

PHARMACY BULLETIN

The official bulletin of Pharmacy Department, Hospital UiTM



in this issue

**RAMADHAN &
MEDICATIONS:
MEDICINES THAT
WOULD AND
WOULD NOT
INVALIDATE
YOUR FASTING**

**DIFFERENT TYPES
OF
PARENTERAL
PENICILLINS:
WHAT ARE
THE DIFFERENCES?**

**RETROSPECT:
A LOOK BACK
AT PHARMACY
EVENTS IN
JAN-MARCH
2022**

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Beyond Medicines: Hypertension & Non-pharmacological Treatment

by Mr Muhammad Ikhrum Shah Bin Ismail

Hypertension is a major global health burden. It can be proof when all health agencies in all country always have annual report and statistic regarding all important data related with hypertension on their country. World Health Organization (WHO) estimated over 1.13 billion peoples have hypertension and most of them is peoples live in low and middle incomes country.

Despite pharmacology treatment, non-pharmacology treatment also is a good approach to control hypertension. Exercise is a good component of non-pharmacological hypertension management. Preliminary data showed that a 12-week physical activity counselling (PAC) programme based on the 5 A's paradigm increases physical activity and reduces patient hypertension (Sousa Junior et al., 2020). Same goes in Malaysia, when research founded that counselling on physical exercise was linked to improved BP control rate, whereas more drugs utilised was linked to lower BP control rate (Teh et al., 2020).

Thus, in this issue, knowledge and awareness of physical activity play a crucial factor to improve physical activity. The improvement of knowledge regarding physical activity will improve movement to have a good health. Students' after-school exercise programme study findings indicate that the programme promotes learning health concepts. Program that contains health-related knowledge integrated with cognitive program can help students improve their knowledge and awareness (Syrmpas & Goudas, 2021). While in Malaysia, CERia Respek Gigih Aktif Sihat (CERGAS) module has been shown to be helpful in enhancing secondary school adolescents' knowledge, attitude, and practise (KAP), and can serve as reference material for secondary school instructors (Lau et al., 2019).

TAKE HOME MESSAGE

**Being Healthy & Fit Isn't a Fad or a Trend,
It's a Lifestyle**

Pharmacy Event

OUR 1ST EVER PHARMACY WEBINAR:
RAMADHAN & MEDICATIONS



FRIDATE!

BPbSM (HUiTM)

WEBINAR FARMASI 01/2022

UBAT DAN RAMADAN

25 MAC 2022 | JUMAAT | 10.00 PAGI - 12.00 TENGAH HARI

IMBAS KOD QR UNTUK PENYERTAAN



AGENDA

- 10.00 PAGI **UCAPAN ALU-ALUAN**
Oleh Encik Nur Azmi Bin Badarulzaman, Ketua Jabatan Farmasi, HUiTM
- 10.10 PAGI **PENGURUSAN PENJAGAAN DIABETES DI BULAN RAMADAN**
Oleh SN Nurul Izza Binti Mokhtar, Jururawat (Penjagaan Diabetes), HUiTM
- 10.40 PAGI **PENGAMBILAN UBAT-UBATAN SEMASA BERPUASA**
Oleh Cik Nur Syaheerah Binti Md Subi, Pegawai Farmasi, HUiTM
- 11.10 PAGI **KELEBIHAN & KERINGANAN (RUKHSAH) DALAM BERPUASA**
Oleh Ustaz Adam Bin Zakaria, Penolong Pendaftar (Hal Ehwal Islam), HUiTM
- 11.40 PAGI **SESI SOAL JAWAB**
Moderator : Cik Amira Nadzira Binti Abdul Hamid, Pegawai Farmasi, HUiTM

PENCERAMAH



**CIK NUR SYAHEERA
BINTI MD SUBI**
Pegawai Farmasi



**SN NURUL IZZA
BINTI MOKHTAR**
Jururawat
(Penjagaan Diabetes)



USTAZ ADAM BIN ZAKARIA
Penolong Pendaftar
(Hal Ehwal Islam)

Anjuran : Jabatan Farmasi & Unit Latihan HUiTM

come join us!

