

College of Pharmacy Experiential Education Newsletter

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Editorial Board

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Welcome Note

We welcome you to the College of Pharmacy (CPH) Experiential Education Newsletter. The aim from this letter is to shed the light on the activities and updates of the experiential program and to showcase the skills and abilities of CPH students during their SPEP and PharmD rotations and their preceptors.

The newsletter will be issued the first Sunday of the month from September-December and from February-May and will cover different highlights from the experiential team, preceptors and CPH students.

Hazem Elewa



Experiential team members from right to left: Stephanie Atweh, Bridget Javed, Hazem Elewa, Monica Zolezzi, Myriam Jaam, Lama Sabek

New batch of SPEP and PharmD students



This fall, the following 34 CPH P4 students started their SPEP rotations at various experiential sites in Qatar:

Asma Buojallouf , Ruba Solaiman , Ramah Almaluf, Halima Saadia , Tassnim Tawfiq, Diala Alhaj, Waad Elamin, Somaya Mahmoud , Safeya Habib, Eman Mahmoud, Laila Shafei, Leen Aldahman, Ola Hishari , Sara Dahmani , Sima Qadir, Sara Ismail , Mariam Mustafa, Ranin Abidi , Marah Abusido, Nebras Ibrahim , Nadin Kamel , Maryam Al-kaabi , Malak Saleh , Alia Aly , Kheloud Awad , Shaima Bashir, Monyah Basil , Haidy Desouki, Roua Ismail , Ghadeer Salman, Raghad Tamime, Nour Abu Shameh, Reem Hajeomar, Zeena Elkudsi

Nahla Jabr

New batch of SPEP and PharmD students



Dr. Bridget with the 21-22AY PharmD students

This year, the following 14 CPH graduate students start their full-time PharmD program:

Dhabya Al- Khater, Esraa Maklad, Hend Al-Naimi, Hiba Mohammed, Iman Qubaiah Moumena Haddad, Nada Issa, Rawan Ghanem, Shahd Ali, Shahd Elamin, Shaza Deyab, Suad Abiib, Turfa Alhathal, Yomna Ismail

Lama Sabek

Highlights from summer SPEP

We had a successful 2021 SPEP summer program, with a total of 68 students going through rotations in several different sites: hospitals, primary care clinics, community pharmacies and the pharmaceutical industry. Before the start of the summer program, both preceptors and students were oriented to the SPEP program, the learning objectives and the associated assignments. This year, we had two faculty members, Dr. Zachariah Nazar and Dr. Muna Al-Ismaail, who supported the 68 students and their preceptors during their rotations. Both provided a short insight into their experience:

"I was pleased to oversee our undergraduate students' experiential training during the summer. It was remarkable to see their outstanding clinical performance, which reflects their advanced educational training. The engagement of the preceptors was excellent. They were collaborative and supportive. I would like to thank both our students and preceptors for their commitment to the training program." (Dr. Muna).



Highlights from summer SPEP

"It was a pleasure to conduct site visits during the summer SPEP courses. I was able to witness pharmacy students competently apply the knowledge and skills that they have developed in the undergraduate program to work place settings. With no exceptions, students conducted themselves with high levels of professionalism and proactively sought opportunities to further their learning. I was particularly impressed with the inter & intra professional relationships that students quickly established with members of the pharmacy team as well as other healthcare professionals working alongside them- communication skills, assertiveness and resourcefulness were key characteristics evident in the students' work. Similarly, the College of Pharmacy is indebted to the fabulous preceptors that continue to support and mentor the students, the great successes of the SPEP program is largely dependent on their dedication and commitment." (Dr. Zachariah)

Monica Zolezzi

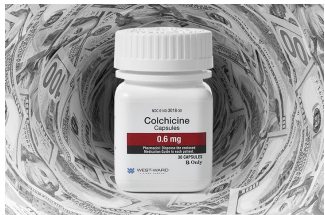


Drug information question of the month

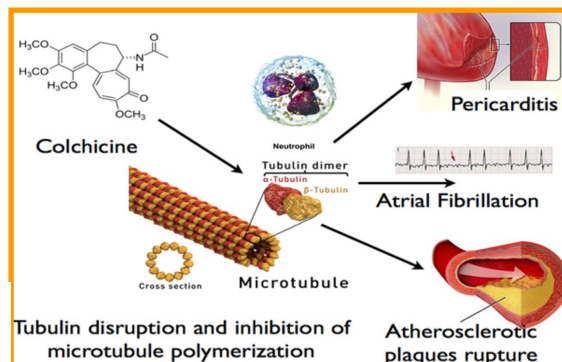
Question: In patients with a history of cardiovascular disease, is using low-dose of colchicine effective and safe in secondary prevention of cardiovascular events?

