



Issue 189 October 2023

PSS E-BULLETIN

To maximise the contribution of Pharmacists to the healthcare of Singaporeans



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32nd Singapore Pharmacy Congress

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PSS HIGHLIGHTS

32ND SINGAPORE PHARMACY CONGRESS

By Mr Wang Kaiye, Chairperson, 32nd Singapore Pharmacy Congress Organising Committee



The 32nd Singapore Pharmacy Congress (32SPC), held on 9 and 10 September 2023 at the Grand Copthorne Waterfront Hotel, pivoted on the theme "Reimagining Possibilities – the Pharmacist's DNA." Amidst the unique challenges that the pharmacist's profession faces in Singapore, this congress served as a riveting platform for over 800 professionals to delve into the visionary aspects of pharmacy, fostering a future-forward dialogue to navigate through these challenges.

A week prior, the Heart Failure Workshop marked a landmark collaboration with the Heart Failure Society of Singapore (HFSS), showcasing the first significant partnership with doctor-clinicians. This collaborative endeavor set a tone of interdisciplinary learning and knowledge exchange, significantly enriching the congress's discourse and underlining the importance of multi-disciplinary collaboration in advancing patient care.



The congress commenced with an enlightening speech by the Guest of Honour, Professor Kenneth Mak, Director-General of Health, Ministry of Health, Singapore, who acknowledged the indispensable contributions of pharmacists, especially during the challenging times of the COVID-19 pandemic.

His speech can be read [here](#).

Following the opening speech, the stirring keynote by Dr. Fei Sim resonated well with the attendees, with a near-universal acknowledgment of its applicability in their practices. The discourse continued with the Chief Pharmacist's address in the 2nd plenary, which was met with high acclaim, emphasising the growing realms of responsibilities and capabilities of pharmacists.



The 32SPC also introduced the fireside chat format in the closing plenary. This plenary concluded the Congress by urging the fraternity to reimagine and actively pursue novel possibilities. This platform facilitated a rich discussion, shedding light on the hurdles and elaborating on the current challenges while propelling the dialogue towards envisioning innovative solutions.



Rice Media acknowledged the congress as a momentous event, highlighting the seismic shift in the pharmacist's role, making it a precursor to the global celebration of World Pharmacists Day.

In conclusion, the congress has sowed seeds of inspiration and reflection amongst the fraternity. The resounding message echoed through the halls of Grand Copthorne Waterfront Hotel, inspiring a collective stride towards reimagining and evolving the pharmacist's DNA. As we reminisce the insightful discussions and the camaraderie shared, the essence of the congress theme 'Reimagining Possibilities – the Pharmacist's DNA' continues to resonate, urging a continual strive towards a healthcare system where the role of pharmacists is not just imagined, but lived each day. With hopeful anticipation for the future, the congress has potentially left a meaningful imprint, propelling the fraternity towards a realm of boundless possibilities, reinforcing the congress's theme and envisaging a promising trajectory for the pharmacy profession in Singapore.



32ND SINGAPORE PHARMACY CONGRESS - GALA DINNER

By Mr Ian Tan, YPC Vice-chair, Gala Dinner co-chair



The inaugural Gala Dinner 2023, formerly known as Social Night, was held in conjunction with this year's Singapore Pharmacy Congress (SPC) at the Grand Copthorne Waterfront Hotel on 9 September 2023. Organised by the Young Pharmacists Chapter (YPC) of the Pharmaceutical Society of Singapore (PSS), the event gathered almost 200 attendees, consisting of council and chapter members of the PSS, as well as SPC delegates. Apart from catching up and networking over an 8-course Chinese sit-down dinner, the event celebrated the success of PSS events over the past year and appreciation was dedicated to various chapters, workgroups and committees. The PSS Council had also put up a heartwarming performance of "A Million Dreams" to convey their thanksgiving, followed by a toast to the audience. Also at the Gala Dinner, 3 PSS fellows were conferred, namely Mr Png Yong Koh, Associate Professor Doreen Tan Su-Yin and Associate Professor Christine Teng Bee Choon. Not forgetting stage games, social media contests and lucky draw to spice things up, it was indeed a fun-filled and memorable night for all!



