



Issue 181 June 2022

PSS E-BULLETIN

To maximise the contribution of Pharmacists to the healthcare of Singaporeans

JULY 23 & 24, 2022 (GMT+8)



31ST SINGAPORE PHARMACY CONGRESS

Emerging Healthcare In A Brave New World!

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JOIN US FOR OUR 31ST SINGAPORE PHARMACY CONGRESS

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PSS HIGHLIGHTS

31ST SINGAPORE PHARMACY CONGRESS 23RD - 24TH JULY 2022



Register for 31st Singapore Pharmacy Congress

On behalf of the Pharmaceutical Society of Singapore (PSS) and the 31st Singapore Pharmacy Congress (SPC) Organising Committee, we would like to invite you to our annual event, held as a hybrid congress where delegates may choose to attend physically at the Suntec Singapore Convention & Exhibition Centre or virtually on our online platform.

The congress is a 2-day scientific programme, covering relevant areas in pharmacy practice and pharmaceutical sciences. It will feature scientific keynote and plenary lectures, symposia, break-out sessions, workshops, oral and poster presentations as well as commercial exhibitions and a social event.

Event Theme



Our 31st SPC Theme – “Emerging Healthcare in a Brave New World!”, aims to focus on the profound changes which have occurred in Singapore's healthcare system in recent years. Some changes have been fueled by the COVID-19 pandemic, while others are driven by technology, scientific advances, and consumer demands. Challenges surface in addressing the issues of access, quality, and costs but as Albert Einstein said, “In the middle of difficulty lies opportunity”. Hence, it is timely that we capitalize on these opportunities for the pharmacy profession to advance healthcare.

We hope to cover emerging care models, clinical practices, novel therapies, as well as patient activation in the provision of care. We will also discuss technological innovations that enabled these transformations. Speakers will also share about technological innovation as a key to transformation.

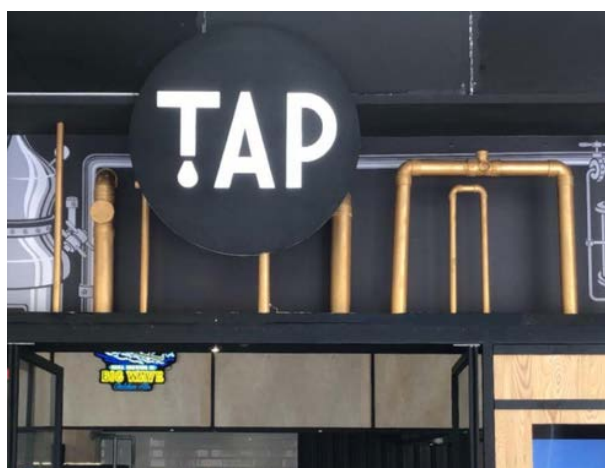
As we welcome a brave new world, we long to build a more resilient pharmacy community which is flexible and able to adapt to the emerging needs.

Click [here](#) to check out our programme.



Keynote speaker Dr Prem
Kumar Nair

Social Night



Connect with other delegates over free-flow food and drinks, interactive games and live performances after the first day of SPC.

