



STUDENT HANDBOOK

Foundation Course on Pharmaceutical Sciences & Healthcare

Academic Year: 2025



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**INSTITUTE OF MEDICINE AND HEALTH SCIENCES
(IMHS) SRI LANKA**

Foundation Course on Pharmaceutical Sciences & Healthcare

Course Overview

This 6-month foundation course is designed to help the general public understand medications, healthcare essentials, and safe medicine use. It covers common health conditions, the importance of prescriptions, and risks of self-medication, with an emphasis on practical learning and myth-busting.

Lecture Duration: 2 hours per week

Total Duration: 6 Months (24 Weeks)

Mode: Online



Welcome Message

Welcome to the **Foundation Course on Pharmaceutical Sciences & Healthcare** at the **Institute of Medicine and Health Sciences (IMHS), Sri Lanka**.

This handbook provides you with essential information about the course, academic policies, student responsibilities, and available resources. We aim to provide a high-quality learning experience that will empower you with essential knowledge and skills for a career in healthcare and pharmaceutical sciences.

We wish you success in your studies and hope you have a rewarding learning journey with us!



FOUNDATION COURSE ON PHARMACEUTICAL SCIENCES & HEALTHCARE

COURSE SYLLABUS

ACADEMIC YEAR 2025

Month 1: Introduction to Medicines & Safe Usage

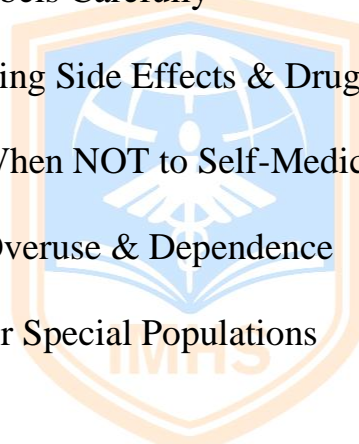
<p>LECTURE</p> <p>1</p>	<p>What Are Medicines & Why Do We Use Them?</p> <ul style="list-style-type: none">• Basics of medicines & drug safety• Why people take medicines & their effects on the body
<p>LECTURE</p> <p>2</p>	<p>“How Medicines Work in the Body”</p> <p>How Medicines Are Absorbed, Distributed, and Eliminated</p> <ul style="list-style-type: none">• Absorption• Distribution <hr/> <ul style="list-style-type: none">• Metabolism• Elimination <p>Introduction to Human Anatomy & Physiology</p> <ul style="list-style-type: none">• Key organs involved in drug action• How different body systems affect drug effectiveness• Factors influencing medication response

<p>LECTURE</p> <p>3</p>	<p>“Understanding Prescriptions & Medicine Labels”</p> <p>How to Read Prescriptions & Medicine Labels</p> <ul style="list-style-type: none"> • Prescription Components • Medicine Labels • Special Instructions • Recognizing Important Symbols <p>Generic vs. Brand-Name Medicines</p> <ul style="list-style-type: none"> • What’s the Difference? • Effectiveness & Safety • Misconceptions About Generics
<p>LECTURE</p> <p>4</p>	<p>“Common Over-the-Counter (OTC) Medicines & Their Uses”</p> <p>Types of Common OTC Medications & Their Uses</p> <hr/> <ul style="list-style-type: none"> • Painkillers • Antacids • Cough Syrups • Cold & Flu Medications • Laxatives • ORS

- Skincare products
- Vitamins

When & How to Use OTC Medications Safely

- Reading Labels Carefully
- Understanding Side Effects & Drug Interactions
- Knowing When NOT to Self-Medicate
- Avoiding Overuse & Dependence
- Safe Use for Special Populations



Month 2: Managing Everyday Health Conditions with Medicines

LECTURE

5

“Digestive Health & Medications”

About the Digestive System (Anatomy & Physiology)

- Major Organs Involved
- How Digestion Works
- Role of the Gut Microbiome: Importance of good bacteria in digestion
- Common Digestive System Disorders & Their Impact on Health

Common Digestive Health Issues & Treatments

- Gastritis & Gastric Ulcers
- Acid Reflux (GERD)
- Constipation
- Diarrhea
- Vomiting (Nausea & Motion Sickness)
- Irritable Bowel Syndrome (IBS)

Safe Use of GIT-Related Medications

- Laxatives
- Antacids & PPIs
- Antiemetics
- Probiotics & Digestive Enzymes
- Warnings & Precautions

LECTURE 6

“Respiratory Health & Medications”

About the Respiratory System (Anatomy & Physiology)

- Major Organs Involved
- How Breathing Works: Oxygen intake and carbon dioxide removal
- Role of Mucus & Cilia

Common Respiratory Health Issues & Treatments

- Cough & Cold
- Asthma
- Bronchitis & Pneumonia
- Allergic Rhinitis

Common Medications for Respiratory Health

- Cough & Cold Remedies
- Asthma Medications
 - Relievers (Short-Acting)
 - Controllers (Long-Term)
 - Leukotriene Receptor Antagonists
- Allergy Medications

Correct Inhaler Techniques & Related Medications (*Practical Demo*)

- Types of Inhalers
- Step-by-Step Guide
- Nebulizers
- Common Mistakes & How to Avoid Them

LECTURE
7

“Heart Health & Blood Pressure Control”

Understanding the Cardiovascular System (Anatomy & Physiology)

- Major Organs Involved
- How the Heart Works
- Role of Blood Pressure

Understanding Hypertension & Other Cardiovascular Diseases

- Hypertension (High Blood Pressure)
- Common Other Cardiovascular Diseases:
 - Coronary Artery Disease (CAD)
 - Heart Attack & Stroke
 - Heart Failure

Common Medications for Heart Health & Blood Pressure Control

- Antihypertensives:
- Diuretics
- Beta-Blockers
- ACE Inhibitors & ARBs
- Calcium Channel Blockers

- Cholesterol-Lowering Medications
- Blood Thinners (Anticoagulants & Antiplatelets)

Drug Interactions:

- NSAIDs and Blood Pressure
- Painkillers & Blood Thinners
- Safe Painkiller Choices for Heart Patients

Safe Medication Use & Lifestyle Tips for Heart Health

- Importance of Adherence to Medications: Why skipping doses can be dangerous
- Diet & Exercise: Low-sodium diet, regular activity, and weight management
- When to Seek Medical Help: Warning signs of heart attacks, strokes, or

uncontrolled hypertension

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**LECTURE
8**

“Diabetes & Managing Blood Sugar with Medicines”

Understanding Diabetes: Types & Symptoms

- Type 1 Diabetes
- Type 2 Diabetes
- Gestational Diabetes
- Common Symptoms

How Insulin & Oral Medications Work

- **Insulin Therapy:**
 - Types of insulin: Rapid-acting, short-acting, intermediate-acting, long-acting, Biphasic
 - How insulin helps regulate blood sugar
 - Proper insulin injection techniques & storage tips
- **Oral Diabetes Medications:**
 - Metformin
 - Sulfonylureas
 - DPP-4 Inhibitors
 - SGLT2 Inhibitors
 - Thiazolidinediones

Safe Use of Diabetes Medications & Blood Sugar Control

- Importance of meal timing and medication adherence
- Monitoring blood sugar levels regularly
- Avoiding dangerous drops in blood sugar (hypoglycemia)
- Lifestyle modifications: Diet, exercise, and weight management

Month 3: Understanding Infections & Preventive Healthcare

LECTURE 9

“How to Prevent & Treat Bacterial Infections”

Understanding Bacterial Infections

- **What are bacterial infections?** How they differ from viral and fungal infections
- **Common Bacterial Infections:** Strep throat, pneumonia, urinary tract infections (UTIs), skin infections

When & How to Use Antibiotics Correctly

- **When Antibiotics Are Needed:** Treating bacterial infections vs. viral illnesses

Common Antibiotics & Their Uses:

- Penicillins
- Macrolides
- Cephalosporins
- Fluoroquinolones

Proper Usage Guidelines: Completing the full course, correct dosages, and avoiding self-medication

Dangers of Antibiotic Resistance

- What Is Antibiotic Resistance?
- Causes of Resistance
- Consequences
- How to Prevent It

Preventing Bacterial Infections Naturally

- Good Hygiene Practices
- Boosting Immunity
- Vaccinations

**LECTURE
10**

“Understanding Parasitic Infections & Safe Medication Use”

What Are Parasitic Infections?

