



- ▶ A WORD FROM DEAN ...1
- ▶ MESSAGE FROM EDITOR IN CHIEF
- ▶ FACULTY NEWS...2
- ▶ DIRECTION DETERMINES DESTINATION
- ▶ WHO'S WHO
- ▶ HEALTH AWARENESS MONTH
- ▶ UPCOMING EVENTS...11
- ▶ IMPACE 2019
- ▶ MSC 2019

Pharmacy Nucleus

THE NEWSLETTER OF THE FACULTY OF PHARMACY

A Word from the Dean

Dear staff members, students and friends!

It is with great pleasure to write to you again halfway through 2019. The recent professional growth continues to sustain the upward trajectory of Faculty of Pharmacy (FOP). FOP is showcasing many health awareness campaigns, providing platform for active researchers, and increasing its visibility nationally and internationally.

I am pleased to share with you that this year, we are organizing the 1st International MAHSA Pharmacy Annual Conference and Exhibition (IMPACE, 2019) and co-organizing 1st MACR National Cancer Conference (MSC) in collaboration with Malaysian Association for Cancer Research (MACR).

Message from Editor in Chief

Things have been busy, and preparation of the second newsletter brought forth the realization as a faculty aiming for amazing opportunities and growth. The second issue of Pharmacy Nucleus highlights the ongoing commitment of our academic and administrative staff to support our students through professional mentorships. As a unit, FOP is in the right direction, on a right path, and towards a right destination of **“Be Bigger, Be Better, Explore More, and Be More”** nationally as well as internationally.

I am very appreciative of the hard work Pharmacy Nucleus editorial members, and look forward to working with you all to achieve our common goals. This issue will also highlight the faculty news, faculty events, professional profile of newly appointed lecturers, pharmacy horizons and upcoming events.

Being the Dean, I could not be prouder of the progress we are making as a faculty and look forward to our continued commitment to be the best.

Please take some time to read this newsletter and enjoy the recap of some of our accomplishments and future projections as a vibrant Faculty. I would like to welcome the newly appointed lecturers; Dr. Ali Attiq, Mr. Kader Muhammad Kader Ridzwan, and Mr. Ashutosh Kumar Verma to Pharmacy Family. Lastly, for the B. Pharm (Hons) students, I wish them good luck for their upcoming exams.

Professor Dr. Munavvar Abdul Sattar

Our conference teams led by Professor Nahlah Elkudssiah Ismail and Dr. Audrey Yong are working very hard to deliver fabulous international (IMPACE 2019) and national conferences (MSC-19).

Both of these events are a powerful combination and a significant strategic advantage as we continue to pursue “big ideas” in the educational and research arena. So please come, meet, present, exchange research ideas, and renew old and make new friendships in MAHSA University, so we can together make a difference in future research and practice. Thank you to all for your ongoing support.

Dr. Sohail Ahmad

Faculty News

Direction Determines Destination

On March 10, 2019, MAHSA University organized a grand dinner during MAHSA Staff Appreciation Night to celebrate "Fifteen Glorious Years of MAHSA". Beside the number of eye-catching enjoyable events, MAHSA University acknowledged the outstanding and remarkable contributions of academic and non-academic members of whole MAHSA Family.

Being successful and competitive is a long journey for all the faculties of MAHSA University at both internal and external academic and research fronts. Consistent with other faculties, staff from Faculty of Pharmacy (FOP) demonstrated the fact of right on path of success and brilliance practically on MAHSA Staff Appreciation Night 2019. Besides, the contribution of ALL the staff and students of FOP as acknowledged in the nominees of the different awards in Showcasing Research @ MAHSA 2018.

Dr. Sohail Ahmad won 3rd Prize for the Best Researcher Award 2018 based on total number of publications: book chapters, ISI/Scopus indexed journal articles, national and international grants and presentations at scientific conferences.



Dr. Venkatalakshmi Ranganathan won 3rd Prize based on the highest number of ISI/Scopus indexed journal articles.



