



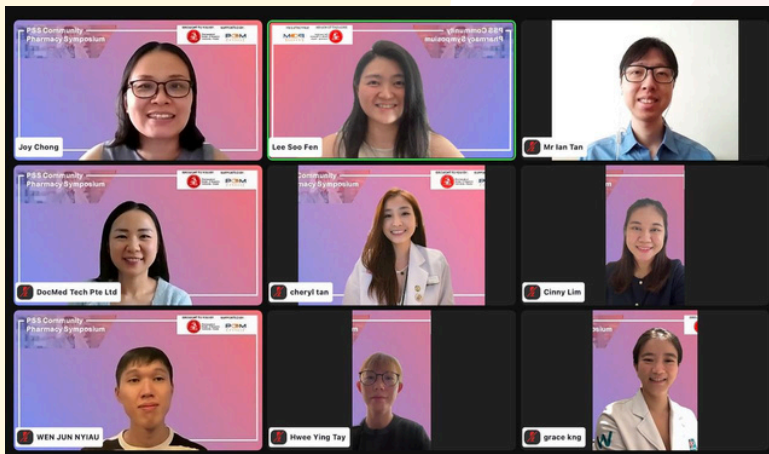
Issue 193 July 2024

PSS E-BULLETIN

To be an internally-renowned advocate for the pharmacy profession
and to promote health for our people



Call for Pharmacist/ Pharmacy Technician and Student Volunteers



4th Annual Community Pharmacy Symposium

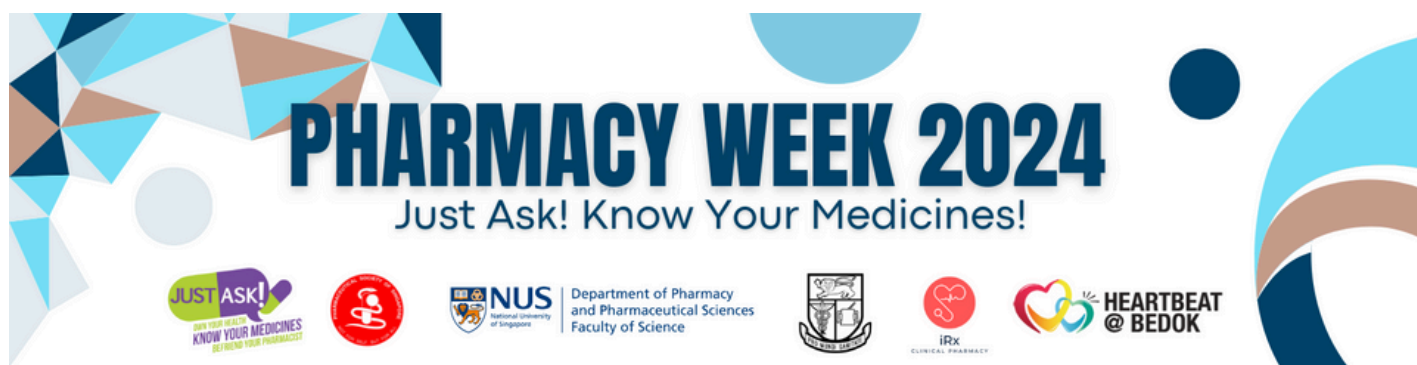
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Shining Star

PSS HIGHLIGHTS



Greetings from the PSS Pharmacy Week 2024 Organizing Committee!

We are excited to share that this year's Pharmacy Week 2024 carnival is set to take place at **Heartbeat@Bedok** on **29th September, 9am to 1.30pm**. This year's event promises to be a significant occasion, with Deputy Prime Minister Mr. Heng Swee Kiat as the Guest of Honour.

Our theme for this year's event is Just Ask! Know Your Medicines! We aim to engage and educate the public through health talks and interactive booths which will cover topics such as understanding supplements, food choices, and effective medication management. By providing practical advice and demonstrations, the event hopes to equip the community with the knowledge to manage their health better.

That's not all! There will also be a health screening circuit conducted by the Health T.A.G. (Test, Advise, Go!) team, which allows the community to understand more about their health and medications, and also enrol in the 'Healthier SG' initiative.

Save the date in your calendars now, and do visit our [website](#) which will be launching at the end of June for more updates on this meaningful event!



PHARMACY WEEK 2024

Just Ask! Know Your Medicines!



Volunteers **NEEDED!**



Where?



Heartbeat@Bedok
11 Bedok North
Street 1, Singapore
469662

Join us on

29 September 2024



When?



