Issue 188 September 2023

PSS E-BULLETIN

To maximise the contribution of Pharmacists to the healthcare of Singaporeans

Look out for an exciting month ahead!

MONTH

YEAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9 Singapore Pharmacy Congress
10 Singapore Pharmacy Congress						
17 Pharmacy Week Health Carnival						
	25 World Pharmacists Day					

INSIDE THIS MONTH'S ISSUE:

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Final call for boarding

Registration may have closed but you can still register onsite.
Join us for a **revolutionary** congress!

PHARMACY WEEK 2023: TAKE CHARGE TOWARDS A HEALTHIER SG

Greetings from the PSS Pharmacy Week 2023 Organising Committee!

We're excited to share that our theme for this year's Pharmacy Week is "Take Charge Towards A Healthier SG", which aims to inspire informed action towards personal health through provision of knowledge and awareness about medicines and health related practices.

In the month of September, we will have a series of activities in conjunction with the World's Pharmacy Day on 25th September, so look out for our PSS social media (Instagram and Facebook) to participate and stand a chance to win a gift!

Save the date for Annual Pharmacy Week Health Carnival!

Pharmacy Week Health carnival will be happening on **17 September 2023 (Sunday) at Fernvale Community Club Atrium.** The event will run from 9.00am to 1.30pm, with live talks, interactive games, goodies bags and lucky draw to be won! We hope to see you there and don't forget to invite your friends and family too! For more information and on pharmacy week please visit our website for more updates.

CLICK HERE or SCAN the QR code below to register now

SHINING STAR: MR CLIVIA YAP

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 Mr Clivia Yap from Watson's Personal Care Stores Pte Ltd.

I'm Clivia, currently a Senior Pharmacist practising in Watson's Personal Care Stores Pte Ltd. So far, I've been practising here for 5 years, on top of completing my pre-registration training in the same institution. I was also certified as a Board-Certified Geriatric Pharmacist in 2022.

Aside from my usual practice in Watsons @ Vivocity, I'm also involved in various portfolios. I currently lead the Intermediate-Long Term Care portfolio at Watsons, which provides clinical services to settings with older adults, such as nursing homes. I am also the 2nd-in-charge in our Pharmacy Events and Projects team, which among other collaborations, managed our collaboration with Singapore Cancer Society for colorectal cancer awareness.

I am also actively involved in training pre-registration pharmacists and interns on their Pre-Employment Clinical Training. Therefore, my day in the pharmacy is filled with variety. I could be updating SOPs governing our services to nursing homes earlier in the day, then discussing questions that my pre-registration pharmacist may have later in the day.

What is the most memorable moment in your pharmacy career?

My most memorable moment was when I managed to quite confidently discuss an inquisitive patient's tamsulosin treatment in response to his questions during a lull period in the pharmacy, which is not something that happens frequently in a community pharmacy setting. From that interaction, I really felt that I didn't achieve board certification in vain. Of course, from that interaction, I also identified areas that I could have addressed better. After all, being a healthcare professional means lifelong learning is vital to improving our practices.

What helps/motivates you to stay in your practice?
How do you harmonize work and family?

What motivates me to stay in my practice is first and foremost being able to see the difference I'm able to make when applying the skills and knowledge pharmacists possess. Beyond that, I believe resilience helps community pharmacists continue to stay in our practice, as it helps us persevere on despite the pressure we get from various sources.

I feel that harmonizing work and family requires us to maintain work-life balance. Part of that, in my opinion, requires us to work with our teammates, such as other pharmacists and pharmacy technicians, to help alleviate each other's workload. Even now, I'm still learning to rely on my teammates, as this is antithetical to my initial perception that community pharmacists need to be able to work independently at all times.

What do you think are the important skills that a community pharmacist needs to be equipped with?

Ultimately, the clinical skills and knowledge expected of a pharmacist comes first, as it forms the foundation behind a pharmacist's professionalism and the trust placed by the public in us. Beyond that, communication skills, especially listening skills, are important too. Due to the way our healthcare system is organized, for many patients, community pharmacists are the healthcare professionals who are most able to spend time listening and responding to their specific needs and preferences. Therefore, being able to communicate and listen well helps us address aspects of a patient's care more holistically and helps to differentiate community pharmacy from other clinical settings.

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

Community pharmacists are not just limited to being drug dispensers, although improving safe access to medications is still very important. We can do more, such as medication reviews, medication reconciliation, drug information for patients and other healthcare professionals and so on. I always like to emphasise that we are healthcare professionals on par with other healthcare professionals, just equipped with different skills and knowledge to focus on another aspect of a patient's care. That's how we provide holistic care to a patient as part of a healthcare team.