- Types of Parasites:
- How Parasites Spread

Common Worm Infections & Symptoms

- Roundworms (Ascaris)
- Hookworms
- Tapeworms
- Pinworms

Common Deworming Medications:

- Albendazole
- Mebendazole
- Pyrantel Pamoate
- Dosage & Safe Use

- Side Effects & Precautions

Preventing Parasitic Infections

- Good Hygiene Practices
- Deworming Programs
- Avoiding Contaminated Sources

**LECTURE
11**

“Skin & Fungal Infections: Causes & Treatments”

Understanding Fungal Infections

- What Are Fungal Infections
- How Fungi Spread

Common Fungal Infections & Symptoms

- Athlete’s Foot
- Ringworm
- Nail Fungal Infections
- Yeast Infections (Candidiasis)
- Scalp Fungus

Safe Use of Antifungal Medications

- Topical Antifungals
- Oral Antifungal Medications

Preventing Fungal Infections

- Keeping skin clean and dry, especially in humid areas
- Wearing breathable footwear and changing socks regularly
- Avoiding sharing personal items (towels, shoes, razors)
- Boosting immunity through a healthy diet and proper hygiene

**LECTURE
12**

“Understanding Viral Infections & Immune System Support”

How Viruses Spread & How They Differ from Bacteria

- **Viruses vs. Bacteria:**
- **How Viruses Spread:**
 - Airborne
 - Direct contact
 - Contaminated food/water
 - Insect bites

The Role of Vaccinations in Preventing Viral Infections

- How Vaccines Work
- Common Viral Vaccines

Strengthening the Immune System Through Lifestyle Choices

- Healthy Diet
- Regular Exercise
- Adequate Sleep & Stress Management
- Hydration & Good Hygiene

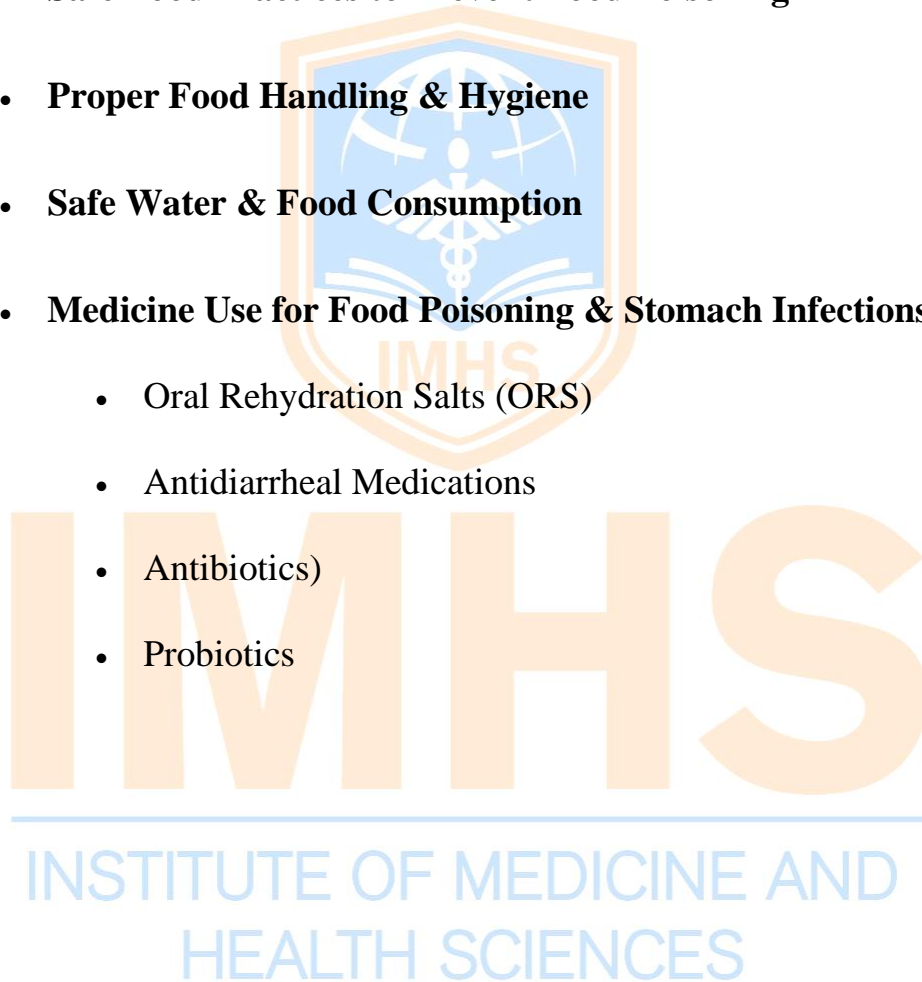
Why Antibiotics Do Not Work for Viral Infections

Home Remedies for Viral Infections

**LECTURE
13**

“Food Poisoning & Stomach Infections”

- **Causes of Food Poisoning**
- **Symptoms of Food Poisoning & Stomach Infections**
- **Safe Food Practices to Prevent Food Poisoning**
- **Proper Food Handling & Hygiene**
- **Safe Water & Food Consumption**
- **Medicine Use for Food Poisoning & Stomach Infections**
 - Oral Rehydration Salts (ORS)
 - Antidiarrheal Medications
 - Antibiotics)
 - Probiotics



Month 4: Pain Relief, Emergency Care & Safe Medicine Handling

LECTURE 14

“Pain Management & Safe Use of Painkillers”

- Types of painkillers: Paracetamol, Ibuprofen
- Risks of overuse (liver/kidney damage)
- Understanding when to use painkillers and when to seek medical advice
- Common misconceptions
- Natural and alternative pain relief methods
- Painkillers and their impact on different age groups (children, elderly)
- Side effects and drug interactions with other medications

LECTURE 15

“Emergency Medicines & First Aid Essentials”

Basic First Aid Skills

- How to handle cuts, burns, and wounds effectively
- CPR and emergency response for heart attacks & choking
- First aid for fainting, seizures, and allergic reactions
- Handling fractures and sprains before medical help arrives

Essential Medications for Home Use

- Must-have medicines for common illnesses (fever, pain, allergies, stomach issues)
- Safe usage and dosage of over-the-counter (OTC) medications
- Understanding medication labels and expiry dates

Emergency Preparedness at Home & in Public Spaces

- Creating a home first aid kit: What to include
- How to act during medical emergencies (calling for help, staying calm)
- Recognizing signs of life-threatening conditions (stroke, heart attack, anaphylaxis)
- Importance of knowing local emergency numbers and contacts

**LECTURE
16**

“Poisoning, Overdose & Antidotes”

Handling Accidental Poisoning & Overdose

- Immediate steps to take in case of poisoning
- When to seek emergency medical help
- Common household and medication-related poisoning risks

What Can Be Done at Home Before Medical Help Arrives?

