



2023 FIP World Congress on Pharmacy and Pharmaceutical Sciences

A delegation from South Africa, which included representatives from the PSSA, SAAHIP, SAAPI, YPG, South African Pharmacy Council (SAPC), universities, industry, and community pharmacies, attended the 81st FIP World Congress in Brisbane, Australia during September 2023.

The theme for this year's congress was Pharmacy building a sustainable future for healthcare – Aligning goals to 2030. In his first speech as FIP president, Mr Paul Sinclair pointed to increasing incidences of extreme weather and highlighted that poor planetary health is leading to more people needing health care and to the emergence of new health problems. *“Effective action on climate change must be a priority for the pharmacy profession. Every part of pharmacy has a responsibility. From pharmacy associations promoting environmental sustainability and the industry reducing its carbon emissions to net zero, to pharmaceutical scientists practising green medicines development, and regulators collecting standardised national data on pollution. From educators teaching environmentally sustainable pharmacy practice, to practitioners preventing waste through ensuring the optimal use of medicines. Every act will help. We can support the planet while supporting patients.”* Mr Sinclair urged the pharmacy profession to remain as united against challenges, as it had been during the COVID-19 pandemic, in order to build a sustainable future for health care. *“FIP is confident that our profession will provide solutions to many health challenges,”* he said.

During the FIP Council meeting, a number of FIP Policy Statements were approved for implementation. For all of these statements, a pharmacist from South Africa was part of the committee who developed the statement:

- FIP Statement of policy on mitigating antimicrobial resistance (AMR) through antimicrobial stewardship (AMS) – replacing the statement of 2017. Prof Sabiha Essack (University of KwaZulu-Natal) contributed to this committee.
- FIP Statement of policy on strategic development of medicines information for the benefit of patients and users of medicines – replacing the statement of 2017. Mandy Ariefdien (UCT Medicine Information Centre) participated in this committee.
- FIP Statement of policy on environment sustainability within pharmacy: A guide to mitigation and adaptation – replacing the statement on Green Pharmacy of 2016. Prof Renier Coetzee (University of Western Cape) was a member of this committee.
- FIP Statement of policy on the role of pharmacists in disaster and emergency management – replacing the statement of 2017. Dr Mariet Eksteen (PSSA) participated in this working group.
- FIP Statement of policy on the role of Pharmacy in life-course vaccination – a new statement. Prof Hannelie Meyer (Sefako Makgatho Health Sciences University) was a member of this working group.

The academic programme stretched over three days from Monday to Wednesday. Delegates could choose between attending one of the seven parallel sessions, the exhibition, or the poster presentations. The sub-theme for Monday 25 September was *It's World Pharmacists Day 2023 — Pharmacists strengthening health systems*, celebrating pharmacists' role in delivering healthcare services to patients. Tuesday's focus was on *Humanitarian crises: Challenges, opportunities and sustainable solutions* and the role that pharmacists could play in medication supply during times of crises. On the last day, the congress academic programme focused on *Technology to strengthen health systems: Challenges, opportunities and sustainable solutions* to ensure pharmacy is adapting to the changes we see in the world.

Several South African colleagues participated in podium or poster presentations:

- Tammy Chetty (Adcock Ingram) presented on *Diethylene Glycol a case study based on falsified medicines, a practical implementation of WHO requirements in an African company*, during the FIP Industrial Pharmacy Section Workshop – Good Manufacturing Practice (GMP)– Where are we now and what does the future look like?
- Renier Coetzee (University of the Western Cape) presented during the session titled Addressing antimicrobial stewardship with the 2030 goals and real-world strategies on *How can hospital pharmacists in low- and high-resource settings support antimicrobial stewardship? A real-world antimicrobial stewardship intervention example from South Africa*.
- Precious Ncayiyana (South African Military Health Services) presented on *medication shelf-life extension proposal for the*

public health institutions in South Africa.

