

Enhancing learning through promotional professional activities

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INTRODUCTION

In line with FIP's 2016 theme *Pharmacists: Caring for you* chosen to commemorate World Pharmacists Day, the Department of Pharmacy at Mater Dei Hospital teamed up with the Department of Pharmacy at the University of Malta to organize a three day event targeted at the general public.

AIM

To offer to undergraduate pharmacy students a hands on approach on the role of the pharmacy profession whilst promoting the profession to the general public.

METHOD

- Prior to the event, hospital pharmacy staff trained undergraduate pharmacy students on the use of point of care testing namely blood pressure monitoring and blood glucose monitoring.
- Students were briefed on counselling points in relation to hypertension and diabetes mellitus with particular emphasis on importance of medication adherence and lifestyle changes.
- During the event, patients attending Mater Dei Hospital were invited to have their blood pressure and blood glucose checked. These tests were carried out by students. Readings of the results were documented and where necessary patients were referred to their family doctor or community pharmacists for further follow ups.
- Medicine reconciliation was carried out and patients were offered pharmaceutical advice accordingly by Mater Dei Hospital pharmacy staff. Drug interactions were checked where applicable.
- Leaflets about the role of the pharmacist, the pharmaceutical technologists and the hospital pharmacists were disseminated to the public.

RESULTS

- The event was well received by the general public who attended the hospital.
- 200 patients participated in the event.
- A total of 150 patients had their blood pressure and blood glucose tested. The remaining 50 patients had only their blood pressure checked.
- A total of 30 patients presented their full list of medications and a full medication reconciliation could be carried out.
- During the event the students worked jointly with pharmacists and pharmacy technicians.
- The students found the joint initiative a learning opportunity giving them insight into the position of the hospital pharmacy team in promoting and safeguarding a healthy lifestyle.
- The success of the event led to other healthcare professionals taking up this concept to promote the well being of patients in relation to cardiovascular health.

CONCLUSION

The event provided an opportunity for the undergraduate students to engage in pharmaceutical care activities in collaboration with hospital pharmacy staff within a real life scenario exposing the students. Such initiatives help to promote awareness amongst the general public about the diverse role of pharmacists.

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