

HEALTHMAG

A Magazine for all Medical Students and Allied Health Science Students

HealthMag

Issue: February, 2021

How to be a pharmacists
in USA

Story: Bizarre Drugs

ABC: Ebola

Writing An Academic
Paper

Know More...



From the Editor-in-chief

FROM THE EDITOR-IN-CHIEF



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From the last issue, we received several feedbacks. This fuelled up our focus, efforts, strength and interest in making the second issue. With care and more information, we made this issue. We have targeted this issue for the students from different fields of health sciences including medical science, nursing science, psychology, nutrition, pharmacy, physiotherapy, etc. We are concerned about the different opportunities of education in all these fields and to provide transparent information to the current students. Many fresh health professionals cannot avail opportunities due to lack of proper information and they have to be happy with whatever they get locally. But in this era, this is very unfair to them. So, we struggle to find out the information and provide the required guidelines to the students who are in these fields.

Like previous issue, we have various important topics in this issue which will be very useful for the students and fresh professionals from various health related fields.

This magazine also strives to provide medical/health sciences related information to the students. We, the whole team, need your kind participation to spread the magazine among your college friends, juniors, seniors and also teachers.

From the Managing Editor

FROM THE MANAGING EDITOR



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With utmost care and efforts, we have prepared our 2nd Issue of this magazine. We expect it will help you and your friends and colleagues in building their academic and professional career.

HealthMag promises to bring a lot of exciting dimensions in upcoming issues ranging from interviews, scholarship info, information of Master/Doctoral degrees in several parts of the world and more.

With our foundation step, we expect our readers to interact with us and participate in propagating this magazine. You can also send your own articles regarding your career to us (check the last page).

Wish you Happy Reading our Magazine “HealthMag”!

How to be a pharmacists in USA

Pharmacists are quite demanding everywhere. They deal with dispensing prescription medications and also guide the patients regarding the usage of the medications. They are also responsible to conduct health and wellness screening, provide immunizations, provide advice on healthy lifestyle. The job description may vary according to countries and institutions.

As in other professions, pharmacists who have passed pharmacy from foreign universities and are foreigners, are also looking forward to settle in USA. You can get better job with good salary. If you are such a candidate, then this article is for you.

In USA, pharmacists are required in several places because pharmacies are present in many places like grocery stores, departmental stores, universities, prisons, private companies, apart from hospitals and drug stores.

Depending upon many factors, your salary can be 99K to 140K USD per annum.

But as a foreigner and foreign graduate in pharmacy, how you will get started?

You can get a good information

https://kau.edu.sa/Files/0013203/Files/66095_FPGEEstudyguide.pdf

Firstly you need to attend the examination for becoming equivalent pharmacist in US. So, there is an exam called Foreign Pharmacy Graduate Equivalency Examination (FPGEE) and also you need to pass Test of English as a Foreign Language or TOEFL.

Secondly, after passing these exams, you need to do internships and complete required hours. Thirdly, you also need to pass North American Pharmacist Licensure Examination (NAPLEX). But the preparation for (FPGEE) will aid in passing NAPLEX.

For Indians, you cannot simply go to USA after B.Pharm. Because USA only accepts pharmacists who have completed 5 years of bachelor program. But in case of Indians who have B.Pharm, have studied for 4 years. Even with B.Pharm and M.Pharm will not make an Indian student eligible for pharmacist job in US. Then what is the solution? An Indian can take up MS in pharmaceutical sciences in USA to work in pharmaceutical industry. But still, they cannot register as pharmacist. Another way is that an Indian student with B.Pharm can go for PharmD in US to obtain registration as pharmacist in USA.

On the other hand, Pharm.D graduates in India can take up FPGEE and NAPLEX and later can obtain pharmacist registration in USA.

Story: Bizarre Drugs

In this issue, we will go through a story containing series of incidents of bizarre drugs and their effects.

There are many poisons and venoms which are found to have hallucinogenic effects on human body. Legends show us that in late 19th century Austria, people used to consume arsenic to obtain healthy and handsome looks and to be strong. Also, holy men from India used to smoke cobra venom in crystallized form mixed with cannabis. There is a book that contains 10 Californian Native American tribes which used to practice swallowing of live ants to produce hallucination. The ants used to bite their stomach lining, injecting their venom, thereby producing hallucination.

In Slovenia, people make Salamander brandy in their homes. However, you can't find them in liquor stores. The salamanders are hung from their back legs, and brandy is poured onto their bodies, and drips into a cup. Then the salamander is placed on a sieve, and brandy is poured onto them until they drown. The objective is to mix the alcohol with the poison which is released by salamanders while defending them. This drink produce symptoms like LSD and ecstasy combined.