Dr. Senthil Adimoolam won 3rd Prize for the Best Poster Presentation Award 2018 in Staff category.



Diana Yee Sing Fei supervised by Dr. Audrey Yong Chee Hui won 2nd Prize for the Best Poster Presentation Award 2018 in Student category.



Dr. Sohail Ahmad

Who's Who: A Valuable Addition

Mr. Kader Muhammad Kader Ridzwan



Mr. Kader Muhammad Kader Ridzwan is a young, energetic and passionate pharmacist who joined FOP on May 1, 2019. He graduated from Cyberjaya University College of Medical Sciences (CUMCS) in 2018 with the specialization into clinical pharmacy. During his study days, he actively contributed to the society and performs well in sports. He was the president of pharmacy society in CUCMS and had represented the university in volleyball for SUKIPT 2016. Mr. Kader Muhammad is also a swimming instructor and futsal coach for his previous university team. His passion is every student needs to be an all-rounder which consists

of good academic results, performs well in sports as well as participates in any clubs. This will help to build up a better pharmacist that will benefit the society later. Currently, he is teaching pharmacology and behavioral sciences for the faculty of pharmacy in MAHSA University.

One of his personal dreams for MAHSA is to build up the student's self-confidence by developing students' soft skills. As it is very crucial for professional life, modern companies would prefer if their staffs have good soft skill and academic results. Programmes such as inter-faculty debate, open quizzes, public speaking will boost student's confidence and increase their use of English vocabulary.

Dr. Ali Attiq



Dr. Ali Attiq obtained his Doctor of Pharmacy (Pharm-D) degree in 2012 and completed his Master (MPhil) in Pharmacology and Toxicology with distinction in 2014. He earned his PhD in Pharmacy from Universiti Kebangsaan Malaysia (UKM) in 2019 and joined as Lecturer of Pharmacology at Department of Scientific Basis of Therapeutics, Faculty of Pharmacy, MAHSA University. His master's research work exhibited novel and significant insights on the genotoxic (DNA damage) and mutagenic (Mutation) potential of Carvedilol and Celecoxib combinations. He carried out first detailed phytochemical evaluation of *Cyathocalyx pruniferus* and *Alphonsea elliptica*, which resulted in the discovery of two (2) new compounds from plant species. His research work is published in peer review impact factor journals, focusing mainly on immunopharmacology, phytochemistry, medicinal chemistry, inflammation and inflammation leading to cancer, cytotoxicity and toxicology (genotoxicity and mutagenicity).

Dr. Ali Attiq has taught numerous theory and clinical based pharmacology module to Pharm-D and biomedical students. Based on his teaching experience he seeks to engage students using app technology, new collaborative platforms, ascertaining their research direction and assisting in the composition of their theories and experiments. The distillation of these varied approaches helps him to adhere to a principle of clarity and maximising the educational goals of his students at MAHSA University.

Mr. Ashutosh Kumar Verma



Mr. Ashutosh is a registered pharmacist in India and obtained his Master of Science (Research) in field of Pharmacy Practice. He had been involved in training subjects under clinical and pharmacy practice. During his professional experience, he has been part of national and international projects, workshops and symposiums at different levels of involvements such as Ex-co. member, presenter and participant. He has been honing his research skills for more than six years now in field of clinical and pharmacy practice research both nationally and internationally.

He has exponential research track record with over dozen publications as articles, booklets, reviews etc. He has been involved with training students for research in respective field. Utilizing his end-to-end experience of pharmacy practice research, he inculcates the scientific learning and researching habit among students. Working in an outcome-oriented way he does most efficient use of the available resources. With his outcome, evidence and research-based methods and practices, he brings out the perfect balance for the growth of the organization.

Faculty Events

4th Public Health Campaign 2019

The 4th Public Health Campaign 2019 with the theme of "Obesity & Weight Management" was organised by BPharm, Batch-5, Sem-8 students (MAHSA University Pharmacy Students' Society, MuPSS) at Balairaya Kg. Kanchong Darat, Banting Selangor on 4th May 2019. Different activities were performed namely: Dental screening, body composition monitoring (BMI, fat, muscle, water percentage), blood glucose screening, cholesterol level screening, ECG test.



