

PHARMACY MONTH (SEPTEMBER 2017) AT NELSON MANDELA CHILDREN'S HOSPITAL (NMCH)

September is **PHARMACY** Month

TOWARDS QUALITY CARE TOGETHER

Prior to 2017, the Pharmacy profession was celebrated for a week only. At the end of 2016, the National Department of Health (NDOH) together with the South African Pharmacy Council (SAPC) and Pharmaceutical Society of South Africa (PSSA) took an important decision to designate the whole of September to celebrate and create an awareness of the importance of the profession. 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.

With only an estimated 80 patients that visit our hospital per month and two departments open (this was up to August 2017), any other hospital pharmacy would have postponed participating in this auspicious month until the hospital was fully functional. Not us here at the NMCH Pharmacy! Under our Proactive Pharmacy Manager Isabella Mphuthi (pictured on the left) we did not sit on our laurels.



We took it upon us to participate in Pharmacy Month and challenged ourselves to make it a successful month. As Nelson Mandela once said *"Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do"*, and that was the attitude that the Nelson Mandela Children's Hospital Pharmacy staff members espoused, when preparing and participating in our first ever Pharmacy Month.

This year's Pharmacy Month theme was **"Don't wait - vaccinate"**. This was a pivotal theme for us here at NMCH as a paediatric hospital to enlighten the community that through vaccinations, we can protect patients, their families and

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Web address: www.nelsonmandelachildrenshospital.org
6 Jubilee Road, Parktown, Johannesburg, 2196 | P.O. Box 797, Highlands North, 2037
Tel: (+27 11) 274-5600 Fax: (+27 11) 486-3914

Directors

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communities at large from some preventable diseases.

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 vaccination in providing immunity to individuals, families, and communities
- Proactivity in ensuring that our patients have been vaccinated and their family members know how to check if the vaccine schedules are up to date as per the DOH's Expanded Programme of Immunisation (EPI)
- Hand hygiene and keeping common viruses at bay
- Diabetes management in paediatrics
- Pharmacy as a profession, studying pharmacy at University and subjects required at High school level

Pharmacy Month Launch Day

We launched Pharmacy Month at 09h00 on the 04 September, with a lovely display that had information leaflets about vaccines from SAPC and a poster. As part of our launch, the pharmacists recited the Pharmacists Oath in front of the rest of our NMCH colleagues. An encouraging message from our CEO was read by the Clinical Director and soon after the Pharmacy staff went and distributed tokens of celebration packs to the rest of the NMCH Staff.

Pharmacy staff with the Pharmacy manager on the Launch day from left to right:



Thato Ramela (Aseptic Dispensing Pharmacist)
Ephraim Mosima (Pharmacy Buyer)
Sonya Kolman (Clinical Pharmacist)
Agnes Molefe (Post-Basic Pharmacist Assistant)
Emily Jiane (Cashier)
Philistas Mashilo (Receiving Clerk)
Isabella Mphuthi (Head of Pharmacy)
Thomas Mpfupa (Pharmacy stock Controller)
Ayanda Kunene (Pharmacist)
Tracy Matlou (Ward stock Controller)

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The NMCH Pharmacists reading the oath, from left to right is Sonya Kolman, Thato Ramela, Isabella Mphuthi, Ayanda Kunene

At 11h00, the Pharmacy Manager presented a height-measuring teddy bear to the Out-Patient Department Unit Manager. All Patients who sought medical care at our hospital 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 left to go home.



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We also hosted interactive talks from Aspen, Sanofi and B.Braun on a weekly basis:

PRESENTATION FROM ASPEN PHARMACARE VACCINE EXPERT: ELAINE RIX

The presentation focused on vaccines and the importance of vaccinating.



- The vaccination schedule was discussed along with the difference between the Public Sector Schedule vs the Private Sector Schedule.
- HPV vaccine (Cervarix) and its importance for vaccination by males to help prevent their partners from getting cervical cancer was explored.
- Resurgence of Hep A and B endemic in South Africa was discussed thus highlighting the importance of vaccinating against both.
- The implications of not vaccinating against Chicken pox virus and Shingles were highlighted.

PRESENTATION FROM SANOFI BY THE DIABETES MANAGEMENT EXPERT: LEONIE KRUGER

Diabetes management in paediatrics was the main focus.



- The Diabetes nurse touched on the use of insulin and testing for Diabetes in children.
- The importance of correct use and storage of insulin was discussed.
- Adherence and compliance to medication was also highlighted in order for patients to prevent diabetic comas caused by either low blood sugar and high blood sugar.
- The different types of diabetes i.e. early-onset diabetes in children, adult-onset diabetes and gestational diabetes were discussed along with the management of all three were discussed.

PRESENTATION FROM B.BRAUN BY TWO HAND WASH AND PRODUCT SPECIALISTS:

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DEBBIE KAUFMANN AND SINDILE MATHOPE



- Education on proper techniques of washing hands for “social occasions” vs Health Care Providers was provided
- The WHO 5 moments of washing hands in the healthcare settings was also discussed
- A hand washing demonstration was conducted using the bug mimicking cream to show the usual spots people miss when they wash hands. See pic below
- Informational talk about Protosan, a diabetic wound cleanser, was provided to all the staff.



