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DPC Newsletter

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"Let's start every day with a clean heart."

Prof. Saeed Ahmad Khan

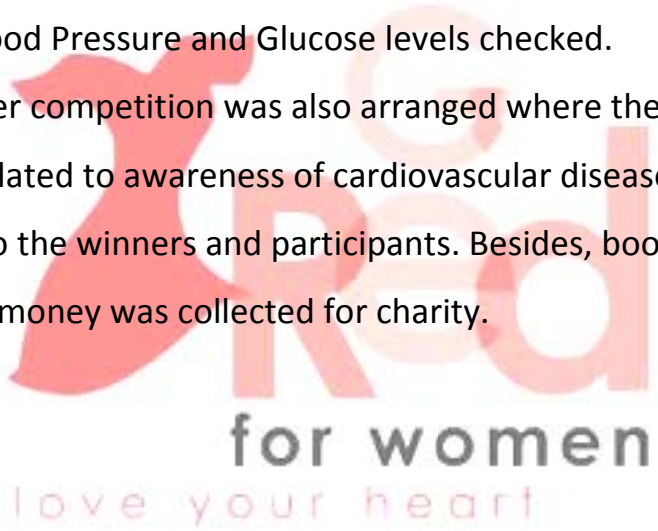
Heart Health Day

News & Events

February is known as the "**Heart**" month of the year, not only due to celebration of Valentine's Day, but also for spreading awareness of the Heart diseases suffered by mainly the women.

To make our contribution in spreading the awareness, DPC student union arranged an event **"Heart Health Day"** and made sure our entire faculty and students came out to get their Blood Pressure and Glucose levels checked.

In addition, a poster competition was also arranged where the students had to prepare posters related to awareness of cardiovascular diseases and certificates were distributed to the winners and participants. Besides, bookmarks and books were sold and the money was collected for charity.



Reported by:

Arwa Nousheen

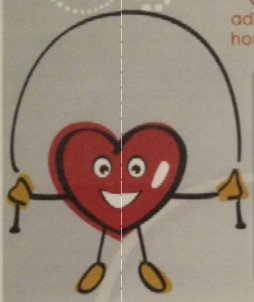
Awareness campaign

Blood pressure check

Glucose level under control ?

WHY FEEL HELPLESS ABOUT YOUR CARDIOVASCULAR DISEASE?

Consult a pharmacist as he can provide you with CVD education, adherence, self monitoring, Communication, consultation and out of hours services.



Education:

- Poster - Hang a checklist in your pharmacy as a reminder to speak with CVD patients about hypertension and cholesterol as they play a major role in CVD.
- Postcard -Help spread the word that controlling blood pressure by offering postcards to your patients. The card should provide an overview of hypertension and cholesterol.
- Organize health fairs or seminars in offices and colleges where qualified personnel can explain about CVD management
- Giving discounts or free blood test, ECG , stress test and pressure checkups as they will help in diagnosis and management of CVD.
- Provide 24 hrs hotline service.

Adherence aids:

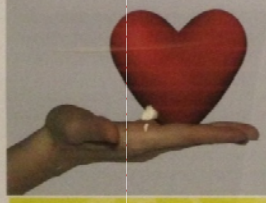
- Medication reminder: forgetting to take medication is one of the most common reasons patients are non-adherent, offer a tear-pad to hang on the refrigerator or place by the telephone to serve as a friendly reminder that they will see each time they open the fridge or pick up the phone.
- Assess patient adherence at each visit

Self monitoring:

- Design a program that uses health messages that are easy to understand, interactive, and culturally sensitive.
- Contact patient frequently via telephone or email to troubleshoot problems
- Schedule follow-up visits to assess progress and set achievable goals

Communication and consultation:

- Foster effective communication with patients. Provide clear and direct messages about importance of behavior or therapy.Slow down and take time to assess patient's health literacy skills.
- Encourage patients for lifestyle changes and sports or exercise.



