



# Pharmacy

## Nucleus

THE NEWSLETTER OF THE FACULTY OF PHARMACY



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## Dean's Note

Dear staff members, students and friends!

People often talk about future of Pharmacy profession. I am convinced that pharmacists will be the leading healthcare professionals responsible for providing optimal medication therapy outcomes. We will soon have the authority and autonomy to manage medication therapy and will be accountable for patients' therapeutic outcomes. Pharmacists are already receiving public recognition that we are essential to the provision of effective health care.

I am pleased to share with you all that our DPharm students of batch 48 – 49 won the **FIRST PRIZE** at **National Compounding Challenge 2019**. I would like to congratulate the students for their hard work. I highly appreciate the efforts

## Message from Editor in Chief

In third issue of our newsletter, you will see evidence of this leadership in the work being done by the faculty fostering research collaborations, organizing national and international conferences, and enabling our students to win at national level academic and professional skills based competition.

At the last quarter of the year, we are going to achieve a milestone of organizing a national and international conference in the same year by the faculty. Our conference teams led by Professor Nahlah Elkudssiah Ismail and Dr. Audrey Yong have worked really hard to organize these.

of Dr. Nadiatul Azra Ahmad Mazlan for mentoring the students to bring this glory to MAHSA University.

Lastly, Faculty of Pharmacy is looking forward to welcome you all at 1<sup>st</sup> International MAHSA Pharmacy Annual Conference and Exhibition (IMPACE, 2019) and 1<sup>st</sup> MACR National Cancer Conference (MSC) in collaboration with Malaysian Association for Cancer Research (MACR).

Please take some time to read this newsletter and enjoy the recap of some of our accomplishments and future projections as a vibrant Faculty.

*Professor Dr. Munavvar Abdul Sattar*

Both IMPACE 2019 and MSC 2019 are the powerful combination and significant strategic advantage as we continue to pursue “big ideas” in the educational and research arena. Please come, meet, present, exchange research ideas, and renew old and make new friendships in MAHSA University, so we can together make a difference in future research and practice. Thank you to all for your ongoing support.

I am thankful to the editorial members of Pharmacy Nucleus. This issue will highlight the faculty news, faculty events, expert professional profile of selected staff member, pharmacy horizons and upcoming events.

*Dr. Sohail Ahmad*

# Faculty News

## NATIONAL CHAMPION @ National Compounding Challenge 2019



National Compounding Challenge 2019 was conducted at University of Kuala Lumpur (UNIKL) - Royal College of Medicine Perak (RCMP) on 13 October 2019.

Team of MAHSA University won the **FIRST PRIZE** for both the Rx Quiz and the National Compounding Competition under the mentorship of Dr. Nadiatul Azra Ahmad Mazlan.

In total eight members participated from Diploma in Pharmacy, namely:

1. Kong Mei Chean
2. Megalla A/p Kalemuthu
3. Nur Shahin Bt Mohd Parwaiz
4. Waynise Wong Shin Hua
5. Koh Lee Wen
6. Mohammad Azrul Yuzy Bin Marzuki
7. Mohamed Danish bin Mohamed Ali
8. Nurin Izzatie bt Rahamdan



INTERVARSITY RX QUIZ FINALISTS	
	TOTAL
MAHSA TEAM A	120%
MAHSA TEAM B	114.17%
UNIKL TEAM B	111.25%
PICOM TEAM B	109.6%
PICOM TEAM A	107.5%
UNIKL TEAM A	100.0%
GEMATIKA TEAM A	87.0%
GEMATIKA TEAM B	85.0%



*Dr. Sohail Ahmad*

## **RUNNER UP @ Merdeka Poster Competition**

Faculty of Pharmacy prepared poster and participated in **Merdeka Poster Competition** on August 31<sup>st</sup> 2019. Faculty of Pharmacy won the Runner up prize in the competition.



## **Major Open Day**

Major open day cum registration day was organized on 29<sup>th</sup> September 2019 at Level 12, Multi-purpose Hall, MAHSA University. Around sixty students registered for BPharm (Hons) program.

## **Faculty Events**

### **MOU with Universitas Panca Sakti Makassar, Sulawesi, Indonesia**

The Administrators of Universitas Panca Sakti Makassar, Sulawesi, Indonesia have come for facilities visit and signing the MOU with MAHSA University on 17<sup>th</sup> September 2019 as part of student mobility program.



## **Expert Profile: Dr. Sheryar Afzal**



## **Industrial Attachment**

BPharm (Hons), Batch 6 (2016), Sem 7, students are currently undergoing four weeks Industrial attachment at different Pharmaceutical companies: Pharmaniaga Life Science Sdn. Bhd., Y.S.P.Industries (m) sdn. Bhd., Thyib Pharma Sdn. Bhd., Nova Laboratories sdn. Bhd., White Heron Pharmaceuticals Sdn. Bhd. They have to undergo training in formulation of different dosage forms like tablets, capsules, parenteral, ointments, creams, powders. They will also undergo training on packaging and quality control of these dosage forms.