- Inducing or avoiding vomiting – when is it safe?
- Providing fresh air in case of inhaled poisons
- Rinsing skin and eyes for chemical exposure
- Keeping the person calm and hydrated (if advised)

Common Antidotes & Emergency Responses

- Key antidotes for common poisonings (e.g., paracetamol, insecticides, alcohol poisoning)
- Basic first aid measures before medical help arrives

LECTURE

17

“Understanding Mental Health Medications”

Anxiety, Depression, and Mood Disorders & Treatments

- Role of medications (e.g., SSRIs, SNRIs) and therapy
- Importance of adherence and side effect monitoring

Neurological Disorders & Medications

- Epilepsy
- Parkinson’s Disease
- Alzheimer’s Disease
- Insomnia

When & How These Medications Are Prescribed

- Prescribed by
- Factors considered: Diagnosis, severity, medical history
- Key considerations: Correct dosage, adherence, and monitoring

Month 5: Special Conditions & Women's Health

LECTURE

18

“Women's Health: Pregnancy & Medicine Safety”

Safe Medications During Pregnancy & Breastfeeding

- Commonly safe medications
- Medications to avoid due to potential risks
- Seeking medical advice

Importance of Supplements

- Role of folic acid in preventing birth defects
- Essential vitamins and minerals for maternal and fetal health
- Safe supplementation guidelines during pregnancy and lactation

LECTURE

19

“Reproductive Health & Birth Control Methods”

Understanding the Reproductive System

- Basic functions and anatomy of male and female reproductive systems

Common Reproductive Health Issues & Treatments

- Common infections (e.g., STDs, UTIs) and their management
- Hormonal imbalances and reproductive disorders

Best Practices for Reproductive Health

- Maintaining hygiene and regular medical check-ups
- Lifestyle factors affecting reproductive health

Safe Use of Contraceptives & Emergency Contraception

- Different birth control methods (pills, implants, IUDs, condoms, injections)
- Proper use and effectiveness of contraceptives

- Emergency contraception: When and how to use it safely

<p>LECTURE</p> <p>20</p>	<p>“Bone Health & Arthritis Management”</p> <p>Importance of Calcium & Vitamin D</p> <ul style="list-style-type: none"> • Role in maintaining strong bones and preventing osteoporosis • Best dietary sources and supplementation guidelines • Sun exposure and its impact on vitamin D levels <p>Managing Arthritis & Pain Relief</p> <ul style="list-style-type: none"> • How pain medications (e.g., NSAIDs, corticosteroids) help reduce inflammation • Non-medication approaches (exercise, physiotherapy, weight management) • Importance of early diagnosis and lifestyle modifications
<p>LECTURE</p> <p>21</p>	<p>“Healthy Aging & Medications for Seniors”</p> <p>Common Age-Related Health Issues</p> <ul style="list-style-type: none"> • Chronic conditions (e.g., hypertension, diabetes, arthritis) • Cognitive decline (e.g., dementia, Alzheimer’s disease) • Bone and muscle health (e.g., osteoporosis, sarcopenia)

Medication Safety Tips for the Elderly

- Avoiding polypharmacy and drug interactions
- Proper medication storage and adherence strategies
- Adjusting dosages based on age-related metabolism changes
- Consulting healthcare providers for regular medication reviews



Month 6: Practical Pharmacy & Safe Medicine Use

LECTURE

22

“Safe Medicine Storage & Expiry Dates”

Why Expiry Dates Matter

- Effectiveness of medicines decreases after expiration
- Risk of harmful breakdown products in expired drugs
- Importance of checking expiry dates before use

How to Store Medicines Properly

- Keep in a cool, dry place away from sunlight and moisture
- Store out of reach of children and pets
- Proper disposal of expired or unused medications
- Special storage requirements for certain medicines

LECTURE

23

“Understanding Herbal & Alternative Medicines”

Traditional vs. Modern Medicine

- Differences in approach: Natural remedies vs. scientifically developed drugs
- How traditional medicine has influenced modern medicine

Safe Use of Ayurvedic & Herbal Remedies

- Benefits and limitations of herbal medicine
- How to identify safe and authentic herbal products
- Risks of self-medicating and interactions with prescription drugs
- Importance of consulting a healthcare provider before use

Popular Herbal Remedies & Their Uses

- Turmeric: Anti-inflammatory and digestive health
- Ginger: Nausea relief and immune support
- Ashwagandha: Stress management and energy booster
- Aloe Vera: Skin health and digestion

Recognizing Unsafe Herbal Practices

- Adulteration and contamination risks in herbal medicines
- When "natural" doesn't always mean safe
- How to check for regulatory approvals and trusted sources

LECTURE

24

“Medicine Myths & Facts”

Common Misconceptions About Medicines

- “All natural medicines are completely safe”
- “More medication means faster recovery”

Myths About Painkillers, Antibiotics, and Herbal Medicine

- **Painkillers:** “Stronger painkillers are always better”
- **Antibiotics:** “Antibiotics work against viruses”
- **Herbal Medicine:** “Herbal remedies have no risks”

Vaccine & Immunization Myths Debunked

- “Vaccines cause autism”
- “Too many vaccines weaken the immune system”

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Final Exam

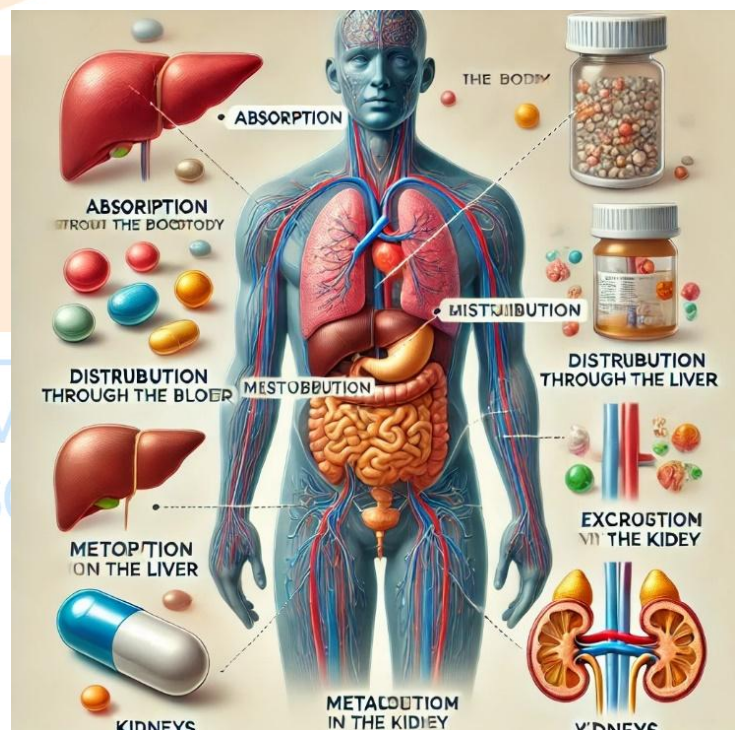
1. Introduction to Medicines & Safe Usage

An overview of what medicines are, their role in healthcare, and how to use them safely to prevent misuse and side effects. Additionally, it covers the importance of following medical advice and understanding medication labels.



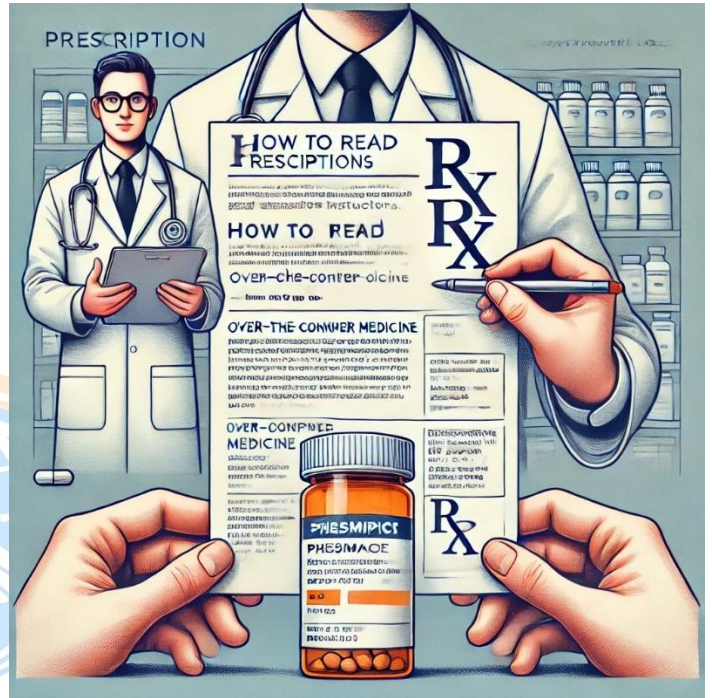
2. How Medicines Work in the Body

Explains the journey of medicine in the body, including absorption, distribution, metabolism, and excretion. It highlights factors like food, age, and disease conditions that influence drug effectiveness.



