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L-R: Pharm. (Mazi) Sam Oluwabunwa, president, PSN; Prince Julius Adelus-Adeluyi, chairman of the occasion; Pharm. (Sir) Ifeanyi Atueyi, founder/MD, Pharmanews Limited; and Chief Bunmi Olaopa, president, Great Ife Pharmacy Alumni Association (GIPAA) during the celebration of Pharmanews 40th anniversary and 80th birthday of Sir Atueyi at Sheba Event Centre, Lagos on 1 October.

How I've confronted major pharmacy issues in my first year as PSN president – Oluwabunwa

By Yusuff Moshood

The last 12 months of the new PSN leadership has been a period of learning about Pharmacy and its challenges and providing certain changes that will help take the pharmacy profession in the country to where it should be, Pharm. (Mazi) Sam Oluwabunwa, president, Pharmaceutical Society

of Nigeria (PSN) has said. Speaking with *Pharmanews* in an exclusive interview at his office in Lagos on what he had focused on in the first year of his presidency, the PSN president said the last one year had been an opportunity to confront the major issues of Pharmacy, noting that it had also been a period of

ensuring greater participation of pharmacists in the affairs of Pharmacy and that of the PSN. Oluwabunwa further said that the greatest achievement of his first year as president of PSN was being able to mobilise support in and out of Pharmacy to shut

continued on page 19

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Dr Kingsley Chiedu Amibor is the national chairman, Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) and deputy director of Pharmaceutical Services (DDPS), Federal Medical Centre, Asaba, Delta State.

He was born to the family of late Mr Joel Iwebunor Amibor and Mrs Christianah Adafor Amibor on 17th October, 1964 in Ubulu-Uku, Aniocha South Local Government Area of Delta State.

In October 1983, Amibor secured admission to the University of Benin to study Pharmacy, graduating with Second Class (Honours) in 1987. He then had the mandatory one year internship at the Edo State Hospitals Management Board, Benin City, from 1987 to 1988, and National Youth Service programme (NYSC) from 1988 to 1989 at the Nigerian National Medical Centre (NNPC) Port Harcourt, Rivers State.

Amibor's career began at Glaxo Pharmaceuticals Plc, in 1990, where he rose from medical representative to field sales manager. In 1996, he joined Encristo Pharmaceutical Industries, Enugu, as marketing manager/superintendent pharmacist. In January, 2001, he decided it was time to serve his fatherland in a different capacity, and joined the services of the Federal Ministry of Health (FMOH), specifically, the Federal Medical Centre Asaba, where he rose from senior pharmacist to his current position of deputy director of pharmaceutical services (DDPS).

While in Enugu, Amibor pursued a course of study in Marketing Management at the University of Nigeria, Enugu Campus (UNEC). Additionally, his flair for learning saw him going back to the University of Benin to pursue the Doctor of Pharmacy Degree (PharmD) which he obtained in January, 2009.

Amibor is an accomplished unionist. His unionism career started in 2006, when he was elected chairman, Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) Federal Medical Centre, Asaba Chapter.

In 2015, he contested and won election as national vice chairman of AHAPN, a position he held for three years. In August 2018, driven by passion to serve his chosen profession, he decided to contest for the office of national chairman, the highest office in AHAPN. A contest he won after a tedious campaign.

Amibor is a winner of several awards, including the Pharmaceutical Association of Nigerian Students (PANS) UNIBEN Award for Excellence in Leadership (2018), Distinguished Service Award (DSA) of AHAPN National.

Amibor is married, with children.



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Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." — **Mark Twain**

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"Remember, happiness doesn't depend upon who you are or what you have; it depends solely upon what you think. So start each day by thinking of all the things you have to be thankful for. Your future will depend very largely on the thoughts you think today. So think thoughts of hope and confidence and love and success."

— **Dale Carnegie**

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Pharmanews historic 40th anniversary

On 1 October, Pharmanews Limited celebrated its 40th anniversary and the 80th birthday of its founder and managing director, Sir Ifeanyi Atueyi at a memorable ceremony in Lagos. The event was graced by family members, friends and associates of Sir Atueyi, as well as a huge number of captains and stakeholders in the pharmaceutical industry.

Although the **Pharmanews** journal actually clocked 40 years of uninterrupted monthly publication in May 2019, the decision to mark the anniversary on 1 October was to combine it with the birthday of the founder, Sir Atueyi. This decision was a fitting reflection of the interconnectedness of the story of **Pharmanews** with that of the life of Sir Atueyi.

The anniversary celebration was indeed a momentous avenue to affirm the power of divine grace and providence – to which Sir Atueyi attributes much of his success – as well as to highlight the indispensability of purpose, focus, determination and unwavering faith in God in achieving success and fulfilling destiny. Indeed, as Sir Atueyi revealed at the event and particularly in his autobiography, “My Life and Pharmanews” which was launched on the same anniversary day, the journal had to surmount a myriad of challenges to be consistently published every

month since May 1979 without missing an edition. Considering the mortality rate of periodicals generally and health publications in particular, the celebration was for all intents and purposes worthwhile.

The importance of building good relationships, through commitment to selflessness, honesty, integrity, genuine interest in the needs of others and consistency in offering value-added services in business, was also brought to the fore through the massive turnout of well-wishers for the October event and the overwhelming support received from within and outside the country. In particular, the turnout of major players in the pharmaceutical industry at the memorable anniversary celebration, 50

of whom were honoured with awards by the management of Pharmanews, added colour and prestige to the event.

The success story of **Pharmanews**, which has become not just the flagship journal of the pharmaceutical sector but the health sector, has multi-dimensional implications and lessons for diverse categories of individuals and businesses, especially in the pharmaceutical sector. Pharmacists must strive to think out of the box and not confine themselves to the conventional roles that academic knowledge assigns to them. Service to the profession and to humanity, as a whole, which was a factor in Sir Atueyi’s foray into pharmaceutical journalism, must be prioritised above monetary gratifications.

The success story of Pharmanews, which has become not just the flagship journal of the pharmaceutical sector but the health sector, has multi-dimensional implications and lessons for diverse categories of individuals and businesses, especially in the pharmaceutical sector. Pharmacists must strive to think out of the box and not confine themselves to the conventional roles that academic knowledge assigns to them.

Moreover, the place of passion in deciding one’s career path, creating a reputation of integrity and remaining focused amidst oppositions, distractions and adversities is of utmost importance in benefitting from the **Pharmanews’** example.

Pharmacists can indeed set good examples to others within and outside their industry on innovative and strategic thinking, as well as the possibility of succeeding without taking shortcuts or delving into unethical practices or outright illegalities. By making the satisfaction of its partners a cardinal objective and center-point of its operations, **Pharmanews** has risen from being the leading pharmaceutical health publication in Nigeria and West Africa to being a global health journal with a strong online presence and a first choice for players in the industry whenever they want to disseminate health and pharmaceutical information to their various publics.

While **Pharmanews** is a great example to follow for those desirous of going into health journalism, it must also be noted that the journal itself must continue to evolve in tandem with the dynamic needs of its readers and partners. It must also continue to build the competencies needed to sustain its role as a leader in health information dissemination.

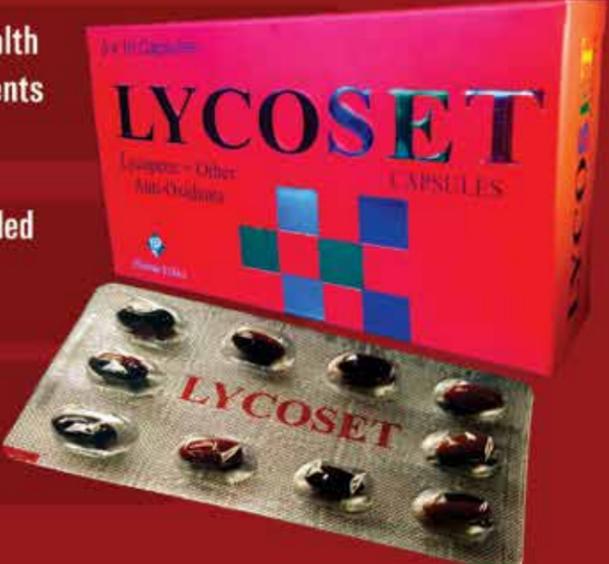
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How rich are you?

By Sir Ifeanyi Atueyi

You may have all the wealth you can possibly acquire - including expensive cars, houses, lots of investments and assets - but still not feel rich enough. Definitely, there is a missing link. That missing link is how you think. If you don't think you're rich, you are not rich. Proverbs 23:7 says, **"For as he thinketh in his heart, so is he."**

You become rich when you have the mind-set of abundance. You attract the feeling of abundance when you are happy with yourself, with what you have and actually enjoy them. Norman Vincent Peale said, "If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal." Limited thoughts create limited lives and limited success.

What are your expectations? If you expect positive outcomes, most often they will come to pass. If you expect negative outcomes, they will also show up. In computer language, we say, "Garbage in, garbage out." Therefore, it is better to create an attitude of

expectation from life, which has endless opportunities. Thinking of inadequacy comes from poor thinking, which takes richness away from your life.

If you want to count your riches, never just count only the money and assets you have. Consider the blessings and benefits money cannot buy. Just think of lives you're positively touching. Think of the value people have for your life. How do people feel at the mention of your name? What legacy are you leaving?

A truly rich person may not necessarily have the best things in life but he makes the best use of whatever he has. He actually enjoys life. You don't have to wear the most expensive wristwatch, shoes, rings or drive the most expensive cars. In fact, a study of the lifestyle of many millionaires shows that they don't indulge on those luxuries. They live a simple life and take care of little things. They are not wasteful or ostentatious. But they know and believe they are rich. It has been found that millionaires don't even wear varieties of clothes.

If you want to feel truly rich, start counting all the things you can have which money cannot buy. If you want to enjoy a life of true abundance, seek peace of mind, joy of living, helping, giving

and serving others selflessly. Add value to people's lives and show gratitude to those who help you in one way or the other.

Remember that God is the Giver of all good and perfect gifts (James 1:17). He will never give His children any blessing that will ultimately derail His purpose for them or too much for them to handle. He is interested in the prosperity of His people. It is His pleasure that His children have joy, peace, good health, and that their real needs supplied.

Don't have a get-rich-quick mentality. Have the grace to let wealth grow like a plant. It should not be like a mushroom that grows overnight only to die soon after. The successful life is not a quick-fix. It does not happen overnight. It is a not an event but a process. This is why people who win lotteries do not usually sustain their wealth. Getting rich through

gambling, football pools and lotteries is usually not enduring.

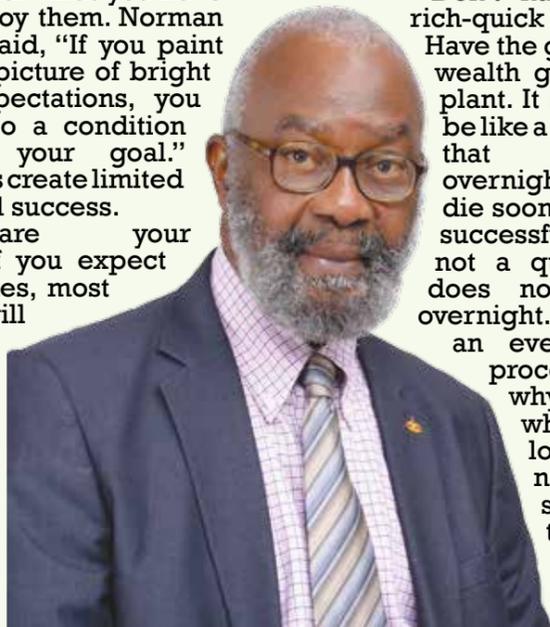
It has been observed that the poor and middle income earners spend a lot of their hours in front of the TV while rich people continuously read and learn. They are interested in making money and investing. Comparing your material possessions with your neighbours' will not make you richer. Instead, it can bring you poverty mentality.

It is always better to look inwards for God's blessings in your life. When you do that, you will always be grateful to God. This attitude of gratitude brings greater blessings.

Above all, do not love money which is the root of all evil. When money is loved and accumulated beyond measure, the owner will never be satisfied. He will still want more and more.

Bear in mind also that lack of money is a major cause of the evils we have in the society today. A lot of crimes today are associated with poverty.

What is richer than God's blessings and benefits? Psalm 103:3-5 asks you not to forget such benefits - forgiveness of your sins, redeeming you from hell, crowning you with love and mercy, wrapping you with goodness and renewing your youth.



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Congratulations to Sir Atueyi and Pharmanews - Olisaemeka

One crowded hour of a glorious life is worth an age without a name. With joyful hearts, we felicitate with Sir Ifeanyi Atueyi on the occasion of his birthday, turning 80 on 1 October. Your life, which is full of splendour, grandeur and candour, is worthy of emulation. We bless God for the good health, strength and vision.

We also rejoice with Pharmanews Ltd., the global health journal, for turning 40. The elegance, brilliance and magnificence of your production has earned you recognitions and special awards, including the annual Sir Ifeanyi Atueyi essay and debate competitions in Nigerian universities, as well as

Legendary milestones

Congratulations, Sir, on the triple celebration of your 80th Birthday, 40th Anniversary of *Pharmanews* and the launch of your book, titled "My Life and Pharmanews". These events are legendary in every sense of it. Time and space will not permit me to talk on each of the events separately, but I am particularly thankful to God for your life at 80. Birthdays present opportunities to remind loved ones of how much they are valued and held in high esteem. Your rolling out the drums to celebrate your 80th birthday is heart-warming and a recognition of God's immense goodness to you.

As an entrepreneur and professional of high repute, you have made remarkable contributions to the field of Pharmacy, a profession you so much love and have given so much to, which stands you out as one of the most notable pharmacists in Nigeria today. I really wonder if the story of Pharmacy in Nigeria today would be written without according you a prime of place for your profound contributions.

I am particularly elated and thankful to God for being a part of the Pharmanews family; so the celebration of *Pharmanews* is also my celebration. As a former employee of *Pharmanews*, I have always associated myself with the organisation for many reasons. I remember with fondness the good old times we shared together, and the many things I learned while in the employ of the organisation. At 40, one can say authoritatively that *Pharmanews* has come of age, especially in this climate where mortality rate of businesses is very high.

I cannot help but thank God for all you have achieved, the lives you have impacted and the privilege of very good health which you enjoy. I must also not fail to thank God for the warmth, love and support of your family, especially Madam, who have been doing great work in taking care of you.

It is, therefore, with a deep sense of admiration that I, on behalf of my family, salute you, and pray that the good Lord will continue to strengthen you and grant you more years ahead in good health to continue your service to humanity.

Thank you.

the Healthcare Media Excellence Award (Print) of the NHEA for 2017, 2018 and 2019.

As the external auditors and tax consultants of the company for over 10 years, we are glad to witness these great attainments and celebrations. We attest to the high quality management, the crop of hard working staff and the quality fellowships that bind them together.

Long live Sir Ifeanyi Atueyi!

Long live Pharmanews Ltd!!

Long live the Management and Staff!!!

Victor T. Olisaemeka FCA

80 hearty cheers to Atueyi – Orange Group

Congratulations to eight decades of life! What a momentous celebration. You have accomplished so much and continue to be a great example of wisdom, humility, leadership and foresight. As you celebrate this great milestone, we pray that you are blessed with love, health, and happiness for many more years to come.

We wish you an 80th birthday filled with love from family and friends, moments you will never forget and great memories.

Thank you for the many years of service to Orange Drugs. As one of our directors, your leadership and direction are truly invaluable. Thank you for your hard work and dedication, and for being a selfless leader. Leaders like you are few and far between, hence we wish you prosperity, health and longevity.

On behalf of the entire staff and Board of Directors of Orange Group, we wish you, our dearest Director, a happy 80th birthday.

Signed by
Sir Tony Ezenna
Chairman and CEO,
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Increase your relationship capital

By George O. Emetuche

When we launched our training and consulting business eight years ago, we didn't have all the resources in place. The main capital I had as the founder of the company was competence and ability to connect with people. We explored our "relationship capital" and of course our ability to do the job exceptionally well. This strategy has become today our corporate culture. In sales, nothing beats competence and ability to grow great relationships.

Keep connecting

Relationship capital is your ability to connect with people. In this tough business environment, you must keep connecting with the right circle that will help your business. You must keep doing the right things. You must continue to satisfy your customers and prospects. The more you make customers happy, the more you grow your relationship capital with them. Developing healthy relationship with customers and prospects is a strategy that leads to success in sales career.

Successful sales professionals believe in building relationships. They believe in delighting their clients by giving them value. You just have to be competent; you should also know how to connect with people. You must increase in these aspects if you want to be outstanding in sales and in the business world.

Get the right people and go all the miles to get things done

Relating with one another makes our world a better place. Successful companies gather smart sales people to get things done. Increasing relationship capital is a winning concept in life, not just in business alone. You need people to build a great team. You need the right people to build a great organisation. This is why I maintain that you need to build the right team that will help the company to enhance its customer base by building relationship capital.

The more we relate with one another, the more we discover how to provide solutions for our needs. This is a strong point in the world of business today; it is the essence of selling. This aspect cannot be achieved when the salesman is in a hurry or desperate to sell. This scenario takes time to build. You must give it all it requires. You must water the ground. You must make your grass greener by watering it. You must build relevant business relationships that will bring you out of hard selling.

Go the extra mile

Don't be afraid to start a robust business relationship with a prospect or customer. Some salespeople see this as a big issue. They lack the attitude to commence healthy professional relationships. The only option

they deem fit is to hurriedly present their products and services without making efforts to invest time and care that will take the business relationship to enviable heights.

No business grows in a hurry! Today's businesses thrive on competence and relationships. I once held a business meeting at 10.00 pm in a recreation club. The meeting was at the instance of my friend, a Chief Executive Officer of a conglomerate - who is a member of the elite recreation club. The entrepreneur had to give me appointment to see him at the club in order to spend more time to discuss business with me. I got there that night and watched him play tennis and our meeting commenced thereafter. The time I spent with him during the business meeting couldn't have been achieved in his office if I "desperately" wanted to hold the meeting in his office. The recreational environment created the ambiance needed for a friendly business meeting. You must ensure great relationships and ability to deliver on your promises. This is the strength of successful businesses.

Generic proposal is not smart enough!

In my experience in the world of selling, I have discovered that the more you find a common ground with people, the more you sell. The business environment today has gone personal.



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Professor Olawale Sulaiman : Renowned neurosurgeon with a big heart

By Solomon Ojigbo



Professor Olawale Sulaiman

Professor Olawale Sulaiman is a globally acclaimed professor of neurosurgery and spine surgery. Currently regarded as the best spine surgeon in America, Sulaiman is highly skilled in the application of minimally invasive surgical techniques to treat spinal disorders and complex nerve reconstructive surgery.

As the system chairman of the Department of Neurosurgery at Ochsner Health System in New Orleans, Louisiana, Sulaiman oversees all of the clinical and academic neurosurgery activities at all Ochsner-owned and network hospitals. Recently, Ochsner Department of Neurosurgery was named number four in the country for patient care and quality by CareChex.

In 2016, Sulaiman was named co-medical director of the award-winning Ochsner Neuroscience Institute, thereby expanding his leadership role to including neurosurgery, neurology, physical medicine and rehabilitation and neurocritical care departments.

Humanitarian missions

For many years, Professor Sulaiman has been committed to improving the quality of healthcare available to disadvantaged people in sub-Saharan African countries, especially in Nigeria. He began his medical mission to Nigeria in 2010, where he would visit every few months. Now, he travels almost every month and spends seven to ten days, performing surgery there.

Another remarkable sacrifice by Professor Sulaiman was his agreement with his employers (Ochsner Institute) to give up 15 per cent of his salary in order to give him the flexibility to travel for his medical missions. For over six years, he and his team have performed surgeries on over 500 patients, as well as screened and provided preventative medicines to 5,000 people. His employers have bought into his vision and support his efforts by sending medical supplies overseas with him.

Sulaiman is also the CEO and Chairman of RNZ Global Limited, a company focused on healthcare development, operations and

management in sub-Saharan Africa, and is at the forefront of revolutionising healthcare in the region. The firm has played a major role in bringing modern neurosurgery and spine practice to many in Nigeria, raising the standard of neurosurgery in both private practice and government teaching hospitals.

Aside from the contributions of kindhearted people like Sulaiman, quality and affordable healthcare is inaccessible to millions of people in Nigeria. With an inadequate health insurance system, only a privileged few of the population with the means can afford the high cost of standard healthcare available in few hospitals in the country. Sulaiman is using his influence and expertise to bring this issue to the forefront.

As a well-respected thought leader in the Nigeria's healthcare challenges, Sulaiman acts as an advisor to Nigerian ministries of health at the state and federal levels. He has recently been appointed as Special Adviser to the Governor of Kwara State on Health Matters.

Education and career

Professor Sulaiman was born in Lagos, Nigeria, in 1970. He had his secondary education at St. Gregory's College, Lagos. His academic brilliance earned him the National Scholarship for Academic Excellence for his tertiary education and to pursue his dream of becoming a surgeon.

Sulaiman completed a combined MD/MSc degree at Medical University, Varna, Bulgaria, in Europe, where he received the university prize for academic excellence and graduated among the best in medical school. His interests in nerve and spinal cord injury and regeneration research led him to the University of Alberta in Edmonton, Canada, where he also completed a PhD in Neurosciences (neurobiology of nerve injury and regeneration) under the tutelage of a world-renowned neurophysiologist, Dr Tessa Gordon.

He completed his neurosurgery residency at University of Manitoba in Winnipeg, Manitoba, Canada. He also completed two world-renowned clinical fellowships in both complex nerve reconstruction (Louisiana State University Health Science Centre,

USA – under Dr David Kline) and complex spine surgery (Medical College of Wisconsin, USA – under Drs Larson and Maiman).

Sulaiman is board-certified in neurosurgery by the Royal College of Physicians and Surgeons of Canada. He is currently the medical director of the multidisciplinary Back and Spine Centre at Ochsner, as well as the director, Laboratory of Neural Injury and regeneration.

The acclaimed neurosurgeon has extensive research experience in both nerve and spinal cord injury and regeneration and he runs a nerve/spinal cord regeneration translational research laboratory at Ochsner. He is also a recipient of several honours and research grants, including: Research Excellence Award/Fellowship by the Canadian Institute for Health Research; Outstanding Research Recognition/Incentive Award by the Alberta Heritage Foundation for Medical Research; Principal Investigator Research Fellowship Award by the Rick Hansen Institute/Alberta Paraplegic Foundation.

Sulaiman is a reviewer for many neurosurgery and neuroscience journals and has also authored several peer-reviewed publications and book chapters in these areas. He is a member of many editorial boards and the Associate Editor for Biomedical Reviews and Section Editor for Frontiers in Surgery.

Sulaiman lectures at local, national and international meetings, including serving as faculty, moderator and member of the scientific programme committee at neurosurgery national meetings (CNS, AANS, Louisiana association of neurological surgeons). He currently serves as a Professor of Clinical Neurosurgery at Tulane University, in New Orleans, Louisiana, USA.

Sulaiman is happily married to Patricia Sulaiman, an Advanced Practice Registered Nurse. Like her spouse, Patricia is also very passionate about improving the quality of life of indigent people living in Nigeria. They both launched RNZ Foundation for the management of their philanthropic activities.

Professor Sulaiman and Patricia are blessed with three children.

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The awesome FIP conference in Abu Dhabi

POLEMIC with **Yusuff Moshood**

yusuffng@yahoo.com/08055212962

Let me start with this confession: I had often nursed reservations and trepidation about visiting countries in the core Middle East. This was perhaps due to my long held view that these countries were still largely far behind in embracing new trends and still very rigid in how they related with the rest of the world.

However, I have now been purged of this my jaundiced view by my experience at the memorable 79th International Pharmaceutical Federation (FIP) World Congress of Pharmacy and Pharmaceutical Sciences, held in Abu Dhabi, United Arab Emirates (UAE) from 22 to 26 September. It was my first time in the city and I am quite impressed with how the UAE authorities have managed to create a country that can be referred to as a beautiful oasis in a desert.

Now I can attest to what many people probably know before – that the UAE or, more specifically, Abu Dhabi City in the UAE, is a beautiful city, comparable to, if not better than, many other great cities of the developed world in

terms of infrastructure.

The road network is so good it looks like a joke. The city is also well secured, with everyone aware that there are security cameras everywhere, even in public buses and taxis. You feel so safe and secure even though there is no visible presence of security personnel, as is the case in many other parts of the world. Also, when you interact with the few policemen you come across, they are very courteous and respectful; yet the way they talk gives you so much confidence that they are not only effective but efficient at their job.