EMPOWERING COMMUNITIES: PSS PHARMACY WEEK 2023 CARNIVAL

By Ms. Cinny Lim & Mr. Myat Thu Kyaw, Co-Chairpersons of Pharmacy Week 2023



In a vibrant display of unity, public education, and wellness, PSS Pharmacy Week 23 team has once again orchestrated a remarkable Pharmacy Week event. This year's carnival, held on the 17th of September 2023 at the Fernvale Community Club, transcended expectations, bringing together the pharmacy family, health enthusiasts, community stakeholders and the public under one roof to celebrate health and wellbeing. With the theme "Take Charge Towards a Healthier SG," Pharmacy Week 2023. The event was attended by our Guest of Honour Mr. Gan Thiam Poh, Grassroots Advisor to Ang Mo Kio GRC Grassroots Organisations.

The carnival sought to equip the public with essential self-knowledge about their general health and well-being. Through engaging sessions, participants were empowered to make informed decisions about their health, explore the judicious use of medicines, and embrace health-related practices that promote overall wellness. The Health Carnival welcomed more than 700 participants, while our total online activities reached out to more than 72 000!



Carnival of Health & Knowledge

A myriad of engaging activities and educational booths transformed the venue into a haven of health-related insights and engagement activities. Five game booths covering crucial topics such as vaccination, drug disposal, vitamin supplements, and drug information facilitated interactive learning.

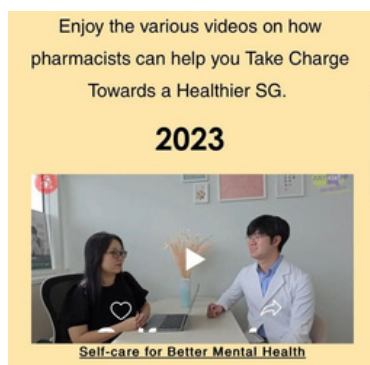
Additionally, captivating activities like capsule making and carnival coloring stations added an element of creativity and fun to the experience. One participant praised the volunteers and working crew for their enthusiasm, friendliness and patience in explaining the booths content and answering their queries. One resident shared through the carnival feedback form that they learnt useful information and health tips that will enable healthy living and taking ownership of their health.

Empowering Talks and Vital Measurements

Adding depth to the carnival experience were three insightful talkshow sessions on smoking cessation, mental health, and bone health and fall risk. These talks, delivered by experts, not only educated but inspired attendees to make positive lifestyle changes. Furthermore, the event featured blood pressure monitoring booths and blood sugar measurement booths, providing attendees with an opportunity to monitor their vital signs and take immediate action if needed.



Digital Engagement: "Know Your Body: Understanding the Numbers"



In the digital realm, Pharmacy Week 2023 made a significant impact through three pre-carnival videos titled "Know Your Body: Understanding the Numbers" and "self-care for better mental health". The videos were followed up by post-video quiz that boosted online engagement. These videos, with a remarkable reach of 17,500 viewers and 345 engagements on various social media platforms, disseminated healthful knowledge to a broader audience. These initiatives attracted praise from the participants in highlighting the importance of pharmacists in enabling an healthier nation.

A Heartfelt Gratitude

In closing, the resounding success of PSS Pharmacy Week 2023 wouldn't have been possible without the unwavering support of the community, volunteers, PSS members, and sponsors. The event stands as a testament to the power of collective effort and the boundless possibilities that arise when a community unites for a common cause: the health and well-being of all.

As we bid adieu to another enriching Pharmacy Week, let's carry forward the spirit of empowerment, knowledge, and giving into our lives. Together, we can continue to make strides towards a healthier, happier, and more informed Singapore.