- Sabiha Essack and Andy Gray (both from the University of KwaZulu-Natal) participated in a debate on the topic *Prevention or cure: Focusing pharmacists' efforts on antimicrobial resistance*.
- Sabiha also presented two posters on *Sore throat and antibiotic resistance (STAR) study: Preliminary global findings and opportunities for pharmacists* and *Addressing consumer misconceptions on antibiotic use and resistance in the context of sore throat on social media: teachable moments for pharmacists*.
- Daisy Kahwenga (Sefako Makgatho Health Sciences University) presented her research on *the role of a clinical pharmacist in the treatment and management of psychotic and bipolar disorders*.
- Mariet Eksteen (PSSA) addressed the African Pharmaceutical Forum during their Annual General Meeting to ensure potential issues regarding visa applications for Africans can be addressed in time.
- Sham Moodley (ICPA) was the moderator for the session on *Professional sustainability and positive practice in community pharmacy: Supporting the pharmacy workforce globally*. Mojo Mokoena (SAPC) was a panellist during this session.
- Mariet Eksteen presented during the FIP Workforce Symposium 2023: Accelerating towards 2030: Workforce transformation for better health on *Advancement of practice: Do we know what advanced practice should look like?*
- Nsovo Mayimela (Tshwane University of Technology) presented her PhD research on *the perception of board members on the presence of pharmacists as strategic leaders of*



Image 1: Marketing of Cape Town and South Africa as the destination for the 2024 FIP World Congress with souvenirs received from South African National Convention Bureau.

manufacturing pharmaceutical companies operating in South Africa: A qualitative study.

During this year's congress, South Africa had the opportunity to market Cape Town as the 2024 Congress destination. Apart from South African delegates who took turns to man the FIP 2024 stand in the exhibition hall, the South African National Convention Bureau supported the team with souvenirs which could be handed out at the stand, together with a photo opportunity with speech bubbles and a beautiful safari landscape backdrop.

At a summation session of FIP's 81st world congress, Paul Sinclair (FIP President) said that although supply would always be a core competency for pharmacists as medicines experts, the "real future" for pharmacists is in the provision of pharmaceutical care, whether that be through disease state management, the provision of services in a pharmacy in the home model, or extended vaccination. "If we hook our wagon up to the supply model, we will fail," he said. During his four-year presidency, he said, moving both pharmacy and FIP forward would be guided by integrity, passion and performance. "Pharmacists are one of the most trusted health professionals. We should leverage the integrity that is built within everything we do to do more and to promote ourselves more aggressively," he said. He added that passion for the profession should drive performance and he urged pharmacists from around the world to "be the best that they can be".

During the closing dinner of the congress, the FIP flag was passed from Australia to South Africa. During the handover, FIP president Paul Sinclair said: "I see a very strong future for our profession, but we must stay united to achieve the best possible landscape and horizon for pharmacy. Next year, in Cape Town, the theme of our 82nd world congress will be 'Innovating for the future of health care', and I count on your contribution there so that, together, we can continue to create and establish the future that we desire." FIP's 2024 congress will take place from 1 to 4 September. Find out more here: www.capetown2024.fip.org

PSSA members can look out for special PSSA newsletters focusing on FIP 2024, containing all the necessary information for local delegates.



Image 2: Delegates from South Africa at the FIP stand, promoting Cape Town and South Africa.



Image 3: Delegates from South Africa receiving the flag to safeguard until September 2024, when the next FIP Congress will commence in Cape Town.

