

PHARMACY MONTH (SEPTEMBER 2018) AT NELSON MANDELA CHILDREN'S HOSPITAL (NMCH)

SEPTEMBER IS PHARMACY MONTH

Know your medicine - ask your pharmacist



2017 marked the first year where the Pharmacy profession was celebrated for the whole month. In 2018 we pushed more boundaries in participating in Pharmacy Month and educating the Healthcare providers at Nelson Mandela Children's Hospital. The aim of Pharmacy Month is to celebrate the profession as well as further provide an opportunity to entrench an understanding to patients of the role of pharmacy in the provision of medicine as part of Quality Healthcare.

We took it upon us to participate in Pharmacy Month and challenged ourselves to make it more successful than 2017.

This year's Pharmacy Month theme was **"Use medicines wisely"**. This was a pivotal theme for us here at NMCH as a paediatric hospital to enlighten the health care providers of the importance of using the right medicine for

the right patient, at the right dose, at the right time, using the right administration route for our patients.

To align our activities with this year's National theme, we prepared various materials and planned interactive talks, which focused on:

- Reinforcing the benefits of using and knowing one's medicines by Healthcare Providers and the community at large.
- Proactivity in ensuring that our patient's Healthcare providers, care givers, parents and the community know how to store medication and know how to travel with medication.
- We continuously emphasized the need for the Healthcare providers, parents, patients and the community to build a rapport with Pharmacists and to ask them about all their medication related issues
- HIV in Paediatrics talk from Right to Care
- Organ Transplants in paediatrics Talk
- Pharmacy as a profession, studying Pharmacy at University and subjects required at High School level

First day of Pharmacy Month

NPC Registration No: 2011/009134/08

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Directors

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We launched Pharmacy Month at 09h00 on the 03 September, with a lovely display that had information leaflets and posters from SAPC about using medicines wisely. As part of our launch, the pharmacists recited the Pharmacists Oath in front of the rest of our NMCH colleagues. Our CEO gave an encouraging message about Pharmacy as a profession and about Pharmacists. Soon after the Pharmacy staff went and distributed tokens of celebration packs to the rest of the NMCH Staff.



Front row Left to right: Thato Ramela, Sonya Kolman, Nonkululeko Maphunye, **Isabella Mphuthi (Pharmacy Manager)**, Agnes Nteeo, Lerato Moyane, Ayanda Kunene

Back row Left to right: Passmore Musungwa, Suzan Ratshilumela, Thomas Mpfupa, Sipho Dladla, Peter Monoketsi, Thandazile Dladla, Emily Jiane, Dikhutso Theledi



Left: Nonkululeko wearing a T-shirt that shows this year's theme

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The NMCH Pharmacists reading the oath, front row from left to right is Ayanda kunene, Passmore Musungwa, Suzan Ratshilumela, Isabella Mphuthi, Sonya Kolman and Thato Ramela

We also hosted interactive talks on weekly basis for two weeks of the month:

Presentation on HIV in paediatrics from Right to Care : Dr LJ Levin On the first Wednesday of September, we had an esteemed guest whose presentation focused on HIV in children, current ARVs used as well as future ARVs to be used.



Doctor Levin's highlighted the following points:

- The introduction of Dolutegravir and Raltegravir as part of our ART regimens
- The new first line regimen for children and the implications of using these ARVs
- The impact of HIV being resistant to the ARVs
- The side effects of the current regimens as well as those of Dolutegravir and Raltegravir

Dr Levin Talks about HIV in paediatrics

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Presentation from Astellas about transplants in paediatrics: Lisa le Roux

Our second talk occurred on Tuesday in the second week of September. This talk focused on kidney and liver transplants in children, as well as the medication used prior to, during and post transplant.

