



Volume 1, Issue 8

PHARMACY

# DPC Newsletter

## Editorial

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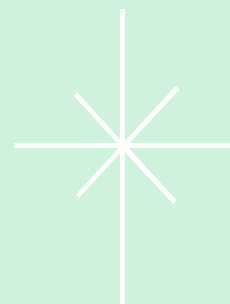


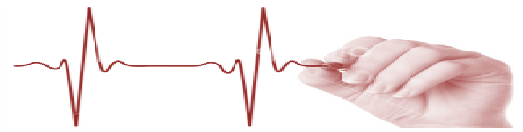
## Editorial

It gives us great pleasure to participate in the upcoming event; Dubai International Pharmaceuticals & Technologies Conference & Exhibition (**DUPHAT 2012**) scheduled to be held between **12 – 14 March 2012** at the Dubai International Convention & Exhibition Centre. It has evolved to be one of the most important annual pharmaceutical event since its inception in 1995. DUPHAT serves as the convergence point for pharmacists, physicians, scientists, marketing professionals, researchers, paramedical professionals, drug developers, dealers, agents, manufacturers, distributors, medical representatives, clinicians, pharmaceutical analysts & consultants, product specialists, key decision makers, pharmacy practitioners, trade visitors & academia.

Since many years, DPC students have actively participated in this event as volunteers, poster and oral scientific presenters and always made DPC proud by winning highest number of prizes. We wish to continue the same trend this time and in future.