Besides what I've mentioned above, if you feel that a community pharmacist's scope of practice is limited, I recommend keeping an open mind and a lookout for opportunities to expand our scope of practice. While there are obstacles, I believe the opportunities are abound and our colleagues are very supportive.

NATIONAL DAY AWARDS 2023

The National Day Awards are presented to individuals who have dedicated their service to the betterment of Singapore. We warmly congratulate our PSS members who were awarded these prestigious awards, on being recognised for their efforts in nation-building.

COMMENDATION MEDAL (Pingat Kepujian)

Awarded to person who has distinguished themself through commendable performance and conduct, or significant efficiency, competence and devotion to duty

Ms Adena Lim Theen
Ms Corrinne Tan Yong Koon
Ms Hon Jin Shing
Dr Vivianne Shih Lee Chuen

EFFICIENCY MEDAL (Pingat Berkebolehan)

Awarded for exceptional efficiency or exceptional devotion to duty or work of special significance

Ms Boon Choon Pei
Ms Grace Hoo Si Ru
Ms Joyce Tan Zhenyin
Ms Rachel Khoo Shu Yuen
Ms Rena Limwipuwat

LONG SERVICE MEDAL (Pingat Bakti Setia)

Awarded to person who is of irreproachable character and whom the President is satisfied has completed at least 25 years service

Ms Chiong Sieu Hong
Ms Fatimah Bte Moideen Kutty
Ms Hong Mok Shiang
Ms See Yen Theng
Mr Teo Siew Chong

22ND ASIAN CONFERENCE ON CLINICAL PHARMACY (ACCP)

By Dr Vivianne Shih, President, 117th PSS Council

The 22nd Asian Conference on Clinical Pharmacy was hosted by Haiphong University of Medicine and Pharmacy and Hanoi University of Pharmacy and was held in Hai Phong City, Vietnam from July 13 to 15 2023. It welcomed 246 delegates from 11 countries in the Asia Pacific region, USA and Australia and a total of 55 abstracts was presented. This year was especially meaningful as it was the first physical conference since 2019. At the opening ceremony of ACCP 2023, the inaugural Research in Clinical Pharmacy (RCP) which is the official journal for ACCP was launched.

PSS nominated 2 speakers for the plenary sessions. Mr Kevin Ben Laurence who spoke on "Singapore Pharmacy Digital Transformation" and Dr Ng Tat Ming shared with the delegates on "Antimicrobial stewardship in Singapore hospitals: First 10 years and beyond". Both sessions were well received and it was heartening that Singapore was able to share our experience at this international conference.

Ms Foo Koon Mian, Scientific Chairperson of the 32nd Singapore Pharmacy Congress also represented PSS to chair one of the symposium session "Clinical Pharmacy Services and Evaluation" with Ms Hazel Faye Docuyanan from the Philippines.

I was one of the chairpersons for the Plenary 4 "Pharmaceutical Care in Non-Communicable Diseases" and also participated in the ACCP Board Meeting that was attended by the various Presidents of the member countries of ACCP.

The Singapore delegate team had a fruitful trip. Besides having time to bond with each other, we also had the opportunity to network with fellow regional pharmacists, exchange ideas and best practices. As per tradition, being a member country of ACCP, we had to put up a performance item at the Gala Dinner. This year, the Singapore delegates presented a rendition of one of the popular National Day song "Home".

ACCP is a great platform for Singapore pharmacists to showcase their research projects either through poster and/or oral presentations. Hence, I would like to encourage all to submit their work to RCP. We look forward to meeting you at the 23rd Asian Conference on Clinical Pharmacy from 25 to 28 July 2024 in Hong Kong, SAR, China.

HEALTH LITERACY WORKSHOPS FOR HEALTHCARE PROVIDERS

By PSS Public Education Chapter

The Foundation and Advanced Workshops on Health Literacy for Healthcare Providers organised by the Pharmaceutical Society of Singapore were held on the 12th and 26th August 2023 with participants from various settings – community, hospital, industry and regulatory.

Participants were introduced to the concepts of Health Literacy and Plain Language Writing by Dr Audrey Tan Siok Ling, faculty member of Primary Care Academy in National Healthcare Group Polyclinics (NHGP) at the Foundation Workshop. In the Advanced Workshop, further discussions on cultural considerations in patient education, infographic design and evaluation of patient educational materials were conducted by Ms Sandra Xu - member of NHGP Health Literacy Sub-workgroup, and Dr Yap Kai Zhen - lecturer at NUS Department of Pharmacy.

Beyond theoretical knowledge, both workshops provided plenty of practical opportunities as participants were asked to write, edit and critique various educational materials. By the end of the workshops, participants agreed that they were more equipped to produce patient education materials that are easy to read and understand.