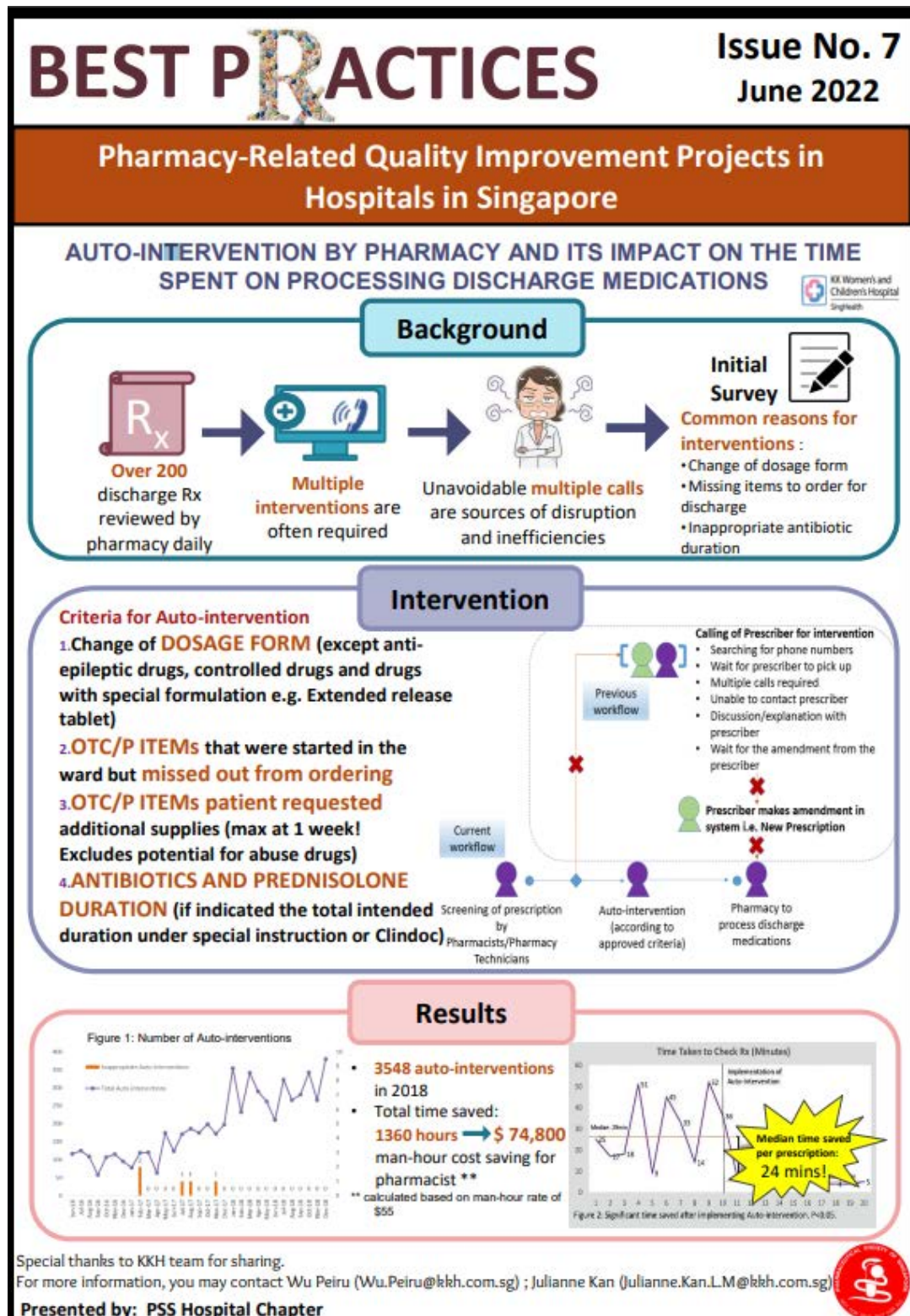
Social night will be held on 23rd July, Saturday, 6.30pm to 10.30pm, at **TAP Craft Beer Bar @ Millenia Walk**. Limited slots are available, so [register now](#)*:

*To adhere to the safe management measures and keeping to the venue capacity, Social Night is strictly by registration for Congress Delegates only.

Register for congress: <https://spc2022.glueup.com/event/49620/register/>

PHARMACY-RELATED QUALITY IMPROVEMENT PROJECTS IN HOSPITALS IN SINGAPORE

by PSS Hospital Chapter



PHARMACY WEEK 2022



Dear PSS Members,

Greetings from the Pharmacy Week 2022 Organising Committee!

We proudly present Pharmacy Week 2022 – “Empowering a Healthier You” – a national health event to engage and educate everyone on how to take health ownership. Pharmacy Week will be held from 19 to 25 September 2022. The carnival will be held physically on 24 September 2022 (Saturday) at a live venue. For the very first time, there will be a hybrid of fitness and nutritional activities, in addition to pharmacy activities, to promote holistic healthy living to the public! There will be health talks conducted by pharmacists to educate on trending health topics and interactive booths at the carnival to engage everyone.