Apparently, no stone has been left unturned by the Abu Dhabi government to ensure the city is serene and, despite the slightly hot weather condition, you are more likely to feel very comfortable in that city as a visitor. The icing on the cake is definitely the attitude of the people in the UAE. They are courteous, friendly and welcoming. No wonder, cities in the UAE especially, Dubai and Abu Dhabi, have become a destination of choice for tourists

from all over the world. I would surely love to visit the UAE again.

However, beyond the comfortable ambience created by the government of Abu Dhabi, I must also commend the leadership of the FIP for organising a conference to be remembered for years by the participants who were at the venue, which was Abu Dhabi National Exhibition Centre on Khaleej El Arabi Street. Not only was the venue very fitting, all the processes of the conference were topnotch. This exactly is why most participants will have fond memories of the conference.

Moreover, the lectures were interesting, educative and illuminating. The speakers were able to dissect all the subtopics, reflecting the theme of the conference, as well as providing fresh perspectives on issues such as people-centred care, ethical challenge, technology, robotics, challenges on new research, access to health, non-communicable diseases, empowerment of women, as well as discussions on different fields of pharmacy and pharmaceutical

sciences.

I attended some of the sessions and the discussions were engaging and eye-opening. It is my view is that if participants begin to embrace some of the innovative submissions, especially on some of the ideas that have elevated pharmacy practice in some parts of the world, the profession will benefit handsomely.

I will also personally remember this conference because of my encounter with the FIP President, Mr Dominique Jordan. I interviewed him for *Pharmanews* and he was such a gentleman and a journalist's delight. The respected community pharmacist has deep insights on the contentious issues in the profession and how to elevate the profession. He was emphatic that to tackle the global menace of fake drugs, pharmacists must be allowed to help in identifying the fictitious medicines.

The next FIP conference is holding in Seville, Spain, from 13 to 17 September 2020 and with how great the 2019 edition was, this next conference, themed: "Technological Revolution – Impact on Pharmacy and Healthcare", should be a must-attend for pharmacists and other stakeholders in Pharmacy.

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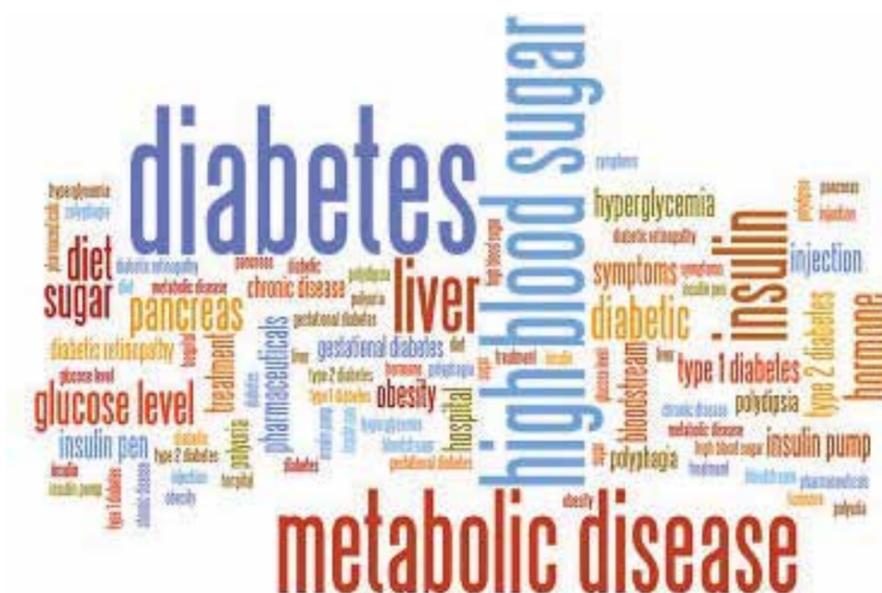
Current trends in management of diabetes

A medical expert has identified diabetes mellitus as the leading cause of amputation and infertility in the society today. Speaking at a seminar in Lagos recently, Dr Akinyele Akinlade, consultant endocrinologist, Lagos General Hospital, disclosed that no matter how unrelated problems that take patient to clinic are, diabetes should never be ruled out.

Commonly referred to as diabetes, diabetes mellitus was first identified as a disease associated with “sweet urine,” and excessive muscle loss in the ancient world. Elevated levels of blood glucose (hyperglycaemia) lead to spillage of glucose into the urine; hence the term sweet urine.

According to Akinlade, a huge number of people have diabetes without even knowing. He added that diabetes is the leading cause of death in many patients today. The consultant endocrinologist noted that in 2015 alone, it was reported that 14.2 million people were affected in Africa. “About 5 million of those people are from Nigeria. It is the 4th leading cause of death in adults. That is to further prove that it is higher than tuberculosis and HIV/AIDS combined,” he stressed.

In a related development, Dr Anthonia Ogbera, an associate professor of medicine, Lagos State University Teaching Hospital (LASUTH), Ikeja, Lagos, stated that it may take many years for complications of diabetes to show up. She added that in Nigeria, these complications occur at the time of



diagnosis of the disease in 25 per cent of patients.

In a literature review on AlphaBetic, an anti-diabetes drug marketed by Pharmacy Plus Limited, a diabetes expert remarked that “Nigeria like most developing countries is experiencing a rapid epidemiological transition with the burden of NCDs (non-communicable diseases) especially diabetes and hypertension which are threatening to overwhelm the health care system that is already overburdened by HIV/AIDS, TB and malaria.”

How serious is diabetes?

Diabetes mellitus is a group of metabolic diseases characterised

by high blood sugar (glucose) levels that result from defects in insulin secretion, or its action, or both. According to Prof. Alebiosu Olutayo, coordinator of Journalists Action against Diabetes (JAAD), no fewer than three million Nigerians are living with diabetes today.

“Many people are living with the condition unaware of the seriousness of the disease and its consequences as those diagnosed are often poorly managed due to lack of resources or because the health care professionals who care for them have poor knowledge about diabetes and how to provide good care,” he said.

He warned that with the rate at which diabetes is spreading, it

might overtake those suffering from tuberculosis, malaria, HIV/AIDS, and other terminal diseases by the year 2030, if adequate attention is not given to public enlightenment.

Normally, blood glucose levels are tightly controlled by insulin, a hormone produced by the pancreas. Insulin lowers the blood glucose level. When the blood glucose elevates (for example, after eating food), insulin is released from the pancreas to normalise the glucose level. In patients with diabetes, the absence or insufficient production of insulin causes hyperglycaemia. Diabetes is a chronic medical condition, meaning that although it can be controlled, it lasts a lifetime.

What are the effects of diabetes?

Over time, diabetes can lead to blindness, kidney failure, and nerve damage. These types of damage are the result of damage to small vessels, referred to as microvascular disease. Diabetes is also an important factor in accelerating the hardening and narrowing of the arteries (atherosclerosis), leading to strokes, coronary heart disease, and other large blood vessel diseases. This is referred to as macrovascular disease.

From an economic perspective, medical expenses for people with diabetes are over two times higher than those for people who do not have diabetes.

continued on page 13



World Health Organization

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Scholz, et al. (2012) Long term use of Glimepiride in patients with type 2 diabetes in everyday practice. Diabetes pro; professional resources online. Available at <https://professional.diabetes.org/abstract/long-term-use-glimepiride-patients-type-2-diabetes-everyday-practice>



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Current trends in management of diabetes

continued from page 11

What causes diabetes?

Insufficient production of insulin (either absolutely or relative to the body's needs), production of defective insulin (which is uncommon), or the inability of cells to use insulin properly and efficiently leads to hyperglycaemia and diabetes.

This latter condition affects mostly the cells of muscle and fat tissues, and results in a condition known as insulin resistance. This is the primary problem in type 2 diabetes. The absolute lack of insulin, usually secondary to a destructive process affecting the insulin-producing beta cells in the pancreas, is the main disorder in type 1 diabetes.

In type 2 diabetes, there also is a steady decline of beta cells that adds to the process of elevated blood sugars. Essentially, if someone is resistant to insulin, the body can, to some degree, increase production of insulin and overcome the level of resistance. After time, if production decreases and insulin cannot be released as vigorously, hyperglycaemia develops.

Glucose is a simple sugar found in food. Glucose is an essential nutrient that provides energy for the proper functioning of the body cells. Carbohydrates are broken down in the small intestine and the glucose in digested food is then absorbed by the intestinal cells into the bloodstream, and is carried by the bloodstream to all the cells in the body where it is utilised.

However, glucose cannot enter the cells alone and needs insulin to aid in its transport into the cells. Without insulin, the cells become starved of glucose energy despite the presence of abundant glucose in the bloodstream. In certain types of diabetes, the cells' inability to utilise glucose gives rise to the ironic situation of "starvation in the midst of plenty". The abundant, unutilised glucose is wastefully excreted in the urine.

Insulin is a hormone that is produced by specialised cells (beta cells) of the pancreas. (The pancreas is a deep-seated organ in the abdomen located behind the stomach). In addition to helping glucose enter the cells, insulin is also important in tightly regulating the level of glucose in the blood.

After a meal, the blood glucose level rises. In response to the increased glucose level, the pancreas normally releases more insulin into the bloodstream to help glucose enter the cells and lower blood glucose levels after a meal. When the blood glucose levels are lowered, the insulin release from the pancreas is turned down.

It is important to note that even in the fasting state there is a low steady release of insulin than fluctuates a bit and helps to maintain a steady blood sugar level during fasting. In normal individuals, such a regulatory system helps to keep blood glucose levels in a tightly controlled range. As outlined above, in patients with diabetes, the insulin is either absent, relatively insufficient for the body's needs, or not used properly by the body. All of these factors cause elevated levels of blood glucose (hyperglycaemia).

What are the different types of diabetes?

There are two major types of diabetes, called type 1 and type 2.



Type 1 diabetes was also formerly called insulin dependent diabetes mellitus (IDDM), or juvenile onset diabetes mellitus. In type 1 diabetes, the pancreas undergoes an autoimmune attack by the body itself, and is rendered incapable of making insulin. Abnormal antibodies have been found in the majority of patients with type 1 diabetes. Antibodies are proteins

in the blood that are part of the body's immune system. The patient with type 1 diabetes must rely on insulin medication for survival. In autoimmune diseases, such as type 1 diabetes, the immune system mistakenly manufactures antibodies and inflammatory cells that are directed against and cause damage to patients' own body tissues. In persons with type 1 diabetes, the beta cells of the pancreas, which are responsible for insulin production, are attacked by the misdirected immune system. It is believed that the tendency to develop abnormal antibodies in type 1 diabetes is, in part, genetically inherited, though the details are not fully understood.

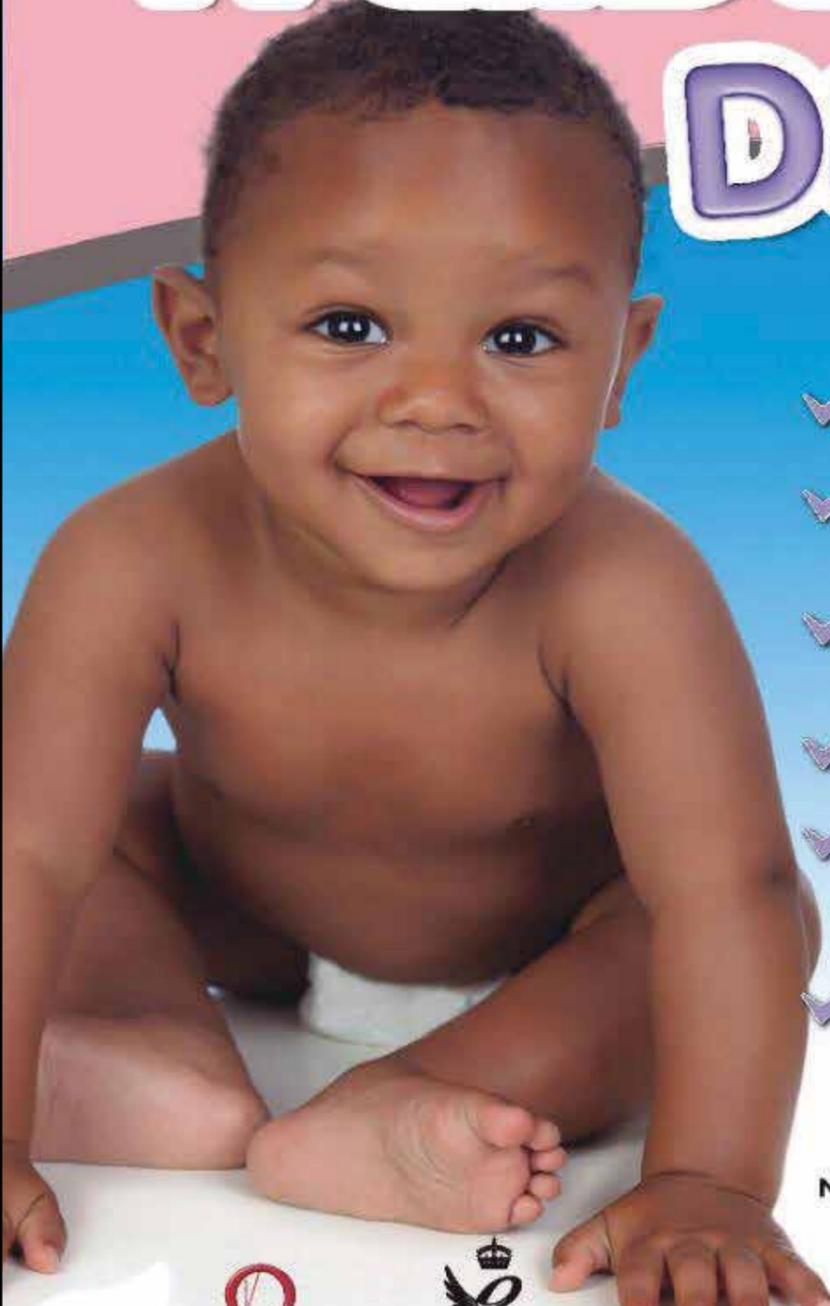
Exposure to certain viral infections (mumps and Coxsackie viruses) or other environmental toxins may serve to trigger abnormal antibody responses that cause damage to the pancreas cells where insulin is made. Some of the antibodies seen in type 1 diabetes include anti-islet cell antibodies, anti-insulin antibodies and anti-glutamic decarboxylase antibodies. These antibodies can be detected in the majority of patients, and may help determine which individuals are at risk for developing type 1 diabetes.

Type 1 diabetes tends to occur in young, lean individuals, usually before 30 years of age, however, older patients do present with this form of diabetes on occasions. This subgroup is referred to as latent autoimmune diabetes in adults (LADA). LADA is a slow, progressive form of type 1 diabetes. Of all the people with diabetes, only approximately 10 per cent have type 1 diabetes while the remaining 90 per cent have type 2 diabetes.

continued on page 15

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Current trends in management of diabetes

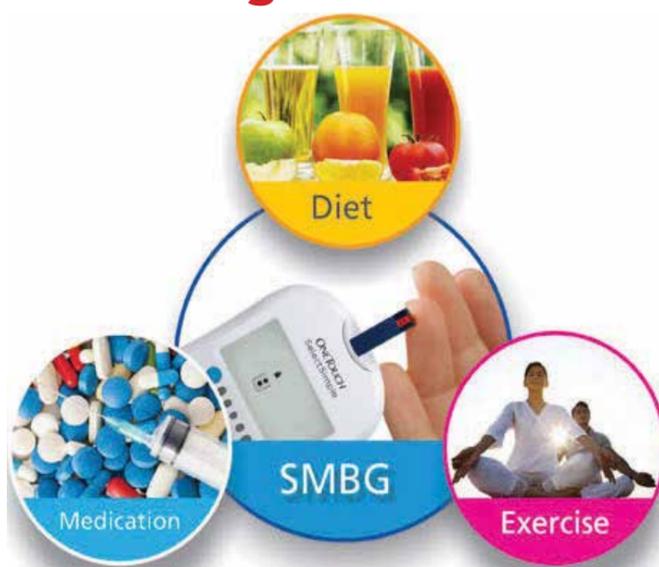
continued from page 13

Type 2 diabetes was also previously referred to as non-insulin dependent diabetes mellitus (NIDDM), or adult onset diabetes mellitus (AODM). In type 2 diabetes, patients can still produce insulin, but do so relatively inadequately for their body's needs, particularly in the face of insulin resistance as discussed above. In many cases, this actually means the pancreas produces larger than normal quantities of insulin. A major feature of type 2 diabetes is a lack of sensitivity to insulin by the cells of the body (particularly fat and muscle cells).

In addition to the problems with an increase in insulin resistance, the release of insulin by the pancreas may also be defective and suboptimal. In fact, there is a known steady decline in beta cell production of insulin in type 2 diabetes that contributes to worsening glucose control. (This is a major factor for many patients with type 2 diabetes who ultimately require insulin therapy.) Finally, the liver in these patients continues to produce glucose through a process called gluconeogenesis despite elevated glucose levels. The control of gluconeogenesis becomes compromised.

Other forms of diabetes

"Secondary" diabetes refers to elevated blood sugar levels from another medical condition. Secondary diabetes may develop when the pancreatic tissue responsible for the production of



insulin is destroyed by disease, such as chronic pancreatitis (inflammation of the pancreas by toxins like excessive alcohol), trauma, or surgical removal of the pancreas.

Diabetes can also result from other hormonal disturbances, such as excessive growth hormone production (acromegaly) and Cushing's syndrome. In acromegaly, a pituitary gland tumour at the base of the brain causes excessive production of growth hormone, leading to hyperglycaemia. In Cushing's syndrome, the adrenal glands produce an excess of cortisol, which promotes blood sugar elevation.

In addition, certain medications may worsen diabetes control, or "unmask" latent diabetes. This is seen most commonly when steroid medications (such as prednisone)

are taken and also with medications used in the treatment of HIV infection (AIDS).

What are diabetes symptoms?

The early symptoms of untreated diabetes are related to elevated blood sugar levels, and loss of glucose in the urine. High amounts of glucose in the urine can cause increased urine output and lead to dehydration. Dehydration causes increased thirst and water consumption.

The inability of insulin to perform normally has effects on protein, fat and carbohydrate metabolism. Insulin is an anabolic hormone, that is, one that encourages storage of fat and protein.

A relative or absolute insulin deficiency eventually leads to weight loss despite an increase in appetite. Some untreated diabetes patients also complain of fatigue, nausea and vomiting. Patients with diabetes are prone to developing infections of the bladder, skin, and vaginal areas. Fluctuations in blood glucose levels can lead to blurred vision. Extremely elevated glucose levels can lead to lethargy and coma.

How is diabetes diagnosed?

The fasting blood glucose (sugar) test is the preferred way to diagnose diabetes. It is easy to perform and convenient. After the person has fasted overnight (at least 8 hours), a single sample of blood is drawn and sent to the laboratory for analysis. This can also be done accurately in a doctor's office using a glucose meter.

Normal fasting plasma glucose levels are less than 100 milligrams per decilitre (mg/dl). Fasting plasma glucose levels of more than 126 mg/dl on two or more tests on different days indicate diabetes.

A random blood glucose test can also be used to diagnose diabetes. A blood glucose level of 200 mg/dl or higher indicates diabetes. When fasting blood glucose stays above 100mg/dl, but in the range of 100-126mg/dl, this is known as impaired fasting glucose (IFG). While patients with IFG do not have the diagnosis of diabetes, this condition carries with it its own risks and concerns, and is addressed elsewhere.

What are the chronic complications of diabetes?

Diabetes complications are related to blood vessel diseases and are generally classified into small vessel disease, such as those involving the eyes, kidneys and nerves (microvascular disease), and large vessel disease, involving the heart and blood vessels (macrovascular disease).

Diabetes accelerates hardening of the arteries (atherosclerosis) of the larger blood vessels, leading to coronary

continued on page 17

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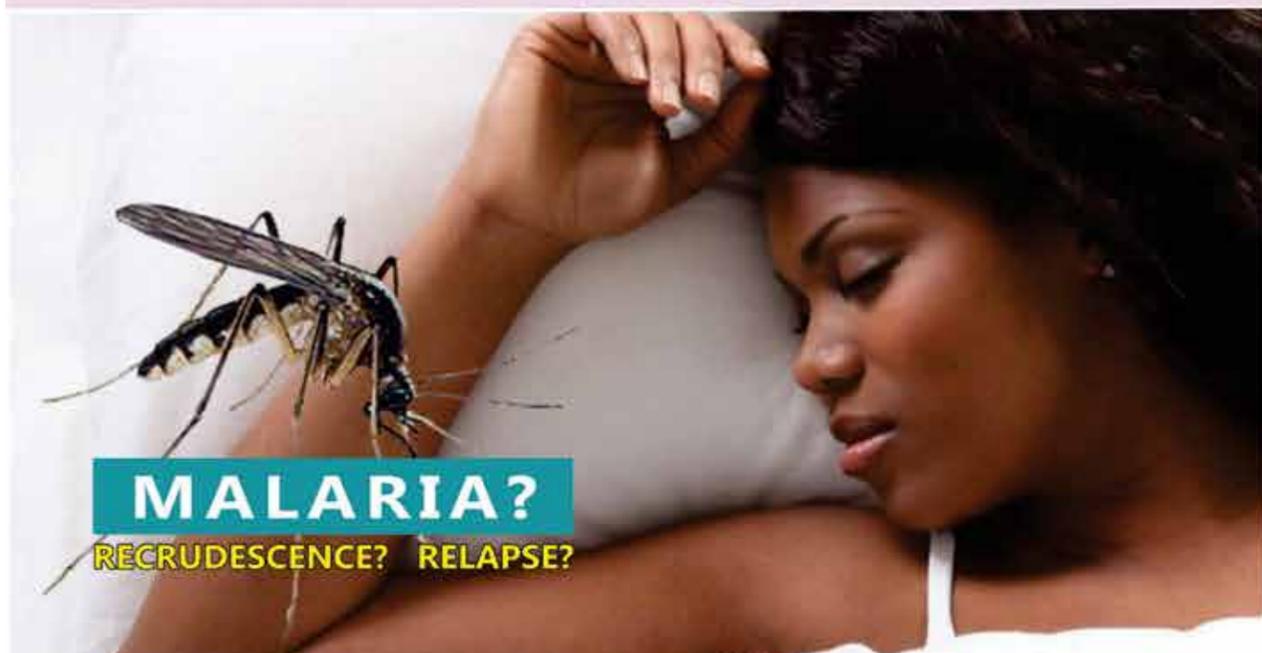
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> 80	200 + 1600

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DOSAGE/ADMINISTRATION:

Age (years)	<6	6-11	11-16	>16
Body weight (kg)	13-24	24-30	30-36	>36
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Current trends in management of diabetes

continued from page 15

heart disease (angina or heart attack), strokes, and pain in the lower extremities because of lack of blood supply (claudication).

Eye complications

The major eye complication of diabetes is called diabetic retinopathy. Diabetic retinopathy occurs in patients who have had diabetes for at least five years. Diseased small blood vessels in the back of the eye cause the leakage of protein and blood in the retina. Disease in these blood vessels also causes the formation of small aneurysms (microaneurysms), and new but brittle blood vessels (neovascularisation). Spontaneous bleeding from the new and brittle blood vessels can lead to retinal scarring and retinal detachment, thus impairing vision.

To treat diabetic retinopathy a laser is used to destroy and prevent the recurrence of the development of these small aneurysms and brittle blood vessels. Approximately 50 per cent of patients with diabetes will develop some degree of diabetic retinopathy after 10 years of diabetes, and 80 per cent of diabetics have retinopathy after 15 years of the disease. Poor control of blood sugar and blood pressure further aggravates eye disease in diabetics.

Cataracts and glaucoma are also more common among diabetics. It is also important to note that since the lens of the eye lets water through, if blood sugar concentrations vary a lot, the lens of the eye will shrink and swell with fluid accordingly. As a result, blurry vision is very common in poorly controlled diabetes. Patients are usually discouraged from getting a new eyeglass prescription until their blood sugar is controlled. This allows for a more accurate assessment of what kind of glasses prescription is required.

