
A Brief report of Social Pharmacy Field Visit to an Old Age Home- Aastha Health Resort Conducted By Faculty Of Pharmacy

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An Old Age Home is a place where elderly individuals receive care, companionship, and support in their later years. It provides a safe and nurturing environment, ensuring their physical, emotional, and social well-being.

On 01-05-2023, A total 60 First-year D.Pharm students along with coordinators from the Faculty of Pharmacy of Integral University embarked on a field visit to Aastha Health Resort, an Old Age Home located in Mahanagar, Lucknow, UP. The purpose of the visit was to provide students with a deeper understanding of the healthcare needs of the elderly population and to sensitize them to the unique challenges faced by this demographic.

Accompanied by faculty members Dr. Mohd Muazzam Khan, Mr. Mohammad Saleem, and Ms. Bushra Parveen, the students had the opportunity to interact with the residents of the Old Age Home and gain insights into their physical, emotional, and social well-being. This visit aimed to foster empathy and compassion among the students while also highlighting the role of pharmacists in geriatric care. The guidance and support from the faculty members allowed the students to develop a deeper understanding of the healthcare needs of the elderly and the role of pharmacists in geriatric care.

During the visit, students engaged in conversations with the elderly residents, listening to their life stories and experiences. This interaction allowed the students to develop a better understanding of the physical and psychological changes that accompany aging. It also highlighted the importance of providing personalized care and support to meet the unique needs of the elderly population.

The students also had the opportunity to observe the healthcare facilities and services provided at the Old Age Home. They witnessed the administration of medication to the residents and gained insights into the challenges faced in medication management for the elderly. This exposure highlighted the crucial role of pharmacists in ensuring medication safety, dosage adjustments, and monitoring for potential drug interactions or adverse effects.

Furthermore, the visit emphasized the importance of holistic care for the elderly. Students learned about the various activities and therapies offered at the Old Age Home to promote physical and mental well-being. They observed the significance of maintaining a supportive and engaging environment that fosters the overall health and happiness of the residents.

The field visit also focused on the social and emotional aspects of geriatric care. Students had the opportunity to participate in recreational activities and engage in conversations with the residents. This experience highlighted the importance of companionship, socialization, and emotional support in improving the quality of life for the elderly. The students learned about the role of pharmacists in

addressing the mental health needs of the elderly population, including counseling and medication management for conditions such as depression and anxiety.

In conclusion, the visit to the Old Age Home provided the students with a transformative experience. It instilled in them a deep sense of empathy, compassion, and respect for the elderly population. This visit served as a reminder of the importance of person-centered care and the critical role that pharmacists play in promoting the well-being of the elderly. The knowledge and experiences gained during this visit will undoubtedly shape the students' future practice, allowing them to provide holistic care and support to their geriatric patients.

The guidance of Prof. Syed Misbahul Hasan, Dean of the Faculty of Pharmacy, Dr. Tarique Mahmood, Head of the Department of Pharmacy, and Dr. Farogh Ahsan, Program Coordinator, in supporting this field visit are highly admirable. Their dedication and commitment in organizing practical learning experiences for the students play a crucial role in shaping their understanding of healthcare beyond the classroom and preparing them for their future roles as compassionate and competent healthcare professionals.





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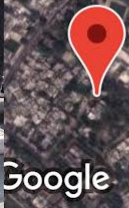
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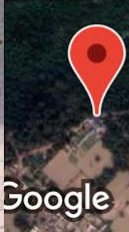
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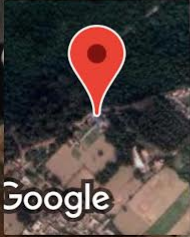
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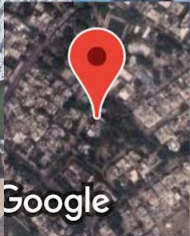
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