



Issue 191 February 2024

PSS E-BULLETIN

To maximise the contribution of Pharmacists to the healthcare of Singaporeans

*118th PSS
AGM*

*33rd SPC:
Call For
Abstracts*

*PW 2024
Recruitment*



*A Weekend of Tombs,
Tales & Traditions*



Shining Star



*Mentorship Programme
Chit-Chat, Make-Friends*

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PSS HIGHLIGHTS

118TH PSS ANNUAL GENERAL MEETING

We are pleased to inform that PSS AGM will be held on 23 March 2024 in accordance with Article 7(1) of the Pharmaceutical Society of Singapore Constitution.

If you are a PSS Life / Fellow / Ordinary Member and you have renewed your membership for year 2024, you can exercise your right to vote for the upcoming Council and Office bearers of Society.



Details of AGM

Date : 23rd March 2024, Saturday
Time : 2pm
Venue : The Academia, Singapore
Level 2, Seminar Room (L2-S3/S4)
20 College Road
Singapore 169856

Please kindly indicate your attendance in the [RSVP form](#) and email to admin@pss.org.sg by **8th March 2024**. If you are unable to attend the AGM, you may nominate a proxy to vote on your behalf in the same form.

Agenda

1. To discuss matters arising and to confirm meeting minutes of the 117th Annual General Meeting held on 25th March 2023
2. To receive the Annual Report of the Council for FY2023*
3. To receive duly audited Financial Statements for FY2023*
4. Updates by PSS President, Dr Vivianne Shih
5. To appoint scrutineers for election of the 118th Council
6. To elect 118th Council and Office Bearers of the Society
7. To appoint Honorary Auditors for FY2024
8. To discuss any other business, notice of which must be given to the Honorary Secretary via email (admin@pss.org.sg) at least 14 days before the AGM
9. Address by President of the 118th Council, Pharmaceutical Society of Singapore

*Note:

To conserve resources, the PSS Annual Report will be made available at our website (<https://www.pss.org.sg/>) from 15 March 2024 onwards. The Statement of Accounts and Balance Sheet for FY2023 will be made available at the meeting.



33RD SINGAPORE PHARMACY CONGRESS

Interlacing Health: Weaving the Future of Pharmacy

5–6 October 2024 | Grand Copthorne Waterfront Hotel, Singapore

CALL FOR ABSTRACTS



Abstract submissions are now
open until **30 April 2024**



SCAN HERE TO SUBMIT
YOUR ABSTRACT TODAY

Organised By:



PHARMACY WEEK 2024 RECRUITMENT






Dear PSS Members,

Greetings from the Pharmacy Week 2024 Co-Chairpersons!

The planning of the annual Pharmacy Week has started for this year and we will be holding the health carnival on 29th September! We are looking for interested PSS members to join the Pharmacy Week 2024 committee. This is a valuable opportunity for those who would like to experience planning a nationwide community event with fellow pharmacists that aims to promote health awareness to the community. Roles to choose from include Secretary/Treasurer, Programmes, Logistics, Sponsorship, and Media & Publications sub-committees depending on interest. This is our final call for recruitment so don't hesitate and join us now!

Interested parties may also sign up via this link <http://tinyurl.com/psspww24>. Questions can be directed to psspww24@gmail.com if there are any.



	SECRETARY / TREASURER <ul style="list-style-type: none">• Organise meetings and handle documents• Plan project budget and settle reimbursements
	SPONSORSHIP <ul style="list-style-type: none">• Source for sponsors and eligible grants• Maintain communication with sponsors
	LOGISTICS <ul style="list-style-type: none">• Procure and manage required logistics• Manage recruitment and tasks of volunteers
	PROGRAMMES <ul style="list-style-type: none">• Create and manage public education content for pre-event programmes and actual event
	MEDIA & PUBLICATION Team 1: Create visual design and branding Team 2: Manage IT systems (e.g. website, sound system) Team 3: Manage online and offline publicity of event

Click [HERE](#) or scan the QR code to be part of the PW 2024 experience!



A WEEKEND OF TOMBS, TALES & TRADITIONS

By PSS Membership Committee



Mr Raymond Goh introducing Bukit Brown Cemetery and the history surrounding it.