3. Understanding Prescriptions & Medicine Labels

Covers how to read and interpret prescriptions, drug labels, dosage instructions, and safety warnings. It also discusses common prescription errors and their impact on patient health.



4. Common Over-the-Counter (OTC) Medicines & Their Uses

Discusses widely used OTC medications, their indications, and precautions for safe self-medication. This includes pain relievers, cold medications, and digestive aids.



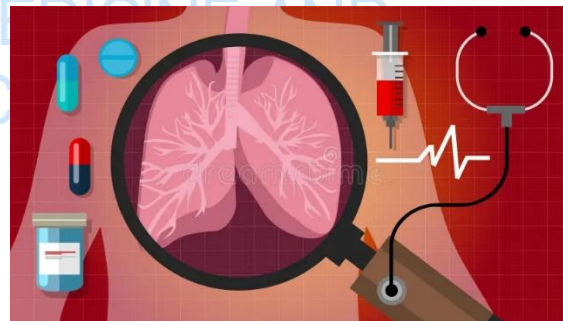
5. Digestive Health & Medications

Reviews common digestive issues such as acidity, constipation, and diarrhea, along with appropriate treatments. It also emphasizes the importance of gut health and probiotics.



6. Respiratory Health & Medications

Explains common respiratory conditions like asthma and allergies, along with medication options such as inhalers and decongestants. It covers proper inhaler techniques and allergen avoidance.



7. Heart Health & Blood Pressure Control

Provides insights into cardiovascular diseases, blood pressure management, and heart medications. Discusses the impact of lifestyle changes, including diet and exercise.



8. Diabetes & Managing Blood Sugar with Medicines

Focuses on diabetes management through diet, lifestyle, and medications such as insulin and oral antidiabetic. Also includes information on glucose monitoring and complications of unmanaged diabetes.



9. How to Prevent & Treat Bacterial Infections

Covers bacterial infections, antibiotic use, resistance concerns, and when antibiotics are necessary. Emphasizes the importance of completing antibiotic courses and avoiding misuse.



10. Dangers of Self-Medication & Medicine Overuse

Discusses the risks associated with taking medicines without medical guidance and common cases of misuse. Includes examples of overuse of painkillers, antibiotics, and sleeping pills.



11. Skin & Fungal Infections: Causes & Treatments

Explores common skin infections, fungal conditions, and appropriate antifungal treatments. Discusses preventive measures like hygiene and avoiding contaminated surfaces.



12. Food Poisoning & Stomach Infections

Provides insights into foodborne illnesses, their symptoms, prevention, and treatments.

Highlights food handling safety and the importance of hydration during infections.



13. Pain Management & Safe Use of Painkillers

Examines different types of painkillers, their benefits, side effects, and potential for misuse. Discusses alternatives to pain management such as physiotherapy and lifestyle changes.



14. Emergency Medicines & First Aid Essentials

Covers essential first aid skills, emergency medicines, and their role in urgent medical situations. Teaches CPR basics, wound care, and handling allergic reactions.



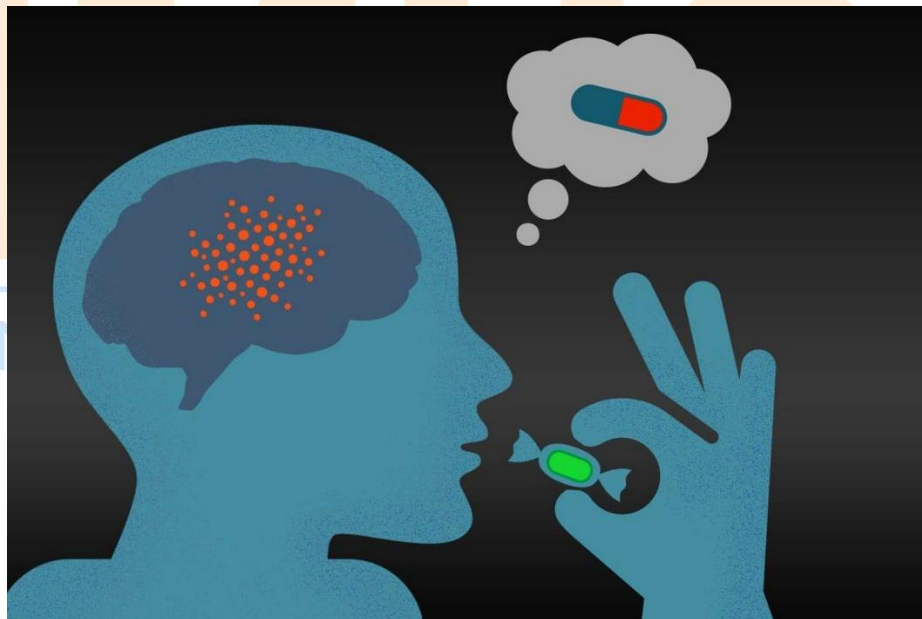
15. Poisoning, Overdose & Antidotes

Explains common poisons, symptoms of overdose, and available antidotes for treatment. Includes household poisoning risks and first-response measures.



16. Understanding Mental Health Medications

Discusses medications for anxiety, depression, and other mental health conditions. Covers common side effects and the importance of medical supervision in psychiatric treatments.



17. Women's Health: Pregnancy & Medicine Safety

Focuses on safe medication use during pregnancy and breastfeeding. Includes discussions on prenatal vitamins and medication risks during pregnancy.



18. Reproductive Health & Birth Control Methods

Explores contraception options and medications used in reproductive health. Covers emergency contraception and long-term birth control methods.



19. Bone Health & Arthritis Management

Covers osteoporosis, arthritis, and medications that help manage these conditions. Emphasizes calcium intake and exercise for bone strength.



20. Healthy Aging & Medications for seniors

Discusses medications commonly used by older adults and safety considerations. Covers polypharmacy risks and medication adjustments for aging bodies.



21. Safe Medicine Storage & Expiry Dates

Explains how to store medicines properly and why expiry dates are important. Includes the dangers of using expired medications and proper disposal methods.



22. Understanding Herbal & Alternative Medicines

Covers the benefits and risks of using herbal and traditional medicines alongside modern pharmaceuticals. Discusses potential interactions with prescription drugs.



23. Medicine Myths & Facts

Debunks common misconceptions about medicines, vaccines, and alternative treatments. Addresses vaccine hesitancy and false claims about miracle cures.



24. Final Exam & Course Completion

Assessment of knowledge gained throughout the course and certification upon successful completion. Includes guidance on career paths and further education opportunities.



Who Should Take This Course?

This course is ideal for:

- Individuals seeking **basic pharmaceutical knowledge**
- Students aspiring to **pursue a career in healthcare**
- Practicing professionals looking to enhance their **understanding of medicines and healthcare**
- General public interested in **safe medication use**

Expected Learning Outcomes

Upon successful completion of this course, students will:

- Gain **fundamental knowledge** of pharmaceutical sciences
- Understand the **safe use of medicines**
- Learn about **common diseases and their treatments**
- Develop awareness about **self-medication risks**
- Be able to interpret **prescriptions and drug labels**



Faculty Members of the IMHS



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Dr. Isuru Wijesinghe (PhD)

- **Senior Lecturer / Director IMHS**
- **PHD (USA) - Healthcare & Pharmaceutical Sciences**
- **MSc (USA) - Pharmaceutical Sciences**
- **BPharm Special (SL)**
- **Registered in Sri Lanka Medical Council**
- **LLB (Reading) (SL)**
- **16 Years experiences in the field**



Mrs. MGEJ Dharmasiri

- **Senior Lecturer / Director IMHS**
- **BPharm (Reading) (SL)**
- **Diploma in Pharmacy (Proficiency) (SL)**
- **Registered in Sri Lanka Medical Council**
- **Chief Pharmacist (Government)**
- **15 Years experiences in the field**



Dr. Niranga Meegaskada (MBBS)

- **Senior Lecturer IMHS**
- **MBBS (SL)**
- **Senior Medical Officer (Government)**
- **Obstetrics and Gynecology**
- **15 Years experiences in the field**



