





SARAWAK PHARMACY

E-BULLETIN

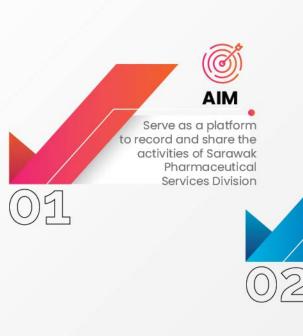
















Pharmaceutical Services Division, Sarawak State Health Department



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Issue Editor





Mr Lim Su Ee Issue Editor

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 & PERKEMBANGAN FARMASI,
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10 quick Q&A with Ketua Cawangan Amalan & Perkembangan Farmasi MR. STEPHEN ANAK MOSES



WHAT IS YOUR FAVOURITE FOOD? Fried Chicken



02

WHAT YOU LIKE TO DO DURING YOUR FREE TIME?
Socializing with family; exercising; watch movie



WHAT IS THE BEST MOMENT IN YOUR LIFE?
Getting first pay cheque as a pharmacist; wedding day; birth of my children



WHAT IS YOUR ADVICE TO YOUNG PHARMACISTS?
Sincere; trustworthy; respect others



05

HOW DO YOU HANDLE YOUR STRESS? Staying positive; accept the differences







WHERE IS THE PLACE THAT YOU WISH TO VISIT WHEN RETIRE? Cardiff, Wales



WHO IS THE PERSON THAT YOU LOOK UP TO? My parents







WHAT IS THE WORD THAT BEST DESCRIBE YOURSELF?
Simple; conscientious



WHAT WOULD MAKE YOU HAPPY? Achieving goals; spending time with family/friends





WHAT WOULD MAKE YOU ANGRY
Unmet expectation/disappointment;
unfairly treated



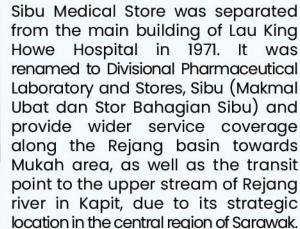
102 HISTORY OF PEJABAT FARMASI **BAHAGIAN SIBU**



(formerly known as Makmal Ubat dan Stor Bahaaian Sibu) Written by: Alan Lau Puon Hiel

The main supplier for these medical items, be it pharmaceutical products or raw materials was a British company named the Crown Agents of United Kingdom. Back then, the department was managed by dispenser and storekeeper until the year of 1970, Mr Leslie Teo Ah Hui was named as the first Superintendent Pharmaceutical Chemist in charge of Sibu Medical Store.

Relocation: DPI



Sibu Medical Store was established in 1950 in Lau King Howe Hospital with two main functions:



To procure, store and distribute pharmaceutical products and medical equipment to government hospitals and health clinics throughout the Rejang basin.



To manufacture galenical products such as syrups, mixtures, creams and ointments.



A storekeeper checking Inventories using Cardex system, an old system before the first computer was introduced in 1991.



Filling bottles using plastic hose was practiced before the bottle filling machine was available. Note that the bottles in the picture were cleaned



A classic view of making creams and ointments in Sibu Medical Store before commercial products were available in the market.







Photos on the right. View of Divisional Pharmaceutical Laboratory and Stores Sibu and the compound in the early 2000's

















IODISATION OF SALT



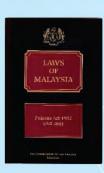


Salt lodisation plant (left) and prepacking activity by the Pharmacy Assistants (right)

In year 2006, Sibu Medical Store was relocated to a Sarawak state building in Jalan Awang Ramli Amit when Lau King Howe Hospital walked into history and pave way for the establishment of a new Sibu General Hospital, a major tertiary hospital in the central region of Sarawak that houses vast specialty and services. Divisional Pharmaceutical Laboratory and Stores Sibu was later renamed to Divisional Pharmacy Office, Sibu (Pejabat Farmasi Bahagian Sibu) under the consolidation of functionality exercise by the Ministry of Health in year 2014.

PHARMACY ENFORCEMENT

Sibu Pharmacy Enforcement (SPE) is an important component of the Divisional Pharmacy Office Sibu. In the early 2000's, SPE were led by the DPhO, only in year 2008 onwards, the services gradually expanded with the upsizing of manpower. Apart from enforcing the law, public education via awareness campaigns and stakeholder engagements made SPE an important referral center related to pharmacy laws and regulations for the central region of Sarawak.