Call For Sponsors & Partners

As we anticipate an exciting Pharmacy Week, we would like to extend this invitation to our colleagues to come on board and join us in empowering the public to own their health. We sincerely seek the generous support of all our sponsors, partners and volunteers. More details can be found in our sponsorship kit [HERE](#)!

Stay tuned on our [website](#) and follow us on our social media for more updates on Pharmacy Week 2022!

Pharmacy Week 2022 website:



<https://www.psspharmacyweek.com/>



A FOND FAREWELL



Ms Jessin Chng



Ms Tiffany Yong

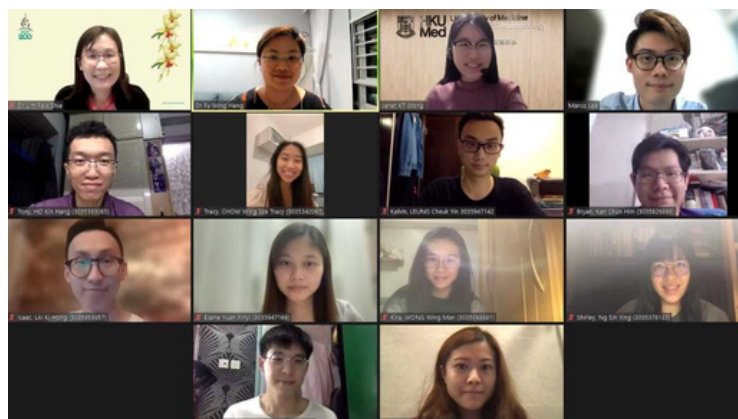
PSS Council would like to thank Ms Jessin Chng who has left her position as Senior Executive on 31st May 2022. She has journeyed with PSS over the past 7 years and has supported our Professional Education Chapter and the conduct of our continuing education sessions and CPTC courses. We would like to thank her for the many years of dedicated service.

Ms Tiffany Yong, our Administrative and IT Executive will be leaving PSS on 30th Jun 2022. We would like to take the opportunity to thank her for the commitment and contributions over the past 7 years. She is always ready to accept new challenges and willing to try out new things. She has completed her further studies since last October and decided to further her career.

PSS Council wishes both Jessin & Tiffany the very best for their future endeavours!

VIRTUAL SKILLS TRAINING WORKSHOP

Contributed by Dr Lim Paik Shia & Dr Fu Wing Hang



Participants in the Zoom workshop

The Collaborative Prescribing Program Pre-Congress workshop was a great success during the 20th Asian Conference on Clinical Pharmacy. It was attended by many international delegates, one of whom was Ms Janet Wong, a lecturer from University of Hong Kong (HKU). Ms Wong later reached out to the organisers for collaboration as she saw the benefit of incorporating this workshop into HKU's Master of Clinical Pharmacy Programme.

The pre-congress workshop co-chairpersons, Dr Lim Paik Shia and Dr Fu Wing Hang were subsequently invited to organise a virtual skills training workshop in collaboration with HKU lecturers – Ms Janet Wong and Mr Marco Lee. During the planning phase, they were actively involved in sharing valuable teaching experiences with the HKU lecturers and ensuring the smooth execution of the workshop via Zoom.

The interactive workshop was conducted on 28th March 2022 and was attended by 25 Master of Clinical Pharmacy students from HKU.

The workshop started with a short lecture from Dr Lim on providing ambulatory care clinic services with collaborative prescribing in Singapore, followed by an introduction to history taking and differential diagnosis presented by Dr Fu. History taking role-play sessions were then conducted in 4 separate Zoom rooms. During the Q&A session, there were also many fruitful discussions on clinical cases scenarios encountered and sharing of experiences took place via this online platform.

Through this workshop, Dr Lim and Dr Fu was able to advance pharmaceutical care beyond borders. Through the exchange of information, pharmacists from different countries can learn from each other. They have expressed hope that there will be more of such opportunities for pharmacists in the future.

SHINING STAR: MR COLIN TANG WEI QIANG

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 Mr. Tang Wei Qiang from Watsons Pharmacy.



Hi, my name is Colin and I am a Principal Clinical Pharmacist working with Watsons as a community pharmacist for 7 years. I am the team leader of the Media portfolio in Watsons, and I have plenty of experience in leading informative public health presentations in local media, public roadshows and on Facebook Live.

