

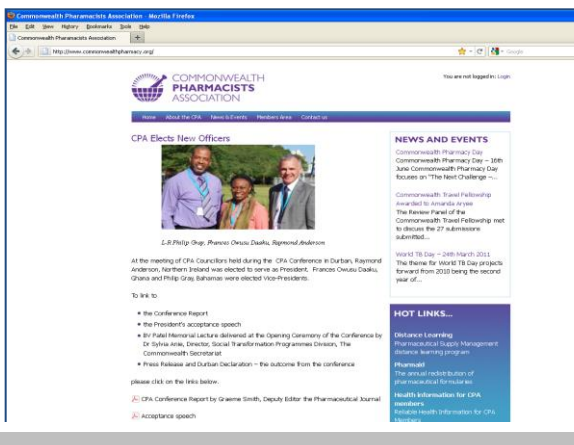
COMMONWEALTH PHARMACY E-NEWS

CPA Activity and Annual Accounts

The report and audited accounts of activities for 2010 - 2011 is now on the members area of the CPA website:
www.commonwealthpharmacy.org

CPA Website

The new CPA Website is now a year old and your feedback on how easy it is to use or what you would like to see posted is always welcome.



We would like to apologise to all those members who had problems with renewing their membership on-line. This has now been remedied and next year it should all be as they say "plain sailing". For those trying to renew membership on-line from Nigeria and Ghana we are working with our Councillors in these countries for you to be able to renew your membership through them.

May I take the opportunity to remind you that you can make several kinds of

updates to your own records, including name changes by using the following:

- 1) Go to : <http://www.commonwealthpharmacy.org/> and click on 'log in' at the top right of the page
- 2) Log in using your user details
- 3) If you have forgotten these, then there is a password recovery system on the log in page
- 4) After logging in you will be redirected to the members' area of the CPA site
- 5) Click on the 'edit account' link, again top right of the page
- 6) Choose the 'profile' tab
- 7) Make your changes and hit 'save profile'

Whilst you are in the members area why not visit the Discussion Forum and let us have any new topics for discussion and what you would like to see discussed

CPA in Sri Lanka

An interactive workshop that focused on pharmacists support for the disabled was held in Colombo Sri Lanka in collaboration with the Pharmaceutical Society of Sri Lanka (PSSL). Lead by Chinta Abayawardana, President of the PSSL and CPA Councillor for Sri Lanka and Roger



Odd, CPA Secretary. The interactive workshop is one of a series that CPA, with the support of the Commonwealth Foundation,

agreed to hold as a series of meetings across the Commonwealth in celebration of its 40th Anniversary in 2010.

The workshop highlighted that after 30 years of conflict between 8 – 10% of the population are disabled, bearing in mind the WHO accepted description of "Disability". Actions identified during the interactive sessions are to be implemented by the PSSL in collaboration with disability organisations in Sri Lanka. The Workshop Communique is available to download from the CPA Website: www.commonwealthpharmacy.org

CONFERENCE AUGUST 15 – 18 August 2013

BAHAMAS SIGN CONTRACT

The CPA 2013 Conference became one step nearer on the 13th September, 2011 when Philip Gray, CPA Vice-President signed the venue contract with the Atlantis Hotel.



L – R Mr. Ted Adderley, , Atlantis Hotel and Philip Gray CPA Vice President.

CARIBBEAN ASSOCIATION OF PHARMACISTS CONFIRM THEIR COLLABORATION ON THE 2013 CONFERENCE

It is with much pleasure that we can also announce that the Caribbean Association of Pharmacists (CAP) (<http://cap.org.jm>) have confirmed that their annual conference will be held in conjunction with the CPA Conference. CAP was inaugurated in 1976 and represents both

Commonwealth and non-Commonwealth countries in the Americas region. Planning for the Conference is well underway and the the Education Sessions, the opening ceremony and cultural evening will be just one aspect of the Conference that will see close collaboration between the organisers.

The CAP Education Committee which has a well structured and accredited CE programme, will be heavily involved in the education sessions and the programme development.