Despite various challenges, Divisional Pharmacy Office, Sibu continues its effort to provide the best services to the public and to make sure its legacy sustained in the future for the benefit of the people of Sarawak. In 1959, there was a campaign launched as part of the government's initiative to lower the prevalence of Goitre among rural populations in the Rejang basin. The rural populations, particularly those who lived in the highlands and jungles, had a shortage of iodine. Hence, to iodize the coarse salt, a salt lodization plant was constructed in Sibu Medical Store. It was designed and constructed entirely by local mechanics. The green colored iodized salt was distributed via exchange basis with the coarse salt. The slogan 'Buy Green and Avoid Goitre' was used to promote the iodized salt to the public and the program was a huge success.

PEJABAT FARMASI BAHAGIAN SIBU





Top: Salt lodisation plant Bottom: Prepacking of salt

Mr. Alan Lau Puon Hiet

Sibu Pharmacy Run (top) and Pharmacy Health Carnival (bottom) in conjunction with World Pharmacists' Day 2019

2020 - Present

Senior Pharmacists of Sibu Divisional Pharmacy Office

	2,000
Mr. Leslie Teo Ah Hui	1970 – 1977
Mr. Joseph Loi Lik King	1978 – 1982
Mr. Ting Inn Onn	1983 – 1989
Mr Patrick Lee Khee Ghee	1990 – 1995
Mr. George Wong Lai Khai	1995 – 2005
Mr. Tunku Hamdan	2005 - 2006
Mr. Benodict Apok Anak Talin	2006 - 2009
Mdm. Mardziah binti Suhaili	2009 - 2010
Mdm. Siti Fauziah	2010 - 2011
Mr. Abu Hassan Alshaari bin Abd Jabar	2011 – 2016
Mdm. Siti Khadijah binti Sahbudin	2016 – 2020

In the year 2023, one of the action plan activities under the initiative: Strengthening Medication Safety Activities is the delivery of training related to medicine safety practices to all pharmacy staff. In this regard, Pharmacy Practice and Development Branch, Pharmaceutical Services Division of Sarawak State Health Department had successfully organised two (2) virtual webinars related to medication safety during first half of the year.

AGENDA		
TIME	TOPIC	SPEAKER
8.30am - 9.00am	Registration	
9.00am - 9.10am	Opening remarks	Mdm. Nor Anizah Binti Osman TPKN (F), JKN Sarawak
9.10am - 9.30am	Overview of the Regulatory System and Pharmacovigilance in Malaysia	Ms. Wong Siew Wei Pharmacist. Tudan Health Clinic
9.30am - 10.30am	ADR/AEFI Reporting: Importance of Quality Reports	Mdm. Cloria Lau Puang Hui Pharmacist, Bintulu Hospital
10.30am - 11.10am	Every Reports Counts: Detection of Safety Signals	Mr. Kho Boon Phiaw Pharmackt, Sarawak GH
11.10am - 11.25am	Break	
11.25am - 12.05pm	Safety Issues Evaluation and Regulatory Actions	Mdm. Phan Hui Sieng KPPK, Pharmacy Practice & Development Division, JKN Sarawal
12.05pm -12.45pm	Communicating Risks and Safe Use of Medicines	Mdm. Chan Wenn Dee Pharmacist, Jaian Oya Health Clinic
1.00pm	Closing	

DRUG 03 SAFETY

The second webinar, which was a three (3) webinar series, focused on the medication errors incidents/cases that caused harm to the patients (category E - I) during medication handling processes particularly in the pharmacy unit/department. The first series was held on 23rd May 2023, it was attended by 244 pharmacists and 189 pharmacist assistants from Ministry of Health Malaysia facilities around the state. The second and third series will be tentatively held in August and November 2023.



