Al-Ayen Iraqi University

College of Pharmacy • Continuing Education Division

Special Issue

Granite Pharmacy

The Integrated Training Course

Preparing Pharmacy Graduates for the Job Market

From the announcement to the participation certificates

Ibn Al-Haytham Hall • 27 January – 4 February 2026

www.al-ayen.edu.iq

Inquiries: 6316

Prepared and designed by: Moatasem Al-Salih • Head of the Continuing Education Division

00 Table of Contents

Sections of the issue and their page numbers

01 **Editorial** — 04
Dean's Message and Course Introduction

02 **The Announcement and the Media Campaign** — 05
The official announcement and campaign cards

03 **Administrative Orders** — 07
The Course's Two Administrative Orders

04 **The Lecturers** — 08
Files and qualifications

05 **Course Program and Scientific Content** — 10
Timeline and topics

06 **News, Photo Report and Gallery** — 12
Course news and photos of the lecturers and audience

07 **Participants and Registration** — 18
Statistics of the Two Updated Registration Files

08 **Attendance and Participants' Register** — 20
The official attendance lists

09 **Participation Certificates** — 23
The blue and gold designs

10 **Handouts, Channel and Conclusion** — 25
Handouts, Telegram channel and contact

A **Appendix: Digestive System Summary** — 28
Diagrams, tables, pack photos and supporting references

40 pages in the issue

69 figures and photos with captions

16 tables

00 Index of Figures and Tables

Every photo, drawing and table with its title and page number

Index of Figures

Fig. 1 Dean of the College of Pharmacy 4
Fig. 2 General course announcement 5
Fig. 3 Day-1 announcement 6
Fig. 4 2 February program announcement 6
Fig. 5 Card of Dr. Samer Khalid Ali 6
Fig. 6 Card: Dr. Hussein Hayyal 6
Fig. 7 Third-hour card (Commitment) 6
Fig. 8 Order: the course 7
Fig. 9 Order: communication workshop 7
Fig. 10 Asst. Lect. Thaer Latif Jabbar 8
Fig. 11 Lecturers of 2 February 9
Fig. 12 Course timeline 10
Fig. 13 The lecturer explains vitiligo 13
Fig. 14 Lecturer in front of the screen 13
Fig. 15 Audience following the lecture 14
Fig. 16 Students following the lecture 14
Fig. 17 Participants' interaction 14
Fig. 18–23 Lecturers on the podium (1) 15
Fig. 24–27 Lecturers on the podium (2) 16
Fig. 28 General view of the hall 16
Fig. 29–34 Attendees in the hall 17
Fig. 35 Registrants per day 18
Fig. 36 Classification of registrants 18
Fig. 37 Registrants by registration day 19
Fig. 38 Research-skills students by stage 19
Fig. 39 Registrants vs. attendance 20
Fig. 40 Certificate sample (1) 23
Fig. 41 Certificate sample (2) 23
Fig. 42 Gold certificate (1) 24
Fig. 43 Gold certificate (2) 24
Fig. 44 Digestive System handout cover 25
Fig. 45 QR code of the course channel 26
Fig. 46 Digestive System handout cover 28
Fig. 47–48 App.: Acidity and ulcers (1) 29
Fig. 49–50 App.: Acidity and ulcers (2) 30
Fig. 51–53 App.: Constipation 31
Fig. 54–55 App.: Diarrhea (1) 32
Fig. 56–57 App.: Diarrhea (2) 33
Fig. 58–59 App.: Nausea and vomiting 34
Fig. 60 App.: Irritable bowel syndrome 35
Fig. 61–64 App.: IBD and hemorrhoids 36
Fig. 65 App.: Hemorrhoid treatment 37
Fig. 66–69 App.: Reference covers 39

Index of Tables

Table 1 Program in the announcement 5
Table 2 The three hours of 2 February 10
Table 3 Lecturers and qualifications 12
Table 4 The two participant data files 19
Table 5 The adopted attendance records 20
Table 6 Certificate Details 23
Table 7 Attached certificates 24
Table 8 Channel Details 26
Table 9 H. pylori treatment protocols 30
Table 10 Antimotility drugs 32
Table 11 Questions to find the cause 33
Table 12 Classes of antiemetics 34
Table 13 Antispasmodics in IBS 35
Table 14 Ingredients of hemorrhoid drugs 37
Table 15 Table of hemorrhoid products 38
Table 16 Map of the appendix references 39

01 Editorial

From announcement to certificate: a course that prepares graduates for the job market

To prepare graduates and raise their professional competence in line with job-market requirements, the Continuing Education Division at the College of Pharmacy, Al-Ayen Iraqi University, in cooperation with the University's Continuing Education Center, organized an integrated training course delivered by a select group of experienced lecturers in Ibn Al-Haytham Hall.

According to the administrative order, the course ran from 27/1/2026 until Wednesday 4/2/2026. It combined practical and theoretical aspects: patient communication skills, the scientific handling of prescriptions, the most common digestive and respiratory cases in the pharmacy, followed by lectures on cosmetic products, communication, sales and medical marketing, professional commitment, and modern topical treatments for vitiligo and acne.

This issue documents the whole course: from the announcement and the administrative order, through the lecturers, the program, the photo report, registration figures and attendance records, to the participation certificates. It closes with a colorful appendix summarizing the digestive-system lecture.



Figure 1: Photo of the Dean of the College of Pharmacy.

> **“From the land of the two rivers, ideas take off toward the pharmacy of the future”**
>
> From the Dean's message in the unified report on the College of Pharmacy's achievements 2025–2026

Asst. Prof. Dr. Haider Hamid Al-Anbari
Dean of the College of Pharmacy

5	124	84	26
Experienced lecturers	unique registrants (141 forms)	names in the largest attendance register	documented continuing-education activities in the College 2025–2026

Course message

Practical training aimed at developing graduates' skills and strengthening their readiness for the job market.

Open to students and graduates • Accredited certificate upon completion

02

The Official Announcement

Important announcement for graduates – the Continuing Education Center, in cooperation with the College of Pharmacy's Continuing Education Division

An integrated training course to prepare graduates for the job market

The Continuing Education Center at Al-Ayen Iraqi University, in cooperation with the Continuing Education Division at the College of Pharmacy, announces an integrated training course to prepare graduates for the job market. To prepare graduates and raise their professional competence in line with job-market requirements, the Division is organizing a specialized training course delivered by a select group of experienced lecturers.

Venue
Ibn Al-Haytham Hall – College of Pharmacy

Day 1 – opening lecture
Tuesday 27/1/2026 – 10:00 AM

Trainer
Asst. Lect. Thaer Latif Jabbar



Figure 2: The general course schedule announcement (designed by the Division).

Table 1: Course program as stated in the general announcement (10:00 AM)

Date	Lecturer	Topic
Tuesday 27/1/2026	Asst. Lect. Thaer Latif	Pharmacy practice: fundamentals, prescriptions, skills of the successful pharmacist
Wednesday 28/1/2026	Asst. Lect. Hussein Hameed	Communication, sales and marketing skills
Sunday 1/2/2026	Dr. Samer Khalid	Cosmetic products
Monday 2/2/2026	Asst. Prof. Dr. Mohammed Sharif Sadiq	Innovative topical treatments for vitiligo and acne

The last week of the inter-semester break and the first week of the second semester – per the announcement.

02 The Media Campaign

Announcement cards and lecturer introductions (Speaker Spotlight)



Figure 3: Day-1 announcement and introduction of lecturer Asst. Lect. Thaer Latif.



Figure 4: Announcement of the Monday 2 February 2026 program: three training hours.



Figure 5: Lecturer card: Dr. Samer Khalid Ali – "Cosmetic Products".



Figure 6: Lecturer card: Dr. Hussein Hameed Hayyal – "Communication and Sales".



Figure 7: Third-hour announcement: Dr. Laith Ali Abdullah – "Commitment".

About the campaign

- The official course announcement was published on Instagram.
- Online registration forms were received between 22 January and 2 February 2026.
- The invitation is open to students and graduates.

03 Administrative Orders

Two administrative orders from the College of Pharmacy – Administrative Affairs Division



Republic Of Iraq
Ministry Of Higher Education
& Scientific Research
Alayen Iraqi University
College Of Pharmacy
Administrative Affairs Division

جمهورية العراق
وزارة التعليم العالي والبحث العلمي
جامعة العين العراقية
كلية الصيدلة
شعبة الشؤون الادارية

الجامعة معترف بها بموجب الامر الوزاري المرقم ٧٠٠١ في ٢٠١٧/١٠/٥

العدد: ك.ص/ ٢٠٢٦
التاريخ: ٢٠/١/ ٢٠٢٦

(القران منهجنا)

أمر إداري

م/ انجاز نشاط الدورة التدريبية المتكاملة لتأهيل خريجي كلية الصيدلة لسوق العمل

استناداً إلى الصلاحيات المخولة لنا تقرر:

- انجاز أنشطة فعاليات الدورة التدريبية المتكاملة لتأهيل خريجي كلية الصيدلة لسوق العمل
- عقدت في قاعة ابن الهيثم اعتبارا من 27-1-2026 ولغاية يوم الأربعاء 4-2-2026
- المحاضرون حسب ترتيب المحاضرات
- (م. م. ثائر لطيف جبار) (م.د. سامر خالد علي) (م.م حسين حميد حيال) (م.م ليث علي عبد الله) (ا.م.د محمد شريف صديق)

م.د. حيدر حامد عباس
العميد / وكالة
2026 / ٢ / ٥

نسخة من الى//
- السيد رئيس الجامعة المحترم .....المحترم.....مع التقدير
- السيد مساعد رئيس الجامعة للشؤون العلمية المحترم..المحترم..مع التقدير
- السيد مساعد رئيس الجامعة للشؤون الادارية المحترم..المحترم..مع التقدير
- رئيس واعضاء اللجنة / اعلاه المحترمون.... للعلم ... مع التقدير

كلية الصيدلة - شعبة الشؤون الادارية

Website: www.alayen.edu.iq
Email: pharm@alayen.edu.iq

ذي قار- الناصرية
موبايل: 6316

الممسوحة ضوئيا بـ CamScanner

Figure 8: Administrative order for carrying out the integrated training course to prepare College of Pharmacy graduates for the job market.



