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PHARMACY DEPARTMENT'S COUNSELING WEEK 2014

by Izyan Diyana & Mei Kuan

Pharmacy Department of UKM Medical Centre organized its annual Counseling Week from 28th-31st October 2014 (Tuesday to Friday). The event which made its inaugural debut in 2000 has come to its fourteenth year anniversary; with the theme **"Educate Before You Medicate"**. The aim and objectives of the events were to provide accurate and updated information on how to optimise common medications used in disease management, traditional and complementary medicines, promotion of healthy lifestyle to prevent lifestyle diseases such as cardiovascular diseases, hyperlipidaemia and obesity; to create awareness on pharmacists role as patient's healthcare provider and to provide information regarding PPUKM medication policies.

This event was a great avenue for public health promotion and education. It enables face to face communication, relationship building and strengthens trust between health care providers and patients. Like previous years, free health screening tests were provided for patients. A total of 2682 screening tests were carried out comprising of body mass index (681 tests), blood pressure (745 tests), blood glucose (713 tests) and cholesterol (543 tests). This was done to encourage periodic health screening to our population as a measure of disease prevention.

A total of 1789 counseling sessions were conducted at various booth, with the Pharmacist Booth having the highest number of counseling sessions (784 sessions). Topics covered were Diabetes Mellitus, cardiovascular diseases (hypertension, Ischaemic Heart Disease, hyperlipidaemia), obesity, smoking cessation, drug related issues, supplements, OTC products and childhood vaccination. As for the other booths such as Dietetic booth, the aim is to provide dietary counseling by qualified Dietitians especially for diabetic patients and to provide information pertaining to good dietary lifestyles. The dietician booth drew a big crowd as patients were attracted with the graphics displayed on the sugar content of various foods. Physiotherapy booth on the other hand provided hands-on assistance on appropriate exercises for different groups of patients ie for weight loss or even for post injury exercises. On top of that, the Enforcement booth provided information on how to differentiate between original and fake/counterfeit drugs and this certainly left the public in awe as they learnt new information about which herbal and traditional products that are safe for them to consume.

Posters on various diseases were also displayed at the lobby area; covering topics from cardiovascular diseases to childhood vaccinations. To encourage participation from the public, a simple 3-question quiz was distributed to visitors to test their knowledge and understanding on the posters exhibited. Public talks were also held from Tuesday to Friday from 11am to 12pm by various invited speakers. For the first time in history we had Assistant Commissioner of *Police* (ACP) Kang Chez Chiang, Head of Kuala Lumpur Narcotics Crime Investigations to give a talk on *"Penyalahgunaan Dadah Haram"*. His talk drew a lot of attention from the public as he showed them slides on common illegal drugs confiscated in his line of duty.

In a nutshell, Counseling Week 2014 ran smoothly and achieved all of its objectives. The event was held in the spirit of providing optimal pharmaceutical care for patients. This event triumphed in creating public awareness towards knowing the importance of healthy lifestyle and health screening for disease prevention. It is also hoped that the public can see that pharmacists are the impetus behind health management and their trusted health care provider. Encouraging participations were observed in health screening, public talks, poster quiz, and exhibition booths. It is hoped that the public will be able to propagate in their heart **"Access to pharmacist is access to healthcare"**.



Announcement from Pharmacy Department

Vancomycin Infusion in the Wards

Dear doctors and healthcare providers,

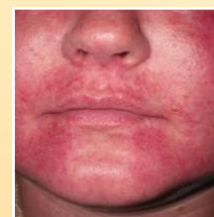
Recently there were cases where IV Vancomycin was infused using standard infusion set at high infusion rate of more than **10mg/mL**. This may lead to increased risk of **Red Man Syndrome**. Kindly note that the recommended maximum concentrations are **5mg/mL for peripheral line** and **10mg/mL for central line**. The maximum infusion rate is **10 mg/min**.

What is Red Man Syndrome?

- ⇒ Hypersensitivity associated with **rapid infusion** of vancomycin (< 1 hour).
- ⇒ Signs may occur 4-10 mins after an infusion started or may begin soon after its completion.
- ⇒ Characterized by : Pruritus (that involves the face, neck and upper torso), hypotension, angioedema, joint pain, muscle spasm, fever and chills, generalized discomfort and dizziness.
- ⇒ In severe cases may lead to chest pain and dyspnea.



Infusomat



Red Man Syndrome

Pharmacy Department has distributed memo to all the wards on this matter. Below are the recommended administration protocol for IV Vancomycin. Infusomat® infusion set should be used for all cases.

Dose	Administration [PERIPHERAL line]
< 500 mg	Dilute in 100ml Normal saline or D5%. Infusion over at least 1 hour
500 mg - 1000 mg	Dilute in 250ml Normal saline or D5%. Infusion over at least 2 hours
> 1000 mg	Dilute in 300ml Normal saline or D5%. Infusion over at least 3 hours

Dose	Administration [CENTRAL line]
< 1000 mg	Dilute in 100ml Normal saline or D5%. Infuse during last hour of dialysis .
> 1000 mg	Dilute in 200ml Normal saline or D5%. Infuse during last hour of dialysis and 1 hour post dialysis (2 hours).

For Your Drug Info

Source of Gelatine in Hycamtin® (Topotecan) Hard Capsule



Dear Doctors and Healthcare Providers,

In a letter by GSK officials dated 27/10/2014, it was notified that the Hycamtin capsule shells are manufactured using a blend of gelatine from both porcine- and bovin-source materials. There are no safety or toxicological concerns due to this issue. However, with due respect to local cultural and religious practices, patient should be informed of the gelatine source before commencing this medication.

A publication of :

DRUG INFORMATION CENTRE
Pharmacy Department
UKM Medical Centre
<http://pharmacy.hukm.ukm.my>

Izyan Diyana Binti Ibrahim
izyandi@ppukm.ukm.edu.my
Ext 5415

Michelle Tan Hwee Pheng
hptan@ppukm.ukm.edu.my
Ext 5401