I am also an active member of the Watsons Intermediate and Long-term Care portfolio, providing medication review and patient care services for an ageing population. Finally, I am involved in the training and mentorship of NUS Pharmacy undergraduates and pre-registration pharmacists.

What is the most memorable moment in your pharmacy career?

There are certainly many memorable moments in my career with the wide demographic of customers that come to the store. One particularly memorable case happened when I am working in Watsons Jewel Changi Airport.

There was a Russian lady who could not speak any English and she was a little frantic when she approached the pharmacy. I had to use Google translate on my phone to communicate with her. Turns out that she had left her high blood pressure medications at the hotel, while her flight was departing in 3 hours and she wished to purchase some for the trip back. Unfortunately, my outlet did not have sufficient stock at that time, and I had to rush to the transit store outlet in another terminal 20 minutes away to obtain the medication. She was very grateful for the help and certainly left with a good impression of Singapore and community pharmacists.

"Community pharmacists need to have great adaptability to change, given that new medications supplements and products are introduced to the market all the time and customers' wants and needs can change on a whim. We also need to be aware of the changes to clinical guidelines so that appropriate advice can be given when our customers ask us."

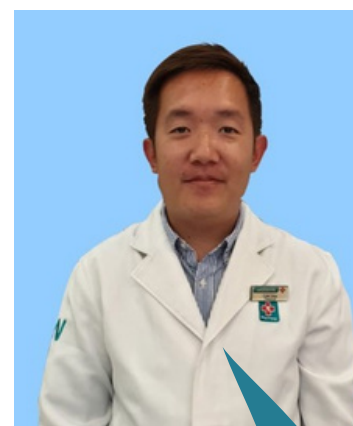
**What helps/motivates you to stay in your practice?
How do you harmonize work and family?**

The things that motivated me to stay in this practice include listening to the stories that customers shared with me and witnessing how my advice has helped them better their health. Even small tips like washing the bedsheets frequently to prevent allergic rhinitis goes a long way in managing their condition and quality of life.

Being involved in student training also spurs me on to pass on the skills and knowledge to the next generation of pharmacists. These skills can be applied in many situations, even if the students do not go on to practice in community pharmacy.

Harmonising work and family can be challenging with the demands of such a fast-paced role that I am in, but one thing that helped is ensuring work life separation by channelling all work communication through a particular app (in my case it is Microsoft Teams), and making it clear to my team members that my obligations need only be fulfilled during work hours. Anything urgent will be communicated through another app and the use of this app will be minimised as much as possible.

I also remind myself that it is ok to take breaks as once I am fully rested and recharged, I will then be better able to serve the customers! Travelling is a great way for one to broaden the mind and gain perspectives to help with both work and personal relationships.



" If you are able to practice both independently and collaborate on projects, this role of community pharmacist can help you grow with the dynamic and fast paced environment. Passion for helping to better the health of our customers is also essential. It is important to wind down on the days you are not working, allowing you to take care of family or pursue other passions! "

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

The one common misconception is that a community pharmacist's presence is only at the dispensary or the store. With the push for using technology to help us drive health messaging to the public, it has provided so many channels for our presence to be felt.

From YouTube to Instagram to TikTok, we can harness the reach of these channels to educate a wider audience, sharing simple health tips for the trending health topic. More people can then benefit from the knowledge gained to take better care of themselves.

Apart from providing medication and healthcare services from the dispensary, we are also reaching out to help the "silver generation", by providing medication reconciliation and management services in intermediate and long-term care facilities. These initiatives can tap on our expertise in medications, to ensure the continuity of care is maintained for their chronic conditions.

" Community pharmacists also need to have compassion and be inquisitive when talking to customers. In order to make the most appropriate recommendations, we need to know about their health background and how the ailment is affecting them. We also need to show empathy to the customer so that in turn they will trust us."

FACES OF PSS: MEDIA & COMMUNICATIONS COMMITTEE

THE BEGINNING

Created in June 2020, the Media and Communications Committee (MCC) acts as the official corporate communications wing of the Pharmaceutical Society of Singapore (PSS), handling both internal and external communications.

