



# **J.K.K. MUNIRAJAH MEDICAL RESEARCH FOUNDATION**

## **ANNAI J.K.K. SAMPOORANI AMMAL COLLEGE OF PHARMACY**

**Ethirmedi, B. Komarapalayam-638 183, Namakkal Dist. Tamilnadu,India.**

**Approved by : Pharmacy Council of India. New Delhi & Affiliated to The Tamilnadu Dr. M.G.R Medical University, Chennai.**

**Website : [www.jkkmmrfpharmacy.edu.in](http://www.jkkmmrfpharmacy.edu.in) / E-Mail : [principal@jkkmmrfpharmacy.edu.in](mailto:principal@jkkmmrfpharmacy.edu.in)**

**Contact No : +919789456750, +919943066944, +919943069944.**

**Dr.N. SENTHILKUMAR, M.Pharm., Ph.D.,**

**Principal**

**Pharm.D** Students under taking **Project work/Field work / Internship** for the Academic Year 2022-2023.

<b>S.NO</b>	<b>DESCRIPTION</b>
1	Certificate of Head of Institution
2	List of <b>Pharm.D</b> Students under taking Project work/Field work / Internship- HOI
3	List of <b>Pharm.D</b> Students under taking Project work/Field work / Internship.



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**Principal**

### **TO WHOMSOEVER IT MAY CONCERN**

Number of Students undertaking **Project work/Field work / Internship** for the Academic Year 2022-2023 is **30**.

The Students Participated in More than one activity has been counted as **ONE** only.



**Dr. N.SENTHILKUMAR,  
PRINCIPAL,**

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**Principal**

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This to certify that the List of **Pharm.D** Students under taking **Project work/Field work / Internship** for the Academic Year 2022-2023 are given below.

S.No	Reg No	Student name	Year	Project Work-Topic	Field work	Internship	
1.	381710423	M K AMRUTHA	V	A RETROSPECTIVE OBSERVATIONAL STUDY OF POST/COVID-19 SYNDROME TO ASSESS THE FACTORS ASSOCIATED WITH, MANIFESTATIONS AND FUNCTIONING STATUS	-	-	
2.	381710425	DEBORAH ROSE	V		-	-	
3.	381710429	SAMUEL BABU	V		-	-	
4.	381710430	NAIVIN D ALMEDA	V		-	-	
5.	381710417	V SUDHARSHAN	V		A COMPARATIVE STUDY OF PHYSICAL ACTIVITY, ACADEMIC PERFORMANCE AND STRESS LEVEL AMONG	-	-
6.	381710426	M HELENA	V			-	-
7.	381710427	T MUNEER	V			-	-
8.	381710428	NISSY ESTHER JOHN	V			-	-



**Dr. N.SENTHILKUMAR,**  
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**Principal**

				PHARMACY AND NON-PHARMACY STUDENTS-BEFORE,DURING AND AFTER COVID-19 LOCK DOWN		
9.	381710411	M MUKILAN	V	EVALUATION	-	-
10.	381710415	G RAGHUL	V	OF	-	-
11.	381710428	A RAVEENA	V	KNOWLEDGE, ATTITUDE AND PRACTICE OF SELF MEDICATION AMONG THE STUDENTS IN NAMAKKAL DISTRICT,TAMIL NADU	-	-
12.	381710418	B SULAIMAN	V	A	-	-
13.	381710422	AHAMMED KABEER	V	RETROSPECTIVE	-	-
14.	381710424	CHANDNA THERESA MATHEW	V	OBSEVATIONA L STUDY ON ASSESSMENT OF RISK FACTOR AND WARNING SIGNS OF STROKE AND TRANSIENT	-	-



**Dr. N.SENTHILKUMAR,**  
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				ISCHEMIC ATTACK,THE IMPACT OF THEIR PROPER RECOGNITION AND RATIONAL MEDICAL MANAGEMENT ON POST STROKE DISABILITY OF THE PATIENTS		
15.	381710401	C ANDLY CHEDRICK	V	A	-	-
16.	381710403	D N ASHRITHA	V	PROSPECTIVE	-	-
17.	381710404	K DEEPIKA	V	OBSERVATION	-	-
18.	381710405	R HARINI	V	AL STUDY ON SLEEP IMPAIRMENT AND DEPRESSION IN ICU PATIENTS AND ITS DETERMINANT FACTORS	-	-
19.	381710407	G S JEBISH	V	AMBISPECTIV	-	-
20.	381710408	J JEMISHA	V	E	-	-
21.	381710414	A PUSHPARAJ	V	OBSERVATION	-	-
22.	381710416	S SHANGEETHA	V	AL STUDY WITH A BORAD PERSPECTIVE ON THE	-	-



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				CLINICAL EFFECTIVENES S,SAFETY,AND EXTRAPYRAMI DAL SIDE EFFECTS OF PHYCHOPHAR MACOLOGICA L TREATMENT IN PSYCHIATRIC IN PATIENTS ACROSS SOUTH INDIA		
23.	381710402	M ASHA	V	AN	-	-
24.	381710406	U JAYAPRAKASH	V	ANALYTICAL	-	-
25.	381710409	S KAVIN KISHORE	V	OBSERVATION	-	-
26.	381710413	T PREETHI	V	AL STUDY ON PREVALENCE OF RISK FACTORS,PHA RMACOECONO MICS OF DRUGS AND ADVERSE DRUG REACTION IN CARDIO VASCULAR DISEASED PATIENTS	-	-
27.	381710419	S TAMILSELVAN	V	ASSESSMENT	-	-
28.	381710420	V VEDIYAPPAN	V	OF QUALITY	-	-
29.	381710421	K S YOGAVARSHINI	V	OF	-	-



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**Principal**

30.	381710426	STALIN ANTONY	V	LIFE,MANAGEMENT AND FOOT SCREENING IN DIABETES MELLITUS AND DIABETIC FOOT ULCER PATIENTS IN A RURAL DIABETES CENTER	-	-
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NAMAKKAL DISTRICT, TAMILNADU.



**EVALUATION OF KNOWLEDGE, ATTITUDE AND PRACTICE  
OF SELF MEDICATION AMONG THE STUDENTS IN  
NAMAKKAL DISTRICT, TAMILNADU.**

**Dissertation submitted to  
THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI – 32.**

**In partial fulfillment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

**Mr. MUKILAN M (Reg.No:381710411)**  
**Mr. RAGHUL G (Reg. No:381710415)**  
**Miss. RAVEENA A (Reg. No:381510328)**

**Under the Guidance of  
Dr. N.SENTHIL KUMAR, M. Pharm., Ph.D.,  
PRINCIPAL**



**DEPARTMENT OF PHARMACY PRACTICE  
JKKMMRF'S-ANNAI JKK SAMPOORANI  
AMMAL COLLEGE OF PHARMACY,**

**B. KOMARAPALAYAM, NAMAKKAL DT-638183**

**OCTOBER-2022**

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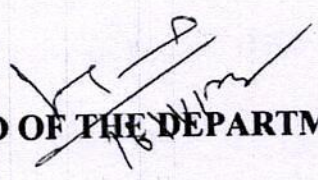
**JKKMMRFs ANNAI JKK SAMPOORANI  
AMMAL COLLEGE OF PHARMACY,  
B. KOMARAPALAYAM,  
NAMAKKAL DT-638183  
TAMILNADU**



This is to certify that the dissertation work entitled "EVALUATION OF KNOWLEDGE, ATTITUDE AND PRACTICE OF SELF MEDICATION AMONG THE STUDENTS IN NAMAKKAL DISTRICT, TAMILNADU" is the bonafide work carried out by MUKILAN M (Reg.No:381710411), RAGHUL G (Reg.No:381710415), RAVEENA A (Reg.No:381510328), under the guidance and supervision of Dr.N.SENTHILKUMAR, M.Pharm., Ph.D., principal.

This is forwarded to the Tamilnadu Dr.M.G.R Medical University, Chennai, for the partial fulfillment of requirements for the Degree of Doctor of Pharmacy (2021-2022).

  
PRINCIPAL

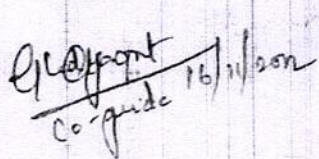
  
HEAD OF THE DEPARTMENT

  
GUIDE

PLACE: KOMARAPALAYAM

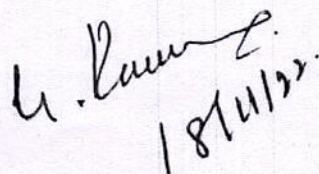
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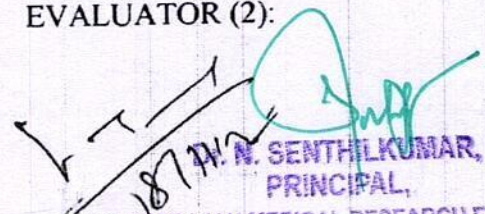
  
Co-guide 16/11/2022

EVALUATED ON: 18.11.2022

EVALUATOR (1):

  
18/11/22

EVALUATOR (2):

  
18/11/22



**N. SENTHILKUMAR,  
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## DECLARATION

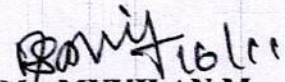
We hereby declare that this thesis entitled "EVALUATION OF KNOWLEDGE, ATTITUDE AND PRACTICE OF SELF MEDICATION AMONG THE STUDENTS IN NAMAKKAL DISTRICT, TAMILNADU" is a genuine research work carried out by us under the guidance of Dr.N.SENTHIL KUMAR, M. Pharm, Ph.D., Principal, JKKMMRF's - Annai JKK Sampoorani Ammal College of pharmacy, Komarapalayam, for the partial fulfillment of requirement for the Degree of Doctor of Pharmacy.

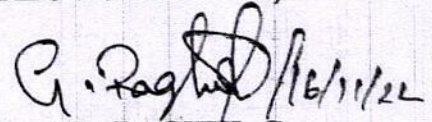
We further declare that his work has not been submitted earlier in part or full for the award of any degree or diploma to this or any other University. The information furnished in this thesis is genuine to the best of our knowledge and belief.

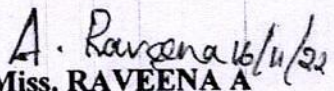


Place: Komarapalayam

Date: 06/11/2022

  
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NAMAKKAL DISTRICT, TAMILNADU.