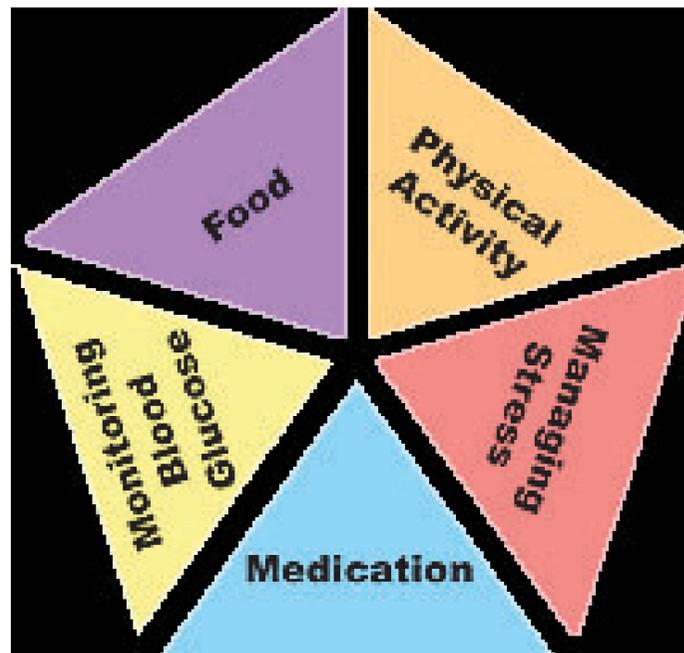
Kidney damage

Kidney damage from diabetes is called diabetic nephropathy. The onset of kidney disease and its progression is extremely variable. Initially, diseased small blood vessels in the kidneys cause the leakage of protein in the urine. Later on, the kidneys lose their ability to cleanse and filter blood. The accumulation of toxic waste products in the blood leads to the need for dialysis. Dialysis involves using a machine that serves the function of the kidney by filtering and cleaning the blood. In patients who do not want to undergo chronic dialysis, kidney transplantation can be considered.

The progression of nephropathy in patients can be significantly slowed by controlling high blood pressure, and by aggressively treating high blood sugar levels. Angiotensin converting enzyme inhibitors (ACE inhibitors) or angiotensin receptor blockers (ARBs) used in treating high blood pressure may also benefit kidney disease in diabetic patients.

Nerve damage

Nerve damage from diabetes is called diabetic neuropathy and is also caused by disease of small blood vessels. In essence, the blood flow to the nerves is limited, leaving the nerves without blood flow, and they get damaged or die as a result (a term known as



ischemia).

Symptoms of diabetic nerve damage include numbness, burning, and aching of the feet and lower extremities. When the nerve disease causes a complete loss of sensation in the feet, patients may not be aware of injuries to the feet, and fail to properly protect them. Shoes or other protection should be worn as much as possible. Seemingly minor skin injuries should be attended to promptly to avoid serious infections. Because of poor blood circulation, diabetic foot injuries may not heal. Sometimes, minor foot injuries can lead to serious infection, ulcers, and even gangrene, necessitating surgical amputation of toes, feet, and other infected parts.

Diabetic nerve damage can affect the nerves that are important for penile erection, causing erectile dysfunction (ED, impotence). Erectile dysfunction can also be caused by poor blood flow to the penis from diabetic blood vessel disease.

Diabetic neuropathy can also affect nerves to the stomach and intestines, causing nausea, weight loss, diarrhoea, and other symptoms of gastroparesis (delayed emptying of food contents from the stomach into the intestines, due to ineffective contraction of the stomach muscles).

The pain of diabetic nerve damage may respond to traditional treatments with certain medications such as gabapentin (Neurontin), henytoin (Dilantin), and arbamazepine (Tegretol) that are traditionally used in the treatment of seizure disorders. mitriptyline (Elavil, Endep) and desipramine (Norpraminine) are medications that are traditionally used for depression. While many of these medications are not indicated specifically for the treatment of diabetes related nerve pain, they are used by physicians commonly.

The pain of diabetic nerve damage may also improve with better blood sugar control, though unfortunately blood glucose control and the course of neuropathy do not always go hand in hand. Newer medications for nerve pain include Pregabalin (Lyrica) and duloxetine (Cymbalta).

What can be done to slow diabetes complications?

Findings from the Diabetes Control and Complications Trial (DCCT) and the United Kingdom Prospective Diabetes Study

(UKPDS) have clearly shown that aggressive and intensive control of elevated levels of blood sugar in patients with type 1 and type 2 diabetes decreases the complications of nephropathy, neuropathy, retinopathy, and may reduce the occurrence and severity of large blood vessel diseases.

Aggressive control with intensive therapy means achieving fasting glucose levels between 70-120 mg/dl; glucose levels of less than 160 mg/dl after meals; and a near normal haemoglobin A1c levels.

Studies in type 1 patients have shown that in intensively treated patients, diabetic eye disease decreased by 76 per cent, kidney disease decreased by 54 per cent, and nerve disease decreased by 60 per cent. More recently the EDIC trial has shown that type 1 diabetes is also associated with increased heart disease, similar to type 2 diabetes.

However, the price for aggressive blood sugar control is a two to three fold increase in the incidence of abnormally low blood sugar levels (caused by the diabetes medications). For this reason, tight control of diabetes to achieve glucose levels between 70 to 120 mg/dl is not recommended for children under 13 years of age, patients with severe recurrent hypoglycaemia, patients unaware of their hypoglycaemia, and patients with far advanced diabetes complications.

To achieve optimal glucose control without an undue risk of abnormally lowering blood sugar levels, patients with type 1 diabetes must monitor their blood glucose at least four times a day and administer insulin at least three times per day. In patients with type 2 diabetes, aggressive blood sugar control has similar beneficial effects on the eyes, kidneys, nerves and blood vessels.

How is diabetes treated?

The major goal in treating diabetes is to minimise any elevation of blood sugar (glucose) without causing abnormally low levels of blood sugar. Type 1 diabetes is treated with insulin, exercise, and a diabetic diet. Type 2 diabetes is treated first with weight reduction, a diabetic diet, and exercise. When these measures fail to control the elevated blood sugars, oral medications are used. If oral medications are still insufficient, treatment with insulin is considered.

Adherence to a diabetic diet is an important aspect of controlling elevated blood sugar in patients with diabetes. The American Diabetes Association (ADA) has provided guidelines for a diabetic diet. The ADA diet is a balanced, nutritious diet that is low in fat,

cholesterol, and simple sugars. The total daily calories are evenly divided into three meals. In the past two years, the ADA has lifted the absolute ban on simple sugars. Small amounts of simple sugars are allowed when consumed with a complex meal.

Weight reduction and exercise are important treatments for diabetes. Weight reduction and exercise increase the body's sensitivity to insulin, thus helping to control blood sugar elevations.

Medications for type 2 diabetes

First, it must be noted that the following information only applies to patients who are not pregnant or breastfeeding. At present the only recommended way of controlling diabetes in women who are pregnant or breastfeeding is by diet, exercise and insulin therapy. You should speak with your doctor if you are taking these medications and are considering becoming pregnant or if you have become pregnant while taking these medications.

Based on what is known, medications for type 2 diabetes are designed to: increase the insulin output by the pancreas, decrease the amount of glucose released from the liver, increase the sensitivity (response) of cells to insulin, decrease the absorption of carbohydrates from the intestine, and slow emptying of the stomach to delay the presentation of carbohydrates for digestion and absorption in the small intestine.

When selecting therapy for type 2 diabetes, consideration should be given to: the magnitude of change in blood sugar control that each medication will provide; other coexisting medical conditions (high blood pressure, high cholesterol, etc.); adverse effects of the therapy; contraindications to therapy; issues that may affect compliance (timing of medication, frequency of dosing); and cost to the patient and the health care system.

It is important to remember that if a drug can provide more than one benefit (lower blood sugar and have a beneficial effect on cholesterol, for example), it should be preferred. It's also important to bear in mind that the cost of drug therapy is relatively small compared to the cost of managing the long-term complications associated with poorly controlled diabetes.

Varying combinations of medications also are used to correct abnormally elevated levels of blood glucose in diabetes. As the list of medications continues to expand, treatment options for type 2 diabetes can be better tailored to meet an individual's needs. Not every patient with type 2 diabetes will benefit from every drug, and not every drug is suitable for each patient. Patients with type 2 diabetes should work closely with their physicians to achieve an approach that provides the greatest benefits while minimising risks.

Patients with diabetes should never forget the importance of diet and exercise. The control of diabetes starts with a healthy lifestyle regardless of what medications are being used.

Report compiled by Adebayo Folunsho-Francis with additional reports from medicinenet.com/diabetes_treatment and American Diabetes Association

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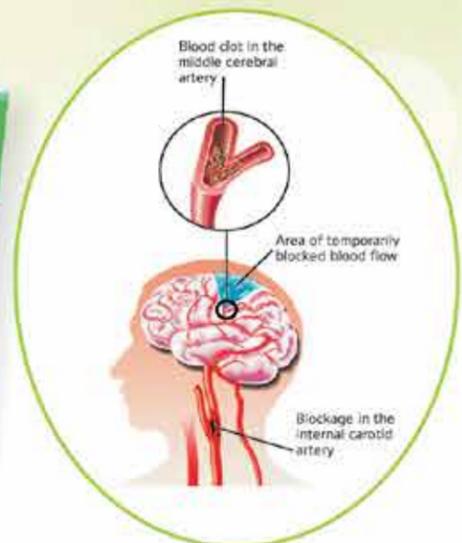
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How I've confronted major pharmacy issues in my first year as PSN president – Oluabunwa

continued from front page

down the National Association of Pharmaceutical Technicians & Technologists of Nigeria (NAPPTON) Bill which, he said, could have dislocated all that the PSN had been working on when the issue came to the fore early in the life of the new administration.

He stated that he was happy that the PSN was able to rally the support of stakeholders which includes the Pharmacists Council of Nigeria (PCN) and the Nigerian Medical Association (NMA) to oppose the provocative bill.

The PSN helmsman also spoke on the challenges he had had to deal with in his quest to ensure the Pharmacy Bill was signed into law by the president, noting that the PSN under his leadership will pursue the issue of the new pharmacy law to a logical conclusion during his tenure.

He also spoke on efforts of the PSN leadership to ensure the commencement of the implementation of the National Drug Distribution Guidelines (NDDG), adding that even though there have been challenges to its implementation, necessary steps are being taken to overcome them. Below is the interview.

It's been one year since you took over the mantle of leadership as president of PSN, how would you describe these last 12 months?

Let me start by saying that it has been a period of learning. I have had the opportunity to learn a lot more about Pharmacy



Pharm. (Mazi) Sam Oluabunwa, PSN president

and its challenges. It is also a period of learning how the PSN is run internally and a period of understanding the dynamics of what we ought to be dealing with.

However, it is also a period that has enabled us to begin to provide certain changes that we need to take Pharmacy to where it should be. The first thing in this direction is ensuring greater participation of pharmacists in decision making. This is because hitherto, we had people who had the impression that the PSN and pharmacy issues were for some people. So, I'm trying to

get people to know that Pharmacy is our profession and PSN belongs to us all.

No one is more of a pharmacist or has more investment in the profession than others. So, these last 12 months have also been a period of bringing in a greater involvement of pharmacists in the affairs of Pharmacy and PSN.

It has also been an opportunity for us to confront the major issues affecting Pharmacy, especially in dealing with the regulatory and legal issues we have. We have focused on

the interactions and relationships between the regulatory agencies and pharmacists and Pharmacy. We have looked at opportunity to improve the output of the pharmaceutical industries, to move away from being over dependent on importation, to the point where we can reach some of the minimal targets set by the national drug law and national health policies.

It has also been a period in which we have looked into how we can reengage the government on how we can raise the status of pharmacists in the scheme of things and I believe people are embracing these ideas. For instance, for this present political dispensation, we have the largest number of pharmacists in political office and positions for the first time. We have quite a lot of pharmacists who are commissioners, secretary to the state governments (SSGs), senators, federal and state representatives and so on.

I cannot attribute all that to what we've done in one year, but I am happy to note that things are falling in place with the spirit we came in with. I said that we want more pharmacists in government so that we can have a better voice in government's decisions. That was why when the nation was going into political contests last year and early this year, we were able to support and encourage our colleagues who were involved.

So, the last one year has been very active. We have also connected with our international colleagues. We connected with the FIP, pharmacists in the United Kingdom and other nations, and

continued on page 21

Important Tips For Effective Customs Clearing and Supply Chain Managements of Shipment

Mr. Celestine Efunwa is a seasoned customs broker and logistics specialist of over 30 years experience and Managing Director of **CLEARLINK SERVICES NIG. LTD.** a foremost Licensed Customs Clearing Agency and Logistics Service firm. He has outlined some crucial tips to manage consignment logistics more efficiently.

Proper consignment logistics planning processes as outlined is key to enhance corporate productivity as shipments are transported from pick-up to delivery.

Appropriate Planning.
Consignment logistics planning should encompass the following:

- Products knowledge and technicalities
- Appropriate packaging and freight method.

Automation of Process
Business process automation software can be integrated to enhance:

- Knowledge of goods dispatched and delivery of the goods at the destination
- Procurement of the goods at the warehouse, and lastly

Valueable Network
A clearing professional with impeccable interpersonal skills is crucial. This is necessary because there may be times when the things don't work according to the plan. In this situation, instead of panicking, a knowledgeable professional can sort out the issues with utmost efficiency.

Warehouse Management
Effective logistics management is incomplete without proper warehouse management. The logistics team should aim at developing the warehouse process so that there is minimum wastage of goods.

Conclusion
Overall competitiveness is dependent on proper consignment logistics, which improves efficiency of operations, ensuring customer satisfaction and increase productivity.

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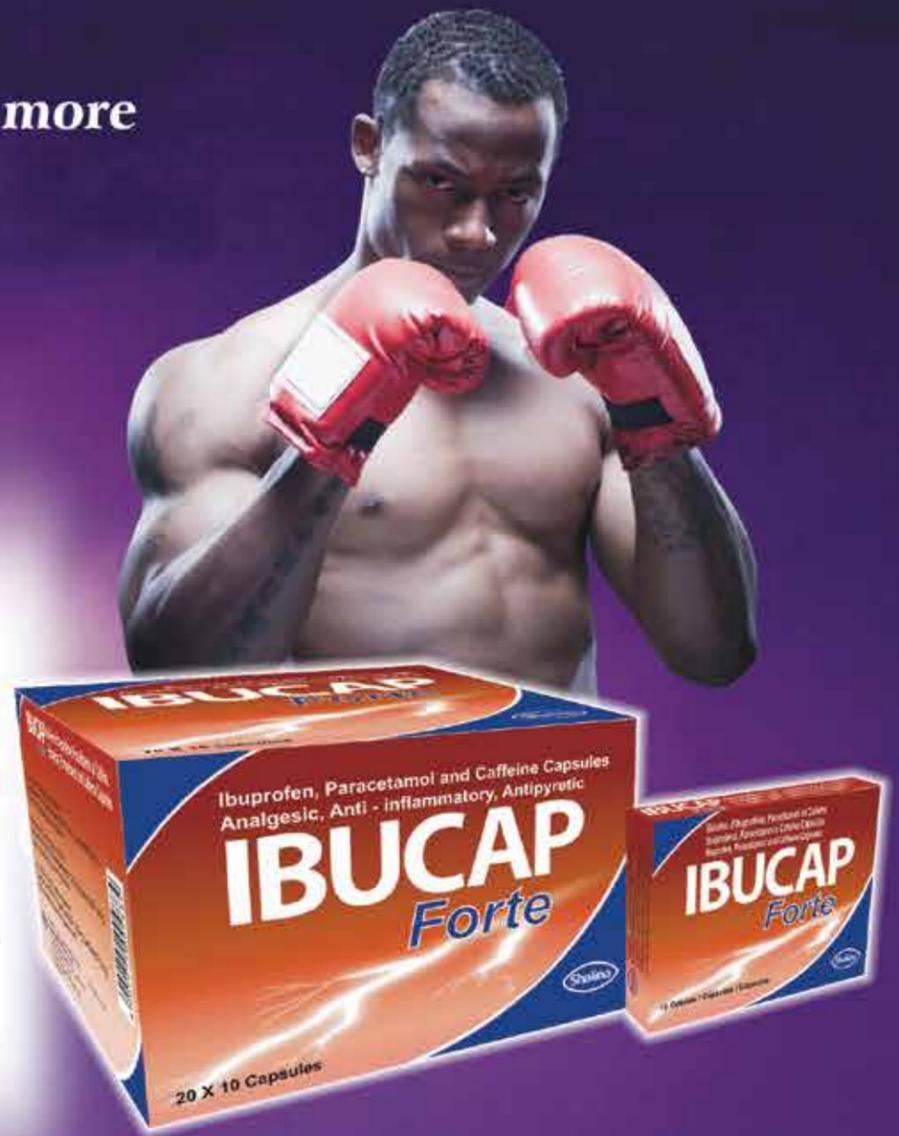
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How I've confronted major pharmacy issues in my first year as PSN president – Ohuabunwa

continued from page 19

we are doing the peer review to improve our work and practice.

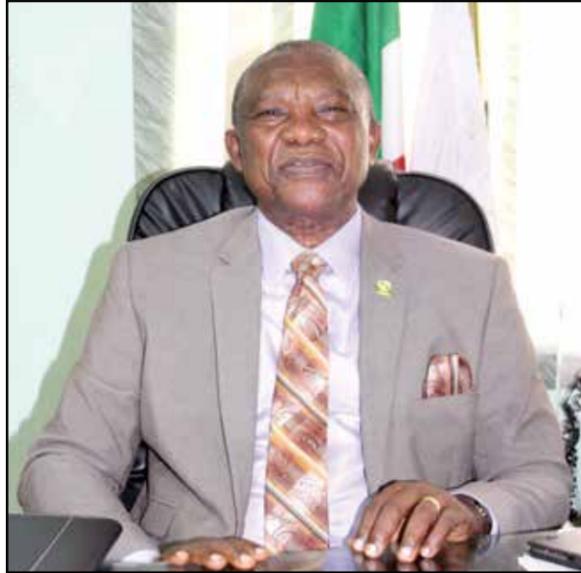
So as I said, it has been a period of learning, understanding and putting some woods in the fire, believing that as we go into our second year, the woods will flame properly.

What would you say has been the greatest achievement of your presidency in this last one year?

I think our greatest achievement has been to rally support against the National Association of Pharmaceutical Technicians and Technologists (NAPPTON) Bill. That was one of the first things I confronted when I came in and we had to rally stakeholders' support, including that of the Pharmacists Council of Nigeria (PCN) and the Nigeria Medical Association (NMA), to oppose it successfully.

This was a bill that sought to establish a new regulatory agency for pharmacy technicians and technologies. That would have completely dislocated all we had been working on. It is the most significant thing achieved in our first year, even though there were other things. The other achievement is bringing some openness to Pharmacy and PSN. The feedback I get is that people are feeling better informed about what we are doing. I've been to many states and have interacted with colleagues and that is the feeling I get. This may seem little but it is there.

We have also begun to make a statement that we need to raise



Pharm. (Mazi) Sam Ohuabunwa, PSN president.

our professional tone. We need to raise the tone of our professional practice. That is why we are going to give awards to people who have moved their practice to a higher level at the 2019 PSN conference.

There are certain things we started and explained in the Presidential Advisory Note on minimal level of practice. Some companies have raised the bar. Some have increased the number of positions in their organisations for interns. This is one of the issues we have in Pharmacy. The issue of some young pharmacists being without a place for internship for three to four years. This has stopped.

We have opened up

opportunities in the private sector beyond government establishments. I have told people who can't get internship places to get in touch with us. I have been busy with my P.A., getting internship placement opportunities for our pharmacists.

Let me also state that because of the issue we have with the PCN leadership, we have reiterated that this profession is a noble one and must be led by people who have noble character. I need to state that on principle, and for the first time, almost all the past PSN presidents signed a joint paper to

make our position known regarding what we think about the leadership that we require in PCN. This had never been done before.

I have also maintained a good relationship with the regulatory agencies. Today, all the regulatory agencies and the PSN are on the same page and speaking for each other. These are some of the things we have touched since last year. We are also working on a new constitution. We already have a draft and I hope that by next year we shall have a new constitution.

There are two critical pharmacy issues that have been hanging for a while. The first is the passage of the Pharmacy

Bill and getting it signed into law by the President, while the second is the implementation of the National Drug Distribution Guidelines (NDDG). What is the state of things concerning these two issues and when will they be resolved?

The Pharmacy Bill is the one that has taken some of my greatest time and attention. I had hoped I would be able to break this issue quickly but we confronted bigger opposition than I had imagined. When I came in I recruited all the forces I could find. I wanted to get it done. But then a time came when they said they couldn't find the bill. They told us it was in the presidency; but the president's office told us they didn't have it - that it had been sent back to the National Assembly. We went to the National Assembly and they said they didn't have it.

I recruited my brother who was a senator to invite all the leaders in the National Assembly in terms of administration. The clerks of the House and Senate and even clerks of the relevant committees and, eventually, it was found. But by that time, it was already late as we were out of time because May 29, the day for the handover, which was the last day for signing of bills into law, was upon us. We tried to push it. We recruited General Buba Marwa to help us push. We spoke with people in the presidency to help us. We even secured an appointment to see the president but because of his schedule, we could not see him. So, we couldn't get it signed before May 29.

We are back to it now. We have started a new procedure and we are

continued on page 22

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How I've confronted major pharmacy issues in my first year as PSN president – Oluabunwa

continued from page 21

taking actions ahead of time to make sure that when the bill gets back to the president, it gets signed without delay. The House of Representatives is working on it right now and when they finish, we shall take it to the Senate. My thinking is that at the end of this year, the law should be back to the presidency and we shall have enough time to get the president to sign it. Everybody agrees to it; so why should it be difficult?

Another issue we have tried to push is the issue of consultancy cadre for pharmacists. I have also interacted with the head of service and the leadership of the West African Postgraduate College of Pharmacists (WAPCP). We are hoping that when the new National Council on Establishment meeting holds, the issue will be discussed and resolved. They are going to meet

soon in this dispensation because the Council was dissolved after the last dispensation. So we are working on it. I believe we shall do it.

On the NDDG, I must admit that we have not made much progress. This is because as at the time I met the former minister, Prof. Adewole, on the issue, he told me we had to wait for the establishment of the Coordinated Wholesale Centres (CWC) across the nation for the implementation to start. However, based on the level of infrastructure that is on ground, I think we can start and not wait until everything is ready. We can start and then set timelines to expand it as the required infrastructure improves. We need to know that it is in the interest of our traducers that this thing is delayed as much as possible.

The NDDG concept is a very

good idea and the CWC component is fundamental to it. It ensures there is regulation and enterprise and I believe it is the way to go. We shall push it. It is part of the 7-point agenda that I set for myself and I pray to God and I believe that before I finish my tenure, I would have achieved it.

I was at the 2019 FIP Conference held in Abu Dhabi and covered some of the sessions. I observed that we are still very much behind in terms of level of practice when compared to some of the countries in the world. What can we do to bridge this gap?

First, we have to change our thinking as practitioners. We have to adapt our thinking to the global best standards. Pharmacists in Nigeria need to rise and understand that the world is moving. Many

are still looking back. We need to move forward. That is the first thing we need to do as pharmacists. We need to say that our practice must be like the best as it is done in the rest of the world. Once we agree on that, every other thing will be easy to deal with.

The moment we benchmark the practice based on how it is done in US, UK, UAE and other countries doing well and agree that is the way we should go, it will be easy to transplant it into our own nation while still being conscious of our level of development. That is one of the reasons we are speaking about Satellite Pharmacy, Urban Spoke Model etc. These are new concepts that can help us.

Technology is coming and we cannot stop it. We just have to adapt. That is why mindset is crucial. We must adapt our mindset to the way the world is going and flow with it, otherwise we would be where we are and be left behind.

I know we have had resistance from other stakeholders. For example, we had resistance against Pharm.D and clinical pharmacy practice. But, these resistance is being broken. What we need to do is to begin to push on all sides and levels - at state levels, technical group level and at hospital and community pharmacy levels.

Some people think the issues we have in Pharmacy can be franchised to some groups or individuals like the PSN president, NAPA president or others, but that is incorrect. Every pharmacist should be sufficiently motivated and confident to introduce changes where he is. I have said that anybody that visits a pharmacy, either in community practice or hospital, should not leave without interacting with the pharmacist. This is because they need the advice of a pharmacist before taking any medication.