Answer: As research and knowledge advances we begin to re-purpose some old medications in new indications. That is exactly the case with colchicine, which is an anti-inflammatory drug used primarily in patients with gout. Studies have shown that colchicine could have a role in the secondary prevention of cardiovascular disease (CVD). This originates from the fact that CVDs are primarily caused by atherosclerosis, which is an inflammatory response of the body that occurs when low-density lipoprotein (LDL) and toxins accumulate in blood vessels specifically in the innermost endothelial layer. The body's defense mechanisms are triggered and release macrophages to attack those plaques leading to the formation of foam cells which release inflammatory markers to trigger further supply of macrophages and the cycle continues (1).

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Otto CM. Heartbeat: Colchicine and heart disease. Heart 2016;102:567-568.



Drug information question of the month

On the other hand, colchicine is an anti-inflammatory medication that works by inhibiting the release of inflammatory markers including leukotriene B4, in addition to suppressing microtubule assembly resulting in reduction in leukocyte formation (2). This explains colchicine's potential role in secondary prevention of CVD that involves atherosclerosis formation. Despite this clear associated mechanism, colchicine's beneficial effects cannot be confirmed until valid strong trials to prove this theory become available.

A recent systematic review and meta-analysis included 22 high-quality RCTs that have studied the effect of colchicine in preventing secondary CV events, studies have revealed statistically significant benefits in patients receiving colchicine in the prevention of various events including pericarditis, coronary artery disease and atrial fibrillation. With regard to colchicine safety profile most of the trials showed no statistically significant difference in terms of ADRs experienced by those patients except for gastrointestinal ADRs which were significant in some of the included RCTs.

The evidence concludes the effectiveness of using a low dose of colchicine (0.5 mg) in the process of secondary prevention against CVD. In Qatar, mortality rates due to chronic conditions represent 69% of death cases with CVD being number one cause (6). With colchicine being a low-cost medication, it can be considered a cost-effective solution to be implemented into national local guidelines.

DI response submitted by: Nebras Ibrahim. Edited by Shahd Elamin & Shaza Deyab

Pharmacy Student insight

Even though it has been less than 2 months since we were officially labelled “CPH graduates”, it was still unreal setting foot in the college again as PharmD students. The first day of the academic year started with great happiness and big smiles on everyone’s faces, and the moment Dr Bridget showed us the list of students accepted into the program, we were filled with tremendous amounts of joy and enthusiasm. Of course, as we started getting into assignment and tasks, reality smacked us right in the face. We started with enormous passion, but we were still worried about whether we can do things perfectly.

Starting our first week with excitement for this new beginning in our pharmacy careers, we have found ourselves overwhelmed. We were exposed to new information, tasks, patients, diseases, and surgeries, and we had to work on countless questions and topic discussions.

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Pharmacy student insight

At times It felt impossible and scary, but when our patients smiled at us- it felt like something warm was patting us on the back.

With the days passing by, the second week was not really less hectic, yet it somehow felt a bit smoother. Perhaps we were beginning to get used to the routine, or maybe the fear of new beginnings was slowly wearing off.

Working in our different sites every day, we can't help but think of where we want to be by the end of this program. We are looking forward to adopting new skills and experiences in terms of patient care, including effectively collecting patient history and performing medication reconciliation using the best possible medication history, intervening in both efficacy and safety drug related problems, and monitoring our patients' progress, and educating them. We hope that in the near future we can grow to be essential team members and successfully collaborate with other healthcare providers.

Shahd Elamin and Shaza Deyab

New message to preceptors

We would like to welcome the Qatar University College of Pharmacy Preceptors to the 2021-2022 academic year. We are honored that you have accepted this prestigious position to serve as a preceptor for SPEP and PharmD students. With this great honor, comes great responsibility. For this reason, we would like to thank you in advance for offering your time and expertise. As a preceptor for the College of Pharmacy, you will be able to contribute to the professional growth and development of our pharmacy students. You will be able to provide and teach students the invaluable practice experiences that are difficult to provide in a didactic setting. You will also serve as a role model for students and other pharmacists in Qatar to emulate. As we launch the first College of Pharmacy Experiential Education Newsletter, we encourage each of you to use this platform to share and highlight your precepting achievements. We look forward to receiving your submissions. Submissions may be emailed to spep@qu.edu.qa or pharmd@qu.edu.qa. All the best as begin the new academic year.

Bridget Javed