

PHARMA TAB

CLINICAL PHARMACY NEWSLETTER

C.L. BAID METHA COLLEGE OF PHARMACY

Affiliated to The Tamil Nadu Dr. M.G.R. Medical University & Approved by PCI

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Theme: HEALTH CARE HORIZONS

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Editor's Desk

As we stand at the forefront of rapidly advancing healthcare horizons, the future of patient care is being reshaped by innovation, interdisciplinary collaboration, and evolving clinical roles. Among these, clinical pharmacy continues to emerge as a cornerstone in optimizing therapeutic outcomes and ensuring patient safety. The integration of technologies such as Artificial Intelligence, precision medicine, and data-driven decision support is transforming how pharmacists contribute to care—from individualized therapy planning to proactive monitoring and patient education. However, as we embrace these advancements, it is essential to balance innovation with accountability, ensuring that technology enhances, rather than replaces, clinical judgment and the human touch.

As we navigate the evolving landscape of healthcare horizons, patient care is increasingly shaped by innovation, interdisciplinary collaboration, and expanding clinical roles. Clinical pharmacy stands at the forefront of this transformation, driving improved therapeutic outcomes and patient safety through the integration of Artificial Intelligence, precision medicine, and data-driven decision-making. While these advancements offer immense potential, their true value lies in complementing clinical expertise while preserving the human touch in care delivery.

In this dynamic era, pharmacy educators play a pivotal role in equipping future pharmacists with digital competencies and the ability to responsibly harness emerging technologies. By fostering innovation alongside accountability, we prepare graduates to lead and shape the future of healthcare. This issue features articles focused on technology and the future of healthcare, along with our regular activities and highlights. We hope you find it both informative and engaging to read.

DRUGS APPROVED BY US FDA

Drugs Approved by US Food and Drug Administration (US FDA) during the period of April to June 2026

Drug Name	Approved Date	Indication	Status in India
Orforglipron (Tablets)	01/04/2026	Weight Loss	Clinical trial ongoing / Not approved
Doravirine and Islatravir (Tablets)	20/04/2026	HIV-1 Infection	Not approved. Only Doravirine 100 mg alone has been approved in India (June 2026). The fixed-dose combination with Islatravir has not yet received CDSCO approval
Vepdegestrant (Tablets)	01/05/2026	Breast Cancer	Not yet approved by CDSCO in India
Sonrotoclast (Tablets)	13/05/2026	Mantle Cell Lymphoma	Not yet approved by CDSCO in India
Baxdrostat (Tablets)	15/05/2026	High Blood Pressure	Not yet approved by CDSCO in India
Bulevirtide-gmod (Lyophilized Powder for Injection)	22/05/2026	Chronic Hepatitis Delta virus infection.	Not yet approved by CDSCO in India
Pivekimab sunirine-pvzy (Lyophilized Cake for Injection)	27/05/2026	Blastic Plasmacytoid Dendritic Cell Neoplasm	Not yet approved by CDSCO in India
Cefepime and zidebactam (Powder for Injection)	29/05/2026	Urinary Tract Infection	Approved by CDSCO for complicated urinary tract infection
Cipepofol (Injection)	29/05/2026	To induce general anesthesia in adults undergoing surgery	Not yet approved by CDSCO in India
Ensirelvir (Tablets)	29/05/2026	Post-Exposure Prophylaxis of COVID-19	Not yet approved by CDSCO in India
Gadoquatrane (injection)	12/06/2026	To detect and visualize lesions with abnormal vascularity, in conjunction with MRI	Not yet approved by CDSCO in India
Tebipenem pivoxil (Tablets)	17/06/2026	Urinary Tract Infection	Not yet approved by CDSCO in India
Veligrotug-vvze) Injection	26/06/2026	To treat thyroid eye disease	Not yet approved by CDSCO in India

Source: <https://www.fda.gov/drugs/new-drugs-fda-cders-new-molecular-entities-and-new-therapeutic-biological-products/novel-drug-approvals-2026>**DRUGS APPROVED BY CDSCO**

Drugs Approved by CDSCO during the period of April to June 2026

Drug Name	Approved Date	Indication
Sotorasib 240mg Film Coated Tablets.	10/03/2026	Treatment of adult patients with KRAS G12C-mutated locally advanced or metastatic non-small cell lung cancer (NSCLC), who have received at least one prior systemic therapy

Source: https://cdsco.gov.in/opencms/opencms/en/Approval_new/Approved-New-Drugs/

Important Health Awareness Days (July - September 2026)

National Doctor's Day 01 July

Theme: Behind the Mask: Who Heals the Healers

World Hepatitis Day 28 July

Theme: Hepatitis: Let's break it down!

World Lung Cancer Day 01 August

Theme: Together through lung cancer

Suicide Prevention Day 10 September

Theme: Changing the Narrative on Suicide

World Alzheimer's Day 21 September

Theme: The Earlier You Know, The More You Can Do:**Theme: A Dementia Diagnosis Matters**

World Pharmacists Day 25 September

Theme: Empowering pharmacists for healthier futures

World Lung Day 25 September

Theme: Healthy Lungs, Healthy Life

World Rabies Day 28 September

Theme: Stronger Together

World Heart Day 29 September

Theme: Use Heart for Action

WEARABLE ARTIFICIAL INTELLIGENCE AND PERSONALIZED MEDICINE: RESHAPING THE FUTURE OF PATIENT-CENTERED CARE

Introduction:

Healthcare is emerging from a disease-centered approach to a patient-centered, technology-, through Wearable devices, Artificial Intelligence (AI), and personalized medicine, thereby enabling continuous health monitoring, early disease detection, diagnosis, monitoring and individualized treatment strategies. AI-powered wearable devices collect real-time physiological data, such as heart rate, blood pressure, oxygen saturation and sleep pattern allowing healthcare professionals to make evidence-based clinical decisions. Personalized medicine uses genetic information, environmental, and lifestyle information to tailor treatment according to an individual's needs. Clinical pharmacists play a major role in integrating these innovations into patient care through medication therapy management, pharmacogenomics, patient counselling, and digital health support. Together, wearable AI and personalized medicine have the potential to improve patient outcomes, reduce treatment costs, and promote disease prevention.^[1,2]

Earlier Traditionally medical treatment followed a "one size fits all" approach in which patients with same disease received similar treatment leading to inefficient therapy. However, difference in genetic and molecular profile, age, lifestyle and disease severity often lead to variation in treatment responses.