Atlantis Hotel, Bahamas

The Conference Organising Committee are holding monthly meetings and already a detailed Conference infrastructure is in place to make the Conference a informative and enjoyable occasion for all those attending.

The conference website will be available from December 2011.

To receive information on the Conference as it becomes available email: admin@commonwealthpharmacy.org or check out the CPA website.



PHARMAID



This is a call for all members of CPA in the United Kingdom to donate their last two editions of the BNF and the BNFC to CPA for inclusion in the annual collection. The collection will be undertaken by the pharmaceutical wholesaler AAH Pharmaceuticals Limited on our behalf between 7 – 11 November.



Receipt of the BNF in St Lucia

Collection details are available from the CPA website – “Hot Links”:
www.commonwealthpharmacy.org

DISCOUNT FOR CPA MEMBERS

Remington 21st Edition – now back in print

The Pharmaceutical Press has acquired the rights to reprint and publish the current edition of [*Remington: The Science and Practice of Pharmacy, 21st edition*](#). You will soon be able to purchase this at: www.pharmpress.com/remington or via

your local bookstore or library supplier. As members of the CPA you can pre-order now from Pharmaceutical Press at 30% discount. Just quote code REMCPA at checkout. Offer valid until 31 October 2011.

BNF to power New Zealand medicines formulary

New Zealand healthcare professionals will soon have access to a NZ-specific medicines information resource with authoritative BNF content at the core of its offering.

The BNF is widely considered the international gold standard in prescribing advice and for this reason was chosen to form the basis of the new NZ formulary. Additional information will also be licensed from the *BNF for Children* and *Stockley's Drug Interactions*. All content and updates will be modified to suit the New Zealand environment.

The New Zealand Medicines Formulary (NZMF) is a result of a collaboration between the publishers of the British National Formulary - the British Medical Journal Group and the Royal Pharmaceutical Society, Best Practice Advocacy Centre New Zealand and Best Practice Advocacy Centre Incorporated. For more information, please contact guy.simpson@rpharms.com Royal Pharmaceutical Society.

CPA Members are able to obtain discounts to the publications the Pharmaceutical Press from the member's area of the CPA website.

CPA Member Review of the 2011 Conference

**by Pharm Harrison Kofi Abutiata,
Accra, Ghana**

CPA works quietly behind the scenes working with its member organisations on activities and promoting pharmacy in its member countries whilst also representing the profession of pharmacy at the Commonwealth Peoples Forum, the Commonwealth Ministers Meeting and as an observer at the World Health Assembly, then every two years CPA brings together pharmacists from Commonwealth and non-Commonwealth countries to meet at the CPA Conference.

The 2011 Conference was held in Durban, South Africa and the theme was encapsulated in three words: *Pharmacy, Versatile/Responsive/Aware*. 500 pharmacists from Australia, Bahamas, Bangladesh, Barbados, Botswana, Cameroon, Canada, Ghana, Guyana, India, Jamaica, Kenya, Malaysia, Namibia, Nigeria, Northern Ireland, Pakistan, Sierra Leone, South Africa, Tanzania, United Kingdom, Zambia and Zimbabwe, together with those from non-commonwealth countries e.g. Sudan who were eager to find out what other pharmacists and how pharmacy was developing in the Commonwealth.

31 Speakers from all over the world, made educative and thought provoking presentations like highlighting the realisation that Pharmacy had not paid sufficient attention to the growing challenge of chronic and non-communicable diseases in both developed and developing countries of the Commonwealth. At the recent World Health Assembly in Geneva, it was pointed out that 37 million of 57 million global deaths in 2008 were due to non-communicable diseases, 29% of non-communicable diseases in low and middle income countries in 2008, occurred before age 60 and 80% of premature heart

disease, stroke and diabetes can be prevented.

In order to meet these challenges, the pharmacy profession will need to be aware of its size and shape, responsive to the demands placed on every profession and society and be versatile enough to change where necessary. Attention was paid to the consequences of urbanisation, healthcare financing options, access to medicines, quality of medicines and the need to provide an appropriate pharmaceutical workforce to meet the challenges of 21st century.