Out of hours services:

Community pharmacists can also set up OOH(out of hours) pharmaceutical services

- Comprehensive medication reviews or " medication check-ups"
- Complex medication management services or "pharmacotherapy consults"
- Disease education, coaching and support services
- Health and Wellness services (such as smoking cessation, weight management, nutrition and other services) and Self-Care consultations

Done by: Mariam hassan, Razan Nael, Neha..

Accesspharmacy.com: a report

"What a school thinks about its library is a measure of what it feels about education."

-Harold Howe

DMCG and DPC have not only expanded its education via a library but also through an online library, **www.accesspharmacy.com.**

Mr. Abdul Hafeez, Chief Librarian invited Mr. Ala Barkat (Sales and Training Consultant, Medical Unit, Techknowledge) who demonstrated the proper usage and benefits of this site since a library is knowledge to be accessed from anywhere. He explained about the usage of this site for medical students and how it contains a larger range of knowledge than what is in a physical library. Some of the most important beneficial points highlighted were:

- How students can create a personal account and compete and compare each other's results by taking quizzes and of their specific levels which improve performance
- Multimedia content including animations, interactive guides and educational videos (theory and practical based) are also present
- Textbooks are always updated
- Availability of Medical calculators, guides for cases and care of medical conditions and drugs' information.
- Searching for any data under a specific tab makes it easier to do work.
- An online guide to use the site itself is also available

Teachers and students both definitely left the room with a better sense of gaining information from www.accesspharmacy.com since technology follows us everywhere and so does education.

