

What is a “Model Pharmacy”?

BUSHRA ZAMAN

Have you ever come across the term “Model Pharmacy” or “Model Medicine Shop” displayed on the signs near the entrances of certain pharmacies, sometimes entailing a lot of other difficult to read small writing, and wondered what the term meant?

The basic concept involves certain rules which model pharmacies are expected to follow. In my opinion, an easy way to understand this is by what the term “model” normally indicates -- ideal.

Ideally, certain rules are meant to be followed by such pharmacies, including the presence of a designated area for storing medication that cannot be dispensed without a prescription given by a doctor. This actually applies to medication, including antibiotics, the misuse of which can cause antibiotic resistance.

Also, when you buy medication, you may have inquiries regarding the medicine you have been prescribed and prefer to have things explained to you in person rather than looking for answers on the internet.

Understandable, because sometimes looking for answers on the internet can make one feel like a hypochondriac -- everything you see seems to apply to you. The model pharmacy initiative specifically mentions the minimum educational requirements for practicing pharmacists to dispense medication to you. What this does



PHOTO: ORCHID CHAKMA

is it allows you to be properly counselled.

Yes, patient counselling can also be done by pharmacists to rid you of any confusions you may have regarding the medicine you are about to take, such as side effects and whether or not you can opt for alternative drugs with the same generic name.

The requirements set by the regulatory authority, which can be found on the official Directorate General of Drug Administration website, include particular conditions regarding the storage of medicine. You'd be surprised upon discovering how specific medications are actually meant to

be stored, and being counselled regarding this can actually help your medication remain effective and safe for longer.

Setting a minimum educational requirement for the role likely increases the safety of the patients concerned as potentially more efficient healthcare is offered, which is one of the main objectives of the model pharmacy initiative. It has also increased employment options for pharmacy graduates. Model pharmacies are not solely limited to independent retail pharmacies. They also include some well-established hospital pharmacies too.

Before I started studying pharmacy, I was confused as to what pharmacists actually do. When I finally started my degree, I found myself explaining to all my friends that simply selling medication does not make you a pharmacist, and that there are also a lot of other tasks we are required to do.

The model pharmacy initiative may have been the stepping stone to providing more employment options to pharmacists and hopefully may contribute to increasing communication between qualified pharmacists and patients, so that I may one day not have to explain what I do anymore.

Bushra Zaman likes books, art, and only being contacted by email. Contact her at bushrazaman31@yahoo.com

My life as an adult with a babyface

RASHA JAMEEL

My face is a rebel, constantly refusing to cooperate with my bones and my immune system as they all cooperate in my natural process of aging.

Yes, I have heard my fair share of “You’ll look 25 at 40”, but right now, I’d really like to live an adult life that is not influenced by how youthful I appear.

BABYFACE >>> ACTUAL AGE

I still remember the first time I applied for my NID card. The administrative officers sent me home out of suspicion. It was only after my mother accompanied me to the venue the next day that I was taken seriously.

Unfortunately, this wasn’t the only time that I was dismissed because of my babyface. The attitude persisted over the years, leading to people speaking over me in group discussions, servers at restaurants being unsure about taking my orders, and officials at the bank refusing to let me open my own bank account. Next thing you know, your feelings are being invalidated on account of you “looking cute while upset.”

A REGULAR AT THE KIDS’ TABLE

If I had a penny for every single time I’d been seated with the kids at events, I’d be rolling in cash at this point. I’ve been paired with kids at everything from science fairs at school to dance performances at weddings. While kids can make for fun company at such occasions, I can only find comfort in interacting with individuals of my own age group.

THE CURIOUS CASE OF “25 GOING ON 15”

There are moments when it seems as though people are taking my babyface seriously enough to actually mistake me for a child, and subsequently treat me as such. This

is where I can sense my adulthood being called into question.

Speaking over me in group discussions thus becomes the tip of the iceberg as worse things follow. People expect you to put up with unnecessary mollycoddling, uncomfortable face-touching, constant questioning about anti-aging concoctions, and just a general mocking attitude towards your life as an adult.

Having a babyface doesn’t come without its pros of course. You get to pass as a younger individual who has access to certain perks meant for kids, such as half-off ticket prices at amusement parks and buying clothes at lesser prices from the kids’ section at clothing stores.

The “cute factor” present in your babyface just might help you get away with breaking your mother’s favourite set of crockeries. And then there is the fan-favourite theory of looking “25 at 40”. But the fact remains that an individual’s babyface shouldn’t be a determining factor in how they’re treated. Proper identification documents should suffice as evidence of actual age, leaving a person’s sense of maturity to be determined by their wit and emotional intelligence.

Rasha Jameel’s calendar begins at ‘Deadline 001’ and ends at ‘Deadline 7634872354’. Help her locate the month of July in all this mess at rasha.jameel@outlook.com