## CONCLUSION

- The Study shows high prevalence of self medication practice among participants aged less than 20 years. 42.9 % of participants in this study mostly practice self medication for treatment of fever. Overall in the study knowledge towards self medication is good in both PG and UG students. Practice and attitude towards self medication is more prevalent in PG students. Comparatively +10 students knowledge about self medication is low.
- 32.2% of participants take pain NSAIDs in practice of self medication, people should avoid opioid medicines for mild and moderate pain and be aware of fact that non-steroidal anti-inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioid usage then medicines for constipation have to be co administered as high dose of opioid leads to constipation.
- Study concluded that 47.2% of patients stop taking medicines after disappearance of symptoms, incase occurrence of relapse of such ailments, immediate consultation to general practitioner or healthcare professional have to be done.
- A workshop should be organized for community pharmacists regularly to update and improve their knowledge in managing simple complaints and dispensing OTC drugs, in simple way we can create awareness about self medication through media like newspaper, magazine, etc.



  
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**ASSESSMENT OF QUALITY OF LIFE, MANAGEMENT AND FOOT  
SCREENING IN DIABETES MELLITUS AND DIABETIC FOOT  
ULCER PATIENTS IN A RURAL DIABETES CENTER**

*Dissertation submitted to*  
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**In partial fulfillment for the award of the degree of  
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*Submitted by*

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**VEDIYAPPAN V** Reg. No: 381710420  
**YOGAVARSHINI K S** Reg. No: 381710421  
**STALIN ANTONY** Reg. No: 381510426

*Under the Guidance of*  
**Mr. A. SRINIVASAN, M. PHARM,**  
Associate Professor



**DEPARTMENT OF PHARMACY PRACTICE**

**Dr. K. V. S. ANNAI JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY,**

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**OCTOBER - 2022**



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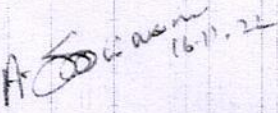
CERTIFICATE

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PRINCIPAL

  
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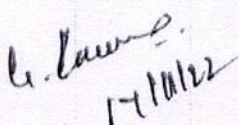
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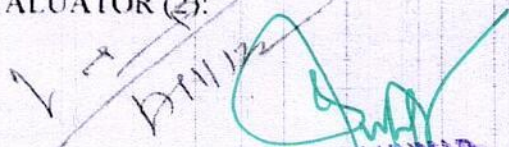


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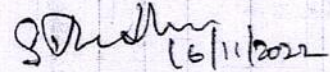
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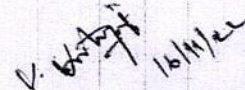
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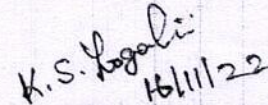
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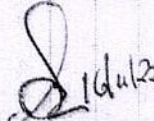
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(Reg. No: 381710420)

  
16/11/22

**Ms. YOGAVARSHINI K S**  
(Reg. No:381710421)

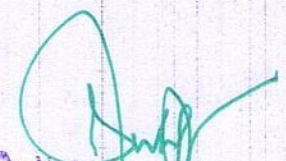
  
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**Mr. STALIN ANTONY**  
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Place: Komarapalayam

Date: 16.11.22



  
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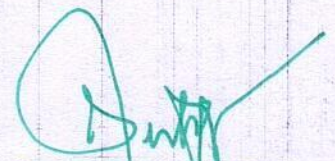
## 7. CONCLUSION

This study establishes the importance of foot screening in diabetic care practice by assessing the health-related quality of life in diabetics and diabetic foot ulcer patients. It was observed that there was a severe deprivation in quality of life of diabetic foot ulcer patients than diabetic patients which is validated by statistical interpretations.

Furthermore, the Inlow 60 second foot screening which was done in both diabetes and diabetic foot ulcer patients showed ulceration risk in both diabetes and diabetic foot ulcer patients. The risk was stratified and treatment based on their analyzed risk was recommended in order to avoid future diabetic foot related complications. Thus it is also essential to screen every diabetic patient for foot related problems.

Apart from these, we as a Clinical pharmacist provided the specific counseling by using PIL to diabetic foot ulcer patients for improving the QOL and the impact of patient counselling was assessed by measuring patients QOL on wound at three visits which added evidence that counseling also plays an important role in improving patients QOL along with appropriate treatment.



  
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**A PROSPECTIVE OBSERVATIONAL STUDY ON SLEEP IMPAIRMENT  
AND DEPRESSION IN ICU (INTENSIVE CARE UNIT) PATIENTS AND  
IT'S DETERMINANT FACTORS**

**Dissertation submitted to  
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI - 32.**

**In partial fulfilment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

<b>C ANDLY CHEDRICK</b>	<b>381710401</b>
<b>D N ASHRITHA</b>	<b>381710403</b>
<b>DEEPIKA K</b>	<b>381710404</b>
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**Under the Guidance of  
Mr. A. SRINIVASAN, M. PHARM,  
Associate Professor**



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**COLLEGE OF PHARMACY,  
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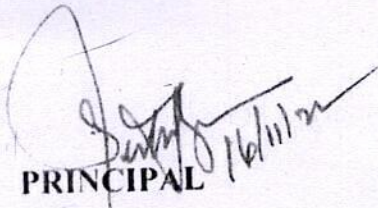
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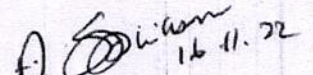
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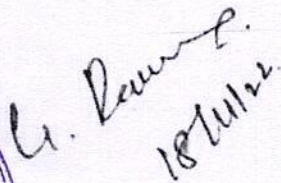
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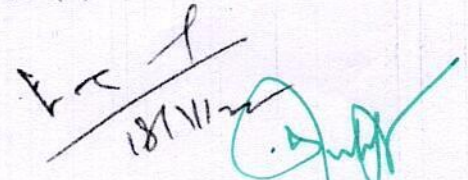
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There is a further study to implement through pharmacological treatment and age related consequences should be needed.



  
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NAMAKKAL DISTRICT, TAMILNADU.

**AN ANALYTICAL OBSERVATIONAL STUDY ON  
PREVALENCE OF RISK FACTORS, PHARMACOECONOMICS  
OF DRUGS AND ADVERSE DRUG REACTION IN  
CARDIOVASCULAR DISEASED PATIENTS**

**Dissertation submitted to  
THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI – 32.**

**In partial fulfillment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

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**Under the Guidance of  
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This is to certify that the dissertation work entitled "AN ANALYTICAL CROSS SECTIONAL STUDY ON PREVALENCE OF RISK FACTORS, PHARMACOECONOMICS OF DRUGS AND ADVERSE DRUG REACTION IN CARDIOVASCULAR DISEASED PATIENTS" is the bonafide work carried out by ASHA M(Reg.No:381710402), JAYAPRAKASH U(Reg.No:381710406), KAVINKISHORE S(Reg.No:381710409), PREETHI T(Reg.No:381710413), under the guidance and supervision of Dr.K.C. Arul Prakasam, M.Pharm., Ph.D., Professor and Head, in the Department of Pharmacy Practice.

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## DECLARATION

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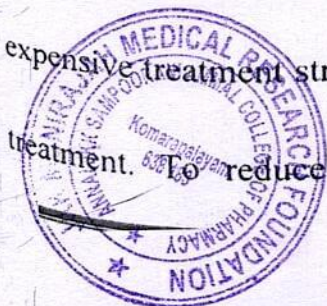


## CONCLUSION

Cardiovascular disease is a major health problem in India and worldwide and it is associated with many risk factors. The present study reports that there is a high prevalence of CVD risk factors where in acute coronary syndrome 42.3% of population are in high risk and in ischemic heart disease 25 % of population are in high risk.

The modifiable risk factors such as physical inactivity, hypertension, diabetes are the most common risk factors for the present study population. It is crucial to make an early and accurate diagnosis of CVD with risk stratification to guide therapy accordingly. 60% of the study population has more than 5.0 mg/L c reactive protein level in the blood. Plasma biomarker of inflammation can be helpful for diagnosis and predicting the outcome. Optimization of hypertension and DM control implementation is the responsibility of health care providers by monitoring the blood pressure and blood glucose level periodically. Risk of physical inactiveness can be overcome by providing a fitness plan, these interventions are most important and effective way to reduce the prevalence of risk factor of cardiovascular disease.

In this present study the main burden of financial resource consumption in cardiovascular drugs is found to be 80% it can be resolved by trivializing the expensive treatment strategy and switching to cost effective therapy leads to adherent treatment. To reduce the disadvantage of cost variation of drug, the generic

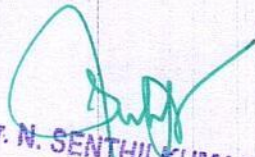


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prescribing should be encouraged. Cheap and effective generic medication should be prescribed by the practitioner.

The present study shows that 61.7% adverse drug reaction of cardiovascular drugs are definitely preventable. To reduce the risk of ADR, effective therapeutic planning, monitoring and evaluation of the drug therapy is immensely needed.



  
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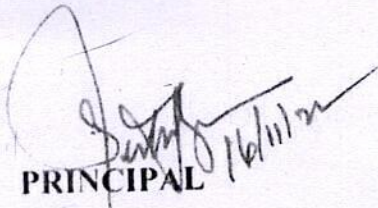
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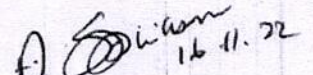
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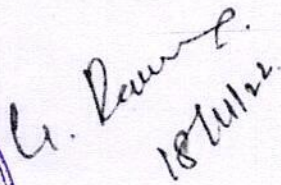
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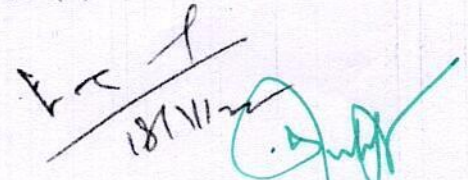
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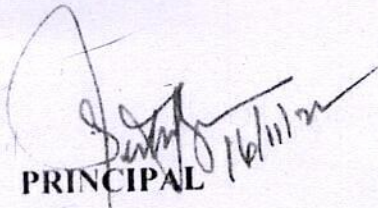
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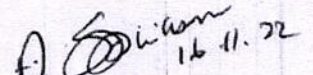
CERTIFICATE

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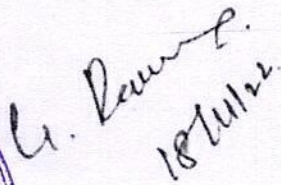
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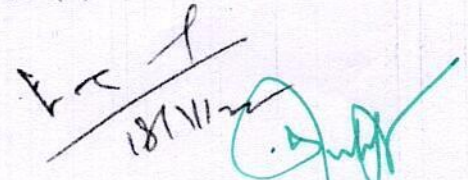
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CONCLUSION

- Critically ill patients frequently experienced sleep disturbance, it is a multifactorial and caused by both environmental and non-environmental causes and varied from patient to patient.
- In this study, Poor sleep were observed in ICU patients due to various disturbing factors such as pain, discomfort, medication administration, light disturbances, present illness, ventilator, panic and noise. Discomfort is the major factor that affect patients sleep in an Intensive care unit. Noise played a big role in disturbing patients sleep. Co morbidity is directly associated with sleep impairment.
- Panic is the major factor that seen in elderly patients. Normal sleep pattern is disturbed among elder patients. Elderly patients are eagerly waiting for their family visiting time without sleep.
- In RCSQ, Overall sleep quality is poor when compared with other parameters such as sleep depth, sleep latency, sleep awakenings and returning to sleep.
- The ICU patients has depression that affect sleep quality. Most of the patients were depressed due the loneliness, un-adapted and scarring environment.
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Dr. N. SENTHILKUMAR,  
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- Regularly assess the sleep quality of patients in an Intensive care patient.