Republic Of Iraq
Ministry Of Higher Education
& Scientific Research
Alayen Iraqi University
College Of Pharmacy
Administrative Affairs Division

جمهورية العراق
وزارة التعليم العالي والبحث العلمي
جامعة العين العراقية
كلية الصيدلة
شعبة الشؤون الادارية

الجامعة معترف بها بموجب الامر الوزاري المرقم ٧٠٠١ في ٢٠١٧/١٠/٥

العدد: ك.ص/ ٢٠٢٦
التاريخ: ٢٠/١/ ٢٠٢٦

(القران منهجنا)

أمر إداري

م/ انجاز نشاط ورشة عمل لوحدة التعليم المستمر

استناداً إلى الصلاحيات المخولة لنا تقرر:

- انجاز ورشة عمل بعنوان (*مهارات التواصل والبيع والتسويق، شملت التواصل مع الزبائن، وتقنيات البيع الاحترافية، ومبادئ التسويق الطبي*)، ضمن فعاليات الدورة التدريبية المتكاملة لتأهيل خريجي كلية الصيدلة لسوق العمل
- عقدت في قاعة ابن الهيثم يوم الاثنين 2-2-2026
- المحاضر (م. م. حسين حميد حيال)

م.د. حيدر حامد عباس
العميد / وكالة
2026 / ٢ / ٩

نسخة من الى//
- السيد رئيس الجامعة المحترم .....المحترم.....مع التقدير
- السيد مساعد رئيس الجامعة للشؤون العلمية المحترم..المحترم..مع التقدير
- السيد مساعد رئيس الجامعة للشؤون الادارية المحترم..المحترم..مع التقدير
- رئيس واعضاء اللجنة / اعلاه المحترمون.... للعلم ... مع التقدير

كلية الصيدلة - شعبة الشؤون الادارية

Website: www.alayen.edu.iq
Email: pharm@alayen.edu.iq

ذي قار- الناصرية
موبايل: 6316

الممسوحة ضوئيا بـ CamScanner

Figure 9: Administrative order for the “Communication, Sales and Marketing Skills” workshop within the course.

Order 1: The course

- Activities were held in Ibn Al-Haytham Hall from 27/1/2026 until Wednesday 4/2/2026.
- Lecturers: Asst. Lect. Thaer Latif Jabbar, Dr. Samer Khalid Ali, Asst. Lect. Hussein Hameed Hayyal, Asst. Lect. Laith Ali Abdullah, Asst. Prof. Dr. Mohammed Sharif Sadiq.

Order 2: The workshop

- “Communication, Sales and Marketing Skills” workshop: communicating with customers, professional selling techniques, and the principles of medical marketing.
- Held in Ibn Al-Haytham Hall on Monday 2/2/2026; lecturer: Asst. Lect. Hussein Hameed Hayyal.

04 The Lecturers

A select group with academic and professional experience



Figure 10: Asst. Lect. Thaer Latif Jabbar – trainer on days one and two.

Asst. Lect. Thaer Latif Jabbar

Pharmacy Practice Training

Qualification

M.Sc. in Pharmacy – Clinical Pharmacy, University of Baghdad, College of Pharmacy; currently a Ph.D. student

Academic experience

More than 5 years of university teaching; faculty member at Al-Ayen Iraqi University; theoretical and practical courses in clinical pharmacy and related laboratories

Professional experience

More than 20 years of hands-on experience in community pharmacies

Training topics

Day 1

A lecture and training session on communicating with patients in pharmacies, the scientific way of handling prescriptions, and an explanation of the most common digestive-system cases in the pharmacy.

Day 2

An explanation of common respiratory cases in pharmacies, especially those related to cardiovascular disease (as stated in the announcement card).

Practical training skills

- Fundamentals of pharmacy practice
- Handling and interpreting prescriptions
- Skills of the successful pharmacist

04 Specialized-Session Lecturers

Cosmetics • Medical marketing • Commitment • Topical treatments



Dr. Samer Khalid Ali

Ph.D. in Pharmaceutics – University of Baghdad

Cosmetics: types, choosing the right product, giving customers sound advice

Monday 2/2/2026 – 9:00 AM



Asst. Lect. Hussein Hameed Hayyal

M.Sc. in Pharmacognosy – University of Basra

Communication, sales and medical-marketing skills: dealing with customers, selling techniques, marketing principles

Monday 2/2/2026 – 10:00 AM



Asst. Lect. Laith Ali Abdullah

M.Sc. in Pharm. Chemistry – University of Basra

“Commitment” lecture – the third hour of the 2 February program

Monday 2/2/2026 – 11:00 AM

MS

Asst. Prof. Dr. Mohammed Sharif Sadiq

Assistant Professor – Therapeutic Preparations

Preparing therapeutic cosmetic products for acne, freckles and vitiligo, with hands-on laboratory practice

The closing lecture of the course

Figure 11: Lecturers of the 2 February 2026 sessions (from the announcement card).

05 Course Program and Flow

Timeline and the sessions of 2 February 2026

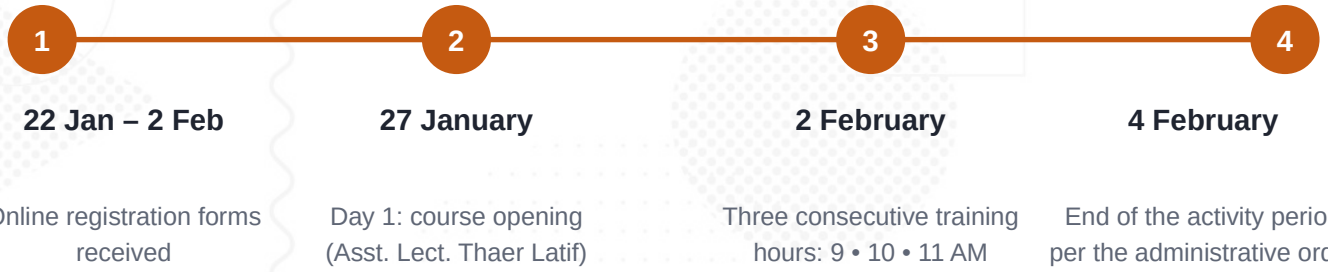


Figure 12: Course timeline (22 January – 4 February 2026).

Table 2: The three hours of Monday 2 February 2026 – Ibn Al-Haytham Hall

Hour	Time	Lecturer	Lecture title
First	9:00 AM	Dr. Samer Khalid Ali	Cosmetic Products (Cosmetics)
Second	10:00 AM	Asst. Lect. Hussein Hameed Hayyal	Communication, Sales and Medical Marketing Skills
Third	11:00 AM	Asst. Lect. Laith Ali Abdullah	Commitment

What set the course apart

- Practical and theoretical training
- Specialist lecturers
- Real readiness for the job market
- Accredited certificate on completion

Documentation note: the general announcement (Table 1) shows the session of Asst. Prof. Dr. Mohammed Sharif Sadiq on 2/2/2026 at 10:00 AM, while the 2 February card (Figure 4) shows three consecutive hours starting at 9:00 AM.

05 Scientific Content of the Sessions

Training topics as stated in the announcements

1 Day 1

Thaer Latif

- Patient-communication skills in pharmacies
- The scientific way of handling prescriptions
- The most common digestive-system cases in the pharmacy

2 Day 2

Thaer Latif

- Common respiratory cases in pharmacies
- Link to cardiovascular disease
- Fundamentals of pharmacy practice and skills of the successful pharmacist

3 Cosmetic products

Samer Khalid

- Types of cosmetic products
- Choosing the right product
- Giving customers sound advice

4 Communication, Sales and Marketing

Hussein Hameed

- Communicating with customers
- Professional selling techniques
- Principles of medical marketing

5 Commitment

Laith Ali

- The “Commitment” lecture in the third hour
- Professional conduct and job-market readiness

6 Therapeutic Cosmetic Products

Mohammed Sharif

- Preparing therapeutic cosmetic products
- Acne, freckles and vitiligo
- Hands-on laboratory training

Source: the announcement cards and the published course schedule; details of the “Commitment” lecture were not published in the announcement materials.

06

News and Photo Report

The course continues: the fifth consecutive day

The pharmacy-graduate job-readiness course continues its activities

Under the patronage and supervision of the Dean of the College of Pharmacy (Asst. Prof. Dr. Haider Hamid Al-Anbari), the training course to prepare graduates for the job market continued for the fifth consecutive day. It is organized by the Continuing Education Center at Al-Ayen Iraqi University in cooperation with the Continuing Education Division at the College of Pharmacy, with remarkable attendance and interaction from students and graduates.

The lectures of the first and second days included training sessions by Asst. Lect. Thaer Latif Jabbar on patient-communication skills in pharmacies, the scientific way of handling prescriptions, and the common digestive-system cases in the pharmacy, followed by common respiratory cases, with general advice on managing chronic conditions, especially those related to heart and vascular disease.

