

**Dr. R.S. Toliya Uttarakhand Administrative Academy, Nainital**

**ROLE OF PHARACISTS IN OPERATION AND  
EXECUTION OF MISSION ACTIVITIES.  
STOCK MANAGEMENT AND DISPENSING**



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भिषग् द्रव्याण्युपस्थाता रोगी पादचतुष्टयम् ।

चिकित्सितस्य निर्दिष्टं, प्रत्येकं तच्चतुर्गुणम् ॥ 27॥

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# Role of Pharmacists (Up-Vaidya)

- ✓ Stock Management And Dispensing
- ✓ NCD Screening And Clinical Activities With Other Medical Professionals
- ✓ Promotion Of Preventive Care (AYUSH preventive aspects)
- ✓ Promotion And Propagation Of Medicinal Plants And Their Cultivation
- ✓ Promotion Of Common Home Remedies
- ✓ Promotion Of IEC Activities Of National Ayush Mission
- ✓ Performing Rapid Kit Based Diagnostic Services
- ✓ Helping In First Aid Services And Biomedical Waste Management Services
- ✓ Coordination With Other Stakeholders

# Additional Duties of Pharmacists

- Encourage community for Prakriti assessment
- Promotion of Community Yoga
- Regularly monitor health status and report
- Ensure follow up and compliance to advise
- Support in timely implementation of NAM activities such as Out-reach Camps, School Health Programs, Ayurvedya Camps etc.

# 1. STOCK MANAGEMENT AND DISPENSING



# Receiving stock

- Requires great attention to detail
- New stock must always be inspected on arrival to ensure that:
  - Stock received matches stock dispatched
  - Correct quantity received, corresponds with documentation—delivery note and invoices
  - Stock received in good condition—not damaged, expired, or with early expiry date (unless previously agreed)
  - Timely follow-up can be conducted for any items not delivered

# Warning signs of quality/safety issues

When inspecting new arrivals, look for:

- Discolored medicines, which may indicate deterioration and should not be accepted
- Presence of particles that reflect light (cloudiness) in solutions for injections or liquid formulations (unless specified otherwise)
- Broken or opened containers, half-filled or leaking bottles
- Wet or soiled outer boxes
- Presence of unsealed or unlabeled items, which are illegal and unethical to use

**All of the above contribute to quality assurance!**

# Storage and display of medicine stock

- Products should have both manufacturing and expiry dates.
- Stock should be shelved based on expiry date.
- Use the first expired, first out (FEFO) principle, placing product with the earliest expiry date in the front row of the shelf.
- Apply first in, first out (FIFO) principle for products without an expiry date.



# Storage and display of medicine stock (cont.)

- Stock should be stored off the floor, on shelves, in cabinets.
- A range of environmental conditions for storing medicines should be available (e.g., dark place, low humidity, proper ventilation).
- Good housekeeping requires regular inspection and disposal of any expired or damaged stock.



## Checklist for storage area

- ✓ Is there a separate storage space or room?
- ✓ Is the storage room well ventilated?
- ✓ Is the storage room free of moisture?
- ✓ Is storage room clean?
- ✓ Are medicines classified properly?
- ✓ Are medicines arranged using FEFO and FIFO?
- ✓ Do stock cards exist for every medicine?
- ✓ Are stock cards checked against physical stock and updated regularly?

# Stock management tools

Primary tools:

- Stock cards
- Inventory form

Additional tools:

- Medicine Stock registers
- Computerized systems
- Invoice, delivery notes
- Cash receipts



# Physical Inventory

- Count number of each type of product in facility by dosage, form, and strength to enable:
  - Ensuring stock on hand equals what is listed in stock-keeping records
  - Identification of drugs soon to expire or already expired
  - Detection of losses through damage
- Include in monthly reporting
- Complete physical inventory:
  - All products counted at same time
  - Should be done at least once a year (in large warehouses) and monthly in health facilities and pharmacies
- Cyclic/random physical inventory counts selected products on rotating basis so that all products counted by the end of the FY.