**Professor. Saeed Ahmed Khan**  
**Dean, Dubai Pharmacy College**





## News & Events



# MAKE IT YOUR MISSION

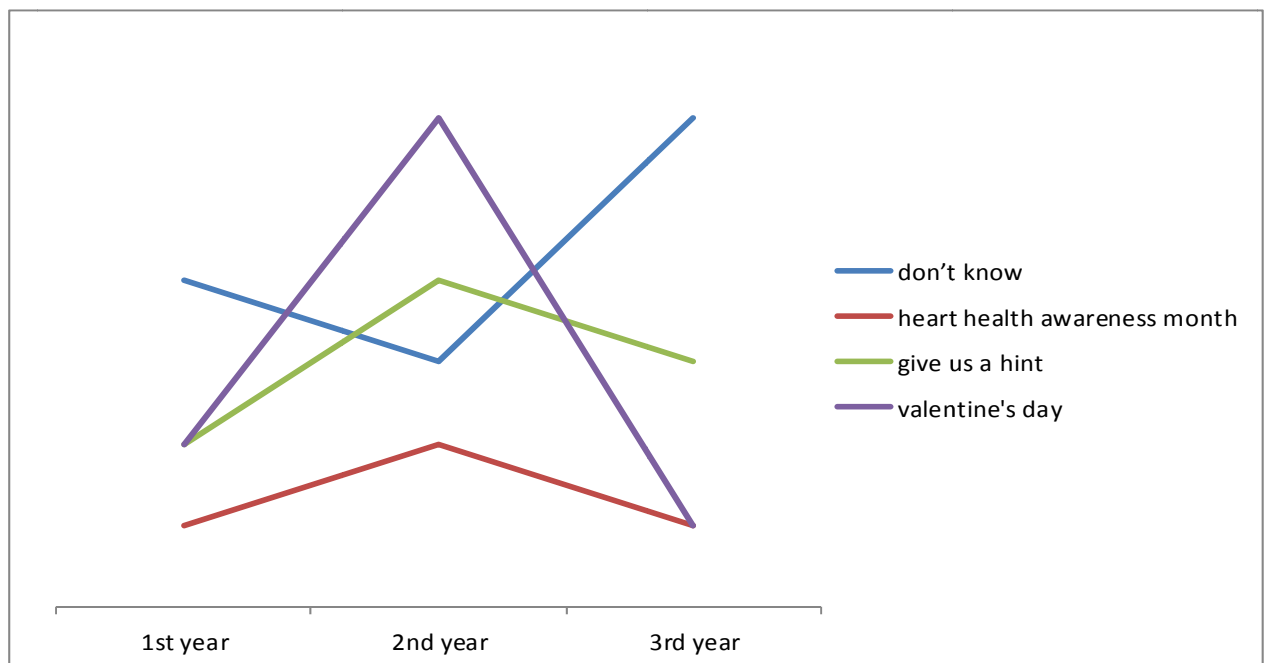
TO FIGHT HEART DISEASE IN WOMEN

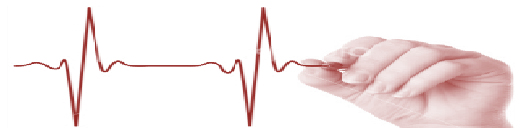
*By: Sidra Parveen  
Student Reporter*

## February - Heart Health Awareness Month

Heart disease is the leading cause of death, one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. Each year over 8.6 million women globally die of heart disease and stroke. This is more than the total number of women who die from all cancers, tuberculosis, HIV/AIDS and malaria combined. That's why the month of February is dedicated to raising awareness about heart disease. Educate yourself on the dangers and stay on track to better, healthier heart!

When we asked DPC students about the month of February, some of the responses were:





## Warning signs of cardiovascular diseases

- Pressure, a feeling of fullness or a squeezing pain in the center of your chest that lasts for more than a few minutes
- Pain extending beyond your chest to your shoulder, arm, back, or even to your teeth and jaw
- Prolonged pain in the upper abdomen
- Shortness of breath
- High Blood Pressure
- Severe headache
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Pounding in your chest, neck, or ears



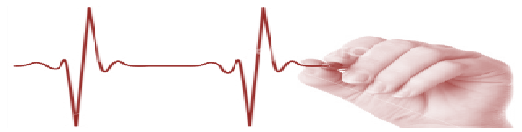
## How to avoid heart diseases?

- Refrain from smoking
- Try to exercise for at least 30 minutes a few days a week
- Eat a heart healthy diet
- Get regular health screenings

## What is **Go Red For Women**?

In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 women each year, yet women were not paying attention. In fact, many even dismissed it as an “older man’s disease.” To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created Go Red for Women – a





passionate, emotional, social initiative designed to empower women to take charge of their heart health.

### What is the goal of **Go Red for Women**?

Go Red for Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life. In 2010, the American Heart Association set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20% while improving the cardiovascular health by 20% by the year 2020.

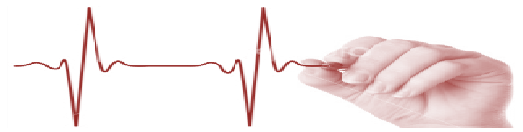
### DPC students '**Go Red for Women**'

On the Tuesday, February 28, 2012, students at DPC came together to raise awareness for cardiovascular diseases in women by wearing red. Posters and Charts were made by the students of first year.



Poster Credit: ≈Sara Mos'ad and Inas Kassiss ≈





## Message from Alumnus

Omaimah Mukarram - **Aspiring Cardio-Pharmacist**

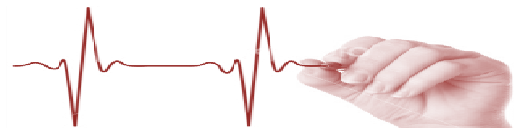
'I always wanted to do specialization in Cardiology. When I got into pharmacy during my 1st year I got to know that one of the main roles of Clinical pharmacists is to go on rounds with doctors in wards. And I actually saw this happening during my Hospital training at Mafraq Hospital.

It was an amazing experience and the best time was when I spent hours in the CICU-that is the Coronary Intensive Care Unit. There I learnt that Clinical pharmacists can specialize in Cardiology. You need to study several guidelines and also learn to apply them. When I was on rounds with the surgeons and consultants (of course with my mentor) I had two ideal pharmacists along with me-Dr.Muhammed and Dr.Dania. For them the guidelines were on the tip of their tongues as if it's their names! MashaAllah! From there I got inspired and became adamant to pursue in this field, InshaAllah!

