



Issue 192 April 2024

PSS E-BULLETIN

To maximise the contribution of Pharmacists to the healthcare of Singaporeans

Meet Our New Council



*Certified Pharmacy Technician
Course Grad Ceremony 2024*



*Getting Fit Together at
Windsor Treetop Trail*



*Osteoporosis Campaign at
"Know Your Medicine,
Get It Right!"*

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PSS HIGHLIGHTS

118TH PSS COUNCIL

We are pleased to announce that at the 118th Annual General Meeting of the Pharmaceutical Society of Singapore (PSS) held on 23rd March 2024 (Saturday), the following office bearers were elected for the term 2024/2025.



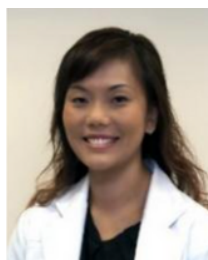
PRESIDENT

DR SHIH LEE CHUEN,
VIVIANNE

Ex-Officio:

- Financial Advisory Committee
- Media & Communications Committee
- Membership Committee

Specialist Pharmacist
(Oncology), National
Cancer Centre



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MS LIM HONG YEE

Ex-Officio:

- Singapore Pharmacy Congress

Director, Division of
Pharmacy, Tan Tock Seng
Hospital

Director, Centre for Allied
Health and Pharmacy
Excellence (CAPE)

Co-Chair, Group Pharmacy
Council, National
Healthcare Group (NHG)



HONORARY SECRETARY

A/PROF TAN SU-YIN
DOREEN

Ex-Officio:

- Membership Committee
- Pharmacy Week

Cardiology Specialist
Pharmacist, National
University Heart Center

Clinical & Pharmacy
Practice Domain,
Department of Pharmacy
and Pharmaceutical
Sciences, National
University of Singapore



HONORARY TREASURER

MS TAN HUI MIN
ANGELINA

Ex-Officio:

- Hospital Chapter
- ID-SIG Workgroup

Deputy Director, Allied
Health, Sengkang General
Hospital

Head, Pharmacy,
Sengkang General Hospital



ASST HONORARY SECRETARY

MS BOON CHOON PEI

Ex-Officio:

- Hospital Chapter
- ID-SIG Workgroup

Principal Pharmacist,
Alexandra Hospital



ASST HONORARY TREASURER

MS LAW HWA LIN

Ex-Officio:

- Pre-Registration Pharmacists' Training Committee
- Professional Education Chapter

Senior Principal
Pharmacist (Specialist),
Tan Tock Seng Hospital



MEMBER

MS CHEW WEI ZHI,
GRACE

Ex-Officio:

- Media & Communications Committee

Principal Pharmacist,
Guardian Health & Beauty



MEMBER

MR DE SILVA JUSTIN
IGNATIUS

Ex-Officio:

- Young Pharmacists Chapter

Manager, Diploma in
Pharmaceutical Science,
Temasek Polytechnic



MEMBER

MS KNG LI LIN, GRACE

Ex-Officio:

- Community Chapter

Senior Pharmacist,
Watson's Personal Care
Stores Pte Ltd



MEMBER

MS LEE YING ZHEN
CANDACE

Ex-Officio:

- Community Chapter

Pharmacist, Unity
Pharmacy, NTUC Fairprice
Co-Operative Limited



MEMBER

MS PANG MIN YI EVELYN

Ex-Officio:

- Industry Chapter
- Professional Education Chapter

General Manager,
Moderna Biotech



MEMBER

DR YAP KAI ZHEN

Ex-Officio:

- NMI workgroup
- Public Education Chapter

Lecturer, Faculty in-
charge of Graduate
Certificates in Advanced
Pharmacy Practice (APP)
and Community-based
Geriatric Pharmaceutical
Care (CGPC), Community
Health Angels Mentoring
Programme (CHAMP),
Department of Pharmacy,
National University of
Singapore

We would also like to introduce the following council mentors
(non-office bearers).



COUNCIL MENTOR / PAST PRESIDENT

MS MK FATIMAH

Member, Past Executive Council



COUNCIL MENTOR

MR LIM MUN MOON

Member, Past Executive Council



33rd SINGAPORE PHARMACY CONGRESS

Interlacing Health: Weaving the Future of Pharmacy

Date: 5–6 October 2024

Venue: Grand Copthorne Waterfront Hotel, Singapore

ABSTRACT SUBMISSION DEADLINE EXTENDED TO 31 MAY 2024

Don't miss the chance to showcase your research at the 33rd Singapore Pharmacy Congress! Share your findings with your peers in the industry and the broader pharmaceutical community for a chance to win exciting prizes.

