



Issue 175 June 2021

PSS E-BULLETIN

To maximise the contribution of Pharmacists to the healthcare of Singaporeans



INSIDE THIS MONTH'S ISSUE:

PSS Highlights - 2, 3
Calendar of events - 4
Shining Star - 5, 6
Industry Insider - 7-8
Professional Updates - 9

ARE YOU READY FOR THE 20th ACCP?

All registered participants should receive an email with event platform login information.

Please contact the conference secretariat at admin@accp2020.sg if you did not receive it.

EVENT OF THE MONTH: ACCP

Taking place from 1st to 4th July

Look out for our event write-up in August!

PSS HIGHLIGHTS

NATIONAL MEDICATION INFORMATION LEAFLETS: AN INTRODUCTION

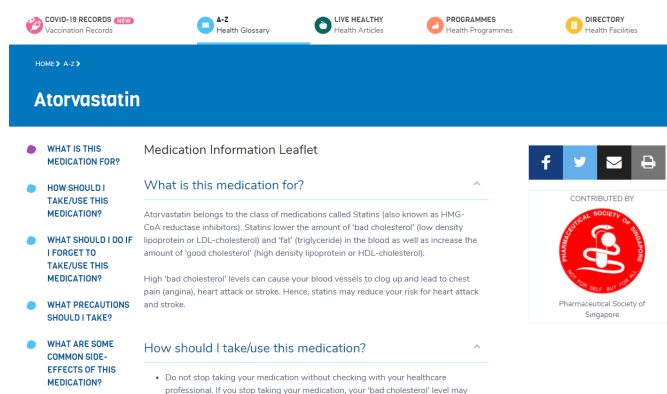
Looking for a reliable source of medication information leaflets (MILs) for your patients?

The PSS National Medication Information Workgroup would like to present the national Medication Information Leaflets (MILs).

What makes these MILs special?

- Developed through a coordinated effort to align and harmonise all drug information content in Singapore to produce one standardised source of information per drug
- These MILs take into consideration our local practices and guidelines
- They are developed with the help of local experts in respective specialties and practice settings
- They are designed to be easily understood by our local population
- They help to improve patient education, empowerment and activation

285 MILs
published on
Healthhub and
ongoing



500K page views
from Jan 2020 to
Apr 2021

These MILs are a reliable source of drug information for the local patient population. Share them with your patients or fellow HCPs at

<https://www.healthhub.sg/a-z/a?cat=medications> or scan the QR Code.



THE PSS MIL WORKGROUP



Chairperson: Ms Lim Woan Chyi Vice-Chairperson: Ms Lim Kae Shin
Mr Ivan Ng Ms Chuah Hui Ping Ms Heng Zi-Hui Cheryl Ms Goh Sok Hiang



Ex-Officio: Dr Yap Kai Zhen MOH: Ms Lee Siew Ann Ms Win Xin Yi Mr Soo Yi Hao Dr Lim Kiat Wee Ms Kng Li Lin, Grace Mr Chee Kok Seng

Members (not pictured):
Ms Huang Xiaoling, Ms Isabelle Teo, Mr Joshua Wong Mun, Ms Yew Rachelle, Ms Koh Yin Wei, Ms Xiong Shujuan, Ms Xu Jialun Sandra