#### FUTURE RECOMMENDATIONS:

There is a further study to implement through pharmacological treatment and age related consequences should be needed.



  
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**A PROSPECTIVE OBSERVATIONAL STUDY ON SLEEP IMPAIRMENT  
AND DEPRESSION IN ICU (INTENSIVE CARE UNIT) PATIENTS AND  
IT'S DETERMINANT FACTORS**

**Dissertation submitted to  
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CHENNAI - 32.**

**In partial fulfilment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

<b>C ANDLY CHEDRICK</b>	<b>381710401</b>
<b>D N ASHRITHA</b>	<b>381710403</b>
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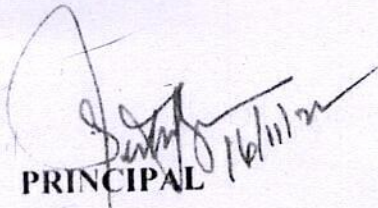
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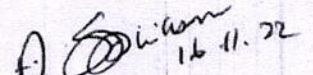
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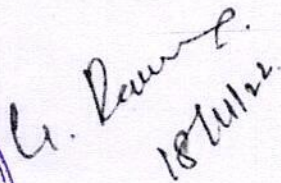
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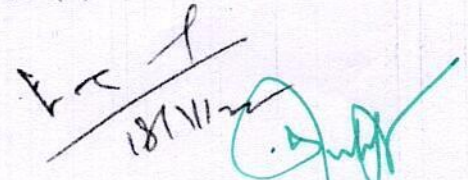
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NAMAKKAL DISTRICT, TAMILNADU.

**AN ANALYTICAL OBSERVATIONAL STUDY ON  
PREVALENCE OF RISK FACTORS, PHARMACOECONOMICS  
OF DRUGS AND ADVERSE DRUG REACTION IN  
CARDIOVASCULAR DISEASED PATIENTS**

**Dissertation submitted to  
THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI – 32.**

**In partial fulfillment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

**Miss. ASHA M (Reg. No:381710402)  
Mr. JAYAPRAKASH U (Reg.No:381710406)  
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**Under the Guidance of**

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This is to certify that the dissertation work entitled "AN ANALYTICAL CROSS SECTIONAL STUDY ON PREVALENCE OF RISK FACTORS, PHARMACOECONOMICS OF DRUGS AND ADVERSE DRUG REACTION IN CARDIOVASCULAR DISEASED PATIENTS" is the bonafide work carried out by ASHA M(Reg.No:381710402), JAYAPRAKASH U(Reg.No:381710406), KAVINKISHORE S(Reg.No:381710409), PREETHI T(Reg.No:381710413), under the guidance and supervision of Dr.K.C. Arul Prakasam, M.Pharm., Ph.D., Professor and Head, in the Department of Pharmacy Practice.

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## DECLARATION

We hereby declare that this thesis entitled "AN ANALYTICAL CROSS-SECTIONAL STUDY ON PREVALENCE OF RISK FACTORS, PHARMACOECONOMICS OF DRUGS AND ADVERSE DRUG REACTION IN CARDIOVASCULAR DISEASED PATIENTS" is a genuine research work carried out by us under the guidance of **Dr.K. C. ARUL PRAKASAM, M. Pharm, Ph.D.**, Professor and Head, Department of pharmacy practice, JKKMMRF's - Annai JKK Sampoorani Ammal College of pharmacy, Komarapalayam, for the partial fulfillment of requirement for the Degree of Doctor of Pharmacy.

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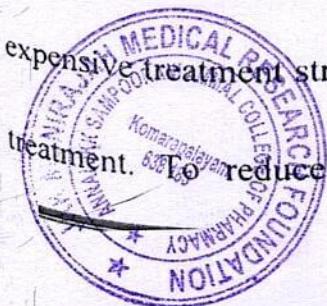
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## CONCLUSION

Cardiovascular disease is a major health problem in India and worldwide and it is associated with many risk factors. The present study reports that there is a high prevalence of CVD risk factors where in acute coronary syndrome 42.3% of population are in high risk and in ischemic heart disease 25 % of population are in high risk.

The modifiable risk factors such as physical inactivity, hypertension, diabetes are the most common risk factors for the present study population. It is crucial to make an early and accurate diagnosis of CVD with risk stratification to guide therapy accordingly. 60% of the study population has more than 5.0 mg/L c reactive protein level in the blood. Plasma biomarker of inflammation can be helpful for diagnosis and predicting the outcome. Optimization of hypertension and DM control implementation is the responsibility of health care providers by monitoring the blood pressure and blood glucose level periodically. Risk of physical inactiveness can be overcome by providing a fitness plan, these interventions are most important and effective way to reduce the prevalence of risk factor of cardiovascular disease.

In this present study the main burden of financial resource consumption in cardiovascular drugs is found to be 80% it can be resolved by trivializing the expensive treatment strategy and switching to cost effective therapy leads to adherent treatment. To reduce the disadvantage of cost variation of drug, the generic

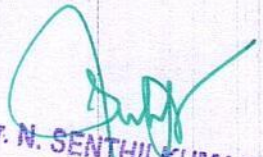


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prescribing should be encouraged. Cheap and effective generic medication should be prescribed by the practitioner.

The present study shows that 61.7% adverse drug reaction of cardiovascular drugs are definitely preventable. To reduce the risk of ADR, effective therapeutic planning, monitoring and evaluation of the drug therapy is immensely needed.



  
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NAMAKKAL DISTRICT, TAMILNADU.

**AMBISPECTIVE OBSERVATIONAL STUDY WITH A BROAD  
PERSPECTIVE ON THE CLINICAL EFFECTIVENESS, SAFETY,  
AND EXTRAPYRAMIDAL SIDE EFFECTS OF  
PSYCHOPHARMACOLOGICAL TREATMENT IN  
PSYCHIATRIC IN-PATIENTS ACROSS SOUTH INDIA**

**Dissertation submitted to**

**THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY**

**CHENNAI - 32**

**In partial fulfillment of the award of the degree of**

**DOCTOR OF PHARMACY**

**Submitted by**

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**PUSHPARAJ A 381710414**

**SHANGEETHA S 381710416**

**Under the Guidance of**

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**Principal**



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This is forwarded to the Tamil Nadu Dr.M.G.R Medical University, Chennai, for the partial fulfillment of requirements for the Degree of Doctor of Pharmacy (2021-2022).

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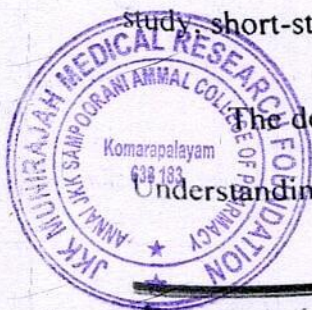
## CONCLUSION

Antipsychotic drugs have tremendous benefits, but they also have considerable downsides. If these side effects are avoided and treated promptly, the overall effects of antipsychotics can be enhanced. The study of assessing patients' quality of life and subjective well-being has just gained popularity in the last two decades. Less attention was paid to the management of chronic illness and long-term disability. More emphasis was placed on treatment than on prevention. In contrast to the prior trend, quality of life is now prioritized.

The goal of therapy is now to provide the patient with a high quality of life in cases when a cure is not possible or there are long-term repercussions from the illness. A successful treatment that combines optimal pharmacotherapy with targeted psychosocial interventions increases hopes for functional recovery in individuals with mental illnesses.

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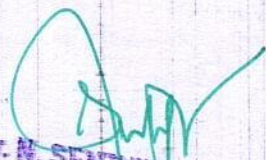


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**AMBISPECTIVE OBSERVATIONAL STUDY WITH A BROAD  
PERSPECTIVE ON THE CLINICAL EFFECTIVENESS, SAFETY,  
AND EXTRAPYRAMIDAL SIDE EFFECTS OF  
PSYCHOPHARMACOLOGICAL TREATMENT IN  
PSYCHIATRIC IN-PATIENTS ACROSS SOUTH INDIA**

**Dissertation submitted to**

**THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY**

**CHENNAI - 32**

**In partial fulfillment of the award of the degree of**

**DOCTOR OF PHARMACY**

**Submitted by**

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**JEMISHA J                      381710408**

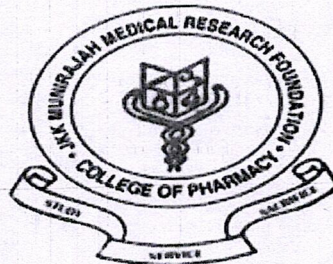
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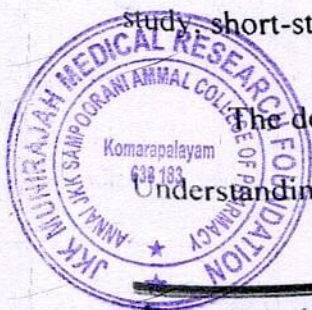
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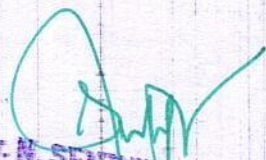


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**AN ANALYTICAL OBSERVATIONAL STUDY ON  
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CARDIOVASCULAR DISEASED PATIENTS**

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This is to certify that the dissertation work entitled "AN ANALYTICAL CROSS SECTIONAL STUDY ON PREVALENCE OF RISK FACTORS, PHARMACOECONOMICS OF DRUGS AND ADVERSE DRUG REACTION IN CARDIOVASCULAR DISEASED PATIENTS" is the bonafide work carried out by ASHA M(Reg.No:381710402), JAYAPRAKASH U(Reg.No:381710406), KAVINKISHORE S(Reg.No:381710409), PREETHI T(Reg.No:381710413), under the guidance and supervision of Dr.K.C. Arul Prakasam, M.Pharm., Ph.D., Professor and Head, in the Department of Pharmacy Practice.

