

Build Your Career With Us

NHG Pharmacy is seeking highly skilled, patient-oriented pharmacists who want to make a difference in the lives of patients every day.

As a qualified pharmacist, you will play an important role in leading, inspiring and developing the team you work with. Your career with NHG Pharmacy provides you with

- training for professional leadership
- support for personal growth
- technology tools to support your delivery of care
- work-life balance

You will also participate in management of diseases by providing high standards of clinical services. Our pharmacist-run ambulatory care services include:

- **Anti-Coagulation Counselling Clinic (ACC)**
- **Smoking Cessation Clinic**
- **Medication Therapy Management**
- **Diabetes Mellitus (DM) Clinic**

"As a geriatric pharmacist serving long term care facilities, my role rewards me with immense satisfaction and joy. From promoting good medication management practices to conducting continuous nursing education, every single opportunity empowers me to grow and inspires me to be a better person"

Ms Teng Wee Mei, Pharmacist (Nursing Home Services)



"It is exciting to be a Clinical Pharmacist in NHG Pharmacy. Besides seeing patients, I am also involved in teaching and research. I gain much satisfaction from seeing improvement in the patients who attend my clinic. Doctors and patients alike appreciate our services."

Ms Esther Bek, Clinical Pharmacist



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To strike a balance

Anti-coagulation clinics help patients manage warfarin dosage

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IT IS a delicate balance — too much could cause excessive internal bleeding, too little could lead to fatal clots.

The double-edged sword of warfarin, a drug which thins blood to prevent abnormal clots from forming, means that patients being treated must be closely supervised to ensure an optimal dose.

In Singapore, most of these patients, who may have deep vein thrombosis or have suffered from a stroke, see doctors every three or four months. But international guidelines recommend that patients on warfarin see a doctor every eight weeks.

Many of them, such as Ms Lee Siew Leh, 73, need many tweaks to their dosage if their blood test results fluctuate constantly. With each dosage change, these patients require more blood tests and visits to the doctor.

Now, thanks to a programme by the National Healthcare Group (NHG) polyclinics, that is managed by pharmacists and not doctors, Ms Lee's condition has stabilised.

"In the past, I did not know why my blood test results (to determine blood thickness) kept going up and down," said the lively grandmother. "But slowly, through counselling, I began to understand that the medication is very sensitive to changes in diet or lifestyle."



EXTRA MONITORING: Senior pharmacist **Lim Mei Eng** counsels **Ms Lee Siew Leh**.

The Anti-coagulation Clinic (ACC), which opened in April last year at Clementi Polyclinic, was initiated to educate and empower patients such as Ms Lee, said the poly clinic's senior manager of pharmacy practice, **Ms Tan Lee Kheng**.

"Warfarin monitoring requires deep probing into dietary habits and lifestyle, even sports activity, but it is difficult for a doctor to do this all the time," said Ms Tan. With the ACC, doctor consultations can be "tagged" with visits to a pharmacist, meeting the desired frequency without adding to a doctor's patient load.

According to senior pharmacist **Ms Lim Mui Eng**, patient feedback has been very positive. "They understand better the consequences if they omit a dose or if they change their diet," she said. The anti-coagulation treatment has a very high risk/benefit ratio,



*"TODAY Newspaper, 5 May 08 -
 "ACC Managed by Pharmacist"*

Be part of our dynamic team !

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