



Dr. Sabin Thomas

Assistant Professor and College Web coordinator, HRD officer

School of Pharmacy.....

College of Health Sciences

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Time at UoN: Since 2011

Marital Status: Married....

Teaching Philosophy

Pharmacy practice teaching is an approach to be devoted to the development of future pharmacy practitioners and create lifelong active learners. I get great delight in caring for patients and helping them with their disease condition. I believe that the Pharmacy Profession will become superior if Pharmacists find enjoyment in helping their patients.

My goal of teaching is to blaze the fire of Pharmacy Practice in students entrusted to me. Pharmacists must confirm that patients receive rational treatment that increases the endurance and quality of life. To develop students` clinical skills, students must be taught to treat each patient individually, considering the patient-specific factors. Throughout my teaching, I emphasize the students` individualization of treatments considering the benefit-risk ratio of specific treatments to patients with/without multiple disorders. I make all efforts to impart a thirst among students for patient care by finding out the problem and rectifying it. I teach them to consider each patient as dear ones and giving importance to individual outcomes. The students who complete the clinical courses will acquire comprehensive problem-solving skills which equip them in managing patients with various ailments.

My teaching method consists of questions, discussions through patient scenarios, and therapeutic concepts in real life. Either in a practical lab or the classroom, my teaching is sprinkled with a lot of questions. This is an effective method to stimulate conceptual learning among students and mentally connect with the theory. They can apply that knowledge for the benefit of patients. During case presentations in the clinical lab, I present various scenarios to think in all possible angles to discover the in-depth related to the patient conditions. I apply this philosophy while it comes to literature evaluation also to practice evidence-based medicine. While questions in class or during application-based assessments, I used to gauge the knowledge and identify students' weaknesses for improvement. I also teach them effective communication skills with both patients and healthcare providers and to be confident and knowledgeable in front of them. I always believe that an academician should have an innovative teaching approach and the finest assessments in determining students' performance. I teach pharmacy students the areas that I practice.

My full-day clinical practice at the Ministry of Health hospital in ambulatory care contributes much to the pharmacotherapy teaching for pharmacy students. Hence it is my strong belief that a clinical teacher must be a practitioner too.

Academic Qualifications

Ph.D in Pharmacy Practice, Rajiv Gandhi University of Health Sciences, Bangalore, India, 2008

M.Pharm (Pharmacy Practice), Rajiv Gandhi University of Health Sciences, Bangalore, India, 2000

B.Pharm, University of Mysore, Karnataka, India, 1998

D.Pharm, Board of Examining Authority, Bangalore, India, 1993

Teaching Activities

Pharmacotherapy

Social & Behavioral Aspects of Pharmacy Practice, Spring 2021

Biostatistics

Clinical Skills Lab-3

Clinical Pharmacokinetics, PHCy350, 2011 till date

Practice Marketing & Pharmacoeconomics, 2012-2014

Research Activities

- Research Interests

Cardiology & Respiratory Pharmacy Practice

Health Related Quality of Life (HRQoL)

Pharmacoeconomics

Quality of Care

- Conference Presentations

“Quality of Care in Acute Myocardial Infarction Patients and their Secondary Prevention treatment at Nizwa Hospital”. , “International Pharmacy Conference at National University”, Oman 2019.

- Conference Attendance

- International Webinar on “The risk-benefit see-saw: high risk medicines and the impact of context”, Royal Pharmaceutical Society, 27 April 2021.

- Publications

Article:

1. 2023 Razzaq Hisham A. A, Sulaiman SyedAS, Thomas S. Community pharmacy services in Middle Eastern Arab countries: consumers’ perspective. Egyptian Pharmaceutical Journal. 2023;22(1):11.
2. 2023 Shareef, J; Sridhar, S.B.; Bhupathyaaj, M. ; Thomas, S.; Sharif A ; Karattuthodi M.S Assessment of the scope, completeness, and consistency of various drug information resources related to COVID-19 medications. BMC Pregnancy and Childbirth (2023) 23:296.
3. 2022 Vijaya Rani, K.R.; Rajan, S.; Bhupathyaaj, M.; Priya, R.K.; Halligudi, N.; Al-Ghazali, M.A.; Sridhar, S.B.; Shareef, J.; Thomas, S.; Desai, S.M.; et al. The Effect of Polymers on Drug Release Kinetics in Nanoemulsion In Situ Gel Formulation. Polymers 2022, 14, 427. <https://doi.org/10.3390/polym14101984> .

