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Predisposing factors associated with disturbance of Insulin and glucose homeostasis in patients with first episode psychosis treated with selected Antipsychotics

Rehmat Shah

University of Peshawar, Pakistan

Atypical Antipsychotic Drugs (AAPDs) are being widely prescribed to treat schizophrenia and bipolar disorder; however, metabolic abnormalities in such patients have remained a main focus in the recent research. AAPDs-naïve patients with first episode psychosis were studied who received olanzapine, quetiapine, combination of olanzapine with antidepressants/antiepileptics or received risperidone to evaluate whether these atypical antipsychotics have any effects on the blood level of insulin and c-peptide, random blood glucose and body weight. The serum samples of patients were taken before the intake of the first dose who were followed for an average time period of 45.17 days for olanzapine, 39.4 days for olanzapine in combination with antidepressants, 40.4 days for quetiapine and 37.87 days for risperidone for any drug induced changes in insulin, c-peptide, random blood glucose and body weight. We found that 41.46% of the total population was addict, out of which 17.65 % showed disturbed insulin before treatment (DIBT), 23.53% disturbed insulin after treatment (DIAT), 42.86% disturbed glucose before treatment (DGBT), 41.18% disturbed glucose after treatment (DGAT) and 52.94% did not report. Similarly, 58.54% of the total population was non-addict, out of which 29.16% showed DIBT, 16.67% DIAT, 25% DGBT and 16.67% DGAT. It is not antipsychotics only but schizophrenia itself, narcotics, cigarette smoking and use of oral snuff may also be implicated as risk factors in the disturbance of insulin and glucose levels.

rehmatshah@upesh.edu.pk

Expanded role of Pharmacist for better patient care and to increase public awareness – Malaysian experience

Syed Azhar Syed Sulaiman

Universiti Sains Malaysia, Malaysia

Changing pattern in pharmacy education and services around the globe has a great impact on Malaysia too. Clinical Pharmacy services started in Malaysia in late 80's where the syllabus for pharmacy education started to focus on patient's care and quality of life issues. Academic staff was trained overseas to deal with varieties of specialty area in clinical pharmacy. Started from creating Master of Clinical Pharmacy program for staff pharmacists in the country and training for overseas pharmacists, the clinical pharmacy program begin to bloom which is accompanied closely with research aspect of patient's care. Awareness is being generated for community to understand their medical regimens and assure that the quality of care by pharmacists is at par with other healthcare providers. Based on various publications and research on the services and pharmacy education in the country, pharmacists begin to stand high in the country. Currently all graduates in pharmacy, medical and dentistry in Malaysia will be directly absorbed for services in the government hospitals and contributes their knowledge and skills for the benefit of patient care. Beside medication adherence clinics, varieties of services including drive through pharmacy, postal pharmacy, home review medication etc. has been initiated to improve patient's care especially in rural area and among aborigines. Various approaches and initiatives have been taken to improve aborigines' knowledge regarding diseases and compliance towards medications. This step are taken to increase the awareness regarding healthcare and promoting self-conscious regarding own healthcare.

sazhar@usm.my