



Issue 178 December 2021

# PSS E-BULLETIN

*To maximise the contribution of Pharmacists to the healthcare of Singaporeans*

## WISHING YOU A HAPPY NEW YEAR

MAY YOUR HOLIDAY SEASON BE FILLED  
WITH PEACE AND HAPPINESS. STAY SAFE!



### INSIDE THIS MONTH'S ISSUE:

PSS Highlights - 2-3  
Calendar of events - 4  
Shining Star - 5-6  
Industry Insider - 7-8  
Professional Updates - 9-13

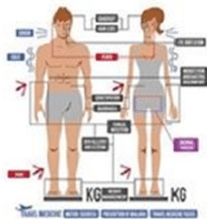
## SAVE THE DATE 31ST SINGAPORE PHARMACY CONGRESS 2022

Read more on Page 4

# PSS HIGHLIGHTS

## REVISED PSS PRACTICE GUIDE FOR MINOR AILMENTS (PGMA)

### PSS PRACTICE GUIDE FOR MINOR AILMENTS



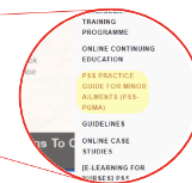
AVAILABLE ONLINE



#### PSS Practice Guide for Minor Ailments (PGMA)

Here's how to access it!

PSS Homepage → Store → Online Resources → PGMA



The PSS Practice Guide for Minor Ailments (PGMA) is a compendium of guidelines for 14 frequently encountered minor ailments that was successfully launched on 8th October 2016 by PSS Community Chapter. It aims to keep pharmacists' knowledge up to date, and also standardize practice across all institutions in Singapore. Modules are reviewed and updated every 2 years to ensure that they are updated with most recent guidelines and practice.

There were a total of 5 updated practice guidelines launched in October and early December 2021- Principles of Self Care, Hair Loss, Gastrointestinal Conditions Part 1 (GERD), Smoking Cessation and Skin Conditions Part I. Update yourself on the latest community pharmacy practice changes, treatments for hair loss, and summarized treatment options for GERD now!

PSS Community Chapter will also be launching 6 new modules early 2022. Do keep a lookout on our new exciting modules, which will include topics like medication reconciliation, COVID-19, insomnia, etc. Moreover, these modules are provided FREE for PSS Members!

Upon successful completion and passing of the Post Test (80% required) for each module, the participant will receive a "Certificate of Completion" and will be entitled to 2 CPE points per module under Category 3A.

#### ● Where to find the PGMA on PSS? ●

PSS Homepage > Store > Online Resources > PGMA.

● Visit: <https://www.pss.org.sg/store/online-cpe/pss-practice-guide-minor-ailments-pss-pgma> ●

# NATIONAL MEDICATION INFORMATION LEAFLETS: WARNINGS ON SUICIDALITY AND RISK OF WORSENING OF MENTAL STATE

Updates on the National Medication Information Leaflets (MILs) by PSS National Medication Information Workgroup.

Strengthening and harmonization of **warnings on suicidality and mental state worsening risks** in all anti-depressants, certain anti-psychotics, anti-epileptics and Montelukast MILs:

- To improve patient awareness, education, empowerment and activation
- To highlight such risks especially in people below 25 years of age
- Sensitivities in the phrasing and wordings were taken into consideration in conveyance of these risks
- Agreement and consensus for the finalized wordings were sought with the College of Psychiatrists as well as the relevant chapter specialties of the College of Physicians, Singapore

## Fluoxetine

### Fluoxetine

Medication Information Leaflet

#### What is this medication for?

Fluoxetine belongs to a class of medications known as Selective Serotonin Reuptake Inhibitors (SSRIs). It is used to treat symptoms of depression (low mood) such as:

#### IMPORTANT:

In some cases, particularly in young people below the age of 25 years, this medication may cause the following changes to a person's mental condition, especially in the first few weeks of treatment or during dose changes:

- New or worsening thoughts of harming yourself or ending your life
- Worsening agitation, restlessness, violent behaviour, or
- Other changes in mood or behaviour

Please inform your doctor as soon as possible, or for your family or caregiver to inform your doctor if you are unable to seek treatment on your own.

Stay tuned as we share more on our progress and updates!

## Updated Leaflets with warning texts

- All classes of anti-depressants
- Some atypical anti-psychotics (Quetiapine, Aripiprazole, Lurasidone and Brexpiprazole)
- All classes of anti-epileptic medications
- Montelukast

## Montelukast

### Montelukast

#### What are some rare but serious side-effects that I need to seek medical advice immediately?

In some cases, this medication may be associated with the following changes to a person's mental condition, especially in the first few weeks of treatment.