The course also featured a series of lectures on cosmetic products by Dr. Samer Khalid Ali, focusing on their types, choosing the right product and giving customers sound advice; a lecture titled Commitment by Asst. Lect. Laith Ali Abdullah on professional commitment and its role in building the pharmacist's character; and a lecture on communication, sales and marketing skills by Asst. Lect. Hussein Hameed Hayyal, covering customer communication, professional selling techniques and the principles of medical marketing with practical examples.

The days also included practical workshops and discussion sessions to exchange the latest sources and information, along with organized breaks. The course continues according to its planned program.

Table 3: The lecturers and their qualifications as stated in the news item

Lecturer	Qualification	Topic
Asst. Lect. Thaer Latif Jabbar	M.Sc. in Clinical Pharmacy – University of Baghdad; Ph.D. student	Communication, prescriptions, digestive and respiratory systems
Dr. Samer Khalid Ali	Ph.D. in Pharmacy (Pharmaceutics) – University of Baghdad	Cosmetic products
Asst. Lect. Laith Ali Abdullah	M.Sc. in Pharm. Chemistry – University of Basra	Commitment
Asst. Lect. Hussein Hameed Hayyal	M.Sc. in Pharmacognosy – University of Basra	Communication, sales and marketing

Source: the news item covering the fifth day of the course.

06 Closing of the Course

A specialized lecture and hands-on training: Asst. Prof. Dr. Mohammed Sharif Sadiq

The College of Pharmacy concludes the integrated course with a distinguished lecture and hands-on training

The College of Pharmacy concluded the integrated training course to prepare its graduates for the job market with a distinguished specialized lecture and outstanding hands-on training delivered by Assistant Professor Dr. Mohammed Sharif Sadiq. The lecture, regarded as the first of its kind in this training track, covered preparing therapeutic cosmetic products and using them to treat some common skin problems, including acne (Acne), freckles (Freckles – Ephelides) and vitiligo (Vitiligo), linking the theoretical aspects to practical laboratory applications.

The event saw wide interaction from students and graduates, and the hands-on training let participants learn the principles of safe pharmaceutical preparation, selecting active ingredients, adjusting concentrations and following quality standards, strengthening their professional readiness.

The Dean of the College (Asst. Prof. Dr. Haider Hamid Al-Anbari) stressed that the course comes within the University's vision of developing applied skills and supporting graduates with modern training programs that keep pace with scientific and professional developments in pharmacy, praising the efforts of the lecturer and the organizers. In closing, participants expressed their appreciation for the scientific and practical level of the content, stressing the importance of continuing such programs.



Figure 13: Asst. Prof. Dr. Mohammed Sharif Sadiq explains vitiligo (Vitiligo) during the lecture.



Figure 14: The lecturer in front of the screen during the therapeutic cosmetic products lecture.

Source: the course-closing news item published by the College of Pharmacy.

06 The Photo Report

Scenes from the closing lecture in the lecture hall



Figure 15: Part of the audience of faculty members, students and graduates following the lecture.



Figure 16: Female students and graduates following the lecture attentively.



Figure 17: Participants' interaction and attention during the explanation and practice.

06 The Photo Gallery

Lecturers on the Podium (1)



Figure 18: A lecturer explaining a slide on preservatives in cosmetic products.



Figure 19: A lecturer pointing to a product's ingredient list on the screen.



Figure 20: A lecturer presenting an idea with a hand gesture behind the lectern.



Figure 21: A shot of the lecture showing the lecturer addressing the audience.



Figure 22: A lecturer explaining the relationship between the seller, the supplier and the customer.

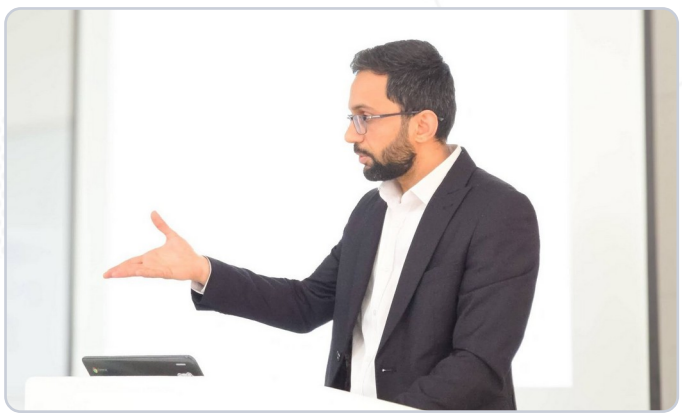


Figure 23: A lecturer making a point with a hand gesture at the lectern.

06 The Photo Gallery

Lecturers on the Podium (2) and the Hall



Figure 24: A lecturer standing in front of the audience near a lectern bearing the University's name.



Figure 25: A shot of a lecturer listening during the lecture session.



Figure 26: A lecturer explaining cardiovascular drugs; the names of ACE inhibitors appear on the screen.



Figure 27: A lecturer at the lectern holding the presentation pointer, following the screen.



Figure 28: A general view of the hall: the screen shows the file Respiratory system.pdf (antihistamines) and the audience in their seats.

What the shot shows

- File displayed: Respiratory system.pdf
- Slide topic: antihistamines (first and second generation)
- Computer clock: 11:17 AM, 31-1-2026 (as shown on the taskbar)

06 The Photo Gallery

Attendees and Participants in the Hall



Figure 29: Three attendees following the lecture attentively.



Figure 30: An attendee following the lecture from his seat in the hall.



Figure 31: Participants following the explanation with focus.



Figure 32: A row of attendees on the hall seats following the lecture.



Figure 33: Three attendees following the explanation from the hall seats.



Figure 34: Two attendees following the explanation with focus.

07 Participants and Registration

A reading of the updated online registration form (22 January – 2 February 2026)

141	124	59	36
forms received	unique registrants after removing duplicates	Registered for all five days	Registered for one day only

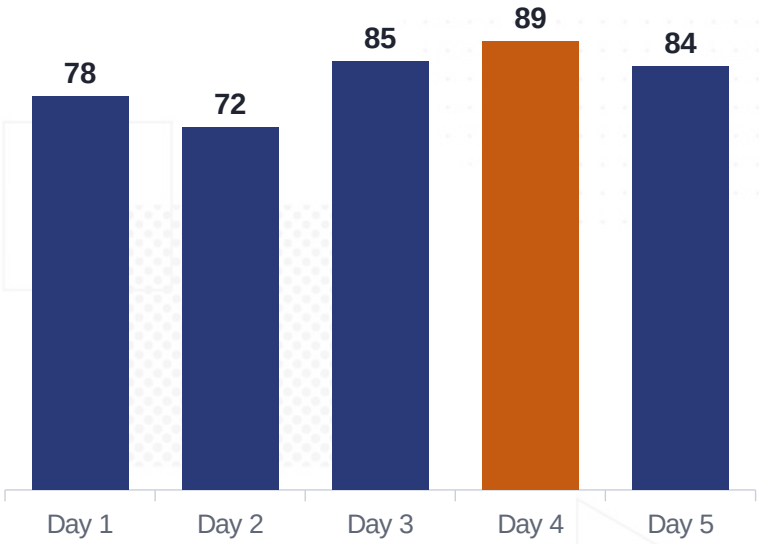


Figure 35: Number of registrants for each training day (per the registration form).

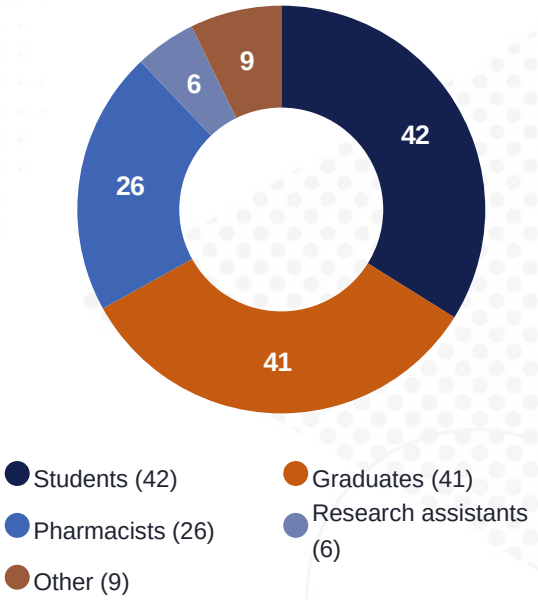


Figure 36: Registrants classified by the title stated in the form (approximate).

Reading the Numbers

- Day 4 had the highest number of registrants (89), followed by Day 3 (85).
- 59 people registered for all five days, about 48% of registrants.
- 17 forms were repeats from people who registered more than once, so the unique count (124) was adopted.
- 21 registrants stated dietary requirements (vegetarian, gluten-free, food allergy) so that hospitality could be arranged.

07 Participants (2): Data Update

Merging the two registration files: the course form and the research-skills form

Table 4: A comparison of the two registration files adopted in this update

File	Period	Forms	Unique	Form fields
Integrated Course form (updated)	22 January – 2 February 2026	141 (+1 late, excluded)	124	Name, email, affiliation, title, days and dietary requirements
Pharmaceutical Research Skills form	21 December 2025 (about 8 minutes)	48	39	Student name, stage, group and email

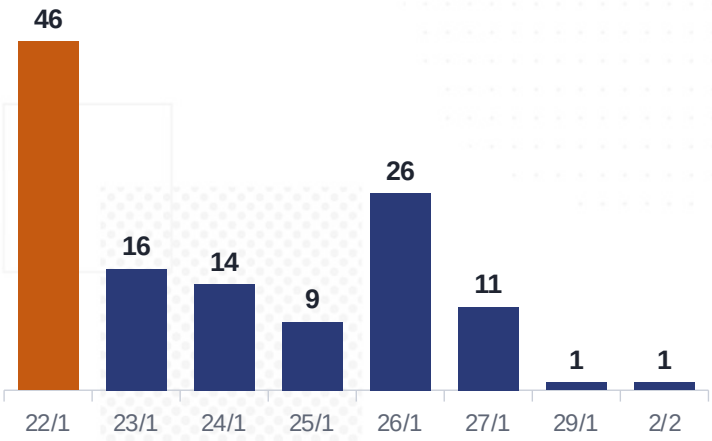


Figure 37: Unique registrants by the day of their first registration (January – February 2026).