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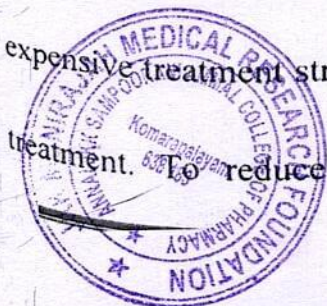
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## CONCLUSION

Cardiovascular disease is a major health problem in India and worldwide and it is associated with many risk factors. The present study reports that there is a high prevalence of CVD risk factors where in acute coronary syndrome 42.3% of population are in high risk and in ischemic heart disease 25 % of population are in high risk.

The modifiable risk factors such as physical inactivity, hypertension, diabetes are the most common risk factors for the present study population. It is crucial to make an early and accurate diagnosis of CVD with risk stratification to guide therapy accordingly. 60% of the study population has more than 5.0 mg/L c reactive protein level in the blood. Plasma biomarker of inflammation can be helpful for diagnosis and predicting the outcome. Optimization of hypertension and DM control implementation is the responsibility of health care providers by monitoring the blood pressure and blood glucose level periodically. Risk of physical inactiveness can be overcome by providing a fitness plan, these interventions are most important and effective way to reduce the prevalence of risk factor of cardiovascular disease.

In this present study the main burden of financial resource consumption in cardiovascular drugs is found to be 80% it can be resolved by trivializing the expensive treatment strategy and switching to cost effective therapy leads to adherent treatment. To reduce the disadvantage of cost variation of drug, the generic

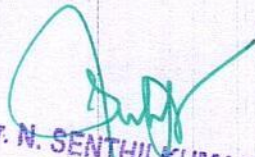


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prescribing should be encouraged. Cheap and effective generic medication should be prescribed by the practitioner.

The present study shows that 61.7% adverse drug reaction of cardiovascular drugs are definitely preventable. To reduce the risk of ADR, effective therapeutic planning, monitoring and evaluation of the drug therapy is immensely needed.



  
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**EVALUATION OF KNOWLEDGE, ATTITUDE AND PRACTICE  
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NAMAKKAL DISTRICT, TAMILNADU.**

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**In partial fulfillment for the award of the degree of  
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**Submitted by**

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**Mr. RAGHUL G (Reg. No:381710415)**  
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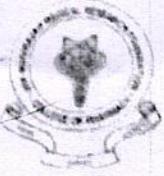
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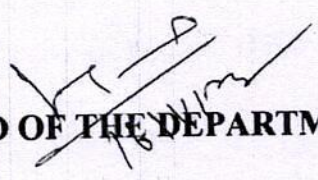
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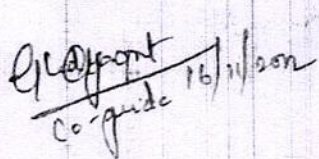
  
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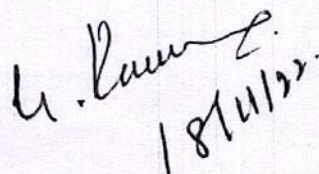
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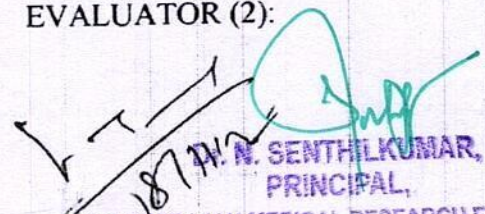
  
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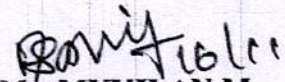
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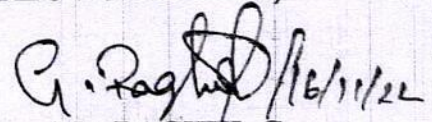
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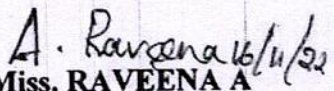


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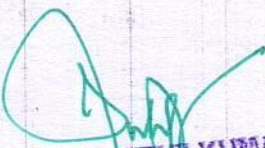
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## CONCLUSION

- The Study shows high prevalence of self medication practice among participants aged less than 20 years. 42.9 % of participants in this study mostly practice self medication for treatment of fever. Overall in the study knowledge towards self medication is good in both PG and UG students. Practice and attitude towards self medication is more prevalent in PG students. Comparatively +10 students knowledge about self medication is low.
- 32.2% of participants take pain NSAIDs in practice of self medication, people should avoid opioid medicines for mild and moderate pain and be aware of fact that non-steroidal anti-inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioid usage then medicines for constipation have to be co administered as high dose of opioid leads to constipation.
- Study concluded that 47.2% of patients stop taking medicines after disappearance of symptoms, incase occurrence of relapse of such ailments, immediate consultation to general practitioner or healthcare professional have to be done.
- A workshop should be organized for community pharmacists regularly to update and improve their knowledge in managing simple complaints and dispensing OTC drugs, in simple way we can create awareness about self medication through media like newspaper, magazine, etc.



  
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This is to certify that the dissertation work entitled "AN ANALYTICAL CROSS SECTIONAL STUDY ON PREVALENCE OF RISK FACTORS, PHARMACOECONOMICS OF DRUGS AND ADVERSE DRUG REACTION IN CARDIOVASCULAR DISEASED PATIENTS" is the bonafide work carried out by ASHA M(Reg.No:381710402), JAYAPRAKASH U(Reg.No:381710406), KAVINKISHORE S(Reg.No:381710409), PREETHI T(Reg.No:381710413), under the guidance and supervision of Dr.K.C. Arul Prakasam, M.Pharm., Ph.D., Professor and Head, in the Department of Pharmacy Practice.

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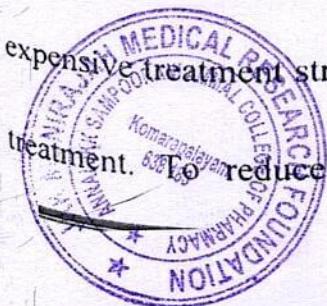
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## CONCLUSION

Cardiovascular disease is a major health problem in India and worldwide and it is associated with many risk factors. The present study reports that there is a high prevalence of CVD risk factors where in acute coronary syndrome 42.3% of population are in high risk and in ischemic heart disease 25 % of population are in high risk.

The modifiable risk factors such as physical inactivity, hypertension, diabetes are the most common risk factors for the present study population. It is crucial to make an early and accurate diagnosis of CVD with risk stratification to guide therapy accordingly. 60% of the study population has more than 5.0 mg/L c reactive protein level in the blood. Plasma biomarker of inflammation can be helpful for diagnosis and predicting the outcome. Optimization of hypertension and DM control implementation is the responsibility of health care providers by monitoring the blood pressure and blood glucose level periodically. Risk of physical inactiveness can be overcome by providing a fitness plan, these interventions are most important and effective way to reduce the prevalence of risk factor of cardiovascular disease.

In this present study the main burden of financial resource consumption in cardiovascular drugs is found to be 80% it can be resolved by trivializing the expensive treatment strategy and switching to cost effective therapy leads to adherent treatment. To reduce the disadvantage of cost variation of drug, the generic

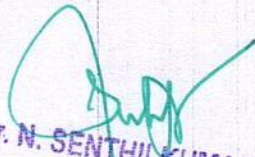


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prescribing should be encouraged. Cheap and effective generic medication should be prescribed by the practitioner.

The present study shows that 61.7% adverse drug reaction of cardiovascular drugs are definitely preventable. To reduce the risk of ADR, effective therapeutic planning, monitoring and evaluation of the drug therapy is immensely needed.



  
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AND EXTRAPYRAMIDAL SIDE EFFECTS OF  
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PSYCHIATRIC IN-PATIENTS ACROSS SOUTH INDIA**

**Dissertation submitted to**

**THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY  
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**In partial fulfillment of the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

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**JEMISHA J                      381710408**

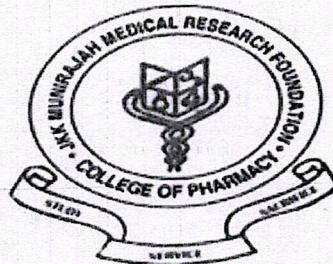
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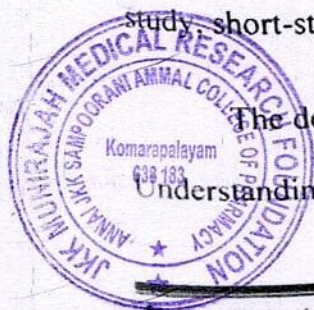
## CONCLUSION

Antipsychotic drugs have tremendous benefits, but they also have considerable downsides. If these side effects are avoided and treated promptly, the overall effects of antipsychotics can be enhanced. The study of assessing patients' quality of life and subjective well-being has just gained popularity in the last two decades. Less attention was paid to the management of chronic illness and long-term disability. More emphasis was placed on treatment than on prevention. In contrast to the prior trend, quality of life is now prioritized.

The goal of therapy is now to provide the patient with a high quality of life in cases when a cure is not possible or there are long-term repercussions from the illness. A successful treatment that combines optimal pharmacotherapy with targeted psychosocial interventions increases hopes for functional recovery in individuals with mental illnesses.

The study's findings suggest that first-generation antipsychotics (conventional/typical) FGAs are more effective but also more likely to cause extrapyramidal side effects, whereas second-generation antipsychotics (atypical) are less effective than FGAs T1 but also less likely to cause extrapyramidal side effects. Quality of life eventually improved in post score and SGAs receiving patient T2 shows better QOL according to our research study. Additionally, patients who received SGAs reported compliance with metabolic symptoms. According to the study, short-stay hospitalization shows more effective than a long stay.

The degree to which a patient can tolerate antipsychotic medications is crucial. Understanding the dangers and advantages of any antipsychotic medication will be

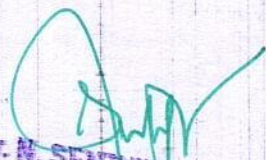


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made easier by long-term studies that look at overall results (such as functioning and quality of life) as opposed to only symptomatic outcomes. In this study, we provided 50 recommendations, most commonly dose adjustment, medication initiation, medication discontinuation, and other interventions.

The psychiatrist accepted 44 and rejected 6 recommendations. We provided recommendations at the psychogeriatric ward, addiction department, and closed and open ward. Additionally, these treatments persisted two months after discharge, indicating that they were successful and well-tolerated. Based on the findings, we draw the inference that clinical pharmacist collaboration with the psychiatric team is essential for managing psychiatric diseases.