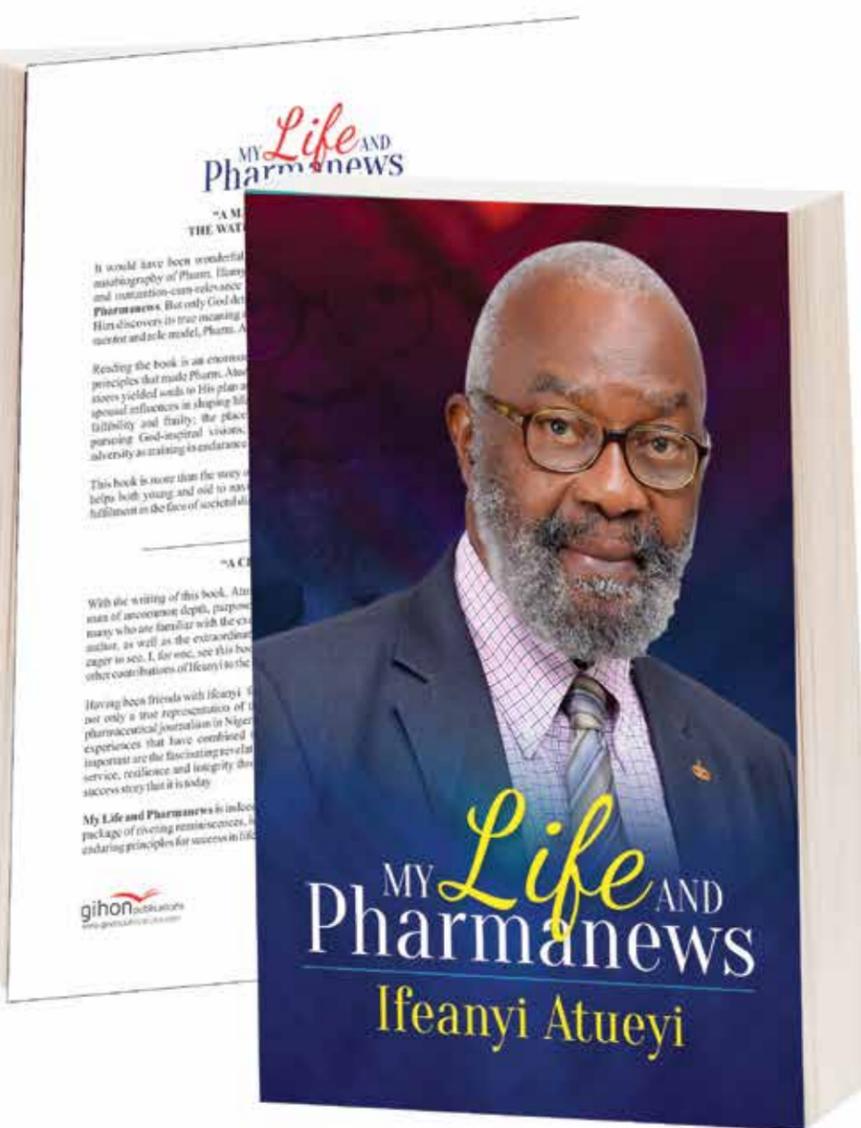
If we can begin to move in that direction, we shall make progress because as we are adding value, the public and our patients will be seeing the value of pharmacists and further appreciate it. That is a challenge to us.

There have been talks for years that the Nigerian nation should have a prescription policy. How desirable is this policy and what problem (s) will it help us to solve?

Prescription policy is desirable, but everybody has to make adjustments. Having prescription is the ultimate. That is the way it ought to be. However, it would challenge everybody, including pharmacists. This is because when we get to that level, it means you can't walk into a pharmacy and buy medicines without prescription. You can buy pharmacists' only medicines but you can't buy prescription medicines. That is not the practice now because of the way we have developed and evolved as a nation.

This is because some practitioners and so many other people have refused to stay in their lane; so pharmacists have also moved into other lanes. So, we need to get back to our lanes. So, we must all adjust. It is not just by saying pharmacists should go back; other people who have encroached on pharmacists' lane must also go back. That will be good culture change which we must all begin to work on. That is the ultimate change that must be our destination.

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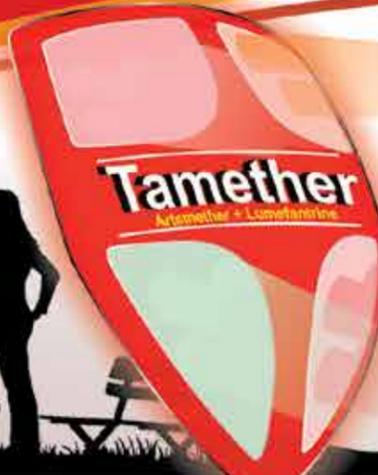
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Communiqué Of The 2019 Board Of Fellows, Pharmaceutical Society Of Nigeria (PSN) Mid-Year Meeting/Public Lecture Which Held At Sheraton Hotel Lagos, Ikeja, Lagos State On 16th- 17th July 2019

continued from page 29

8. The Meeting noted that true rebirth is impossible in the face of marginalization and social exclusion from socio-economic benefits that other members of the nation freely enjoy. In this scenario, citizens are not motivated to support the state and society because they do not feel that the society is adequately concerned about their welfare and because socio-economic inequalities fuel fears, suspicions and violence which keep the people divided. The meeting also noted that poverty is inimical to nation building as poor people cannot be expected to play their proper role in the development of the nation. The meeting noted that nations are built by healthy and skilled citizens and calls for the promotion of access of most Nigerians to basic education, housing and health.
9. The Meeting reiterated the fact that elections are not an end in themselves but rather a process that should ensure that the real business of governance is initiated and the delivery of the real dividends of democracy such as quality social services especially education and health, prosperity and security of life and property. Elected governments should resist being hijacked or diverted by forces that do not believe in harnessing our great potentials. The meeting noted that putting service delivery at the heart of governance is foundational to national rebirth and not mere 'stomach infrastructure' during electioneering seasons. Functional transportation, power, education, housing, healthcare delivery, justice and police systems will transmit to the people, the commitment of government to their development and wellbeing.
10. The Meeting also noted that transformation cannot be left to leadership. Followers have a huge role to play in ensuring that leaders are held accountable for their promises and their actions. This will require specific input of various groups including civil societies, non-governmental organizations, traditional and religious institutions and other concerned citizens. It is imperative that leadership be competent, consistent and fair to all.
11. The Meeting noted that the role of the youths, women and Nigerians in Diaspora cannot be overemphasized. It noted that the energy, resourcefulness and enthusiasm of the young people and Nigerian women have the real potential to lift the country towards increasing socio-economic development using the tools of education and human capacity building. It was also noted that those suitably qualified must reach out proactively to take up positions where they can make the most difference as we must as a people agree on what we

want as a nation and actively pursue it. No one can help develop the nation for us, it is a collective responsibility. The Meeting also noted the contribution of the members of the press to nation building calling on practitioners to devise appropriate means for regulation, monitoring and standardization so that members of the press contribute positively to nation building rather than tearing it down.

12. The Meeting called for effective utilization of trade processes/frameworks that exist to support distribution and marketing of good quality products from Nigeria to neighbouring countries and globally. Such frameworks include ECOWAS, the Free Trade zone and various agencies that support trade across the region. Effective utilization of these processes will have a collateral effect of ensuring legal protection for products that are already in these regional/global markets from Nigeria.

13. The Meeting lauded the idea of a Public Lecture by the Board of Fellows as it provides the opportunity for it to make meaningful contribution to the growth and development of the country. The Meeting agreed that the required continuous national discussions have thus started and Fellows of the Pharmaceutical Society of Nigeria will contribute their quota not only to the rebirth of the pharmacy profession but to that of the nation as a whole.

Pharm. (Prof.) Mbang N. Femi-Oyewo, MFR, FPSN, FPC Pharm, FNAPharm
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2 Bijle H. et al: In vitro activity, pharmacokinetics, clinical efficacy, safety and pharmacoeconomics of ceftriaxone compared with third and fourth generation cephalosporins: review. J Chemother. 2005; 17(1): 3-24
3 Brogden R. et al: A reappraisal of its antibacterial activity and pharmacokinetic properties, and an update on its therapeutic use with particular reference to once-daily administration. Drugs. 1988; 35: 604-645
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5 Duncan C. et al: Outpatient parenteral antimicrobial therapy with ceftriaxone, a review. Int J Clin Pharm. 2012; 34(3):410-7
6 Patel M. et al: Pharmacokinetics of ceftriaxone in humans. Antimicrob Agents Chemother. 1981; 20(5): 634-641
7 Singlas E.: Pharmacocinetique clinique de la ceftriaxone. Medecine et Maladies Infectieuses. 1989; 19: 8-15

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How pharmacists can help curb health threats, fake drugs – FIP president

By Yusuff Moshood



Mr Dominique Jordan

Mr Dominique Jordan is the president of the International Pharmaceutical Federation (FIP). In this exclusive interview with *Pharmanews* at the 2019 FIP World Congress in Abu Dhabi, UAE, Jordan spoke on what prompted his decision to modernise the operations of FIP when he was elected as president in September, 2018 and how the changes being introduced can help reduce the gap between countries in pharmacy education, science and practice.

He also spoke about the need for pharmacy education to keep up with the changing needs and roles of pharmacists as well as strategies that can help in combatting the menace of fake drugs. Excerpts:

You have in the past spoken about how you are keen to modernise FIP. What specific areas of FIP operations do you want to modernise and why?

I want to modernise FIP because every organisation at a point needs positive change. We have to adapt the FIP to the needs of member organisations. We want to rethink the structures, membership fees and the procedures in order to effectively support member organisations.

After a while in the life of any organisation, I think it is always good to have this kind of reflections. Therefore, when I came in as president I was asking, what should I change, based on the work of my predecessors? What should I adopt from them to enable us move forward? Answers to those have informed the changes.

What are the changes that you have been able to implement since you came in as president?

We began quickly in terms of having a vision, mission and a strategic plan. Part of our mission for FIP was to decrease the gap between the countries in education, science and practice. These objectives are also important to the WHO [World Health Organisation] and, as you know, we have a close relationship with WHO.

The WHO in 2019 identified 10 threats to health and in all these threats identified, pharmacists have roles to play in tackling them. We decided to have three levels of intervention. Our strategies are to work on non-cardiovascular diseases (NCDs), prevention, and safety.

Safety, as you know, is a

really large domain and with it we can have a lot of services for pharmacists in these levels.

The dynamic nature of healthcare has increasingly led to the emergence of new roles for pharmacists as key members of the health team. How can pharmacy education keep up with this dynamic trend to ensure pharmacists are able to make the required invaluable contributions expected of them as key members of the health team?

It is quite important that education anticipates because the needs of pharmacists are changing quite quickly, depending on the needs of the regions, the health system and the people. I expect that the education should make pharmacists fit to have new roles and mission in the future.

This is the reason why the FIP in 2016 started the Global Development Goals for Education. My expectation is that we can spread out these goals and implement them all over the world.

For instance, clinical pharmacy for pharmacists is very important. If we want to provide new services to our population it has to be reflected in our education.

While the fake drug menace is a global problem, its impacts on healthcare especially in developing countries is huge. What proactive measures can be taken or should be taken to deal with the challenge particularly in areas with less developed health systems?

It is really a huge problem and one which even the WHO wants to find a solution to. Are we going to find a solution? I don't know and I don't really believe that we can, but we can reduce it.

We can have pharmacists given new roles in identifying these fake medicines. I know that it is more of a global problem with a lot of criminality and that there is a lot of money in this kind of business but I think that, locally, pharmacists can help inform the people how important it will be for them to get their products from a structured chain of distribution, rather than buying from the market.

The quality control services from the pharmacist should be guaranteed, as it will help to guarantee the quality of the medicines and I know we have a lot of work to do but this will help us in tracing the movement of drugs in different regions and working with governments and WHO to have a global strategy that will allow professionals to play important roles in this big issue of fake medicines.

Despite the huge numbers of pharmacists from Africa attending FIP, it has taken years for the annual conference to be hosted by countries in the African continent. Now that it has been confirmed that the FIP conference is coming to Africa, what are your thoughts about this development and what are your expectations? Will the decision help to further bring inclusiveness?

Yes, it will help inclusiveness. However, for me, I believe irrespective of where you come from, Africa, Europe, America or anywhere, we are all pharmacists. I'm convinced we can have same strategy for everybody. But, we have to build these strategies gradually in regions.

There are regions where they have been implementing strategies on new roles for Pharmacy and pharmacists for about 20 years, while others are just starting. That was why I said we have a mission to decrease the gaps between regions and countries.

One of the ways to do this is that we can organise regional conferences and we have started this. The first one held last year was in Amman, Jordan. The second one is holding in Ankara, after this conference in Abu Dhabi. We want to continue with that in other regions, including Africa.

This is because with the regional conferences, we can focus on the specific local needs of the regions. It will not be like the world congress where every discussion is at a global level.

You have served the FIP for years in different capacities. However, after you have completed your tenure as president, how would you want to be remembered?

You know what? I think no one will remember that Mr Jordan was FIP president. What I think is important is that all pharmacists should work together to consolidate on the position of pharmacists in the health system. To have a role in the health system. This has to be a joint effort for educators, scientists and practitioners. This is what I think should be our priority and that everybody should have a role to play in it. It should be the goal of everybody. We should work hard to serve the people and make a difference.

My dream is that every time the government wants to organise something for or in the health system, there should be roles for pharmacists and pharmacists should be able to deliver. We pharmacists are however the key to the success of this dream. We have to work hard to make it possible.

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Communiqué Of The 2019 Board Of Fellows, Pharmaceutical Society Of Nigeria (PSN) Mid-Year Meeting/Public Lecture Which Held At Sheraton Hotel Lagos, Ikeja, Lagos State On 16th- 17th July 2019

The theme of the Public Lecture was: "Rebirth of Nigeria – Harnessing the Great Potentials"

The Chairman at the Public Lecture was Mrs. Osaretin Afusat Demuren, Chairman, Guaranty Trust Bank (GTB) and the Guest Speaker at the event was Prof. Ibrahim Agboola Gambari, CFR, OCORT, Founder, Chairman of the Board of Directors, Savannah Centre for Diplomacy, Democracy and Development.

Other dignitaries at the Public Lecture/Opening ceremony included: Chairman, Board of Fellows, Prof. Mbang N. Femi-Oyewo, MFR, FPCPharm, FPSN, FNAPharm, Pharm Mazi Sam. Ohuabunwa, OFR, FPCPharm, FNAPharm, FPSN, President, Pharmaceutical Society of Nigeria (PSN) ably represented by the Deputy President (South), Pharm. Ejiro Foyibo FPSN, Prince Juli Adelus-Adeluyi FPCPharm, FNAPharm, FPSN, mni, Former Minister of Health and Current President, Nigeria Academy of Pharmacy, Former Minister of Aviation, Pharm. (Sen.) Fidelia Njeze, FPSN, Past President of PSN, Pharm. (Sir) Anthony Akhimien FPCPharm, FPSN, mni, Dr. Olawoyin Imoisili representing the Permanent Secretary of the Lagos State Health Service Commission, Immediate Past Chairman, Board of Fellows (BOF) Pharm. (Barr.) Chiedu Mordi FPSN and league of Past Chairmen of Board of Fellows, Pharm. Paul Enebeli FPSN, Pharm. Ebenezer Adeleke FPSN, Dr. John Nwaiwu FPSN and Pharm. Ade Popoola FPSN, MD, Reals Pharma, Registrar, Pharmacists' Council of Nigeria (PCN), Pharm. Elijah Mohammed FPSN, FPCPharm, FNAPharm, FNIM, Immediate Past Chairman, Pharmaceutical Manufacturing Group of Manufacturers Association of Nigeria (PMGMAN) and MD/CEO, SKG Pharma, Pharm. Okey Akpa FPSN, Chairman, Pharmaceutical Manufacturing Group of Manufacturers Association of Nigeria (PMGMAN) Mr. Fidelis Ayebae, MD/CEO Fidson PLC represented by the Secretary of the Group, Mr. Frank Moneme, Immediate Past Chairman, Nigeria Representatives of Overseas Pharmaceutical Manufacturers (NIROPHARM), Pharm. Lekan Asuni FPSN, Chairman, Association of Pharmaceutical Importers of Nigeria (APIN) and Chairman, Planning Committee for the 2019 Mid-year Meeting, Pharm. Nnamdi Obi FPSN, National Chairman of NACCIMA, Hajiya Saratu Iya Aliyu represented by the Chairman, Anambra Chapter, Pharm. Uche Akpakama FPSN, Healthcare Providers of Nigeria, Dr. Jimmy Adeyeye represented by the National Treasurer, Dr. Oladele, Chairman of Association of Industrial Pharmacists of Nigeria (NAIP), Pharm. Remi Adeseun, FPSN, FNAPharm, Country Manager, IQVIA and Director of Ceremony, National Chairman, Association of Lady Pharmacists, Pharm. Victoria Ukwu FPSN, Medical Director of the Nigerian Shippers Council, Dr. Ife Rickett, Tina Vukor-Quarshie, Independent Director with Wema Bank, Elders of the Association, Pharm. Hunponu Wusu, Commercial Medicine Stores, Sir Ifeanyi Atueyi, Vice President, Nigeria Academy of Pharmacy and Publisher Pharmanews, Pharm. Deji Osinoiki FPSN and Pharm. (Mrs.) Yomi Osinoiki FPSN, May and Baker PLC, Pharm. Nnamdi Okafor FPSN, Pharm. Kennedy Izunwa FPSN, CEO Foundation Pharma, Distinguished Prof. C. I. Igwilo FPCPharm, FPSN, Dean, Faculty of Pharmacy, University of Lagos, Prof. Bolajoko Aina FPSN, National Secretary, PSN, Pharm. Emeka Duru, National Treasurer, PSN, Pharm. Folake Adeniyi, FPSN, Dr. Adedayo and Mrs. Akintemi, Directors Trinity University and Mr. Jide Soaga, Registrar Trinity University an array of Directors from NAFDAC, PCN, and the Federal and State Civil Service, and Fellows of the Pharmaceutical Society of Nigeria, amongst others.

The Meeting deliberated on the theme of the mid-year Public Lecture meeting acknowledging the uniqueness of the Public Lecture, an innovation under the Femi-Oyewo-led Executive Committee of the Board to educate and stir discussion towards enhancement of the country in harnessing the great potentials. The following observations and recommendations were made:

1. A rebirth is required in the pharmaceutical space to ensure we deal concisely with the substance and drug abuse situation which has taken a huge toll on the younger generation who are the engine room for future development. The meeting noted with dismay the twin consequences of this situation which means useful medicines are taken out of circulation and the decimation of large numbers of the population via addiction, vulnerability to accidents or death.

2. The meeting agreed that a new approach must be taken to the issue of prescriptions for prescription only medicine as this is one sure way of restricting access to life-saving medicines. A call was made to both the Pharmaceutical Society of Nigeria and the Nigeria Medical Association to work out modalities to ensure a viable prescription policy for the country.
3. There is a link between peace and sustainable development. Development cannot happen in an environment of unrest, calamity and disunity. However, there cannot be peace and development without recognition of human rights. This will ensure we have democratic development. This calls for appropriate mechanisms for conflict prevention, management and resolution at both the local and state levels.
4. The Meeting identified as enemies of the Nigerian state, those groups characterized by certain negative tendencies, phenomena and traits which when taken together, constitute serious impediments to the growth, development, corporate existence and efficient functioning of the Nigerian state. These enemies critically undermine the emergence of a strong, united, vibrant, prosperous and just nation. The Meeting listed these enemies to include ethnic and religious jingoism (being the most dangerous), gross indiscipline and corruption as well as violent extremism resulting in high levels of insecurity. The Meeting noted that a consistent and manifestly fair effort to treat all Nigerians, irrespective of their ethnic origin, religious affiliations equally before the law, promotion of common citizenship, promotion of good governance and addressing the growing inequality between the North and South of the country will go a long way to dealing with these. The Meeting agreed that processes for accountability and appropriate punishment of offenders must be put in place.
5. It was noted that national rebirth like nation building is a process not a destination and that every country must of a necessity move from a mere geopolitical location to a desired state approved by the majority of the people. The meeting noted one of the definitions of nation building as "the process which all the inhabitants of a given territory, regardless of individual, ethnic, tribal, religious or linguistic preferences come to identify with the symbols and institutions of the State and share a common sense of destiny". The Meeting noted with dismay that after almost sixty (60) years post-independence, the country is still beset with tremendous challenges including political fragility, political vitality, ethnic and religious mistrusts, intolerance and violent extremism and high levels of insecurity and calls for concerted efforts by all Nigerians to walk together to build a vibrant and united nation as nation building is the product of conscious statecraft, not happenstance.
6. The Meeting also noted that Federal character so entrenched in our polity can be executed on the premises of meritocracy and competitiveness rather than on mediocrity. Ensuring that all meet a minimum level of competence and capability will result in good hands being selected, employed or assigned to various positions which will produce good outputs in each area of our national life.
7. The Meeting noted that rebirth is impossible without a clear understanding of our environment which will enable us to do an effective SWOT Analysis. Rebirth would also require the evolution of a system of leadership recruitment and accountability to enable us produce leaders that will confront the challenges of the environment effectively. Capable hands must compete for leadership positions even if it is at the Local Government level. True rebirth cannot also be achieved if the citizens do not have a feeling of national identity (which is what produces the peculiar character of a nation). This requires systems being put in place for continuous national conversations that will enable us fashion out a nation that truly works for us. It would also help fashion out the best political system for us as a nation as no one system is completely good or bad. The Meeting called on the President of the Federal Republic of Nigeria, President Muhammadu Buhari, GCFR to revisit the outcomes of the 2014 National Conference and effect without delay those recommendations that do not require constitutional amendments or changes in Laws.

continued on page 25

Victory Drugs marks 30th anniversary

- Holds public lecture on collaborative healthcare

By Yusuff Moshood

Distinguished healthcare practitioners, among whom were Prof. Fola Tayo, a World Health Organisation consultant; Pharm. (Sir) Ifeanyi Atueyi, managing director, Pharmanews Limited; Pharm. (Sir) Anthony Akhimien, vice president and chairman of Faculty of Community Pharmacy, West African Postgraduate College of Pharmacists; Prof. Janet Ajuluchukwu, consultant cardiologist, Lagos University Teaching Hospital (LUTH); and Prof. Njideka Okubadejo, consultant neurologist (LUTH), graced the 30th anniversary of Victory Drugs, celebrated recently at Amber Residence, GRA, Ikeja, Lagos. Pharm. (Mrs) Folasade Olufunke Lawal – Founder/CEO of Victory Drugs, Festac

Speaking at the event, Pharm. (Mrs) Folasade Olufunke Lawal, founder/CEO of Victory Drugs, who traced the genesis of the company to her desire to make a difference in ethical pharmaceutical service in community practice, thanked all who had supported her vision, noting that even though it was not easy, she remained undaunted in her resolve that things could be done right and professionally.

The memorable event was chaired by Sir Atueyi, who in his opening address, congratulated and praised Pharm. Lawal for her decision to use Victory Drugs anniversary celebration to call attention to the issue of partnership and collaboration in healthcare, noting that the subject was quite topical and relevant.

He disclosed that professionals all over the world were embracing collaboration to ensure they serve their patients better, adding that healthcare practitioners in Nigeria need to work together in the interest of better healthcare delivery for patients.

"It is a wave that is blowing across all sectors of healthcare that we have to embrace. If we do so, pharmacists, medical doctors, nurses and other healthcare practitioners will be able to make their contributions to help the patient and will be happy doing so. I want all of us to inculcate that spirit of partnership," Atueyi said.

Speaking in the same vein, Prof. Fola Tayo, who was father of the day at the memorable event, praised Lawal for her decision to have a discourse on collaborative healthcare to the company's anniversary, noting that it would be used to lay the foundation for purpose-driven healthcare delivery in Nigeria through collaboration and partnership by all healthcare practitioners.

The distinguished scholar stated further that it was important to continue to communicate the need for all healthcare practitioners to work together to get better result, adding that at the end of the day, it is the patient who benefits the most.

Congratulating Lawal, Fola Tayo described her as an exceptional and dedicated professional who, though was his student in clinical pharmacy years back, has today become a dear daughter.

The keynote speaker, Prof.



L-R: Pharm. (Sir) Anthony Akhimien, former president, PSN; Pharm. (Sir) Ifeanyi Atueyi, chairman of the occasion; Pharm. (Mrs) Bolanle Adeniran, chairman, PSN, Lagos State; Mr Lawal; Pharm. (Mrs) Folasade Lawal, founder/MD, Victory Drugs; Prof. Fola Tayo, father of the day; Pharm. Samuel Adekola, ACPN National Chairman; Prof. Okubadejo, consultant neurologist, LUTH; and Prof. Ajuluchukwu, consultant cardiologist, LUTH, cutting the anniversary cake.