ART & MUSIC Month

As part of ART & MUSIC Month on 13th April 2019, MAHSA University Pharmacy Students' Society organized various events like fun with plaster of Paris, making your own flower vase and Dancing Competitions.





Health Awareness Month (HAM)

Consistent to the theme “Health Awareness Month” the Faculty of Pharmacy organized series of healthy activities. The HAM was officiated by Professor Dr. Munavvar Zubaid. The students and staff members were encouraged to participate in the activities to become healthier than they were yesterday.



Pound Crush-21- Day Challenge

JULY
HEALTH AWARENESS MONTH 2019



"Pound CRUSH-21-Day Challenge"
(Starting Day)

Initial Day: 2 July 2019
1st Follow up: 16 July 2019 (9.00am to 4.00pm)
2nd Follow up: 29 July 2019

2nd July 2019, Tuesday - 29th July 2019, Monday | 9.00 am - 10.00 am | Level 4 Skill Lab, Unity Building



Com

Word Hunt: 10K Steps Competition

To manage weight and to achieve fitness
through various physical activities.

11th July 2019, Thursday | 9.30 am - 2.00 pm | Level 9, Auditorium, Empathy Building



Get Screened

Get Screened

18th July 2019, Thursday | 9.00 am - 11.00 am | Level 2, The Spine, Humanity Building

Healthy Food Bazaar

Healthy Food Bazaar

15th July 2019, Monday | 11am - 2pm | Level 2, The Spine, Empathy Building



Stay Fit with Your Mobile

Stay Fit with Your Mobile

build your fitness health workout app

20th July 2019, Saturday | 9.00 am - 3.00 pm | Ground Floor, Habitat, Humanity Building

DASH Eating Plan

JULY
HEALTH AWARENESS MONTH 2019



**DASH Eating Plan-
Your Guide to
Lowering Blood Pressure**

20th July 2019, Saturday | 9.00 am - 3.00 pm | Ground Floor, Habitat, Humanity Building



All about Your Eyes

JULY
HEALTH AWARENESS MONTH 2019



**All about
Eyes !**

22nd July 2019, Monday | 10.00 am - 4.00 pm | Ground Floor, Infront of Habitat

Pledge for Health Awareness



PLEDGE FOR HEALTH AWARENESS

1. Snap a photo with your pledge
2. Upload your photo into One-Drive
3. Continue with the 'Stay Fit with Mobile App' short survey

Adopt a Plant

JULY
HEALTH AWARENESS MONTH 2019



Adopt a Plant

22nd July 2019, Monday | 2.00 pm - 4.00 pm | Ground Floor, Habitat, Humanity Building



Integrating Acupuncture in Medicinal Practice

JULY
HEALTH AWARENESS MONTH 2019



Integrating Acupuncture in Medicinal Practice

25th July 2019, Thursday | 9.00 am - 10.00 am | Level 9 , Auditorium, Humanity Building



Organic Food Impact the Body

JULY
HEALTH AWARENESS MONTH 2019



Organic Food Impact the Body

Talk on Organic Food Impact the Body by Dr Chew Weiyun

25th July 2019, Thursday | 10.00 am - 11.00 am | Level 9, Auditorium, Humanity Building



One Day in MAHSA Gym

JULY
HEALTH AWARENESS MONTH 2019



One Day in MAHSA GYM

3.00 pm - 3.10 pm Assemble at Habitat
3.10 pm - 3.15 pm Visit to the GYM @ Sports Complex
3.15 pm - 4.00 pm Body Mass Index and
Body Mass Composition Evaluation
4.00 pm - 5.00 pm Facilities Tour & Equipment
Demonstration

25th July 2019, Thursday | 3.00 pm - 5.00 pm | Ground Floor, Habitat, Humanity Building