With such conferences, there were many sessions that I wished to attend, so one had to pick and choose those topics of particular interest. I attended the topic under National Health insurance, where Dr Frances Owusu Daako, School of Pharmacy, KNUST, Kumasi, Ghana, presented a paper on NHIS, the Ghana experience. I also attended sessions on Quality of medicines, The Millennium Development Goals- the last lap, the global response to substandard, spurious, falsified, falsely labeled and counterfeit medicines, access to insulin and cold chain challenges in insulin supply, as well as Regulatory harmonisation in the Commonwealth.

At the closing session, awards were presented to deserving conference

presenters and personalities. One of the personalities was Miss Amanda Aryee, a young Ghanaian lady pharmacist who won this year's CPA travel award worth £2000.

CPA Conferences are renowned for its social activities and I was not disappointed. The conference dinner was certainly different as it was held in an aquarium which took the form of a sunken ship which you walked through with various sea floras, tropical fish and sea creatures viewed through glass and the buffet meal allowed you to wander and eat at the same time.

DURBAN: The venue of the conference is indeed a beautiful, neat and modern city with well manicured gardens beautiful clean beaches with broad walks and hotels that overlook the blue Indian Ocean. Durban is also home to the magnificent stadium where some of the recent Football World Cup was held. I remarked that our striker, Asamoah Gyan, might have been admiring one of these magnificent views,

lost concentration and shot the 30 million dollar goal that broke the heart of Ghanaians and all Africa, against the cross bar!!! .

In comparison to other African countries, I never saw a single road ramp, pot hole, kiosks nor did I find plastic bags or open gutters anywhere in Durban!

As I boarded the taxi back to Durban airport at the end of the Conference I reflected on all the friendships that I had made and pleasant memories of CPA 2011 that I was taking away with me and the admiration of the way the development of South Africa was adding value to the quality of life for all South Africans.

I am looking forward to the next Conference in 2013 in the Bahamas and to meeting old friends and making new friends and I do hope to see you there.



Why a leopard for the logo?

The leopard is one of the world's most beautiful cats. It is sleek, elegant and graceful but lives in a world that

demands its full attention if it is to survive. Is it responsive? It is aware? Would it survive if it were not?

The leopard is the world's most versatile feline. It can adapt to almost any habitat, as long as it can find enough food and shelter.

Leopards are comfortable on land or in the water. They run fast, leap high and far, and climb trees comfortably. They are at home in the water and are expert swimmers.

The diet of the leopards is very flexible. Their innate strength and power serve them well when hunting their food. Their primary source of nourishment is antelope but they are happy to eat hare, birds and even fish and crabs. They are prudent and haul their kills into branches to protect their food supply.

Do pharmacists compare with leopards?

- Recognition that pharmacists are part of the family of health care practitioners
- Acknowledgement that pharmacists have unique knowledge and skills
- Ability to integrate their primary function with the broader needs of the patient
- Determination to define their professional territory and to protect it
- Commitment to take responsibility for all aspects of medicine management
- Stamina to go forward relentlessly
- Grace to deal gently with vulnerable patients
- Flexibility to cope with a constantly changing environment
- Vision to spot both the dangers and the opportunities
- Ingenuity to adapt to hostile conditions

Hunting can occur from trees, where they pounce on their prey or in tall grass, where their stealthy movements help them to sneak up on unsuspecting animals. Their acute hearing and eyesight make them aware of danger, and give them an advantage on their prey.

Leopards are generally solitary animals, relying only on themselves. Cubs stay with their mothers until they are able to cope alone. They follow the white underside and spots on the ears of their mothers, even through dense vegetation. They are territorial, regularly marking their domain and defending it against intruders. During the heat of the day, leopards usually rest in trees, coming down at night to hunt for food.