Wearable devices such as smart watches, fitness band, continuous glucose monitors such as Dexcom G7, and patch Holter continuously monitor physiological indicator including heart rate, blood pressure, blood glucose, oxygen saturation, sleep quality, and physical activity.^[1,6]

For clinical pharmacists, these developments create significant opportunities, they actively participate in medication therapy management, pharmacogenomic counselling, digital health monitoring, and optimization of patient outcomes, thereby their role extending beyond traditional role of dispensing medications.

Wearable Technology in Healthcare:

Wearable technology are the wireless communication electronic devices specially designed worn on the body that actively tracks physiological parameters and transmit health information to healthcare providers.

Role of Wearable AI in Personalized Medicine:

Wearable AI devices continuously collect patient health data and convert them into clinically useful information. These technologies play a vital role in monitoring chronic diseases, providing medication reminders, improving medication adherence, and provide

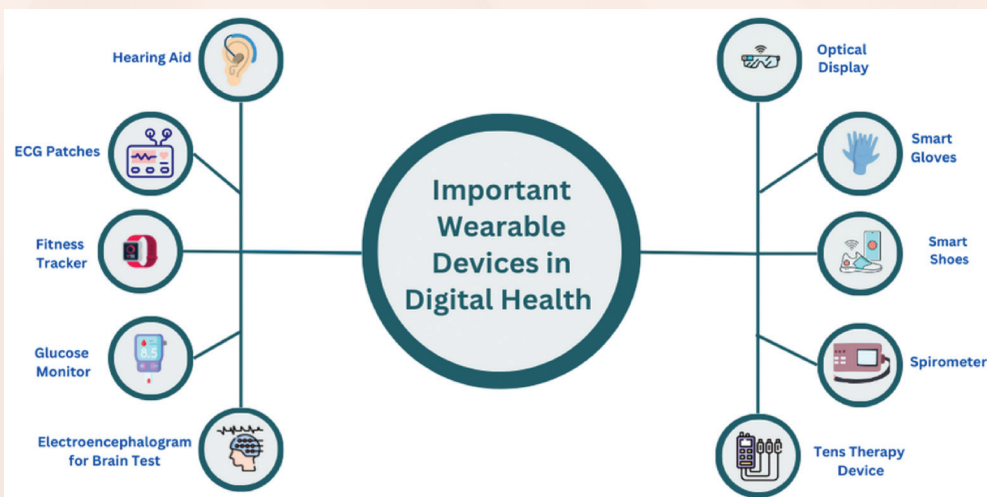
real-time information allows physicians to adjust treatment plans according to the patient's current health condition in addition to hospital-based care.^[3,6]

Common wearable devices include, Smart watches, Fitness bands, Continuous Glucose Monitors (CGM), Smart ECG patches. Smart rings, Smart socks, Smart bracelet, Blood pressure monitoring devices, AI hearing aids, VR headsets

AI enabled wearable ECG devices detects atrial fibrillation and other cardiac arrhythmias early, thereby reducing the risk of stroke. CGMs provides real time glucose measurements, while AI predicts episodes of hypoglycemia and hyperglycemia and assists in optimizing insulin therapy. Wearable sensors monitor tremors seizures and sleep disturbances in neurological disorder such as epilepsy and Parkinsons disease, enabling timely treatment modification. Wearable motion sensors help physiotherapists assess patient movement, monitor rehabilitation progress and provide feedback for improving recovery after surgery.^[2,3,4]



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Source: Ghadi, Y.Y,et al., J Cloud Comp 14, 39 (2025)

Advantages of Wearable Technology:

Wearable technology offers several benefits across health care, such as Early disease detection and progression, reduce unnecessary hospital visits and admission, improves medication adherence through reminders, enhance chronic disease management such a Diabetes mellitus and Hypertension as a result ultimately promote better health outcomes.

Challenges and Limitations:

Source: Shickel B et al., *Journal of Biomedical Informatics*, 89 (2018)

Despite its several advantages, wearable AI faces challenges including privacy and data security risks as the data are vulnerable to cyberattacks, device accuracy issues, high costs and accessibility, short battery life, regulatory issues, ethical considerations, social and psychological effects as it increases anxiety for users to meet goals and the need for patient and healthcare professional training.^[5]

Personalized Medicine:

To develop strategies and therapies for treating illnesses, personalized medicine involves certain medical information such as genetic information medical history and clinical data where doctors combine to tailor appropriate treatment plan. Advances in genomics sequencing such as the approval of Illumina's MiSeqDx by U.S FDA in 2013 have made the genetic testing more accessible. Thus, combination of AI and genomics enabled early disease detection, diagnosis and individualized treatment plan and reducing unnecessary treatments.