Njideka Okubadejo, spoke on "Roadmap for Collaborative Healthcare", in which she highlighted the importance of establishing better channels for inter-professional communication and conflict resolution for a better, more effective team function under collaborative leadership.

Okubadejo also emphasised the end goal of "patient-focused care" across the tiers of healthcare delivery, identifying the importance of clarifying roles, setting agreed limits and having

working environments that support collaboration.

Pharm. (Sir) Anthony Akhimien in his anniversary lecture stated that the Nigerian health system is pluralistic as it includes orthodox, alternative and traditional healthcare systems, operating alongside each other.

Akhimien identified the historic challenges to healthcare collaboration in Nigeria to include poor implementation of the NHIS, poor budgetary allocation, poor regulatory procedures, inter-professional rivalry and the lack of collaboration in the private health facilities that account for 70 per cent of healthcare delivery in Nigeria.

The former PSN president urged the federal government through the Federal Ministry of Health to intervene with better funding and programmes to implement past and future resolutions and strategies for

inter-professional collaboration.

Also speaking at the event, Prof. Janet Ajuluchukwu's whose lecture was titled "Role Sharing in Medical Practice", sought to crystallise the central vision of achieving collaborative healthcare in Nigeria by referencing places around the world like the United Kingdom and Netherlands where they continue to expand the scope of the concept.

Ajuluchukwu quoted Henneman et al in characterising the key requirements for collaboration to include competence, confidence and commitment, along with other ingredients such as mutual respect, trust and communication.

She highlighted the Nigerian Federal Ministry of Health's presentations on Task Shifting and Task Sharing Policy for Essential Healthcare Services as evidence of work done at the very centre of government in this regard, with the onus on healthcare professionals to

strategise on implementation.

Ajuluchukwu also stated that the central revolving concepts for role sharing are training and regulation, which rely on supervision, delegation, substitution, enhancement, mentoring and innovation to be effectively implemented and sustained.

She also lamented the brain drain of the Nigerian healthcare workforce to regions of the world where they already have the highest percentages of healthcare workforce and healthcare expenditure, whereas the African region with the highest global disease burden also has the lowest workforce serving its population.

The distinguished scholar stated further that it was important to continue to communicate the need for all healthcare practitioners to work together to get better patient-oriented results.



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Weak policies, poor location, lack of passion main killers of pharmacy business - Ogbu

Pharm. Chima Agnelius Ogbu is the immediate past national publicity secretary, Association of Community Pharmacists of Nigeria (ACPN), and chief executive officer (CEO), Medigate Pharmaceutical Company Limited, Port Harcourt, Rivers State. In this exclusive interview with **Pharmanews**, Ogbu, who is now the chairman, Pharmaceutical Society of Nigeria (PSN), Rivers State Branch, reveals his administration's objectives for pharmacists in the state, while also evaluating the state of pharmacy practice, especially community pharmacy practice, in Nigeria. Excerpts:



Pharm. Chima Agnelius Ogbu

By Adebayo Oladejo

the great achievements of our predecessors in PSN, Rivers State, especially that of the immediate past Chairman, Pharm. Wale Oladigbolu. So the state is in good hands.

To do this, we have developed strategies that will address short, middle and long term challenges facing pharmacists and the pharmacy profession in the state, especially competences, capacity, access to finance, infrastructure, effective regulation and enforcement, mentoring and, most importantly,

frontier developments in every areas of practice and business for the great Rivers pharmacists.

What are your objectives for PSN-Rivers State and how do you intend to achieve them?

I was elected on 30 April,

2019. My objectives are to aggregate the best of our human and material resources in the sustenance and advancement of

In recent times, there have been cases of community pharmacies closing down for one reason or the other. As a community pharmacist yourself, what would you say are the major reasons for this unfortunate development and what can be done about it?

Community pharmacy practice, like all practices and businesses in Nigeria, are going through turbulent times due to the "economic swings" in our country. Nigeria has passed through a period of recession and technological disruptions and community pharmacy practice has responded effectively with the ongoing trans-generational project of our national leadership.

Essentially, weak regulation and enforcement, low capital base, lack of access to low interest funds, low capacity utilisation, poor entrepreneurial knowledge, inability or unwillingness to adapt to technologically driven new ideas and processes, poor mentorship, poor location and lack of passion are some of the factors responsible for these unfortunate occurrences.

However, community pharmacists must develop creative ways to survive in the face of technological disruptions and complex operating environments. We must be ready to do things differently to sustain our relevance and profitability in the emerging competitive global space.

What are your thoughts on the recent increase in NAFDAC's charges that was eventually reversed?

NAFDAC's core mandate is to safeguard the health and well-being of Nigerians through the production, importation, distribution and consumption of quality drugs, foods medicinal agents and appliances. To do these, it was right for NAFDAC, as a responsible and responsive organisation of government, to be sensitive to the agitations of stakeholders and the consuming public against a fresh regime of tariff increase in the face of the current harsh economy realities in our country.

To this end, I must commend the leadership of NAFDAC for reversing what would have been a major obstacle to government's desire towards sustainable growth in the healthcare delivery system of our dear country.

What measures do you think could help reduce the cost of medicines in Nigeria to ensure ordinary Nigerians are able to afford quality medicines and not resort to patronising quacks for fake?

Availability and affordability of quality medicines are the core objectives of the third Sustainable Development Goal (SDG) of the United Nations. Nigeria, as a major player in the global community and the most populous black nation, must rise

continued on page 48

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Skin and skin structure infections Acute maxillary sinusitis Uncomplicated urinary tract infections	400mg - 12 Hourly for 7 - 14 days 200mg - 12 Hourly for 10 days 100mg - 12 Hourly for 7 days

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Sugarcane: Much more than sweetness

Pharm. Ngozika Okoye
MPH, MSc, FPCPharm
(Nigeria Natural Medicine Development Agency)

Locally known as arakke (Hausa), achara mmako or lokpete (Igbo) and ireke (Yoruba), sugarcane (*Saccharum officinarum*), belongs to the grass family Poaceae. Though it is native to Papua New Guinea, it has become a part of the crop production of more than half of the world. There are 36 varieties available.

Constituents: Apart from sugar, sugarcane contains some minerals like potassium, calcium, magnesium, iron, manganese, vitamins and other nutrients like resins, hydrogen cyanides and alkaloids, which are mainly in low quantity.

Preparations: Sugarcane can either be eaten in pieces or drunk as juice, either plain or topped with mint, lemon juice, ginger or black rock salt. Sugarcane juice may be applied to the skin directly or added to face mask and scrub.

Pharmacological actions and medicinal uses: Sugarcane juice is alkaline in nature, because of the high concentration of calcium, magnesium, potassium, iron, and manganese, which helps prevent diseases like cancer that cannot survive in an alkaline environment.

Sugarcane juice aids in digestion, due to its high potassium levels; prevents



Saccharum officinarum

stomach infections and exhibits laxative properties, further improving bowel movement. It also prevents heart diseases and stroke, as it helps decrease the levels of unhealthy cholesterol and triglycerides.

As sugarcane juice is high in soluble fibre, it has natural sugars and reduces the bad cholesterol levels in the body. It also helps in reducing weight.

Sugarcane contains natural sugar, which has a low glycaemic index, that prevents a steep rise in blood glucose levels in diabetics. So it can act as a substitute for aerated drinks for them. However, people with Type-2 diabetes should consume it in moderation

and after consultation with their doctors.

Alpha Hydroxy Acids (AHAs) which are part of the natural constituents of sugarcane juice help to fight acne, reduce blemishes, prevent ageing and help in keeping the skin hydrated.

The diuretic properties of sugarcane juice helps in treating urinary tract infections, kidney stones and ensure proper functioning of the kidneys. It also helps to strengthen the liver and is, thus, suggested as an excellent remedy for jaundice.

Sugarcane juice is a good source of glucose, which helps to re-hydrate the human body and gives it a boost of energy.

Studies show that sugarcane juice protects against tooth decay and bad breath, due to its high mineral content. Sugarcane has copious amounts of vitamin B9 and folic acid, which protect the unborn child from birth defects, such as spina bifida.

According to studies, sugarcane juice also helps women with ovulating problems, therefore increasing the probability of a safer conception. Sugarcane juice helps to replenish lost proteins and helps in speedy recovery from fever.

Adverse effects: An ingredient called policosanol, present in sugarcane, can cause insomnia, upset stomach, dizziness, headaches and weight loss if consumed excessively. It can also cause blood thinning and can affect the cholesterol levels in the blood.

Economic potentials: Some of the world's most consumed or used products come from sugarcane. 70 per cent of world sugar production comes from sugarcane. By-products of sugarcane processing include molasses (used in making rum), ethanol and bagasse (used as biofuel).

Results of a study revealed that every stage of the commodity chain is profitable. If research is well funded, local technology in sugarcane could save Nigeria foreign exchange of more than \$100 billion annually, make Nigeria self-reliant in sugar production by the year 2020 and facilitate the emergence of Nigeria as a developed nation.



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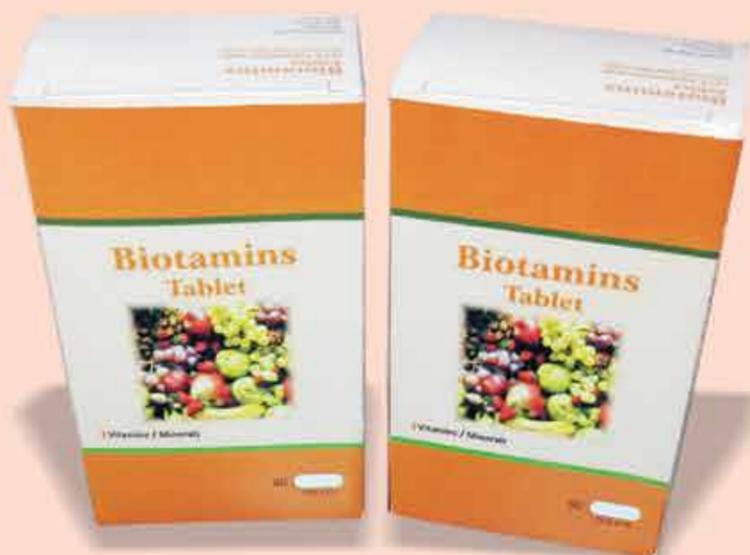
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Intellectual property protection system required to fight counterfeiting, says Adewopo

- As American Business Council, US embassy, hold IP symposium

By Temitope Obayendo

A former Director General of the Nigerian Copyright Commission (NCC), Prof. Adebambo Adewopo (SAN) has emphasised the need for a strong intellectual property right (IP) system in the pharmaceutical industry to protect investments in research and development efforts, noting that this is an effective way to curb the rampant menace of drug counterfeiting.

Adewopo, who is the first professor of Intellectual Property Law in Nigeria, made this submission at the Intellectual Property Symposium, organised by the American Business Council, in collaboration with the United States Mission in Nigeria and the Nigerian government, at



L-R: Isiola Idigbe, associate, Punuka Attorney & Solicitors of Universal Music; Gabriel Ogunyemi, country manager, Janssen Pharmaceuticals Nigeria; Margaret Odele, chief executive officer & secretary, American Business Council and David Lossignol, president, International Trademark Association, during the First Intellectual Property Symposium on copyright piracy and counterfeit (pharmaceutical), held in Lagos.

the Eko Hotel & Suites, Victoria Island, Lagos, recently.

Presenting the keynote address, Adewopo stated further

that such IP system requires the collaboration of both the private and the public sectors, stressing that this is necessary because while the private sector comprises the owners of the medicines, the public sector helps in the enforcement of laws against counterfeiting of the products.

“A synergy is highly needed, for instance, among NAFDAC, Customs and SON, as they are all responsible in different ways in ensuring that counterfeiting is subdued in the country,” he said.

The former NCC DG also said that opportunities and challenges of the global economy can only leave an unconnected country behind.

His words: “While the IP debate has not been entirely new, one of the missing elements has been effective collaboration and cooperation that is needed to drive the debate and build momentum, not only for achieving reform but also to combat both the domestic and worldwide industry of counterfeiting, piracy and cybercrime.

“Building strategic alliances within and outside the country is therefore critical, considering the global nature of digital technologies that are readily available to this formidable industry. In these alliances, we are also seeking to strengthen key institutions responsible for protecting IP and combating counterfeiting and piracy,” Adewopo stated.

The symposium, which was widely attended by top government functionaries and policy makers in different sector of the economy, had in attendance, Director General, National Agency for Food and Drug Administration and Control (NAFDAC), Prof. Mojisola Adeyeye; Chief Executive, Federal Competition and Consumer Protection Commission (FCCPC), Mr Babatunde Irukera; Director General of Nigerian Copyright Commission (NCC), Mr John Asein; Director General, National Agricultural Seed Council (NASC), Dr Olusegun Ojo; senior officials of the Nigeria Police, Nigerian Army, Nigeria Customs Service; representative of the Standard Organisation of Nigeria (SON) among others.

Addressing participants at the symposium, Tanya Y. Hill, International Computer Hacking (ICHIP) attorney adviser, Sub-Saharan Africa, United States Department of Justice, expressed delight in the coming together of leading minds across Nigeria to examine the benefits of strong intellectual property protection and enforcement to the Nigerian creative, pharmaceutical, and industrial sectors, and the impact on the diversification of

continued on page 38



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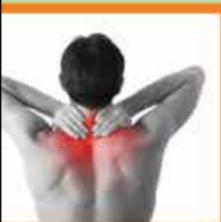
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Intellectual property protection system required to fight counterfeiting,

continued from page 36

says Adewopo



L-R: Chief Executive Officer, Federal Competition and Consumer Protection Commission (FCCPC), Mr Babatunde Irukera; Director General, National Agricultural Seed Council (NASC), Dr Olusegun Ojo; Director General, National Agency for Food and Drug Administration and Control (NAFDAC), Prof. Mojisola Adeyeye; representative of Comptroller-General of Nigeria Customs, Col. Hameed Ali (Rtd) and Director General of Nigerian Copyright Commission (NCC), Mr John Asein, at the symposium.

the Nigerian economy.

She noted that the two-day symposium would launch the Regional Pharmaceutical Crime Working Group, with the responsibility of building on the capacity programming that the U.S. Department of Justice (USDOJ) office of Overseas Prosecutorial Development and Training (OPDAT) had undertaken in the region to address the illicit trade in counterfeit pharmaceuticals.

U.S. Embassy Chargé d'affaires, Kathleen FitzGibbon, in her remarks, noted that the whole essence of intellectual property rights protection is to enhance innovation and creativity needed to bolster economic growth.

While highlighting some merits of intellectual property rights protection to include jobs creations and opening of new markets for goods and services, she said the challenge is actually a global issue. "This is not just an American issue, this is a global issue and as Nigeria moves ahead with goals of diversifying and shifting to a knowledge-based economy, a strong intellectual property rights regime will help attract investment and protect Nigerian ideas and Nigerian businesses," FitzGibbon said.

Responding to the discussion on inter-agencies collaboration, the NAFDAC DG, Prof. Adeyeye, concurred with the submission of Adewopo, but alleged that the management of SON had not been helping in terms of proper cooperation, noting that while SON was supposed to monitor and regulate each component of a product, that had not been the case in Nigeria.

Adeyeye, who expressed her worries over the state of things in the country, said the laws that created the agencies were causing more issues for them, as the question of 'who controls what?' among sister agencies has always been an issue.

She said: "A situation where a primary agency has become a secondary agency is what we have at hand. And this is not so with the United States SON or FDA, but we have problems here; thus, we need to see how to make things work, because if it is working in the U.S., it should work here in Nigeria."

Also speaking at the event, Margaret Olele, chief executive officer, American Business Council, said the symposium was a result-driven advocacy against counterfeiting and piracy, noting that when several voices come together to reverberate and share the challenges around counterfeiting or piracy, there would be sure solutions.

"Talking about it is always the first step, pulling together people who will talk about it, like the lawmakers, policy makers, and looking at how we'll slowly but surely kick against the issue of counterfeiting and piracy is critical", she emphasised.

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PSN-YPG bemoans exodus of young pharmacists to other countries

- Urge support for SDGs 2030

By Omolola Famodun

The Pharmaceutical Society of Nigeria Young Pharmacists Group (PSN-YPG), Lagos State chapter has lamented the increasing exodus of young pharmacist from the shores of the country, warning that except the right steps are taken to stem the tide, there may be a severe shortage of pharmacists in the country soon.

Speaking with *Pharmanews* during the recent Lagos PSN-YPG Week opening ceremony, themed, "Young Pharmacists as Champions of the SDG 2030" and held at Sheraton Hotel, Ikeja, Lagos, Pharm. Funmbi Okoya, coordinator, PSN-YPG, Lagos chapter, said young pharmacists are facing quite a number of challenges related to insufficient internship placement, poor remuneration, and poor working conditions, all of which are contributing to a surge in the exodus of young pharmacists to the diaspora.



L-R: Mr Oluwafemi Boboye, workshop co-ordinator of Nigeria youth SDGs network; Dr (Mrs) Moyosore Adejumo, director of pharmaceutical services, Lagos Ministry of Health; Mr Seun Fakorede, commissioner for youths and sports, Oyo State and Mr Ajadi Michael, mental health programmes lead.

Young pharmacists, he said, are leaving for better pastures, adding that if these issues are left unresolved, Nigeria will be facing a situation of grave insufficiency of the most accessible healthcare

professionals in the coming years. "I must say that the issue of poor working conditions has become the latest thorn in the flesh of young pharmacists, with multiple cases being brought to our notice. I would like to admonish every employer of young pharmacists to review their policies and ensure the best working conditions possible as maltreatment of young pharmacists in any form will not be condoned.

"We are actively trying to solve these issues in collaboration with the necessary stakeholders. As such, I will like to encourage young pharmacists to seek to offer value wherever they are and continue to follow due process when issues arise. The respective PSN-YPG state chapters remain the first port of call to report any issues relating to young pharmacists," he said.

Speaking on why the event was organised, Okoya said Pharmacy is a very versatile profession with skills and knowledge that are of relevance to numerous sectors, noting that young pharmacists' active involvement in the achievement of the SDGs will contribute immensely to creating the ideal future.

He stated further that as healthcare professionals, pharmacists can drive the implementation of SDG 3 (good health and wellbeing) and SDG 6 (clean water and sanitation), adding that pharmacists as owners of businesses and employers of labour in the manufacturing industry and retail pharmacy space also have important roles to play in SDG 8 (decent work and economic growth), SDG 9 (industry, innovation and infrastructure), and SDG 12 (responsible consumption and production).

"As educators, we can contribute to SDG 4 (quality education) and educate more people about the 17 SDGs and how they can contribute towards them," Okoya said.

Speaking on the future of young pharmacists in Nigeria, he said as youths, young pharmacists can be the driving force for development in the society as change-makers, innovators, communicators, critical thinkers, and leaders.

He also encouraged young pharmacists to be change agents, noting that they need to stop pointing fingers and instead seek to get involved either through their organisation/companies or through an NGO. They should also get involved in local politics, he said.

Pharm. Okoya equally urged the young pharmacists to seek to be a part of the future being built for them, adding that they should learn more about the 17 SDGs and how they can help transform Nigeria by 2030.

Also speaking at the grand ceremony attended by many young pharmacists, Mr Seun Fakorede, commissioner for youths and sports, Oyo State, advised the young pharmacists to stop feeling young and start taking responsibilities, adding that there is a need for a paradigm shift in the pharmaceutical sector and that the young pharmacists are the ones that can implement this shift.

"It is high time young pharmacists took action and stop excuses which are good reasons for bad results," he said.

He also urged pharmacists to make proper use of the Internet, noting that everyone can have an idea about anything.

He advised them to go online to learn how to sew clothes, make bags, shoes, arts and crafts, adding that they can also learn how to start a business on YouTube.



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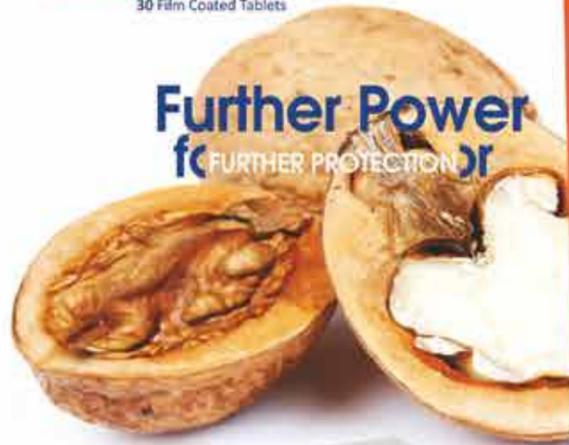
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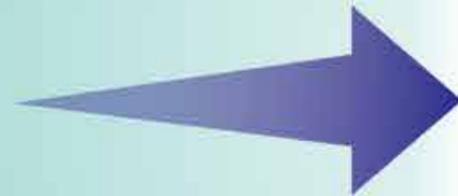
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Seven habits of truly happy people

By Pharm. Sesan Kareem

One of the genuine needs of human beings is happiness. People spend their entire lives looking for true happiness. They work night and day just to become successful in order to find joy. However it seems happiness is so difficult to find nowadays in our world of show off and materialism. Many people are frustrated, unhappy and depressed because they haven't even defined what happiness means to them and how they can achieve true happiness.

Achieving true happiness is not that difficult. Truly happy people have developed habits for over 6,000 years of human existence. There are days I have been sad and frustrated; so I know what it is to feel helpless, hopeless and worthless. However, regardless of what life throws at me I have developed the habits of staying on top of my game, finding my true happiness and sharing that state of joy and peace with people around me.

The seven habits below will help you to achieve true happiness.

Be authentic: Those who are truly happy are true to themselves. They accept who they are, embrace their strengths and weaknesses and are comfortable in their own skin. Happiness naturally flows to those who embrace their uniqueness and love who they are wholeheartedly. Be thyself.

Take responsibility: You can't be truly happy if you don't take responsibility for your actions. Truly happy people complain less, blame less and compare less. They take personal responsibility for their mistakes, failures, successes and happiness. Being truly happy is your personal responsibility. Take charge.

Define what happiness means to you: Many people want to be truly happy but they have never taken the time to define what happiness really means to them. Little wonder why they are not happy. To me, happiness means doing what I love, taking care of my family, achieving my set goals and becoming better on a daily basis. Define what true happiness means to you and work towards your standard.

Surround yourself with good people: People have enormous effect on our emotional state in life. Therefore, you must be careful who you surround yourself with. You can't surround yourself with negative people and expect to be truly happy. You need positive vibes and energy to sail through the tough journey of life. When life throws you heavy punches, it is good people that will encourage you to stand up, move up and show up in order to step up.

Commit to personal growth. You can't be truly happy if you are stagnant in life. True happiness comes to those who are committed

to never-ending improvement in who they are and what they do. Your progress is a serious business and you must focus your attention on it. Becoming better and better on a daily basis should be your mantra. Tony Robbins wisely said, "Happiness equals progress."

Be a blessing to others: Happiness doesn't come from what we get, it only comes from what we give. If you develop the habit of consciously giving back to others, you will experience true happiness. And we all have what we can give. So give freely, contribute wholeheartedly and share graciously, without expecting anything in return. You can't buy happiness with money or knowledge but you can use both to create happiness if you use them to bless others.

Count your blessings: Gratitude is a sure way to achieve true happiness. In fact, gratitude is your door to unlimited joy, peace and pleasure. If you develop the habit of consciously counting your blessings, which, by the way, are numerous and you feel sincere gratitude for these blessings, your life will be filled with positive energy and contentment. You see, you can't be grateful and still feel miserable or bitter or frustrated. So, be good to yourself and develop the habit of gratitude.

While life is a combination of good times and bad times, the



For questions or comments, mail or text sesankareem2@gmail.com/08072983163

seven habits elucidated above will help you to be happy, stay happy and share happiness with others. They will help you to lift your head above the challenges of life during difficult moments. They will enable you to stay afloat during good times.

I can guarantee you that the more you inculcate these habits into your lifestyle, the more you experience true happiness with all its benefits.

ACTION PLAN: Be authentic. Take responsibility for your happiness. Surround yourself with good people. Be grateful. Share happiness with others and commit to personal growth.

AFFIRMATION: Happiness is my birthright. I am blessed and highly favoured.

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Affordable pharmaceuticals

Why Oculus is an industry leader in ophthalmic preparation – Ezeiru

- Explains why he still tells people he is a sales rep

By Yusuff Moshood



Pharm. (Sir) Valentine Ezeiru

Pharm. (Sir) Valentine Ezeiru, the managing director/chief executive officer (MD/CEO) of Oculus Pharmacare Limited is a Fellow of the Pharmaceutical Society of Nigeria (FPSN) and the West African Postgraduate College of Pharmacists (FPCPharm). He is also a member of Institute of Directors (MloD).