32 different
topics: from
chronic diseases
to minor
ailments

KNOW YOUR PSS MASK

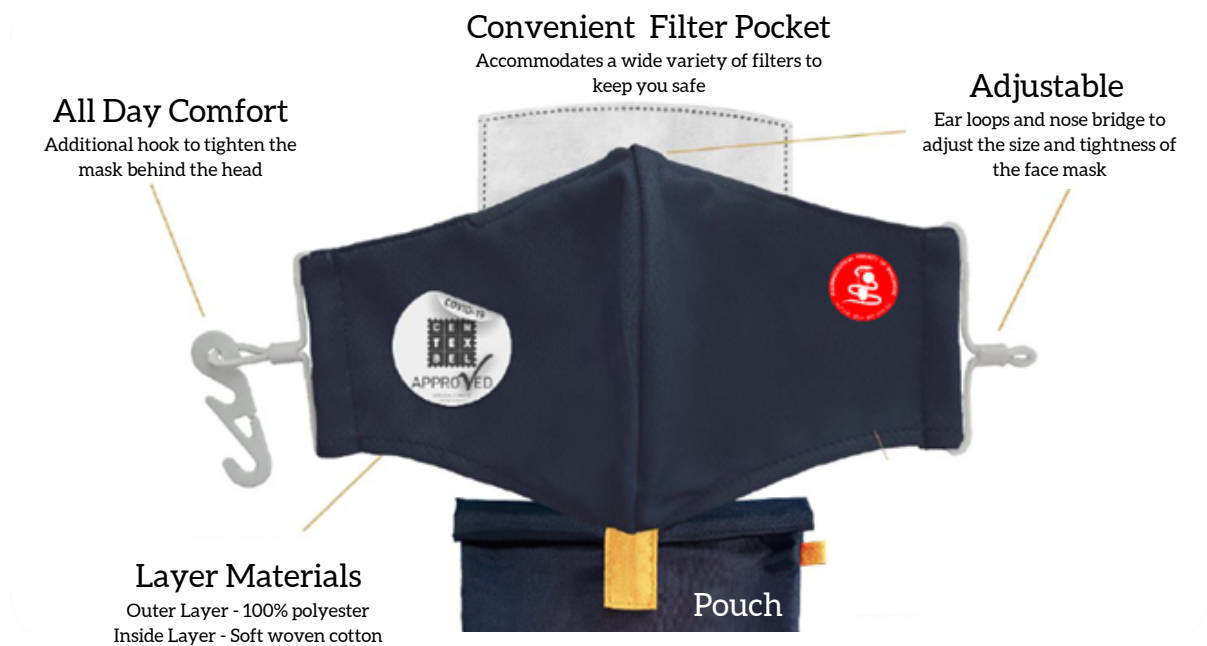
Our PSS Mask was issued to committee members and we hope that the recipients find it useful. It is made of 2 layers of fabric with a filtration efficiency of $\geq 72\%$ and is suitable as a simple barrier for “source control”.

To increase filtration efficiency, simply insert a disposable filter insert in our convenient filter pocket.

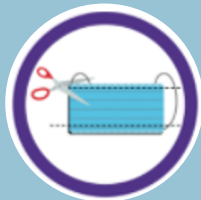


Examples of filters include:

Tea towels and others like cotton-mix, linen and cotton or surgical masks.
Change the filter if it becomes soiled or dirty.



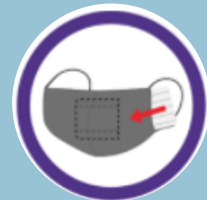
How to use surgical masks as filters?



Cut off the top and bottom of the mask.



Remove the middle layer and cut it in half. Store one piece in the plastic wrapper for future use.



Insert the other piece into the slot of the reusable mask.

Click [here](#) to learn more on how to choose a face mask.

CALENDAR OF EVENTS

7th July 2021

All about Aspirin Webinar (FREE)

Learn from a panel of international experts as they share the A-Z of when, what, why of the use of Aspirin.

- **Organizer:** International Society of Cardiovascular Pharmacotherapy (ISCP)
- **Time:** 6-7 pm (Singapore time UTC +8)
- **Who should attend:** Doctors, Pharmacists, Nurses and Health Sciences Students

Register [here](#)!

Click [here](#) to find out more details!



The poster for the 'All About ASPIRIN' webinar features the ISCP logo and the 'A TO Z OF CV PHARMACOTHERAPY SERIES' banner. The title 'All About ASPIRIN' is prominently displayed. Five yellow speech bubbles pose key questions: 'Should I be prescribing proton pump inhibitors?', '81mg, 100mg or 300mg?', 'When to use for primary prevention?', 'Why use in combination with clopidogrel or ticagrelor?', and 'What is the dose threshold for the anti-inflammatory effect?'. At the bottom, it lists the organizers (ISCP), collaborators (APSC), and endorser (SCS) with their respective logos.