  
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**EVALUATION OF KNOWLEDGE, ATTITUDE AND PRACTICE  
OF SELF MEDICATION AMONG THE STUDENTS IN  
NAMAKKAL DISTRICT, TAMILNADU.**

**Dissertation submitted to  
THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI – 32.**

**In partial fulfillment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

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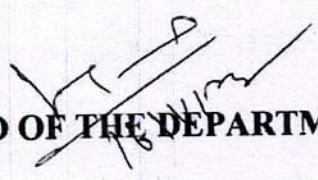
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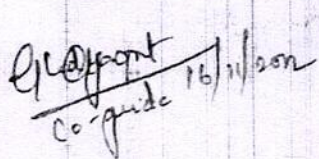
  
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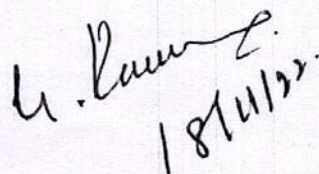
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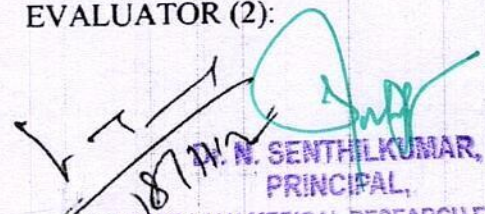
  
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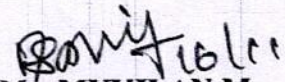
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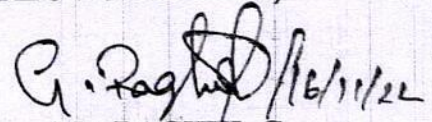
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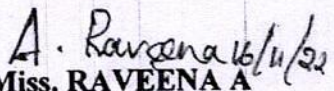


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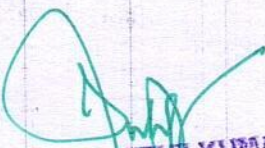
  
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## CONCLUSION

- The Study shows high prevalence of self medication practice among participants aged less than 20 years. 42.9 % of participants in this study mostly practice self medication for treatment of fever. Overall in the study knowledge towards self medication is good in both PG and UG students. Practice and attitude towards self medication is more prevalent in PG students. Comparatively +10 students knowledge about self medication is low.
- 32.2% of participants take pain NSAIDs in practice of self medication, people should avoid opioid medicines for mild and moderate pain and be aware of fact that non-steroidal anti-inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioid usage then medicines for constipation have to be co administered as high dose of opioid leads to constipation.
- Study concluded that 47.2% of patients stop taking medicines after disappearance of symptoms, incase occurrence of relapse of such ailments, immediate consultation to general practitioner or healthcare professional have to be done.
- A workshop should be organized for community pharmacists regularly to update and improve their knowledge in managing simple complaints and dispensing OTC drugs, in simple way we can create awareness about self medication through media like newspaper, magazine, etc.



  
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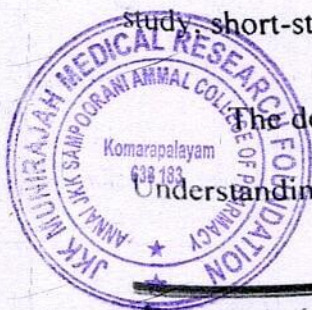
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Antipsychotic drugs have tremendous benefits, but they also have considerable downsides. If these side effects are avoided and treated promptly, the overall effects of antipsychotics can be enhanced. The study of assessing patients' quality of life and subjective well-being has just gained popularity in the last two decades. Less attention was paid to the management of chronic illness and long-term disability. More emphasis was placed on treatment than on prevention. In contrast to the prior trend, quality of life is now prioritized.

The goal of therapy is now to provide the patient with a high quality of life in cases when a cure is not possible or there are long-term repercussions from the illness. A successful treatment that combines optimal pharmacotherapy with targeted psychosocial interventions increases hopes for functional recovery in individuals with mental illnesses.

The study's findings suggest that first-generation antipsychotics (conventional/typical) FGAs are more effective but also more likely to cause extrapyramidal side effects, whereas second-generation antipsychotics (atypical) are less effective than FGAs T1 but also less likely to cause extrapyramidal side effects. Quality of life eventually improved in post score and SGAs receiving patient T2 shows better QOL according to our research study. Additionally, patients who received SGAs reported compliance with metabolic symptoms. According to the study, short-stay hospitalization shows more effective than a long stay.

The degree to which a patient can tolerate antipsychotic medications is crucial. Understanding the dangers and advantages of any antipsychotic medication will be

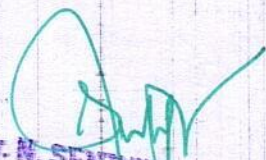


Dr. N. SENTHILKUMAR

made easier by long-term studies that look at overall results (such as functioning and quality of life) as opposed to only symptomatic outcomes. In this study, we provided 50 recommendations, most commonly dose adjustment, medication initiation, medication discontinuation, and other interventions.

The psychiatrist accepted 44 and rejected 6 recommendations. We provided recommendations at the psychogeriatric ward, addiction department, and closed and open ward. Additionally, these treatments persisted two months after discharge, indicating that they were successful and well-tolerated. Based on the findings, we draw the inference that clinical pharmacist collaboration with the psychiatric team is essential for managing psychiatric diseases.



  
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NAMAKKAL DISTRICT, TAMILNADU.

**A COMPARATIVE STUDY OF PHYSICAL ACTIVITY,  
ACADEMIC PERFORMANCE AND STRESS LEVEL AMONG  
PHARMACY AND NON-PHARMACY STUDENTS- BEFORE,  
DURING AND AFTER COVID19 LOCKDOWN**

**Dissertation submitted to  
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI – 32.**

**In partial fulfilment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

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**Under the Guidance of  
Dr. K. C. ARUL PRAKASAM, M.Pharm., Ph.D.  
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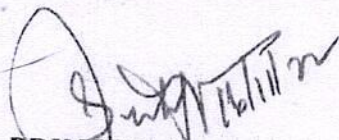
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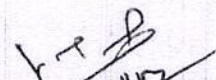
**CERTIFICATE**

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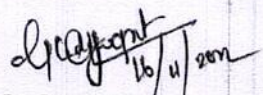
  
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## 8. CONCLUSION

This study concluded that lockdown has had a long lasting impact on the personal and academic life of pharmacy and non-pharmacy students.

### PHYSICAL ACTIVITY-

- The study reported that before, during and after lockdown more number of non-pharmacy students are involved in exercising and daily physical activity.
- This study reported that before, during and after lockdown more number of pharmacy students did not spend any time for exercise.
- This study showed that during lockdown more number of pharmacy students were involved in online hobbies.

### GADGET USE AND SLEEP-

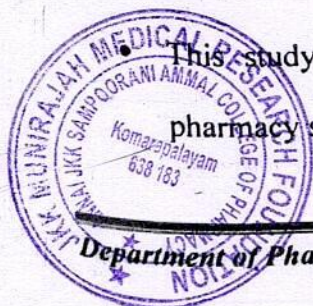
- This study showed that more number of pharmacy students use electronic gadgets in their daily life but more number of non-pharmacy students spend time daily on electronic gadgets.
- This study showed that lockdown delayed the regular sleeping time of both pharmacy and non-pharmacy students, and also sleep duration was more during lockdown.

### SOCIAL HABITS-

- This study reported that more number of pharmacy students picked up social habits like drinking and money betting during lockdown.

### ACADEMIC PERFORMANCE-

- This study reported that before, during and after lockdown more number of pharmacy students are stressed while attending college classes.



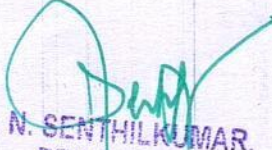


- This study reported that before, during and after lockdown more number of non-pharmacy students are regular with their daily college work.
- This study reported that before, during and after lockdown pharmacy students spend more time on studies than non-pharmacy students.

#### STRESS LEVELS-

- This study reported that before, during and after lockdown both pharmacy and non-pharmacy students experience academic and personal life stress.
- Higher level of stress is seen in pharmacy students with regard to academic performance, relation with staffs and job opportunities.
- Higher levels of stress is seen in non-pharmacy students in their personal relations with family and friends.
- This study also shows that regular physical activity can lower stress levels in college going students.
- This study also shows the need of better time management of their daily life activities and studies by pharmacy students.



  
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NAMAKKAL DISTRICT, TAMILNADU.

**A RETROSPECTIVE OBSERVATIONAL STUDY ON ASSESSMENT  
OF RISK FACTORS AND WARNING SIGNS OF STROKE AND  
TRANSIENT ISCHEMIC ATTACK, THE IMPACT OF THEIR  
PROPER RECOGNITION AND RATIONAL MEDICAL  
MANAGEMENT ON POST STROKE DISABILITY OF THE  
PATIENTS**

**Dissertation submitted to  
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**In partial fulfilment for the award of the degree of  
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**Submitted by**

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AHAMMED KABEER (Reg.No : 381710422)  
CHANDNA THERESA MATHEW (Reg.No : 381710424)**

**Under the Guidance of  
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Professor & Head Of The Department**



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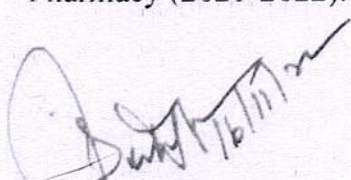
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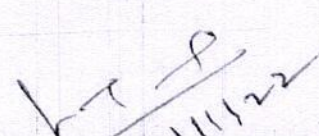


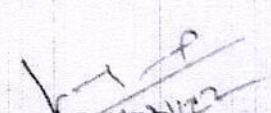
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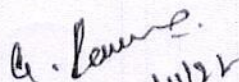
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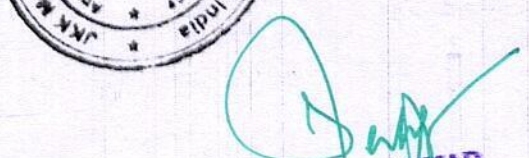
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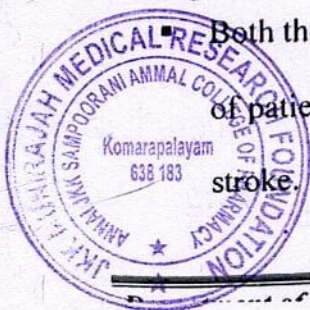
## 8. CONCLUSION

- In this study carried out in a population of 132 stroke patients, the majority of 62.12% were having blood pressure as major risk factor, followed by 52.03% with diabetics, 42.43% had lack of exercises and 41.66% had heart disease.
- The major warning signs were asymmetric facial weakness (98.48%), speech disturbance (94.69%), and visual field disturbances (86.37%).
- Among the population Ischemic stroke (83.33%) was found be more than hemorrhagic stroke (16.67%). The occurrence of stroke was found to be higher in females (50.75%) than males, and in the age category of 41- 60 years (41.67%).
- In 66 ischemic patients treated for TIA, 65 had stroke occurrence after 7 days. whereas in hemorrhagic patients 8 out of 9 patients had stroke occurrence after 7 days.
- Among 68 ischemic patients who controlled risk factors after TIA, 66 had stroke occurrence after 7 days, whereas in hemorrhagic patients all the 7 patients had stroke occurrence after 7 days.
- The majority population had only slight or minimal disability (60.62%), due to the provision of emergency treatment (62.12%).