Graduating from the university in 1979, with a B. Pharm degree, Ezeiru worked with Ciba-Geigy from 1983 to 1991. He started as a medical representative and rose through the ranks to become national sales manager.

In this exclusive interview with **Pharmanews**, Ezeiru, an active member of International Pharmaceutical Federation (MFIP) speaks on the intrinsic link between effective communication and selling and why he still tells people he is a sales representative despite being the MD/CEO of Oculus.

Ezeiru, a foundation stakeholder of Oculus and the executive director, sales and regulatory affairs for the company until his appointment as the MD/CEO early this year, also outlines the objectives of the company at inception and how the company navigated through tough times to become not just the industry leader in ophthalmic preparations but a reputable and trusted firm of choice for ophthalmic products in the country. Excerpts:

You could have chosen to be a production, academic or hospital pharmacist but you chose to focus on sales and marketing. What prompted that decision?

I was interested in sales because I had and still have great interpersonal skills and I'm passionate about providing excellent customer service. At an early stage, I realised that most chief executives and senior managers of multinational companies either

started their career, or at least had spent some time in their career, in sales. I wanted to get to the top one day.

Sales job really gives you an appreciation of what happens at the "sharp end" – at the customer interface. I also knew that very few purely technical people got to the top rank.

No matter what job you do, you spend a lot of your time selling: selling ideas to your bosses,

your colleagues, your juniors, your suppliers and your customers. To have spent some time in sales trains and prepares you to communicate effectively, and to "win friends and influence people." I have no regret. I still tell people that I am a sales rep.

As a foundation stakeholder of Oculus, what were the objectives of the company at inception and what is the level of achievements of these objectives?

Oculus was initially promoted (co-founded) by three ex-Ciba-Geigy employees and is fully owned by 13 Nigerian shareholders. Our mission at inception was to provide high quality healthcare products and first class services to our various partners and associates, while satisfying the interest of all stakeholders.

So far we have kept that promise. The level of achievements is quite high and we are ready to utilise the lessons learnt to improve further on our results. We try to remember that medicine is for the patient. We also try not to forget that medicine is for the people. Over the years, Oculus has been known for distributing products of top quality standards. Patients and people go for our products when they are not prepared to gamble.

Profit – as important as it is – is not why Oculus was set up. It was set up for more fundamental reasons, as I have already stated. You should keep in mind that profit will follow if the needs of the patients and people are satisfied.

Oculus has gone through some tough times since its inception, what would you say is the greatest challenge the company has faced and how was it surmounted?

The greatest challenge we have had was in the area of representing third party companies in the country. You can imagine putting all you have – expertise, skills sets, character, cultivated values and commitment – to grow some brands on behalf of a company, and several years after the brands have become very successful in your market, you wake up one day to be informed that the brands are to be withdrawn from your local market by the licence holder. Or that the licence holder wants to take over the marketing and distribution of the brands you have successfully introduced and established in the country of your operation.

It is quite sad, stressful and can be very difficult for local operators and investors. How do you handle such a challenging situation? For me, there are two ways. One way is to be an agent to many companies and to be ready to replace, as quickly as possible, any that is taken away with another viable one. Another way is to register your own brands without infringing on the rights and character of the agreements you have with the companies you are representing.

Oculus is today a major player in the industry and a leader in ophthalmic products. What

would you say distinguishes the company from others who also are into marketing of eye products?

Yes, other companies have made entry into the ophthalmics market. Are they the same as our company? The answer is a big no! As our name suggests, we are Oculus Pharmacare Ltd. If the Ophthalmic preparation is not of Oculus, then it is something less.

We have a combination of core differentiations that separate our ophthalmics from those of other companies. They are located within the canopies of, one, product differentiation – where our products show performance, conformance and reliability. The second is located in channel differentiation – showing coverage and skills set of expertise of positioning the products. Then, the third, which is quite strong, comes with reputation and image differentiation as a result of perception and communication.

As you know, Oculus has come a long way in ophthalmics. Once our name is associated with an eye product, the customers and healthcare practitioners who know what our company stands for or represents, will go for it. Talk about source credibility and reliability!

As the new CEO of Oculus, what are your short, medium and long term visions for the company?

Arising from my nature, I want to make things work well, then better, then the best they possibly can be – I have never been in anything for the short haul.

On assumption of the new office, I told members of staff at Oculus that the catchphrase for all of us is "continuous improvement". I really want this concept to be an institutionalised habit for Oculus – a disciplined way of life, to be ingrained into the fabric of our company. It simply means doing everything possible to make Oculus stronger tomorrow than it is today.

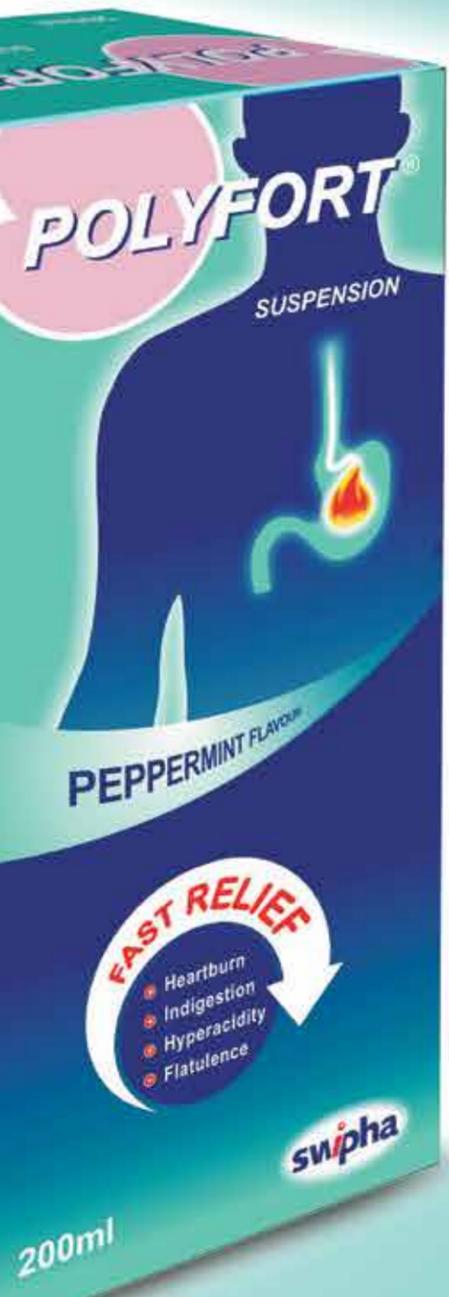
I seek, together with my team, to do very well in the short-term and also do very well in the long-term. It means that Oculus cannot afford to slip in the medium term.

In the past, I was not able to use my full potential. This headship has given me the chance to test the entire set of skills I acquired over the years within the short term. I will set up systems and Standard Operating Procedures (SOPs) in all elements of the company's operations, monitor compliance and encourage utilisation of these tools to achieve quick results and deliver more than what is expected of my team and me.

As for the long-term goal, I will seek bigger targets so that I can continuously test myself. Bigger targets can be tough. My long term goal is to be a leader who challenges our workers to achieve more than they ever thought possible and together, we will really grow Oculus to become a great company.

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Weak policies, poor location, lack of passion main killers of pharmacy business - Ogbu

continued from page 32

to the occasion by ensuring that medicines' quality is optimal, at affordable costs.

Government must enforce relevant pharmacy laws and find the political will to implement the already approved National Drug Distribution Guidelines (NDDG). Beyond these, the local pharma industries and manufacturers must have access to low interest funds to source quality and affordable active pharmaceutical ingredients (APIs), excipients and machineries.

At the downstream, NAFDAC and the PCN must work with the PSN and other stakeholders and relevant government agencies to restore sanity in the system and eliminate all forms of quackery and medicines faking in the nation.

What is your assessment of

our effort as a nation to tackle the menace of fake drugs? Are there other measures we should be taking?

I have said this in different fora and I will continue to say it that "access" is key in our efforts to tackle the menace of fake drugs in Nigeria. Block the access and you solve most of the problem. The current situation where every Dick and Harry is allowed to import, distribute and retail prescription and non-prescription medications is regrettable and counter-productive.

In support of my leader, the President of Pharmaceutical Society of Nigeria (PSN), Mazi Sam Oluwabunwa, we must ring-fence the pharmaceutical space in Nigeria to restore professionalism, quality care and services to the teeming medicine-consuming public.

Specifically, government

must find the political will to close the open drug markets across the nation, empower and equip the Pharmacists Council of Nigeria (PCN) to function effectively and ensure that only licensed pharmacists and trained health professionals are allowed to handle medicines and medical products in Nigeria. The world has come to realise that the best health systems without quality and affordable drugs will come to nothing.

What is your assessment of government's efforts to tame the problem of drug abuse in the country, what are we doing right and what are we doing wrong as a nation?

For the record, drug abuse and misuse is a global problem. In Nigeria, there is a recent dangerous upsurge in the incidence of drug and substance

continued on page 50

FIP World Congress 2019: Pharmacists react

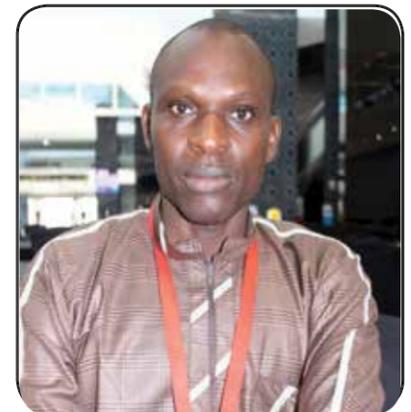
continued from page 58

"Great learning platform"

The conference was a wonderful experience. This is my first time at an FIP conference and it was an eye-opener for me. I have been able to interact with pharmacists from around the world.

The lectures and presentations were very educative. It was a great learning platform for me and I think other pharmacists from Nigeria. It will help us to navigate the wheels of change taking place in the world successfully.

The ideas shared will surely help us to improve our practice and make the necessary changes to get to the next level.



Pharm. Samson Oladimeji
Federal University of
Technology, Akure (FUTA), Ondo
State.

"Forum for new topics and ideas"

This 2019 FIP conference was quite interesting. There were educative lectures on new innovations and new school of thoughts as regards pharmacy practice.

I will say that participants from Nigeria have learnt a lot. There are things we have picked up that we can implement in our practice to improve. I have learnt about gene therapy in pharmacy practice, new ideas on how countries are managing the issue of expired drugs and about green pharmacy which focused on how we can ensure our practice is environment friendly.

We need to start looking at how we can embrace these ideas. This must not end at just listening to the lectures. We must begin to implement the ideas that we have picked up.

Pharm. Michael Iwe
O.B. Jackson Foundation,
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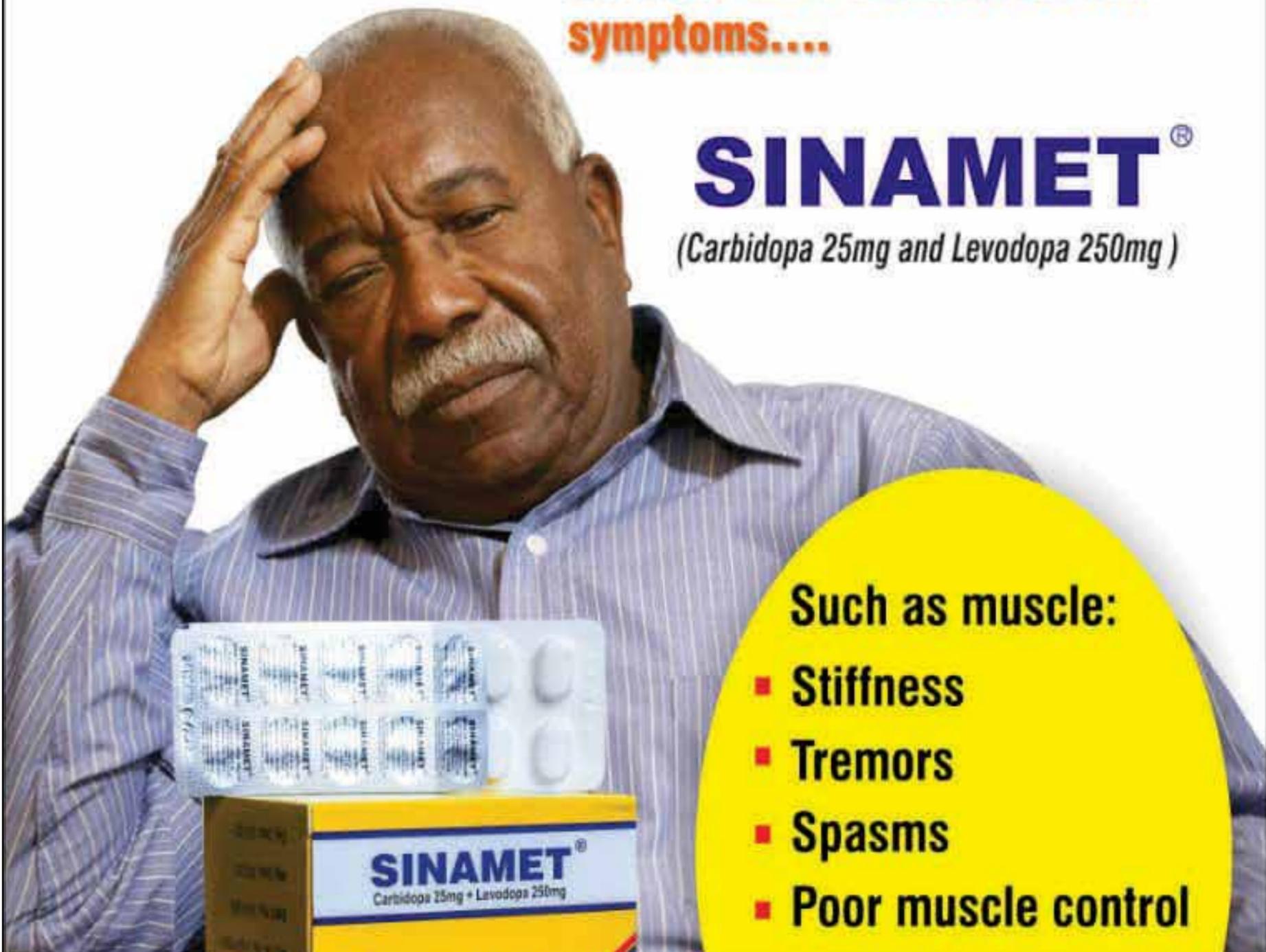
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Hexagon nutrition supplements launched in Lagos

Hexagon nutrition products, manufactured by Hexagon Nutrition, a global nutrition company headquartered in India but with presence in over 72 countries, has been officially introduced into the Nigerian market.

The launch of PentaSure Hexagon Nutrition Supplements was held recently at a ceremony chaired by Dr (Pharm.) Mrs Moyosore Adejumo, director of pharmaceutical services, Ministry of Health, Lagos State and held at Ethal Hotel & Halls in Oregun.

Speaking at the event, Pharm. Johnson Olusetire, managing director of Olpharm Nutrition, whose company partnered with Hexagon to bring the products to Nigeria, said that bringing the nutrition supplements to Nigeria was to help contribute to the global



L-R: Pharm. (Dr) Mrs Moyosore Adejumo, chairman of the occasion; Mr Femi Soremekun, MD/CEO, Biofem Group and Pharm. Johnson Olusetire, MD, Olpharm Nutrition, during the event.

scaling up of nutrition movement, noting that global bodies had identified good nutrition as the

foundation for development. Olusetire said that governments, development

agencies, businesses and the research community among others, had started prioritising nutrition as a development and economic issue, adding that there is increased political engagement on nutrition, an example of which he said is the recent school feeding initiative of the Nigerian government.

While restating the commitment of his company to help scale up nutrition in Nigeria from paediatrics to geriatrics, he noted that the new global direction for nutrition is to focus on prevention rather than curative.

In her opening remarks, Adejumo, while praising Olusetire for his support over the years to the Lagos State government, lamented that statistics on malnutrition had not improved despite years of talking about it.

She said that it is pertinent for Nigerians to begin to admit that supplements can really help those who have nutrition challenges, either as a result of old age or ill health, adding that she had had experiences of having to rely on supplements for some relatives when they were unwell.

Some of the supplements introduced at the event were PentaSure DM, for diabetes care; PediaGold, daily nutrition for growing children; EvaCare, nutrition for women and PentaSure Immunomax, an immune-enhancing nutritional supplement.

Weak policies, poor location, lack of passion main killers of pharmacy business - Ogbu
continued from page 48

abuse, especially among our youths and women. We're all aware of the codeine imbroglio and the embarrassment it caused to our health system.

In taming this menace, government must do more in areas of advocacy, drug control, restricted access to medicines of abuse, improved family values and educational systems, effective drug laws enforcement and social rehabilitation and integration of affected persons.

Here in Rivers State, the PSN Drug and Substance Abuse Committee (DSAC) is already leading the war against the menace in the state, in partnership with the state drug and substance abuse reduction committee of the Ministry of Health and other stakeholders. We have organised stakeholders' roundtable, erected giant billboards at strategic points in Port Harcourt, sponsored some pharmacists to attend trainings on drug and substance abuse, carried out advocacy visits to schools, markets and churches and engaged the traditional and social media in reaching out to the populace.

As pharmacists, we shall continue to join forces with government and other stakeholders to free our society of this menace.

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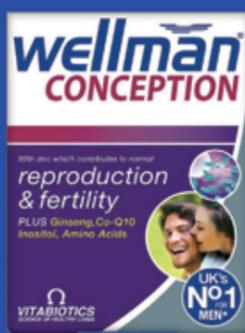
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Sanwo-Olu urges nurses to embrace eHealth in achieving SDGs

- As FOLGONM holds 10th annual conference/scientific workshop

By Temitope Obayendo

To achieve the health components of the Sustainable Development Goals (SDGs) in Lagos State, it is imperative for nurses to scale up their practices with the application of eHealth, which will enhance effective healthcare delivery to patients at the grassroots, particularly those in underserved communities, Governor Babajide Sanwo-Olu of Lagos State has said.

Sanwo-Olu was the distinguished guest of honour at the 10th Annual Conference/Scientific Workshop of the Lagos State Chapter of Forum for Local Government Nurses and Midwives (FOLGONM), held at the Adeyemi Bero Hall, Alausa, Ikeja, from 15 to 18 October 2019.

The governor, who was represented by Mr Akeem Muri-Okunola, head of service, Lagos State, at the conference, commended the local government nurses for their efforts in manning several health centres without doctors, saying that the government was aware of all their commitments in caring for the populace.

He however implored them to take advantage of digital health by upgrading their knowledge on the use of technologically based tools to advance healthcare delivery in the state, which, he said would cause a decrease in morbidity and mortality rates.

He said: "Nurses must realise that they are pivotal to healthcare delivery in the state as well as the nation, and as such, they



A cross section of participants the 10th Annual Conference/Scientific Workshop of the Lagos State Chapter of Forum for Local Government Nurses and Midwives (FOLGONM).

must always upgrade their skills and professional qualities like emotional intelligence, readiness to attend to patients, motivational skill, empathy and ability to adapt to a changing environment, to create a healthier nation."

Speaking on the theme of the conference, "Sustainable Development Goals: Nurses at the Forefront of Transforming Lives Today and Tomorrow", the keynote speaker, Mrs Modupe Shode, clinical instructor, Department of Nursing Science, Lagos State University College of Medicine

(LASUCOM), noted that nurses have key roles to play for the health components of the SDGs to be actualised.

She challenged nurses to put their professional knowledge into use in preventing child and maternal deaths, end extreme poverty, improve quality of life, and end violence and oppression, in order to have justice in the society.

"The SDGs presents us with an opportunity to apply the knowledge we have acquired as nurses to create a healthier and better world for the citizens of our nation. The

realisation of these targets will improve the lives of people in our communities, our families and even our own health", she said.

She further stressed that nurses have key roles to play in attaining the SDGs especially goal three, which is related to health, adding however that in performing these roles, there is need for additional support to nurses, given their competencies and the extremely inadequate number of nurses throughout the world.

Going forward in advancing healthcare delivery system in the country, she charged nurses to strive to make their voices heard, as well as participating in actions that may assist in changing health policies for the benefits of patients.

Earlier on, the Lagos State FOLGONM Chairman, Com. Mary Lateef-Yusuf, in her welcome address appreciated all nurse delegates from the 57 Local Government Areas in the state, noting that FOLGONM is a pressure group under the parent body of the National Association of Nigerian Nurses and Midwives (NANNM).

Concerning the achievement of SDGs, she said efforts and will were needed to install infrastructure that would support inclusive growth, enhance access to basic services and promote environmental sustainability of the goals.

She further noted that the sub-

continued on page 70



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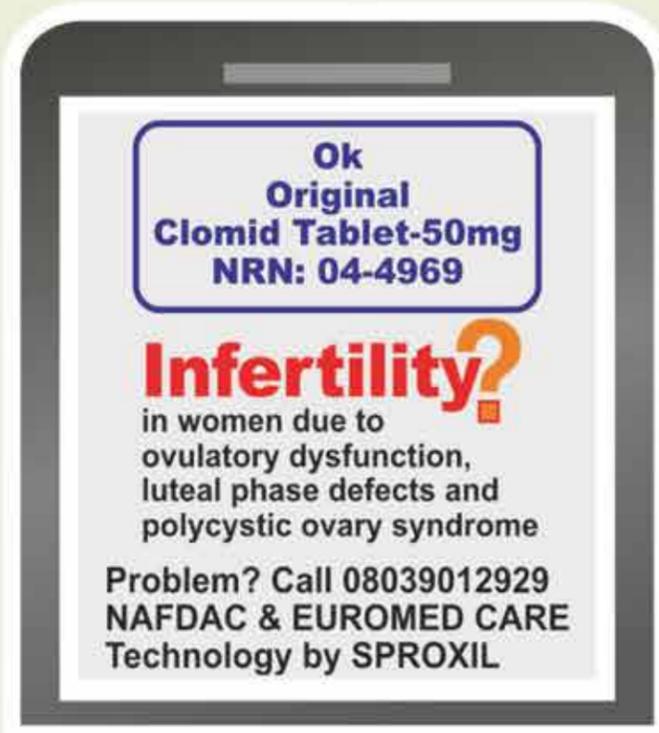
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AHAPN-Anambra gets new executives

Temitope Obayendo

The Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) Anambra State Chapter, has elected a crop of new executives to pilot the affairs of the association for the next three years.

The election, conducted recently at the Anambra State PSN Secretariat in Awka, saw Pharm. (Dr) Amarachukwu Loveth Nwaka emerge as the new chairman, with Pharm. Marymartha Akubueze, as vice-chairman.

Other members of the new executive committee are: Pharm. Florence Okolo, secretary; Pharm. Amaka Izuehie, assistant secretary; Pharm. Okonkwo Chinelo, publicity secretary; Pharm. Nkem Obiano, financial secretary; Pharm. Nonso Ndibe, treasurer; Pharm. (Mrs) Okoli Chisolu, internal auditor; Pharm. (Dr) Uchebo Obiageli, immediate past chairman; Pharm. (Mrs) Egbonu Edith (DPS MOH), unofficial member; Pharm. (Dr) Joy Ichoku (DPS NAUTH), unofficial member; and Pharm. (Mrs) Gloria Nwosu (HOD COOUTH) unofficial member.

Speaking on behalf of the new executives, the chairman expressed their acceptance of the call to serve the association, saying they were doing so with a deep sense of responsibility and humility.

While soliciting the maximum cooperation of all members of the association, Nwaka reminded them of the need to work with the national



Some of the new executives of Anambra AHAPN

body of AHAPN to achieve their collective goal of elevating hospital pharmacy practice in Nigeria and enhancing of healthcare delivery.

She said this would be easily achieved by embracing innovative disruptions, not just to remain relevant in the scheme of things but also to reposition hospital and administrative pharmacy practice.

"At this juncture, we wish to implore that we improve our

attendance to AHAPN meetings and to remind us of the ten points to follow in order to move our practice to the next level as outlined by Prof. Erhun at the last AHAPN National conference. They are: Personal capacity building; clinical pharmacy practice; drug storage; drug procurement; rational use of drugs; hospital formulary and drug list; drug and therapeutics committee; drug information

services; drug revolving fund; and research and documentation", she said.

She also appreciated the immediate past executives for paving the way forward and moving the association ahead.