- Mood or behaviour changes
- Sleep disturbances
- Worsening agitation, restlessness or, violent behaviour
- New or worsening thoughts of harming yourself or ending your life

## Where to find these MILs

Share these MILs with your patients or fellow health care professionals.

Visit: <https://www.healthhub.sg/a-z/a?cat=medications>

# CALENDAR OF EVENTS

---

11th - 13th Feb 2022

## 21st Asian Conference on Clinical Pharmacy (ACCP) Nagoya

ACCP has been a major event in the area of clinical pharmacy in Asia. Clinical pharmacists have attended this prestigious meeting to share their knowledge and experience in vast areas of pharmacy practice and education. The deadline for early bird registration has been extended till **11th January 2022!**

- **Organizer:** Faculty of Pharmacy of Meijo University in Nagoya
- **Who should attend:** Pharmacists, faculties, and researchers

Click [here](#) for more details! Sign up now!



23rd - 24th July 2022

## 31st Singapore Pharmacy Congress 2022

Save the date! With a theme of “Emerging Healthcare into a Brave New World!”, the congress aims to focus on the emerging care models, clinical practices, novel therapies, and patient activation in the provision of care, as well as technological innovations that enabled these transformations.

- **Organizer:** Pharmaceutical Society of Singapore
- **Who should attend:** Pharmacy Practitioners, Pharmacy Managers, Pharmacy Educators, Pharmacy Researchers, Pharmacy Procurement Officers, Pharmaceutical Company Executives

Click [here](#) for more details!



# SHINING STAR: MS LIM ZHI 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. Lim Zhi Ying** from Unity Pharmacy by NTUC Fairprice.

*"I have been working in the community pharmacy sector for the past 10 years and have grown with Unity as it went through different phases of change. Before joining the retail sector, I had done a short stint as an inpatient pharmacist in a restructured hospital.*

*I am the resident pharmacist running the Unity Store at Waterway Point, ensuring sales targets and customers' needs and satisfaction are met, while providing training to interns and complying with company's visual merchandising standards."*



Currently, I am an advisor in the PSS Immediate-Long Term Care (ILTC) workgroup, and was previously the Continuous Education (CE) lead in the group.

I found it meaningful to organize CEs that are beneficial for the workgroup to understand more about the ILTC sector and develop online materials for nurses' CE needs amidst the pandemic.

I am also conducting pharmaceutical audits at welfare home to ensure they comply with standards and am involved in the Pharmaceutical Care Services project which is expected to kick off in 2022.

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

I am motivated to stay in practice as I am able to contribute to general public's healthcare needs. In particular in an environment where the population is mainly made up of young families, where I can relate to them as I am at the same stage of life as them. This makes every workday a joy where I am able to see that my recommendations are beneficial to the community. I can even see my daughter's classmates as my customers and ask them about my daughter's behavior and reputation in school. I can share my experiences with my customers and feel gratification when they come back with their recovered kids to chat.

## 2) What is the most memorable moment in your pharmacy career?

The Chinese New Year Public Holidays are usually muted affairs for retail workers. In 2020, it coincided with the mask rush as the covid pandemic broke out. The teamwork and selflessness of my team as we forgo our holidays to ensure that the community can get access to masks and to quell their anxiety is most commendable. Our neighbor from FairPrice even chipped in manpower to help us pack the masks. It was satisfying to be able to serve and supply the community; and resolve their queries and misconceptions about the new disease.



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

Some skills that I feel are important are patience and the willingness for continuous learning. With the multitude of patients and customers, patience and the ability to interact with different customers of differing attitudes towards their health is definitely needed.

As a community pharmacist, the willingness to read and be well-informed in world medical news in addition to clinical knowledge is useful. This will help as we help dispel 'myths' that customers hearsay. Other than knowledge, we must also be willing to pick up marketing, merchandising and cost control strategies to keep the pharmacy functioning well.

## 4) What is one misconception about community pharmacist that you hope to correct?

One misconception that I will like to correct is that community pharmacists only operate behind our counters. Do not fear if you do not see us there, we could be answering a customer query or conducting staff training at other corners of the store.