Both the results from the assessment of TIA and Risk factors reflects the need of patient counselling and awareness about TIA and secondary prevention of stroke.

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**ASSESSMENT OF QUALITY OF LIFE, MANAGEMENT AND FOOT  
SCREENING IN DIABETES MELLITUS AND DIABETIC FOOT  
ULCER PATIENTS IN A RURAL DIABETES CENTER**

*Dissertation submitted to*

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CHENNAI - 32.

**In partial fulfillment for the award of the degree of  
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*Submitted by*

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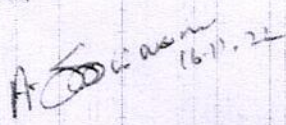
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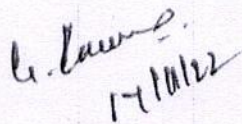
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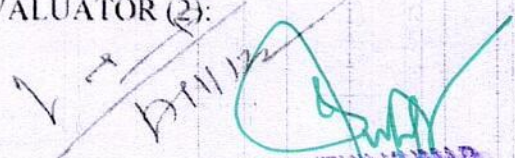
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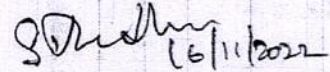


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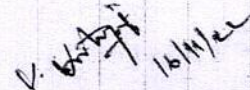
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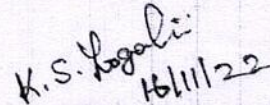
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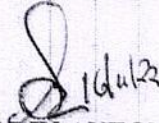
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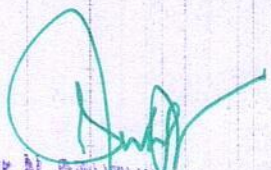
  
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## 7. CONCLUSION

This study establishes the importance of foot screening in diabetic care practice by assessing the health-related quality of life in diabetics and diabetic foot ulcer patients. It was observed that there was a severe deprivation in quality of life of diabetic foot ulcer patients than diabetic patients which is validated by statistical interpretations.

Furthermore, the Inlow 60 second foot screening which was done in both diabetes and diabetic foot ulcer patients showed ulceration risk in both diabetes and diabetic foot ulcer patients. The risk was stratified and treatment based on their analyzed risk was recommended in order to avoid future diabetic foot related complications. Thus it is also essential to screen every diabetic patient for foot related problems.

Apart from these, we as a Clinical pharmacist provided the specific counseling by using PIL to diabetic foot ulcer patients for improving the QOL and the impact of patient counselling was assessed by measuring patients QOL on wound at three visits which added evidence that counseling also plays an important role in improving patients QOL along with appropriate treatment.



  
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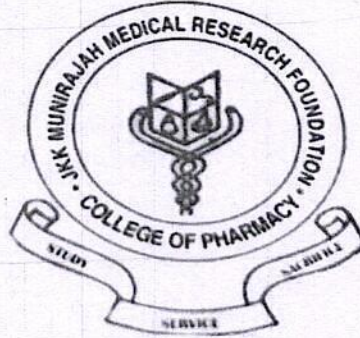
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CHENNAI - 32.**

**In partial fulfillment for the award of the degree of  
DOCTOR OF PHARMACY**

*Submitted by*

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<b>YOGAVARSHINI K S</b>	<b>Reg. No: 381710421</b>
STALIN ANTONY	Reg. No: 381510426

*Under the Guidance of*  
**Mr. A. SRINIVASAN, M. PHARM,**  
Associate Professor



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**OCTOBER - 2022**



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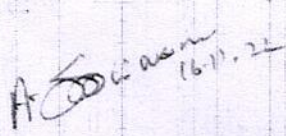
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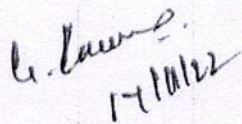
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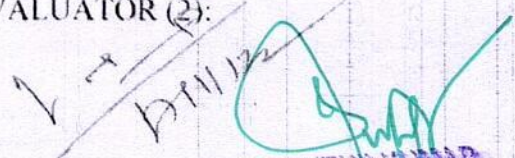
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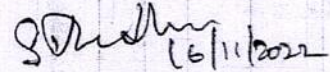
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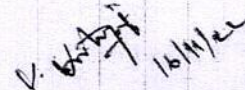
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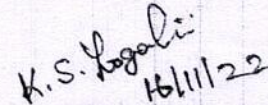
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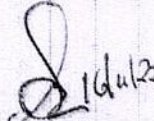
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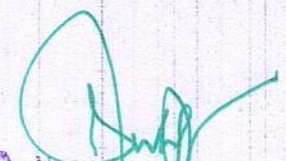
  
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## 7. CONCLUSION

This study establishes the importance of foot screening in diabetic care practice by assessing the health-related quality of life in diabetics and diabetic foot ulcer patients. It was observed that there was a severe deprivation in quality of life of diabetic foot ulcer patients than diabetic patients which is validated by statistical interpretations.

Furthermore, the Inlow 60 second foot screening which was done in both diabetes and diabetic foot ulcer patients showed ulceration risk in both diabetes and diabetic foot ulcer patients. The risk was stratified and treatment based on their analyzed risk was recommended in order to avoid future diabetic foot related complications. Thus it is also essential to screen every diabetic patient for foot related problems.

Apart from these, we as a Clinical pharmacist provided the specific counseling by using PIL to diabetic foot ulcer patients for improving the QOL and the impact of patient counselling was assessed by measuring patients QOL on wound at three visits which added evidence that counseling also plays an important role in improving patients QOL along with appropriate treatment.



  
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SCREENING IN DIABETES MELLITUS AND DIABETIC FOOT  
ULCER PATIENTS IN A RURAL DIABETES CENTER**

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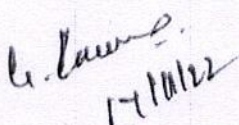
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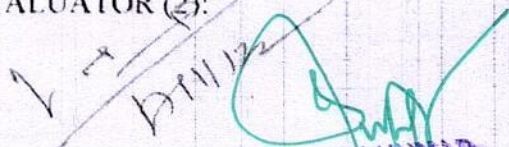


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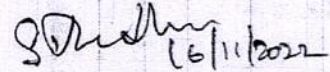
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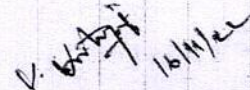
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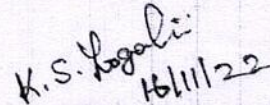
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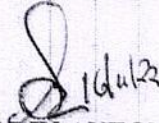
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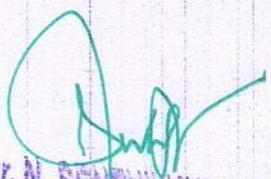
  
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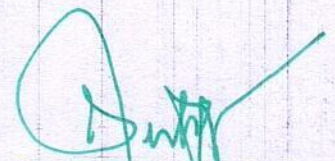
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ETHIRMEDU, KOMARAPALAYAM - 638 183,  
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**A RETROSPECTIVE OBSERVATIONAL STUDY ON ASSESSMENT  
OF RISK FACTORS AND WARNING SIGNS OF STROKE AND  
TRANSIENT ISCHEMIC ATTACK, THE IMPACT OF THEIR  
PROPER RECOGNITION AND RATIONAL MEDICAL  
MANAGEMENT ON POST STROKE DISABILITY OF THE  
PATIENTS**

**Dissertation submitted to  
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI - 32.**

**In partial fulfilment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

**SULAIMAN B. (Reg.No : 381710418)  
AHAMMED KABEER (Reg.No : 381710422)  
CHANDNA THERESA MATHEW (Reg.No : 381710424)**

**Under the Guidance of  
Dr. K.C. ARUL PRAKASAM, M. PHARM, Ph.D.,  
Professor & Head Of The Department**



**DEPARTMENT OF PHARMACY PRACTICE  
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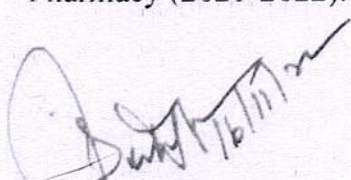
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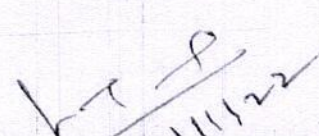


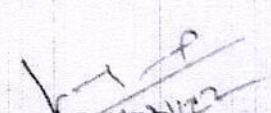
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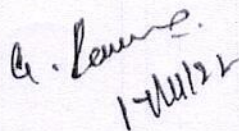
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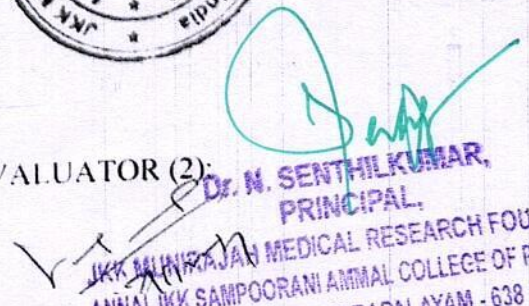
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**CHANDNA THERESA MATHEW**  
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Place: Komarapalayam

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*Dr. N. Senthil Kumar*

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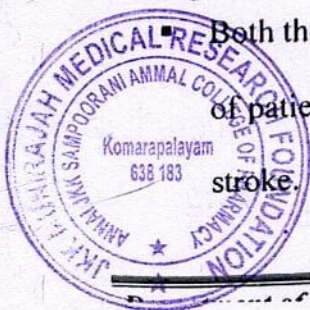
## 8. CONCLUSION

- In this study carried out in a population of 132 stroke patients, the majority of 62.12% were having blood pressure as major risk factor, followed by 52.03% with diabetics, 42.43% had lack of exercises and 41.66% had heart disease.
- The major warning signs were asymmetric facial weakness (98.48%), speech disturbance (94.69%), and visual field disturbances (86.37%).
- Among the population Ischemic stroke (83.33%) was found be more than hemorrhagic stroke (16.67%). The occurrence of stroke was found to be higher in females (50.75%) than males, and in the age category of 41- 60 years (41.67%).
- In 66 ischemic patients treated for TIA, 65 had stroke occurrence after 7 days. whereas in hemorrhagic patients 8 out of 9 patients had stroke occurrence after 7 days.
- Among 68 ischemic patients who controlled risk factors after TIA, 66 had stroke occurrence after 7 days, whereas in hemorrhagic patients all the 7 patients had stroke occurrence after 7 days.
- The majority population had only slight or minimal disability (60.62%), due to the provision of emergency treatment (62.12%).