24-25 July 2021

ISCP 2021 : Keeping in Beat with Advances in Cardiovascular Pharmacotherapy (FREE)

Highlights:

- Walking the tightrope of ischemia and bleeding
- Contemporary role of Pharmacists as CV team members
- The role of Telemedicine and CV Pharmacotherapy
- and many more ...

Register [here](#)!

Click [here](#) to find out more details!

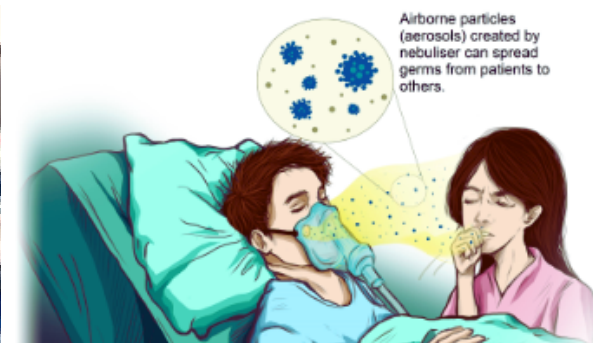


The poster for the 'INTERNATIONAL SOCIETY OF CARDIOVASCULAR PHARMACOTHERAPY 2021' event features a large '2021' and the dates '24-25 July'. The tagline 'KEEPING IN BEAT WITH ADVANCES IN CARDIOVASCULAR PHARMACOTHERAPY' is at the bottom. The bottom section lists the organizers (ISCP), collaborators (APSC), and endorser (SCS) with their logos.

SHINING STAR: MS TAY HWEY YING

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. Tay Hwee Ying** from Watson's Personal Care Store Pte Ltd.



1) Why did you choose to be a community pharmacist?

A community pharmacist is often positioned in the heart of the neighbourhood where one would encounter individuals from all walks of life. This environment creates an opportunity to encourage healthy living in the community and spread awareness of the importance of preventive health and self-care. Hearing stories and learning from patients' experiences introduces that little spark to keep me going from time to time.

2) Share a typical day at work.

Like many pharmacists, I wear many hats each day in my profession. As a healthcare provider, I review patient's medications to ensure safe and effective medication usage, assess patients' signs and symptoms for minor ailments and provide appropriate recommendations on medications, supplements, and lifestyle management.

From a business perspective, I ensure that my pharmacy carries a variety of health products to sustain a balance between catering to customer/patient requests and maintaining healthy stock holding. I also observe trends (e.g. repellent demand after increase in dengue cases in the neighbourhood), and share with fellow pharmacists to allow them to prepare enough stockholding for related health products.

In leading the regulatory affairs and pharmacovigilance team, I help fellow pharmacists with legislative-related enquiries, provide updates regarding regulatory-related news (e.g. drug recalls by the Health Science Authority) or learning new information from pharmaceutical companies so we can keep patients informed. At the same time, I also help prepare pharmacy law related questions for pharmacy students.

As part of the health events team, I liaise with healthcare collaborators to spread awareness on colorectal cancer via the distribution of the faecal-immunochemical test (FIT) kits to eligible members of the public. I also organise health-related talks and health-screening events with the team.

I also design banners for events, comic strips, and infographics for the Pharmaceutical Society of Singapore (PSS)'s social media and e-bulletin.

3) The COVID-19 outbreak has resulted in far reaching changes throughout many aspects of life. What do you feel is the role of community pharmacists in this new landscape?

The pandemic has affected many community businesses including our pharmacies. As part of essential services, community pharmacists are in a unique position to provide professional advice and assistance during these difficult times. There has been a growing reluctance of patients to visit 'higher-risk' hospitals or polyclinics to seek medical advice and/or to collect their chronic medications. . This is especially so for foreigners who are unable to return to their home countries during this period and may require assistance to navigate their way due to uncertainties. Community pharmacists can help guide patients on how they may obtain prescription medications, including sharing information on usage of new technologies such as tele-consultation.