## **Intra- Faculty Orientation Day**

Intra- faculty orientation day for the new batch Bachelor of Pharmacy (Batch 9, September 2019 Intake), conducted by faculty of Pharmacy, under Dr. Ali Attiq as batch coordinator. Various activities have been organized during the orientation day like team work, war cry, and dumb charades.

Dr. Sheryar Afzal is working as an Assistant Professor/Senior Lecturer in the department of Scientific Basis of Therapeutics, Faculty of Pharmacy, MAHSA University. He earned his PhD (Pharmacology) in 2017 from Universiti Sains Malaysia (USM),

Penang, Malaysia as USM fellowship holder with research entitled "Hemodynamic effects of adiponectin on PPAR-gamma receptors in diabetic and non-diabetic Wistar Kyoto and Spontaneously hypertensive rats and was awarded with "SANGGAR SANJUNG AWARD 2014".

He has 15 years of teaching and research experience. His basic research interest encompasses Pharmacology of cardiovascular & renal system at receptor levels in diabetic and hypertensive experimental animal models, Pharmacokinetics of indigenous and synthetic formulations and Toxicity of indigenous medicinal plants. During his research career, he published 21 research publications in well reputed high impact factor journals with more than 38 abstract proceedings at national and international level. He had the opportunity to supervise 5 and Co-supervised 6 Postgraduate students during their research projects at under and Post-graduate level. Recently he received research project grant of RM76, 000 from MAHSA Research Management Centre, Malaysia.

His veterinarian background with Ph.D in Pharmacology is an added advantage in developing different experimental animal models for the scientific study including diabetic, hypertensive and renal hypertensive models.

His future research plan is to evaluate and determine the pathophysiological role and potential implications of various experimental diabetic models in a state of metabolic syndrome at molecular level for the advanced scientific information and update for teaching and clinical research purposes.

## Research Activities

### Invited Keynote Speakers

**Prof. Dr. Nahlah Elkudssiah Ismail**



1. 3<sup>rd</sup> World Congress on Pharmacology and Clinical Trials  
Aug 19<sup>th</sup> to 20<sup>th</sup>, 2019

Sunway Putra Hotel, Kuala Lumpur, Malaysia

- as the Keynote Speaker, delivered talk on "Orchestrated classical and modern psychometric approaches for validation of healthcare professionals' outcome measurement: knowledge, attitudes and practices on uncomplicated malaria management"

2. Phar-East Asia's Pharma & Biotech Festival  
March 19<sup>th</sup> to 20<sup>th</sup>, 2019

Resort World Convention Centre, Singapore

- as the Distinguished invited speaker, delivered talk on "Leveraging digital platforms and electronic medical record (EMR) to improve patient experience and clinical trials subject recruitment"

### Prof. Dr. Gopal Natesan

2<sup>nd</sup> International Conference on Chemical Biology and Biologics

November 23<sup>rd</sup>, 24<sup>th</sup> 2019

Holiday Inn Express, Kuala Lumpur City Centre, Kuala Lumpur, Malaysia

- as the Organizing committee member and as invited speaker

"Quinazoline-3(4h)-one analogs as an important class of analgesic drug discovery"

2. AIMST International Pharmacy Conference (AIPC) 2019,  
30<sup>th</sup> November – 1<sup>st</sup> December 2019, Malaysia

Poster Presentation:

"Anti-proliferative activity of rhizophora stylosa bark extract against oral cancer (Orl-207) cell line"

### Book Chapters

**Dr. Venkatasathya Sai Appala Raju Velaga**

**Dr. Venkatasathya Sai Appala Raju Velaga**, Dr. Nagaraja Suryadevara, and Ponnurugan P. Indian Medicinal Plants and Its Therapeutic Importance with Special Reference to Gardenia carinata: A Review. Research Trends in Medicinal Plant Sciences, volume: 5, Pg. no: 65-77, 2019, AkiNik Publications.

**Dr. Venkatasathya Sai Appala Raju Velaga**, Dr. Nagaraja Suryadevara, Dr.Gnanendra Shanmugam and Ponnurugan P. Indian Medicinal Plants and Its Therapeutic Importance with Special Reference to Swietenia macrophylla: A Review. Research Trends in Multidisciplinary Research, volume: 7, Pg.no: 1-17, 2019, AkiNik Publications.