Future Perspectives:

Future wearable technologies are expected to integrate

genomic information, artificial intelligence, cloud computing, and the Internet of Medical Things. Smart biosensors capable of continuously monitoring multiple biomarkers, together with explainable AI and predictive analytics, will further improve personalized treatment and preventive healthcare.^[2,6]

Role of Pharmacists:

Clinical pharmacists play an important role in support patient in use of new technologies, educating patients about wearable devices, monitoring medication adherence, identifying adverse

drug reactions using wearable data, interpreting clinical information, facilitates remote patient management, strengthens interdisciplinary care, collaborating with physicians for personalized pharmacotherapy, and promoting safe and ethical use of digital health technologies.^[2,3]

Conclusion:

Wearable artificial intelligence is transforming personalized medicine by enabling continuous monitoring, early detection, and individualized treatment. These technologies improve patient outcomes, and enhance clinical decision-making. With continued technological

advancement and appropriate regulatory frameworks, wearable AI is expected to become an integral component of future healthcare systems.^[1,2]

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FUTURE HEALTHCARE TECHNOLOGIES: REVOLUTIONIZING PATIENT CARE AND MEDICAL INNOVATION

Introduction:

Healthcare is experiencing one of the most significant transformations in its history due to rapid technological advancements. Traditional healthcare systems primarily focused on diagnosing and treating diseases after they occurred, whereas modern healthcare emphasizes prevention, early detection, personalized treatment, and continuous patient monitoring. Emerging technologies such as Artificial Intelligence (AI), telemedicine, wearable health devices, robotics, precision medicine, the Internet of Medical Things (IoMT), three-dimensional (3D) printing, nanotechnology, and digital therapeutics are revolutionizing healthcare delivery worldwide. These innovations are improving diagnostic accuracy, enhancing treatment outcomes, reducing healthcare costs, and increasing accessibility to quality healthcare services.^{1,2}

The increasing prevalence of chronic diseases, aging populations, shortages of healthcare professionals, and the demand for affordable healthcare have accelerated the adoption of digital health technologies. Governments, healthcare institutions, pharmaceutical industries, and technology companies are investing heavily in developing innovative solutions that improve patient care while optimizing healthcare resources. Future healthcare technologies are expected to create a more connected, intelligent, and patient-centred healthcare system where diseases can be predicted, prevented, and treated more effectively than ever before.^{2,5}

Future Healthcare Technologies:

Artificial Intelligence (AI) in Healthcare:

Artificial Intelligence has emerged as one of the most influential technologies in modern medicine. AI systems use machine learning, deep learning, and advanced algorithms to analyse vast amounts of clinical data, identify disease patterns, and assist healthcare professionals in making evidence-based clinical decisions. AI-powered software can interpret radiological images, detect abnormalities in pathology slides, predict disease progression, and recommend personalized treatment options with remarkable accuracy.^{1,3}

AI is widely applied in cancer diagnosis, cardiovascular disease prediction, diabetic retinopathy screening, neurological disorders, and intensive care monitoring. In pharmaceutical research, AI significantly accelerates drug discovery by identifying potential drug candidates, predicting drug interactions, and optimizing clinical trial designs. AI-powered virtual assistants and chatbots also improve patient engagement by providing medication reminders, answering health-related questions, and monitoring symptoms remotely.

By reducing diagnostic errors and improving efficiency, AI is expected to become an indispensable component of future healthcare.^{1,3}

Telemedicine and Digital Health:

Telemedicine has transformed healthcare by enabling remote consultations through secure digital communication platforms. Patients can receive medical



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advice, follow-up consultations, prescription services, and chronic disease management from their homes using smartphones or computers. This technology has become especially valuable for elderly individuals, patients with mobility limitations, and those living in rural or underserved regions where healthcare facilities are limited.^{2,4}

Digital health platforms also facilitate electronic health records (EHRs), online appointment scheduling, e-prescriptions, and mobile health applications. These technologies improve communication between patients and healthcare providers while reducing hospital overcrowding and healthcare costs. Remote patient monitoring systems allow healthcare professionals to continuously monitor vital signs, ensuring timely intervention when health conditions deteriorate.^{2,4}

Internet of Medical Things (IoMT) and Wearable Health Devices:

The Internet of Medical Things refers to a network of interconnected medical devices capable of collecting, transmitting, and analyzing patient health data in real time. Devices such as smart blood pressure monitors, continuous glucose monitoring systems, smart inhalers, wearable ECG monitors, and pulse oximeters enable continuous monitoring of patients both inside and outside hospitals.⁶

Wearable health technologies have become increasingly popular for preventive healthcare. Smartwatches and fitness trackers monitor heart rate, oxygen saturation, sleep quality, physical activity, stress levels, and calorie expenditure. The collected data can be shared with healthcare providers, allowing early detection of health abnormalities and better management of chronic diseases such as diabetes, hypertension, and cardiovascular disorders. Continuous monitoring enhances patient safety while promoting healthier lifestyles.⁶

Robotics in Healthcare:

Robotics has significantly advanced medical practice by improving precision, efficiency, and patient safety. Robotic-assisted surgical systems enable surgeons to perform complex minimally invasive procedures with greater accuracy, resulting in smaller incisions, reduced blood loss, less postoperative pain, and faster recovery. These systems are widely used in urology, gynecology, cardiothoracic surgery, and oncology.¹