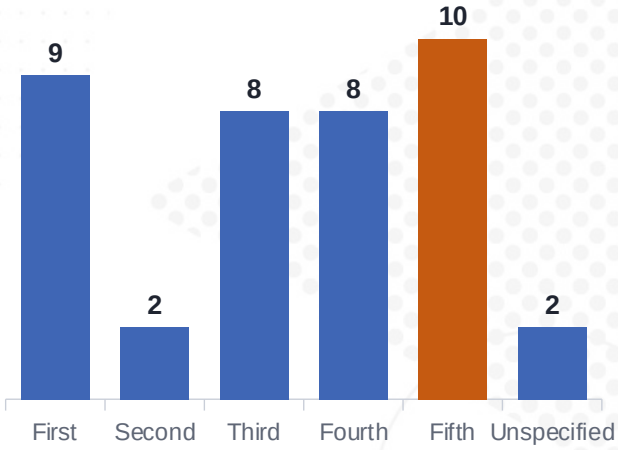


Figure 38: Students of the research-skills form by academic stage (unique).

What Changed After the Update?

- Unique registrants rose from 87 to 124 (+37) and forms from 99 to 141, meaning 42 new forms arrived after the previous file.
- The busiest registration day was 22/1 with 46 unique registrants, followed by the last day before the course (26/1).
- The research-skills form showed 39 unique students (from 48 forms); the most represented stage was Fifth (10 students).
- 6 participants appear in both files, matched by email or name; the two forms are separate events, so their counts are not merged.
- 1 form(s) dated 9 June 2026 were excluded because they came after the course ended; email remains the criterion for removing duplicates.

08 Attendance Records

What the attendance lists at the Continuing Education Center documented

Table 5: The adopted attendance records

Record	Lecturer	Date noted in the record	Number of names
Record 1: communication skills, prescriptions and respiratory cases	Asst. Lect. Thaer Latif Jabbar	Tuesday 31-1-2026 – 10 AM – Ibn Al-Haytham Hall	84
Record 2: the Integrated Training Course for Graduates	Asst. Lect. Thaer Latif Jabbar	27 January – 4 February 2026	59

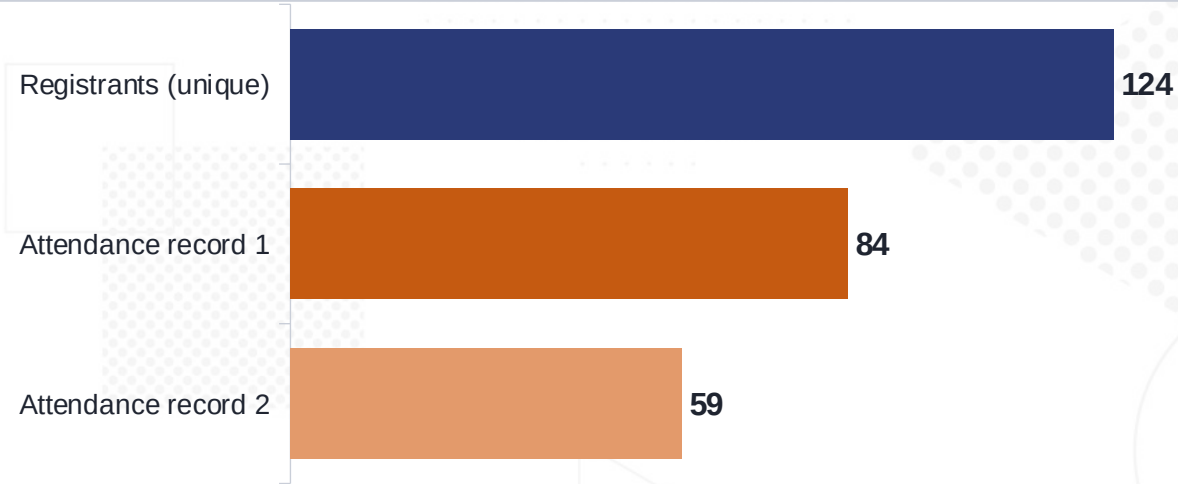


Figure 39: A comparison between the number of unique registrants and the number of names in each attendance record.

Notes on the Records

- The second record includes each participant's affiliation (student, graduate, pharmacist, trainee…).
- The spelling of some names differs between the form and the records, so no automatic matching is made between the lists.
- It is recommended to unify the attendance database with an ID number for each participant to ease certificate issuance.

08 Participants' Register (1)

Attendance record: communication skills, prescriptions and respiratory cases

1	حسين محمد عبد المجيد	29	علي محسن علي	57	مقتدى مهدي صالح
2	كرار سلمان مخي	30	سارة علي كيلو	58	زينب حسين عبد الله
3	زهراء محمد كشيش	31	زينب عبد الرزاق معن	59	حسين علي محمد
4	منتظر علي عبد الرزاق صالح	32	لبانة كمال حمود	60	محمود صباح شاكر
5	زينب حامد حسين	33	آية عبد الكاظم صبر	61	أمجد جبار عبد
6	زهراء البتول عباس خضير	34	زينب كاظم عبد	62	أحمد مسلم عبد الحسين ناصر
7	زينب قاسم عدنان	35	إبراهيم سامي مشتت خليف	63	علي الأكبر رضا
8	هدى جاسم فليح حسن	36	ملاك جاسم	64	سجاد عزيز مخي
9	فاطمة ناصر نافع	37	زينب علي عرمان	65	زهراء فاضل تركي
10	محمد علي حسين	38	فاطمة الزهراء علي فارس	66	علي حسن جليل
11	سارة عادل عبد الله	39	زهراء مرتضى سلمان	67	نبأ حيدر عادل
12	هدى محمد عوده	40	نقاء عبد الرزاق موحان	68	علي عبد الرحمن هادي مليح
13	زهراء مزهر جواد كاظم	41	ابتهال محسن عباس	69	فاطمة عبد الكاظم هاشم
14	زهراء أحمد طالب	42	رونق محمد صالح	70	حسين جليل خزعل
15	وردة ستار جبار	43	بارق نائل	71	زينب محمد عبد
16	فاطمة خالد داخل	44	زهراء روضان محمد	72	حسين علي حسين
17	زهراء راضي ياس	45	بنين رشاد سعدون	73	حسين عمار صاحب
18	علي عبد الكاظم جابر	46	سجاد ريسان خزعل	74	هجر كاظم
19	زينب مشرق جعفر باقر	47	تماضر سامي جاسب	75	ياسمين ميثم حسن
20	نور خالد كاظم	48	نبأ عماد	76	حوراء نعيم ريسان
21	تبارك عبد الحسن دويج	49	آمنة طه ياسين	77	حمد احسوني عبد الحسين
22	تقى غالب ياسر	50	رياض ماجد ندوان	78	محمود علي حسوني
23	بسملة مازن	51	رقية أحمد سالم عبد	79	فاطمة طارق
24	آلاء عبد الأمير عجيل عريان	52	رنا محمد عبد	80	مروة باسم صبار
25	بنت الهدى حمد كاظم	53	زهراء عدنان خضير	81	فدك الزهراء علي حسن
26	شمس علي عبد الكريم	54	كاظم ريسان خزعل	82	علي أنور محمد
27	زينب ناصر	55	زينب فرج مهدي	83	تاج الدين عبد الله سلمان
28	علي عدنان كاظم	56	حسين علاء	84	مهدي علي حسوني

Names as they appear in the official attendance record of the Continuing Education Center (84 names).

08 Participants' Register (2)

Attendance record of the Integrated Training Course for Graduates (27/1 – 4/2/2026)

1	نبأ عماد	21	سجاد عزيز ساخي	41	أحمد فلاح حسن
2	زهراء البتول عباس خضير	22	حسين محمد عبد المجيد	42	نور صلاح عبد الله
3	فدك الزهراء علي حسن كريم	23	زينب عبد الرزاق	43	زهراء عبد الرحيم
4	بنت الهدى حمد كاظم	24	رقية أحمد سالم	44	وردة ستار
5	زهراء محمد كشيش	25	آمنة طه ياسين	45	زينب ناصر عناد
6	فاطمة ناصر نافع	26	سارة علي	46	زينب كاظم عبد
7	زهراء غانم صالح	27	زينب حامد حسين	47	حسين حيدر عبد الستار
8	ضحى سالم كاظم	28	فاطمة علي خلف	48	زينب مشرق جعفر
9	فاطمة الزهراء علي فارس	29	رنا محمد عبد	49	زينب قاسم عدنان
10	نور مبارك	30	حيدر حسام مجيد	50	إبراهيم سامي مشاتت خليف
11	نقاء عبد الرزاق	31	زهراء علي محمد	51	حماد أحسوني عبد الحسين
12	علي محسن علي	32	آية عبد الكاظم صبر	52	مثاب سليم ذيول
13	حسين عمار صاحب	33	بارق نائل عبودي	53	دعاء حافظ محسن العطار
14	علي أنور محمد	34	منتظر علي عبد الرزاق	54	تماضر سامي حسب
15	فاطمة خالد داخل	35	زينب حسين عبد الله	55	ابتهال حسين بلاط
16	نور خالد كاظم	36	زهراء مزهر جواد	56	زينب محمد عبد
17	زهراء راضي ياس	37	زهراء مرتضى سلمان	57	محمود صباح شاكر
18	زهراء أحمد طالب	38	زهراء رضاب	58	مريم فراس صالح
19	لبنى كمال حمود	39	علي حسن جليل	59	مسلم عبد الرضا الجوراني
20	أحمد مسلم عبد الحسين	40	ملاك جاسم		

Names as they appear in the official attendance record of the Continuing Education Center (59 names).