Dr. P. Rasika Sanjeewa Pathirana (PhD)

- **Senior Lecturer IMHS**
- **PHD (SL) in Plant Molecular genetics**
- **MSc (SL) in Biotechnology**
- **Master of Arts**
- **B.Sc Molecular Biology & Biochemistry**
- **Diploma in Pharmaceutical Management & Practice**
- **Registered Sri Lanka Medical Council**
- **16 Years experiences in the field**



Mr. V Hari Harshan

- **Senior Lecturer IMHS**
- **MPharm (India)**
- **BPharm Special (India)**
- **Registered in Sri Lanka Medical Council**
- **Head of Formulation Development (SL)**
- **11 Years experiences in the field**



Ms. GWT Madhumali

- **Senior Lecturer IMHS**
- **BSc Nursing (Special) SL**
- **Registered Nurse (Nursing Council, SL)**
- **Nursing officer (Government)**
- **11 Years experiences in the field**



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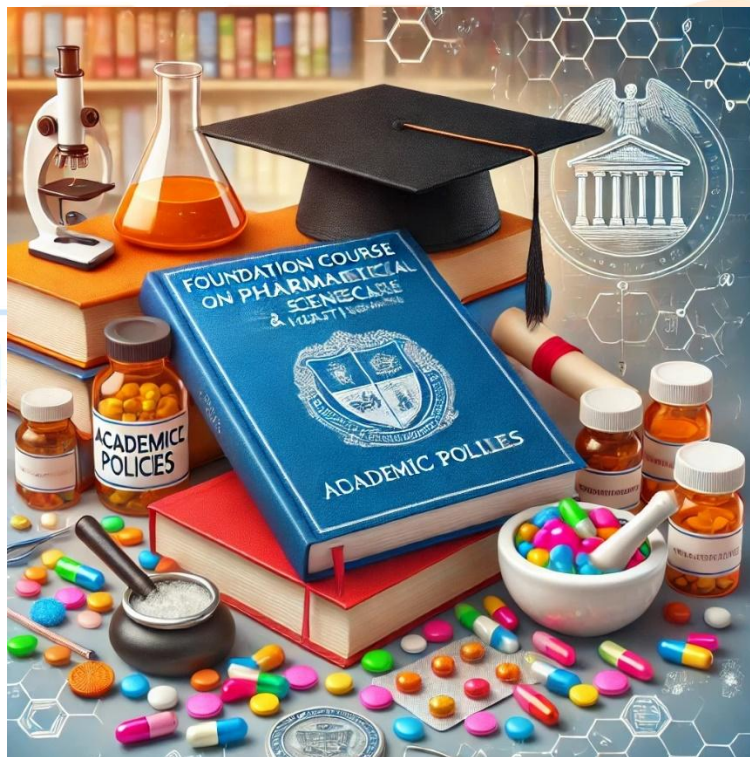
Academic Policies

Attendance Requirements:

- Students must maintain at least **80% attendance** to be eligible for certification.
- Participation in **interactive sessions & practical demonstrations** is highly encouraged.

Examination & Grading System:

- **Final Exam** – Multiple-choice and short-answer questions.
- **Assignments** – Research-based reports and case studies.
- **Participation & Engagement**– Class discussions, quizzes, and activities



Certification Criteria:

- Students must score at least **50% overall** to receive their **IMHS Certificate of Completion**.
- A **detailed transcript** will be issued upon course completion.

Student Guidelines & Code of Conduct

- Be **punctual and attentive** during lectures.
- Engage in discussions and ask questions.
- Respect instructors and fellow students.

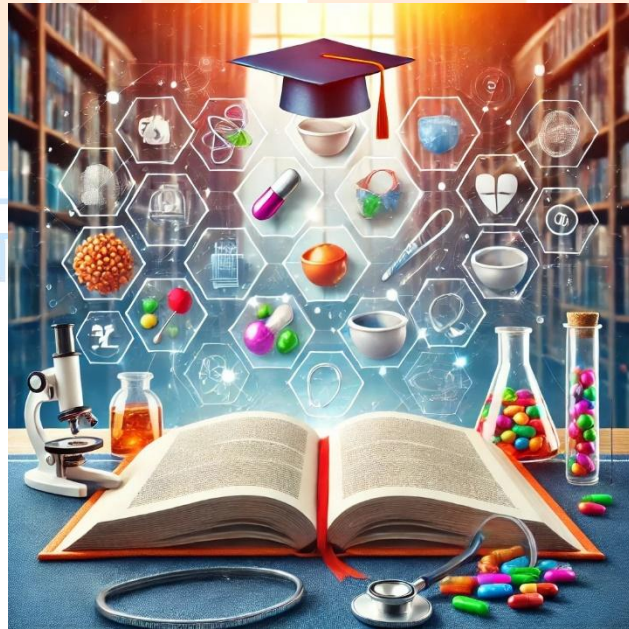
Follow all ethical guidelines when handling healthcare-related information

***** IMHS will issue the “Certificate” on completion of this Course**



Course highlights

- Highly Qualified Lecturers
- 50 + Lecture Hours
- Distance Learning (ONLINE)
- Provide Recordings
- Unlimited Access of Lecture Recordings
- Modules
- Oral and Written Tests
- Evaluation report for every Student
- Certificate with Transcript



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Admission criteria

Candidates aspiring to join our esteemed program are invited to present one of the following qualifications:

Academic Excellence: (Minimum) GCE Ordinary Level certification from Sri Lanka or an equivalent qualification, demonstrating a strong foundational education.

Professional Registration: Current registration as a Pharmacist with the Sri Lanka Medical Council, reflecting a recognized level of professional competence.

Dedicated Apprenticeship: At least one year of committed study as an apprentice pharmacist, indicating practical experience and ongoing learning.

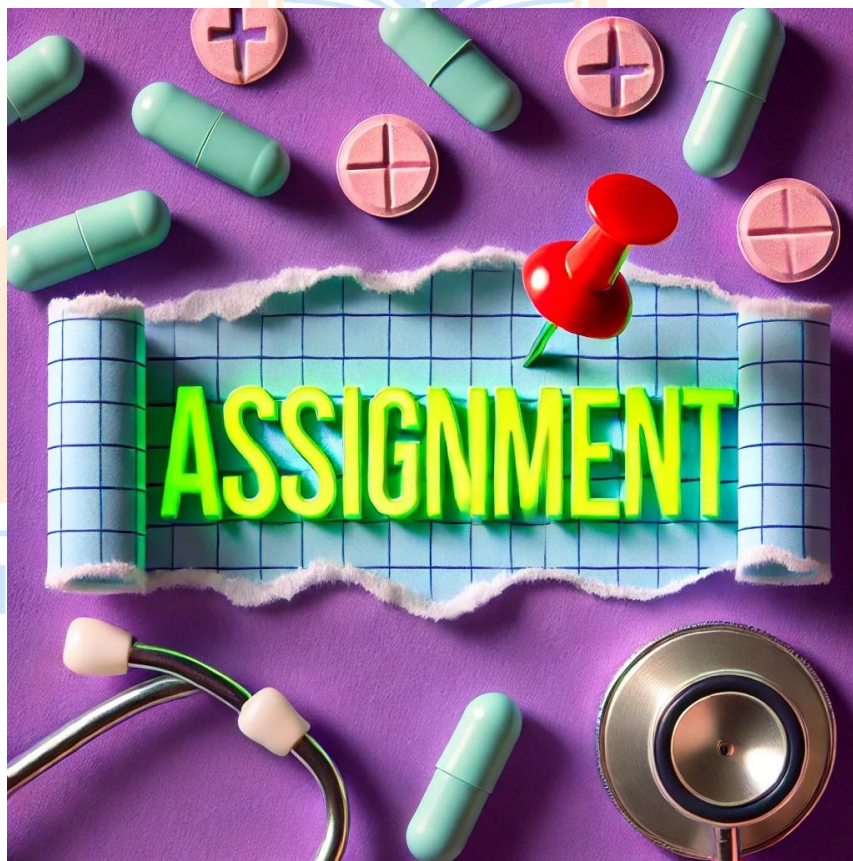
Industry Involvement: Individuals who are either newly embarking upon or have established a career in the pharmaceutical industry, with a keen interest in further professional development.