Both the results from the assessment of TIA and Risk factors reflects the need of patient counselling and awareness about TIA and secondary prevention of stroke.

Dr. N. SENTHILKUMAR,  
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**A RETROSPECTIVE OBSERVATIONAL STUDY OF POST-COVID-19  
SYNDROME TO ASSESS THE FACTORS ASSOCIATED WITH,  
MANIFESTATIONS AND FUNCTIONING STATUS**

**Dissertation submitted to  
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**In partial fulfilment for the award of the degree of  
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**Submitted by**

<b>AMRUTHA MK</b>	<b>(Reg.No : 381710423)</b>
<b>DEBORAH ROSE</b>	<b>(Reg.No : 381710425)</b>
<b>SAMUEL BABU</b>	<b>(Reg.No : 381710429)</b>
<b>NAIVIN D ALMEDA</b>	<b>(Reg.No : 381710430)</b>

**Under the Guidance of  
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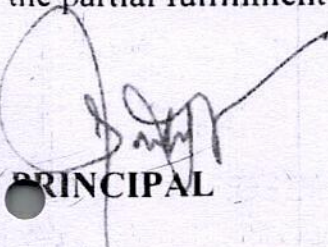
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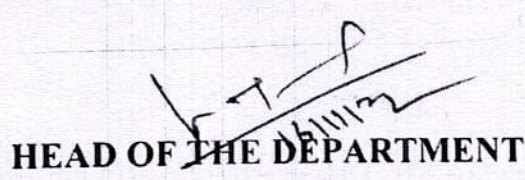


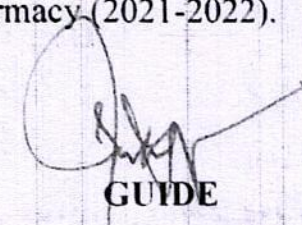
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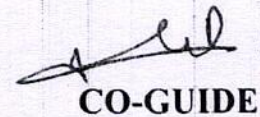
  
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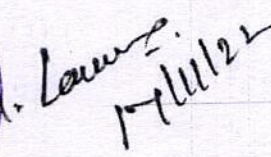


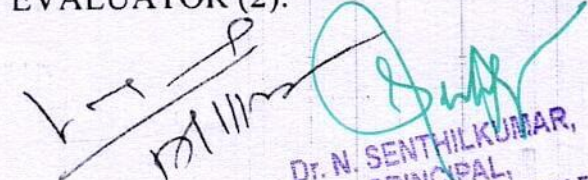
  
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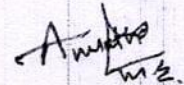


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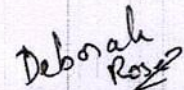
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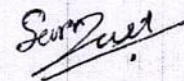
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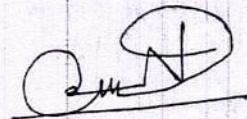
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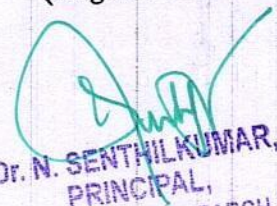
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CONCLUSION

- ❖ Patients with COVID-19 require long-term monitoring and management of their post-COVID symptoms, even after they have recovered.
- ❖ The most common long-term clinical manifestations identified based on this study include fatigue, cough, shortness of breath, and myalgia.
- ❖ Patients who exhibit symptoms such as Fatigue, cough, and shortness of breath early in their condition are more prone to develop the post-COVID syndrome.
- ❖ The vaccination status was statistically significant factor when associated with the post covid syndrome in this study. Both vaccinated and non-vaccinated group of people were almost equally affected with covid infection and post covid syndrome.
- ❖ About 30% of the participants were reinfected and admitted to hospitals due to Covid, this may be due to other variants related to covid (omicron, alpha, delta)
- ❖ The results show that long-term clinical manifestations after mild and moderate COVID-19 are common and lead to limitations of activities and participation. However, it seems that in most cases they are not severe and do not lead to frequent or serious issues with quality of life or work ability.
- ❖ As a clinical pharmacist we have tried to create awareness about post covid syndrome by sending Patient Information Leaflet (PIL).

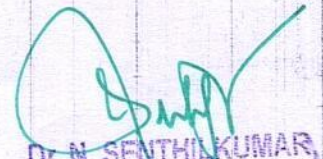


  
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**FUTURE RECOMMENDATIONS**

- ❖ A complete rehabilitation program for a great population in the post-COVID condition is required.
- ❖ Early rehabilitation, is needed during the acute phase of illness. It must be personalized particularly for patients with comorbidities, advanced age, obesity, multiple diseases, and complications of single or multiple organs.
- ❖ Rehabilitation program including mobilization and psychological support to restore fitness and reduce anxiety and depression.
- ❖ Respiratory rehabilitation program includes, respiratory muscle training, coughing exercises, stretching exercises and home exercises comprising 2 sessions per week for 6 weeks, once a day for 10 minutes.
- ❖ Digital health interventions-telehealth can help provide self-monitoring tools, exercise protocols and psychological support.



  
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**A RETROSPECTIVE OBSERVATIONAL STUDY ON ASSESSMENT  
OF RISK FACTORS AND WARNING SIGNS OF STROKE AND  
TRANSIENT ISCHEMIC ATTACK, THE IMPACT OF THEIR  
PROPER RECOGNITION AND RATIONAL MEDICAL  
MANAGEMENT ON POST STROKE DISABILITY OF THE  
PATIENTS**

**Dissertation submitted to  
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI - 32.**

**In partial fulfilment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

**SULAIMAN B. (Reg.No : 381710418)  
AHAMMED KABEER (Reg.No : 381710422)  
CHANDNA THERESA MATHEW (Reg.No : 381710424)**

**Under the Guidance of  
Dr. K.C. ARUL PRAKASAM, M. PHARM, Ph.D.,  
Professor & Head Of The Department**



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NAMAKKAL (DT), TAMILNADU  
OCTOBER - 2022**



**Dr. N. SENTHILKUMAR,  
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**CERTIFICATE**

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## DECLARATION

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**CHANDNA THERESA MATHEW**  
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Place: Komarapalayam

Date: 16.11.2022



*Dr. N. Senthilkumar*

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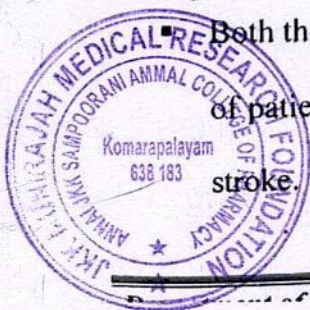
## 8. CONCLUSION

- In this study carried out in a population of 132 stroke patients, the majority of 62.12% were having blood pressure as major risk factor, followed by 52.03% with diabetics, 42.43% had lack of exercises and 41.66% had heart disease.
- The major warning signs were asymmetric facial weakness (98.48%), speech disturbance (94.69%), and visual field disturbances (86.37%).
- Among the population Ischemic stroke (83.33%) was found be more than hemorrhagic stroke (16.67%). The occurrence of stroke was found to be higher in females (50.75%) than males, and in the age category of 41- 60 years (41.67%).
- In 66 ischemic patients treated for TIA, 65 had stroke occurrence after 7 days. whereas in hemorrhagic patients 8 out of 9 patients had stroke occurrence after 7 days.
- Among 68 ischemic patients who controlled risk factors after TIA, 66 had stroke occurrence after 7 days, whereas in hemorrhagic patients all the 7 patients had stroke occurrence after 7 days.
- The majority population had only slight or minimal disability (60.62%), due to the provision of emergency treatment (62.12%).

Both the results from the assessment of TIA and Risk factors reflects the need of patient counselling and awareness about TIA and secondary prevention of stroke.

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**Under the Guidance of  
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Principal**



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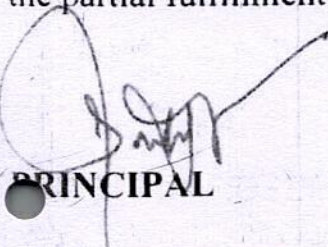
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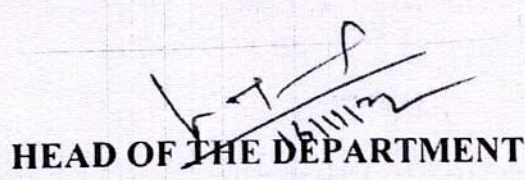


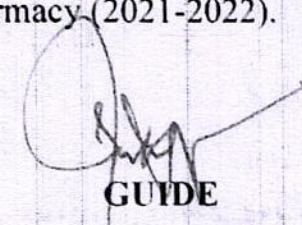
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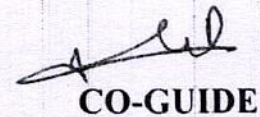
  
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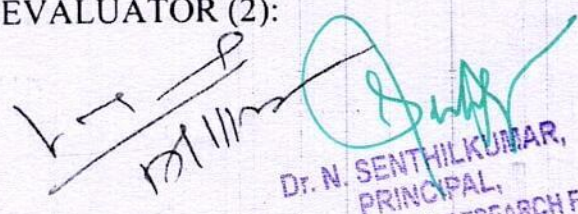


  
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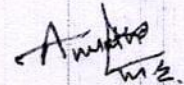
  
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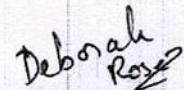
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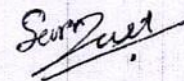
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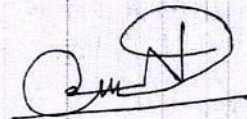
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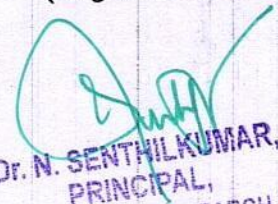
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CONCLUSION

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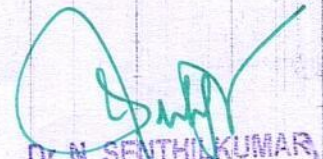


  
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**A COMPARATIVE STUDY OF PHYSICAL ACTIVITY,  
ACADEMIC PERFORMANCE AND STRESS LEVEL AMONG  
PHARMACY AND NON-PHARMACY STUDENTS- BEFORE,  
DURING AND AFTER COVID19 LOCKDOWN**

**Dissertation submitted to  
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI – 32.**

**In partial fulfilment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

**SUDHARSAN. V (Reg.No : 381710417)**

**HELENA. M (Reg.No : 381710426)**

**MUNEER. T (Reg.No:381710427)**

**NISSY ESTHER JOHN (Reg.No:381710428)**

**Under the Guidance of  
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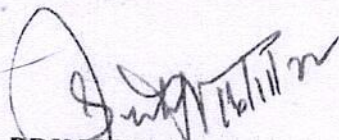
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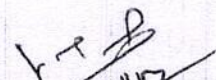
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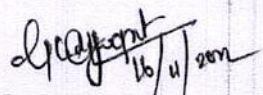
  
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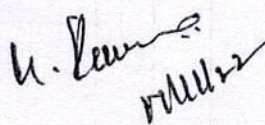


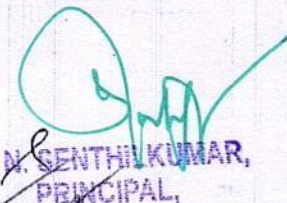
  
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## 8. CONCLUSION

This study concluded that lockdown has had a long lasting impact on the personal and academic life of pharmacy and non-pharmacy students.