On the 13th of January 2024, the PSS Membership Committee organized a tour at Bukit Brown, listed on the 2014 World Monument Watch as one of the most threatened heritage sites. A diverse group of over 20 pharmacists from various pharmacy sectors gathered at the meeting point just a stone's throw away from the cemetery's entrance. Our guide was none other than our very own Mr Raymond Goh, a pharmacist with an intriguing double life as a tomb hunter. He introduced Bukit Brown with much enthusiasm to the attendees who were mostly not familiar with the site, explaining about its rich historical background and importance as a heritage site.

Raymond led us through the labyrinth of cemeteries, each tomb whispering tales of Singapore's rich culture. He pointed out resting places of relatives of historical figures like Tan Tock Seng, making the past feel incredibly close and personal.

It was interesting to learn how to decipher the inscriptions and decorations on the tombs, which was like reading an open book of the deceased's life - their families, their cultural backgrounds, their beliefs. Raymond quipped that given the sheer number of tombs at Bukit Brown, he could spend a lifetime uncovering and narrating each unique story.



Mr Raymond Goh explaining the meaning of the inscriptions on the tomb.



Mr Peter Pak, also a bird watcher, provides his unique perspective on the interpretation of the tombs.

We were also introduced to Mr Peter Pak, another tomb hunter and fellow 'Brownie', a term for a group that conduct guided walks at Bukit Brown. Peter added another layer of depth to our understanding of the tombs with his unique perspective.



Ah Beng, pictured frontmost, proudly sharing the spoils of his labour with the tour group.

The tour took a surprising turn when we encountered Ah Beng, the cemetery's caretaker. With Ah Beng, Raymond, and Peter as our guides, we were guided off the beaten path and ventured into a jungle that few have explored. The reward for our daring trek was a breathtaking garden, nestled in a clearing, decorated with beautiful flowers and a variety of fruit trees - a testament to Ah Beng's magical 'green fingers'. Ah Beng took us on a short tour through his garden, also filled with intriguing miniature structures, each thoughtfully dedicated to the themes of flora and fauna. He ended off by generously sharing his organic pomelos, a refreshing treat after our adventure.

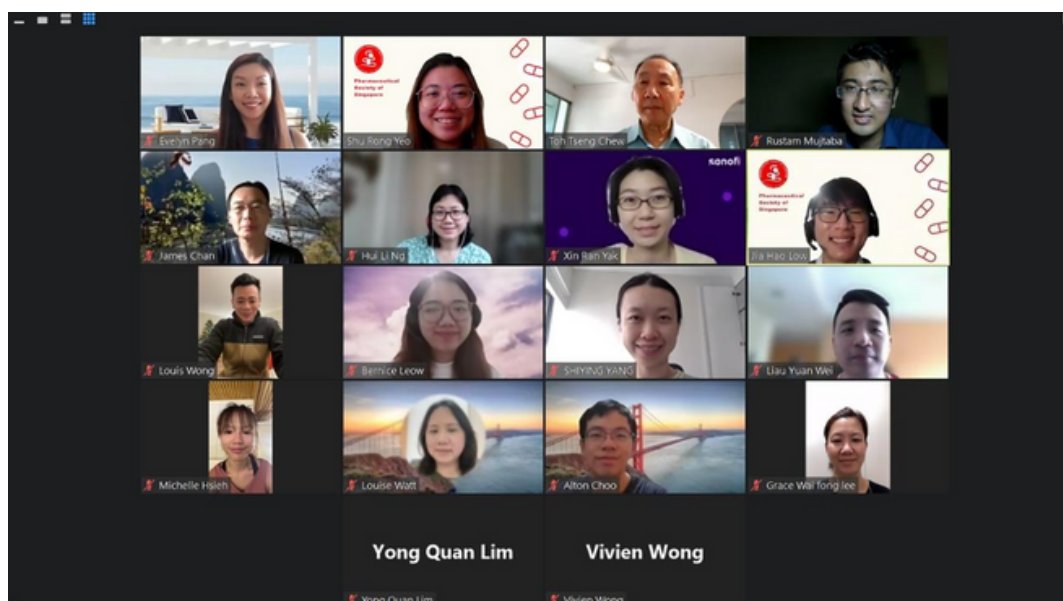
The tour was a rich tapestry of history, culture, and friendship, masterfully woven by Raymond and friends. The overwhelmingly positive response from the attendees has paved the way for more such activities in the future. So, keep your eyes peeled for the next adventure!