Basically to become a Cardio-pharmacist you need to become a Clinical Pharmacist and then go on rounds with surgeons and consultants. You need to give an exam in the hospital itself and then you're licensed to go with doctors and suggest certain medicines.

I hope my tad bit of knowledge would help my juniors. All I would like to say is have a balanced life with studies, entertainment and family time. And good luck to all.'





## Student Article

### Unsaid But REAL-ITY~~~

*By- Afnan Mahmood Al Zamrooni (Batch 20)*

People experience a lot of issues in their day to day lives. The only difference is intensity of the pain. PAIN - a four letter word has the ability to change a person's life to the most depressing one, but the most important thing is how well a person handles it. In my life I realized two most important things the first being, whatever happens to you it's your responsibility, simply because you allowed it to happen and second, life always gives you a choice it's you who makes the decision for the right one.

We do think people have many perspectives but it is never constant as it always changes. Everyone knows change is inevitable but when it happens nobody is ready to accept it. Well to think about it how would you feel to live a monotonous life? Well I believe that every change has a reason and it's the way we look at it that makes a difference. Well life is in your hands, it's the way you carry it, the way you balance it and it's you who makes it or breaks it. I read that "only a life lived for others is a life worthwhile" but if we don't think about ourselves first how will we look after others?

Most of the people in this world do not respect or value themselves, myself being a part of it but to think about it why would you allow someone else to hurt you when you don't hurt yourself? Why would you want to lose yourself respect for someone else when you won't do anything to lose it? Well we should really love ourselves before loving someone else and if you ignore yourself everyone else will do the same. I, me, myself should be the three most important words for a person, there is nothing wrong in being selfish not that you are not thinking about others but you just take care of yourself a bit more, which should be the case. In my life whenever I had a tough time I used to look out for people to support me but later I realized that the first person you should always go to is "I" and there is nothing that "I" can't do. If at all I really feel the need of someone I would first go to the people who are actually there for me but don't really say it but just do it that is your family, believe me when I say it because no matter how disoriented it is, they will always stand for you. Well of course friends do stand for you but the ones who are true to you. My mother always told me chose friends who encourage you, well I used to think that's not needed but honestly it's really important because everyone needs a motivational factor in life no matter who it is.

Well I always believe that no one is born good or bad, it's their deeds that judge them. Everyone does their share of mistakes but the only difference is who realizes it and who does not. I have learnt that people just need a reason to talk about you but you should never feed them with the reasons. **Well Life teaches you something new every day and again it's up to you, to take it in a positive or negative manner. Life takes your test first and then teaches you... it's like a drawing without an eraser.**





FACULTY ARTICLES

## Students Experiences and Perceptions of Team-Teaching in Undergraduate Class In Dubai Pharmacy College



Prof. Dr. Heyam Saad Ali and Dr. Aliasgar  
Pharmaceutics and Pharmacy Practice, DPC

(Oral presentation at the 14<sup>th</sup> Annual Congress of the Scientific Association of Colleges of Pharmacy in the Arab World and the 2<sup>nd</sup> International Conference of the College of Pharmacy and Health Science, Ajman University of Science and Technology (AUST), UAE held from February 7<sup>th</sup> to 9<sup>th</sup> 2012. )

This study examined student experience and perceptions of two models of team-teaching employed at Dubai Pharmacy College to teach Biopharmaceutics-Physical Pharmacy courses regarding effect of physicochemical properties on drug absorption subject was characterized by the large number of team members (>3) and the relatively low level of team involvement in the planning and administration of the team-teaching process.

**The aim of the study:** is to examine students' experiences in an effort to identify the strengths and weaknesses of the team-teaching approach from the students' perspective. This study contributed to our knowledge of teaching practice by identifying, amongst other things, aspects of the team-teaching approach that both facilitate and hinder student learning.