PROFESSIONAL UPDATES

81ST FIP WORLD CONGRESS OF PHARMACY & PHARMACEUTICAL SCIENCES

By Dr Vivianne Shih, President, 117th PSS Council



The FIP 2023 was held from 24 through 28 September 2023 at Brisbane, Australia. PSS is one of the 156 member organizations of FIP and I was invited to attend the Council meeting on 23rd and 24th September. During the council meeting, there were new and updated FIP Statements of Policies that are made available namely (a) environmental sustainability within pharmacy, (b) the role of pharmacy in life-course vaccination and (c) the role of pharmacists in disaster and emergency management. Two other policy statements were also adopted and will be made available soon – the strategic development of medicines information for the benefit of patients and users of medicine and mitigating antimicrobial resistance through antimicrobial stewardship.



I was also deeply honoured to be given the opportunity to present on “the journey of initiating a community pharmacist vaccination programme in Singapore” representing PSS. The FIP programme was packed with various topics relevant to pharmacists and it was interesting to hear from various speakers from different parts of the world, including oral and poster presentations. We managed to meet up with FIP President Paul Sinclair briefly to initiate discussions on how Singapore / PSS can be more involved in the FIP strategies and to explore how we can contribute back to the pharmacy fraternity in supporting other countries through FIP.

Besides work, the Singapore contingent also managed to meet up for a luncheon. There were also numerous receptions in the evenings that provided a great platform to mingle with pharmacists from other pharmacy associations, to explore potential opportunities of how we can work together and just to have fun.

Next year's FIP will be held in Cape Town, South Africa from 1 to 5 September and the conference theme is on "Innovating for the future of healthcare". FIP is an excellent platform to network with pharmacists around the world and to exchange best practices. See you there!



PSS IN THE NEWS

By PSS Media and Communications Committee



Saturday Mornings: World Pharmacists Day 2023 and appreciating Singapore's health professionals

Dr Vivianne Shih and Ms Grace Chew were invited for a radio interview on MoneyFM 89.3, where they discussed the various roles that pharmacists play in healthcare teams and in the community.

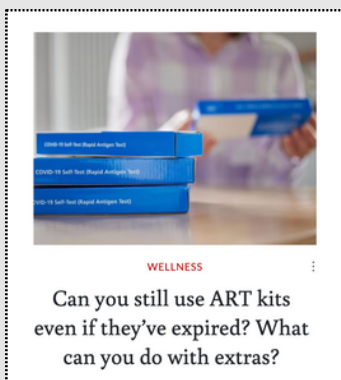
Click [here](#) to listen to the interview!



Prescribing the Future: The Evolution of Pharmacists, One Dose at a Time

The 32nd Singapore Pharmacy Congress was covered in this article by RICE media, discussing the crucial contributions of pharmacists to healthcare and the issue of their perception by the community.

Click [here](#) to read the full article!



Can you still use ART kits even if they've expired? What can you do with extras?

In this article by Channel NewsAsia, PSS members answered questions about antigen rapid tests (ART), such as their usual expiration dates and ideal storage conditions.

Click [here](#) to read the full article!



厘清用药误区 莫误人误己

In this article by Lianhe Zaobao, PSS members addressed common questions about medication use, including proper methods of disposal and whether they can be shared with family members.

To read the full article, check out the issue published on 17 Oct (Tue) on Lianhe Zaobao website!

CAREER OPPORTUNITIES

Pharmaceutical Society of Singapore



Secretariat Manager

PSS is searching for a Secretariat Manager/ Assistant Manager to lead the Secretariat team. He/She would be challenged to develop strategic plans for the PSS Secretariat and provide leadership to a team of staff, enhancing operational efficiency and the level of services provided to PSS members.

Click [here](#) for more information.

National Cancer Centre Singapore



**National Cancer
Centre Singapore**
SingHealth

Pharmacy Practice Manager

NCCS is hiring a Pharmacy Practice Manager and welcomes PSS members / Pharmacists to apply. He/she will assist head of department to plan, supervise Pharmacy initiatives and activities, develop cluster practices to align with national priorities. In addition, he/she shall provide administrative, clinical, research, educational, informational, and supervisory and coordination functions for the department.

Click [here](#) for more information.

An initiative under the PSS Media & Communications Committee
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