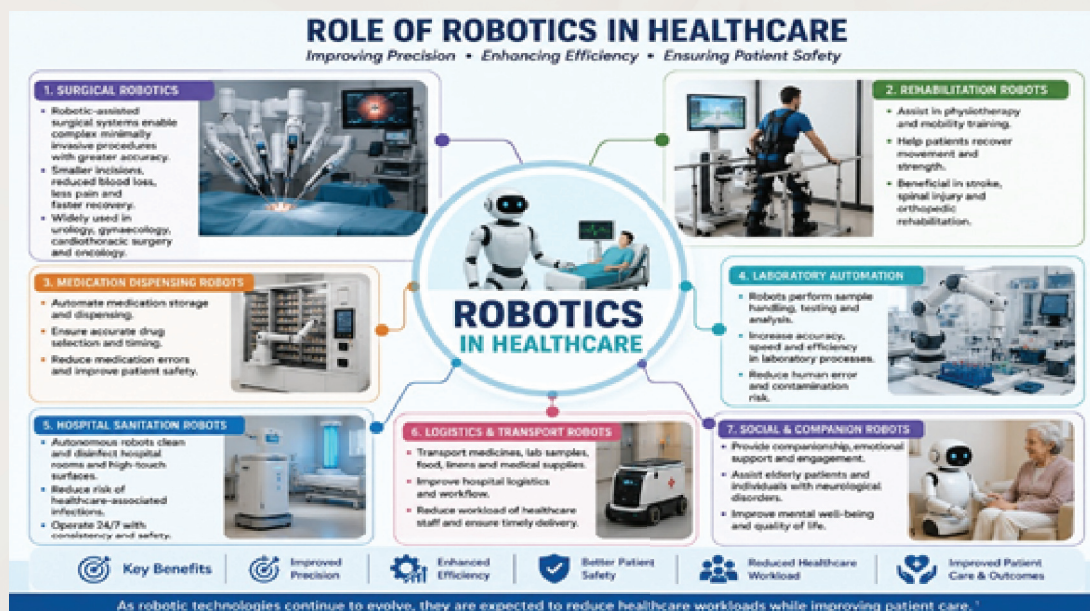
Beyond surgery, healthcare robots assist in rehabilitation therapy, medication dispensing, laboratory automation, hospital sanitation, and logistics management. Social robots also provide companionship and support for elderly patients and individuals with neurological disorders. As robotic technologies continue to evolve, they are expected to reduce healthcare workloads while improving patient care.¹

curative treatments for several inherited conditions in the future.⁵

Three-Dimensional (3D) Printing:

Three-dimensional printing has revolutionized personalized medicine by enabling the production of customized medical devices tailored to individual patient needs. Medical professionals use 3D printing to create prosthetic limbs, orthopaedics implants, dental prostheses, hearing aids, surgical instruments, and anatomical models for surgical planning. These customized products improve treatment accuracy and patient comfort.¹

Researchers are also developing bioprinting technologies capable of printing living tissues using specialized bioinks containing human cells. Although still in experimental stages, bio printed tissues and organs may eventually

**Robotics in healthcare****Precision Medicine and Genomics:**

Precision medicine represents a major shift from generalized treatment approaches toward individualized healthcare. By analysing a patient's genetic profile, lifestyle, and environmental factors, clinicians can select therapies that are most likely to be effective while minimizing adverse drug reactions. Pharmacogenomics helps determine how genetic variations influence drug metabolism, allowing healthcare providers to prescribe the right medication at the right dose for each patient.⁵

Gene sequencing technologies have also improved the diagnosis of inherited disorders and enabled targeted therapies for cancers and rare genetic diseases. Gene-editing technologies such as CRISPR have opened new possibilities for correcting disease-causing genetic mutations and may offer

reduce the global shortage of donor organs and improve transplantation outcomes.¹

Nanotechnology and Targeted Drug Delivery:

Nanotechnology involves the application of nanoparticles for diagnosis, imaging, and treatment at the molecular level. Nanoparticle-based drug delivery systems transport medications directly to diseased tissues, increasing therapeutic effectiveness while reducing damage to healthy cells. This targeted approach is particularly beneficial in cancer treatment, where chemotherapy drugs can be delivered directly to tumours with fewer systemic side effects.¹

Nanotechnology is also being used to develop advanced biosensors, imaging agents, wound healing materials, and regenerative therapies. Continued research in

nanomedicine is expected to significantly improve disease diagnosis and treatment in the coming decades.¹

Digital Therapeutics and Virtual Healthcare:

Digital therapeutics are evidence-based software applications designed to prevent, manage, or treat diseases. These technologies provide personalized behavioural interventions, medication reminders, cognitive behavioural therapy, and lifestyle modification programs. Digital therapeutics have demonstrated benefits in diabetes, obesity, hypertension, insomnia, depression, and anxiety management.²

Virtual reality (VR) and augmented reality (AR) are increasingly utilized in medical education, surgical simulation, rehabilitation, and pain management. VR-based rehabilitation programs improve recovery after stroke and orthopaedic injuries, while AR assists surgeons by providing real-time visualization during complex procedures.¹

Challenges and Future Perspectives:

Despite their tremendous potential, future healthcare technologies face several challenges before widespread implementation. High development and implementation costs limit access, particularly in low- and middle-income countries. Concerns regarding cybersecurity, patient data privacy, and ethical use of artificial intelligence require robust regulatory frameworks and secure digital infrastructure. Integration of new technologies into existing healthcare systems also requires significant investments in infrastructure and workforce training.^{1,2,3}

Healthcare professionals must acquire digital competencies to effectively utilize advanced technologies in routine clinical practice. Regulatory agencies must establish clear guidelines to ensure the safety, efficacy, and ethical use of AI-based medical devices, digital therapeutics, gene-editing technologies, and connected healthcare systems.^{2,3}

Looking ahead, healthcare is expected to become increasingly predictive, preventive, personalized, and participatory. Smart hospitals, AI-assisted diagnostics, robotic surgeries, regenerative medicine, smart implants, nanomedicine, and digital twins of patients may redefine healthcare delivery.

Collaboration among healthcare professionals, engineers, researchers, policymakers, and pharmaceutical industries will be essential to ensure these innovations remain affordable, equitable, and accessible worldwide.⁵

Conclusion:

Future healthcare technologies are transforming medicine by creating a healthcare system that is more intelligent, efficient, and patient-centred. Innovations such as artificial intelligence, telemedicine, wearable health devices, robotics, precision medicine, 3D printing, nanotechnology, and digital therapeutics are improving disease prevention, diagnosis, treatment, and long-term patient outcomes. Although challenges related to affordability, cybersecurity, ethics, and regulation remain, continuous scientific advancements are expected to overcome these barriers. The future of healthcare will focus on delivering personalized, accessible, and high-quality medical care while empowering patients to actively participate in maintaining their health and well-being.¹⁻⁶

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ALERT!

