



Issue 195 Nov 2024

PSS E-BULLETIN

To maximise the contribution of pharmacists to the healthcare of Singaporeans

Featuring..... Highlights from the Singapore Pharmacy Congress



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The 33rd Singapore Pharmacy Congress (SPC), organized by the Pharmaceutical Society of Singapore (PSS), was a resounding success, bringing together close to 1000 attendees at the Grand Copthorne Waterfront Hotel. This year's theme, "Interlacing Health: Weaving the Future of Pharmacy," focused on the pivotal role of pharmacists in addressing healthcare challenges, particularly as Singapore and the world face the pressures of super-aging populations and rising healthcare costs.



The congress, graced by Guest of Honour Professor Kenneth Mak, Director-General of Health at the Ministry of Health Singapore, and Keynote Speaker Professor Tracey Thornley, featured four thematic tracks centered around person-centered, value-based care.

PSS HIGHLIGHTS



It emphasized harnessing digitalisation, automation, and AI to co-create innovative healthcare solutions. The congress provided participants with the opportunity to explore interdisciplinary collaborations with healthcare professionals and industry leaders.

PSS HIGHLIGHTS



One of the key highlights was the launch of the inaugural SGHackitRx 2024 – Ageing Well: Innovation for Super-Aged Societies. This hackathon brought pharmacists together with professionals from various fields to solve 16 pressing healthcare problems related to aging. The finalists were given the opportunity to further develop their ideas in start-up accelerators.

The Congress also hosted the National Pharmacy Residency Graduation Ceremony and the inaugural Outstanding Residency Faculty Award Presentation. During the breakfast symposium, pharmacy residents had the opportunity to showcase their research projects to a broader audience, further emphasizing the congress's commitment to fostering innovation and professional development within the pharmacy community.



PSS HIGHLIGHTS



Finally, the 33rd Singapore Pharmacy Congress (SPC) 2024, also saw the official launch of the Pharmacy Leadership Development Strategy (PLDS) by the Chief Pharmacist's Office, Ministry of Health Singapore. This initiative is designed to equip pharmacists with the leadership skills needed to navigate the evolving healthcare landscape and drive forward key changes in the pharmacy profession. The PLDS will serve as a roadmap to develop future-ready pharmacy leaders who can spearhead innovation and elevate the role of pharmacists in the healthcare system.



PSS HIGHLIGHTS



I would like to extend my heartfelt gratitude to the dedicated SPC 2024 team, the Pharmaceutical Society of Singapore (PSS) Council, all faculty members, guests, and sponsors who made this event possible. Your collective efforts have ensured the continued success of SPC as a premier platform for advancing pharmacy practice in Singapore and beyond.

Together, we have woven a strong and vibrant fabric for the future of healthcare, and I am excited to see how we, as pharmacists, will continue to interlace our skills, knowledge, and partnerships for the benefit of the patients and communities we serve.

Kevin Ben Laurence
Chairperson, 33rd Singapore Pharmacy Congress 2024

PSS HIGHLIGHTS



Celebrating Pharmacy Week 2024: Just Ask! Know Your Medicines

By Fadhli Adesta, Secretary of
Pharmacy Week 2024

PHARMACY WEEK 2024

Just Ask! Know Your Medicines!



Department of Pharmacy
and Pharmaceutical Sciences
Faculty of Science



In a vibrant showcase of health awareness and community engagement, Pharmacy Week 2024 successfully brought together individuals and families at HeartBeat @ Bedok on 29 September 2024. This year's theme, "Just Ask! Know Your Medicines!", aimed to empower the public to take an active role in their health management through medication awareness and education.



The event featured a variety of engaging activities, including the NUS Health T.A.G. (Test, Advise, Go!), which provided free personalized health assessments. The ever-popular Ask Your Pharmacist program returned, offering one-on-one consultations with experienced pharmacists, allowing attendees to inquire about their medications and health management strategies.

PHARMACY WEEK 2024

Just Ask! Know Your Medicines!



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Carnival Highlights



The carnival was a hub of knowledge, featuring:

- Interactive game booths educating participants on safe medication usage and disposal, as well as misconceptions surrounding health supplements.
- Informative health talks covering essential topics like dementia care, mental well-being, and managing heart and brain health.
- Engaging activities that encouraged families to learn about nutrition and healthy living.

