

## Editorial to First Issue

### Pharmaceutical & Allied Sciences

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On behalf of the Editorial Board, it is with great pride and sincere privilege that I am writing this message to present the first issue of Healthcare Journal of Pharmaceutical and Allied Sciences. Launching this new journal would not have been possible without the great and much appreciated contributions from the editorial and technical team. The robust intellectual support and well-timed contribution of reviewers deserve special appreciatory applause. Our team expects similar sort of sincere dedication from the reviewers in near future.

Patient care has acquired great importance in recent years and requires development of new innovative approaches to the challenges of the twenty-first century. The healthcare force must work as collaborative, integrated team to achieve the goal of delivering patient-centered, safe and effective care that meets the growing and complex needs of an aging population. A vision for inter-professional collaboration has emerged on

International level, and momentum is building in academic and practice settings in support of this vision.

In order to acquire this momentum at National level, for acceleration of inter-professional collaborative practice, healthcare researchers and educators must critically evaluate the cultures, systems and infrastructures currently in place. The journal aims to provide such common platform for healthcare professionals and researchers to promptly share their novel results and latest developments in Pharmaceutical & Allied Sciences, built on advances in medicine, pharmacy, nursing, psychology and physiotherapy. The journal wishes to serve as an International as well as National forum for all issues within the editorial focus, in an effort to publish the results guaranteeing scientific excellence.

This inaugural issue features five scientific papers. The first contribution, by N. Farooq and S. Sadeeqa addresses the increasing

prevalence of depressive disorders and suicidal tendency in the society specifically more common in females due to family issues, divorce and domestic violence. The authors propose use of psychotherapy along with drugs as more effective approach towards managing depression and improving patient quality of life.

The second paper, by A. Hashmi and M. Abbas explores the self-perceived happiness and its association with demographic characteristics among undergraduate pharmacy students. The authors discussed different factors responsible for increased stress on students leading towards low happiness levels. This in turn can result in poor physical and mental health, decreased quality of life and low levels of satisfaction among them. The authors proposed that academic environment at universities must be less stressful and support should be provided to students to handle the academic pressure. Faculty members should engage students in active learning classroom activities that can engage students positively, reduce the element of negativity, relieve stress and improve level of happiness among them.

The third paper, by A. M. Yousaf et al., aims to formulate and characterize solid lipid nanoparticles (SLNs) laden with poorly

water-soluble ketoconazole for oral or topical preparations. The authors proposed SLNs formulation can be incorporated into hydrogel, cream, lotion or some other suitable vehicle for topical use or can be utilized in a suitable dosage form to be used orally for more effective delivery of ketoconazole.

The fourth article by M. Z. Ishtiaq and M. Abbas investigated antiemetic activity of methanolic peel extract of *Punica granatum* Linn by chick emesis model. Traditional remedies are used by the people all over the world for many years, indicating their efficacy and safety. Use of herbal remedies, tries to offer simple and available recommendations for health maintenance and treatment of diseases in different groups of people. Nausea and vomiting both are very common symptoms and can be caused by a number of factors. The side effects of current anti-emetic drugs have turned attention to the use of herbal medicines. Pomegranate has been reported more effective than vitamin B6 in the treatment of nausea and vomiting during pregnancy. The authors confirmed marginal anti-emetic activity of pomegranate using chick emesis model and proposed it as an alternative treatment for nausea and vomiting.

Finally, the paper of N.U.Haq et al., assessed the attitude of chronic disease patients regarding polypharmacy and their willingness to deprescribe. Occurrence of adverse drug events, ineffective treatment, cognitive disability or any other known risk of polypharmacy have paved the way for using a new approach called deprescribing. Deprescribing is a patient-centered approach that not only involves the cessation of any inappropriate drug but rather it includes the initiation of an alternative drug therapy, tapering of dose or changing or adding an appropriate drug. The study participants although being comfortable with the number of their medications, were willing to accept deprescribing if their health care provider, especially physician not pharmacists, feels appropriate. The authors proposed the need to educate the patients about their medications so that they can understand which medication they are using is inappropriately prescribed and this education should be disseminated by the pharmacists as per their role.

The emergence of a new journal comes from a long process, hence, all essential steps to make it a high caliber scientific publication were taken. We are relying on the alliance of all our editors, reviewers and contributors to make it up to date, vibrant and relevant

publication. We hope you will enjoy reading our first issue, and will find these articles useful to expedite you to publish your research. We invite you to submit your best papers for publication.

With my kindest regards,

**Prof. Dr. Madeeha Malik**

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