Look out for the announcement of the subsequent workshop dates and join us to find out more about Health Literacy and how you can make health information more accessible for the laypersons.

PSS ROADSHOW AT NUS PHARMACY ORIENTATION WEEK: WHEN PAST MEETS PRESENT

By PSS Membership Committee

The Pharmaceutical Society of Singapore (PSS) Membership Committee has been diligently working to spread awareness about PSS and welcoming new members. Our most recent roadshow took place at the NUS Pharmacy Orientation Week (POW), where we had the pleasure of meeting over a hundred newly enrolled Pharmacy and Pharmaceutical Science students.

Inspiring Career Insights

For this event, we had the privilege of hosting two esteemed speakers from the pharmaceutical field. Mr. Louis Lim, a senior clinical pharmacist from NUH, shared his career experiences within the Paediatric department, offering valuable insights into how it's like to work in a hospital pharmacy.

Ms. Vivian Chin, a Marketing and Business Development Manager at Goldplus, provided a different perspective, shedding light on her role and the pharmaceutical industry.

Highlighting PSS Benefits

Following our guest speakers, Ray and Timothy from the PSS Membership Committee shared information about the numerous benefits that students can access as PSS members. We aimed to provide a clear picture of how PSS can enhance their academic and professional journeys through networking and opportunities to work on meaningful projects.

Successful Engagement and Sign-Ups

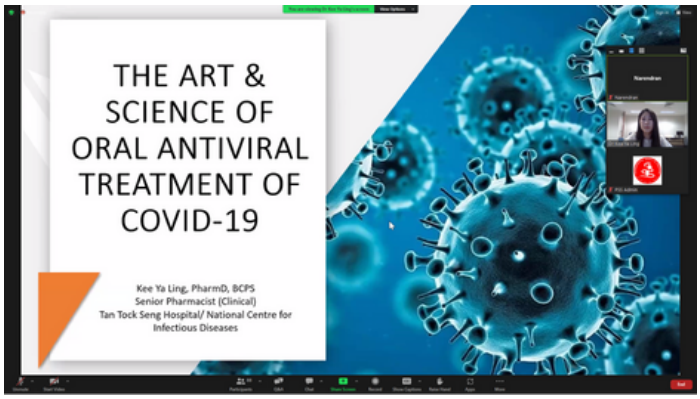
The event was a success, with enthusiastic participation and engagement from the students. Many students visited our booth after the session, expressing their interest in joining PSS and seeking more information.

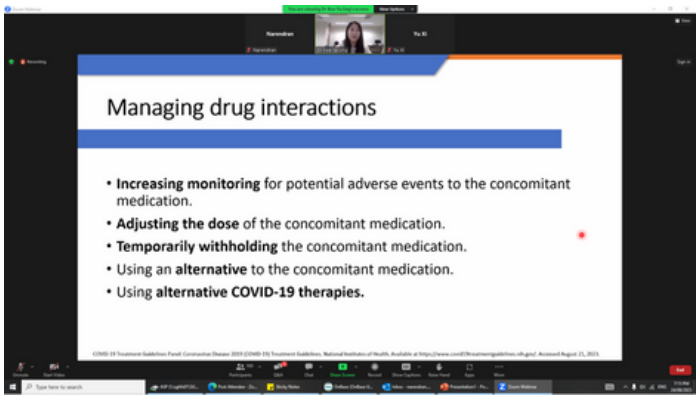
We appreciate the interest and support from the students, and we look forward to welcoming the new student members into PSS. Our committee remains committed to facilitating connections and providing valuable resources to our members.

CE SESSION: THE ART AND SCIENCE OF ORAL ANTIVIRAL TREATMENT OF COVID-19

By PSS Hospital Chapter

On the 24th of August, the IDSIG, together with the Hospital chapter organized a CE session which provided insights on the use of oral antivirals for the management of COVID-19. With oral antiviral therapy becoming an important aspect of managing COVID-19 in the community, this session provided participants with an overview of pharmacotherapy for COVID-19 and discussed the pharmacokinetic considerations pertaining to the use of oral antivirals for the management of COVID-19.





The virtual talk was presented by Dr Kee Ya Ling, senior clinical pharmacist and a member of the COVID-19 Therapeutics Workgroup which developed the national recommendations for COVID-19 treatment in Singapore. This session was attended by 196 pharmacists.