We warmly encourage those who meet any of the above criteria to consider this opportunity as a step towards advancing their professional journey.

Assignments & Evaluation

Course Assignments Include:

1. **Prescription Book Analysis** – Identifying safe prescription practices.
2. **Understanding Drug Labels & Expiry Dates** – Reading and interpreting pharmaceutical labels.
3. **Case Study on Self-Medication Risks** – Real-life examples and solutions.



Educational Objectives of IMHS

This program has been crafted with the following educational objectives:

1. Knowledge Expansion:

- To broaden the understanding of healthcare professionals, colleagues, and the wider community regarding the intricacies of the pharmaceutical industry and the overall healthcare system.

2. Professional Development:

- To cultivate a workforce that is both knowledgeable and competent, thereby enhancing the quality of personnel within the pharmaceutical sector and healthcare infrastructure.

3. Educational Advancement:

- To establish a structured educational route that guides individuals through the complexities of the pharmaceutical landscape and healthcare services.

4. Career Exploration:

- To spotlight the multitude of vocational opportunities available within the pharmaceutical field and healthcare system, thus informing and inspiring the public about potential career paths.

Each goal is aimed at not only enriching participants with knowledge but also at fostering a more efficient, informed, and prepared community of healthcare practitioners and industry professionals.

Program's Outcomes

1. Anatomical and Physiological Acumen:

- A profound comprehension of the architecture and operations of the human form, afforded by our modules in Human Anatomy and Physiology.

2. Medicinal Proficiency:

- An insightful understanding of contemporary pharmaceuticals, embracing their therapeutic applications, administration methods, and other essential particulars.

3. Pharmaceutical Insight:

- A solid grounding in the vibrant pharmaceutical sector, including the pivotal processes of drug development and manufacturing.

4. Regulatory Wisdom:

- A thorough awareness of the legal frameworks, regulatory requirements, and ethical considerations that underpin the pharmaceutical industry.

5. Research Literacy:

- An enhanced appreciation for the ongoing research and development initiatives that propel the pharmaceutical field forward.

6. Communicative Excellence:

- An adeptness in engaging with and disseminating healthcare services via pharmaceutical channels to the community, ensuring clear and effective communication.
- We trust that these outcomes will not only enrich our participants' professional endeavors but also contribute significantly to the community's wellbeing.

JOB OPPORTUNITIES

- Research and Development related to the Pharmaceutical industry
 - Clinical Research Coordinator
 - Clinical Project Manager
 - Pharmaceutical Research Scientist

- Sales & Marketing related to the Pharmaceutical industry
 - Pharmaceutical Marketing Manager
 - Pharmaceutical Sales Representative
 - Clinical Research Associate

- Academia
 - Lecturer
 - Pharmaceutical Education Coordinator
 - Curriculum Developer
 - Educational Researcher
 - Clinical Skills Trainer
 - Tutor
 - Online Course Instructor



- Entrepreneurship

- Pharmacy Chain
- Pharmaceutical Distribution Business
- Pharmaceutical Import-Export Business
- Pharmaceutical Consulting Firm
- Medical Writer



- Clinical & Hospital

- Pharmacy Technician
- Pharmacy Manager
- Pharmacy Informatics Specialist
- Pharmacy Clinical Coordinator
- Medication Safety Officer



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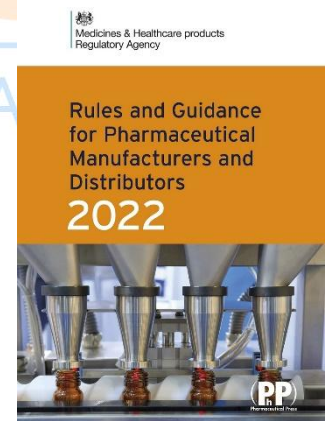
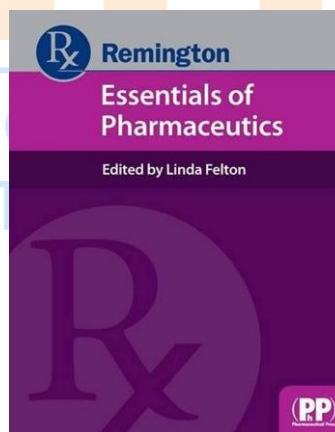
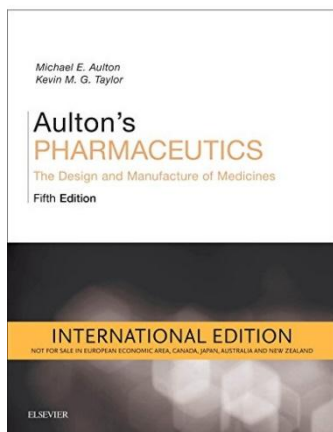
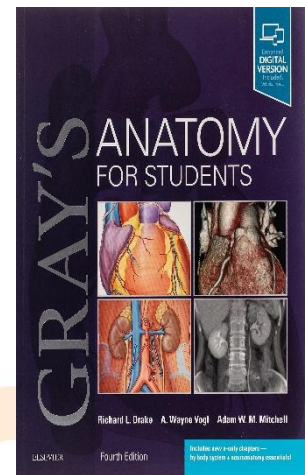
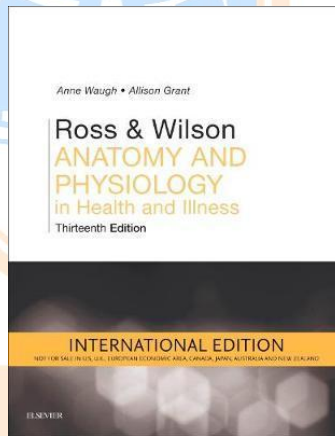
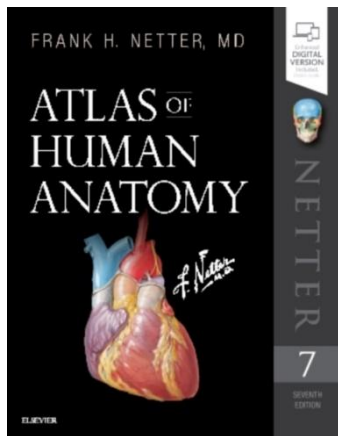
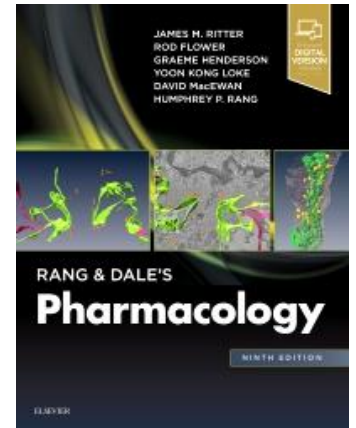
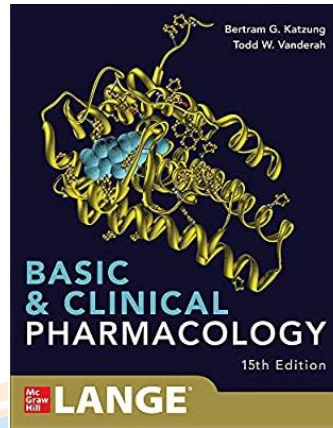
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RECOMMENDED BOOKS