It is also vital for community pharmacists to be on the alert for patients who present with signs and symptoms of acute respiratory infection, and to refer suspected cases to the nearby public health preparedness clinics for proper assessment by doctors or if required, to call an ambulance.

Community pharmacies are also usually where the public go to find products to combat COVID-19. It would be essential for pharmacists to be equipped with the knowledge of safe and effective use of masks, hand sanitizers and disinfectants, to educate members of public on how to protect themselves and their loved ones. Pharmacists also play an important role in educating on Covid-19 or drug-related misinformation widely shared through social media, which could potentially lead to undesirable consequences if this misinformation is acted upon.

4) What is your advice for your fellow pharmacists and for people who are considering this career?

Some may regard the role of a community pharmacist as simply a medication dispenser and perhaps no different from any retail staff. This belief discredits all the effort community pharmacists have put in the course of carrying out their responsibilities. It takes meticulous skill to ensure appropriate medication use. This goes beyond simple medication dispensing alone.

At the dispensary, community pharmacists also help provide advice on a variety of health products, lifestyle management and preventive health. Beyond the dispensary, community pharmacists work with nursing homes to provide medication review services, work on clinical projects and publications to scientific journals, reach out to the community to spread awareness and educate on certain health topics, formulate comprehensive patient information leaflets for medication use as well as information on how to manage conditions, and many more.

5) Can you describe a memorable/quirky moment in your pharmacy career?

There are definitely many unforgettable moments being in this profession and the best ones that give me a comforting sense of accomplishment are when patients return to tell me how well they have been doing, recovered or benefitted from my recommendations.

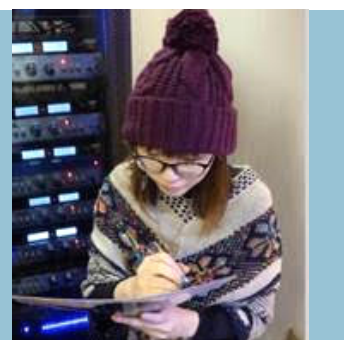
I would like to take the opportunity to thank some of our very sweet customers and patients who occasionally gift us drinks and self-made pastries to show their appreciation for frontline workers like myself, especially during the arduous circuit-breaker period. Your kind gestures have never failed to brighten up my days. At the same time, continue to cheer on fellow healthcare professionals in this long fight against Covid-19.

I hope there will be a greater appreciation for community pharmacists.

ESSENTIAL COMMUNITY PHARMACIST SKILLS

There are a variety of reasons one might consider walking the path of a pharmacist. If you are someone who is looking for a versatile career, have an interest in problem-solving, and see yourself as a "people-person" with a passion to serve and help keep the community in the pink of health, then this might be the right choice for you.

BY HWEE YING



INDUSTRY INSIDER: MS CHEAN NING WEI TRACY

by PSS Industry Chapter



We need to discard all negative energy.
Always have people who are positive
in our lives.

- Ms Tracy

Tracy is certainly no stranger to the pharmaceutical industry. She overcame the steep learning curve entering her first industry role after her pre-registration training. Over the years, she has honed her skills in various posts before her current role as Regulatory Affairs, Quality Assurance and Pharmacovigilance Manager, Asiana at Galderma.

As the co-chairperson of the 20th Asian Conference on Clinical Pharmacy (ACCP) and the incoming President of the Asian Young Pharmacist Group (AYPG), we find out what has made Tracy the leader she is today.



◆ Completed pre-registration training at KK Hospital

University to Society

Ask anyone what their first impression of the NUS Pharmacy curriculum was like and they usually associate it with intense rote memory work. It was not uncommon to have the NUS Pharmacy undergraduates wonder how this would be of relevance to their career in the future.

Tracy was no different until she got her 'AHA' moment during a lecture by Prof. Sia Chong Hock on Good Manufacturing Practices (GMP). She saw the joy in understanding how her knowledge gained during her undergraduate lectures applied to real life, and this thus spurred her aspiration to join the pharmaceutical industry.

Tracy's advice for her juniors?