Thanks and Appreciation

We thank the lecturers for their knowledge and experience, the staff of the Continuing Education Center and Division at the College of Pharmacy for their organizational efforts, and the participants for their commitment.

09 Participation Certificates (1)

Course-completion certificate in the blue design

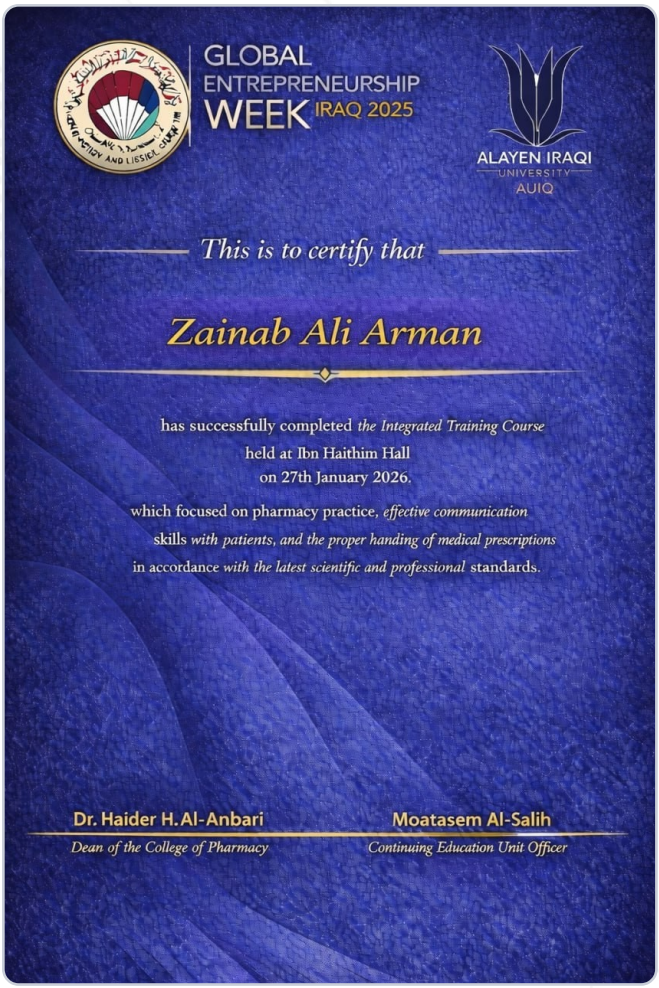


Figure 40: A sample “Integrated Training Course” completion certificate issued to participants.

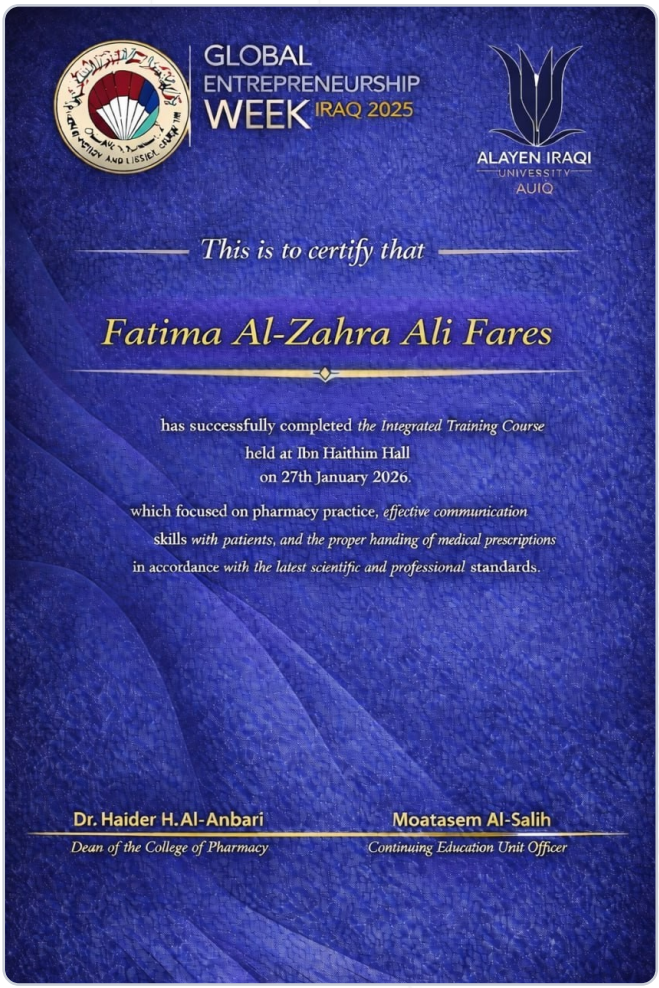


Figure 41: A second sample of the same certificate, with the same design and signatures.

Table 6: Certificate details as they appear on it

Item	As stated on the certificate
Title	Integrated Training Course – Ibn Al-Haytham Hall, 27 January 2026
Topics	Pharmacy practice, effective communication skills with patients, correct handling of prescriptions
Signatures	Dean of the College of Pharmacy (Dr. Haider H. Al-Anbari) • Head of the Continuing Education Division (Moatasem Al-Salih)

09 Participation Certificates (2)

The gold design – issue date 11 February 2026



Figure 42: A Certificate of Completion with a gold frame, two signatures and a seal.

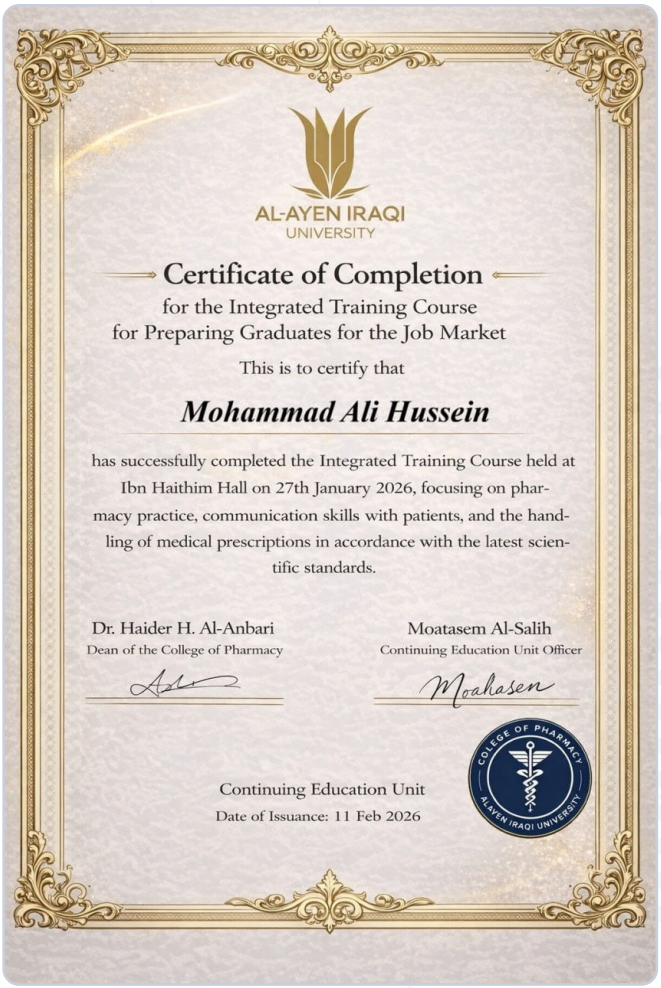


Figure 43: A second sample in the same gold design with the same issue date.

Table 7: The four attached certificates and their designs

Printed name	Design	Course date	Issue date
Zainab Ali Arman	Blue (Global Entrepreneurship Week)	27 January 2026	Not printed
Fatima Al-Zahra Ali Fares	Blue (Global Entrepreneurship Week)	27 January 2026	Not printed
Saba Hussein Reikan	Gold (Certificate of Completion)	27 January 2026	11 February 2026
Mohammad Ali Hussein	Gold (Certificate of Completion)	27 January 2026	11 February 2026

10 Handouts and Supporting Resources

Index of the reference training handouts for trainees



Figure 44: Cover of the “Digestive System” handout.

The Digestive System Handout

The handout matches the digestive-system topic of Day 1 and covers gastroesophageal reflux disease (GERD), antacids, proton pump inhibitors (PPIs), H2-receptor antagonists and mucosal protectants.

It includes tables of generic and trade names, dosage forms and photos of commonly used packs (44 pages), prepared by Karrar Fadhil Abbas Mohammed.

Index of training handouts

1 Digestive system	2 Respiratory system	3 Heart and vessels (cardio)
4 Pediatric sachets	5 Complete antibiotics	6 Antibacterials (Part 1)
7 Antibacterials (Part 2)	8 Antifungals	9 Anthelmintics
10 Nervous system	11 Analgesics	12 Gynecology
13 Thyroid gland	14 Diabetes	15 Anemia and iron preparations
16 Vitamin D3	17 Sleep physiology	18 Syrup dosages
19 Pharmaceutical companies	20 Customer terminology	21 Intravenous solutions

Source: the handout index circulated on the Farmakon Telegram channel. Course channel: t.me/PharmacySkillsCourse1

10 The Course Channel on Telegram

For communication, follow-up and joining

The official course channel on Telegram

Graduate Job-Readiness Course

@PharmacySkillsCourse1

https://t.me/PharmacySkillsCourse1

Join the channel

Figure 45: QR code for joining the course's Telegram channel.

