

PHARMACY Bulletin

Edition 19, Issue 6

Pharmacy Department, Hospital Canselor Tuanku Muhriz, UKM

TRANSFORMING PHARMACY FOR BETTER CARE

by Faizah Safina Bakrin

Pharmacy Counseling Week, an annual event organized by the PPUKM Pharmacy Department since year 1999 was held on 6th - 8th August 2019 and drew an overwhelming response from over 600 visitors. There were interesting games and posters about drug therapies in different disease states. Patients enjoyed the free BMI screening, free blood pressure, glucose & cholesterol screening. After which were given free counseling on how to improve their lifestyles by our very own pharmacists, dietitians and physiotherapists.

Other value added services were promoted as well such as 'Ubat Melalui Pos' (UMP), 'Panggil Dan Ambil' (PDA) and free drug counseling at Outpatient Counseling. Free public talks were organised with topics such as :

- A) Appropriate exercise for arthritis
- B) Low carbohydrate diet for health : myth or truth ?
- C) Vaccination taboo and facts



Fun Psychomotor and Cognitive Games



Counseling Session with
HCTM Pharmacists

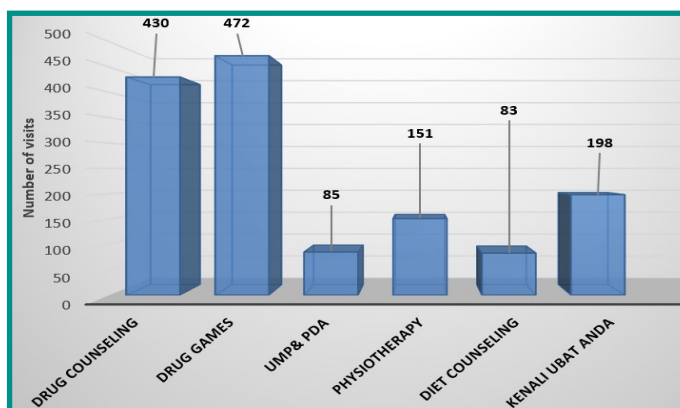
Dietitians & Physiotherapists



Public Talk: Full House of Visitors

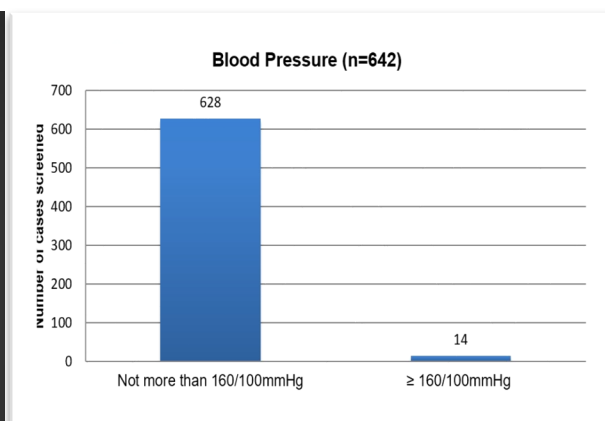
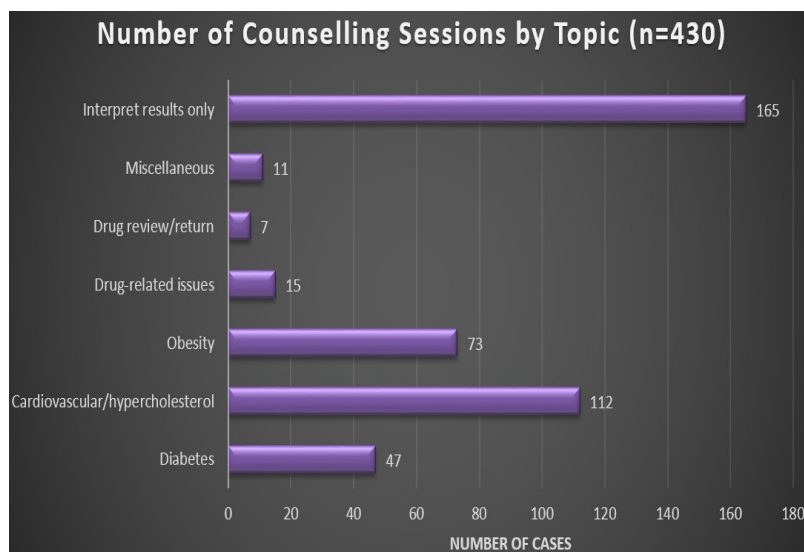


