

PHARMACY WEEK 2015 AT LIFE VINCENT PALLOTTI

The theme of this year's pharmacy week was Chronic Diseases: Take Control. Illnesses are classified as either acute or chronic. An acute illness lasts for a short period of time and may go away without the use of any medications, and/or surgery. Chronic illness is classified as an illness that recurs or persists for a long period of time and may last for one's entire life.

The list of chronic illnesses are extensive, but some examples include heart disease, diabetes, cancer, obesity, and AIDS.

These illnesses may be improved through healthy lifestyle modifications such as diet and exercise, in addition to medication. With all this in mind we, the pharmacy team, aimed to create awareness around this year's theme by undertaking various activities to promote a healthy lifestyle.

We sprung into pharmacy week by decorating the pharmacy around the theme and put up posters promoting healthy lifestyle choices with slogans such as, "Water first for Thirst". We held talks at different wards in the hospital and to the unit managers on reminding their patients to bring in their own chronic medications when being admitted into hospital and on ways one may decrease their risk of developing a chronic disease by for example adopting a healthy lifestyle, avoiding tobacco use, increasing physical activity, achieving optimal weight, improving nutrition, and avoiding sun exposure.

A competition was held for the staff members, in which they had to complete a healthy eating, true or false quiz. The quiz competition was open the entire week. All participants with all correct answers then went into a draw for a prize. The winner of the Healthy eating quiz was Joey Bezant from pre-admission

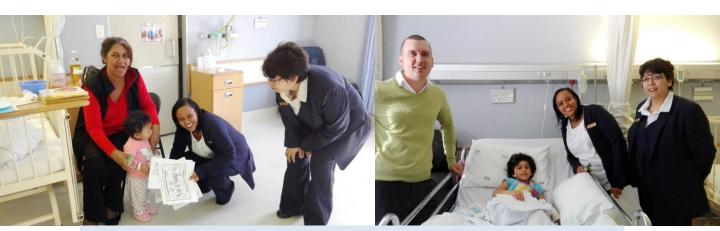
Colouring in pictures about exercising and healthy eating were handed to the children in Willow ward along with crayons.



Our intern giving a talk to the Unit managers and the wards about Pharmacy week



Our Display for Pharmacy week and the winner of our healthy eating quiz Joey Bezant from pre-admission



Our visit to the paediatrics ward to hand out some colouring in pages and crayons