OUR SPEAKERS MDM. PHAN HUI SIENG SENIOR PRINCIPAL ASSISTANT DIRECTOR, PHARMACY PRACTICE AND DEVELOPMENT DIVISION, SARAWAK STATE HEALTH DEPARTMENT MR. KHO BOON PHIAW Pharmacovigilance MDM. GLORIA LAU PUANG HUI MDM, CHAN WENN DEE 0 07 March, **PHARMACOVIGILANCE** 2023 FOR SAFER USE OF [Tuesday] **MEDICINES** CPD A3 - 6 points 1.00 pm Organised by: Pharmaceutical Services Division, Sarawak State Health Department

Following the successful organization of the virtual seminar which was held by NPRA on 4th October 2022, one (1) echo-session about the pharmacovigilance system was held for pharmacist groups. The session was held on 7th March 2023 where a total of 245 pharmacists from various health facilities in Sarawak was in attendance as participants. The objective of the webinar is to provide disclosure about the pharmacovigilance system and its impact on drug safety in Malaysia.



This webinar is a sharing initiative to provide awareness and used as a reference in terms of improvement and prevention methods if appropriate for the pharmacy staffs in the health facilities. In addition, the webinar also serves as a step to prevent occurrence or recurrence incidents / cases of medication errors among pharmacy staffs. All the webinar series include medication error case presentations from pharmacists on the brief summary of the incidents, contributing factors/root cause and the corrective/ preventive actions that had been taken.



04 CACTIVITIES Written by. Lim Su Ee







"Persidangan Kenali Ubat Anda Peringkat Kebangsaan 2023" was held on 20th June 2023 at Dewan Seri Siantan, Kompleks Perbadanan Putrajaya. The conference, organized by Pharmacy Practice & Development Program, Ministry of Health Malaysia, was aimed at strengthening the Know Your Medicines activity through a new era health literacy approach and empowering the community about the rational use of medicine, with a specific focus on individuals with visual, hearing, and speech disabilities.

The conference was attended by representatives from all States in Malaysia.

Representatives from Sarawak are:



The conference began with an opening speech delivered by YBrs Puan Norhaliza binti A Halim, Pengarah Kanan Perkhidmatan Farmasi. She highlighted the significance of the Know Your Medicines initiative and emphasized the need for a comprehensive health literacy approach to empower individuals to make informed decisions regarding their medications. Puan Norhaliza expressed gratitude for the participation of attendees and stressed the importance of collaborative efforts in promoting responsible medication use.





Mdm. Zanisah binti Ahmad Torky

Head of Pharmacy Management Branch, representing Sarawak State Deputy Director of Health (Pharmacy)

Mr. Stephen Ak Moses

Head of Sarawak State Pharmacy Practice & Development

Branch

Mr. Lim Su Ee

Sarawak State Know Your Medicine Program Liaison Officer

Mr. Kamarudin bin Ahmad

Know Your Medicine Ambassador Coordinator

Ms. Adeline Sim Hui Tze

Know Your Medicine Ambassador Coordinator

Ms. Jessie Chin Ying Han

Know Your Medicine Ambassador Coordinator

Mdm. Loren Ak Mikai

Know Your Medicines Ambassador

Ms. Sia Mee Shian

Know Your Medicines Ambassador

Mr. Herwan bin Kari

Know Your Medicines Ambassador

The officiating speech was given by YB Dr. Zaliha binti Mustafa, Menteri Kesihatan Malaysia. YB Dr. Zaliha commended the efforts of Know Your Medicine Program in raising awareness about the rational use of medicine and ensuring the well-being of the public. She emphasized the government's commitment to providing accessible and inclusive healthcare services, particularly for individuals with disabilities. YB Dr. Zaliha encouraged the audience to actively engage in initiatives that promote health literacy and underscored the role of community empowerment in achieving positive health outcomes.

The conference featured a series of informative sessions and interactive activities. Some of the agenda highlights were as follows:

"Forum Siti Awareness: Ubat Saya Ok Tak?": This engaging forum was moderated by Siti Hawa, a pharmacist and social media influencer. Three panellists, including doctors and pharmacists from different specialties, participated in a discussion aimed at raising awareness about the safe use of medications. The panellists shared valuable insights, discussed common misconceptions, and addressed participants' questions and concerns. This forum provided an opportunity for attendees to learn from experts and gain practical knowledge regarding medication safety.



Pop Quiz: A Kahoot pop quiz session was conducted during the conference to actively engage the participants and assess their knowledge about medication safety and rational drug use. The quiz questions were designed to reinforce key messages and enhance understanding among the attendees. The participants enthusiastically participated in the quiz, and prizes were awarded to the winners, creating a sense of healthy competition and promoting active learning.