Codeine misuse continues

According to the Carte Blanche episode, the South African Health Products Regulatory Authority (SAHPRA) is aware of the illicit bulk sale of codeine-containing mixtures. The report relates to the illicit bulk sales of codeine-based cough mixtures perpetrated

by a pharmaceutical group, and this was verified by an ongoing investigation. The individuals under investigation were exposed for violating the Medicines Act and its Regulations (Act 101 of 1965) in terms of the type of pharmacy and the manner under which controlled substances' products were sold amongst other contraventions. The abuse of codeine is becoming a ubiquitous practice and puts the lives of the public at risk and compounds the problem. SAHPRA CEO, Dr Boitumelo Semete-Makokotlela said, *"The extent and severity of the abuse of codeine-containing medicines is especially rife amongst our youth in the country. It is with this mindset that we continue to be on high alert in preventing, detecting, and responding to such unethical behaviour and the illicit sale, use or trafficking of scheduled medicines."*

During a meeting later that week between the Codeine Care Forum task team, members of the South African Health Products Regulatory Authority (SAHPRA), SAPC, and SANAC Civil Society all members agreed that more direct actions and deliverables are needed. A workshop discussion took place to define the problem, initiative, and potential role players. Subgroup meetings on IT/data, marketing and legislation will be held at the end of October, and the whole team will reconvene in November to determine progress towards the roll out of the Codeine Care Initiative nationally with mandatory participation.

The PSSA calls on all members who are aware of unprofessional and illegal distribution of codeine-containing products in bulk to patients, or other recipients, to please bring this to the attention of the PSSA for escalation to SAHPRA and SAPC. The whole profession needs to work together to end this health threat.

The PSSA/Alpha Pharm distance learning programme 2023

The PSSA/Alpha Pharm distance learning programme continues to offer pharmacists useful, practical, up-to-date information that enables them to provide optimal pharmaceutical care to their patients.

Module 5 – Anaemia and its management

Anaemia is not a diagnosis but a symptom or presentation of an underlying disease. It is a condition in which the number of red blood cells (and consequently their oxygen-carrying capacity) is low and insufficient to meet the body's needs.

According to the World Health Organization (WHO), anaemia is a major public health concern, mainly affecting young children, pregnant and postpartum women, and menstruating adolescent girls and women in developing countries.

Anaemia can result from a wide range of conditions, often with multiple mechanisms at play. For example, anaemia can be caused by poor nutrition, infections, chronic disease, heavy menstruation, and pregnancy issues. It is often caused by a lack of iron in the blood.

Anaemia is preventable and treatable. It is important to identify the underlying cause and then ensure early, appropriate management. This module discusses anaemia, with a focus on iron deficiency anaemia and its prevention and management in a primary healthcare setting.

For more information about this programme, contact Gill or Glynis at Insight Medicine Information on 011 706 6939 or email: cpdalphapharm@insightmed.co.za.

The PSSA/Alpha Pharm clinical education programme 2023 for pharmacy staff

The PSSA/Alpha Pharm pharmacy staff clinical education programme continues to offer front-shop assistants or pharmacist's assistants up-to-date information that enables them to provide optimal pharmaceutical care to their patients. All pharmacy staff need to be familiar with the use of unscheduled medicines and should be reminded of when it is necessary to refer the patient to the pharmacist.

Module 5, 2023 – Skin care in the pharmacy

The skin is the largest organ of the body, accounting for about 7% of the total adult body weight. Its functions go well beyond serving as a covering that protects the body. The skin is pliable yet tough, allowing it to take constant punishment from external physical, chemical and biological agents. Without our skin, we would quickly become ill from bacterial infection or die from water and heat loss.

The desire to have flawless skin is not new and has been documented since the times of ancient Egypt, when unguent, a soothing ointment was used to hydrate the skin. Skin issues can cause low self-esteem, anxiety, depression, and social isolation.

Pharmacists and the front shop members of staff in a community pharmacy play an important role in helping their customers maintain the health of their skin. From appropriate management of simple skin conditions, such as dry or oily skin, to the prevention and treatment of photoaging, the pharmacy staff are frequently the frontline healthcare workers for patients struggling with minor skin conditions or wanting to improve the health and appearance of their skin.

The pharmacy staff are also ideally positioned to educate customers about the importance of appropriate skin care.

If you would like to participate in the PSSA/Alpha Pharm pharmacy staff clinical education programme, please contact Gill or Glynis for further information on 011 706 6939 or email: cpdalphapharm@insightmed.co.za.