Leopards are the most successful and cunning of the big cats. Their amazing adaptability has played an important role in their survival, as has their nocturnal lifestyle. They are difficult to spot and often go undetected when humans are around. They often inhabit areas that man has rejected, responding to the environment in a way that enables them to live successfully.

- Versatility to overcome all obstacles
- Ability to make the most of any situation
- Imagination to think out of the box
- Insight to know when they are most effective
- Willingness to try new ventures or expand existing ones
- Courage to make difficult decisions
- Dedication to mentor young pharmacists
- Success that results from applying both wisdom and hard work

*Ivan Kotze,
Conference Chair*

Travel Fellowship Recipient 2011

Report by Amanda Aryee, Ghana on the value of the award in aiding the development of pharmacy in Ghana.

a. INTRODUCTION

The Commonwealth Travel Fellowship Award was instituted in 2009 to mark the 40th anniversary of CPA. This award was to enable the recipient to attend a conference of his or her choice with the award money of £2000. It was an honour to receive an email from the CPA Secretariat indicating that I had been chosen as the first recipient of this award out of the twenty-seven (27) applications received.

My aim for attending the conference was to:

- Meet pharmacists from the various commonwealth countries, interact with them, establish contacts and learn from them.
- Broaden my knowledge on the various health related topics discussed.
- Find out ways of combating counterfeit medicines.
- Obtain knowledge and skills that pharmacy students in Ghana can use on drug safety campaigns.
- Create a foundation for partnerships to be established for student exchange programmes to be organized for Ghanaian pharmacy students.
- Experience the diverse culture of South Africa whilst sharing part of mine.
- Identify areas of good practice to take back to Ghana.

Events and Visits

Saturday, 28th May- The Pharmaceutical Society of South Africa arranged for me to visit Alpha Pharm wholesalers in Durban, one of the largest pharmaceutical distributors in South Africa supplying

medicines to various community pharmacies in the province. I was particularly interested in their system of operation where customers purchase products by placing their medication orders within a specified cut-off time per day. This information is then processed and a command given to the system to pick the specific medication, the quantity needed in a very orderly manner and each order is placed in separate bins. This computerized automated system allowed for proper quality assurance management and maximum productivity as specific medicines are delivered to specific addresses.

I then visited a local community unity pharmacy, one of the pharmacies that purchase products from Alpha Pharm wholesalers. There was a dispensary where most of the medicines were kept and others were displayed on shelves. I realized the classes of medicines were identified by simple coding; S1, S2 etc. This system made it easy to differentiate between an over-the-counter and prescription only medicine. The customer service was good as there was a nurse present at the pharmacy to check the pulse, blood pressure, temperature etc of the patients and dress wounds when necessary. There was provision for a bed for patients who needed to be monitored for a period.

B. CONFERENCE

Sunday, 29th May – The conference began in the afternoon, with series of welcome speeches given by the Commonwealth Pharmacists Association (CPA), Pharmaceutical Society of South Africa (PSSA), South African Pharmacy Council (SAPC) presidents; Ivan Kotze, Sybil Seoka and Bada Pharasi.

The Keynote Address was delivered by Dr Christine Platt, President of the Commonwealth Association of Planners, who explained that improvement in health would depend on development planning and proper structuring of towns and cities. She added that this was a way of

preventing communicable diseases and pharmacists, being the first port of call in most cases, could advise their patients and the general public on the risks of overcrowding on their health. This would help minimize the incidence of such diseases.

The BV Patel Memorial Lecture was delivered by Dr Sylvia Anie, Director, Social Transformation Programme, Commonwealth Secretariat. During her address Dr Annie highlighted that pharmacists should be "Responsive, Versatile, Alert and Aware" as health workers and stressed the need to improve the quality of services provided to the benefit of both the patient and the world at large.