8:00AM - 2:00PM

For more information, contact pharmacyweek2024log@gmail.com



**REGISTER
NOW!**



**Students, Pharmacists &
Pharmacy Technicians**

We need help with:

- (i) Manning of activity booths
- (ii) Outreach activities with public
- (iii) Ensuring smooth operational flow

CALL FOR PHARMACIST/ PHARMACY TECHNICIAN AND STUDENT VOLUNTEERS

We are looking for volunteers who are interested to engage the public in a fun and meaningful way via activities and games, on topics such as the safe use, storage and disposal of medications, management of chronic illnesses, and the latest health initiatives such as HealthierSG, and more! This is a unique opportunity for pharmacists and pharmacy technicians to give back to the community and share their valuable knowledge on health topics!

We require volunteers for the following activities:

- Manning a booth and interacting with the public
- Performing outreach activities to increase health awareness and literacy, including handling of billboards and advertising materials
- Coordinating between volunteers, stakeholders and members of the public to ensure smooth operational flow
- *Optional: Packing of goodie bags on 28 Sep 2024 (Saturday), from 2pm to 5pm*

TO REGISTER:

Please click (<https://form.gov.sg/6655b290d70b141ace0e4e40>) or scan the QR code below to register as a volunteer by **31st July 2024**!



We will send the details of a Zoom briefing 1-2 weeks before the event to further brief on event details (e.g. what to bring, attire, etc) and provide some knowledge and skills for the event. For all other enquiries, pls contact Yu Hao at **HP: 8328 4550** or email us at pharmacyweek2024log@gmail.com!

SHINING STAR: MS SHASHARIZA AZZURENE MAHARDIKA BTE ZAINAL

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. Shashariza, Pharmacist from Singhealth Polyclinics (Outram)

Hello I'm Shasha, and I've been working at Singhealth Polyclinics (Outram) for almost 4 years now.

I'm also currently part of the Acute Care & Gastro Workgroup in SHP and we help to review emergency drugs & gastro drugs in the primary care setting. I will be helping out in this year's Pharmacy Week carnival as well so see you there!



Shasha in the dispensary

? What is the most memorable moment in your pharmacy career?

I've had one patient – whom I've never met in person previously. But we had liaised with the caregiver over the phone multiple times for the patient's medications & delivery arrangements. One day, they came to pharmacy and requested to look for me. Turns out they didn't have any appointments at the polyclinic that day but happened to be in the area and just wanted to drop by to thank me and the team for helping them out with their medications all this while. It was heartening to know that we've made a significant impact in their lives.

Effective communication is definitely a must – be it between colleagues, or between us and our patients. We want to avoid any misunderstandings and ensure all information is relayed accurately between different parties. We also have to individualise our counselling techniques to our patients as different patients present with different difficulties and levels of understanding.

We should also have an open and non-judgmental mindset as this allows us to look at a situation from different angles and be able to help our patients resolve the situation as best as we can.

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



What helped/motivated you to stay in your practice? How do you harmonize work and family?

There are many ups and downs in the pharmacy sector, but having appreciative patients definitely helps to make the days easier to get through. At the polyclinic, we tend to see the regular patients every few months when they return for their chronic disease follow up. Building a rapport with some of them and being able to be a part of their healthcare journey also helps to keep me going in this field.

Of course, we cannot downplay the importance of supportive colleagues and family members. Without them, it would be difficult to navigate the challenges and stressors of being a working mother to young boys and I'm thankful to have a strong supportive environment to rely on. My fellow clinic pharmacists will also remind me to be present for my sons' events in school whenever possible, because as much as we are needed at work, we have to remember that we are also important in our kids' lives and their milestones.



Quote of advise: What is your advice for your fellow pharmacists and for people who are considering this career?

Always keep your mind open, as there are always new things to learn everyday. Change is inevitable and the pharmacy landscape will always have new initiatives, new roles for pharmacists to play. Don't be afraid to take on these new roles if the opportunity arises as it brings fresh perspectives and experiences that can help you to grow and stretch further.

That community pharmacists only dispense medications prescribed by the Doctor the entire day. Besides the daily operations and dispensing, we also have many tasks to attend to.

We attend multidisciplinary meetings with our Doctors, Nurses and MSW to review complex cases, we partake in workgroup meetings and discussions – reviewing literature where required that may influence prescribing practices in the primary care setting. We also oversee stock levels in the pharmacy ensuring medication supplies are available for our patients. The pharmacists are also involved in education – educating the Pharmacy Technicians, fellow colleagues, poly & university students, to nurture them in their respective roles. Some of our polyclinic pharmacists are also involved in other pilot projects and committees, expanding the roles of a pharmacist beyond just dispensing.



