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Nirmala College Rd, Kizhakkekara, Muvattupuzha, Kerala 686661

IMPACT OF CLINICAL PHARMACIST INITIATED PATIENT COUNSELLING IN PATIENTS WITH METABOLIC SYNDROME IN A TERTIARY CARE

Hana Nassir*, DR. T. Balasubramanian, Riya Sara John ,Nidha K.K.

Department of Pharmacy practice Alshifa college of pharmacy ,kizhattur,perinthalmanna,kerela

Abstract

Background: The National Cholesterol Education Program's Adult Treatment Panel III report (NCEP ATP III) identified the metabolic syndrome (MetS) as a multiplex risk for cardiovascular disease .

Objectives: Systematically review whether a pharmaceutical care intervention can result in better understanding about MetS.

METHODOLOGY: An observational interventional study was carried out prospectively for a period of 6 months by assessing all MetS. Study had a pre- interventional phase, post interventional phase. Patient information leaflets were provided to patients After 3 months follow up were conducted for them.

Results and Discussion: The sample chosen was 90. Among them 61 were males and 29 females and majority falls between the age group of 40-50. 41.1% were overweight, 35.6% falls into obese category. Most of the patients in our study were nonalcoholic (81.1%) and nonsmokers (67.8%). Most of them were following mixed diet (47%) and vegetarians were least (14.4%). WHO QoL-BREF questionnaire were used to analyze the QoL of the patient in phase I and phase II which showed there is a significant hike in QoL of patients after the counselling phase.

Conclusion: The study provided a complete evaluation, categorization and systematic analysis of MetS. The key strength of study was patient counseling which improves the patient understanding about the illness, medication, diet, lifestyle modification. The result of this study clearly highlights the necessity to continue surveillance of various criteria of MetS. The guided risk management strategy was effective in improving the knowledge and attitude of patients regarding the prevention of MetS.

Keywords: Metabolic syndrome (MetS), Quality of life (QOL)

Occurrence of Cancer among Pesticide Applicators: A Systematic Review

Anriya Annie Tom*, Jean Vattakattu Varghese, Elveena Sebastian, Thamanna Iqbal,

Nirmala College of Pharmacy, Muvattupuzha

Abstract

Objective: To do a systematic review to identify and analyze the research done on the occurrence of cancer among pesticide applicators

Method: Search was done in Google Scholar with search terms "PESTICIDE APPLICATORS", "CANCER" using Boolean operator "AND". All primary research articles retrieved were used in the study and meta-analysis and research articles were excluded from the study.

Result: A total of 30 studies relating to the topic were identified among which the average sample size was found to be 50,000. All the studies showed an association between pesticide application and cancer occurrence but with varying relative risk ratio and odds ratio. Two-third of the studies showed insecticides and one-third herbicides and fungicides associated with cancer occurrence. Among the insecticides, organophosphates and organothiophosphates were mostly associated. Among the various cancers, lung cancer (n=9 studies) and multiple myeloma (n= 8 studies) were the most in pesticide applicators followed by prostate, bladder, colorectal and Non-Hogkin lymphoma.

Conclusion: This study revealed that there is a high risk of cancer incidence among the pesticide applicators. It thereby signifies to limit pesticide use and the need to educate and train the workers on following adequate safety measures while handling pesticides.

Keywords: Pesticide application, cancer risk.