## 2. NCD SCREENING AND SUPPORT IN CLINICAL ACTIVITIES WITH OTHER MEDICAL PROFESSIONALS



# Global Burden

- **Noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally.**
- **Each year, 15 million people die from a NCD between the ages of 30 and 69 years; over 85% of these "premature" deaths occur in low- and middle-income countries.**
- **Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (9.0 million), respiratory diseases (3.9million), and diabetes (1.6 million).**
- **These 4 groups of diseases account for over 80% of all premature NCD deaths.**

# 58 LAKH DIE DUE TO NCDs IN INDIA

Non-communicable diseases (NCDs) like cancer, diabetes and cardiovascular diseases are the leading global cause of death and are responsible for **70% of deaths** worldwide

## THE INDIA PICTURE

In India, **61%** of deaths are from non-communicable diseases

**58.17 lakh**  
Total number of NCD deaths in India



**23%**  
At risk of premature death from NCDs in India

Cancer, diabetes and heart diseases account for 55% of the premature mortality in India in the age group of 30-69 years

# 3. PROMOTION OF PREVENTIVE CARE



- Dinacharya (Daily Regimen)
- Ritucharya (Seasonal Regimen)
- Yoga (Yogic Kriyas)
- Aahara (Diet)
- The healthy status of a person is often disrupted by unhealthy - lifestyles, diet, physical activity, emotions and behavior.
- Ayurveda advocated ideal way of life called *Swasthavritta*, to be followed by the individual so as to achieve wellness.
- These relate to physical, psychological and social dimensions.
- The recommendations are mainly categorized as
  - *Dinacharya* (daily routine), *Ritucharya* (seasonal regimens), *Yoga* and *Aahara* (food).

# 4. PROMOTION AND PROPAGATION OF MEDICINAL PLANTS AND THEIR CULTIVATION



# Common List of Medicinal plants

1. Amalaki
2. Bala
3. Ashwagandha
4. Bramhi
5. Guduchi
6. Haridra
7. Kumari
8. Mandukiparni
9. Bhumyalaki
10. Tulsi
11. Parnabeeja

# Points to Remember

- Choose the right Plant
- Pick the Correct Spot
- Prepare the Ground
- Improve the Soil
- Do Planting
- Water at the Right Time
- Light and air
- Protect and Don't damage plant
- Replace the plant

## 5. PROMOTION OF COMMON HOME REMEDIES



# Benefits of Single Drug Use

Growing plants around the house has multi- dimensional benefits

- Potential in the prevention and treatment of various ailments
- Provide basic nutritional requirement in the form of food ingredients
- Keep the environment clean
- Helps in preserving indigenous science, knowledge and culture
- Beneficial for the conservation of plants
- Quality assured/ devoid of adulteration/contamination
- If taken up on a large scale, can also empower women, take care of livestock and poultry

# 6. PROMOTION OFF IEC ACTIVITIES OF AYUSH HEALTH AND WELLNESS CENTRES

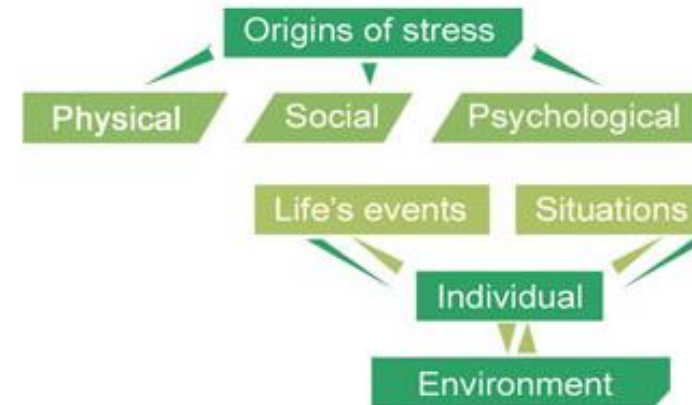
Do Yoga

Avoid Tobacco & Alcohol

Be Active

Eat Right Food

**SAY NO TO**  
ALCOHOL, TOBACCO AND  
TOBACCO PRODUCTS



## Coping with stress

- Relaxation exercises
- Practicing yoga and meditation
- Acquiring problem solving skills
- Developing hobbies (listening to music)
- Positive thinking
- Social support
- Physical activity



# IEC & IEC Material

- A reference material for peripheral health workers
- Information regarding preventive and promotive practices
- To propagate knowledge among the masses
- As a part of community awareness program

## 7. PERFORMING RAPID KIT BASED DIAGNOSTIC SERVICES



ਠੀਕਾਨੇ ਯੁੱਧ