"Don't take for granted the networks that you forge in your four years of school. Even if we are graduates from unique batches, remember that we are all cut from the same cloth"

First Steps

Tracy's first venture on the industrial path began with Polymedic Pte Ltd.. As the only pharmacist in the pharmaceutical company, everyone accepted her recommendations readily with minimal questions, which taught her the first lesson:

Be accountable for your actions/words, and make sure that your responses are justifiable.

Yet, accountability was not enough if people cannot understand you. Tracy shared her second lesson:

Be able to reformat your knowledge in a way that is understandable for the business.



- ◆ Steep learning curve diving into Industry
- ◆ Only Pharmacist in Polymedic
- ◆ First business trip to Mauritius

The first milestone came when Tracy had the opportunity to represent Polymedic Pte Ltd. on a business trip to the beautiful island of Mauritius. At 23, Tracy was the youngest attendee, and she found herself having to behave in a mature and professional manner to fulfil the expectations of her role. From a professional point of view, the experience **boosted her maturity and laid the foundation of her professional ethic.**

Bleeding Brown

Transiting from an SME to a 100-year old multinational corporation was yet another leap of faith. UPS is an established organisation with numerous standardised operating procedures (SOPs) and well-structured learning. During her tenure, **Tracy was selected to attend their Management Leadership Programs.**

By venturing out of the office and into the warehouses across Asia, **she gained valuable operational experiences. Being part of the Asia Pacific team that endeavoured to set up the Quality Management System of UPS's Healthcare Warehouses,** she gained a thorough understanding of the situation on the ground.

"Know who is your audience, what do they need, and make sure what you are doing truly addresses their needs"

Braving the Storms

They say change is the only constant. For the past 8 years of her career in Galderma, Tracy experienced numerous restructuring and leadership transitions, requiring her to **build a mental strength and resilience to manage the ups and downs through the different transitions.**

"Change is not easy. Change within a company is even harder. There is nothing you can control about it"

As part of a project in Thailand, Tracy faced a tall order of trying to effectively communicate the value and safety of Galderma's products to the local Health Authorities. Despite the odds, **Tracy succeeded in her role and solidified the trust her manager had in her.**

For Tracy, the best way to repay this trust is to **perform well,** something which she has adopted in her own mentorship style.

"That's how I pay it forward - by putting the same trust in the people that work with me."

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



PROFESSIONAL UPDATES

CAREER OPPORTUNITIES

Apex Pharma Marketing Pte Ltd

Pharmacist, Regulatory Affairs



Apex Pharma Marketing is an established pharmaceutical distributor in Singapore supplying to an extensive network of healthcare institutes. We are looking for a Regulatory Pharmacist to handle regulatory submissions for health products that span from Therapeutic Products, Medical Devices, Chinese Proprietary Medicines to Cosmetic Products. He/she is required to be the Responsible Person for the Company, and be able to handle regulatory reporting to H.S.A. and Principals.

Click [here](#) for more information.

Watson's Personal Care Stores Pte Ltd

Community Pharmacist



The community pharmacy landscape is changing rapidly and we are looking for passionate and dynamic pharmacists to join our team of healthcare champions. Apart from delivering high standard of patient care services and promoting good health in the community, you will also manage the dispensary and health division using good business acumen. Beyond the dispensary, you will also have opportunities to take part in community outreach programs, provide pharmaceutical care services at nursing homes and senior care centres, spearhead patient care studies and even contribute to development of new pharmacy services! At Watsons, we value our pharmacists and invest in their professional development and career progression. So come join us for a rewarding and fulfilling experience!

Click [here](#) for more information.

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

Ex-Officio
Shih Lee Chuen Vivianne
Corrinne Tan Yong Koon

Editor In Chief
Vernadine Goh Jia Lu

Co - Editor In Chief
Jeremy Choo Tze Yang

Designer
Kng Li Lin Grace

Editors
Chia Hue Kian
Lim Cinny
Royden Lim
Eugene Toh
Michelle Hsieh

Contributors
Community Chapter
Industry Chapter

**Please send your enquiries, comments, and
suggestions to:**

Email: pss.mediateam@gmail.com