Come and Discover How Fit You Are

JULY
HEALTH AWARENESS MONTH 2019



COME AND DISCOVER HOW FIT YOU ARE



25th July 2019, Thursday | 3.30 pm - 4.30 pm | Level 2, The Spine, Empathy building



Hiking Benefits: Mind, Heart and Body

JULY
HEALTH AWARENESS MONTH 2019



Hiking Benefits MIND, HEART and BODY

7.00am : Assemble at Pusat Komuniti Lembah Pantai.
Entry Point: Lembah Pantai [3.103385, 101.660745]
Register
<https://qrigo.page.link/MCyCf>

- Participants are required to :-
1. Arrange own transport
 2. Bring own drink and snacks
 3. Bring own equipment / any related items for hiking



27th July 2019, Saturday | 7.00 am | Bukit Gasing, Petaling Jaya, Selangor



World Hepatitis Day

JULY
HEALTH AWARENESS MONTH 2019



Infographic/ Games:
How much do you know About HEPATITIS?



Poster Competition 2019
Theme for World Hepatitis Day
"Know your Status, Get tested - Learn your options"
Deadline For Submission
Tuesday 23 OF JULY 2019
No posters accepted after 5pm

*Posters In English/Malay will be accepted

27th July 2019, Saturday | 10.00 am - 4.00 pm | Ground Floor, Habitat, Humanity Building

Burn Your Calories: Telematch

JULY
HEALTH AWARENESS MONTH 2019



Burn Your Calories Telematch



28th July 2019, Sunday | 9.00 am - 11.00 am | Level 2, The Spine, Empathy Building



Student News

16th MAHSA University Convocation

MAHSA UNIVERSITY organized 16th Convocation on 22nd June 2019; eleven students from D. Pharm program (Batch-40, 41 & 42) were graduated. One student Ng Chen Song from Diploma in Pharmacy received Vice-Chancellor's award.



Dr. V. Appalaraju

Pharmacy Horizons

Managing Medicines during Ramadhan

In the month of Ramadhan month, Muslims must abstain from eating, drinking, intercourse, use of oral medications, and smoking between dawn to sunset. Each day of Ramadan begins with a predawn meal known as *Suhoor* that includes enough food and water to sustain the individual over a long day of fasting. At sunset, families break the fast together during a celebratory evening meal known as *Iftar*.

For Muslims with chronic disease, the presence of this fasting month brings many questions that lingering in their minds. How to change doses during the Ramadan? Will fasting cause changes to the therapeutic effect of the drugs? Does eating pattern in the fasting month disturb the absorption of the drug?

Fasting in Ramadhan is mandatory for all adult Muslims. However, according to the Holy Quran in Surah Al-Baqarah verse 184, exceptions are made for people in certain condition, which include travelling, sick, pregnant or breastfeeding during Ramadan, where they can make up the missed fasts when able. For people who cannot perform the fasting safely, such as the elderly and those who are chronically ill, they can honor Ramadan through charity, such as by feeding a less privileged person in lieu of fasting. Therefore, if the disease is temporary, minor and non-chronic, the patient should replace their fast (qadha') in the months after Ramadan.

Medicines Taking During Fasting

The obligation to fast on Muslims should not be a burden on patients to undergo such worship while maintaining adherence to medicines prescribed by doctors. According to the Fasting Guidelines for Patients issued by the Department of Islamic Development Malaysia (JAKIM) in 2013, the drug or drug use that does not invalidate fasting are the use of eye drops, ear drops, Glyceryl TriNitrate (GTN) sublingual tablet for *angina pectoris*, all kinds of medicines in the form of injections, mouthwash, nasal spray on condition that they are not inhaled as well as local anaesthesia.

The National Fatwa Council also listed the drugs that can terminate fasting such as the use of inhalers for asthma patients, suppository medicines (drugs inserted into the vagina or anus) and general anaesthesia.

Based on the current study, most patients change the time of drug intake, the amount of dose needed, the dose interval and the amount of dose in a day during Ramadhan without expert advice. This kind of practices can result in the failure of treatment and increase the risk of disease complications.