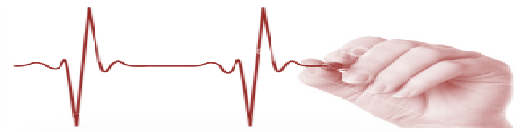
**Method:** Data for this study was collected on each teaching model through two identical surveys. In total, data was collected from 76 student's responses.

**Results:** Despite the relatively weak forms of team-teaching adopted to teach this subject, the majority of the students liked the concept of team teaching. The findings in this study suggested that team-teaching can facilitate student learning through the generation of interest and exposure to 'experts', but can hinder student learning if the team fails to act as a cohesive unit and work together to adequately link learning concepts. This study also argues that the most critical factor in determining the success or failure of a team-teaching effort is the actual composition of the team.

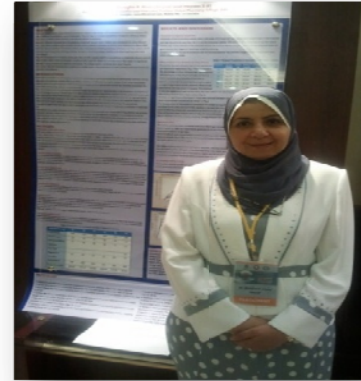
**Conclusion:** A key implication of this study is that a team that comprises of 'good teachers' (perceived as those skilful in teaching large classes) is far more important than a team comprising of 'experts' in different knowledge areas. This aspect of team-teaching is often overlooked in the literature.







## POSTER PRESENTATION



Dr. Bazigha K. Abdul Rasool, Associate Prof. in Pharmaceutics and Pharmacy Practice, presented a poster at the 14<sup>th</sup> Annual Congress of the Scientific Association of Colleges of Pharmacy in the Arab World and the 2<sup>nd</sup> International Conference of the College of Pharmacy and Health Science, Ajman University of Science and Technology (AUST), UAE held from February 7<sup>th</sup> to 9<sup>th</sup> 2012.

### The poster titled: **XANTHAN GUM BASED SUSTAINED RELEASE TABLETS OF ACECLOFENAC: DESIGN AND IN VITRO EVALUATION**

**Authors:** Bazigha K Abdul Rasool\* and Heyam S Ali

#### ABSTRACT

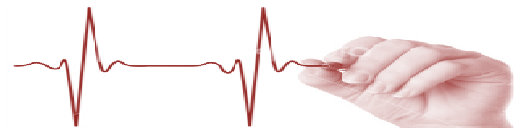
**Purpose:** In the present study different parameters influence the design and development of sustained release (SR) matrix tablets of aceclofenac were investigated. The aim was to increase aceclofenac therapeutic efficacy, reduce frequency of tablets administration, and improve patient compliance.

**Methods:** Different formulations of aceclofenac sustained release matrix tablets were developed by using different drug: gum ratios, xanthan gum as matrix former, microcrystalline cellulose as diluent and Polyethylene Glycol (PEG 6000) as release modifier. Formulated tablets were evaluated for friability, hardness, thickness and their relation to the amount of gum: drug ratio and drug release. As well *in vitro* drug release, stability and tablet swelling index were investigated.

**Results:** Formulation consisting of drug: gum ratio of 1:0.12 released 89.67% of aceclofenac in sustained manner up to 12 hours. It was stable under accelerated conditions (45°C and RH 75±5%) for 6 months since there were no significant changes in drug content and physical parameters. The release pattern exhibited zero order kinetics.

**Conclusion:** Results indicated the suitability of xanthan gum in the preparation of matrix based sustained release formulation of aceclofenac.





## Alumni Contributions



GOT HOPE! GOT CHANGE!  
GOT A JOB??