DRUG SAFETY ALERTS

File No. P.17019/03/2026-DSA

Dated: May 27, 2026

The analysis of Adverse Drug Reaction (ADR) from the PvPI database revealed the following:

S. No.	Suspected Drugs	Indications	Adverse Drug Reactions
1.	Clonidine	Indicated in the treatment of hypertension.	Hyponatremia

Source: <https://www.ipc.gov.in>

DIGITAL THERAPEUTICS: A NEW HORIZON IN PATIENT CARE AND CLINICAL PHARMACY

Introduction:

The rapid advancement of digital technology has transformed many phases of healthcare, leading to the emergence of digital therapeutics (DTx). These are software-based therapeutic interventions designed to prevent, manage, or treat diseases using scientifically validated clinical evidence. Unlike ordinary health or fitness applications that mainly improve general wellness, digital therapeutics are developed specifically for medical purposes and undergo clinical evaluation before being introduced into practice. Based on the clinical condition, they may be used either as an independent therapy or together with conventional therapy. By providing healthcare via smartphones, wearable devices, and other digital platforms, DTx enables continuous patient support by improving treatment accessibility and clinical outcomes.^(1,3)

Need for Digital Therapeutics in Healthcare:

Healthcare systems worldwide are facing challenges due to the growing burden of chronic diseases, ageing populations, and limited healthcare resources. Digital therapeutics have become a practical solution by providing evidence-based interventions through software that can be accessed remotely. These technologies provide a platform to meet clinical standards for safety, effectiveness, and data protection before receiving regulatory approval.⁽⁵⁾

Types and Components of Digital Therapeutics:

Digital therapeutics are generally classified into prescription and non-prescription products. Prescription DTx are recommended by healthcare professionals for specific medical conditions, whereas non-prescription DTx can be accessed directly by individuals for managing the disease and improve the health. Apart from the classification, most digital therapeutics consist of several components, including clinically validated software, educational resources, remote monitoring systems, secure cloud-based data storage, and AI-assisted clinical decision support. These components were essential for continuous monitoring and delivering personalized therapeutic interventions according to individual patient needs.^(2,4)

Mechanism of Action:

The therapeutic effect of DTx is achieved through continuous interaction between patients and digital platforms. Health-related information collected from wearable devices is analyzed to estimate the disease status and response to the treatment. Based on this information, the software provides personalized feedback, guidance, medication reminders, and lifestyle recommendations. Such continuous cycle of monitoring and feedback allows healthcare providers to make timely diagnosis, ultimately improving disease control outside conventional hospital settings.⁽⁶⁾

Applications:

Digital therapeutics and its incorporation into the management of several chronic and acute diseases has been increasing rapidly. They have demonstrated benefits in diabetes, hypertension, cardiovascular diseases, obesity, mental health disorders, neurological conditions, respiratory diseases, and



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infectious illnesses. These interventions are commonly delivered through smartphone applications, wearable devices, web-based programs, and telemedicine platforms. Their ability to provide individualized care while enabling remote monitoring has improved treatment adherence and expanded the access to healthcare, especially among patients who are below the poverty line.⁽⁶⁾

Benefits:

One of the major strengths of digital therapeutics is their ability to keep patients actively involved in managing their health. Continuous monitoring allows early detection of disease, earlier initiation of therapy and hence improve the quality of life of the patient. DTx also improves medication adherence and provides healthcare services irrespective of the place they belong to. Since these interventions are software-based, they can be delivered on a large scale, making healthcare available cost-effectively without compromising quality.^(2,4)

Limitations and Challenges:

Even though there is lot of benefits, digital therapeutics face several challenges that limit widespread implementation. Like poor internet connectivity in certain regions, unequal access to smartphones, and concerns regarding cybersecurity and patient privacy remains still as a barrier. Long-term patient engagement and the availability of strong clinical evidence will be essential for broader acceptance of DTx in routine healthcare practice.^(1,4)

Role of Clinical Pharmacists:

Clinical pharmacists play an important role in ensuring the successful use of digital therapeutics. Their responsibilities include identifying patients who may benefit from DTx, educating patients how to use, monitoring medication adherence, assessing treatment outcomes, and integrating digital interventions with conventional pharmacotherapy. Their involvement helps improve therapeutic effectiveness and helps to promote medication safety and rational drug use.

Recent Advances and Future Perspectives:

Recent developments in artificial intelligence, wearable

biosensors, mobile health technologies, and real-world data analytics have significantly increase the capabilities of digital therapeutics. These innovations allow more accurate monitoring, early identification of disease progression, and personalized treatment recommendations. Future research is expected to further integrate DTx into precision medicine, allowing therapies to be tailored according to individual patient characteristics and clinical responses. As supporting evidence continues to grow, digital therapeutics is likely to become an essential component of routine healthcare. (2,4)

Indian Scenario:

India has made considerable progress in digital healthcare through initiatives such as the Ayushman Bharat Digital Mission (ABDM). Increased smartphone penetration, improved internet connectivity, and expanding digital health infrastructure have created advantageous conditions for adopting digital therapeutics. These developments are expected to strengthen chronic disease management, and support patient-centered care throughout the country.

Conclusion:

Digital therapeutics has introduced a new dimension to disease management by combining clinical evidence with digital innovation. These software-based interventions promote patient engagement, improve adherence to treatment, and provide personalized healthcare apart from traditional clinical

settings. Although challenges related to accessibility, regulation, and data security remain, continuous technological advancements and growing clinical evidence suggest that DTx will play an increasingly important role in future healthcare systems.

