful seminars, including writing skills, carrier selection, course-related, personality development and the one and only very unique seminar held with a professor from the United Kingdom. These seminars have imparted their parts in my personality grooming and skills development. The other thing which

played an important role in our skills and personality development was the role-playing activity. We have enjoyed and learned from this activity as well. Now come towards some irritating issues: most of us were unaware of the study criteria of the university. And I was the victim of that, unawareness too. I tried to study like matriculation and intermediate) but it did not help me so much, but then after the

consultation with my batch advisors and my professors, I changed my criteria of studying and it helped me a lot. Then we students were also unaware of the paper pattern and the paper attempting techniques. So, after the midterm, I got an idea of how to attempt the university exams. Then, after the semester, I understood it much better than before.

In concluding my whole experience, I would like to say that the exposure to well-educated and highly mannered professors has widened my views, concepts and vision. So in other words, every moment of my semester duration has taught me many things and I have enjoyed every moment of it.





Research Corner

Abstracts of Research Papers Published by SPH Faculty Members

Efficacy and safety of delafloxacin, ceftaroline, ceftobiprole, and tigecycline for the empiric treatment of acute bacterial skin and skin structure infections: A network meta-analysis of randomized controlled trials

Abdullah A Alhifany..... Ejaz Cheema (March 2022)

Abstract

This review aimed to conduct an indirect comparison using a Bayesian network meta-analysis of randomized controlled trials (RCTs) to compare the efficacy and safety of delafloxacin versus other single antibiotic regimens for the empiric treatment of Acute Bacterial Skin and Skin Structure Infections.

A systematic search with no start date restrictions was conducted. The Cochrane risk of bias tool was used to assess the quality of included RCTs.

Delafloxacin did not show any statistically significant differences when compared to ceftaroline, ceftobiprole, and tigecycline in terms of efficacy and safety. However, the surface under the cumulative ranking curve (SUCRA) probability ranked delafloxacin as the first option for the ITT population.

<https://www.sciencedirect.com/science/article/pii/S1319016421002565>

Ex vivo, in vitro, and in silico approaches to unveil the mechanisms underlying vasorelaxation effect of *Mentha Longifolia* (L.) in porcine coronary artery

Alamgeer Yuchi..... **Abdul Qayyum Khan**

Mentha (M.) *longifolia* (L.) is traditionally used for various ailments. The current study was intended to explore the underlying vasorelaxation mechanisms of *M. longifolia*. Aqueous-methanol extract from the aerial parts of *M. longifolia* was prepared and subjected to activity-guided fractionation. The vasorelaxant activity was performed using porcine coronary arteries with intact and denuded endothelium. In-vitro PDE inhibitory activity of the active fraction was carried out using the radio-enzymatic assay. The active fraction was also subjected to GCMS. Docking and molecular dynamic simulation studies were also performed

We observed that aqueous-methanolic extract induced relaxation in the coronary artery in a dose-dependent manner when the endothelium was intact and denuded. n-butanol fraction (MLB) has produced a maximum effect, and it was selected for mechanistic studies. MLB has significantly enhanced the relaxation produced by cAMP and cGMP, elevating atrial natriuretic peptide, sodium nitroprusside, isoproterenol, and forskolin. Docking and molecular dynamic simulation studies have indicated that thymol can be a competitive inhibitor for PDE1.

It is postulated that an n-butanol fraction of *Mentha longifolia* produced endothelium-independent relaxation due to increased levels of cAMP and cGMP caused by the inhibition of various PDEs.

<https://www.sciencedirect.com/science/article/pii/S0753332222006874>

Novel acetamide derivatives of 2 aminobenzimidazole prevent inflammatory arthritis in rats via suppression of pro inflammatory mediators

Aymun Madni Zubair..... **Ayaz Ali Khan**

Abstract

Benzimidazole ring system is an important pharmacophore with diverse pharmacological activities. In this study, we explored the anti-arthritic effects of newly synthesized acetamide derivatives of 2-aminobenzimidazole (N1 and N2) in rats. FTIR and NMR spectroscopies were used to characterize these compounds. Carrageenan (CRG) induced paw edema model was used to test the acute anti-inflammatory activity of various doses (10, 20 and 30 mg/kg) of N1 and N2 compounds. Based on acute anti-inflammatory effects, the most potent dose of each compound was selected and investigated in complete Freund's adjuvant (CFA) induced inflammatory arthritis (RA) model (n=4 in each group). Histopathological, hematological, radiographic, and RT-qPCR analyses were performed to assess the progression or resolution of inflammatory arthritis. The tested compounds produced a dose-dependent anti-inflammatory activity against CRG induced paw inflammation and similarly reduced edema in CFA induced inflammatory arthritis model. Histopathological and X-ray analyses of ankle joints revealed minimal inflammation and normal joint structures in N1 and N2 treated groups. The tested compounds also reduced the levels of autoantibodies and restored hematological parameters. Interestingly, the tested compounds did not elevate aspartate aminotransferase and alanine transaminase levels and displayed a better safety profile than methotrexate. N1 and N2 compounds also attenuated the transcript levels of IRAK1, NF- κ B, TNF- α , IL-1 β , IL17 and MMP1. In addition, N1 displayed a greater inhibition of mRNA levels of COX1, COX2, mPGES1 and PTGDS as compared to N2. Our findings demonstrate that N1 and N2 compounds possess strong anti-arthritic activity which can be attributed to the suppression of pro-inflammatory mediators.