Both speakers emphasised that as pharmacists we should be looking to improve ourselves, take initiatives to make changes where necessary and make the impact of pharmacists felt worldwide. After the opening ceremony the delegates had the opportunity to interact and I had the opportunity to speak with pharmacists from the United Kingdom, South Africa, Nigeria, Cameroon, Sierra Leone, Guyana, Kenya and the Bahamas, and I learnt how diverse pharmacy can be. Pharmacists were not only involved in community and hospital practice but were also into industrial medicines, academia and politics. Some were involved in public health and service delivery across Africa. The core aim of these pharmacists was to provide quality health care to people irrespective of where they found themselves.

Sponsors and exhibitors including; PHARMED Pharmaceuticals, Pfizer, Cipla, GlaxoSmithKline, Johnson and Johnson, Bayer and Alpha Pharm had mounted exhibition stands; giving me the opportunity to discuss the various products as many had yet to be launched in Ghana my home country.

Sessions Attended

There were various educational sessions running concurrently. I attended six sessions in all.

❖ Millennium Development Goals: planning for the last lap

The talk was on planning for the final part of the millennium development goals and the challenges and solutions concerning prescribing across borders. To be able to measure the achievement of these goals, common and tangible indicators had to be available. The main challenge was the lack of appropriate measurable indicators, and for situations where data had been collected, the information was outdated due to the length of time taken to collate and analyse this data; thus better data capturing processes were to be encouraged to ensure an efficient achievement of the goals.

❖ Prescribing across borders

The next part of this session was about the challenges involved in cross-border prescribing. The main challenge was the difficulty in getting medicines to remote areas, thus a telemedicine system has to be properly established in these areas to meet the needs of both tourists and local inhabitants.

❖ Chronic non-communicable disease: Diabetes in Africa

The next session was on type II diabetes and pharmacists were urged to play a key role in counselling and management of most clients so as to reduce the incidence in the future. New insulins with improved pharmacokinetic profiles as well as glucagon-like-peptide 1 based therapies for the management of type two diabetes had been developed and further research was being done into these areas.

❖ Human resources in pharmacy

In this session the speakers addressed the inadequate number of pharmacy personnel in South Africa and the current challenges surrounding the recruitment of personnel. It was in this session that I urged all delegates present to consider

sharing human resources in Africa as this would benefit each country involved. I used my experience at the conference as an example and encouraged them to consider it. This could provide a remedy to the "brain-drain" of pharmacists in most African countries since most of them are not being quickly absorbed into the various health sectors of their countries.

❖ **Paediatric medicine access: Extemporaneous compounding of medicines for children in resource limited areas.**

I attended a session on the details and precautions to take in compounding medicines for children. The speaker laid emphasis on the need to be meticulous in this since the slightest change in concentration in preparation could result in the death of the infant.

❖ **National health insurance: the Ghanaian experience.**

The speaker gave a progress report on the scheme, the challenges it had faced since it begun and advised other countries who were yet to start the scheme on key issues to take note of, so as to ensure its effectiveness when implemented.

❖ **Expanding the Role of the Pharmacist in improving clinical outcomes**

The speakers outlined the various roles that the pharmacist could play in the management of diseases and the provision of quality health care especially in the community pharmacies. They advised pharmacists to improve their knowledge and work hard in their various areas of specialization so as to attain the necessary recognition in their countries.

LESSONS LEARNT

1. The ways of detecting counterfeit medication and measures to put in place to prevent counterfeiting.

2. Importance of community planning in the prevention of diseases and improving the health of the individuals.
3. Ways that pharmacists could improve their practice especially in the community pharmacies.
4. The modern advancements in medication for type II diabetes and pediatrics.
5. The importance of networking in the advancement of the pharmacy profession in Africa and the world

CONCLUSION

Attending the Conference has shown me pharmacy practice outside Ghana. Pharmacy is indeed diverse and I have learnt ways of improving community pharmacy practice and industrial pharmacy to the benefit of the people in Ghana. I intend to share my experience and lessons learnt on the prevention and management of non-communicable diseases with the pharmacy students in Ghana particularly as they go on the annual drug safety campaign to educate the people in the Volta region of Ghana.

I am very grateful to the CPA Secretariat for such a wonderful and life changing experience.



Amanda Aryee