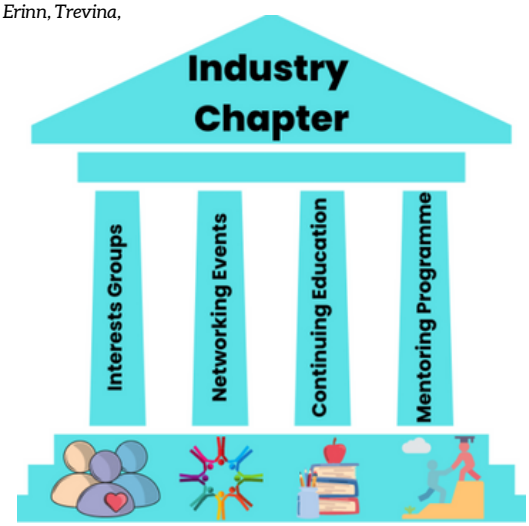
UPDATES FROM INDUSTRY CHAPTER

By PSS Industry Chapter

Introduction of new members into the Industry Chapter.
Left to Right: Yong Quan, Jia Hao, Bao Jie, Xiaoting, Erinn, Trevina, Shu Rong, Evelyn, Wayne

In June 2023, the Industry Chapter welcomed its new team members and bonded over a delightful dinner, exchanging industry insights, catching-up on recent updates, while cooking up creative ideas for our future plans and activities for the PSS members.

Taking into consideration the wishes, inputs and preferences gathered through a survey from the PSS members, the Industry Chapter has constructed 4 major pillars to be rolled out as a series of networking events, common-interest social gatherings, educational talks and mentoring programmes for the next 2 years.



The 4 major pillars are

- **Member Interests Groups.**
  - PSS Members who share common interests in industrial functions will have the opportunity to gather and connect over fun-filled social activities and events. Participants can exchange ideas, share experiences, and learn from each other.
- **Networking Sessions**
  - Apart from being an educational sharing session from eminent speakers regarding the pharmaceutical industry, participants can take this chance to strike up meaningful conversations, thereby igniting new friendships, building connections and learning new insights from one another.
- **Continuing Education (CE) Talks**
  - This will be a virtual (Zoom) session open to sign-ups by all PSS Members. Participants can expect to gain informative ideas, tips and sharing of experiences from prominent industry pharmacists via these CE Talks.
- **Mentoring Programme**
  - This is a great opportunity for mentees to match with mentors and learn from the latter's sharing to deepen their understanding of the workings of the pharmaceutical industry. With advice from the mentors, mentees can be better equipped and prepared to make career decisions and other important life choices as well.

With that said, do keep a lookout for updates from the Industry Chapter and seize the opportunity to partake in these exciting activities ahead!

UPCOMING EVENTS

Refining Clinical Practice for Tomorrow's Challenges

4th November 2023 (Saturday), 1 – 6 pm

Join us for an enlightening educational experience at the highly anticipated event, **"Refining Clinical Practice for Tomorrow's Challenges."** Designed for pharmacists seeking to stay ahead in the ever-evolving healthcare landscape, this event brings you the distinguished expertise of University of Illinois Chicago (UIC) College of Pharmacy.

Explore topics that directly impact your role as a clinical pharmacist where you will delve into the evolving roles of clinical pharmacists and gain insights on how you can adapt to the shifting demands of patient care under the expert guidance of Prof. Alan Lau. Discover clinical pearls of Emergency Medicine and Intensive Care and gain insights from our distinguished speakers - Dr. Renee Petzel Gimbart and Dr. Keri S. Kim that will empower you with practical knowledge to excel in high-pressure situations. Furthermore, engage in a dialogue session with them to uncover the pivotal role of collaborative deprescribing in emergency medicine and intensive care settings.

Don't miss this exceptional opportunity to refine your clinical practice and contribute to the advancement of pharmacy care. Register for "Refining Clinical Practice for Tomorrow's Challenges" and shape the future of healthcare!

Stay tuned for registration updates...

Pharmaceutical Society of Singapore (PSS)
Hospital Chapter Presents:

Postgraduate Education: Am I Ready?

Thinking about furthering your education?

Come join us as we hear more about the post-graduation options available! This year, Hospital Chapter will be inviting speakers to share about the NUS Doctor of Pharmacy programme and the new NUS Masters in Clinical Pharmacy programme. Those looking to further their studies in education can look forward to an alumni's sharing of her personal experience attending the Master of Health Professions Education.

More details coming soon!

OUR DEEPEST CONDOLENCES

PSS would like to express our sincere condolences for the loved ones of President Dominique Jordan of the International Pharmaceutical Federation (FIP), who passed in August this year following a period of ill health.

A Swiss community pharmacist, Dominique became a member of FIP 20 years ago. During his presidency, he led FIP through the COVID-19 crisis and introduced the vision of "One FIP", which led to greater collaboration within the organisation and increased collaboration among members.

In accordance with the FIP Statutes, president-elect Paul Sinclair will now be performing the duties of President.

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

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