## Pharmacy Horizons

### Stigma of Mental Illness

Mental health illness is a great public health concern throughout the world. It became an integral part of Sustainable Development Goals agenda to transform the world by 2030. The incidences of stigma among young people keep on increasing, yet the frequency of help seeking is low, especially among those from lower socioeconomic backgrounds. Mental Illness is predicted to be the second biggest health problem among Malaysian after heart disease by 2020. According to National Health and Morbidity Survey 2015, People with mental illness are wrongly seen as dangerous, violent and unpredictable. It is also been believed that a person who has been mentally ill can never be normal.

There are many forms of mental illness, which can differ by its severity, duration and degree. As emphasized by the Malaysian Mental Health Association, mental illness is a distribution that can affect thinking, feeling and behavior that will interrupt normal functioning in daily life. Most mental illness can be treated and controlled. They may have to take medications at times or permanently, but once recovered their behavior becomes more consistent.

### Statistics: Mental Health Illness in Malaysia

Every 3 in 10 adults aged 16 years and above age group have some sort of mental health problems (29.2%). The prevalence of mental health problems among adults increased from 10.7% in 1996, to 11.2% in 2006, to 29.2% in 2015. The prevalence in Kuala Lumpur is 39.8%. The prevalence in females was slightly higher than in males but the difference was not significant (30.8% vs 27.6%).



### Causes of Mental Illness

Mental illness can be recognized by symptoms. These include anxiety, depression, intense fear, paranoia, delusion, hallucinations and unusual elation. There are no affirming causes to these mental disturbances. It is often related to emotional stress and difficult coping with conflict or adjusting to certain events. Other factors include biochemical imbalance, deterioration of brain cells and alcohol or drug abuse.

### Types of Stigma in Mental Illness

The stigma of mental illness is divided into two types:

- Social stigma, which involves the prejudiced attributes that others have around mental illness
- Self-perceived stigma, which involves an internalized stigma that person with the mental illness suffers from.

### Causes of Stigmatization

Knowledge and understanding can affect the form of response someone has. Knowing the definition of mental illness will be necessary to build up positive understanding among this group of

people. Stigmatization toward mental illness people also exists widely among healthcare professionals. Mental illness can happen to professional and non-professional individuals. The understanding of the surrounding people will then determine the kind of stereotype built up. As understanding should stand together with knowledge, influence from media is also a contributing factor.

### Consequences of Stigmatization

The stigmatization will eventually develop the fear of rejection by others which can delay or impede them from getting help and treatment. This may worsen someone's mental health problems and recovery which can trap people in a cycle of illness. It may also lead to an increase in social isolation, poor social support, poor quality of life and low self-esteem.

### Stigma Reduction Strategies

Stigma arises from negative beliefs regardless of what knowledge they have regarding a mental health problem. It's crucial to change these beliefs other than just providing knowledge about mental health problems. Improving social relations between individuals with or without mental health problems is also one of the ways of changing stereotypes. Community-based approaches should be expanded and it is believed that community-based care is more responsive compared to institutional care. It allows the patient to stay within the support system. They should be included in community activities and family members and friends must always give their full support to them. It is also important to educate oneself to raise their voice against stigma by talking openly about mental health, educate others on mental illness, eliminate the "name calling" for example associating mental health illness with "madness" and also encourage others to show more compassion to those with mental illness.

### References

1. World Health Organization (2017). Depression and other common mental disorders: global health estimates.
2. Malaysian Mental Health Association. (<https://mmha.org.my/>).
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4. Zaheera J. Fatima. Mental illness on the rise in Malaysia Borneo Post Online (2017).
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# Upcoming Events

**2<sup>nd</sup>**  
ANNOUNCEMENT



## 1<sup>st</sup> MALAYSIAN ASSOCIATION FOR CANCER RESEARCH (MACR) SCIENTIFIC CONFERENCE

3<sup>rd</sup> - 4<sup>th</sup> DECEMBER 2019

MAHSA UNIVERSITY  
Bandar Saujana Putra  
Selangor, Malaysia

"Cancer research in Malaysia: Is there a need for a paradigm shift?"

### ABOUT THE CONFERENCE

The Malaysian Association for Cancer Research (MACR) is proud to organise its inaugural MACR Scientific Conference (MSC) in collaboration with MAHSA University, supported by Malaysian Universities, Research Institutes and Cancer Societies. This effort is in line with the aim of MACR in providing a major convening platform for cancer research communities based locally and abroad. MSC is expected to provide multiple opportunities for professional networking and panel discussions that promote cancer care through integrative research.

### CONFERENCE TRACKS

- Cancer Biology
- Translational Cancer Medicine
- Clinical Oncology
- Prevention & Control of Cancer
- Cancer Drug Discovery
- Miscellaneous

### WHO SHOULD ATTEND?

- Researchers
- Clinicians
- Pharmacists
- Academicians
- Postdoctoral Fellows
- Undergraduate & Postgraduate students

### REGISTRATION FEES

	Early Bird Rate (before 31st August 2019)	Normal Rate (by 31st October 2019)
Two-Day Conference & Gala Dinner	RM 600 (USD 155)	RM 650 (USD 170)
Two-Day Conference & Gala Dinner [Student]	Not applicable	RM 350 (USD 90)
One-Day Conference	Not applicable	RM 350 (USD 90)

\* All MACR members will receive RM 50 discount.