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ACC/AHA 2026 Dyslipidemia Guidelines-key updates

Top Take-Home Messages

1. Treat dyslipidemia earlier to reduce lifelong exposure to atherogenic lipoproteins, with early lifestyle intervention in youth and consideration of pharmacotherapy in high-risk youth and young adults.
2. Use PREVENT™ equations (not PCE) for 10- and 30-year risk assessment and apply the CPR model: Calculate, Personalize, Reclassify and Reassess.
3. LDL-lowering therapy in primary prevention can be considered at 10-year PREVENT-ASCVD risk estimate of 3%–<5%, and should be considered at ≥5%–<10% risk after clinician–patient discussion.
4. LDL-c and non-HDL-c targets are reinstated to guide lipid-lowering therapy.
5. ApoB measurement can improve risk assessment and guide therapy, especially in patients with high triglycerides, diabetes, or low achieved LDL-c.
6. Lp(a) should be measured at least once, with elevated levels prompting intensified risk factor management.
7. CAC scoring in men of ≥40 years old and women of ≥45 years old can improve risk stratification and help guide treatment goals.
8. In primary prevention, LDL-lowering therapy is recommended regardless of LDL-c in adults (ages 40–75) with diabetes, CKD, or HIV. In adults of >75 years old, LDL-lowering therapy can be considered in conjunction with lifestyle interventions to reduce ASCVD risk.
9. In secondary prevention, treatment goals of LDL-c <55 mg/dL (1.4 mmol/L) and non-HDL-c <85 mg/dL (2.2 mmol/L) are recommended in patients at very high risk of ASCVD events.
10. For patients with elevated triglycerides, statins remain the foundational therapy to reduce ASCVD risk, with additional TG-lowering therapies for pancreatitis risk reduction.

Read more at: <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001423>

WEBSITES OF INTEREST<https://abdm.gov.in/>

by, Dr. Keren Ann George, Assistant Professor

National Digital Health Mission – Ayushman Bharat Digital Mission (ABDM)

The Ayushman Bharat Digital Mission focuses on transforming healthcare delivery in India through digital technologies. The platform provides information about digital health records, healthcare data exchange, and connected healthcare services. It highlights how technology can improve accessibility, continuity of care, and patient-centred healthcare delivery. The website helps pharmacy students understand the role of digital infrastructure in improving medication management and clinical services in India.

<https://www.fda.gov/medical-devices/digital-health-center-excellence>**U.S. Food and Drug Administration – Digital Health Center of Excellence**

The Digital Health Center of Excellence provides information on emerging healthcare technologies and their impact on patient care. The website covers areas such as artificial intelligence-based medical solutions, mobile medical applications, wearable devices, and software used in healthcare. It explains how digital health technologies are evaluated to ensure safety, effectiveness, and better patient outcomes. The platform is useful for pharmacy students interested in the future of technology-driven healthcare.



Union health ministry brings pregabalin under schedule H1 to prevent misuse

The Union ministry of health and family welfare has notified the inclusion of the drug pregabalin under Schedule H1 of the Drugs Rules, 1945 in view of reports received from certain states regarding the misuse and abuse of the drug, particularly among youth. The Ministry issued the notification on May 13, 2026, and published in the Gazette of India Extraordinary on May 20, 2026. Manufacturers shall prominently display the prescribed "Schedule H1 Drug Warning" label on product packaging.

The drug, which is prescribed for the treatment of chronic pain, neuropathies, fibromyalgia, and certain neurological conditions, has reportedly been misused for its sedative, euphoric, and dissociative effects. Seizures of pregabalin illegally stocked and sold without authorization have also been reported from some parts of the country recently. With this notification, pregabalin will now be regulated under the stricter provisions of Schedule H1, instead of the existing Schedule H, under the Drugs and Cosmetics Rules, 1945.

Upcoming Conferences

- 1. 7th International Conference, Translating AI into healthcare Practices**, 18th and 19th September 2026, organized by Institute of Pharmacy, PES University, EC Campus, Bengaluru. For further details visit: conference.iop@pes.edu
- 2. ISPOR, Europe 2026**, 8-11 November 2026, Vienna, Austria. for further details visit: [ISPOR – Upcoming Conferences & Events](#)

DEPARTMENTAL ACTIVITIES

WORLD HEALTH DAY

C.L. Baid Metha College of Pharmacy successfully celebrated World Health Day on 10th April 2026 with the theme "Together for Health: Stand with Science." The event focused on the importance of overall well-being and awareness of scientific health practices. **Dr. Yayathee S**, Consultant Psychotherapist, delivered an informative talk on mental health, mindful living, and the role of science in maintaining a healthy life. The celebration reinforced the importance of mental well-being and encouraged everyone to adopt healthier habits for a better future.



Faculty members and students in the "World Health Day Program" on 10th April 2026

WORKSHOP on "Psycho-educational Tools for Enhancing Teaching and Learning"

C.L. Baid Metha College of Pharmacy successfully organized an insightful workshop on "Psycho-educational Tools for Enhancing Teaching and Learning" on 29th April 2026. **Dr. S. Yayathee**, Consultant Psychotherapist & Counsellor at Rela Multispecialty Hospital, as the resource person shared valuable knowledge on counseling, psychotherapy, and innovative educational tools that empower both teachers and students. The session provided practical strategies to understand student behavior and improve classroom interaction. Faculties also gained tools to enhance emotional well-being and foster a positive learning atmosphere



Prof. Dr. CN Nalini, Principal felicitated the Speaker **Dr. S. Yayathee**



Dr. S. Yayathee delivered a talk on "innovative educational tools for enhancing and teaching and learning"



Faculty members actively participated in the workshop on Psycho-educational Tools for Enhancing Teaching and Learning" on 2nd July 2026

DEPARTMENTAL ACTIVITIES

WORLD NO TOBACCO DAY

On the occasion of World Tobacco Day, C.L. Baid Metha College of Pharmacy in association with Tambaram Medical Center & Hospital organized an awareness program and free medical camp on 8th June 2026. Free health services such as blood glucose testing, lipid profile screening, blood pressure check-up, pulmonary function test, and doctor consultation were provided to the public. The event promoted preventive healthcare and encouraged people to make healthier choices.



Pharm D students actively involved in organizing and supporting the health camp on World No Tobacco Day 2026.