One participant remarked on the enthusiasm of the volunteers and how the event inspired them to take charge of their health.

Four insightful sessions addressed critical health issues:

- Daily Dose of Sunshine: Strategies for mental well-being.
- Vaccinate, Don't Procrastinate: Importance of vaccinations in preventive healthcare.
- 8 Enablers to Beat the Big 5: Importance of maintaining heart and brain health
- Memory Matters: The role of pharmacists in dementia care.

These talks not only educated but also motivated attendees to adopt healthier lifestyles.

PHARMACY WEEK 2024

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HEARTBEAT
@ BEDOK

Empowering Talks and Health Insights



Community Support

Dr. Vivianne Shih, President, 118th Council of the Pharmaceutical Society of Singapore said, "This yearly carnival focuses on promoting patient empowerment and healthy living for all. Pharmacists are highly accessible to the public for general health advice and are a reliable resource for medications and/or medication-related queries. Just ask your Pharmacists!"

PHARMACY WEEK 2024

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A/Prof Doreen Tan Su-Yin, Honorary Secretary, 118th Council of PSS, added that keeping Singapore healthy requires a “whole of system” approach because everyone plays a part. This year’s collaboration between PSS and NUS undergraduates represents the mindset that each one of us, including the healthcare students, play an integral role to prevent heart disease and strokes.



The success of Pharmacy Week 2024 would not have been possible without the support from community partners, volunteers, and sponsors.

As we reflect on this enriching week, let's continue to embrace the spirit of empowerment and knowledge in our daily lives.

Together, we are making strides towards a healthier Singapore!!

ENGAGING THE PUBLIC @ NLB: GREEN HEALTHCARE FOR A GREENER TOMORROW



A campaign “Green Healthcare for a Greener Tomorrow” was recently launched by the PSS Public Education Chapter in collaboration with the National Library Board (NLB).

This inaugural campaign led by Mr Desmond Teo (PSS Public Education Chapter) kicked off on 28 August 2024 with an online education talk that captured the attention of over 60 keen listeners. Our engaging speakers Ms Grace Kng (Watson’s Personal Care Stores Ptd Ltd) and Ms Loh Chee Pheng (KK Women’s and Children’s Hospital) shared their insights on the management of minor ailments like cold, cough and flu, COVID-19 and paediatric eczema, as well as tips on more “sustainable” self-care strategies for preventing symptoms, which could reduce reliance on medication for symptomatic treatment.



**Green Healthcare for a
Greener Tomorrow -
Insights from Our Pharmacists!**

Wed, 28 Aug 2024
3:00PM - 4:00PM
Zoom

*“Pharmacists are engaging
and knowledgeable about
the topics”*

*“Got a better understanding on the
difference between common cold and
flu. Better to also read the labels of the
medication given by my GP. Reminded
of what to avoid so as not to trigger any
eczema flare-up.”*



This was followed by an in-person upcycling workshop held at Jurong Regional Library (JRL) on 1 September 2024, where 21 enthusiastic participants discovered the joy of transforming old medication bottles into miniature gardens of edible microgreens. With expert guidance from local urban farm Edible Garden City, purple basil and micro coriander were cultivated, proving that sustainability can be both fun and delicious.

ENGAGING THE PUBLIC @ NLB: GREEN HEALTHCARE FOR A GREENER TOMORROW



The main event was an exhibition at Jurong Regional Library over September 2024, which captured the attention of over 900 visitors.

Educational posters on how to “Check, Sort, and Dispose” expired or unwanted medication were featured. These posters were created by Miss Ong Wei Kii and Mr Boey Teng Ngee from NUS Department of Pharmacy and Pharmaceutical Sciences (with guidance from Dr Golda Wang, Ms Deborah Chia and Dr Yap Kai Zhen from PSS Public Education Chapter).

Additional posters from the “Know Your Meds” series by the Ministry of Health were also displayed, to emphasize the importance of medication adherence and appropriate management in reducing unnecessary medication wastage.

Let's continue to challenge ourselves to incorporate sustainable practices into our daily lives and workplaces. By doing so, we're not just preserving resources — we're cultivating a healthier, more resilient community for generations to come.



**A greener healthcare system starts with you.
What sustainable step will you take today to
contribute to our shared tomorrow?**