Table 8: Channel details as shown in its public preview

Item	Details
Channel name	Graduate Job-Readiness Course
Handle	@PharmacySkillsCourse1
Subscribers	155 subscribers
Published content	239 photos, 8 files and 14 links
Date checked	25 October 2026; the figures change over time

1 **Open the Telegram app** on your phone or computer.

2 **Scan the code or open the link** from the camera or the channel link.

3 **Tap “Join”** to receive the course materials and updates.

10 Conclusion

What the course achieved and what we look forward to

First idea: what was achieved

The course combined professional qualification with hands-on training in community pharmacy: communicating with the patient, handling the prescription scientifically, digestive and respiratory cases, then cosmetic products, medical marketing, commitment and modern topical therapies. It drew 124 unique registrants of students, graduates and pharmacists, and was crowned with accredited participation certificates.

Second idea: toward a stronger course

- Fix a single final schedule for the course and announce it once, to avoid differing dates across the cards.
- Proofread the announcement materials and certificates linguistically before publishing and printing.
- Unify the attendance records with the registration form to ease certificate issuance and measure attendance rates.
- Document the course with photos and evaluate participants through a short survey.

Contact the Continuing Education Division

Phone	+964 781 424 5592	**Inquiries**	6316
Email	edu@al-ayen.edu.iq	**Telegram**	@edu_au_iq
Website	www.al-ayen.edu.iq		

A Colorful Summary: The Digestive System

Based on the “Digestive System” handout by Karrar Fadhil Abbas Mohammed (Farmakon)

What is this appendix?

- A colorful visual summary of the digestive-system lecture in the course, based on the attached handout (44 pages).
- **For each topic:** the mechanism of action, drug examples with generic and trade names, interactions and warnings, and patient advice as stated in the handout.
- **Images:** commercial packs and illustrations taken from the handout itself, each group with a number and a caption.
- The appendix pages end with a table linking each topic to the attached references (DiPiro, BNF and Pharmacy Case Studies).
- **Educational only:** it is no substitute for a prescription or for consulting the pharmacist and the physician; doses should be checked in the BNF.



Figure 46: Cover of the handout (44 pages).

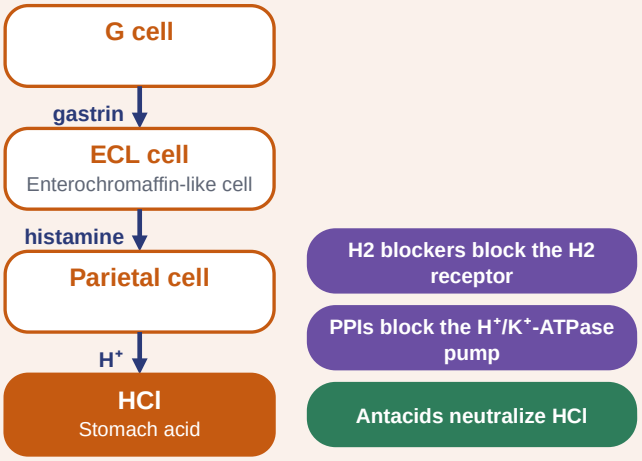
Map of the handout's topics (handout page numbers)

1 Acidity and reflux — GERD • Antacids — p. 2–5	2 PPIs and H2 blockers — PPIs • H2RA — p. 6–11	3 Mucosal protectants and H. pylori — Sucralfate • Bismuth — p. 12–13
4 Constipation and laxatives — Laxatives — p. 14–18	5 Diarrhea and rehydration — ORS • Loperamide — p. 19–24	6 Nausea and vomiting — Antiemetics — p. 25–30
7 Irritable bowel syndrome (IBS) — Antispasmodics — p. 31–35	8 Inflammatory bowel disease (IBD) — UC • Crohn's — p. 36–37	9 Hemorrhoids — p. 37–43

A Acidity and Ulcers (1)

Acid secretion mechanism • antacids • proton pump inhibitors

How is stomach acid secreted?



Gastrin also stimulates the parietal cell directly.

Antacids

- **Mechanism:** they neutralize acid (HCl + base → water + salt) and do not prevent its secretion.
- **Effect:** starts within minutes and lasts about 3 hours.
- **Examples:** Gaviscon, Maalox, Rennie and Acilox.
- Sold without a prescription (OTC) and preferred from age 12; not to be used for more than 14 days.
- **Interaction:** they form chelates with tetracyclines and fluoroquinolones, so separate the doses by 4–6 hours.
- Aluminum causes constipation and magnesium causes diarrhea; hypertensive patients should avoid sodium-rich types.



Figure 47: Commercial antacid packs: Gaviscon, Rennie, Maalox, Acilox and ENO (from the handout).

Proton pump inhibitors

PPIs

- **Mechanism:** they inhibit the H^+/K^+-ATPase pump, so acid secretion stops.
- **Use:** reflux disease, gastric and duodenal ulcers, and Zollinger–Ellison syndrome.
- **Examples:** omeprazole (Gasec), lansoprazole, rabeprazole, pantoprazole and esomeprazole (Nexium).
- Taken about half an hour before meals; for example 40 mg once daily or 20 mg twice.
- **Long-term use:** low B12 and magnesium, bone fractures and intestinal infections.
- **Getzome:** omeprazole with sodium bicarbonate (sachet).

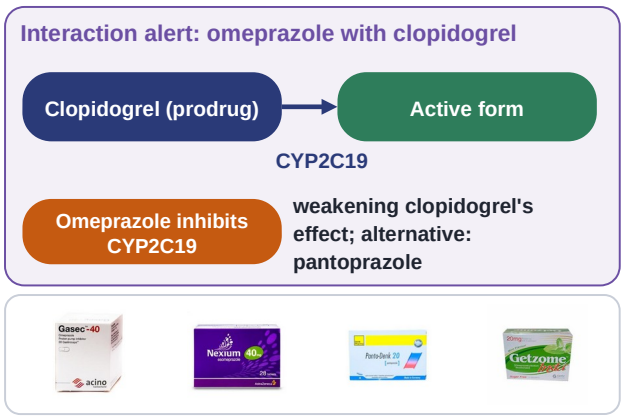


Figure 48: PPI packs and the omeprazole–clopidogrel interaction.

A Acidity and Ulcers (2)

H2 blockers • mucosal protectants • Helicobacter pylori

H2-receptor blockers

H2RA

- **Mechanism:** they block the H2 receptor, so histamine no longer stimulates acid secretion.
- **Examples:** ranitidine (Zantac), famotidine (Famodar) and cimetidine (Tagamet).
- Slower than PPIs; their effect starts after about an hour.
- The most common side effect is headache; the dose is adjusted in liver and kidney patients.
- **cimetidine:** blocks androgen receptors and causes gynecomastia in men.
- Long-term use may lower vitamin B12.



Figure 49: H2-blocker packs: Famodar, Zantac and Tagamet.

Mucosal protectants

- **Sucralfate:** reacts with acid to form a sticky paste that covers the ulcer.
- **Bismuth subsalicylate:** protects the ulcer; turns the tongue and stool black.
- **Misoprostol (Cytotec):** a prostaglandin E1 analogue; contraindicated in pregnancy because it causes contractions and miscarriage, and may cause diarrhea and nausea.



Figure 50: Packs: sucralfate, Bismol and Cytotec.

Helicobacter pylori

- A spiral-shaped Gram-negative bacterium that causes gastritis and ulcers, and together with NSAID painkillers and stress contributes to ulcer formation.
- **Symptoms:** epigastric pain, indigestion, nausea and vomiting; symptoms may be absent.
- It may cause B12 deficiency, and leaving the infection untreated raises the risk of cancer.

Table 9: H. pylori eradication protocols

Protocol	Components	Duration
Clarithromycin triple therapy	PPI + clarithromycin + amoxicillin (or metronidazole / tinidazole) also available as a combined pack named Pylokit	14 days
Bismuth quadruple therapy	PPI (or H2RA) + bismuth subsalicylate + metronidazole + tetracycline	—

The PPI is taken before meals and the other capsules after meals. Because the treatment includes several antibiotics, the patient should complete the full course and see the doctor if side effects appear.

A Constipation and laxatives

The rule of 3 • causes • the four classes of laxatives

The rule of 3: how often should a person pass stool?

Constipation	Normal	Diarrhea
Fewer than 3 times a week	From 3 times a day to 3 times a week	More than 3 times a day

Causes of constipation — Causes

- **Lifestyle:** a low-fiber diet, too little fluid and little movement.
- **Drugs:** aluminum-containing antacids, and iron.
- **Diseases:** irritable bowel syndrome and hypothyroidism.
- **Pregnancy:** less movement, pressure of the womb on the bowel and pregnancy iron.

Advice before treatment — Lifestyle

- Plenty of fluids and regular exercise.
- **A high-fiber diet:** vegetables, fruit (such as berries and apples), legumes such as lentils, and grains such as oats.
- Do not delay going to the toilet when the urge comes.

Stimulant laxatives

- **Mechanism:** stimulate bowel movement (peristalsis) and increase water and electrolyte secretion in the colon; they act after 6–12 hours by mouth and within an hour as suppositories.
- **Bisacodyl:** tablets and suppositories; the tablets are enteric-coated, so do not crush them or give with antacids or milk. Adults 5–15 mg (up to 30 mg at bedtime), children 6–12 years 0.3 mg/kg; not beyond a week, nor under 6 years or in pregnancy.
- **Senna:** a herb that harmlessly turns urine yellow-brown to red; allowed in pregnancy but not while breastfeeding (may cause infant diarrhea).
- **Glycerin:** suppositories that act within an hour (adults 4 g). Sodium picosulfate: oral drops that can be given in pregnancy.