The abstract categories include:

1. Clinical Pharmacy and Pharmacy Practice
2. Health Services Research
3. Pharmacy Education
4. Pharmaceutical Sciences, Industrial Practices, and Regulatory Affairs

Abstract submissions* will be considered for either oral or poster presentations, with prizes awarded to the top three oral presentations and the best poster presentation.

*A confirmation email will be sent upon successful submission of your abstract.

Join us in weaving the future of pharmacy today!



**Abstract submission
deadline is 31 MAY 2024.**

SUBMIT YOUR ABSTRACT

Visit www.pharmacycongress.org.sg for more information.

Organised By:



For queries, please contact:

Conference Secretariat: MIMS Pte Ltd



E: secretariat.spc@mims.com W: pharmacycongress.org.sg

CERTIFIED PHARMACY TECHNICIAN COURSE GRADUATION CEREMONY 2024

By Mr De Silva Justin, Member, 118th PSS Council



PSS held the graduation ceremony for the 37th intake of the Certified Pharmacy Technician Course (CPTC) on the 23rd March 2024. The course, which ran from 4th July 2022 to 30th Jun 2023, saw 32 candidates complete the course. Via Zoom, Guest of Honour, Ms Janice Lim, Vice-chairperson of the MOH Training and Development Committee (MOH TDC), congratulated the graduates and shared with them the opportunities that lie ahead of them as they embark on their Pharmacy Technician journey. Ms Abigail Tan, Chairperson of the Pharmacy Technician Community of Practice (PT COP), shared the activities that PT COP organises and invited the graduates to support and participate to grow the interests of PTs. Ms Angeline Hoi, one of the CPTC graduates, also shared her journey and represented the graduates to thank all who have supported them.



OSTEOPOROSIS CAMPAIGN AT “KNOW YOUR MEDICINE, GET IT RIGHT!”

By PSS Public Education Chapter



The Food, Nutrition and Culinary Science team from Temasek Polytechnic came with fun activities and informative posters to educate the public on bone-healthy diets.

The Public Education Chapter joined forces with NUS Pharmaceutical Society's Essential Medicines Committee and NorthWest CDC for the latest Know Your Medicine, Get It Right! on 16 Mar 2024 at Ace The Place Community Club at Woodlands.

Besides the flagship activity involving medication reconciliation conducted by more than 10 volunteer pharmacists from PSS, the PSS Public Education Chapter put together a series of booths and events to provide holistic screening, prevention and management of osteoporosis.

Education on the risk factors and prevention of osteoporosis were provided to 75 participants at the PSS Public Education Chapter booth. Screening for osteoporosis risk was also provided using the Osteoporosis: Self-Assessment Tools for Asians (OSTA), where 28 participants were identified to have moderate or high risk for osteoporosis and encouraged to follow-up with their primary physicians for formal assessment.

In addition, participants were further engaged with other activities to raise their awareness about osteoporosis. These included interactive fun activities on bone healthy diets by the students and teachers from the Food, Nutrition and Culinary Science of Temasek Polytechnic as well as talks on osteoporosis and bone-strengthening exercises by Dr. Golda Wang (PSS Public Education Chapter member) and Ms. Linda Wee (Principal Physiotherapist at Dynamic Physio).



Engaging a KYMGIR participant in discussion about risk factor and prevention of osteoporosis at the booth by the PSS Public Education Chapter.



Ms. Linda Wee, principal physiotherapist, guided participants on useful exercises to strengthen the bone and precaution to be taken when exercising.



Dr. Golda Wang provided an overview on osteoporosis, screening, and management.



A volunteer pharmacist from PSS conducting medication reconciliation for KYMGIR participants.

GETTING FIT TOGETHER AT WINDSOR TREETOP TRAIL

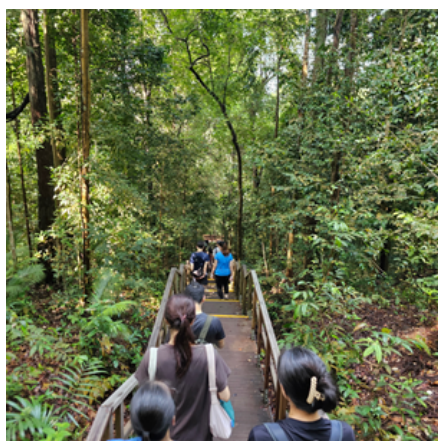
By PSS Membership Committee



Before starting the hike at Windsor Nature Park Car park

On the 13th of April 2024, the PSS Membership Committee organized a walk titled PSS Let's Get Fit! Windsor Treetop Hike. Around 20 participants ranging from pharmacy students to working pharmacy professionals gathered for the walk.