"I also commend the effort of every one of us. Without you, there would be no AHAPN in the state", she stated.

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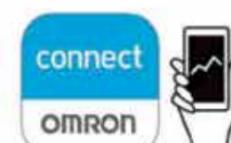


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FIP World Congress 2019: Pharmacists react

In this edition of Viewpoint, *Pharmanews'* editor, **Yusuff Moshood**, who was in Abu Dhabi for the 2019 FIP World Congress, spoke with some Nigerian pharmacists at the conference on their assessment of the event, as well as what they got from the global gathering of pharmacists. Below are their thoughts.

"Eye-opening experience"

I am glad to have been able to come to Abu Dhabi for the FIP conference. I am happy about the theme and I must say most of the speakers at the lecture sessions also did justice to the lectures. Many of the lectures were quite educative.

We saw advanced technologies, new ways of doing things and we shared experiences with other people from other countries. For us from Nigeria, we also saw how the practice is done in other low-income countries like ours and this has encouraged and inspired us to know that some things can still be done differently and better in Nigeria, despite our challenges, having seen other countries with similar challenges who are making changes and making progress.

At this conference, some of our colleagues also made presentations, both oral and postal presentations. This shows we have the skillset and the know-how to accomplish the feats being achieved in other countries. We just have to work together.

I'm also quite impressed with Abu Dhabi city. It's actually my first time here, and I must say that the people of Abu Dhabi and UAE in general have been very friendly, very accommodating and nice. It has been a great conference.

Pharm. (Mrs) Helen Adedoyin Oduntan,
Formerly of University College Hospital (UCH), Ibadan, Oyo State.



"Interesting and illuminating"

Generally, the 2019 FIP conference was an illuminating and interesting conference. I encountered pharmacists from different climes and I discovered that there are many differences and also a lot of common grounds.

For the Nigerian team, we need to work together as a team. We need to do research and present evidence to our government and our people on the role we are capable of playing.

We need to move from a knowledge-focused to a skill-focused training in our pharmacy schools and internship trainings. We need to build our competencies and capabilities and as a result, we shall build our confidence.

The Nigerian population needs us. If we do the right things,

we can be a much needed support to our medical colleagues rather than a rival group. There is much more to do than we are doing but if we remain at the level at which many of us are operating and refuse to upgrade and adapt in our practice, technology will phase us out.



Pharm. Tolulope Oluwafisayo Ekwe
Caderest Hospitals Limited, Abuja

"Gateway for innovative ideas about Pharmacy"

The 2019 FIP conference in Abu Dhabi was a very great conference. We were able to discuss with professional colleagues from all over the world on science and innovative ideas about the pharmacy profession.

For me and my colleagues back home, I will say that we have to continue to champion easy access to medication for patients and ensure patients get the best out of their medications. Pharmacy is taking a new dimension and the practice is now more about patient-centered-care and the roles of pharmacists in this new dimension has evolved.

We have to do more by providing pharmaceutical care and help our patients use medications safely to enable them get the best out of their medications.

Pharm. Adebola Lawal,
Lagos State



"Model for how local conferences should be organised"

The conference was a great intellectual discourse on how to improve our practice and I was quite impressed. It was unlike our own conference that is sometimes dominated by exhibition and trading. We had many good speakers who did justice to the lectures they took.

My take home from this conference is that we need to modify the way we do things in Nigeria. There are new ideas in our practice that we have to take on board. There are new ideas and innovations in community, hospital and manufacturing practice. Changes are going on all over the world and we have to embrace these ideas to improve our practice.

We need to do more about collaborations and sharing ideas as pharmacy is a global profession. We also need to learn from FIP in organising our own conferences. We need to improve the academic content while reducing the business content at our annual conference. We need to have time stipulated for lectures and time for exhibition.

Pharm. Onyeka Obi
Onitsha, Anambra State.



"Fresh perspectives for practice improvement"

I was in Abu Dhabi because of the opportunity given to me by FIP. I bagged an award and a travel scholarship grant from the FIP Foundation on Education and Research, which I am using to pursue my PhD in Applied Pharmaceutical Technology in Milan, Italy. I was the only one from Africa that bagged this award so I am grateful to FIP.

The conference was very educative as learnt about new perspectives in practice from different parts of the world. Colleagues from different parts of the world shared experiences about changes going on in our profession.

For some of us from Africa, there are new ideas we can embrace to improve our practice. We can collaborate with people from other parts of the world to replicate some of these positive changes. So, the conference was a good opportunity to learn new things, explore and network.

Pharm. Khalid Garba Muhammed,
Bayero University, Kano, Kano State.



"Engaging and educative experience"

The conference was engaging and educative. I learnt a lot and found the lectures very useful. There are new ideas I have picked up that I believe will help me improve in my practice. I am also going to share these ideas with my colleagues in Nigeria.

There are new innovations from other parts of the world and some of these new ideas can help improve our practice in Nigeria if we adopt them.

This is my first time at FIP conference, but from what I have experienced here, I would love to attend many more FIP conference in future. I must also commend the government of UAE and Abu Dhabi in particular. The city is lovely with good infrastructure and the people are very friendly.

Pharm. Blessing Nnyagu,
Dannyfaith Pharmacy,
Surulere, Lagos State.



continued on page 48



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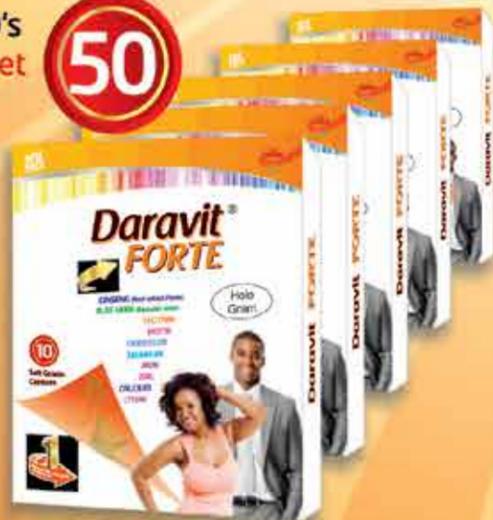
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The International Pharmaceutical Federation (FIP) held the 79th edition of its World Congress of Pharmacy and Pharmaceutical Sciences in Abu Dhabi, United Arab Emirates (UAE) from 22 to 26 September, 2019.

Below are some pictures taken during the memorable event.



Pharm. Ahmed Yakasai, immediate past president, PSN (3rd from left); Pharm Mazi Sam Oluwabunwa, president, PSN (4th from left); Pharm NAE Mohammed, registrar, PCN (3rd from right) in a group photograph with some pharmacists from Nigeria during the conference.



Mr Dominique Jordan, president, FIP (second from left) with other dignitaries during the opening ceremony of the 2019 FIP conference.



Pharmacists from Nigeria at the 2019 FIP conference in a group photograph at the conference venue in Abu Dhabi



L-R: Pharm. (Mrs) Ejiro Foyibo, PSN deputy president (North); Pharm. (Mrs) Arinola Joda, senior lecturer, Faculty of Pharmacy, University of Lagos and Dr Olubusola Olugbake also of Faculty of Pharmacy, University of Lagos.



L-R: Pharm. Ignatius Anukwu, national chairman, NAIP; Pharm. Blessing Nnyagu of Dannyfaith Pharmacy and Pharm. Patrick Osele, managing director, Pemason Pharma Ltd.



L-R: Mr Yusuff Moshood, editor, Pharmanews, Pharm. (Sir) Valentine Ezeiru, MD/CEO, Oculus PharmaCare Limited; Pharm. Ignatius Anukwu, national chairman, NAIP; Pharm. (Sir) Ike Onyechi, MD/CEO, Alpha Pharmacy; Pharm. IK Ugwu and another pharmacist during the conference.



Pharm. Ahmed Yakasai, immediate past president, PSN (4th from left) with some pharmacists during the conference.



The PSN president (5th from right, front row) and some Nigerians at the FIP conference in a group photograph with some senior officials of the Nigeria Embassy in Abu Dhabi, UAE, during a courtesy visit to the Embassy.



The PSN president poses with some Nigerian pharmacists after making his presentation during the FIP conference.



L-R: Pharm. Bankole Ezebuilo, Pharm. Lucky Ubokor, Pharm. Emeka Duru, Pharm. (Mazi) Sam Oluwabunwa, Pharm. Ignatius Anukwu with other delegates during the conference.



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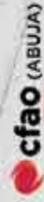


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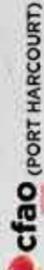
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On 1 October 2019, friends and associates of Pharmanews Limited and Sir Ifeanyi Atueyi graced the 40th Anniversary of Pharmanews and 80th birthday of Sir Atueyi. The pictures below were taken during the event held at Sheba Event Centre, Mobolaji Bank Anthony way, Ikeja, Lagos.



The Igwe of Okija and other dignitaries at the occasion



Pharm. (Sir) Ifeanyi Atueyi and Lady Atueyi cutting the anniversary cake with top dignitaries



Sir Atueyi (right) with GIPAA members.



Sir & Lady Atueyi with some members of DMGS old boys



The unveiling of the autobiography of Sir Atueyi, titled, 'My Life & Pharmanews'



Sir & Lady Atueyi with fellows of PSN



Some of the top dignitaries at the occasion



Other dignitaries at the occasion



L-R Pharm. (Mazi) Sam Oluwabunwa, his wife and Prince Julius Adelusi - Adeluyi



Dr. Stella Okoli, Sir Atueyi and Lady Joan Atueyi



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Defeat of NAPPTON Bill proves healthcare professionals can collectively transform health sector – PCN registrar

By Yusuff Moshood



Pharm. N. A. E. Mohammed

Pharm. N.A.E. Mohammed is the registrar of the Pharmacists Council of Nigeria (PCN). In this exclusive interview with *Pharmanews*, he reveals why the attempt by the National Association of Pharmaceutical Technologists and Pharmacy Technicians (NAPPTON) to turn itself to a regulatory agency through the push for the NAPPTON Bill was a misstep that could have brought chaos to pharmacy regulation in Nigeria. He also speaks on how the PCN worked with the Pharmaceutical Society of Nigeria (PSN) and its technical arms, the Federal Ministry of Health, the Nigeria Medical Association (NMA) and other stakeholders, to quash the controversial Bill, noting that the collective efforts of the healthcare professionals has further confirmed the long-held view that when all professionals in the health sector collaborate and work in harmony, they can solve most of the problems facing the health sector and reposition healthcare delivery for the benefit of Nigerians. Excerpts:

A major issue that faced Pharmacy in the last one year was the attempt by pharmacy technicians/pharmaceutical technologists to get own regulatory agency through their push for the NAPPTON Bill. What were your first thoughts when you learnt about the Bill and now that the idea has been quashed, what are the lessons to be learnt from that incident?

There is no doubt that the attempt by the members of the National Association of Pharmaceutical Technologists and Pharmacy Technicians (NAPPTON) to turn the association to a regulatory agency to regulate their members through the National Assembly was nothing but a misnomer. It was rightly so, because all over the world, members of the sub-cadres of the pharmacy profession are regulated exclusively by the Pharmacy Council of each country.

To me, the first thought that came to mind about the Bill was that, I saw it as an attempt by self-seeking individuals to introduce chaos into pharmacy regulation in Nigeria, the type that never exists anywhere in the world, and which had the tendency to compromise the safety of the medicine-consuming public, thereby further jeopardising public health. The overall effect of it would have been a negative impact on the already

weak health system of the nation.

With all these in mind, the PCN worked assiduously towards the public hearing on the Bill by the National Assembly in December, 2018. The overwhelming facts and evidences presented by the Federal Ministry of Health (FMOH), Federal Ministry of Justice (FMOJ), PCN, Pharmaceutical Society of Nigeria (PSN), Nigeria Medical Association (NMA), Nigeria Law Reform Commission (NLRC), African Pharmaceutical Forum (APF), non-governmental organisations, PSN technical groups, and other well-meaning Nigerians at the public hearing against the Bill were unprecedented. At the end, the National Assembly quashed the Bill and the rest is history.

However, the lessons learnt in the end are that the PCN did a post mortem to understand the immediate and remote factors that led to the initiation of the Bill and thereafter designed strategies to prevent future occurrence.

Another very important aspect was the collaboration displayed by the pharmacy community (PCN, PSN, technical groups, with support from elders of the profession and every pharmacist), and the NMA reveals that, collectively, we have what it takes to reposition healthcare delivery for the benefit of the

Nigerian public.

Similarly, the support of the Federal Ministry of Justice, NLRC, NGOs and well-meaning Nigerians clearly shows that Nigeria is not a lawless country.

Another lesson learnt is that those institutions and individuals who are defrauding innocent Nigerians and making them to believe that there is a profession out there for them and making them pay so much money for courses that have no bearing and relevance in the scheme of things in the Nigerian pharmaceutical landscape and indeed the health sector should stop these nefarious activities.

However, for those of them who have realised that they had been deceived all along to believe that there is a profession for them to practise upon their graduation, PCN has put in place a rehabilitation programme for them.

Two major issues which I know are dear to you and crucial to the transformation of pharmacy practice in the country are hanging. They are the Pharmacy Bill and the implementation of the National Drug Distribution Guidelines (NDDG). What are your thoughts on this delay and how hopeful are you that these goals will eventually be achieved?

The twin issues of the new Pharmacy Council Bill awaiting Presidential assent and full implementation of the National Drug Distribution Guidelines (NDDG) are germane to effective regulation of the pharmaceutical sector of the economy.

Let me assure the pharmacy community that PCN is taking all necessary steps towards ensuring that the Bill goes through the remaining stages of legislative adoption and assent by the President in earnest.

The key factor in the implementation of the NDDG is the relocation of the open drug markets to Coordinated Wholesale Centres (CWC) and subsequent closure of the open drug markets. The journey towards achieving this task is very much on course, irrespective of certain political/administrative encumbrances being experienced by the stakeholders in various states. However, despite the challenges being currently experienced, I am very optimistic that we shall achieve full implementation of the NDDG and ultimately the closure of all open drug markets.

We have in recent years seen a lot of upward momentum in pharmacy training as we now have more schools of pharmacy, thus improving on access to pharmacy education to Nigerians who desire it. However, there is still a lot of ground to cover to improve our pharmacists/patient ratio. What measures are you taking not just to consolidate on successes recorded so far but to strategically plan for the future?

According to the Nigeria Health Workforce Registry, published by the Federal Ministry of Health (FMOH) in 2018, the country's profile in accordance with sub-Saharan standard is 10 pharmacists per 100,000 population. This is grossly inadequate if we must guarantee access to medicines that are qualitative, safe and effective medicines to majority of the citizen from regulated facilities.

Closely related to this is lopsided distribution between south and north and urban versus rural communities

However, the concept of Satellite Pharmacies and Hub and Spoke models are the strategies being put in place to address these gaps and improve access to quality, safe and effective medicines by majority of Nigerians from regulated pharmaceutical premises.

A major issue young pharmacists have had to contend with is the issue of places of internship. I know a lot has been done to address this issue, but what proactive measures should we be taking as a nation to avoid this type of issue?

The implementation of the central placement for internship by the federal government, as proposed by the PCN, in the memo to the immediate past Honourable Minister of Health, is the ultimate step to effectively deal with the problem of difficulty of securing internship placement by young pharmacists.

Let me also add that the PCN has been able to move her intern intake from below ten interns before 2014 to 65 presently. We hope to increase this number from time to time. In addition, PCN has stepped up accreditation exercise of internship centres in public and private facilities to create more spaces for uptake of interns.

What is the next level in the implementation of your strategic agenda for PCN and pharmacists?

The next level in the implementation of my strategic agenda for PCN and pharmacists is to consolidate on the successes of my first tenure.

This effort has started in earnest and shall be vigorously pursued. Great attention shall be given to sanitising the practice environment through the strengthening of enforcement activities; as well as ensuring experiential teaching and learning at the undergraduate training of pharmacists to prepare them for the current practice environment.

I will continue to promote the use of ICT in our regulatory processes to facilitate interface of stakeholders with the Council. This includes redesigning of our website to make it more functional and informative; GIS mapping of pharmaceutical facilities to facilitate decision-making in inspectorate activities; and deployment of Computer Based Test (CBT) for PEP examinations, among others.

PCN will pursue the implementation of the recommendations of the organisational capacity assessment undertaken by HOWES Consulting Firm, which was sponsored by IntegratE project.

In line with this, a new strategic plan shall also be put in place for PCN to serve as roadmap for the organisation. The commencement of PharmD programme by all the accredited faculties of pharmacy will be given topmost priority. So also will be discipline among professionals. We will also ensure enforcement of rules and regulations, while promoting "New Partnership for Progress Initiatives" which in turn will promote good working relationship between PCN and all stakeholders in the pharmaceutical landscape.

Sanofi launches new Clexane doses for treatment, prevention of thrombosis

By Yusuff Moshood

Global healthcare company, Sanofi, has launched new Clexane doses to help address unmet medical needs and provide innovative therapeutic options for the prevention and treatment of thrombosis.

The new doses, the company said, is to help improve outcomes in the management of venous thromboembolism (VTE), described as blood clots occurring as deep vein thrombosis and pulmonary embolism.

Speaking during the official launch of the medication, held simultaneously in Lagos and five other Nigerian cities of Ibadan, Benin, Enugu, Kano and Abuja, Pharm. Folake Odediran, general manager and country chair, Nigeria-Ghana, Sanofi, thanked the distinguished experts at the event, noting that having related with them for years she knew that their dedication for the health industry was because of their love for Nigerians and Nigeria.

She stated further that the launch of the new doses of Clexane by Sanofi was in support of what the clinicians were doing, disclosing that research done had shown that the new 20mg, 60mg and 80mg would be of great help to the clinicians in the prevention and treatment of thrombosis.

Pharm. Odediran noted that VTE had huge socioeconomic burden as patients of the condition would need more days in the hospital, resulting in extra treatment costs and reduction in hospital bed

space available for other patients, adding that Sanofi had always been committed to engaging with various partners to identify areas of support to address the VTE challenge.

Sanofi's area of support, she said, included focusing on driving VTE awareness, capacity building, partnerships with healthcare associations and providing innovative treatment and prophylaxis options.

Also speaking at the Lagos launch, Prof. Omolade Augustine Awodu, a professor of haematology at the School of Medicine, University of Benin, who presented a paper on the "Overview of VTE in Nigeria", said that while the burden of the condition is huge there are things that can be done to tame it.

While noting that VTE is a global health challenge, Prof. Awodu stated that acutely ill medical patients were the most vulnerable, adding that the condition was the 3rd most common cause of clots related deaths.

The honorary consultant haematologist stated further that death from VTE were preventable, stressing that prophylaxis was far



Pharm. Folake Odediran, general manager and country chair, Sanofi Nigeria-Ghana (middle) flanked by some dignitaries during the launch in Lagos.

more effective in preventing deaths from VTE.

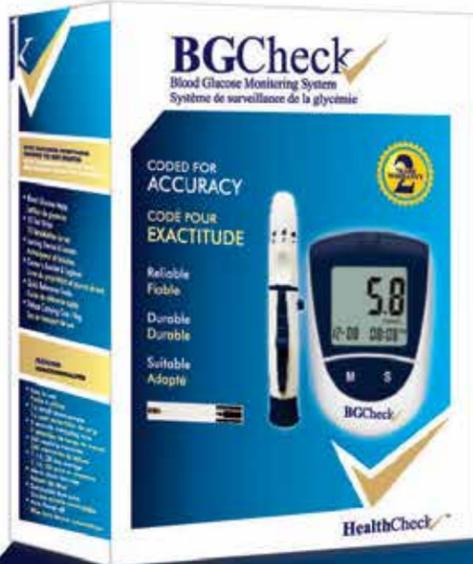
Speakers at the Sanofi launch were Prof. Rose Anorlu, a professor of obstetrics and gynaecology from University of Lagos; Dr Olusegun Isaac Alatishe, professor of surgery at the Faculty of Clinical Sciences, College of Health Sciences, Obafemi Awolowo University; Prof Mahmood Sani, a cardiologist with the department of medicine, Bayero University/Aminu Kano Teaching Hospital; Dr Abiodun Moshood Adeoye, a cardiologist and epidemiologist at the College of Medicine, University of Ibadan/

University College Hospital, Ibadan.

Other speakers and faculty members at the launch were Dr Tamunomiebi Wakama, senior lecturer at the department of haematology, Faculty of Basic Sciences, College of Health Sciences, University of Abuja; Dr Theresa Nwagha, a consultant haematologist in Department of Haematologist and Immunology, UNTH, Enugu and Dr Attah Raphael Avidime senior lecturer, Reproductive Endocrinology Unit, Bayero University/Aminu Kano Teaching Hospital, Kano.



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ACPN-Lagos flays FG's legislation on counterfeit medicines

By Adebayo Oladejo

The Association of Community Pharmacists of Nigeria (ACPN), Lagos State Chapter, has blamed inappropriate and weak legislation, as well as the federal government's reluctance to implement strict policies on pharmacy matters, as the major factor encouraging the influx and proliferation of counterfeit medicines in the country.

Speaking during the commemoration of this year's "World Pharmacists Day", which had the theme, "Safe and Effective Medicines for All" and held at Anthony Sport Complex and Youth Centre, Kosofe Local Government Area, Lagos, the Chairman, ACPN, Lagos chapter, Pharm. Olabanji Benedict Obideyi, lamented that pharmacists in the country had not been getting the required support through appropriate legislation to be at the helm of affairs on matters relating to medicines.

According to Obideyi, who was represented by the association's vice chairman, Pharm. Lawrence Ekhaton, due to weak legislation on pharmacy matters, illegal premises are daily being opened and operated by charlatans, whose only motivation for venturing into the drug business is to make profit at the expense of the citizens' wellbeing.

"In these illegal outlets, expired drugs are relabeled for sale to unsuspecting members of the public, while some other medicines are being falsified at alarming rates. The regulatory authorities seem to be handicapped in this regard, majorly due to inadequate infrastructures to carry out their jobs. However, if our medicine must be safe and efficacious, government would need to build the capacity of the concerned agencies by providing necessary tools to work," he advised.

Obideyi further urged Nigerians to be careful of where they buy their medicines, stressing that they must avoid getting carried away by perceived lower prices offered by counterfeiters.

Also, while speaking with pressmen, the keynote speaker, Pharm. (Mrs) Olabisi Oyeleye, managing director and chief executive officer, Pharma Solution Limited, emphasised that pharmacists are the only healthcare professionals uniquely trained in all matters relating to drugs.

Warning on the dangers in patronising quacks, Oyeleye stated that the role of the pharmacists in ensuring that citizens are exposed to safe medicines in the community cannot be over-emphasised.



L-R, Pharm. (Mrs) Olabisi Oyeleye, keynote speaker; Hon. Babs Afolabi Sofola, chairman, Kosofe LGA, and other honourables that accompanied the chairman at the event.

According to her, this year's World Pharmacists Day theme was aimed to promote pharmacists' role in safeguarding patients' safety through improving medication use and reducing medication error, adding that pharmacists are trained to ensure access to medicines and their appropriate use, improve adherence, coordinate care transitions, and so much more, as against the evil intention of the charlatans.

"The charlatans we are talking about don't have the education in medicine and we know that medicines can be quite dangerous as they have benefits and they have side effects which can sometimes also cause other diseases and even death. Only the pharmacist is actually trained to be able to advise patients on the proper use of drugs," she said.

On his part, Chairman of the Lagos State chapter of the Association of General and Private Medical Practitioners of Nigeria, Dr Tunji Akintade, stated that the pharmacist's role in general has evolved into that of a healthcare practitioner who advises patients and healthcare providers on the selection, dosages, interactions and side effects of medicines.

Akintade emphasised the need to educate the common man who patronises fake medicine peddlers in the communities on the effects of using poor quality, ineffective and harmful medicines, adding that the use of such counterfeit medications can result in

therapeutic failure, worsened conditions and sometimes death.

In his speech at the event, the executive Chairman, Kosofe Local Government, Hon. Babs Afolabi Sofola, commended the ACPN for organising the sensitisation programme in the community, as well as for offering free health screening and counselling to the populace, noting that the efforts had enlightened more people on the proper channel to seek safe and effective medication.

Speaking further, the elated Sofola advised the people of his community that when in need of healthcare assistance, they should not hesitate to approach any nearby registered pharmacy for ultimate preservation of their health.

The highpoint of the event was the free counselling and screening on Hepatitis B, blood sugar, blood pressure,

malaria, hypertension, and other disease conditions offered to the people of Anthony, Maryland, community and its environs.