Sharing Session titled "Scan Dulu Baru Beli": This informative session emphasized the importance of verifying the registration status of medications and other health products before making a purchase. The speakers highlighted the potential risks associated with unregistered or counterfeit products and educated the participants on the significance of product authenticity. Practical tips and guidelines were shared to assist attendees in making informed choices when selecting medicines, reinforcing the importance of responsible purchasing practices.

The Persidangan Kenali Ubat Anda Peringkat Kebangsaan 2023 proved to be a successful event in promoting health literacy and empowering the community to make informed decisions about their medications. The engaging sessions, interactive discussions, and informative presentations contributed to enhancing the participants' understanding of medication safety and rational drug use. The conference's focus on inclusivity by addressing the needs of individuals with visual, hearing, and speech disabilities demonstrated a commitment to equitable healthcare services.



We are confident that the knowledge gained and the connections established during this event will have a positive and lasting impact on the promotion of responsible medication use in our community.

Photo with fellow colleagues during Gawai Raya Night 2023





Borrowed baju orang ulu from colleague for Gawai Raya Celebration KK Belaga 2023



3rd from the right - group photo before departing for COVID Vaccination Program at Bakun long houses



At Bakun Lake – on the way to long house for Outreach COVID Vaccination Program

HARMACIS!





A permanent post in Belaga that came to me in the middle of a pandemic, accepted without a second thought as my contract was coming to an end back then. Working in a small town far away in the jungle where the nearest hospital and retail pharmacy are at least 204km to reach, it's a brand new adventure. Now that the road condition has greatly improved, Belaga

is easily accessible by road from Bintulu. There were days when district crossing was highly restricted and I had to make use of vaccine collection trips to run around Bintulu town to source for supplies such as insulin needles, spacer device, even nutritional milk powder and tube feeding syringe for patients. Other daily supplies can be easily obtained from local grocery shops.

Photo with auditors post ADAF 2021

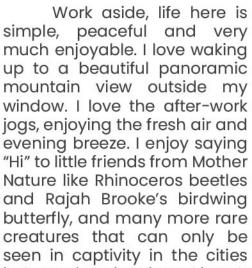




Group photo with staffs on-duty for COVID Vaccination Program 2021



Photo with auditors post ADAF 2023

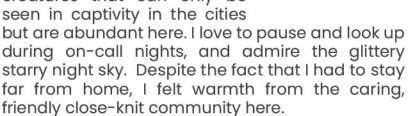




QUMC Booth at Rumah Kejaman Lassah during Health Carnival 2022



Homemade birthday cake by PFYM 2022



Some day in the future, I will have to leave and continue my service somewhere else. Until then, I will treasure every moment I have here and collect as many memories as I can.



Pharmily Christmas 2022



Pharmily photo during COVID Vaccination programme 2021 SPECIAL EVENT: CNY-RAYA- GAWAI CELEBRATION AT BPF JKNS

On 19th May 2023, Sarawak Pharmaceutical Services Division organised a triple celebration of Chinese New Year, Hari Raya Aidilfitri and Hari Gawai. Beautiful adornments and decorations were put up and all were the efforts of the hardworking staffs of the office. The theme Gong Xi-Raya-Gawai was selected to signify the celebration of all 3 holidays celebrated by the various staff members of the office.

In a uniquely Sarawakian way, the celebration incorporated the themes from all 3 celebrations; i.e. the rabbit for the Chinese Year of The Rabbit, the ketupat for Hari Raya Aidilfitri and the Terabai for Hari Gawai.

The office was made an open house a la rumah terbuka Hari Raya on the day. Staff from other offices were invited and celebrative foods were served.

Everyone had a blast on that day and to all reading this,

Happy Chinese New Year!

Selamat Hari Raya Aidilfitri!

Selamat Hari Gawai!









CNY - RAYA CAVAI CELEBRATION

PHARMACY



DYNAMIC PHARMACY ENFORCEMENT BEYOND DIVERSIFICATION OF PHARMACEUTICAL TRADE

Picture 1: Pharmacy Enforcement Conference 2023 Theme

A delegation from the Sarawak Pharmacy Enforcement Branch attended the conference and was headed by Puan Nor Anizah binti Osman, Sarawak Deputy Health Director (Pharmacy) and Encik Benodict Apok anak Talin, Sarawak Pharmacy Enforcement Branch Head.