The hand washing exercise was as follows:

- 1) The volunteer had to rub in the bug mimicking cream on their hands.
- 2) The said volunteer would then have to put their hands under the uv light. The UV light is used to show the areas that usually have bugs.
- 3) The volunteer would go wash their hands the normal way they would wash hands.
- 4) When the volunteer returns, they put their hands under the UV light to see how well they washed their hands.



SCHOOL VISITS FOR CAREER DAY

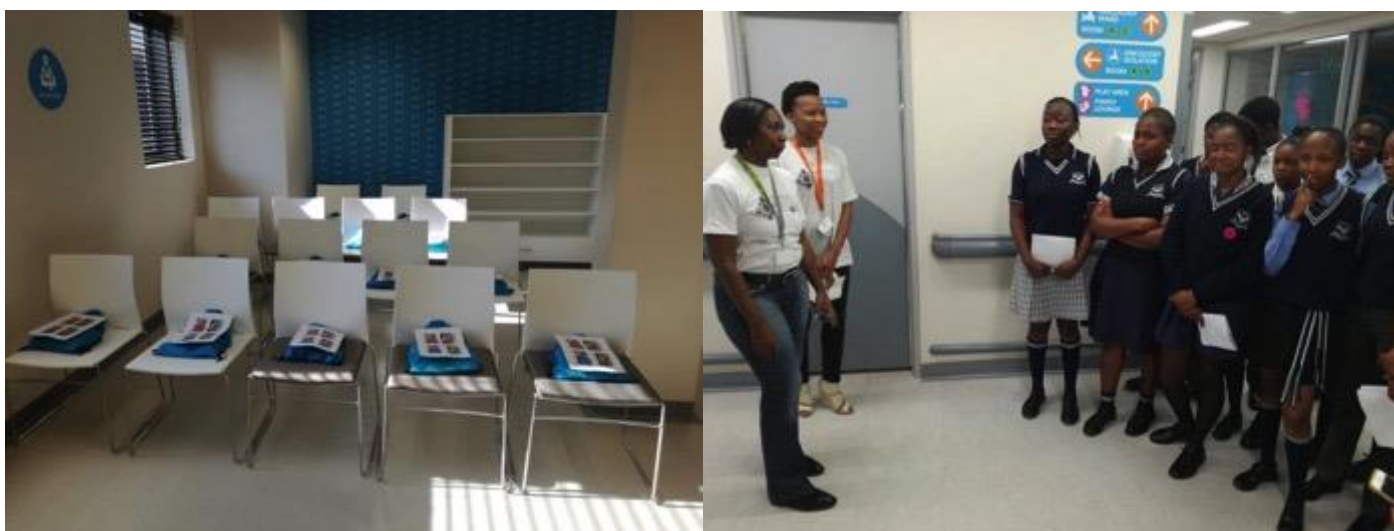
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On a bi-weekly basis, we had a Career Day taking place at our Hospital to impart knowledge to learners about Pharmacy as a career. We invited two schools based in Soweto, namely, Moletsane Secondary School and Ngunghunyani High school to come to our 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. In addition to being in the pharmacy, they got exposure to other clinical departments at the hospital such as anaesthesia and radiology.

In the first week we hosted 15 Grade 10 and Grade 11 learners from Moletsane High School. While our second Career Day occurred in the third week of the month. We hosted another 15 Grade 10 and Grade 11 learners from Ngunghunyani High School. In both Career Days, 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 such as IT.



School visit Pics: The packs were prepared for each learner and educators that attended career day. On the right Our Manager Isabella Mphuthi addressing the learners.

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. We at NMCH believe in volunteering our time and any resources we can donate to those less fortunate, and as such information leaflets about volunteering for the “for Kids by Kids” initiative was included.

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

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To keep everything exciting and have our NMCH colleagues participating throughout the month; pharmacy related questions were asked every Monday for three weeks to the whole staff complement and on Fridays the winners were announced.



Presentation of the prizes to 2 of the winners: in the left picture Thato is presenting a prize to Dineo Legoabe and in the right picture Thato is presenting a prize to Anna Leshaba

Each patient that was referred to our hospital got "Get well soon" hampers when they were going home. Each hamper consisted of "Get well soon" card, teddy bear, colouring books and crayons

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." ~ William Arthur Ward

None of the activities and prizes to our participants would have been possible if it was not for 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 both the Moletsane Secondary School and Nghunghunyani High school for honoring us with their presence 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.

Directors



List of companies that donated and sponsored our Pharmacy Month

Company	Type of Sponsorship
Afrox Healthcare	Sweets for staff member celebratory packs Colouring books Colouring pens
Aspen Pharmacare	Talk about Vaccines Various patient information Leaflets
B. Braun Medical	Hand hygiene talk 1 First Aid Kit for each school 3 First Aid Kits for the three competition winners
BSN Medical	2 banes of sanitary pads for both schools
Medtronic	Money for transport for school children
Fresenius Kabi	50 Teddy bears
MSQ Health	50 colouring pencils
Mylan	Pens, water bottles, bags
Pfizer	36 bags and 4 counting trays, company still to communicate with us
Safeline Pharmaceutical	10 Patient hampers
Sanofi	Talk on management of paediatric Diabetes Patient information leaflets
Smith and Nephew	150 Pens
Suprahealthcare	100 Colouring books

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