RETROSPECT: A LOOK BACK ON PHARMACY ACTIVITIES IN JAN-MARCH 2022



Birthday
celebration:
January babies



Opening of
Emergency
Pharmacy
(Farmasi
Kecemasan)



Medical store
Family Day

RETROSPECT: A LOOK BACK ON PHARMACY ACTIVITIES IN JAN-MARCH 2022



**Medical Store visit to
HPUPM**



**TEDx talk by Mr Asyraf:
Malay diaspora around
the world**



**Webinar Pharmacy:
Medicines & Ramadhan
our 1st webinar!**



**1st cytotoxic drug reconstituted
by our CDR team!**

Different types of parenteral penicillins: what are the differences?

AND HOW A MINOR MISTAKE COULD LEAD TO FATAL ERROR

by Mr Muhammad Asyraf Bin Harun

Name of medicines	Picture	Route of Administration & duration of action	Primary Indication	Range of Dose & Frequency
Benzylpenicillin 1 MIU Injection (600mg) (also known as Penicillin G or crystalline penicillin/C-pen)		IV / IM, Short-acting	i) Infections caused by susceptible organisms ii) Infective endocarditis	Adults: 18 - 24 mega unit/day, in divided doses (4-6 hourly)
Benzathine Penicillin 2.4 MIU Injection		IM ONLY, Long-acting	i) Treatment of mild to moderately severe infections due to Penicillin G sensitive organisms ii) Syphilis (except neurosyphilis as it has poor blood brain barrier permeability)	i) ADULT: 1.2 mega units IM ii) For syphilis: 2.4 mega units weekly for 1 - 3 weeks
Benzyloxyethyl penicillin 5 MIU Injection (3g) (also known as Penicillin G or crystalline penicillin/C-pen)		IV / IM, Short-acting	i) Infections caused by susceptible organisms ii) Infective endocarditis	Paeds/Neonates: 25,000 - 100,000 units/kg/dose, in divided doses (6-12hourly)

IMPORTANT!

- **Administration error of Benzathine Penicillin via IV route** could lead to cardiorespiratory arrest as well as death
- Always counter-check the doses of Benzylpenicillin injection prescribed, especially for paediatric doses. This can be improved by including the weight of paediatric patients on the label of medicines supplied.
- As benzylpenicillin 1 MIU & 5 MIU have been one of the most frequent drugs that were involved in dispensing error, extra precaution must be taken while counterchecking these medications, such as by placing 'LASA' stickers on them.

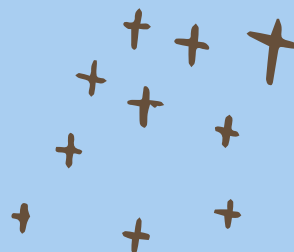
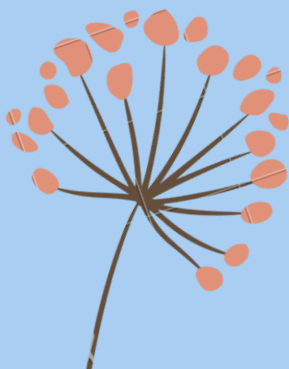
Ramadhan & medications



For Muslims, fast means abstaining from eating any foods, drinking and from doing anything, which could invalidate the fast, starting from dawn fajr (before sunrise,) until dusk (maghrib) which is approximately 14-16 hours a day.

By: Miss Nur Shaheerah
Binti Md Subi

No.	Medicines that are permissible during fasting
1.	Eye drops, ear drops and ear cleaning (provided no limit to the eardrum).
2.	Sublingual tablet provided it is placed beneath the tongue only, and not swallowed.
3.	All types of injections either through layers of skin, muscles, joints or blood vessels.
4.	External cream or ointment, bandages and plaster to the skin surface.
5.	Mouthwash gargle and therapeutic medicine spray to the mouth provided nothing is swallowed
6.	Use of nasal spray.
7.	Half or local anaesthesia.






