

Canadian Pharmacy Student Conference - Professional Development Week (PDW) 2008

Sharon Leung, Contact Person of the Canadian Association of Pharmacy Students and Interns (CAPSI)

PDW is an annual conference that is held at a pre-selected pharmacy school in Canada. It gathers pharmacy students from across the country to meet for one week, where we share our pharmacy experience, compete in a number of competitions, learn more about CAPSI, celebrate the achievements of our peers and attend various workshops/presentations.

The University of Alberta's Faculty of Pharmacy and Pharmaceutical Sciences was proud to host CAPSI'S PDW

this year in Edmonton. Chairperson of the event, Laura Lammers, worked with her board to put together the event, which occurred from January 16th-19th, 2008 at the Shaw Conference Centre in Edmonton, Alberta, Canada.

Professional Development Week is aimed at pharmacy students from across the country, registered pharmacy interns, pharmacists, supporting members, corporate members, and honorary life members. Other universities involved included the University of British Columbia, the University of Alberta, the University of Saskatchewan, the University of Manitoba, the University of Toronto, Universite de Montreal, Universite Laval, Dalhousie University, and the Memorial University of Newfoundland. A total of 826 pharmacy students were represented at PDW 2008.

The theme for PDW 2008 was 'Empowering our Patients.' This theme focused on how to motivate patients to take responsibility for the maintenance of their health, while taking an active role in their medication therapy. As first line healthcare professionals, we can influence and educate our patients to become self-aware about their current state of health, through repeated interactions with patients in community and hospital settings. This theme was explored through various avenues such as, speakers discussing the relevance of pharmacist interventions and chronic conditions of the present and future.



CAPSI meeting with the national executives and local representatives

Pokhara University Students' Pharma Association (PUSPA): Eye Camp-2008

Hridaya Shrestha, Contact Person of Pokhara University Students' Pharma Association (PUSPA)

Even on the outskirts of the urban settings of Pokhara valley, there is a lack of proper health facilities. Lekhnath municipality, being the largest municipality by area of Nepal, covers a large expanse of rural area within its geography. There is a rapid growth of population in these areas and thereby, there is a dire need of proper healthcare centres. Satmuhane, located in the eastern region of the Lekhnath Municipality is one these locations.

The aims of the PUSPA Eye Camp 2008 were threefold:

1. To serve the society as a health professional (pharmacist) and to create health awareness about eye problems and its management amongst local residents.

2. To improve the cooperation between the local villagers, clubs and eye hospital.
3. To improve the counselling skill of pharmacy students of The School of Pharmaceutical and Biomedical Sciences, Pokhara University.

The overall goal of the event was to diagnose prevailing eye diseases or problems of the local residents of Satmuhane in Lekhnath and provide medicines to improve their disease state. The materials and methods used included pamphlets and posters, which were distributed to advertise the event, advertisement through loudspeakers, diagrammatic charts and illustrative drawings. These were all very

effective in generating awareness, sponsorship letters, and direct interaction with the locals.

Under the leadership of Chairperson Shailesh Sharma and 56 pharmacy students strong, the Eye Camp was held on 15 March, 2008 at Sajha Bhawan, Satmuhane in Lekhnath Municipality-14, Kaski, Nepal. The actual camp took place from between 8:00 - 4:00pm before the closing ceremony at 5:00pm.

Our target was to reach 300 patients in total. Other organisations involved in the activity were the Naulo Tara Club, Lekhnath, Himalayan Eye Hospital in Pokhara, Pokhara University Biomedical Association of Students (PUBMAS), and 3 optician assistants from Himalayan Eye Hospital.

In summary, the Eye Camp was very successful as 377 patients benefited from the programme and amongst them, 21 patients were diagnosed with cataracts and received free surgery which were supported by PUSPA.

Pie chart showing total no. of patient (age wise)



Age group (in years)	No. of Patient
0-18	63
19-59	207
60 and above	107
Total	377

Medication Review at Kheng Chiu Happy Lodge 2007

Ang Bee Hwee, Emed Project Director 2007-2008, NUSPS

15th December 2007 marked the successful conclusion of Emed's third Brown Bagging event at Kheng Chiu Happy Lodge. The medication review event this year had a little twist in that social activities for the elderly were included as well. The first programme, Bingo, received great response from both the elderly and the students. Game rules were explained in different languages to the elderly by the game hosts, and volunteers helped those who had difficulty in spotting numbers during the course of the game. Winners of each round won themselves a bottle of Brand's Chicken Essence each, to their delight.

After the Bingo session ended, the elderly were guided back to their rooms by students assigned to them. The volunteers then had to go through every medication the elderly was on and find out more about how he/she is taking his/her medicine, thus checking whether the elderly was taking the medicine correctly. The purpose of this is also to check for their compliance with the dosing regimen. Students were also on the lookout for possible drug interactions or duplication of medications with the same drug action. All the information collected was recorded in a form then verified by the pharmacists who volunteered themselves for the event.

Year 3 students were able to counsel the elderly on Pharmacy and OTC medications. Year 1 and Year 2 students were able to help fill up the medication review forms and observe how their year 3 senior or pharmacist

conducts the patient counseling. However, communicating with the elderly proved to be a problem for some due to their limited understanding of dialects. The pharmacists took it upon themselves to personally counsel the elderly with more serious health and medication problems. At the end of the review session, each elderly was presented with a goodies bag containing several products that were kindly sponsored by our generous donors.

The event ended with a Christmas carolling session, whereby the elderly sang along to familiar Christmas jingles like 'Santa Claus is Coming to Town', 'Jingle Bells', 'Rudolph the Red-Nosed Reindeer'. The elderly also hung up Christmas decorations with their wishes written on, on the Christmas tree.

Emed would like to sincerely thank all the volunteers for the great work and hope that each volunteer has gained an experience to apply what they learnt in real-life situations, and more importantly, the skill of communicating with patients. We also would like to express our heartfelt gratitude to our sponsors: Brands, Oral B, Axe Oil, Mr Peter Li, Mr Kelvin Ng of Jubilant Serrius Pte Ltd, and Mr Ng Hock Kee William & Mdm Jenny Leow. Last but not least, a big thank you to the pharmacists Ms Wendy Ang, Ms Serene Yeow, Ms Angeline Liew, Ms Candice Yong and Ms Yeo Qiu Min for participating in the event. Without our volunteers, pharmacists and sponsors, the brown bagging event would not have been a success.