ENFORCEMENT CONFERENCE 2023

Written by: Lugman Nulhakim bin Said

The inaugural Pharmacy Enforcement Conference 2023 was held in Dorsett Grand Subang, Selangor on 16th - 18th May 2023. The theme for the conference was "Dynamic Pharmacy Enforcement beyond Diversification of Pharmaceutical Trade". The objectives of the conference were to understand the challenges and scenarios of pharmaceutical trade in Malaysia, to empower Pharmacy Enforcement Officers with knowledge and skills for investigating pharmaceutical crime cases in pharmaceutical trade diversity and to expand mechanisms of cooperation between the Pharmacy Enforcement Division, local and international agencies for the prevention of illicit pharmaceutical trade.



Picture 2. Sarawak Pharmacy Enforcement Delegation

Overall, the Sarawak Pharmacy Enforcement Branch submitted 6 papers for the Research and Development (R&D) Category and I paper for the Quality Initiative Category. The list of papers submitted is as follows:

No.	Title	Authors	Category
l.	Compliance with the Malaysian Laws on Poisons and Sale of Drugs: A Retrospective Study in the State of Sarawak, Malaysia	Luqman Nulhakim Said, Loo Shing Chyi, Cannilia Kerine, Benodict Apok Talin, Lu Sing Ling, Lily Siao, Rachel Sii Zu Wen, Tan Sin Min, and Wan Aziyani Yazmin binti Wan Yeit	R&D



No.	Title	Authors	Category
2.	Prevalence and Trends of Adulterants Detected among Products Sampled by Pharmacy Enforcement Branch Sarawak Loo Shing Chyi, Sim Sui Theng, Cornelius Chua Kim Ann, Ting Chuong Wei, Augustine Law Foo Khiong, and Ridhwan bin Abdul Razak		R&D
3.	Practice and Compliance of Private Primary Health Care Facilities Towards Legal Requirements of Labelling of Dispensed Medicine in Sarawak	Loo Shing Chyi, Luqman Nulhakim bin Said, Logavinod Nakaswaram, Lee Yik Hui, Yii Ee Ming, Izzah Alia Binti Mohamad Rosli, Jessica Low Pei Sze, and Ridhwan Bin Abdul Razak	R&D
4.	Psychological Well-being among Government Pharmacy Staffs in Sarawak and Its Associating Factors	Loo Shing Chyi, Ting Chuo Yew, Luqman Nulhakim Bin Said, and Nurhidayati Binti Mohamad	R&D
5.	Public Willingness and Concerns Towards COVID-19 Vaccination: Sarawak COVID-19 Vaccine Hotline	Public Willingness and Concerns Towards COVID-19 Vaccination: Sarawak COVID-19 Vaccine Hotline	R&D
6.	Prevalence And Associating Factors of Lipohypertrophy (LH) Among Diabetes Mellitus (DM) Patients with Insulin Injection in District Area of Sarawak	Loo Shing Chyi, Jessie Chin Ying Han, and Wong Anak Ubong	R&D
7.	Sistem Surat Penyiasatan Ringkas (SSPR)	Brian Navaratnam, Loo Shing Chyi, Logavinod Nakaswaram and Luqman Nulhakim bin Said	Quality



2nd Place (Quality Category)

It was a great conference for the Sarawak Pharmacy Enforcement Branch as they came back winning the R&D Category and was 2nd place for the Quality Category.

Congratulations to the team and the presenters!! The whole Sarawak Pharmacy fraternity are proud of you!



Picture 3: Sarawak Pharmacy Enforcement delegation going through the ENFO conference
CONF posters
2023



SPECIAL EVENT: CENTRAL SARAWAK RESEARCH DAY

CRPS and CRC Sibu organised the Central Sarawak Research Day on 5th July 2023 at the Agape Centre, Sibu. The Sarawak Pharmaceutical Services Division submitted a total of 8 papers to the conference. The Pharmacy Department of Sarawak Heart Centre and Sarawak Pharmacy Enforcement Branch submitted 3 papers, respectively. Meanwhile, the Pharmacy Department of Sarawak General Hospital submitted 2. The list of submitted papers are as follows:



ORAL

No.	Study Title	Department	Presenter	\//
1.	Virtual Counselling by Pharmacists using Mobile Devices: A Qualitative Exploration	Pharmacy Department, Sarawak General Hospital	Mr Kho Boon Phiaw	Winner (Oral Category
2.	Prevalence and Associating Factors of Lipohypertrophy among Diabetes Mellitus Patients with Insulin Injection in District Area of Sarawak	Sarawak Pharmacy Enforcement Branch	Mr Loo Shing Chyi	3rd Place (Oral Categor
3.	Psychological Well-being among Government Pharmacy Staffs in Sarawak and Its Associating Factors	Sarawak Pharmacy Enforcement Branch	Mr Loo Shing Chyi	





POSTER PRESENTATION FOR CLINICAL STUDY

No.	Study Title	Department	Presenter
1.	Pharmacovigilance Study of COVID-19 Vaccines at Sarawak Heart Centre: An Assessment Based on Early Adverse Effects Following Immunization (AEFI) Reports	Pharmacy Department, Sarawak Heart Centre	Ms Hon Hui Lee
2.	A Cross Sectional Study on Pattern of Use of Direct Oral Anticoagulant in Atrial Fibrillation Patients at Cardiac Outpatient Setting, Sarawak Heart Centre	Pharmacy Department, Sarawak Heart Centre	Ms Wong Min Ting
3.	Knowledge Retention and Adherence to Treatment among Postpartum Females after Anticoagulant Injection Counselling by Pharmacists: A Preliminary Analysis	Pharmacy Department, Sarawak General Hospital	Ms Ho Hui Ping
4.	Concurrent Use of Anticoagulant and Antiplatelet in Acute Coronary Syndrome	Pharmacy Department, Sarawak Heart Centre	Ms Chelfi Zhi Fei Chua
5.	Prevalence and Trends of Adulterants Detected among Products Sampled by Pharmacy Enforcement Branch Sarawak	Sarawak Pharmacy Enforcement Branch	Mr Loo Shing Chyi

Sarawak Pharmaceutical Services Division team dominated the conference by securing the 1st and 3rd places for the Oral Presentation Category and the 2nd place for the Poster Presentation for Clinical Study.

Congratulations to the team and the presenters!!
The whole Sarawak Pharmacy fraternity are proud of you!



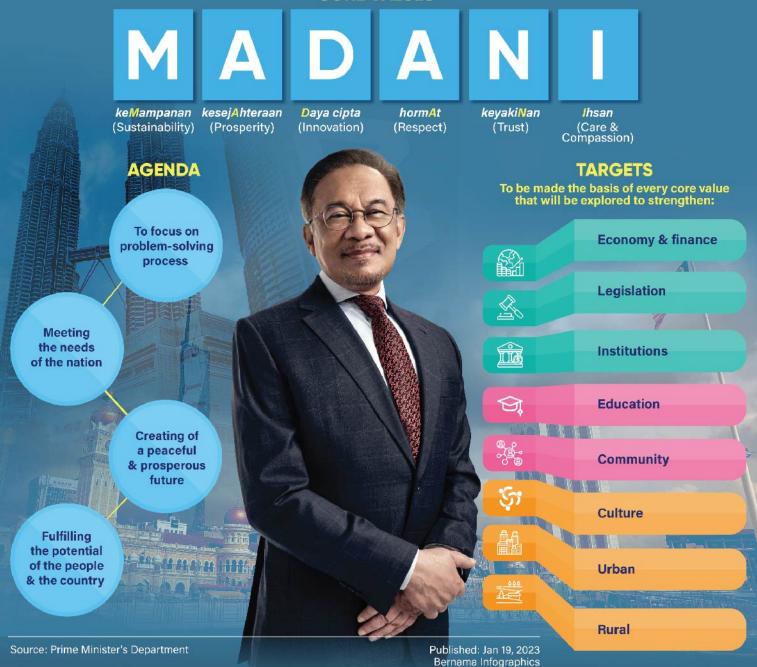
2nd Place (Poster Category)



WHAT IS MALAYSIA MADANI?

The concept is a policy framework introduced by Prime Minister Datuk Seri Anwar Ibrahim on Jan 19, 2023.

CORE VALUES





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knowyourmedicine.gov.my









kenaliubatanda