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

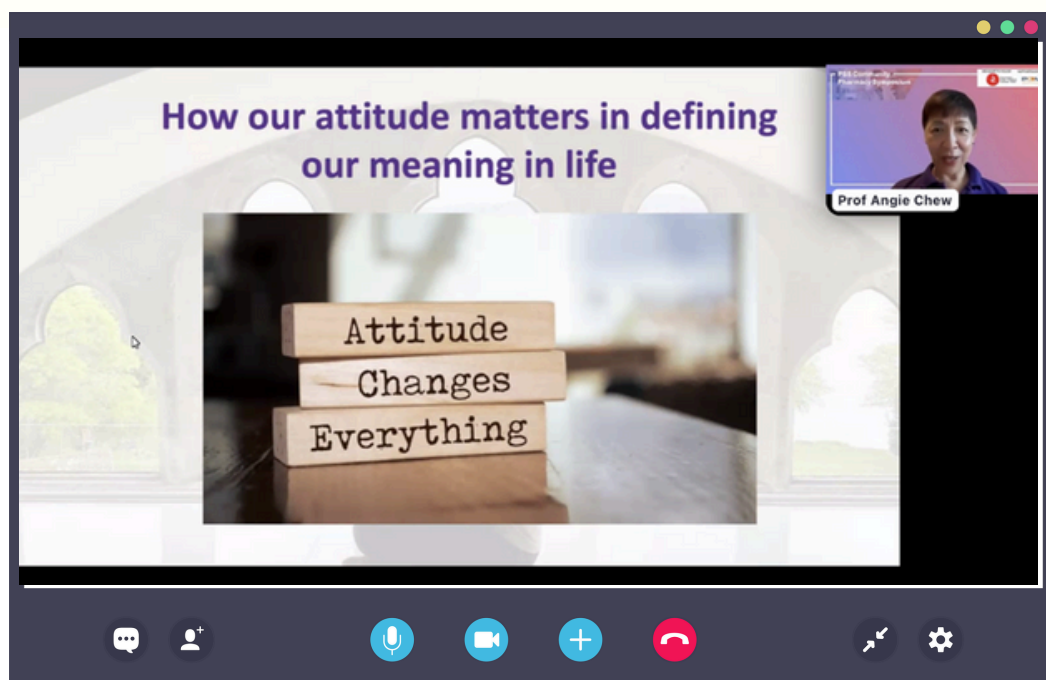


PROFESSIONAL UPDATES

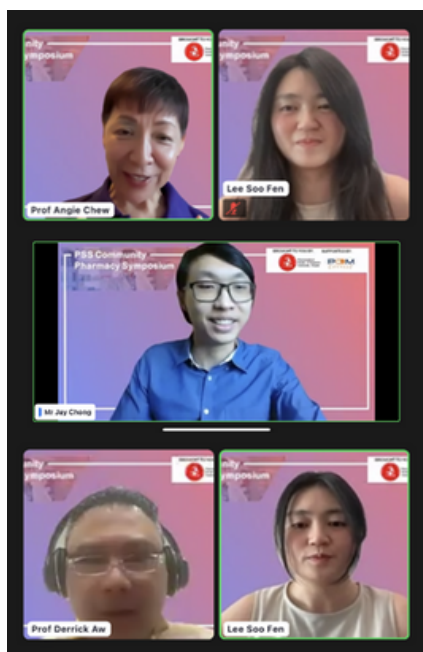
4TH ANNUAL COMMUNITY PHARMACY SYMPOSIUM

By Dr Cheryl Tan, PSS Community Chapter

The Pharmaceutical Society of Singapore's Community Chapter proudly hosted the 4th annual Community Pharmacy Symposium on 25th May 2024. Supported by POMConnect and DocMed Technology, this virtual gathering united more than a hundred pharmacists representing diverse sectors of the pharmacy fraternity.



Adj. Assoc. Prof. Angie Chew sharing her inspirational insights on mental health tailored for pharmacists



Our esteemed speakers taking on numerous questions from the audience

The symposium commenced with a captivating session on mental health by Adj. Assoc. Prof. Angie Chew, founder of Brahm Centre, a renowned mental health charity.

Following that, Mr. Jay Chong, from one of Singapore's pioneering e-pharmacy, WellAway E-Pharmacy, provided valuable insights into the evolving landscape of pharmacy practice in this digital age.

Lastly, Assoc. Prof. Derrick Aw, a distinguished dermatologist at Sengkang General Hospital, delved into the fascinating world of skin conditions including uncommon conditions such as Molluscum contagiosum. He shared how community pharmacists can play a role in differentiating each ailment to appropriately advise their patients.



Community Chapter members pose for a group photo after the event

The informative and engaging sessions received high praise from the audience with majority expressing their intention to attend similar events in the future. The success of this symposium was only made possible with the dedication and effort of our Organising Committee. Thank you to all who contributed to making this symposium a memorable and enriching experience for all attendees. Special thanks to Ms Juliati for the backend support in ensuring the programme ran smoothly.

We look forward to welcoming you for another exciting symposium next year!

An initiative under the PSS Media & Communications Committee
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