

MY TRIP TO USA

Findlay, the so called Flag city is a very pleasant place, with beautiful landscape, lakes, farms. Its a perfect place for someone who seeks a calm but comfortable place to live in. My trip to Ohio as a part of Student exchange programme with the University of Findlay during 11th march to 12th april 2017 and to California to attend the annual meeting of American Pharmacist Association(APhA) during 24th to 27th march 2017 has been a very memorable experience not only in educational aspect but also other important aspects which are helpful in our life's journey. It has equipped me with abundant enthusiasm and a direction to improve the health care facilities especially in rural India.

Pharmacy Practice in USA:

- The pharmacist in USA has complete authority on drugs right from ordering the medicines to dispensing them.
- Every pharmacist meets the qualifications required unlike in India.
- Every hospital has a software including the pharmacist version which enables them to know the complete information of the patient, using which they monitor the prescriptions, recommend dose adjustments in case of renal or hepatic impairment, prepare labels for IV solutions. It is also helpful in easy storage and retrieval of the data.
- The IV solutions are prepared in the pharmacy in sterile environment and labelled with patients name, drug name, strength of the solution etc.
- The formulary of Wyandot Memorial Hospital in Upper Sandusky maintains a single brand for each drug which makes prescribing and dispensing very easier for the physician and the pharmacist respectively.
- The pharmacists despite their busy work, always feel very enthusiastic to share their knowledge with the students like us and never once found to be irritated by us.
- The pharmacy also has a coumadin clinic where the people on warfarin visit to have their INR checked. The pharmacist is in charge of it and has an authority to make the dose adjustments when needed.
- The pharmacist is also in charge of schedule X drugs and maintains a register on handling and dispensing of those drugs.
- There are many pharmacy chains like krogers, walgreens, cvs pharmacy, rite aid etc which are dispensing pharmacies. They also provide patient counseling services.
- When a patient visits the hospital all the health related information is entered in to the software and is made available to the dispensing pharmacies through a unique code system. Thus many drug interactions, dispensing of allergic medications can be prevented.



With the pharmacy staff and interns in Wyandot memorial hospital, upper Sandusky.

Pharm.D in University of Findlay:

- Student - professor interaction is very professional.
- Everything is digitalized right from teaching to assignments.
- The concept of electives which enables the students to select their choice of interest is very innovative. The professors who are specialized in that area teaches the students every minute detail of the particular elective (ex: diabetes)
- Case discussion is very interesting. The teacher provides all the information including the latest articles published on that topic. Then he/she provides the cases which are obtained from the hospitals they work in, make the students sit in groups randomly and ask them to discuss the case. This technique not only helps in solving the case but also in improving the team work, group discussion and sharing of knowledge among students. Sometimes teachers also assign cases to individual student to work on it.
- There is also a medication therapy management centre where the students counsel the patients regarding their drug therapy through phone calls.
- Some times there are inter professional collaborative meetings where physicians, pharmacists, dietician, respiratory therapist, nurse, pharmacy students sit together to work on a case. This helps the student to develop inter professional relationship with other health care professionals. It is very interesting to see that wide variety of professionals working together with dedication for the benefit of a single patient.



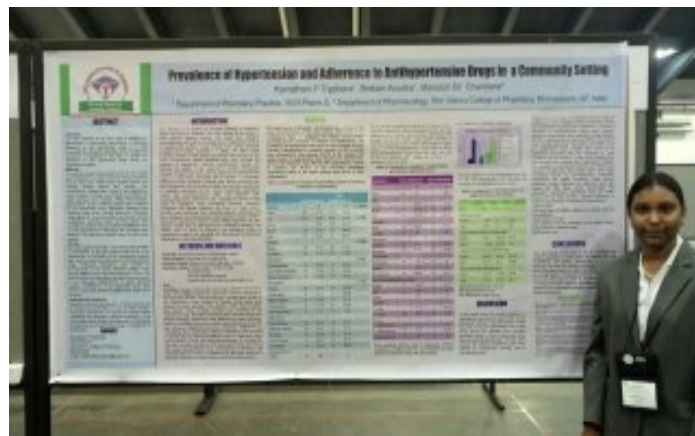
The inter professional collaboration to improve patient care.

- Attending the American Pharmacist Association Annual meeting is a very valuable experience. We came across many important pharmacy professionals, fellow pharmacists. The talks of community pharmacists were so encouraging for someone like me who plans to develop community health in India.



APhA delegates from India.

- Poster presentation on my project entitled “Prevalence of hypertension and adherence to antihypertensive drugs” has given me something more than an experience. Authorizing the visitors CPE sheet with my signature so that they can earn some credit points has given me immense satisfaction. It has given me a chance to meet community pharmacists from different parts of the world who appreciated me for the work done.



Presenting the poster at the conference

People and Environment in USA:

- The people are so gracious and we enjoyed their hospitality. Very many things fascinated me. One of them was maintenance of library. There is no restriction to carry the bags or jenkins into the library. It is because people trust each other and also maintain that trustworthiness. The traffic regulation is excellent. The only thing that made me sad is that the use of marijuana is legal there and it is very pity to see the drug addicts in the streets of California.

- We have experienced the snow, rain, sun in USA in a single month. Findlay and San Francisco are quite opposite to each other in many aspects. Findlay is so calm and pleasant with very less population when compared to California.



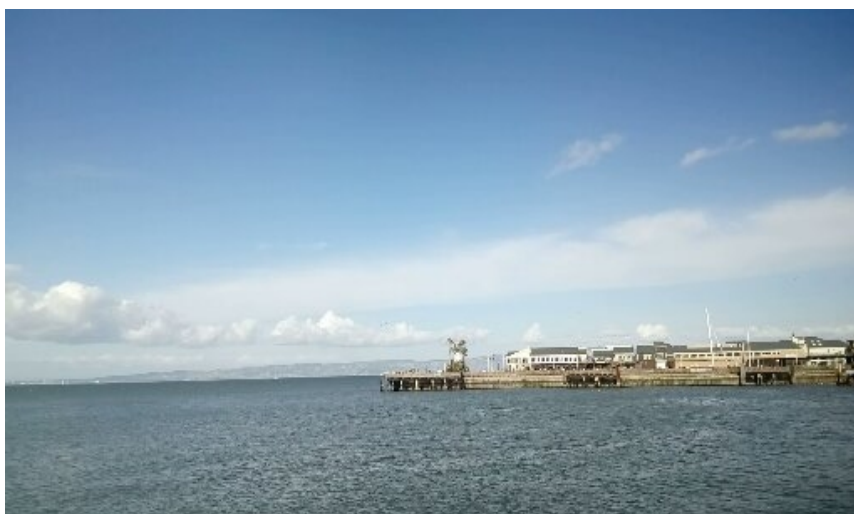
Mountain view of San Francisco.

PC: KPT



Peaceful home in Findlay

PC: KPT



Sunny day on the shore of Pacific Ocean

PC: KPT



Snowy day in Findlay

PC: KPT



Rainy day in Upper Sandusky

PC: KPT

With lots of thoughts converged on the development of health care system in India and bundle of memories of USA, I returned on 12-04-2017.