Today, headed by Chairperson Ms Vernadine Goh and Vice-Chairperson Ms Angeline Lai, MCC has 3 main sub-committees - Social Media, Internal Communications (which handles the e-bulletin), and Website (which supports the development of the upcoming website). The team also liaises with the media for official events, and coordinates responses for media queries. We asked some of the members about their motivations for joining the team.

What made you want to join MCC?



Vernadine: I enjoyed leading a team to develop social media videos back when I was in Guardian. So when my manager suggested joining MCC, I was enticed by the challenge of starting something new, while building my skillset in an interesting new area.



Joshua: I joined MCC initially as part of my involvement as the Head of Publicity in Pharmacy Week back in 2020. As a member, I could tap on the expertise of other senior members to refine the quality of content produced, and also the media outreach strategy for the event. In MCC, we were able to work together to strategise for media responses and for the upcoming website refresh.



Hue Kian: I wanted to stay in touch with the community and also make new friends.



Kelvin: I've often worked on publicity, social media and digital media related activities both as a student and as a working professional. I felt MCC would be an extension of what I already enjoy. What's more, I would get to remain in touch with friends through these activities or projects!



Cinny: I joined MCC as one of the founding members. Without the relevant skillsets in media relations and digital newsletters, I was hesitant initially as I did not know what I could offer to the team. However, the rest of the team was very encouraging and provided me with a platform to explore and try out new things to challenge myself.



THE DEVELOPMENT AND GROWTH OF MCC

The team was completely new to the area of corporate communications. It was only with the input of the founding members, collated from discussions over Zoom, that various changes started to be put in place.

The team revamped the e-bulletin, spawning new segments such as Industry Insider and Faces of PSS. Social media also began to be used in tandem with the e-bulletin to increase outreach of the content. In addition, formal training was organised which allowed the team to create guidelines for handling the media and standardising social media content. As the members developed their skills, MCC began to function more smoothly.

What have you gained?



Vernadine: I was fortunate to be able to tap on the experience of senior members such as Ms Corrinne Tan and our ex-officio. Their mentorship helped me develop our team structure and workflow, especially when dealing with media for the first time. I felt that PSS provided me with a safe place to learn these new skills.



Kelvin: As Pharmacists hardly have opportunities to meet fellow colleagues in the field, MCC has provided a platform for me to get to know more pharmacists. Moreover, it has been really fun and enjoyable working with my MCC team mates!



Cinny: Being part of the internal communications team allowed me to liaise and build relationships with pharmacists of different disciplines. Throughout my time in PSS, the society has been a welcoming and supportive organisation. Hence, I was able to learn and build up my confidence in the process. I am also grateful that MCC provides me with the relevant trainings and exposure with media events and enquiries as well.

Your hopes and dreams for MCC & PSS?



Joshua: I hope that PSS will continue to be a community of pharmacists who are passionate to drive change and implement initiatives to advance the field of pharmacy. As the community develops, I hope that we will continue to push the boundaries of healthcare and bring better quality of care to the patients we serve.



Cinny: As part of the MCC team, I hoped that we will be the voice of our fellow pharmacists internally and externally while we build up rapport for our profession. In order to carry on the nurturing efforts of PSS to our pharmacy community, I hope to see more engagements and corresponding involvement of fellow pharmacists in the society's activities.



Hue Kian: I hope we can be united as one pharmacy community. And also be more inclusive to people practicing in less mainstream roles!



PROFESSIONAL UPDATES

NUS DEPARTMENT OF PHARMACY HEALTH FAIR EVENT

Health TAG: Call for Pharmacists!

Join us with MOHT to make a difference in the community by sharing your knowledge & expertise at our PHARMACIST- run health fair, Health TAG: Treat, Advise, Go!

Date: A weekend day in August/Early-September (~5 hour shifts)

Briefing for the event will be conducted in July

Venue: Boon Lay

Watch this space for sign ups soon!



Booths at the event:

Cancer & Immunisation Informational booths (4 Pharmacists):



- Manage and oversee volunteers as they share with patients:
 - The importance of cancer screening or immunisation
 - How to conduct FIT kit testing
 - How to go about getting subsidised HPV vaccines.