Reported By: Arwa Nousheen

Faculty Contribution

Role of libraries in Information Literacy

Bushra Parveen, Assistant Librarian

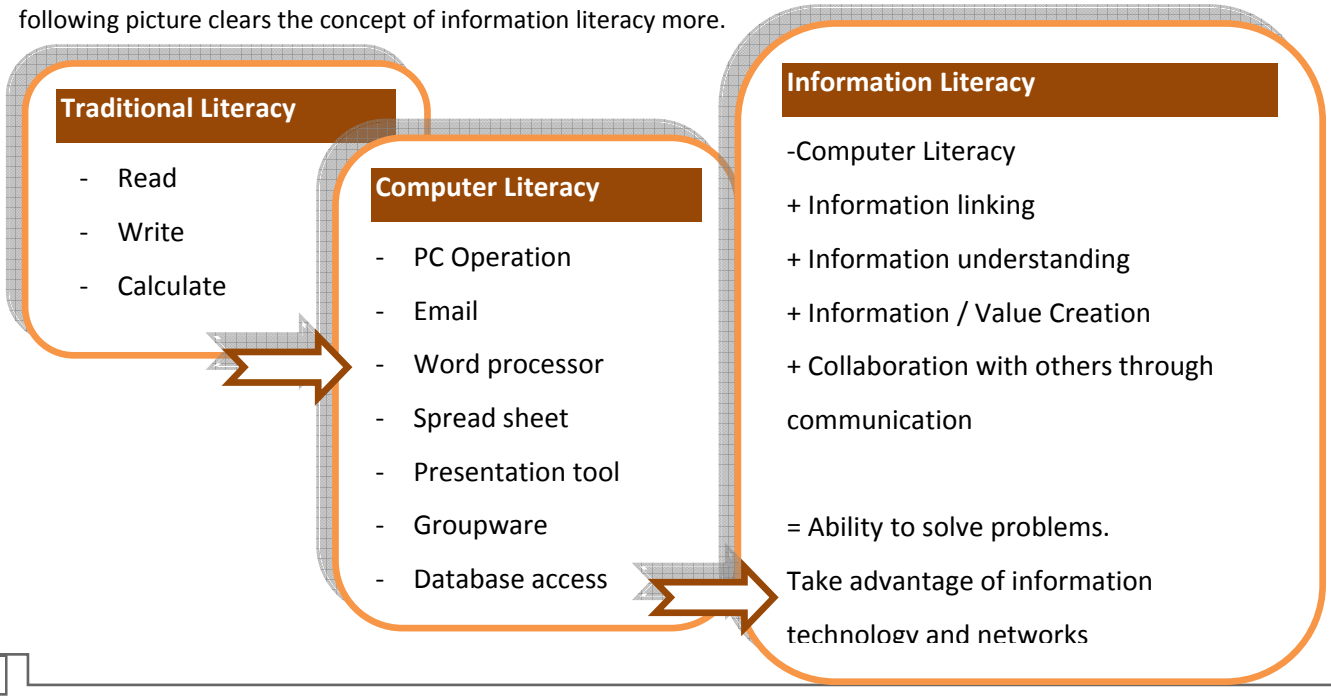
Meaning of Information Literacy

Information Literacy is the ability to identify what information is needed, understand how the information is organized, identify the best sources of information for a given need, locate these sources, evaluate the sources critically, and share the information. It forms the basis for lifelong learning .It is common to all disciplines, to all learning environments and to all levels of education.

The American Library association defines information literacy as the ability **"to recognize when information is needed and have the ability to locate, evaluate, and use effectively the needed information".** So an information literate person

- ✓ **Effectively accesses**
- ✓ **Evaluates**
- ✓ **Organizes**
- ✓ **Synthesizes and**
- ✓ **Applies information**

Information literacy is sometimes confused with computer literacy, information technology and traditional literacy. The following picture clears the concept of information literacy more.



Importance of Information Literacy

Information literacy is critically important because we are surrounded by a growing ocean of information in all formats. Not all information is created equal: some is authoritative, current, reliable, but some is biased, out of date, misleading and false. The amount of information available is going to keep increasing. The types of technology used to access, manipulate and create information will likewise expand. If one knows how to find accurate information from the ocean he knows almost everything. In a current scenario master is not the one who knows everything (as it is not possible) but the one who knows 'how to know' and that is what through information literacy a person learns.

Information Literacy and Higher Education

The development of lifelong learners is the mission of higher education institutions who continue to learn beyond their formal education. If students are able to reason and think critically and learn how to learn, they will be able to continue to grow intellectually throughout their careers, and contribute to society as informed citizens. Information literacy provides the tool to do so. That is why information literacy is considered as a significant outcome for college students. So it is the responsibility of the higher education institution to make it's students information literate to prepare them to meet the demands of the information age.

Role of libraries in Information Literacy

What started as a library orientation grew as a library instruction and bibliographic instruction and finally became information literacy. Libraries and librarians play an important role in education of students, faculty and staff for effective and efficient information use by teaching them information skills at all levels of education. The librarian is responsible for acquiring, disseminating and tracking information resources of many types. It might include database searching, interlibrary loan, monitoring internet new groups or maintenance of a computerized library information system. By doing so librarians encourage lifelong learning or we can say they teach 'how to know'.

What should be the Strategy of Higher Education Institutions?

Good practice from UK indicate that library and academic staff working collaboratively produce the most successful integrated literacy skills programme. Information literacy is most effectively learned when it is embedded within curricula. It means that a proper information literacy programme collaboratively made by librarian and academic staff within the curriculum can give the best results.

Student's Contribution

Click, CAMERA, Captured

Since my childhood photography is my passion. It transports me to another world. Importantly, photos serve me to express my feelings. With the passage of time, I became interested in the macro mode of photography. I started to learn some basic techniques mainly through websites and books. I use this technique a lot as it lets me capture the details of the subject.

Photography is one of the arts I love the most, as it leaves lasting impressions of the precious moments in our life. Capture the beauty and emotion of the subject, may be that is the reason why a picture speaks a thousand words.

To make the perfect combination of photography will need a lot of learning and effort. I believe with my determination and strength, I will succeed.

By: Mariam Maleki

Artistic Expressions

Arwa Nousheen

Batch 19