**From:** Rahma Taher Al Awlaqi ( Class of 2011)  
**Sent:** Tuesday, February 21, 2012 6:12 PM  
**To:** DPC Newsletter

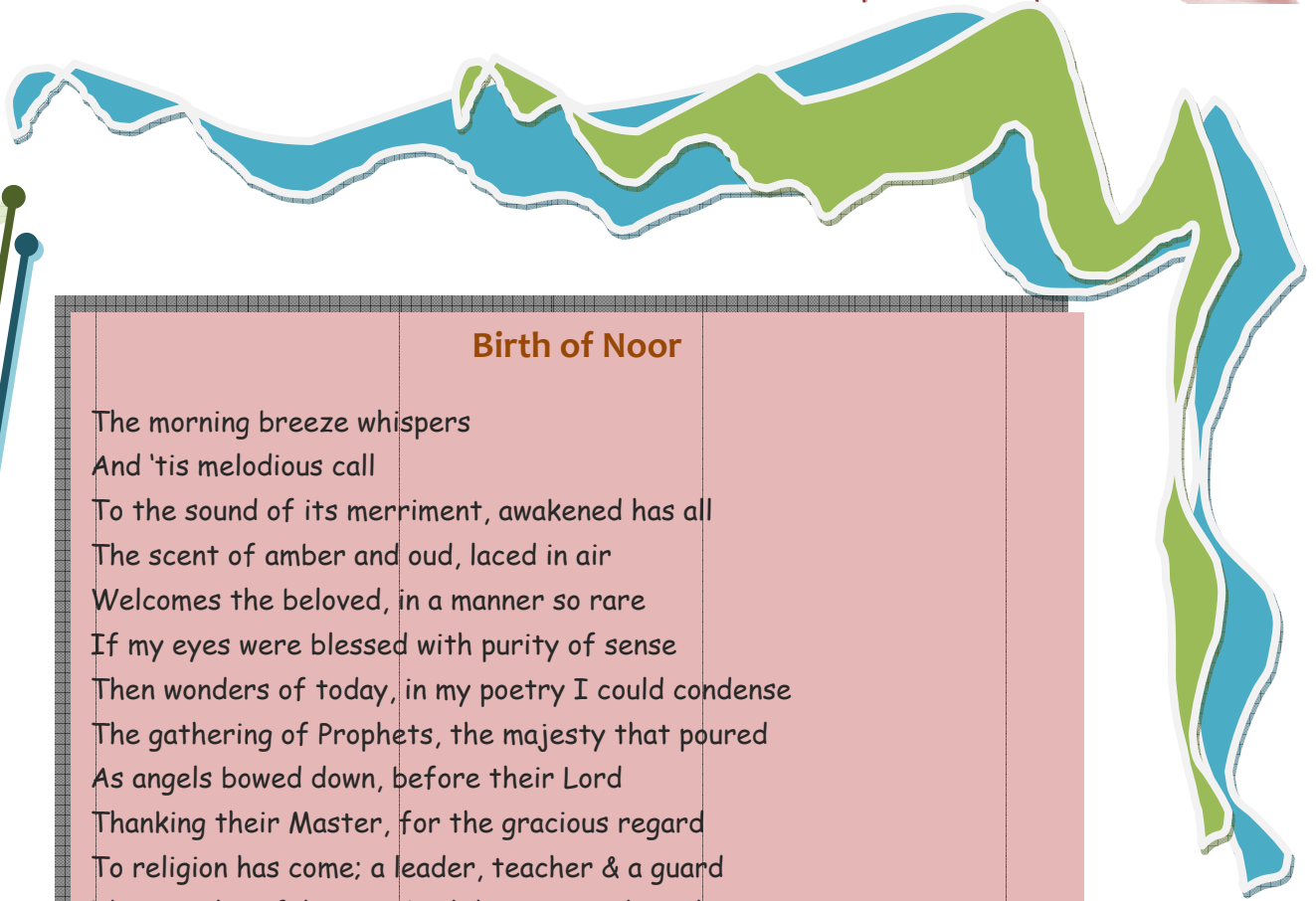
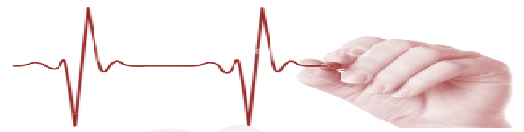
I cannot express how much support I got from my family, the dean Prof. Saeed Ahmad Khan and faculty. After working in Julphar company for 8 months I received a coveted offer from SKMC (Sheikh Khalifa Medical city managed by Cleveland Clinic). I'm looking forward to work, God willing, in all the Pharmacies sections such as Ambulatory Care , In-patient pharmacy, Clinical services and Stores , safety , projects , other pharmacy locations in the medical city such as UCC \ BSP \ER\ PHC .