Numbers of visitors for each booth

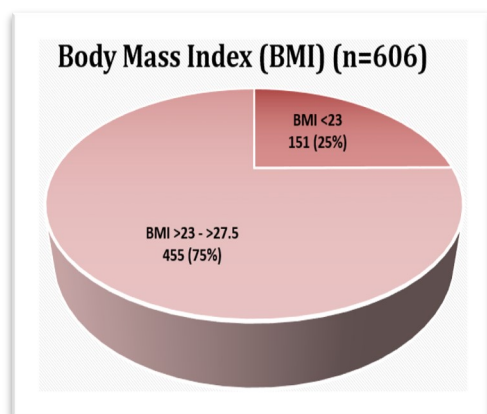


We would like to express our sincere gratitude to our Nursing Department, Dietetic and Food Services Department, Physiotherapy Department, as well as external parties from *Jabatan Kesihatan Wilayah Persekutuan Kuala Lumpur*. A heartfelt gratitude to *Unit Malbat, Prasarana Kampus Kuala Lumpur, Jabatan Multimedia dan Penyiaran, Jabatan Keselamatan* and *Bahagian Pengurusan Korperat* as well as *UKM Specialist Centre*.

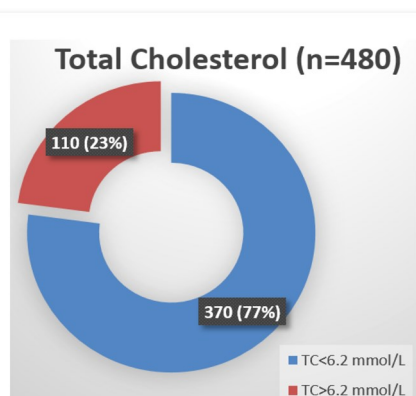
How did our population fare in their Health Screening?



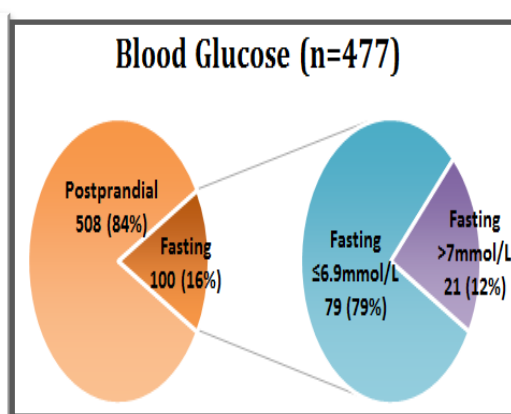
Most visitors had BP < 160/100mmHg. There was 2.18% (n=14) visitors with BP reading exceeding 160/100mmHg and they were advised to seek prompt medical attention.



Approximately 75% (n=455) visitors were found to be either overweight (23.0-27.4) or obese (>27.5)



Majority of the visitors screened were found to have total cholesterol level < 6.2 mmol/L and only 22.9% had high total cholesterol level (>6.2 mmol/L).



79% (n=79) visitors recorded fasting glucose level ≤ 6.9 mmol/L and 21% (n=21) of the visitors have recorded fasting glucose level > 7 mmol/L.

The purpose of these screening tests was to create awareness on the importance of periodic health screening to the public.



Counseling Week Committee Members 2019 led by Dato Faridah Md Yusof, ex Head of Department



Download your PPUKM Formulary App @



(Drug Formulary DIY)



(PPUKM Drug Formulary)



Ref: Counselling week report statistics compiled by Ivy Mok, Chloe Chua and Becky Lye.

A publication of Drug Information Centre
PDF version available at <https://www.ppukm.ukm.my/farmasi/>

Co-Editors

Michelle Tan Hwee Pheng hptan@ppukm.ukm.edu.my
Izyan Diyana Ibrahim izyandi@ppukm.ukm.edu.my
Nur Hafiza Saripin nurhafiza@ppukm.ukm.edu.my