4. 2022 Bhupathyraaj, M.; Vijaya Rani, K.R.; Sridhar, S.B.; Shareef, J.; Thomas, S.; Halligudi, N.; Sockalingam, A.; Mohandoss, K.; Sundar, S. Effect of Polymers and Permeation Enhancers in the Release of Quetiapine Fumarate Transdermal Patch through the Dialysis Membrane. *Polymers* 2022, 14, 1984. <https://doi.org/10.3390/polym14101984> .
5. 2021 Thomas S (2021) Resilience: An Important Personality Dimension Lacked in Pandemics. *Int J Clin Pharmacol Pharmacother* 6: 150. doi: <https://doi.org/10.15344/2456-3501/2021/150>.
6. 2021 Shareef J, Belagodu Sridhar S, Thomas S, et al. (December 10, 2021) Potential Psychotropic and COVID-19 Drug Interactions: A Comparison of Integrated Evidence from Six Database Programs. *Cureus* 13(12): e20319. doi:10.7759/cureus.20319.
7. 2019 AL-Balushi AD, Thomas S, AL Marzooq D (2019) A Study on Quality of Life versus Asthma Control in Mild to Moderate Persistent Asthma Patients Treated at a Secondary Care Hospital in Oman. *Int J Clin Pharmacol Pharmacother* 4: 143. doi: <https://doi.org/10.15344/2456-3501/2019/143>
8. 2015 Teena Nazeem, Sabin Thomas, Evaluation of Prevalence of Selected Maternal Behaviours and Experiences by Pregnancy Risk Assessment Monitoring System (PRAMS), *Journal of Pharmaceutical Research* (2015), DOI: 10.18579/jpcrk/2015/0/0/79275
9. 2015 Nazeem T, Thomas S, Ajmera, SKDG. Efficacy and Safety of Sildenafil Citrate 25mg, 50mg and 75mg in Treating Pulmonary Arterial Hypertension. *IAJPR*. (2014), [cited September 29, 2015]; 4(12): 5589-5598.
10. 2012 Sabin T, Parthasarathi G, Padugudru MA. Health-related quality of life assessment using St. George's respiratory questionnaire in asthmatics on inhaled corticosteroids. *Lung India* 2012; 29:35-43. DOI: 10.4103/0970-2113.92360.
11. 2012 Thomas S, Parthasarathi G, Mahesh PA. Cost effectiveness and utility evaluation of inhaled corticosteroids among asthma patients at South India. *Abstract, Value in Health* 15 (2012) A1-A256 (PRS-7).
12. 2012 Jayesh K Bhatt, Sabin Thomas, Nanjan M J, Effect of Oral Supplementation of Vitamin C on Glycemic Control and Lipid Profile in Patients with Type-2 Diabetes Mellitus, *International Journal of Pharmacy and Pharmaceutical Sciences* 2012;4(2):524-27.
13. 2012 J K Bhatt, Sabin Thomas, M J Nanjan, Health Outcome Measures for Diabetes Mellitus: A Review. *Applied Research in Quality of Life*. DOI: 10.1007/s11482-012-9168-8.
14. 2012 Jayesh Kumar Bhatt, Sabin Thomas, Moola Joghee Nanjan, ``Resveratrol supplementation improves glycemic control in type 2 diabetes mellitus`` *Nutrition Research* 2012; 32(7):537-541. doi:10.1016/j.nutres.2012.06.003.