My sincere thanks for providing excellent opportunities while at DPC. Hope all the pharmacy students have a good future.

*Ph. Rahma Al Awlaqi*

*Graduated from DPC Batch 16 on 12<sup>th</sup> of July 2011*





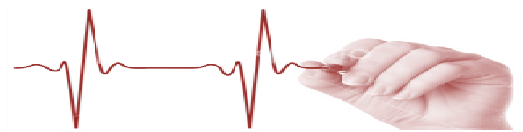
### Birth of Noor

The morning breeze whispers  
And 'tis melodious call  
To the sound of its merriment, awakened has all  
The scent of amber and oud, laced in air  
Welcomes the beloved, in a manner so rare  
If my eyes were blessed with purity of sense  
Then wonders of today, in my poetry I could condense  
The gathering of Prophets, the majesty that poured  
As angels bowed down, before their Lord  
Thanking their Master, for the gracious regard  
To religion has come; a leader, teacher & a guard  
The priceless felicity in both heavens and earth  
The finest celebrations, that comes with your birth.  
O Beloved! O Rasul Allah!  
Your luminous face, has brought to this world such light  
The sun, moon and the stars are shamed, at sight.  
Your precious name, is bounded with such love  
That every time my lips read "Muhammad" I stand in awe of  
The Lord who blessed us, through your noble existence  
My words fall short in saluting His supremacy, His excellence.  
& to celebrate splendour on this adored day,  
We greet our beloved through a salawat-bouquet  
*Allahumma salli ala Sayyidina Muhammad wa ala aal-e Muhammad*

*Sahar Hussain*

*Batch 15*

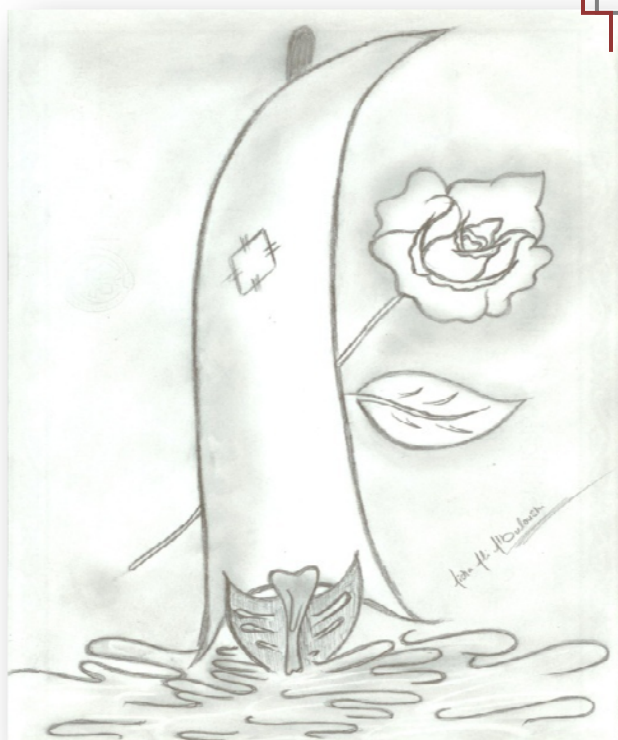




**ARTISTIC EXPRESSIONS...**

**Neha Mushtaque Shalkh**

Batch 20



**Aysha Ali Albuloushi**

Secretary, Institutional Effectiveness  
& Publication Unit