Nestled in the heart of Singapore, Windsor Nature Park stands as a testament to the city-state's commitment to preserving its natural heritage. It is a green buffer for the Central Catchment Nature Reserve and part of the Central Nature Park Network. The group of 20 also hiked up to the TreeTop Walk, a 250m-long freestanding suspension bridge between the two highest points in the Central Catchment Nature Reserve.



Surrounded by greenery and foliage along the boardwalk



Just before entering the Treetop Walk!



Surrounded by greenery and foliage along the boardwalk

From the suspension bridge, we enjoyed panoramic views of the forest with its tall and large trees that rise above the canopy. We even saw many long-tailed macaques along the way!

Yak Visioncare supported the event and provided all participants with a small goodie bag and complimentary vouchers.



Goodie bags from Yak Visioncare

After our hike, a small group went to refuel together at The Roti Prata House. The food tasted even better after our hard work in the morning!



Enjoying our well-deserved lunch

In the midst of our hectic lives, places like Windsor Nature Park serve as sanctuaries where we can rejuvenate our spirits and foster a deeper appreciation for nature. Let us continue to support initiatives that promote conservation and sustainability, ensuring that future generations can experience the same sense of wonder and awe that we have encountered.

The event was a fun and rejuvenating time of exercise and building new friendships. Do keep a lookout and join us for our next event!

PROFESSIONAL UPDATES



SGHackitRx 2024

Ageing Well: Innovation for Super-Aged Societies

Hackathon details

**DATE**

27–28 September 2024
9:00 AM–6:00 PM

**LOCATION**

Day 1: Living Lab@Cocoon,
Alexandra Hospital
Day 2: A.L.I.C.E @ SGH Campus

Pre-event networking

**DATE**

31 July 2024
6:00 PM–8:30 PM

**LOCATION**

Antler @ 128 Prinsep St

We are excited to invite you to the first-ever hackathon hosted by the Pharmaceutical Society of Singapore (PSS), titled “SGHackitRx”. This inaugural event aims to foster partnerships involving pharmacists to co-create digital-based solutions for the unique healthcare, social and economic challenges of super-ageing societies.

Take part in free design thinking workshops, networking events, and more!

Don't miss this chance to transform the future of healthcare and improve the lives of our ageing population. Register now and make a difference!

Who are we looking for?*



- Pharmacists
- Healthcare Professionals
- Administrators
- Executives
- Innovators

- Entrepreneurs
- Engineers
- Designers
- Data Scientists
- AI Scientists

*Both individual and group (two to five members) registrations are allowed.

REGISTER NOW!

Limited slots are available, so make sure to register before 30 June 2024.
Registration is free.



PSS Hospital Chapter: Clinical Updates

May 2024

BACKGROUND

In July 2023, the Ministry of Health (MOH) launched a new nationwide initiative, called Healthier SG, aimed at emphasizing the significance of preventive care. This initiative entails significant reforms within our healthcare system, with a primary focus on promoting a healthier lifestyle and improving the overall wellbeing of the population.

Within the framework of Healthier SG, pharmacists are strategically poised to play pivotal partnership roles. Working within the communities, pharmacists are readily accessible to the public, offering opportunities to educate patients on medication management as well as overall health. Leveraging these capabilities, various innovations have emerged, particularly in the realm of doctor-pharmacist collaborations, ensuring that patients receive comprehensive and seamless care tailored to address their holistic health needs.

In this edition, we are honoured to share perspectives and experiences from two pharmacists who have led patient-centered health care models – Ms Elena Lee runs the Physician-Pharmacist Collaborative prescribing (PPCP) at home care setting and Associate Professor Dr Doreen Tan Su-Yin initiated the PERSon-centred drUG-related problem resolution (PERSUASION) model.

1. What is the care model and how this care model has evolved?



Elena (PPCP): Physician-pharmacist Collaborative Practice is a health care model where physicians and pharmacists work together as a team to optimise patient care. In this collaborative practice, physicians diagnose medical conditions, and establish treatment plans. Pharmacists manage medication therapy. Pharmacists prescribe and adjust medication dosages,

monitor for drug interactions, and side effects. The traditional role of the pharmacist has been the provision of medications, patient education, and reinforcement of adherence to medication therapy. In 2018, MOH extended prescribing rights to pharmacists. Pharmacists who have completed the MOH's Collaborative Practitioners Prescribing Programme are able to prescribe medications to patients. In 2020, we pioneered a pharmacist and physician collaborative prescribing initiative under the Hospital-to-Home (H2H) programme.