“An enriching experience! Looking forward to more of these, thanks PSS!”
- Participant

LAUNCH OF MENTORSHIP PROGRAMME & CHIT-CHAT, MAKE-FRIENDS

by PSS Industry Chapter

The Industry Chapter enthusiastically launched two exciting programmes in the 1st month of 2024! Right after the New Year, we launched the Mentorship Programme which allows mentors and mentees to learn from each other's sharings and deepen their understanding of the pharmaceutical industry. The participants were introduced to the Mentorship Programme through an online meeting, followed by a fruitful mingling session and discussion between the mentors and mentees. We are glad that the mentors and mentees took this opportunity to introduce themselves and get to know each other from this brief meeting session. We sincerely hope that the mentees can gain advice from their mentors during their subsequent meet-ups, and foster long-lasting relationships from these mentoring sessions.



In addition, the Industry Chapter have also proudly launched our 'Chit-Chat, Make Friends' (CCMF) programme, which is a programme for pharmacists with similar interests and aspirations to gather, have a meal and connect over fun games and friendly conversations. We are glad that our first gatherings are filled with joy and laughter, and it is also a great opportunity for pharmacists to rekindle their relationships and friendships. CCMF is also meant to be a small group gathering as more meaningful conversations and deep discussions with greater insights can arise within a close-knitted group of people. With the launch, we are looking forward to our next gatherings to fortify these bonds and friendships.



SHINING STAR: MS SANDRA XU JIALUN

by PSS Community Chapter

Shining Star is a PSS initiative that features individuals who embody the exceptional qualities of a community pharmacist. In this issue, we shine the spotlight on Ms Sandra Xu from National Healthcare Group Pharmacy.



"Hello! I am Sandra Xu, a senior clinical pharmacist from National Healthcare Group Pharmacy as well as a member of the National Medication Information Leaflet workgroup . Read on to find out more about me.

What important skills should a community pharmacist be equipped with?

Empathy is a big part of the job, especially in the community where I think we frequently see our patients again and again.

Understanding what makes your patients tick, often helps to get the job done better and make it more enjoyable for both yourself and the patient.

What is the most memorable moment in your pharmacy career?

Working in the community setting means that I frequently see some repeated patients and I remember that when I had my first encounter with this particular patient, he proved to be quite a challenge and was often quite rowdy in the clinic.

Through the years of interacting with him, I finally achieved a breakthrough one day with him and he was really appreciative of how my pharmacy team and I helped him manage his complicated medication regime. I think that was the moment I felt where the many years of trying to understand him finally worked!

**What motivated you to stay in your practice?
How do you harmonise work and family?**

There are some patients that share their appreciation for our role in the health management and thank us for our time, advice and expertise. Though they don't come along very often, but I find that these are the small ways that motivate me to carry on in my practice. When patients whom I regularly see come in for minor ailment advice, they often share with me their life stories and whether certain conditions have improved with our help and this gives me some positive energy to carry on!

Balancing work, social life and family is sometimes a challenge, but I think proper planning and decompressing often, even planning relaxation time in, will help one to focus better on the job. Which eventually would mean, less spilling over of work into rest time.

What is one misconception about community pharmacists that you hope to correct?

We are not vending machines!

Some patients expect us to dish out certain medications without proper evaluation and it does go against our professionalism.

Final Advice:

“ As the most accessible healthcare professional to the public, we have our very niche role to play in the healthcare system. This profession may seem a tad unappreciated sometimes, but it doesn't take the whole world to understand the worth. What's important is you understand why you need to do what you need to do. As someone once told me, if we don't ask about the patient's medications, who will? ”

An initiative under the PSS Media & Communications Committee
- Editorial Team

Ex-Officio
Shih Lee Chuen Vivianne
Evelyn Pang

Editor In Chief
Lai Wan Lin Angeline

Designer
Kng Li Lin Grace

Contributors
33rd Singapore Pharmacy Congress Organising Committee
Pharmacy Week 2024 Co-Chairpersons
PSS Membership Committee
PSS Industry Chapter
PSS Community Chapter

Please send your enquiries, comments, and
suggestions to:

Email: pss.mediateam@gmail.com