Free doctor consultation provided to the public during the medical camp on 8th June 2026

BLOOD DONATION CAMP

C.L. Baid Metha College of Pharmacy, in association with the Department of Transfusion Medicine, T.N. Dr. M.G.R. Medical University, successfully organized a Blood Donation Camp on 24th June, promoting the spirit of voluntary donation and community service.

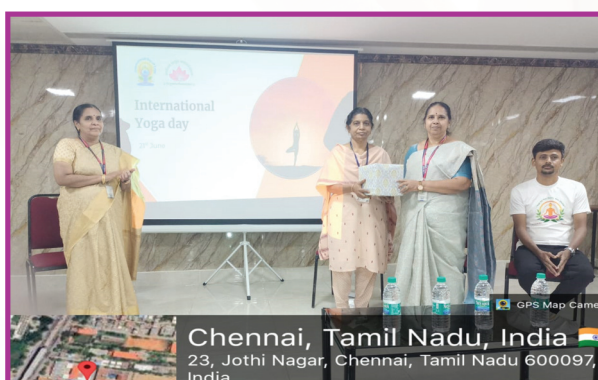


Faculty and Students actively participated in the "Blood Donation Camp" organised on 24th June 2026.

DEPARTMENTAL ACTIVITIES

INTERNATIONAL YOGA DAY

C.L. Baid Metha College of Pharmacy organized "International Yoga Day" on 22nd June 2026 on theme "Yoga for Healthy Ageing." The session was led by a team of experienced trainers who guided participants through various yoga practices. **Mrs. Lavanya Rajeshwari**, Yoga Trainer at WISCOOPIN Yoga & Wellness Center, introduced foundational yoga techniques and emphasized their role in improving daily health. **Ms. Ajanandh S. Reddy**, Yoga Practitioner from Yogam Foundation for Women, demonstrated practical asanas focused on enhancing flexibility and reducing stress. **Ms. Vidhita B. Tech, MSc** Yoga Practitioner, provided insights into therapeutic yoga and its benefits for healthy ageing. Students participated enthusiastically in various yoga practices and asanas, making the event a meaningful step towards a healthier and more balanced lifestyle.



Students actively participated in the International Yoga Day held on 22nd June 2026.

SEMINAR

An informative session on "AI and Life Employment Skills" was conducted for the students on 09th June 2026.

Ms. Muthumageswari, AI Technical Trainer, Magic Bus Foundation highlighted on the importance of Artificial Intelligence, career opportunities in the digital world, and essential employability skills such as communication, teamwork, problem-solving, and adaptability. Students actively participated and gained valuable insights to prepare for future career opportunities.



Ms. Muthumageswari delivered a talk on "AI and Life Employment Skills" on 9th June 2026

STUDENTS ACHIEVEMENTS**CONGRATULATIONS**

Swithin Crisha,
Pharm D 4th year
student secured first prize
in the poster presentation
organized by
Sri Ramachandra Faculty of
Pharmacy in association
with the Association of
Pharmaceutical Teachers
of India (4th APTI-TN),
Tamil Nadu Branch,
held on 20th June 2026.



Pushkal Kanna B R,
Pharm. D 3rd year
student secured 3rd Place
in the Poster Presentation
at the 23rd Annual Conference
of the Society of
Pharmacovigilance
(SoPICON 2026),
held at the Postgraduate
Institute of Medical Education
and Research (PGIMER),
on Chandigarh



Harrish Sudhakar, III pharm D,
received the "Best Poster
Presentation Award"
in a workshop and hands on
training in "enhancing patient
care through skill-based training:
therapeutic drug monitoring and
analytical toxicology in hospitals
& (TDMAT Series -VI)",
organized by Sri Ramachandra
Faculty of Pharmacy
held on 28th & 29th April 2026.

**PROUD MOMENT**

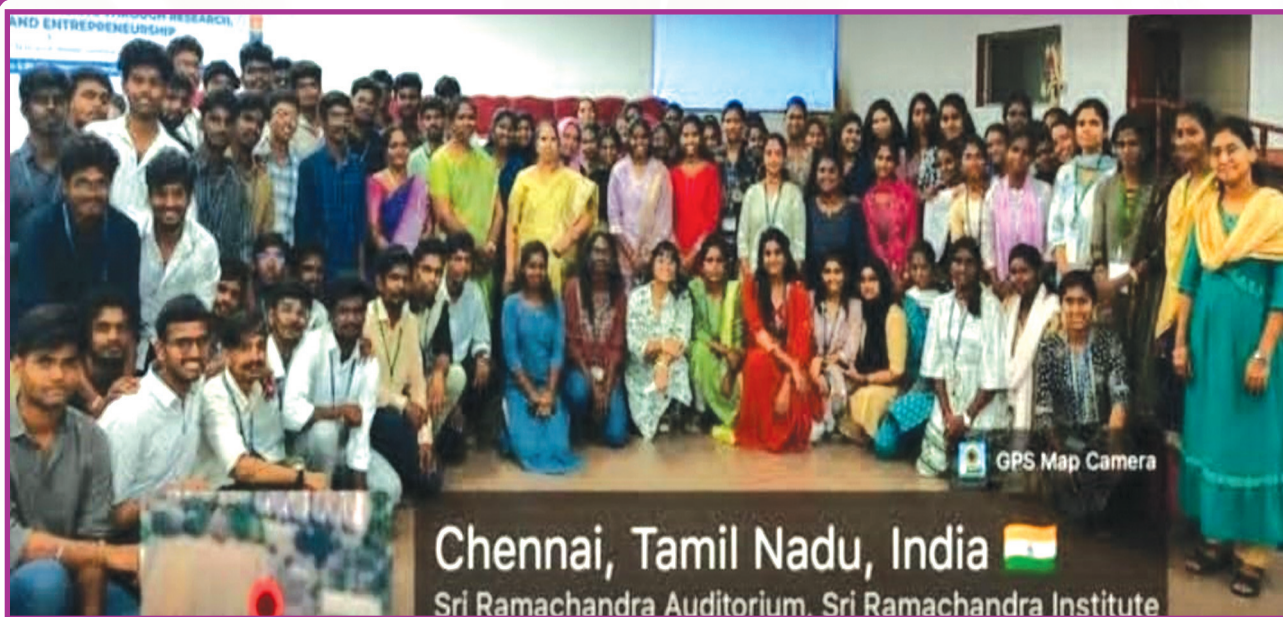
Prof. Dr. CN. Nalini, Principal, was honored to serve as a
chairperson at the 4th International Conference on
"Empowering Future Pharmacists through Research,
Innovation and Entrepreneurship", organized by Sri
Ramachandra Faculty of Pharmacy in association with
Association of Pharmaceutical Teachers of India (APTI) on
20th June 2026, in recognizing her academic leadership and
valuable contributions to pharmacy education and research.