Doreen (PERSUASION): It represents a care delivery model guided by Health Coaches, aiming to foster Person-Centered Care. This approach signifies a shift in mindset, prioritizing consideration of an individual's values and beliefs when addressing drug-related issues, rather than solely relying on academic or clinical perspectives. The initiative commenced with cultivating a fresh mindset and approach towards engaging patients and their caregivers, emphasizing person-centered communication. This initiative led to collaboration with the MOH's "War Against Diabetes taskforce" to develop a curriculum tailored for pharmacist training in person-centered communication (PCC). We trained 13 pharmacists from 3 healthcare clusters (Singhealth, NHG, NUHS) and conducted a pilot study to evaluate the effectiveness of this model.



2. Explain the responsibilities of pharmacists within your care model?

Elena (PPCP): Changi General Hospital (CGH) was one of the pioneering hospitals in Singapore to introduce a collaborative prescribing initiative between pharmacists and physicians as part of the H2H programme. Within this initiative, CGH offers medication reviews, drug optimization, and medication refills for H2H patients through a shared care model involving both physicians and pharmacists. Patients eligible for collaborative prescribing within the H2H service may be referred to us by their general practitioner (GP), home medical doctor, or community nurses.

A pivotal aspect of this collaboration involves medication reviews conducted by pharmacists. During home visits, pharmacists, equipped with specialized knowledge, assess patients' responses to prescribed medications and provide recommendations for dose adjustments when necessary. This close collaboration ensures comprehensive monitoring and optimization of medication regimens for improved patient outcomes.



CGH H2H team performing medication review during home visit.
(Pictures provided by Ms Elena Lee, CGH)

Doreen (PERSUASION): Reimagining pharmacists as health coaches and equipped with the skills to engage in person-centered conversations. This shifts their role to that of a clinician who proactively manages diseases through coaching, anticipating, and resolving Drug-Related Problems (DRPs) in a person-centered manner, tailoring healthcare services to each person's unique preferences, values, needs and circumstances.

In the pilot study, thirteen pharmacists from three healthcare clusters underwent training by the MOH Care Team education workgroup on A3 activities - 'Appraise, Acknowledge, and take Action'. Subsequently, these pharmacists proceeded to train their counterparts within each cluster or institution participating in the study. The primary activities of these pharmacists include addressing patients' values, beliefs, and attitudes towards the treatment of their condition, establishing a person-centered record, empowering patients to take ownership and maintain it, as well as educating them on recognizing red flags and providing instructions on how to respond.

3. For this program to take place, are there any eligibility criteria to be met before recruitment?

Elena (PPCP): Patients must meet the following criteria:

- Being in stable condition that requires regular monitoring and titration for chronic illnesses, OR
- Having adherence problems that require medication review and coaching.

Doreen (PERSUASION): For the pilot study, we have recruited patients who were:

- 21 years old or older
- On 5 or more chronic medications (have been on these medications for >30 days and taken regularly)
- Patient Activation Measure level >1
- Consent to follow up study team for 6 months

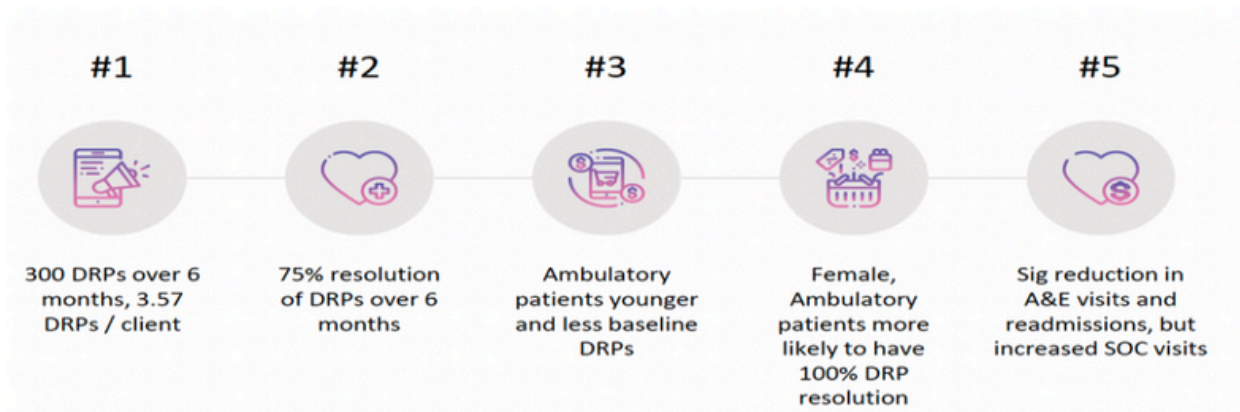
4. What are some of the outcomes or impacts from this care model which you would like to share with fellow pharmacists?