Fasting for diabetic patients

For diabetic patients who are taking insulin injections, dose and time of insulin injected should be modified according to doctor's instructions based on blood sugar level test performed before the fasting month. Talk to the doctor about taking medicines and dosing insulin for the month of Ramadan as it can prevent blood sugar levels from becoming too low (hypoglycemia) or too high (hyperglycaemia). Diabetic patient may be able to fast safely during Ramadan if they understand the risks, manage their diabetes and carefully follow the doctor's recommendations. Diabetic

patients should also seek medical check-ups and undergo an education program with medical officers, dietetic officers, pharmacists and diabetes nurses to understand how to fast correctly during Ramadan.

Here is a brief guide to take medicines during the month of Ramadhan:

Frequency of medicine	Time to take the medicine	
	If the dose is before meal	If the dose if after meal
Once daily	One hour before <i>suhoor</i>	After <i>suhoor</i> or after <i>iftar</i>
Twice daily	One hour before <i>suhoor</i> & after <i>iftar</i> (before taking the main menu or two hours after <i>iftar</i>)	After <i>suhoor</i> & after <i>iftar</i>
Three times daily	One hour before <i>suhoor</i> & after <i>iftar</i> (before taking the main menu) & before bedtime	After <i>suhoor</i> , after <i>iftar</i> & before bedtime (after taking some food)
	For the three times daily dosing, consult with the doctor if it is possible to adjust the dose to two times daily.	
Four times daily	Depends on disease condition. Please seek advice from medical doctor if it is possible to use alternative medicine.	

It may impart a high risk of complications if the patients fast during Ramadhan and have one or more of the following:

- Type 1 diabetes
- Type 2 diabetes with poor blood sugar control
- Recent history of severe low blood sugar or diabetic ketoacidosis
- History of recurring low blood sugar or unawareness of low blood sugar
- Conditions such as severe kidney disease or blood vessel complications
- Diabetes and are pregnant
- But it may be safe for the diabetes patients to fast during Ramadhan if they:
 - Have type 2 diabetes that is well-controlled
 - Manage diabetes with medications or lifestyle therapy

Conclusion

The patient's decision to fast should be discussed with the healthcare provider. Supervision, education, personal care and detailed consideration of dietary and medicinal schedules can help patients control the disease during fasting. If guidelines and conditions are complied with, fasting can be safely performed and it is not a major hurdle for fasting patients.

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2. Know Your Medicine. Puasa & Ubat [Pamphlet]. Retrieved from: <http://knowyourmedicine.gov.my/node/302>.
3. Aadil, N., Houti, I. E., & Moussamih, S. (2004). Drug intake during Ramadan. *BMJ (Clinical research ed.)*, 329(7469), 778–782.
4. Rohanah Pagi (2010). "Bolehkah Pesakit Diabetis Berpuasa di bulan Ramadan?," Association of Diabetes Educators of Singapore. July-September, 2010.

Mrs. Irma Wati binti Ngadimon

Upcoming Events

IMPACE

HOME PUBLICATION VENUE ABOUT US CONTACT US

THE 1ST INTERNATIONAL MAHSA PHARMACY ANNUAL CONFERENCE AND EXHIBITION 2019 (IMPACE 2019)

"FRONTIERS IN PHARMACY: MOVING BEYOND BOUNDARIES"

5th PHARMACY STUDENTS' SCIENTIFIC CONFERENCE (PSSC) 2019

Concurrent running conference.

VENUE The Ballroom, MAHSA University, Bandar Saujana Putra, Selangor	VITAL DATE: 8th OCTOBER 2019 : Pre-Conference Workshop 9th - 10th OCTOBER 2019 : Conference	ORGANIZER Faculty of Pharmacy, MAHSA University	KNOWLEDGE PARTNER: Malaysian Academy of Pharmacy (MAP) Malaysian Armed Forces (MAF) Royal Medical and Dental Corps
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KNOWLEDGE PARTNER



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**Hope you have enjoyed reading our quarterly newsletters.
Stay tuned for Issue 3 in September 2019**



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