Role of Clinical Pharmacist in Context of World Health Organization against COVID-19

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Dear Editor,

Since December 2019, the outbreak of novel human virus on the name of COVID-19 spread in China from Wuhan city around the world to 183 countries in 2020.[1,2] This virus considered lethal for many people. Most of the people who infected get respiratory symptoms include cough, shortness of breath, sneezing and fever. The novel virus transmitted in contact person to person via droplets of cough or sneezes from infected person or animal. High risks to those people who are in outbreak areas or with other complications include immune-compromised patients, diabetes mellitus, cardiac diseases and any other co-morbidities.[3] Clinical Pharmacists are more easily accessible healthcare professionals to public and key figures of health care team regarding infectious diseases. According to Amir M et al. Clinical Pharmacy is the liaison of pharmacist with physician in which Clinical pharmacists prescribing medications.[3,4] Wasim et al. articulated that Clinical Pharmacists are independent prescribers in United Kingdom.[5] In current pandemic pharmacists may consider secondary prescriber due to physician’s self-illness and inpatient focus.[6] World Health Organization being a standard organization around the world providing health to worldwide population, mandate some qualities upon the Pharmacists that a good pharmacist bears seven qualities every quality called as star thus named as “Seven stars Pharmacist” includes communicator, teacher, decision maker, leader, manager, lifelong learner, caregiver[6] additional two are researcher and pharmapreneur thus total becomes “Nine stars Pharmacist” (Figure 1), almost all of these are implemented in developed countries in outbreak of novel corona virus which was expected WHO few years ago now the time for these professionals proving their selves.

Clinical Pharmacists are providing information’s to every person in community including health practitioners (physician and nurse) about drugs of choice in fever, cough and other symptoms of virus in proper dose as well as their interactions. Also providing information’s to public about this disease that how this happen? Which part of the body effect? How to protect yourself from the attack of this virus? CPs also communicating strategies for prevention recommended by WHO includes; keep social distancing, stay home, avoid hand shaking, regular hand wash with soap, use mask, reduce transmission from animals and isolate infected patient in early diagnose. These information’s communicating as expected by World Health Organization in seven stars.[1,7]

The key role of Clinical Pharmacist to be a competent teacher and competency is coming from current studies. CPs is teaching to patients about drugs of choice in fever, cough and other symptoms of virus in proper dose as well as their interactions. Also providing information’s to public about this disease that how this happen? Which part of the body effect? How to protect yourself from the attack of this virus? CPs also communicating strategies for prevention recommended by WHO includes; keep social distancing, stay home, avoid hand shaking, regular hand wash with soap, use mask, reduce transmission from animals and isolate infected patient in early diagnose. These information’s communicating as expected by World Health Organization in seven stars.[1,7]

Manager is not only limited to managers but it is coming from birth to death. Clinical Pharmacist bearing light of management to shine the dark brought by Coronavirus because the shortage of medicines may occur due to prolong pandemic and hindrance in supply from enriched basic manufacturing countries India and China and thus Pharmacists proactively promoting strategies for managing drugs according to American Society of Health-System Pharmacists. If shortage occurs the patients will receive sub-therapeutic doses thus the criteria of “health for all” will not be fulfilled. CPs also instructing public to limit unnecessary use of PPEs, conversion of intravenous to per os rather than emergency situations, this is proof to the world that Clinical Pharmacist working as a manager.

Figure 1: Clinical Pharmacist qualities for controlling COVID-19.

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Knowledge is the type of wheel and Holy Prophet (PBUH) narrated that learn knowledge from “cradle to grave” and old is gold thus senior CPs are cordially involved for designing the drugs in clinical trials due to their long time learning in order handle this emergency.[4,5]

In developed countries CPs providing care to the patients in the form of Pharmaceutical Care because nowadays the paradigm shift in pharmacy practice from mercantile practice to patient oriented. Lockdown negatively affected the chronic diseases patients thus CPs contacts with patients at home and providing counseling like in hypertension with B.P systolic more than 180mm Hg and diastolic more than 110mm Hg, diabetes mellitus more than 180mg/dl at random range, counseling patients online for administration of insulin, regular checking of blood pressure and blood glucose level, diet counseling, prefer exercise for 30 min daily, interactions between drugs which can worse the conditions can be avoided, like Warfarin causes bleeding when use without managing of Interational Normalized Ratio thus CP recommends INR to patients who are administering anti-coagulants therapy.[9]

Designing of novel targeted drug delivery is coming under the domain of CPs; thus they are trying against novel virus to save the lives because it is mentioned in Holy Quran that “any one of you saved a life, it means he saved the humanity”.[10] FDA till now did not successfully approved targeted drug against corona virus. Clinical Pharmacists are working with in liaison with other health care team and utilized the drug Chloroquine for previous outbreak of this virus, similarly in this outbreak Hydroxychloroquine considered relatively better choice, beside this ritonavir, immune-modulating agents, interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin interferon’s, remdesivir, providing passive immunity, disinfectants from herbal sources, gargles preparation, Ivermectin.