Elena (PPCP): CGH in-house study showed that H2H programme with home medical service by pharmacists was able to reduce unplanned admissions by 11%. Average of 3 DRPs were identified for each patient. Majority of the DRPs were non-adherence (37%), and dose optimisation for chronic diseases e.g. hypertension and hyperglycemia (33%). If you wish to learn more about this programme to visit:

<https://www.singhealth.com.sg/news/defining-med/Pharmacist-and-Physician-Collaborative-Prescribing-in-the-Community>

Doreen (PERSUASION): PERSUASION recorded 300 DRPs over a six-month period, averaging 3.57 DRPs per client. This proactive strategy demonstrated a 75% resolution rate of DRPs within six months, with female ambulatory patients showing a higher likelihood of achieving 100% DRP resolution. Notably, there was a substantial decrease in the number of visits to the emergency department or readmissions. Patients reported positive outcomes, including an improved understanding of medication management, increased willingness to adhere to the management plan due to enhanced comprehension, and a sense of empowerment through having choices regarding medication usage.



5. Have there been any interesting encounters so far?

Elena (PPCP): When the service was newly introduced at CGH, the number of referrals to home medical service by pharmacists was low, with an average number of 0 to 1 visit per month over a period of 6 months.

The pharmacists conducted roadshows to the community team to introduce ourselves to healthcare and community partners. During these sessions, we provided a more in-depth overview of the pharmacist roles, i.e. medication reconciliation, drug information, and prescribing.

We also do regular monthly case audits with physicians to monitor progress, identify lapses, and receive feedback to further improve processes and explore potential areas that pharmacists can contribute. This also ensures that the pharmacist service remain relevant to the community partners.

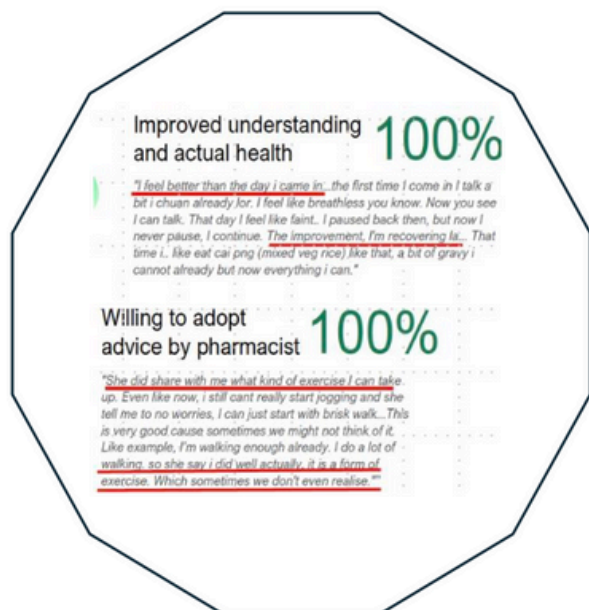


Doreen (PERSUASION): Retraining our pharmacists in their approach to managing patients – pharmacists tend to see a patient as a list of medications, but their mindset had to be reframed to focus on the person rather than the task at hand. Pharmacists are often too task smart and find it very hard to reframe the way they deliver care.

6. Moving forward, do you foresee more of such care model or examples of areas where this can be adopted?

Elena (PPCP): The roles of doctors and pharmacists complement each other. Establishing a collaborative and positive working relationship is crucial for delivering personalized and effective patient services and adapting to evolving patient needs. By fostering enhanced interdisciplinary communication and relationships, optimal medication management for patients can be attained. The collaborative prescribing initiative between pharmacists and physicians exemplifies one of many interprofessional collaborations in the evolving

healthcare landscape. Such initiatives aim to address the medication management and meet the healthcare requirements of the community both presently and in the future.



Doreen (PERSUASION): PERSUASION represents a new approach aimed at refining person-centered means of communication for disease management and proactively identifying DRPs. It has evidently demonstrated the ability to attain high levels of patient satisfaction and willingness to pay. Knowing the positive impact of this approach, now we are planning to seamlessly incorporate the remaining aspects into standard practice, starting with undergraduate students, enabling them to understand and apply this care model effectively in their training.

Lastly, sharing some of patients' feedback from PERSUASION pilot study, which was presented during Singapore Pharmacy Congress, 2023.

PERSUASION Steering Committee

PERSOn-Centred Drug-Related Problem ReSolutiON Program



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

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