Ramadhan & medications: Medicines that invalidate fasting



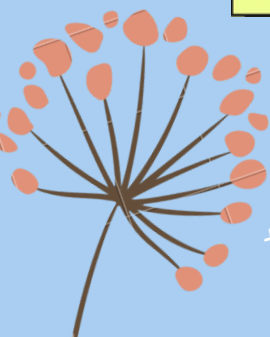
No.	Medicines that invalidate fasting
1.	Taking oral medicines such as tablet or syrup.
2.	Entering any small tube (pessary) or medicine into the vagina and internal inspection procedures.
3.	Use enemas, suppositories tubes, proctoscope or finger inserted into the anus or rectum for examination.
4.	Full anaesthesia.

USE OF INHALERS DURING FASTING IN RAMADHAN

<p>DOES NOT INVALIDATE FASTING</p> <p>The amount of substance from the inhaler enters the throat and into the stomach is too small, thus, it does not invalidate Fasting, using the qiyas (analogical deduction) with gargling and <i>istinsyaq</i> (sniffing water into the nose for ablution).</p>		<p>INVALIDATE FASTING</p> <p>It is impermissible to use inhaler during the day in Ramadhan, <u>unless it is a necessity or a treatment</u> for an illness. The substances from the inhaler will end up in the stomach through the mouth. Hence, it is permissible to break his fast and replace it later.</p>
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"After analysing both opinions, we are inclined stating the usage of inhaler during the day in Ramadhan does not invalidate the fast.

Furthermore, we found that asthma attacks do not occur continuously but just happen occasionally while other times the sufferer is healthy. Islam is religion of acceptance and tolerance, thus, there is an exception for the usage of inhaler for asthma sufferer (does not invalidate the fast)."



ADJUSTMENT OF MEDICATIONS REGIMES DURING FASTING



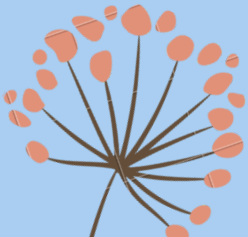
TO TAKE 'BEFORE MEAL'



TO TAKE 'AFTER MEAL'



INFOGRAPHIC SOURCES:





NEW DRUGS APPROVED IN PUSPA 01/2022

BIL	MEDICINE NAME	TYPE OF FORMULARY	PRESCRIBER DISCIPLINE
1.	Etomidate 20mg/10ml Injection	Standard	Emergency, Anaesthetic, Endocrine
2.	Fluorescein 1mg Ophthalmic Strip	Standard	Emergency, Ophthalmology
3.	Fuller's Earth powder	Standard	Emergency
4.	Pralidoxime Chloride 0.5g/20ml Injection	Standard	Emergency
5.	Hydrogen Peroxide 20 volume & 130 volume Solution	Standard	All
6.	Sodium Hypochlorite 10% Solution (1000ml) & 1% Solution	Standard	Infectious Disease



NEW DRUGS APPROVED IN PUSPA 01/2022

BIL	MEDICINE NAME	TYPE OF FORMULARY	PRESCRIBER DISCIPLINE
7.	Turpentine Oil	Standard	Emergency, Orthopaedic
8.	Ketoconazole 200mg tablet	Standard	Endocrine
9.	Levosimendan 2.5mg/ml Injection	Special	Medical (Intensivist), Cardiothoracic, Anaesthetic
10.	Mepivacaine HCl 2% with Adrenaline	Standard	Surgical, Dental
11.	Leucovorin Calcium (Calcium Folate) 50 mg Injection	Special	Oncology

FURTHER INFORMATION:

Kindly check on further information (e.g. drug doses, dilution) from Hospital UiTM Formulary Google Sheet.