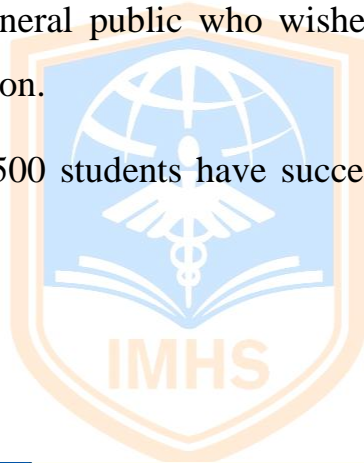
1. BRITISH NATIONAL FORMULARY
2. BASIC & CLINICAL PHARMACOLOGY BY BERTRAM KATZUNG
3. RANG & DALE'S PHARMACOLOGY
4. LIPPINCOTT ILLUSTRATED REVIEWS: PHARMACOLOGY
(LIPPINCOTT ILLUSTRATED REVIEWS SERIES)
5. GOODMAN AND GILMAN MANUAL OF PHARMACOLOGY AND
THERAPEUTICS (GOODMAN AND GILMAN'S MANUAL OF
PHARMACOLOGY AND THERAPEUTICS)
6. ATLAS OF HUMAN ANATOMY, PROFESSIONAL EDITION
7. ROSS & WILSON ANATOMY AND PHYSIOLOGY IN HEALTH AND
ILLNESS
8. AULTON'S PHARMACEUTICS
9. RAMINGTON ESSENTIALS OF PHARMACEUTICS
10. PHARMACEUTICAL MICROBIOLOGY, ESSENTIALS FOR QUALITY
ASSURANCE AND QUALITY CONTROL
11. WHO GUIDELINES ON GMP
12. MHRA GUIDELINES ON GMP



About IMHS

IMHS (Institute of Medicine & Health Sciences) was established in 2019 with the aim of facilitating Professional Healthcare Education for the professionals involved in the healthcare sector, students pursuing their studies in Healthcare & Medicine and the members of the general public who wishes to acquire & enhance their knowledge on health education.

Since the inception, over 4500 students have successfully completed the courses offered by IMHS.

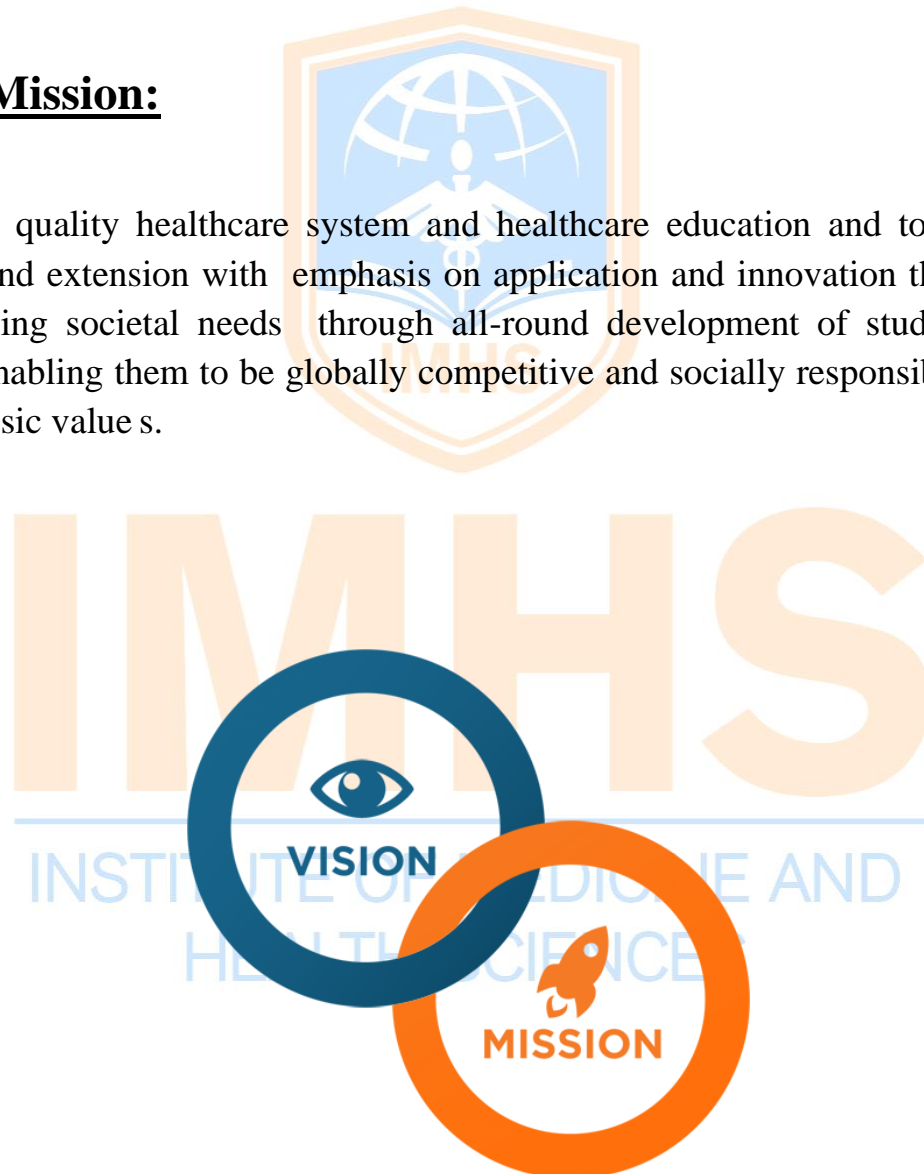


IMHS Vision

To be a globally renowned Healthcare Education Provider.

IMHS Mission:

To impart quality healthcare system and healthcare education and to undertake research and extension with emphasis on application and innovation that cater to the emerging societal needs through all-round development of students of all sections enabling them to be globally competitive and socially responsible citizens with intrinsic values.



Chairman's / Managing Director's Message

The Pharmaceutical Industry has been evolving in Sri Lanka and around the world, over the years. Technological advancements, process re-engineering, knowledge sharing & up-skilling have resulted in elevating the overall standards of the industry and its stakeholders.

We established IMHS in 2019, in order to facilitate and share up-to-date knowledge on a number of subject areas within the Pharmaceutical industry. The learned, professional panel of lecturers work tirelessly in developing, further improving & delivering quality course content to students across the subject areas of drug action on diseases, medicine legislation, patient counseling and good pharmaceutical manufacturing practices, to name a few.

By completing our courses successfully, you will be empowered with knowledge and skills related to become a professional in the pharmaceutical industry; may it be in a hospital, a retail or wholesale pharmacy, or even in a pharmaceutical manufacturing facility. Our result-driven subject curriculum & teaching methods will equip you with the required skills and knowledge, for career progressions within and beyond the Pharmaceutical Science industries.

R.M Isuru Gayashan Wijesinghe

Senior Lecturer

PhD in Healthcare & Pharmaceutical Sciences, USA

M.Sc in Pharmaceutical Sciences, USA

BPharm (Special) Sri Lanka, LLB (Reading) SL



Director's Message

Our journey at IMHS started with the aim of developing a center of globally known excellence in Pharmaceutical education in Sri Lanka. Toward achieving this dream, we promote high-quality education and training in pharmaceutical science as well as entrepreneurship and innovation that cater to emerging societal needs.

As a Pharmacist with years of knowledge and experience in the industry, I believe proper knowledge of medicine with good ethics makes our community healthier which is very important for the growth of our country. So, we are committed to creating a learning, innovative, scientific, and carefully planned course curriculum for our students. This will help them gain knowledge of Pharmaceutical industry and relevant skills to claim their professional place in healthcare.

So, I invite you to join us to embark on a meaningful and rewarding career where you can play a part to safeguard health by making quality drugs and imparting knowledge on the safe use of medicines.