**Institutional
Excellence
Showcased
at International
Conference
2026
(4th APTI-TN)**

C.L. Baid Metha College of Pharmacy marked an outstanding achievement at the 4th International Conference on "Empowering Future Pharmacists through Research, Innovation and Entrepreneurship," organized by Sri Ramachandra Faculty of Pharmacy in association with APTI on 20th June 2026. A total of 121 students and 18 faculty members participated, with 32 delegates presenting their research through E-poster and oral presentations, of which 21 secured prizes and mementos.

Ms. Farzana Affrin M. F., Assistant Professor, won Second Prize in the Oral Presentation category. Students also brought laurels with multiple awards, across various specializations. These remarkable achievements reflect the institution's strong commitment to research excellence and innovation in pharmacy education.

STUDENTS ACHIEVEMENTS



Faculty members and students at the 4th International Conference on
 "Empowering Future Pharmacists through Research, Innovation and Entrepreneurship,"
 organized by Sri Ramachandra Faculty of Pharmacy in association with APTI on 20th June 2026.

WINNERS

1	Swithin Crisha	IV Pharm.D	A Review of Pharmacist-Led Integrated ADC Development Framework in Oncology	E-Poster	First Prize
2	Meghaa D.	II M.Pharm (Pharmaceutical Chemistry)	Synthesis, Characterization and In Silico Modelling of N,N'-Disubstituted Bis-7-Azaindole Derivatives	E-Poster	Third Prize
3	Vishnu A.	II M.Pharm (Pharmacology)	Protective Effects of Ethyl Acetate Flower Extract of Aerva lanata Against Testosterone-Induced Oxidative Stress in KGN Cell Model of PCOS	E-Poster	Third Prize
4	Krithika Shri G.	II M.Pharm (Pharmaceutics)	A Novel Bimodal Release Strategy for Atazanavir and Ritonavir: A Mini Tablet Formulation	E-Poster	Second Prize
5	Sai Anuhya J.	B.Pharm VIII Semester	The Trojan Horse Effect: Role of Microplastics in Heavy Metal Transport in Indian Waterscapes	E-Poster	Third Prize
6	Beulah P.	B.Pharm VIII Semester	Development and Validation of a Sensitive LC-MS/MS Method for N-Nitrosamine Impurities in Labtalol	E-Poster	First Prize

**CROSSWORD
PUZZLES****STUDENTS CORNER**

- Prepared by,
Dr. Dhivya K,
Associate Professor

Send your answers to pharmatabclbaid@gmail.com

First five winners name will be displayed in the next issue

Winners

of Previous Issue
(March 2026, Volume 7 Issue 1)

Congratulations**1. Pushkal Kanna B R**

Pharm D 3rd Year

2. Thanya S

Pharm D 2nd Year

3. P. Vinoth Kumar

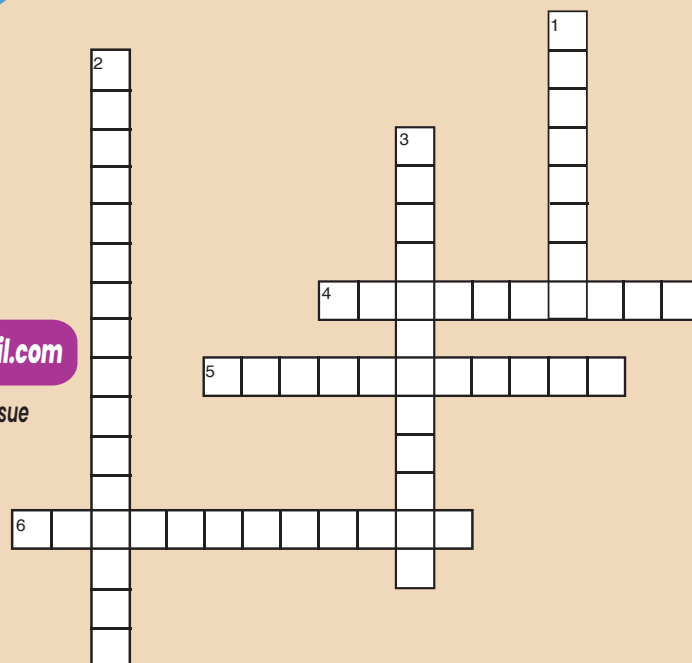
Pharm D 4th Year

4. Aadhira Jinnah

Pharm D Intern

5. S Mohamed Arif

Pharm D 1st Year

**Across**

- Advanced manufacturing technique capable of producing personalized dosage forms layer by layer.
- Virtual representation of a patient used to simulate treatment outcomes.
- Omics discipline studying all metabolites in biological samples.

Down

- International coding system increasingly used for medication identification and interoperability.
- Integration of large healthcare datasets to predict treatment outcomes and improve decision-making.
- Technology that allows pharmacists to verify and dispense medications from a distant location.

Answer for the Word
Puzzle previous issue
(March 2026,
Volume 7 Issue 1)

Across

4. Glomerulus 5. ADPKD 6. Eculizumab

Down

1. Finerenone 2. Roxadustat 3. Erythropoietin

Pharmacy Practice Department

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