ABC: Ebola

Ebola is caused by ebola virus which is known to cause Ebola haemorrhagic fever.

Transmission: from wild animals and then spreads among human population.

Outbreaks can be controlled by community engagement. Vaccines against Ebola have been developed which also helped during the outbreaks in Guinea and Democratic Republic of the Congo. Early supportive care can be given through rehydration, symptomatic treatment improves survival.

Clinical features that are found in Ebola infection include fever, fatigue, muscular pain, headache, sore throat, vomiting, diarrhea, rash and later kidney and liver functions may be compromised. Lab findings may show low white blood cells and platelet counts and elevated liver enzymes.

Current WHO recommended tests include:

- Automated or semi-automated nucleic acid tests (NAT) for routine diagnostic management.
- Rapid antigen detection tests for use in remote settings where NATs are not readily available. These tests are recommended for screening purposes as part of surveillance activities, however reactive tests should be confirmed with NATs.

ABC: Ebola

- The preferred specimens for diagnosis include:
- Whole blood collected in ethylenediaminetetraacetic acid (EDTA) from live patients exhibiting symptoms.
- Oral fluid specimen stored in universal transport medium collected from deceased patients or when blood collection is not possible.

Management:

- Supportive care includes -
 - rehydration with oral or intravenous fluids
 - treatment of specific symptoms improves survival.
- A range of potential treatments including blood products, immune therapies and drug therapies are currently being evaluated.
- In the 2018-2020 Ebola outbreak in DRC, the first-ever multi-drug randomized control trial was conducted to evaluate the effectiveness and safety of drugs used in the treatment of Ebola patients under an ethical framework developed in consultation with experts in the field and the DRC.

ABC: Ebola

- Two monoclonal antibodies (Inmazeb and Ebanga) were approved for the treatment of Zaire ebolavirus (Ebolavirus) infection in adults and children by the US Food and Drug Administration in late 2020.

Ebola hemorrhagic fever
Ebola is a severe, often-fatal disease that affects people, as well as monkeys, gorillas and chimpanzees.

Origins of the disease
■ Infection with Ebola virus, named after river in Congo, where disease was first recognized in 1976

Symptoms
1 Fever, headache, joint and muscle pain, sore throat, weakness
2 Followed by diarrhea, vomiting
3 Rash, internal and external bleeding

Confirmed human cases Since 1976

How it spreads
■ Direct contact with blood, secretions of infected person
■ Contact with contaminated objects, such as needles
■ Contact with infected animal; possibly eating contaminated meat

Treatment
■ No standard treatment; sick person isolated, given fluids, oxygen; treatment for secondary infections

Ebola virus



*Person had infection, but did not become ill



Reference: <https://www.who.int/news-room/fact-sheets/detail/ebola-virus-disease>

Writing An Academic Paper

You may have heard about writing an academic paper. In fact, in post graduation, you are required to write your thesis. In many universities, it is mandatory to write an academic paper during under graduation. In any allied health science course including medical science, a student must know several aspects of writing a thesis. You must know the ways of writing an academic paper. A student may question why there is need to publish paper? Do you get money for this? The answer to this question is NO. But publishing a paper will reinforce your career profile. If you do this from your student life, you can feel the result after you will become doctor.

In this scientific world, a person with health science profession, is always judged by his or her qualifications and number of publications. That is why an author of a book is so celebrated. But writing a book is quite difficult. Instead you can go for writing an academic paper.

To write an academic paper, you need to understand some basic aspects and also you need to question yourself few basic points:

- ❖ on exactly which subject you want to write
- ❖ what is the significance of the topic in today's scientific world
- ❖ what will be the objectives of your paper
- ❖ what type of study you want to choose (hint: as a student, you can go for review type of paper)
- ❖ How to research information

- ❖ What are the sections that are needed to be included
- ❖ How to write the paper in each section

First of all, you need to find out what topic you can choose. If you already have decided, then, you need to find out what exactly the title should be. Suppose, you want to write a paper on cancer. But now what exactly on cancer. So, you need to pinpoint the title like “Review of Breast Cancer Treatment”.

Then you can go for researching information and current protocols available on the internet. But you just cannot take from any articles. Make sure that you need to research academic papers and not any articles like health blogs. You may have to go to some sites like PubMed to search for research papers. Then you need to study them and extract facts/information related to your paper contents. At the same time, you must keep in mind that you must write from your own and must not simply copy and paste into your paper.

There are more to know about writing paper which will be unveiled in later issues....

Stay tuned with us!

Know More

How To Read ECG



Comparison between MBBS In Indian and MBBS in Foreign



MBBS in Armenia



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