***"You're alive. That means you have infinite potential."  
"You can do anything, make anything, dream anything."***

*--The Graveyard Book by Neil Gaiman*

**Don't confine yourself to your job in the store!**

**THINK BIG and achieve new initiatives to drive the role of a community pharmacist.**

*- Lim Zhi Ying*



# INDUSTRY INSIDER: MR. LIM KAI KIONG

by PSS Industry Chapter

Having been in the Regulatory Affairs (RA) scene for around 20 years, Mr. Lim Kai Kiong, Associate Director of Regulatory Affairs for Singapore, Malaysia and Brunei in Johnson and Johnson, continues to make an impact on patient care across the region. Being actively involved in preceptorship since 2015, Kai Kiong was awarded the Best PECT Preceptor Award by NUS Pharmacy for the Indirect Patient Care category in 2019. In addition, he also served as a PSS Council Member, overseeing the expansion of both the Industry and Young Pharmacist Chapters, and pioneering the PSS Mentorship Program during his 4-term tenure, for which he was awarded the PSS-ICM Industry Pharmacist of the Year Award in 2021. Today, he continues to impact and inspire the younger generation of pharmacist with great passion.



The Editorial Team embarked on a ride back in time with Kai Kiong, as he shared his experiences, values and work ethos that has facilitated his elevation up the ranks, his accomplishments, and contributions.

Mr. Lim Kai Kiong receiving the Best Preceptor Award from the Head of Department of Pharmacy, Prof. Christina Chai

## THE HUMBLE BEGINNINGS

With an aspiration to open his own pharmacy, Kai Kiong chose to do his pre-registration at Apex Pharmacy.

After completing pre-registration, he continued to work as a retail pharmacist for a few years to better prepared himself for running his own retail pharmacy business. However, he eventually decided to forgo the plan due to challenges such as high rental and market competition. That did not stop Kai Kiong's entrepreneur spirit. In 2000, he partnered with his university friend to start a B2B E-Commerce business, but the infrastructure back then was not developed enough to support their venture.



As Kai Kiong reflected on his early days adventures, he advises young pharmacists to **"Stay resilience even in the toughest times & never be afraid to take up new opportunities"**

## THE JOURNEY THUS FAR

Undeterred in the face of failures, Kai Kiong secured a job in Regulatory Affairs at Boots Healthcare through the recommendation of a senior. He welcomed the new experiences and challenges ahead as he took his first step into the Regulatory Affairs world. In 2006, the pharmaceutical arm of Boots Healthcare was acquired by Reckitt Benckiser (RB) and Kai Kiong faced what he termed as "the most challenging but fruitful time of his life".



Kai Kiong shares:

**"The true value of a RA professional lies in the ability to understand the regulations thoroughly and hence being able to bring products that patients and customers need quickly into the market."**

As the only RA in the Singapore office, he had to learn how to deal with different stakeholders by himself. In 2010, when RB acquired SSL, that same year Singapore started imposing medical devices regulations. As such, he had to quickly learn the new Good Distribution Practice for Medical Devices requirement within 6 months and worked with various teams like quality and compliance, commercial and sales to enable SSL condoms to continue to be marketed in Singapore.

## PGT HEALTHCARE

At PGT Healthcare, he met a well-respected mentor in his life, Mr. Ng Cheng Tiang, the RA director of the company. During his years there, he learnt new regulatory knowledge for OTC products, as well as the different regulatory requirements in various Asia Pacific countries. He also enjoyed working with people from all over the world, and this made him understand the vulnerability of Singapore as a very small market and hence, the need to always be in the forefront of innovation to stay competitive and relevant.

## LF ASIA\*

With his entrepreneurial spirit burning again, he joined LF Asia in 2015. His role in LF Asia offered him his first management position which allowed him to understand the day to day running of a corporation. He also got the opportunity to be involved in business development, under the guidance of another important senior Pharmacist, Mr Png Yong Koh, Vice President of LF Asia.

\*now known as DCH Auriga

Kai Kiong at PSS Industry Chapter Meeting



Remembering the nurture he had received, Kai Kiong left a takeaway:

***"Good mentors play an important role in guiding you to success"***

Under the encouragements of both Cheng Tiang and Yong Koh, Kai Kiong started his involvement with PSS to give back to the Pharmacy Community. He was elected into the PSS council for 4 consecutive years and was awarded the PSS-ICM Industry Pharmacist of the Year Award in 2021 for his contributions. He was also the Social Committee Co-chairperson for the 2020 ACCP. Kai Kiong attributes his awards to the good mentors that he had met throughout his career, and he feels the duty and obligation to guide the younger generation because we share the same starting point at NUS Pharmacy.

## THE FUTURE BEYOND

PGT HEALTHCARE

2013

LF ASIA

2015

JOHNSON & JOHNSON

2016



He joined Johnson & Johnson (J&J) as the Head of Regulatory Affairs for Singapore. Today, he has been with J&J for almost six years and had recently expanded his role to head of RA for Malaysia and Brunei as well.