<https://www.researchgate.net/publication/359993370>

The Positive Impact of Internal Brand Management on Employee Job Satisfaction Through the Mediating Effect of Brand Commitment in Service Industry; A Bank or University

Rabia Altaf.....Sarah Khan (June 2022)

Abstract

The success of companies or industries (especially working in service industry as a bank or university) greatly relies on the performance of its employees. Real brand ambassadors are those service industry employees who are able to leave an intact and deep impact on the stakeholders by an in-depth vision of their selling brand and its value proposition. Brand-centered HRM refers to the implementation of HR-related practices and policies, such as hiring, training and development, compensation and benefits etc. to make employees positive and productive towards their brands. Few characteristic vital pillars of the organizations to create competitive advantage as suggested by academicians and practitioners are well-trained, motivated and fairly recruited employees (Asad ur rehman 2019). The purpose of this study is to investigate the impact of internal brand management on employee job satisfaction through the mediating effect of brand commitment. Data has been collected from 300 front-line employees of commercial banks working in MCB, SCB, Bank Al Habib and Bank Alfalah, with the help of an adopted instrument done with the help of PLS SEM and Exploratory Factor Analysis (EFA) technique is used to analyze the dimensions of Internal Brand Management (IBM), Brand Commitment (BC) and Job Satisfaction (JS). The findings of this study suggest that internal brand management has major contribution to develop brand commitment with the organization and this commitment leads towards employees' job satisfaction. It is also empirically evidenced that brand identification plays a significant role in developing the sound of internal brand management but the brand leadership, brand communication and brand centered human resource management are not individually supported by IBM. However, these dimensions become strong due to the involvement of mediator employee engagement and employee empowerment.

<https://www.webology.org/abstract.php?id=3036>

Evaluation of in-vivo Antidiabetic Activity of Beaumontia grandiflora L. Extracts in Streptozotocin induced Diabetes Mellitus Albino Rats

Sarah Rehman..... Muhammad Majid

Abstract

This research work was performed to evaluate the in-vivo antidiabetic activity of n-hexane and methanolic extracts of *Beaumontia grandiflora* L. in streptozotocin induced diabetes mellitus albino rats. Six groups each comprising of six albino rats were treated I/P for 21 days. Group-I served as negative control, (treated with N/S, 10ml/Kg of body weight), Group-II (treated with standard drug glibenclamide at the dose of 10mg/kg body weight) and termed as positive control group, Group-III (treated with glucose only), Group IV-VII were received n-hexane and methanolic extracts of *B. grandiflora*. Anti-diabetic effect was evaluated by comparing blood glucose level, blood urea level and blood cholesterol level and pancreas histopathology. Results were represented as mean \pm SEM. One-way ANOVA was done followed by post hoc Tukey's test with a highly significance level of $P \leq 0.001$. All the evaluated extracts exhibited anti-diabetic potential as compared standard drug streptozotocin.

[https://www.isisn.org/BR-19-1-2022/283-288-19\(1\)2022BR21-552.pdf](https://www.isisn.org/BR-19-1-2022/283-288-19(1)2022BR21-552.pdf)

Health Corner

Monkeypox Virus A new threat to humanity?

By Dr Rabia Altaf

Communicable diseases have impacted humanity throughout the history of mankind. These diseases may have different origins and root causes but has unfortunately resulted in loss of precious human lives with a huge economic burden. As we are trying to emerge from the recent deadly crisis of pandemic era of COVID-19, a new infectious disease commonly related to Monkeypox virus is on the horizon ringing alarming bells around the globe.

According to WHO, cases of Monkeypox virus have been reported from non-endemic countries. Possessing two main clades, one that originated in Central Africa (Congo Basin Strain) and the other one originated in West Africa (West African Strain), the West African Strain of the orthopoxvirus is less severe and considered responsible for current global outbreak. Both the small pox virus and Monkeypox virus, belong to orthopox virus family, but small pox virus was considered to be very severe, fatal and contagious. The symptoms of Monkeypox virus may relatively appear to be milder and less contagious. An outbreak appeared in 2017-2018 involving 118 confirmed cases after a gap of 39 years without detection of human disease in Nigeria. Six unrelated and seventh prominent traveler was diagnosed with Monkeypox in 2021 who travelled from

Nigeria to USA.

The zoonotic virus during the current outbreak is presenting itself with an unusual pattern of symptoms including few lesions and less fever. Although vaccination against small pox has been considered protective against Monkeypox virus, only MVA-BN vaccine (2019) and Tecovirimat (TPOXX or ST-246) (2022) are approved against Monkeypox virus. WHO has circulated a list of considerations related to case investigation, contact tracing, risk communication and community engagement, large gatherings, clinical management and infection prevention, and control in health care settings for the purpose of surveillance and reporting of the current situation of Monkeypox virus? It is believed that the zoonotic virus takes 2 to 4 weeks to run its course but it may lead to certain other fatal complications such as pneumonia and encephalitis.

While we are awaiting further updates about the Monkeypox virus and its associated risks, the current evidence seems to suggest that the Monkeypox virus is relatively less contagious as compared to other pox viruses. However, caution needs to be exercised by the public and government authorities as per WHO recommendations.

References:

Multi-country Monkeypox outbreak in non-endemic countries (2022): Available online: <https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON385>

Monkeypox: Cleaveland Clinic (2022): Available online: <https://my.clevelandclinic.org/health/diseases/22371-monkeypox#>

Pandemics Throughout History (2021), Sec.Infectious Agents and Disease, Frontiers in Microbiology, <https://doi.org/10.3389/fmicb.2020.631736>



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