15. 2011 Thomas Reema, Ramesh Adepur, Thomas Sabin. Impact of Clinical Pharmacist intervention on Knowledge, Attitude and Practice (KAP) of patients with Chronic Obstructive Pulmonary Disease. Int J Pharm Pharm Sci, 2010; 2:4:54-57.
16. 2010 Reema Thomas; Adepur Ramesh; Mahesh Padagudru. Anand; Gurumurthi Parthasarathi; Sabin Thomas. A Randomised Open Label Comparison of Tiotropium and Ipratropium in Chronic Obstructive Pulmonary Disease. Journal of Pharmacy and Pharmacology 2010; 62(10):1244-1245.
17. 2001 Mahesh P.A., Parthasarathi G, Sabin Thomas, Jayaraj B.S., Shilpa Palaksha, Assessment and comparison of Quality of Life in COPD Patients Receiving Ipratropium and Sustained-Release theophylline (2001) , Lung India Vol. XIX (2); 9-14.
18. Sabin Thomas, Parthasarathi G, Mahesh P.A, Jayaraj B.S, Interpretation of health-related quality of life in COPD patients using simple and relative difference methods. , Pulmon Vol4 (1) Jan -April 2002; 17-22.
19. 14. Sapna Gore, Parthasarathi G, Mahesh P.A., Sabin Thomas, Jayaraj B.S, Basavana Gowda H. , Impact of Patient education on Inhalation Technique in Obstructive Airways Disease, Pulmon 2003;5:389-98.
20. [13. G. Parthasarathi, Thomas S, P.A.Mahesh. , Choosing an Inhaled Corticosteroid for Asthma: Making an informed decision. A Letter to the editor. , Journal of Pharmacy Practice and Research Vol-34; 3: September 2004:245.](#)
21. 12. Thomas S, Parthasarathi G, Palaksha S, Jayaraj BS, Gowda HB, Mahesh PA, Quality of life assessment in asthmatic patients receiving fluticasone compared with equipotent doses of beclomethasone or budesonide, Lung India 2005; 22: 86-91.

Faculty Administrative Experience

- 2023 - Present: Curriculum Committee School of Pharmacy - Chairperson
- 2022 - Present: ACPE Accreditation Committee - Member (Governance)
- 2020 - Present: Convener, College Curriculum Committee - College of Pharmacy & Nursing
- 2020 - Present: Chairperson, College Human Resources Development (HRD) Committee - College of Pharmacy & Nursing
- 2020 - Present: Focal Point, Pharmacy Practice Cluster - School of Pharmacy
- 2018 - 2022: College Website Coordinator - College of Pharmacy & Nursing
- 2014 - 2020: Chairperson for Continuing Professional Development (CPD) Committee - College of Pharmacy & Nursing (CPN)

2011 - 13: Chairperson for Timetable Committee - College of Pharmacy & Nursing

Community Services

- Collaborated with the Ministry of Education in Oman, for implementing respiratory health program to the schools titled "Asthma Friendly School" program conducted on February 25th, 2015 at Rustaq basic school for girls. This school was identified as "Asthma Friendly" in the region.

Consultancy Activities

Respiratory Clinical Pharmacist at Asthma Clinic, Ministry of Health, Nizwa Hospital, Oman, from , 15th September 2014.

Membership in Professional Bodies

2023-Present: Member of Pharmaceutical Society of Australia

2019-Present: Royal Pharmaceutical Society UK

2012-13: • International Society for Pharmacoeconomics and Outcomes Research (ISPOR)

2009-Present: • Indian Pharmacological Society (IPS)

2000-Present: • Association of Pharmaceutical Teachers of India (APTI)

Award and Recognitions

2019 Best Poster Award at "2nd National and 1st World Patient Safety Day Symposium "A survey on the Knowledge of Asthma Medications and the Skills in Inhaler Techniques among Pharmacy Professionals in Muscat and Dhakiliyah Governorates, Oman"

2018 • Best Poster Award at 8th Pharmaceutical Care Conference by Ministry of Health, Oman, February 2018, "Evaluation of the Clinical Activities in the Asthma Clinic at Nizwa Hospital.

2017 • Best poster-3rd place at "WHO`s Third global Patient Safety Challenge- Medication without Harm`` Conference at SQUH Muscat on September 2017, "A study of Medication Errors in Outpatient Pharmacy Setting at Nizwa Hospital".

2012 • Travel Scholarship Award by International Society for Pharmacoeconomics and

Outcomes Research (ISPOR) for presenting research paper at Annual International Meeting, June 2-6, 2012, Washington, DC, USA.

2001 • Awarded research scholarship by University Grants Commission (UGC), Government of India for pursuing PhD (2001 to 2004).

Ref.: <https://www.unizwa.edu.om/staff/chs/sabin>