#### Make Cheque / Electronic Fund Transfer / Cash payable to:

Account Name: **Persatuan Penyelidikan Kanser Malaysia**  
 Account Number: **5121 4752 4724**  
 Bank Name: **Malayan Banking Berhad (MAYBANK)**  
 SWIFT Code: **MBBEMYKL**  
 Description: **Registration fee for 1st MSC**

#### Note:

- All bank charges are to be borne by the participant and must not be deducted from the remitted amount.
- Participant is required to upload a scanned copy of the payment proof during registration OR email it to [1stmcs.finance@gmail.com](mailto:1stmcs.finance@gmail.com).
- Student is required to append a scanned copy of Student ID for verification purpose.

### AWARD CATEGORIES

#### Rising Star Award

The Rising Star Award recognizes excellent research achievements by individuals who are at the early stage of their career in cancer research. The award-winners will receive cash prizes and be allocated a special oral slot to share their research. The eligibility of the award are as follows:

- 1) Employment (inclusive of Post-Doctoral Fellow & Research Officer) – less than 5 Academic Years
- 2) Publications (at least 5 ISI journals with either First/ Second/ Corresponding Authorship)
- 3) Research Grants (Awarded or Applied)
- 4) Active Conference Participation (Oral/ Poster Presentations)
- 5) Registered and submitted an abstract for 1st MSC.



#### Other Awards



\*Please refer to the conference website for more information.



**CPD Points**  
 - MPS (20 points)  
 - MMA & MMC (Awarded)

### IMPORTANT DATES

**31st August 2019**  
Abstract Submission Deadline

**31st October 2019**  
Normal Rate Registration Deadline

**31st August 2019**  
Early Bird Registration Deadline

**15th October 2019**  
Notification of Abstract Acceptance

**3rd-4th December 2019**  
Conference Dates

### PLENARY SPEAKERS



**Prof. Sir David Lane**  
 Chief Scientist  
 Agency for Science, Technology  
 and Research (A\*STAR),  
 Singapore



**Prof. Dr. Roger Phillips**  
 Professor of Cancer  
 Pharmacology  
 University of Huddersfield, UK



**Prof. Dr. Anne Wing-Mui Lee**  
 Clinical Oncologist  
 The University of Hong Kong, Hong Kong

### INVITED SPEAKERS



**Dato' Seri Dr. Mohamed Yusof Bin Hj Abdul Wahab**  
 Surgeon & National Head  
 Clinical Services for General Surgery,  
 Ministry of Health, Malaysia



**Prof. Dr. How Soon Hin**  
 Pulmonologist  
 International Islamic University, Malaysia



**Prof. Dr. Hany Binti Mohd Ariffin**  
 Pediatric Oncologist  
 University of Malaya, Malaysia



**Assoc. Prof. Dr. Chew Eng Hui**  
 Medicinal Chemist  
 National University of Singapore,  
 Singapore



**Assoc. Prof. Dr. Fazlul Haq**  
 Medicinal Chemist  
 University of Sydney, Australia



**Assoc. Prof. Dr. Ho Gwo Fuang**  
 Clinical Oncologist  
 University of Malaya, Malaysia



**Assoc. Prof. Dr. Nirmala Bhoo Pathy**  
 Cancer Epidemiologist  
 University of Malaya, Malaysia



**Assoc. Prof. Dr. Yap Lee Fah**  
 Molecular Biologist  
 University of Malaya, Malaysia



**Dr. Alan Khoo Soo Beng**  
 Pathologist  
 Institute of Medical Research, Malaysia



**Dr. Muralitharan Munisamy**  
 Director  
 National Cancer Society Malaysia,  
 Malaysia



**Dr. Sucharit Pongprakyun**  
 Clinical Oncologist  
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**Dr. Ong Tee Chuan**  
 Clinical Haematologist  
 Hospital Ampang, Malaysia



**Dr. Marf'ah Nik Eezamuddeen**  
 Clinical Oncologist  
 University Teknologi Mara, Malaysia

For more information: <https://1stmcs.macr-cancer.org> (+60)3 - 5102 2209 1stmcs.register@gmail.com

Main Organisers:



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Association for  
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## Pharmacy Nucleus Committee (October 2019)

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Mr. Muhammad Qamar

**Student News:**

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**Pharmacy Horizons:**


Mr. Muhammad Qamar

**Hope you have enjoyed reading our quarterly newsletters.  
Stay tuned for Issue 4 in December 2019**



## Connect with Us

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