Point-of-care testing (8 Pharmacists):

- Manage and oversee volunteers as they help patients to test their blood pressure, HbA1c, on-the-spot lipid panel and/or perform urine dipstick analysis



Medication review & History taking (20 Pharmacists):



Calling all pharmacists who are ready to TAG with us!

- Conduct history taking and holistic review
- Provide targeted advice, according to risk profile of cardiometabolic risk factors
- Collaborative Prescribers only: Provide information on treatment options

This event is supported by:



Department of Pharmacy
Faculty of Science

MOHT



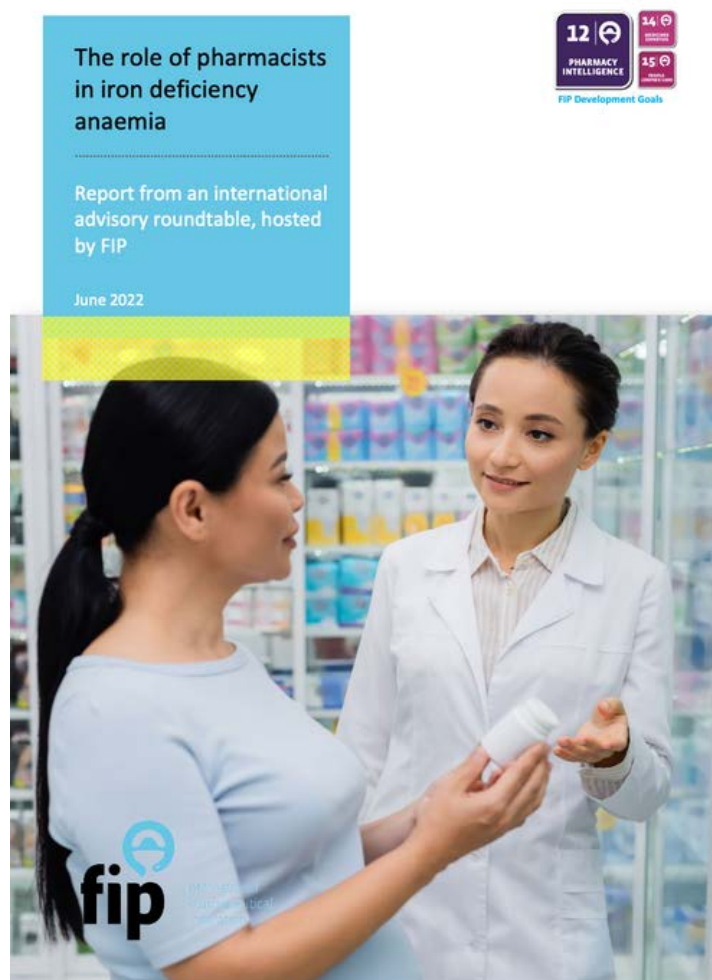
FIP ROUNDTABLE DISCUSSION

THE ROLE OF PHARMACISTS IN IRON DEFICIENCY ANAEMIA

In June 2022, a report was published by the International Pharmaceutical Federation (FIP) titled "The Role of Pharmacists in Iron Deficiency Anaemia". This report was the result of a roundtable discussion involving participants from five FIP member organisations, including the Pharmaceutical Society of Singapore.

PSS would like to thank Dr Chuang Shen Hui and Dr Priscilla How for sharing their valuable insights during this session, and for promoting the expansion of pharmacists' roles for the advancement of the pharmacy profession.

Click [here](#) to read the full report.



CAREER OPPORTUNITIES

ST Logistics

1) Quality Assurance Pharmacist / Manager



ST Logistics is seeking a Pharmacist registered with the Singapore Pharmacy Council. Requirements include good communication skills, being motivated and driven, and being comfortable in a logistics environment. Hospital experience is useful, but fresh pharmacists are also welcome.

Click [here](#) for more information..

ST Logistics



2) Production Pharmacist / Manager

ST Logistics is seeking a Pharmacist registered with the Singapore Pharmacy Council. Requirements include good communication skills, being motivated and driven, and being comfortable in a logistics environment. Hospital experience is useful, but fresh pharmacists are also welcome.

Click [here](#) for more information.

An initiative under the PSS Media & Communications Committee
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