When asked about how he derives job satisfaction, Kai Kiong said he derived fulfillment when he was able to get products quickly registered so that patients would then benefit. By introducing health products that are of good quality, safety and efficacy, he realizes the importance of his contribution in improving the quality of life of patients and/or customers indirectly. Kai Kiong does acknowledge that sometimes the job is mundane, however, one must have a growth mindset to see the great values of this job.

As a closing note, he reminds the young pharmacists to always have positive mindsets, the right attitudes and not to get trapped in their current situations that they are not satisfied with.

Reflecting on his journey thus far, his number one advice for young pharmacists is:

***"Just do it and do well."***

Best PECT Preceptor Award for Indirect Patient Care category, 2019

PSS-ICM Industry Pharmacist of the Year award, 2021



# PROFESSIONAL UPDATES

## FIP WISE POSITIVE PRACTICE ENVIRONMENTS TOOLKIT



Did you know? Women make up 72.2% of registered pharmacists in Singapore in 2020. This toolkit encourages pharmacists (especially women) that they can extend their influence at an international level. Building on World Health Professions Alliance (WHPA), Positive Practice Environments Campaign, the “FIPWiSE toolkit for positive practice environments in education & science” is developed to identify and address inequalities in the workplace environments which affects women in pharmaceutical science and pharmacy education, with transferable learnings across the pharmaceutical workforce. The toolkit is designed to raise awareness and provide possible solutions for individuals, employers and institutions that can enable positive practice environments for women in pharmaceutical science and pharmacy education.

Our members, Ms Chung Wing Lam and Ms Chean Ning Wei Tracy, also had the honour to contribute to Factors 2 and 3.

Learning objectives:

1. Explore the key factors that enable positive practice environments for women in pharmaceutical science and pharmacy education, and the entire pharmaceutical workforce
2. Learn about practical solutions for professionals, employers and policy makers in creating positive practice environments for women in pharmaceutical science and pharmacy education
3. Discuss with the toolkit authors and high-level speakers how to take action and stand up for positive practice environments

### ● Launch event ●

Visit <http://events.fip.org/previous-fip-digital-events/?event=752>

### ● Tool kit ●

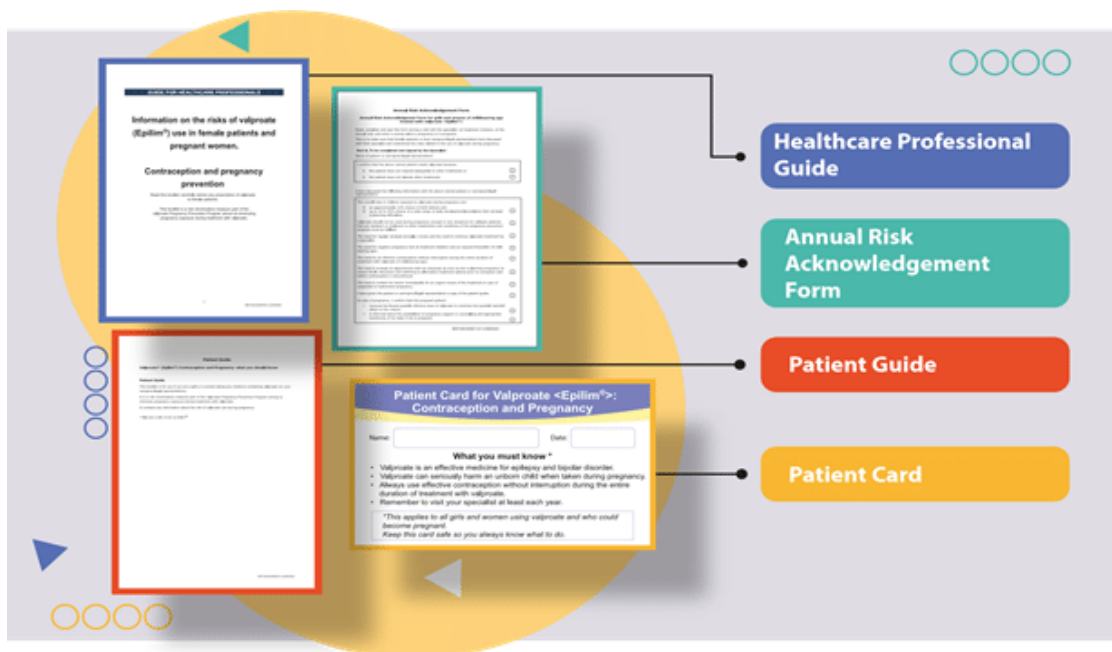
Visit <https://www.fip.org/fipwise-ppe-toolkit>