M.G.E.J Dharmasiri

Senior Lecturer

BPharm (Reading), Sri Lanka

Diploma in Pharmacy, Sri Lanka

Chief Pharmacist - Government Hospital





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KIU
KALUNGUVA INSTITUTE OF
UNIVERSITY

IMHS SIGNED MOU WITH KIU

DATE : ON 5TH APRIL 2024 AT KIU



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DATE : ON 19TH APRIL 2024



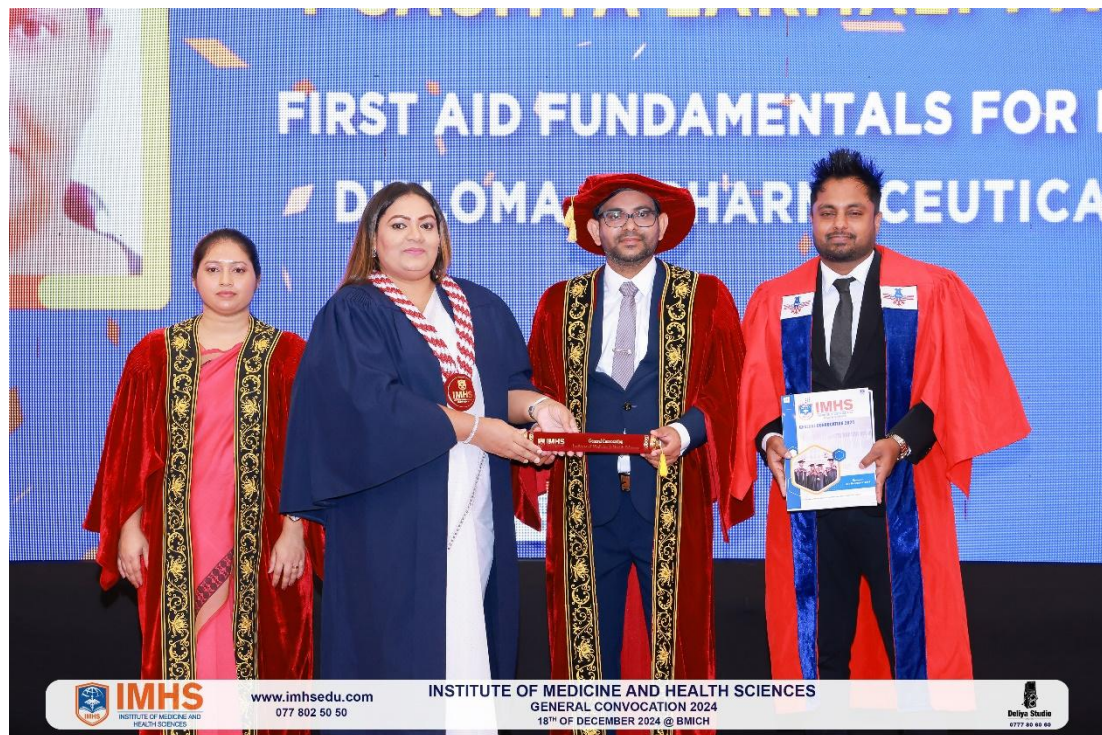
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IMHS Academic Goals

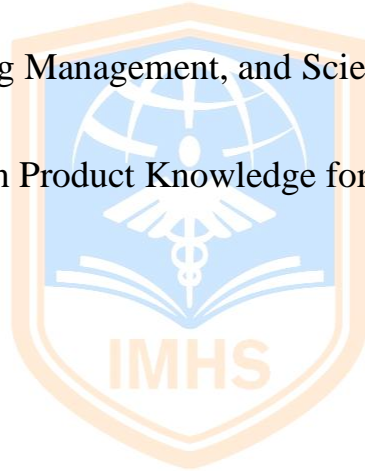
1. To offer a healthcare education pathway to healthcare professionals and the general public with the industrial and global requirements, and enhance the healthcare knowledge of the people.
2. To identify and introduce new education providing areas and incorporate curriculums and arrange relevant education high standard processes to the global.
3. To design and implement an educational system adhering to outcome-based international models
4. To introduce and implement innovation in the teaching and learning process to strengthen academic delivery



IMHS Courses:

- Medication Handling and Safety for Caregivers
- Foundation Course on Pharmaceutical Sciences
 - Certificate Course on Pharmacy Practice (Assistant Pharmacist Course)
 - Certificate Course on “Basics of Pharmaceutical Manufacturing”
 - Advanced Courses on Pharmaceutical Manufacturing
 - Advanced Courses on Pharmaceutical Law and Regulation
 - Advanced Courses on Community Pharmacy Practices
 - Diploma in Pharmaceutical Sciences
- Pharmacists’ Course for Sri Lanka Medical Council (SLMC) registration
- Revision Courses – External Pharmacist Examination (SLMC Registration)
- OSPE & VIVA – External Pharmacist Examination (SLMC Registration)
- Higher Diploma in Pharmaceutical Sciences
- International Pharmacy Qualification Examinations (RPL)
- Pharmaceutical Marketing & Scientific Insights
- Professional Product training Courses for medical delegates & managers

- Skill Development for Pharmaceutical Industry Pharmaceutical Manufacturing (Production)
- Skill Development for Pharmaceutical Industry Research & Development
- Skill Development for Pharmaceutical Industry Quality Assurance
- Pharmaceutical Marketing Management, and Scientific Insights
- Professional Certificate in Product Knowledge for Medical Representatives & Managers
- Caregiver courses
- First aid courses
- Occupational Safety & Health Courses
- Physiotherapy courses
- Medical English Course For Healthcare Professionals
- Medical English Course For Medical Students (Beginner, Intermediate, Advanced)
- English courses for Medical Students
- Wound care management courses
- Healthcare Education Courses for General Public



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- **First Aid Fundamentals for Everyone**
- **Living Well with Diabetes**
- **Healthy Pregnancy and Lactation Essentials (Pregnancy and Location)**
- **Living Well with High Blood Pressure & High Blood Cholesterol**
- **Living Well with Pain and Arthritis**
- **Living Well with Gastro-intestinal & Respiratory Disorders**

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CPD
 Continuing Professional Development

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 📞 **077 802 5050**

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Frequently Asked Questions (FAQs)



Question: Will I receive a certificate upon completion?

Answer: Yes, students who meet attendance and assessment criteria will receive an IMHS Certificate of Completion.

Question: Are there any prerequisites for this course?

Answer: No specific prerequisites; anyone interested in pharmaceutical sciences & healthcare can enroll.

Question: How are exams conducted?

Answer: Exams will be online, with multiple-choice and short-answer questions.

Educational Objectives of IMHS

This program has been crafted with the following educational objectives:

5. Knowledge Expansion:

- To broaden the understanding of healthcare professionals, colleagues, and the wider community regarding the intricacies of the pharmaceutical industry and the overall healthcare system.

6. Professional Development:

- To cultivate a workforce that is both knowledgeable and competent, thereby enhancing the quality of personnel within the pharmaceutical sector and healthcare infrastructure.

7. Educational Advancement:

- To establish a structured educational route that guides individuals through the complexities of the pharmaceutical landscape and healthcare services.

8. Career Exploration:

- To spotlight the multitude of vocational opportunities available within the pharmaceutical field and healthcare system, thus informing and inspiring the public about potential career paths.

Each goal is aimed at not only enriching participants with knowledge but also at fostering a more efficient, informed, and prepared community of healthcare practitioners and industry professionals.

Contact Information

Institute of Medicine and Health Sciences (IMHS), Sri Lanka

✉ Email: info.imhsedu@gmail.com

☎ Phone: 077 8025050 / 076 6506621

🌐 Website: <https://imhsedu.com/>

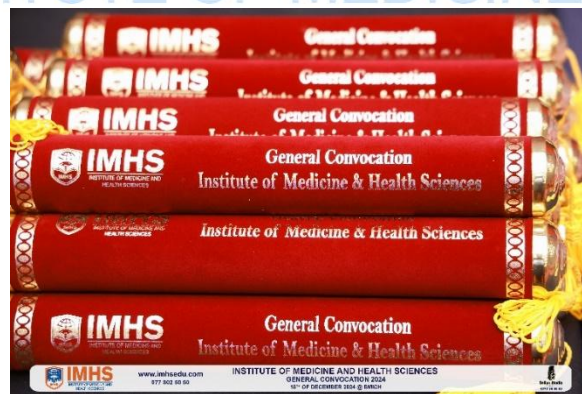
This handbook serves as your guide throughout the Foundation Course on Pharmaceutical Sciences & Healthcare. We encourage you to use it as a reference to ensure a smooth and enriching learning experience.

Wishing you all the best in your studies!

IMHS Faculty Team

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IMHS CONVOCAATION 2024



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IMHS CONVOCAATION 2022



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Pharmacist Course

Dr Isuru Wijesinghe

PHD (USA) /MSc (USA) /BPharm (SL) /LLB (Reading)(SL)

THEORY CLASS



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Dr. Isuru Wijesinghe



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