

Name: TREESA P. VARGHESE

Department: PHARMACY PRACTICE

Contact Address: PRAKUZHY HOUSE
I. E NAGAR P. O
MADUKKUMMOOD
CHENGANACHERRY
KOTTAYAM
KERALA

Email ID: treesapv510@gmail.com



Educational Qualification: M. Pharm

Year of Registration: 01 April 2015

Project Supervisor: Dr. P. R Anand Vijaya Kumar

Research Abstract: Depression is one of the major psychological symptoms among patients with Acute Coronary Syndrome (ACS) but may remain under diagnosed and undertreated. Present study aimed to identify the inflammatory biomarkers (C Reactive Protein, Neutrophil Lymphocyte Ratio, Total Leukocyte Count, and Ferritin) in Acute Coronary Syndrome and its influence on Depression. The primary objective was to identify gender related differences in the risk factors associated with Acute Coronary Syndrome (ACS). Secondary objective was to measure the prevalence of depression among patients with ACS and different factors associated with it. Our tertiary objective was to assess the Quality of Life among post MI patients. This was a cross sectional observational study conducted in department of cardiology. Semi structured questionnaire was administered to the patients in order to collect data about socio demographic factors, duration of diagnosis, co morbidities and risk factors associated with ACS. Clinical characteristics were collected from patient medical records. Risk factor analysis was done by both direct interview method and patient medical records. Occurrence of comorbid depression was screened by Hamilton Depression Rating scale (HAM-D). Quality of Life assessment was done in Out Patients (OP) by using questionnaire RAND 36-Item Health Survey. This study highlights the need for routine screening of depressive symptoms in cardiac treatment unit, so that with the early diagnosis and treatment of this disorder, faster recovery and improvement of quality of life can be achieved among these cardiac patients.

Fellowships: UGC-MANF (Govt)

Awards & Scholarships

- **First rank** in the M Pharm examination conducted in the year 2014 by the *Kerala University of Health Sciences (KUHS)*.
- **Academic Excellence Award** from St. James College of Pharmaceutical Sciences in the year 2014.
- Won the **Best poster award** conducted by “Indian Pharmaceutical Association (IPA) - Community Pharmacy Division (CPD) Convention for Practicing Pharmacists”.
- Won **first prize** in poster competition held by Nirmala college of pharmacy Muvattupuzha (NILA-2017)
- Merit Cum Means Scholarship – M Pharm (2012- 14)
- UGC-MANF – PhD

Way Forward: Academics