Figure 51: Stimulant-laxative packs.

Bulk-forming laxatives — Bulk-forming

- They increase stool volume and so stimulate bowel movement.
- **Slow:** they may need up to 3 days.
- Take with plenty of water and not before lying down to sleep (risk of esophageal obstruction).
- They may cause bloating, and are safe in pregnancy.

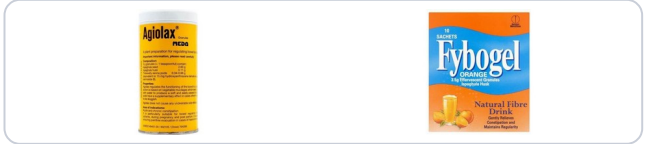


Figure 52: Bulk-laxative packs: Agiolax and Fybogel.

Osmotic laxatives — Osmotic

- They draw water into the bowel lumen, softening the stool and easing its passage.
- **Lactulose:** safe for all ages and in pregnancy; adults 15 mL twice daily, ages 1–6 years 5 mL twice; may cause bloating and nausea, is avoided in diabetics, and is used in liver cirrhosis to lower ammonia.
- **Movicol:** a sachet in 125 mL of water; it contains sodium, so patients with hypertension or heart disease are warned against it.

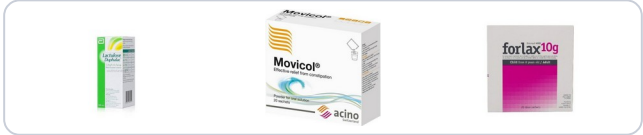


Figure 53: Osmotic-laxative packs: Duphalac, Movicol and Forlax.

A Diarrhea (1)

Classification • oral rehydration • antimotility drugs

Acute
Less than 14 days, then resolves

Persistent
From 14 days to 4 weeks

Chronic
More than 4 weeks

Traveler's diarrhea: affects about 25% of those traveling to regions such as Africa and East Asia, caused by bacteria or parasites.

The persistent and chronic types are secondary: a disease lies behind the diarrhea, and the underlying problem must be treated.

Acute diarrhea: causes — Acute

- **Viral:** the commonest is Rotavirus, the biggest cause of diarrhea in infants and children; it spreads by mouth from contaminated objects and causes fever, cough, vomiting and diarrhea.
- **Bacterial:** such as Salmonella (typhoid, on the next page).
- Breastfeeding protects the child from dehydration because it supplies the fluids the child needs.

First treatment: replace fluids — ORS

- **Oral rehydration solution is dissolved in water and contains:** sodium chloride, potassium chloride, trisodium citrate and anhydrous glucose.
- The patient drinks plenty of fluids and avoids sugary drinks.
- Infants keep breastfeeding to make up the loss.



Figure 54: A pack of Neolyte oral rehydration solution.

Table 10: Antimotility drugs

Drug	Mechanism of action	Dose	Pregnancy category
Loperamide	Acts on opioid receptors in the bowel wall, reducing its motility and prolonging stool transit.	4 mg initially, then one capsule after each loose stool, up to 8 capsules.	B
Diphenoxylate 2.5 mg + Atropine 0.025 mg	The first acts on opioid receptors in the bowel muscle; atropine is an anticholinergic that reduces motility and limits abuse.	4 tablets, then 2 tablets every 6 hours, up to 8 tablets.	C





Figure 55: Commercial antimotility packs: Imodium and Vacontil.

A Diarrhea (2)

Typhoid • adsorbents • probiotics • diagnostic questions

Typhoid

Salmonella typhi

- **Symptoms:** yellow-green diarrhea or constipation, possibly with mucus, plus headache, fever and abdominal pain.
- **First line:** ciprofloxacin twice daily for 14 days.
- **If the bacterium is resistant:** azithromycin or ceftriaxone.
- Bacterial treatment on the doctor's prescription; fluid replacement remains essential.

Adsorbents

- **Kapect:** a syrup with kaolin (adsorbs substances) and pectin (bulks the stool); adults 4–8 spoonfuls three times daily, ages 6–12 5 mL four times.
- **Compound Kapect:** adds trimethoprim/sulfamethoxazole.
- **Diastop:** a suspension with kaolin, belladonna, anise and ginger; infants half to one and a half spoonfuls three times, ages 1–5 two spoonfuls 3–4 times.
- Avoid in bowel obstruction, colitis, hypersensitivity and acute viral diarrhea.



Figure 56: Adsorbent packs: Kapect and Diastop.

Warning: do not take drugs such as Flagyl on your own before the cause of the diarrhea is known; they are used for bacterial infections and parasites such as amoeba.

Table 11: Pharmacist's questions to identify the cause of diarrhea

What the patient says	What we expect	What you do
Mucus in the stool	Bacterial infection	Refer / assess the cause of the diarrhea
Fatty diarrhea	Malabsorption or indigestion, or a causative drug	Ask about the medicines being taken
Urge to defecate with little foul-smelling stool	Dysentery	Refer to the doctor
Fever, vomiting and abdominal pain	Intestinal inflammation or a viral cause	Replace fluids and follow the case

Probiotics

- Beneficial bacteria that make up for the loss caused by harmful bacteria and appear in prescriptions.
- **Floratil:** the yeast Saccharomyces boulardii, in sachets and capsules.



Figure 57: Probiotic packs: Enterolactis and Floratil.

A Nausea and vomiting

How it happens • when to refer • antiemetics

How does vomiting happen? Mechanism

- **Nausea:** an unpleasant feeling in the abdomen; vomiting is the expulsion of stomach contents through the mouth, and both are symptoms of something else.
- **Two areas in the medulla oblongata:** the vomiting center (muscarinic and histamine receptors) and the CTZ (dopamine D2 and 5-HT receptors).
- **Motion sickness:** disturbed balance signals from the ear reach the vomiting center; the gut and the eye also have receptors.

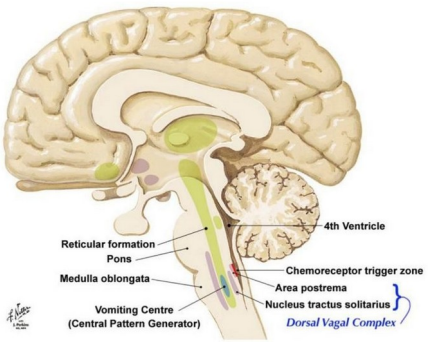


Figure 58: The vomiting center and the CTZ in the medulla oblongata (from the handout).

Ask the patient

- Age, duration of vomiting and other symptoms.
- Is he vomiting blood? What medicines does he take?
- If a woman: is she pregnant?

When to refer to the doctor?

- A child under one year vomiting for more than 24 hours.
- Moderate to severe abdominal pain.
- Vomit smelling of stool (obstruction).
- An adult vomiting after every meal with difficulty swallowing.

For pregnant women

- Vitamin B6 (pyridoxine) 10–25 mg three times daily: safe and effective.
- Ginger is effective for vomiting in pregnancy and after chemotherapy.



Figure 59: Antiemetic packs: Stemetil, Plasil, Motilium, Zofran, Stugeron, Navidoxine and Scopolamine.

Table 12: Classes of antiemetics

Class	Examples	Notes
Dopamine D2 blockers	Prochlorperazine (Stemetil) • Metoclopramide (Plasil) • Domperidone (Motilium)	Prochlorperazine: drowsiness and raised prolactin. Metoclopramide: extrapyramidal symptoms (EPS). Domperidone does not cross the blood–brain barrier but may prolong the QT interval.
5-HT blocker	Ondansetron (Zofran)	For chemotherapy, after surgery and pregnancy nausea; avoid with liver-enzyme-affecting drugs.
Antihistamines	Cinnarizine (Stugeron) • Diphenhydramine • Meclizine + B6 (Navidoxine)	For motion sickness; they cause drowsiness; Meclizine for pregnant women at bedtime and in the morning.
Anticholinergic	Scopolamine (patch behind the ear)	For motion sickness; the patch lasts 3 days; from age 12; dry mouth, urinary retention and tachycardia.

A Irritable bowel syndrome (IBS)

Types • symptoms • antispasmodics

IBS-D
Diarrhea-predominant

IBS-C
Constipation-predominant

IBS-M
Mixed: both together

IBS-A
Constipation and diarrhea alternate

The condition and advice — IBS

- A chronic condition of unknown cause: abdominal pain and a change in how often stool is passed, which returns from time to time.
- **Symptoms:** nausea, bloating, back pain, frequent urination and fatigue; women are affected more.
- **Advice:** fluids, fiber and exercise; avoid onions, fava beans, legumes, honey, apples and high-fructose foods.

When to refer to the doctor? — Refer

- Children, older people not diagnosed before, and pregnant women.
- Blood in the stool.
- Signs of obstruction: vomiting, severe pain and a swollen abdomen.
- Fever, or no response to treatment.

Table 13: Antispasmodics used in irritable bowel syndrome

Drug	Mechanism of action	Notes
Hyoscine N-butylbromide (Buscopan)	An anticholinergic that blocks M3 receptors, so the muscles relax.	OTC from age 12; dry mouth, constipation and urinary retention; contraindicated in bowel obstruction, glaucoma and myasthenia gravis.
Mebeverine (Duspatalin)	Acts directly on the bowel muscle.	OTC above 18 years and not given under 10; before food.
Alverine citrate	A direct muscle relaxant.	Capsule from age 12, preferably by prescription; twice or three times before food.
Drotaverine (Drospaz)	Inhibits PDE4, so cAMP rises and calcium entry falls.	For pregnant and breastfeeding women; tablets and ampoules.
Dicyclomine	An anticholinergic.	Four times daily before food; for pregnant but not breastfeeding women.
Otilonium	Closes calcium channels.	One tablet two to three times before eating; for pregnant and breastfeeding women.