# VALPROATE (EPILIM®) EDUCATION MATERIALS AVAILABLE FOR HEALTHCARE PROFESSIONALS AND PATIENTS

Brought to you by **SANOFI** 

Dear Healthcare Professional,

This is a gentle reminder from Sanofi to inform you of the valproate educational materials which have been made available for you and your patients, to provide information and recommendations on the use of valproate in women of childbearing potential. These include the **Healthcare Professional Guide**, **Annual Risk Acknowledgement Form**, **Patient Guide**, and **Patient Card** which can be downloaded here: <https://mysg.nexusbysanofi.com/resources-sg>.



These educational materials are also available in print upon request from:  
**sanofi-aventis (Singapore) Pte Ltd.**

Email contact: [Med.SAMS@sanofi.com](mailto:Med.SAMS@sanofi.com)

Please indicate the materials and number of copies required, along with:

- Recipient's title and full name:
- Recipient's designation & institution:
- Recipient's contact number:
- Recipient's full address:

To learn more about the use of valproate in women of childbearing potential, please visit the online CPD module at this link: <https://cpdonline.asia/>. 1 CPE point will be provided upon completion.



sanofi-aventis (Singapore) Pte. Ltd. 38 Beach Road #18-11 South Beach Tower, Singapore 189767. Tel: 65-6226 3836 (Gen) Fax: 65-6535 5836. [www.sanofi.com.sg](http://www.sanofi.com.sg)  
For healthcare professionals only. MAT-SG-2100301-1.0-10/2021 © 2021 Sanofi. All rights reserved.

# CE E-MODULE: BUILDING CALM AND STRONG SKIN IN ATOPIC DERMATITIS: A HOLISTIC PERSPECTIVE

Sponsored by  Supported by 

## Building calm and strong skin in Atopic Dermatitis : A Holistic Perspective

Upon completion of this e-module, one would be able to :

- Understand the root cause and pathophysiology changes in Atopic Dermatitis skin.
- Outline the general principles & considerations when evaluating emollients.
- Manage skin health (Atopic Dermatitis) related queries.

### Speakers

 <p><b>Professor Michael J Cork</b> Consultant Dermatologist Sheffield Children's and Teaching Hospitals NHS Trust</p>	 <p><b>Dr Kong Yan Ling</b> Consultant Dermatologist Dermatology and Surgery Clinic Pte Ltd</p>
 <p><b>Dr Adrian Wang</b> Consultant Psychiatrist Dr Adrian Wang Psychiatric and Counselling Care</p>	 <p><b>Dr Mohana</b> Paediatrician Parkway East Hospital</p>

- The e-module consists of a video and quiz questions. Upon completion of this e-module, 1 CPE Point will be awarded. This e-module would take approximately 45 mins.
- This e-module is hosted by PSS. To access, please login into PSS website and find it under Store -> Online Resources -> Online Continuing Education



Access e-module here

---

# CAREER OPPORTUNITIES

Singapore General Hospital



Locum Pharmacists

We are looking for locum pharmacists to provide dispensing and drug counselling both face to face and tele counselling, as well as to support our Medication Delivery Services.

Click [here](#) for more information.

---

Institute of Mental Health



Senior Pharmacists / Pharmacists

We are looking for senior pharmacists / pharmacists to provide patient-centred services to different sub-specialties of psychiatry and mental health.

Click [here](#) for more information.

---

Tan Tock Seng Hospital



Pharmacists

We are looking for pharmacists to provide dispensing, clinical, and patient care services.

Click [here](#) for more information.

---

---

## Guardian Health & Beauty

### Pharmacist

The Guardian logo, featuring the word "guardian" in a white, lowercase, sans-serif font, centered within a solid orange rectangular background.

We are looking for pharmacists to provide dispensing and drug counselling services to customers and to ensure that the pharmacy runs smoothly while on duty.

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

**Designer**

Kng Li Lin Grace

**Editors**

Lee Rong En, Shawn  
Lim Cinny  
Chai Jing Yee  
Ong Junquan

**Contributors**

Community Chapter  
Industry Chapter  
National Medication  
Information Workgroup

Please send your enquiries, comments, and  
suggestions to:

Email: [pss.mediateam@gmail.com](mailto:pss.mediateam@gmail.com)