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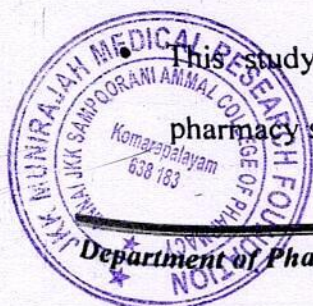
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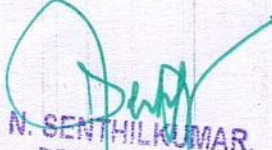


- This study reported that before, during and after lockdown more number of non-pharmacy students are regular with their daily college work.
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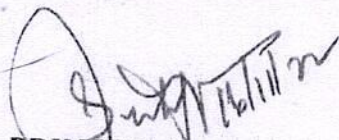
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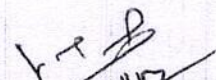
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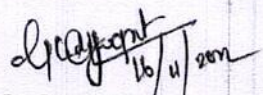
  
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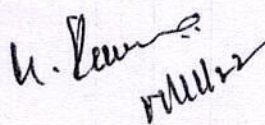


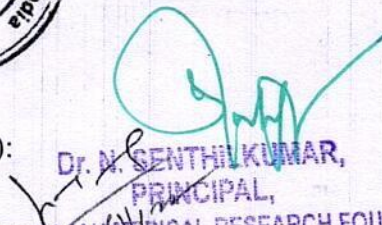
  
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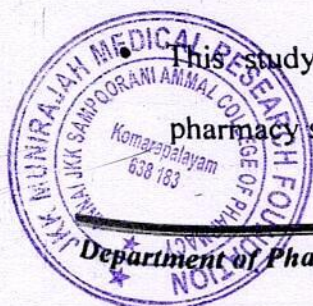
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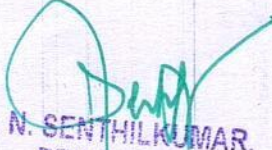


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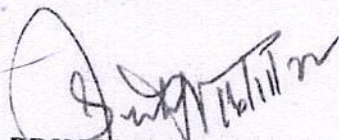
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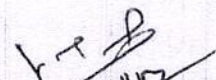
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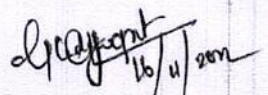
  
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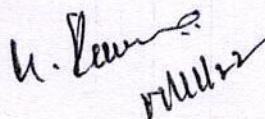


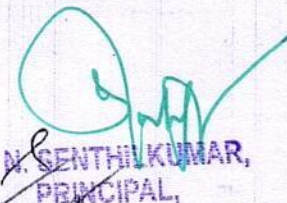
  
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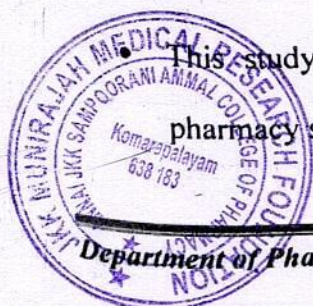
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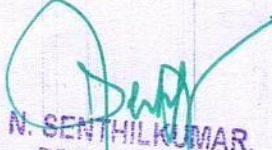


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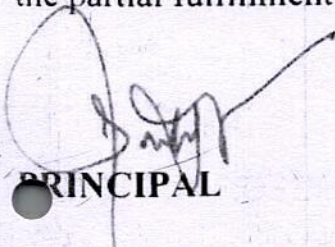
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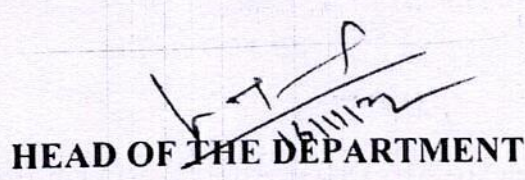


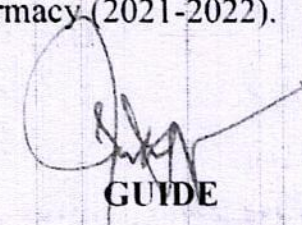
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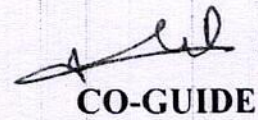
  
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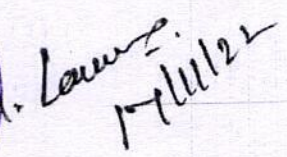


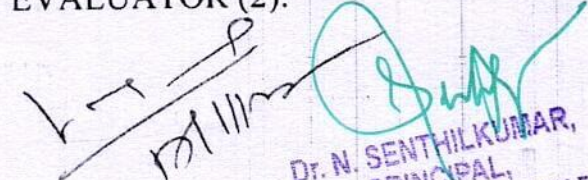
  
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(Reg.No: 381710423)

*Deborah Rose*

**DEBORAH ROSE**  
(Reg.No: 381710425)

*Samuel Babu*

**SAMUEL BABU**  
(Reg.No: 381610429)

*Naivin D Almeda*

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(Reg.No: 381610430)



Place: Komarapalayam


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*Dr. N. Senthil Kumar*  
**Dr. N. SENTHILKUMAR,**  
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CONCLUSION

- ❖ Patients with COVID-19 require long-term monitoring and management of their post-COVID symptoms, even after they have recovered.
- ❖ The most common long-term clinical manifestations identified based on this study include fatigue, cough, shortness of breath, and myalgia.
- ❖ Patients who exhibit symptoms such as Fatigue, cough, and shortness of breath early in their condition are more prone to develop the post-COVID syndrome.
- ❖ The vaccination status was statistically significant factor when associated with the post covid syndrome in this study. Both vaccinated and non-vaccinated group of people were almost equally affected with covid infection and post covid syndrome.
- ❖ About 30% of the participants were reinfected and admitted to hospitals due to Covid, this may be due to other variants related to covid (omicron, alpha, delta)
- ❖ The results show that long-term clinical manifestations after mild and moderate COVID-19 are common and lead to limitations of activities and participation. However, it seems that in most cases they are not severe and do not lead to frequent or serious issues with quality of life or work ability.
- ❖ As a clinical pharmacist we have tried to create awareness about post covid syndrome by sending Patient Information Leaflet (PIL).

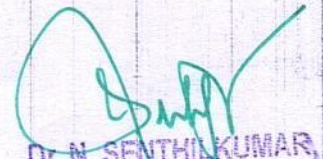


  
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**FUTURE RECOMMENDATIONS**

- ❖ A complete rehabilitation program for a great population in the post-COVID condition is required.
- ❖ Early rehabilitation, is needed during the acute phase of illness. It must be personalized particularly for patients with comorbidities, advanced age, obesity, multiple diseases, and complications of single or multiple organs.
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**A RETROSPECTIVE OBSERVATIONAL STUDY OF POST-COVID-19  
SYNDROME TO ASSESS THE FACTORS ASSOCIATED WITH,  
MANIFESTATIONS AND FUNCTIONING STATUS**

**Dissertation submitted to  
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY  
CHENNAI - 32.**

**In partial fulfilment for the award of the degree of  
DOCTOR OF PHARMACY**

**Submitted by**

<b>AMRUTHA MK</b>	<b>(Reg.No : 381710423)</b>
<b>DEBORAH ROSE</b>	<b>(Reg.No : 381710425)</b>
<b>SAMUEL BABU</b>	<b>(Reg.No : 381710429)</b>
<b>NAIVIN D ALMEDA</b>	<b>(Reg.No : 381710430)</b>

**Under the Guidance of  
Dr. N. SENTHIL KUMAR, M. PHARM, Ph.D.,  
Principal**



**DEPARTMENT OF PHARMACY PRACTICE**

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PHARMACY,**

**B. KOMARAPALAYAM - 638 183,  
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OCTOBER - 2022**



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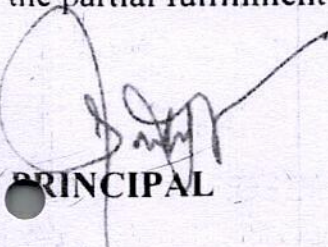
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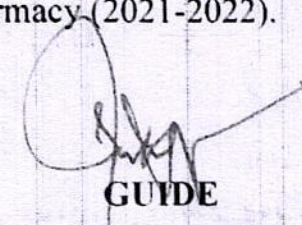
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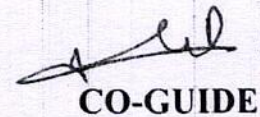
  
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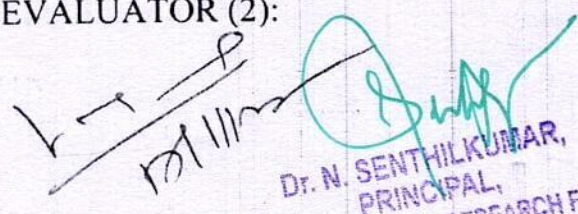


  
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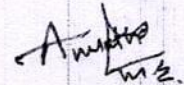


  
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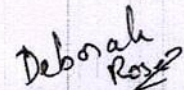
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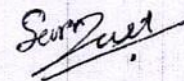
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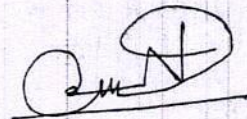
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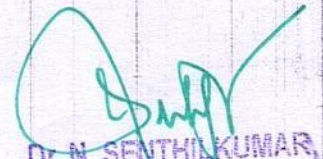


  
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