Ms Le Roux highlighted the following:



Talk on Immunosuppression and transplant medication talk given by Astella's Lisa le Roux

- The importance of correct prescribing and usage of medicines used in transplant patients
- Adherence and compliance to prescribed medication was also highlighted in order for patients to prevent getting infections and to treat organ transplant rejection
- The different types of transplants with the main focus being on Kidney and Liver transplants
Immunosuppressive medication and its importance in lowering the patient's immune system enough for the body not reject the organ
- The adverse reactions and side effects of all the medication used in transplant patients

SCHOOL VISIT FOR CAREER DAY

We had a Career Day (in the first week of September) taking place at our Hospital to impart knowledge to learners about Pharmacy as a career. We invited 13 Grade 10 and 11 learners from Parktown Girls High School, which is based in Parktown, to come to our hospital. This initiative was considered with the hope that this will also help them to make informed career choices when choosing their post-matric qualifications.



The NMCH Pharmacy staff with the grade 10 and 11 learners from Parktown High School For Girls

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Upon arrival, each learner got a pack that had useful information about institutions where they can study Pharmacy. Other information leaflets provided included NMCH Pharmacy, Radiology and Anaesthesiology Department leaflets. We also supplied vaccination slides printed from the South African Pharmacy council. Not only did we teach the learners about the vast career options they have as Pharmacists in different industries, during the tour around the hospital they also got exposure about other healthcare career options.



Our Pharmacy manager handing over a prize to one of the Parktown High School learners who answered questions correctly



Left to Right: Thato Ramela (Aseptic Dispensing Pharmacist), Dr. Nonkululeko Boikhutso along with the Pharmacy Manager, Isabella Mphuthi (Far Right) handing over donated sanitary towels and first Aid Kit to the Educator from Parktown High School Girls.

At the end of the career day the learners were asked questions about what they learnt at the hospital and prizes were given to those learners who answered correctly. We also presented First Aid kit and a bale of Sanitary towels to the school to show our support.

Directors

COMMUNITY OUTREACH BY THE NMCH PHARMACY



Nelson Mandela Children's Hospital Staff handing over the donated toiletries to the Ikageng Community Outreach



Mr Peter Monoketsi, a Post basic Pharmacist Assistant giving a talk to the kids at Ikageng Community Centre

In the second week of Pharmacy Month we visited the Ikageng Community Outreach Centre in Orlando West, Soweto. They had communicated to us that they needed toiletries for the children and households they support. We raised funds to buy toiletries and when we visited them we also spoke to the children about the importance of studying and explained to them what Pharmacy is all about. We also taught the children and the caregivers about the importance of knowing medicines, storing medicines and using medicines wisely.

FUN ACTIVITIES FOR OUR STAFF COMPLEMENT AND PATIENTS

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Throughout the month we sourced and handed out life-size teddy bears and hampers to the following wards: Dialysis, Cardiac, Radiology, Theatre and Day ward. These teddies and hampers were donated so that the children in the wards would feel comfortable and at home while healing or waiting for the clinical staff to assess them. All Patients who sought medical care from Dialysis, Outpatient Department and Day Ward got a hamper which included a teddy bear, colouring book and crayons as well as a “get well soon” card from the Pharmacy before they went home.



Our intelligent NMCH colleagues eagerly participated in quizzes throughout the month; these pharmacy related questions were asked every Monday for four weeks to the whole staff complement and on Fridays the winners were announced.

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Winners of the Pharmacy month quizzes are presented their prizes from left: Elizabeth Panaino, Kamashnee Joseph, Joan Kleynhans, Mahoi Mokoena

None of the activities and prizes to our participants would have been possible if was not of the generosity of our supportive donors and sponsors from different industries. We are forever grateful that the pharmaceutical industries stood by us in the amazing time of preparation and throughout the month.

The NMCH Pharmacy staff would love to thank the learners and educators from Parktown High School For girls for honoring us with their presence on our career Day and making our Pharmacy Month a worthy productive one.

We would also like to express our gratitude to all the departments at NMCH for all their invaluable support and participation throughout the month.

List of companies that donated and sponsored our Pharmacy Month

- Gabler
- Afrox

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- Safeline
- PharmaDynamics
- Suprahealth
- MSQ Health
- Pfizer
- Smith&Nephew
- Adcock
- Fresenius Kabi
- B.Braun Medical
- Surgical Innovation
- ICU Medical
- K2 Medical
- BSN
- Cossni
- Tau Medical
- Disa
- Viking Critical Care
- Mylan
- Sun Pharma
- Medtronic

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