Other combinations: Librax (chlordiazepoxide + clidinium) and Salabid (trifluoperazine + isopropamide) are not given to pregnant or breastfeeding women; Riabal (prifinium); Coloprid (mebeverine + sulpiride + simethicone); Colona (sulpiride + mebeverine).



Figure 60: Packs: Buscopan, Duspatalin, Drospaz, Librax, Riabal, Coloprid and Colona.

A IBD and Hemorrhoids

Ulcerative colitis • Crohn's • 5-ASA drugs • then hemorrhoids

Ulcerative colitis

- Chronic inflammation of the rectal or colonic lining, all within the large bowel; it causes bloody diarrhea, abdominal pain and an urge to defecate.
- The cause is autoimmune: the immune system attacks the body.

Crohn's disease

- An inflammation not limited to the colon but able to affect any part of the digestive tract, with an unknown cause.
- It is immune-related: a foreign body, perhaps bacteria, triggers an immune attack.

Sulfasalazine — Salazopyrin

- Composed of sulfapyridine (an antibiotic) and 5-ASA (an anti-inflammatory).
- Caution in sulfa allergy.
- **Ulcerative colitis:** 2 g (two tablets) three times daily up to 4 g, then one tablet four times daily as the doctor directs.
- **Crohn's:** off-label use 3–6 g daily, then 1.5–3 g.



Figure 61: A pack of Salazopyrin.

Mesalamine — 5-ASA

- It is 5-aminosalicylic acid itself; an anti-inflammatory.
- Slow-release tablets, enemas and suppositories.
- Safe for people with sulfa allergy.
- The tablets must not be chewed or broken because they are coated.



Figure 62: A pack of Mezavant (mesalamine).

Hemorrhoids

What are hemorrhoids? — Overview

- Swollen, dilated veins that cause itching, burning, pain on defecation, swelling and sometimes bleeding.
- Internal in the rectum and external outside the anus.
- **Causes:** chronic constipation, heavy lifting, chronic cough, long sitting on the toilet, pregnancy, advancing age and obesity.

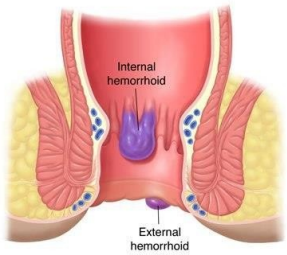


Figure 63: Internal and external hemorrhoids (handout).

Grade I: Bleeds without prolapse. **II:** Prolapses on straining and returns by itself.
III: Prolapses and returns only by hand. **IV:** Permanently prolapsed and does not return.

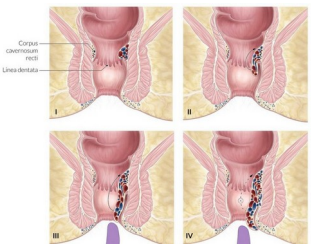


Figure 64: Grades I to IV of internal hemorrhoids (from the handout).

A Hemorrhoids: assessment and products

What the pharmacist does • ingredients of ointments and suppositories

When to refer? Refer

- Symptoms for more than 3 weeks.
- Grade III or IV (the patient pushes it back with a finger).
- Severe, unbearable pain (may be an anal fissure).
- Presence of blood.
- Fever, vomiting or abdominal pain.
- Takes a drug that causes constipation.
- The pharmacist may treat for one week only.

Advice and how to use Advice

- Fiber, fluids, avoiding fatty food, exercise and less time sitting on the toilet.
- Sitting in warm water soothes the itching and pain.
- Suppositories are for internal hemorrhoids.
- Creams and ointments are for internal and external ones, and for internal ones with the applicator.

Table 14: Ingredients of hemorrhoid drugs and the role of each

Ingredient	Its role	Examples
Anesthetic	Relieves pain and itching	Lidocaine
Astringents	Tighten the skin, precipitate proteins and cover the hemorrhoids	Bismuth, Zinc oxide, Peru balsam
Anti-inflammatory	Reduces inflammation and swelling	Hydrocortisone, Fluocinolone
Protectants	A barrier on the skin that prevents irritation and keeps moisture	Zinc oxide, Calamine
Antiseptic	Disinfects the area	Resorcinol
Counter-irritant	A sensation that distracts from pain and itching	Menthol
Vasoconstrictor	Narrows the veins, reducing swelling	Diltiazem, Nifedipine



Figure 65: Hemorrhoid-product packs: Proctosedyl, Xyloproct, Pilex, Procto-Glyvenol, Hemoclin, Healar and Diltiazem.

A Available hemorrhoid products

Ingredients, forms, doses, pregnancy and breastfeeding

Table 15: Hemorrhoid products as they appear in the handout

Product	Components	Form and dose	Pregnancy and breastfeeding
Proctosedyl	Cinchocaine + Hydrocortisone	Suppositories and ointments; three times daily. If no improvement after 3 days see the doctor; do not exceed a week.	Sources conflict: a study of 25 pregnant women found no problems, while sources warn against steroids.
Procto-Glyvenol	Tribenoside + Lidocaine	Cream twice (morning and evening) and a suppository once at night.	For pregnant and breastfeeding women.
Xyloproct	Hydrocortisone + Lidocaine + Aluminum acetate + Zinc oxide	Twice daily.	For pregnant and breastfeeding women.
Fluocinolone (ointment / suppositories)	Fluocinolone + Lidocaine + Bismuth subgallate + Menthol	Suppositories twice; ointment two or three times.	For pregnant and breastfeeding women.
Pilex	Analgesic + astringent + antimicrobial	Tablets twice and ointment three times.	Not safe in pregnancy; fine when breastfeeding.
Healar	Dead Sea salts and natural substances	Cream 3–4 times; the patient should not defecate straight after.	Safe in pregnancy and breastfeeding.
Neo-Healar	Medicinal herbs that constrict vessels, disinfect and speed healing of fissures	Ointment and suppositories 2–3 times.	Safe with the doctor's advice.
Hemoclin gel	Natural preparations	Twice daily for two weeks.	Safe in pregnancy and after delivery.
Topical Diltiazem	An angina drug that dilates vessels and relaxes the rectal muscles	Twice daily; with caution in heart and hypertension patients.	For pregnant and breastfeeding women.

Summary for the Pharmacist

- Start with dietary advice and fluids, and treat constipation if present.
- Determine the grade and the referral questions before dispensing, and do not go beyond a week of treatment without consulting the doctor.
- Choose the right form: suppositories for internal ones, ointments or creams for internal and external ones.

A References for the Appendix

Where to read further on each topic?

Besides the lecture handout, three references were attached to the course, to be consulted for doses and fine details:



Figure 66: Digestive System handout cover.

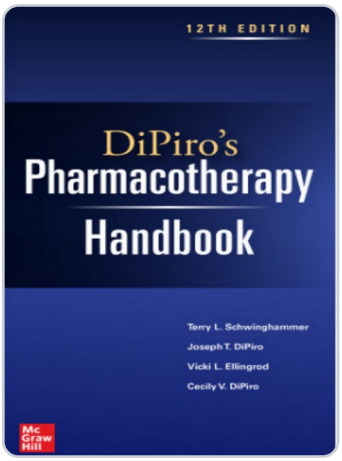


Figure 67: DiPiro's Handbook cover.



Figure 68: British National Formulary cover.

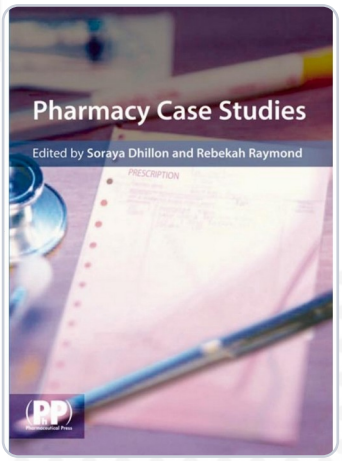


Figure 69: Cover of Pharmacy Case Studies.

The Digestive System Handout	DiPiro	BNF 85	Pharmacy Case Studies

Table 16: Map of the references to the appendix topics

Topic	DiPiro (Section 5)	BNF	Note
Acidity and ulcers	GERD • Peptic Ulcer Disease	The gastrointestinal chapter (Chapter 1)	Doses and interactions
Constipation and diarrhea	Constipation • Diarrhea	The gastrointestinal chapter (Chapter 1)	Laxatives and antimotility drugs
Nausea and vomiting	Nausea and Vomiting	The gastrointestinal chapter (Chapter 1)	Antiemetics
Inflammatory bowel disease	Inflammatory Bowel Disease	The gastrointestinal chapter (Chapter 1)	5-ASA derivatives
Irritable bowel syndrome and hemorrhoids	Gastrointestinal section	The gastrointestinal chapter (Chapter 1)	Check the latest sources

Note: this appendix is an educational summary based on the lecture handout and is no substitute for a prescription or for consulting the pharmacist or physician. Check doses and contraindications in the BNF and DiPiro before any clinical use; trade names and rulings may differ by country.

Thank you for taking part

Continuing Education Division – College of Pharmacy
Al-Ayen Iraqi University

Granite Pharmacy

Phone	+964 781 424 5592
Email	edu@al-ayen.edu.iq
Website	www.al-ayen.edu.iq
Telegram	@edu_au_iq
Inquiries	6316

Prepared and designed by: Moatasem Al-Salih • Head of the Continuing Education Division