Dignitaries at the event included Mazi. Sam Oluabunwa, president, PSN, who was represented by Pharm. Bolanle Adeniran, chairman, PSN, Lagos State; Pharm. Samuel Adekola, national chairman, ACPN, who was represented by Pharm. (Mrs) Omokhafa Ashore, national financial secretary, ACPN; Pharm. Ismail Aminu, former chairman, ACPN, Lagos State; Pharm. (Mrs) Biola Paul-Ozieh, immediate past chairman, ACPN, Lagos; Hon. Ola Odunfa, supervisor for chieftaincy, Kosofe LGA; Hon. Oyetayo Oyeyemi, supervisor for Agric, Social, Youth and Sport; Hon. Idowu Olowo, councilor, Anthony Ward; Hon. Diekola Lawal, special adviser on media to the chairman, and many others.

Sanwo-Olu urges nurses to embrace eHealth in achieving SDGs

continued from page 52

theme of the conference: "No health without mental health: Exploring tools for the true PHC integration", became imperative due to the increasing rate of suicide as a lot of people who suffer from depression rarely get treated because of the stigma associated with visiting a psychiatric hospital.

"The time has come to explore tools for true PHC integration in the management of mental illness. This will offer sufferers of mental illness the opportunity to receive

the needed care without the shame of stigmatisation", she stated.

Lateef-Yusuf, while appreciating the state government for the approval of nurses' uniform allowance, which she said had not been paid in the last 15 years, pleaded with the governor to look into the plight of retirees, who she said were yet to get their emoluments three years after their retirement. She also urged him to consider implementing the newly approved minimum wage.

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Adelusi-Adeluyi, Ohuabunwa, Femi-Oyewo, others salute Popoola at 60

By Adebayo Folorunsho-Francis

In a show of solidarity, several pharmacists, clergymen, politicians, top government officials, friends and families turned up for the 60th birthday thanksgiving of Pharm. Adesanmi Popoola, managing director, Reals Pharmaceuticals Limited.

The glitzy ceremony which took place at Classique Events Place, Oregun, Lagos, on 10 October, 2019, was a spectacle to behold.

Flanked by Chief Fola Popoola, his wife, and their four beautiful children (Damilola, Sanmi, Ibukun and Ife), the former chairman, PSN Board of Fellows was the cynosure of all eyes.

Applauding Popoola's virtues, Prince Julius Adelusi-Adeluyi, chairman of the occasion, remarked that the celebrant was in every way a pride of Pharmacy.

"We have just witnessed 60 but I see him going beyond 80 years due to two reasons. First, it is in his DNA, and secondly, he studied one of the world's loveliest professions - Pharmacy," he said.

Nodding in approval, Mazi Sam Ohuabunwa, president, Pharmaceutical Society of Nigeria (PSN) further noted that Popoola had been exemplary in all he had done.

"He is one of those who have made the profession proud," he stressed.

Speaking on behalf of PSN Board of Fellows (BOF), Prof. Mbang Femi-Oyewo, chairman of the board, expressed the Board's gratitude for the enormous contributions and support the celebrant had rendered in strengthening the body.

"As the saying goes, the beauty of life does not depend on how happy you are but how happy others can be because of you. Fellow Ade, you strode 60 years on earth offering service to humanity and serving the Lord with all your might," Femi-Oyewo declared.

Several other personalities in the Reals Pharma boss' circle of friends seem to concur with the assertion of the BOF chairman. Top on the list was Dr Lolu Ojo, former chairman, Association of Industrial Pharmacists of Nigeria (NAIP), who said he had known the celebrant as "a gentleman Pharmacist" since 1988.

"We were working with Roche Nigeria Limited as Medical Representatives. He was highly resourceful and dedicated to the company and his colleagues. His life revolves round three major things - church (God), work and the profession (philanthropy).

"He has excelled at all levels and has become a reference point for others. In Ade, we find the fulfillment of King Solomon's writing: 'Seeth a man so diligent in his work, he will stand before kings and not before ordinary men,'" he emphasised.

Another friend of the celebrant, Femi Soremekun, managing director, Biofem Pharmaceuticals explained, that they had been friends since 1992 when Popoola was still working at Jagal.

"We became closer when he was transiting between Jagal and the establishment of Reals Pharma. I cast my mind back to



John Nwaiwu, managing director, JB Pharmaceuticals; Mazi Sam Ohuabunwa, president, Pharmaceutical Society of Nigeria (PSN); Pharm. Adesanmi Popoola, celebrant; Sir Ifeanyi Atueyi, managing director, Pharmanews Limited; Prof. Mbang Femi-Oyewo, chairman, PSN Board of Fellows; Pharm. Rosemary Nikoro, secretary, PSN Board of Fellows and Pharm. Jimi Agbaje, former Lagos gubernatorial candidate, at the ceremony.



Popoola (middle) flanked by his wife and children.

our days of sitting on opposite ends of the table in my office strategising about the future.

"Well, the future is here. We are both excelling in our chosen industry as we had dreamt. He is the only one allowed to call my wife - Biodun - 'my dear'. I pray for God to keep him in good health, sustain his family and grant his unmet desires," he said.

In the same vein, Barr. Steve Okoronkwo, managing director, Al-Tinez/Centaur/Xcel Pharmaceuticals disclosed that as an older colleague in the profession, the Reals boss is humility-personified.

"He has done well for himself, especially in the Board of Fellows. He is somebody many of us look up to in the industry. I remember when I invited him for my book launch. He promised to turn up for the event and he came. I wish him many more years ahead," he

said.

The celebrant, Ade Popoola, is a 1983 graduate of Pharmacy with an MBA from Lagos State University (LASU). He started his career as a medical representative with Roche Nigeria Limited, where he rose through the ranks to the position of pharma operations manager with the local agent of ICI/Zeneca (Jagal Pharma Limited) before leaving in 1995 to set up Reals Pharmaceuticals Limited.

He is a member of several professional bodies, as well as being a past executive of Pharmaceutical Society of Nigeria (PSN) and Nigerian Representatives of Overseas Pharmaceutical Manufacturers (NIROPHARM).

Dignitaries in attendance at the birthday celebration included: Pharm. Jimi Agbaje, former Lagos gubernatorial candidate; Prof. Lere Baale, director, Business

School Netherlands; Pharm. Rosemary Nikoro, secretary, PSN Board of Fellows; Pharm. Ahmed Yakasai, immediate past president of PSN (represented by Pharm. Sesan Kareem); Pastor Erastus Akingbola, former managing director of Intercontinental Bank (now defunct) and Sir Ifeanyi Atueyi, managing director, Pharmanews Limited.

Others were Chief Adebayo Adelabu, former gubernatorial aspirant in Oyo State; Pharm Chris Ojeabulu, managing director, Oak-Faith Pharmaceuticals Limited; John Nwaiwu, managing director, JB Pharma; Dr Polycarp Emenike, managing director, Neros Pharmaceuticals; Pharm. Martins Igbonacho, chairman, Al-Tinez/Centaur/Xcel Pharmaceuticals; Pharm. Chukwuemeka Obi, managing director, PharmacyPlus Limited; and Dr Obiorah Chukwuka, chairman, Greenlife Pharmaceuticals.

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The Communique of the 2019 conference of the Nigerian Association of Pharmacists and Pharmaceutical Scientists in the Americas (NAPPSA), Inc.

The 13th Annual Scientific Conference and Exposition of the Nigerian Association of Pharmacists and Pharmaceutical Scientists in the Americas (NAPPSA) was held in Atlanta, Georgia, USA on September 12-15, 2019. The conference theme was **Pharmaceutical and Therapeutic Innovations: New Paradigm, New Products, Better Medicines.**

The conference drew participants from North America, Europe and Africa and included professors from schools of pharmacy in the US and Nigeria, pharmacists, pharmaceutical scientists, physicians and nurses. Government institutions and professional organizations represented included the Nigerian Federal Ministry of Health (FMOH), Pharmacists Council of Nigeria (PCN), Pharmaceutical Society of Nigeria (PSN), National Agency for Food and Drug Administration and Control (NAFDAC), US Food and Drug Administration (FDA), Texas Pharmacy Association (TPA), National Universities Commission (NUC), National Institute for Pharmaceutical Research & Development (NIPRD), Nigerians in Diaspora Commission (NIDCOM), Association of Nigerian Physicians in the Americas (ANPA), National Association of Nigerian Nurses in North America (NANNA), Nigerian Nurses Charitable Association-UK (NNCA-UK), Nigerian Medical Association (NMA), Medical and Dental Council of Nigeria (MDCN) and the West African Post-Graduate College of Pharmacists (WAPCP).

The sessions included more than 20 scheduled presentations and roundtable discussions as well as 12 scientific poster presentations. The number of conferees and exhibitors was higher than for previous NAPPSA conferences and participants earned over 15 pharmacy continuing education (CE) credit hours. This was the second NAPPSA conference hosted by

Atlanta and the local organizing committee, chaired by Dr. Nneka Odenigbo, exceeded expectations. Because of Dr. Emelia Orubeles tireless efforts, the conference was graced by written welcome addresses by the Georgia State Governor, Brian Kemp, and the Mayor of Atlanta, Keisha Lance Bottoms, as well as the attendance of renowned dignitaries including Georgia State Senator Donzella James, the Hon. Andrew Young, diplomat and civil rights activist, and the Nigerian Consul-General in Atlanta, Hon. Aishatu Aliyu Musa who delivered the welcome address.

The conference opening remarks by NAPPSA President, Dr. Leo Egbujiobi was followed by a welcome message by PSN President, Mazi Sam Oluabunwa. Keynote presentations have been the highlights of past NAPPSA conferences and this year was no different. There were two keynote presentations: (1) Entrepreneurship and Pharmaceutical Innovation: Connecting the Dots by Dr. Wale Sulaiman, Chairman for the Neurosurgery Department & Back and Spine Center, Ochsner Health Systems, New Orleans, LA and Chairman/CEO, RNZ Global, Lagos Nigeria and (2) Innovation in the Nigerian Pharmaceutical Sector: Current Status, Future Needs by Mazi Sam Oluabunwa, PSN President

The first session of the conference focused on Pharmacy Education, with the theme Advancement of Clinical Pharmacy in Nigeria. The plenary presentations included 1) Harvesting the Fruits of PharmD Education for Residency Training and Patient-Centered Pharmaceutical Care by PCN Registrar, Pharm NAE Mohammed, 2) Instituting a Conventional PharmD Program in Nigerian Universities: A Fundamentals Score Card Review by Prof. Augustine Okhamafe, Faculty of Pharmacy, University of Benin, 3) Review of the Special PharmD Curriculum: Content Updates for Furthering Pharmacy Education Towards Patient-Centered Pharmaceutical Care, Prof. Patrick Erah, Faculty of Pharmacy, University

of Benin, 4) The Role of Pharmacists in Training Future Pharmacists: The Preceptor Training Manual by Dr. Ucheoma Nwizu, Neighborhood Health Center, Portland, Oregon; 5) US Perspective on Post-Graduate Clinical Pharmacy Training by Dr. Teresa Pounds, Clinical Pharmacy Manager and Pharmacy Residency Program Director, Wellstar Atlanta Medical Center; Clinical Assistant Dean for South University School of Pharmacy, Atlanta, GA, and 6) Current Status of Post-Graduate Clinical Pharmacy Training in Nigeria by Dr. Azuka C. Oparah, WAPCP. The presentations were followed by a moderated discussion featuring the speakers as well as Noel N. Wannang, Secretary General, WAPCP.

The conference theme was thoroughly discussed on the second day of the conference with presentations on Innovation Initiatives by Dr. Nkere Ebube on behalf of NIPRD, Disruptive Innovation and The Challenges of Regulation by Dr. Monica Eimunjeze, NAFDAC, and Emerging Therapeutics for Addressing Cardiac Amyloidosis by Dr. Marisol S. Temech, Eidos Therapeutics, San Francisco, CA.

The Pharmacy Professional Practice session featured presentations on Advocacy by Debbie Garza, RPh.; Key Performance Metrics: Meeting Your Business Goals by Kunle Tometi, BPharm, RPh, Opioid Overdose Response and Naloxone Training by Dr. Nina Mezu-Nwaba, USFDA; NAPPSA Business to Business Group: Working and Growing Together by Dr. Anthony C. Ikeme, and Dividends of Partnership: The ACPN and NAPPSA Experience by Sam Adekola, RPh.

A roundtable discussion on the Challenges and Opportunities of Healthcare Delivery in Nigeria featured Dr. E. Osagie Ehanire, Honorable Federal Minister of Health, Nigeria, Dr. Wale Sulaiman, Hon. Abike Dabiri-Erewa, Executive Chairman, NIDCOM, Emily Olalere, PCN Director, T.A.B Sanusi, BDS, M.Bioethics, LLM,

Registrar, MDCN, Mazi Sam Oluabunwa, PSN President, Dr. Francis Adedayo Faduyile, NMA President, Margaret Okodua-Ajibola, NANNA President and Elizabeth Ekanem, NNCA-UK.

The conference program concluded with an Infectious Diseases Update session featuring presentations on HIV and Co-infections by Dr. Zandraetta Tims-Cook, HIV/AIDS Pharmacotherapy by Dr. Pamela Moye-Dickerson, and Multi-drug Resistance in Infectious Diseases by Dr. Jessica Njoku-Kesene.

The presentations were cutting edge and highlighted the excellence and accomplishments of pharmacists, pharmaceutical scientists and other health care practitioners in Nigeria and the diaspora. Leveraging the expertise showcased by the presentations in combination with outside-the-box thinking by key stakeholders will facilitate the desired innovations in the Nigerian pharmaceutical sector and healthcare delivery system.

The conference featured transitioning of the NAPPSA Presidency from Dr. Leo Egbujiobi to Dr. Anthony Ikeme as well as the election of Dr. Teresa Pounds as President Elect. Ten new board members were elected to take the positions being vacated by those board members transitioning off the NAPPSA board. The new memberships of the NAPPSA Executive Committee and Board of Trustees are listed below:

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continued on page 77

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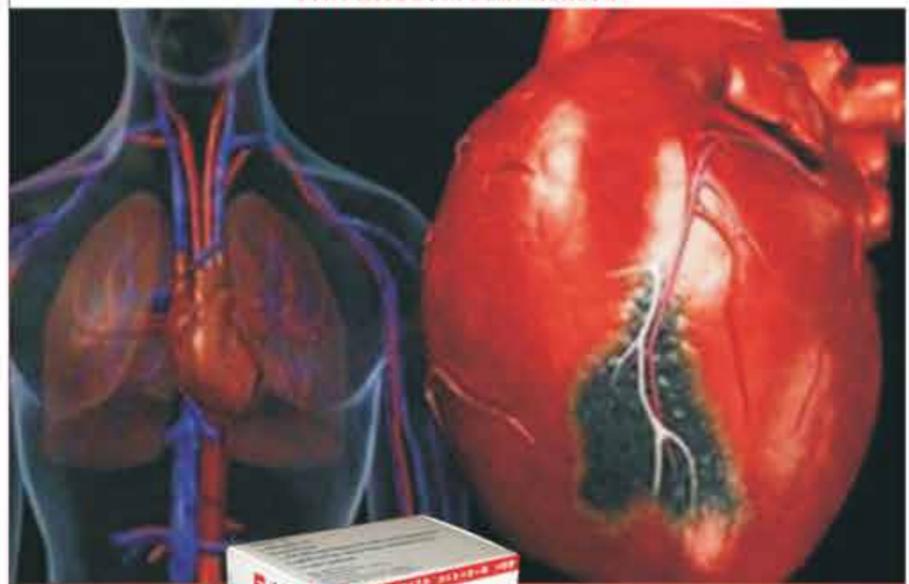


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Pharmanews celebrates 40th anniversary, 80th birthday of Atueyi in grand style

continued from backpage



L-R: Prince Julius Adelusi-Adeluyi, chairman of the occasion; Pharm. (Sir) Ifeanyi Atueyi, founder and MD, Pharmanews Limited; Lady Joan Atueyi and Sir Tony Ezenna, chairman/CEO, Orange Drugs Group during the event.

Dignitaries at the colourful ceremony included Pharm. (Mazi) Sam Ohuabunwa, PSN president; Dr Stella Okoli, C.E.O, Emzor Pharmaceutical; Prof. Fola Tayo, pro-chancellor and chairman, Governing Council of Caleb University, Imota, Lagos; Prof. Mbang Femi-Oyewo, chairman, PSN Board of Fellows; Chief Bunmi Olaopa, president, Great Ife Pharmacy Alumni Association (GIPAA); Sir Tony Ezenna, chairman, Orange Drugs Group; Mr H. A. Arora, managing director, Rambaxy Nigeria Limited a Sun company; Pharm. Lere Baale of

Business School, Netherlands; Pharm. Jimi Agbaje, managing director, JK Pharmacy; and His Royal Highness, Igwe of Okija Town.

There were also many managing directors of pharmaceutical companies among whom were Pharm. (Sir) Nnamdi Obi of Embassy Pharm. & Chem. Ltd; Chief Emmanuel Umenwa of Geneith Pharmaceuticals; Dr Poly Emenike of Neros Pharmaceuticals; Pharm. (Chief) M. O. Paul of Mopson Pharmaceuticals; Pharm. Ade Popoola of Reals Group; Pharm. Matthew Azoji

of Neimeth International Pharmaceuticals Plc.; Dr John Nwaiwu of JB Pharmaceuticals; Mr Femi Soremekun of Biofem Pharmaceuticals among others.

Others in attendance included leaders of Full Gospel Business Men Fellowship International, members of Great Ife Pharmacy Alumni Association, Old Boys Association of Dennis Memorial Grammar School, Anglican priests, relatives of Atueyi, and pharmacists from the various arms of the PSN.

Speaking at the occasion, Atueyi said he could not fully express how fully grateful he was

to God for His help to Pharmanews and enabling the company to publish the *Pharmanews* journal monthly without interruption for 40 years and for sparing his life to carry out the vision of the company.

Atueyi said that the story of his life and that of *Pharmanews* were interwoven, noting that it was difficult to tell one without the other. He added that one obvious thing however was that, by divine guidance, the journey of his life and that of *Pharmanews* had been aided by some individuals, groups, pharmaceutical companies and organisations, noting that God used some people to help his life and business.

He further described his autobiography, "My Life and Pharmanews" as a valuable treasure everyone should have and read, urging those at the occasion to get copies for themselves and also buy as gifts for their loved ones.

He stated further that when Pharmanews started 40 years ago, some very good friends and associates who supported his vision and offered useful suggestions, included his mentor, Adelusi-Adeluyi, who, he said, helped to guide and midwife the vision of *Pharmanews*.

The 50 pharmaceutical companies presented with awards at the occasion were Afrab-Chem. Ltd; Ajanta Pharmaceuticals Ltd; Alpha Pharmacy and Stores Ltd; Al-TinezPharma Ltd; Biofem Pharmaceuticals (Nig.) Ltd; Biomedical Ltd; Bolar Pharmaceuticals Ltd; Bond Chemical Industries Ltd; Dana Pharmaceuticals Ltd; Dortemag Ventures Limited; Drugfield Pharmaceuticals Ltd; Elbe Pharma Ltd; Embassy Pharmaceuticals & Chemicals Ltd; Emzor Pharmaceutical Industries Ltd; Expharlab Limited.

Others were Euromed Ltd; Fidson Healthcare Plc; Geneith Pharmaceuticals Ltd; Goldmoore International Ltd; Greenlife Pharmaceuticals Ltd; HealthPlus Limited; Jawa International Ltd; JB Pharmaceuticals Ltd; Juhel Nigeria Ltd; Mark Pharmaceuticals Ltd; May & Baker Nig. Plc; Maydon Pharmaceuticals & Chemicals Ltd; Medreich Nigeria Limited; Mega Lifesciences Nigeria Ltd; Micro Nova Pharmaceuticals; Mopson Pharmaceutical Limited; Neimeth International Pharm. Ltd; Neros Pharmaceuticals Ltd; Orange Drugs Ltd; Pemason Pharmaceuticals Ltd; Phamatex Nigeria Ltd; Pharma Ethics Ltd; PharmacyPlus Ltd; Phillips Pharmaceuticals (Nigeria) Ltd; Pinnacle Health Pharmaceutical Ltd; Ranbaxy Nigeria Limited – A SUN PHARMA Company; Reals Pharmaceuticals Ltd; Sagar Vitaceuticals Nigeria Limited; Shalina Healthcare Nigeria Ltd; Swiss Pharma Nigeria Ltd; Therapeutics Laboratories Nigeria Ltd; Unique Pharmaceuticals Ltd; Vitabiotics (Nigeria) Limited; Vixa Pharmaceutical Co. Ltd; and World Wide Commercial Ventures Ltd.

The management of Pharmanews also seized the opportunity of the occasion to present long-service awards to six staff of the company, who had spent a minimum of ten years with the organisation. Staff members presented with long service awards at the occasion were: Yusuff Moshood, editor; Elizabeth Amuneke, administrative manager; Temitope Obayendo, online editor; Adebayo Folorunsho-Francis, senior correspondent; Andy Benson-Idima, graphic artist; and Chinedu Udeanyim, accountant.

2019 Conference Communique Continued

continued from page 74

Nwakama, Vern Ohaya, Kate Okpukpara
Emelia Orubele,

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The NAPPSA membership sincerely thanks the outgoing board members for their service and dedication and warmly welcomes the new NAPPSA trustees. Further highlighting NAPPSA's partnering initiative, a board membership reciprocation arrangement was initiated with PSN. As part of the arrangement, Ahmed Yakasai (PSN) was named to the NAPPSA board of trustees while Kunle Tometi becomes a PSN board member.

A special feature of the program was induction of the following NAPPSA Fellows (FNAPPSA): Prof. Adebayo Adejare, Late Dr. Imo Ibia, Emmanuel Omehe, RPh, Dr. Teresa Pounds, and Adekunle Tometi, RPh. They join the inaugural group of 14 NAPPSA fellows who were inducted at the 2017 NAPPSA conference. This year's NAPPSA Scholarships for Excellence in Pharmacy Education, sponsored by Auburn Pharmaceuticals and Egbujiobi Family Foundation, were awarded to Ms. Chinwe

Ihekoronye of Texas Southern University and Ms. Oluwafemi Owoseni, Howard University, respectively. At the gala banquet, the outgoing president, Dr. Egbujiobi, presented NAPPSA Difference Maker awards to the Late Prof. Dora Akunyili, Nnodum IHEME, R.Ph., Dr. Echezazu Ogu, Dr. Patrick Nwakama, Dr. Funmi Ajayi, Dr. Nkere Ebube, Emmanuel Ezirim, R.Ph., Dr. Teresa Pounds, Prof. Sunny Ohia, Dr. Henrietta Ukwu, Dr. Omobolanle Olowu, and Emmanuel Omehe, R.Ph. The incoming President, Dr Ikeme also presented a Distinguished Service award to Dr Leo Egbujiobi

The gala banquet ended with an Inaugural Address by the incoming President, Dr Anthony Ikeme in which he rallied NAPPSA members to the 6 cardinal goals of his presidency, namely: 1) Increase the membership population and participation of more members in NAPPSA leadership; 2) Increase NAPPSA's visibility through investment in publications such as Newsletters and a NAPPSA Journal; 3) More effective utilization of social media to give the organization a voice; 4) Sustenance of our existing partnerships and forging more partnerships with like-minded organizations to maximize NAPPSA's positive impact; 5) Create an endowment for sustainable funding of the NAPPSA Scholarships and Grants; and 6) Create an effective mentorship system that guides NAPPSA's young professionals to excel in their respective professional tracks.

DECLARATIONS

NAPPSA will continue to partner with key stakeholders to further the adoption and actualization of the PharmD curriculum in Nigerian universities and in clinical practice,

including development of preceptors, practice sites and clinical pharmacy residency programs.

NAPPSA will leverage its expertise and other resources to ensure that the PharmD curriculum development and implementation in Nigeria is abreast of best global practices in clinical pharmacy.

NAPPSA is especially proud of its role in forging links among professional healthcare organizations, government agencies and the academic community aimed at modernizing the status and practice of Pharmacists and Pharmaceutical Scientists and their contributions to innovations in health care delivery in Nigeria.

NAPPSA will partner with key governmental, professional, business and NGO stakeholders on innovative technologies, infrastructure improvements, regulatory compliance and scientific expertise to facilitate solutions to the health and pharmaceutical care needs of the Nigerian populace.

NAPPSA commits to its key mission of being a forum for interaction among Nigerian Pharmacists, Pharmaceutical Scientists and other healthcare professionals to improve research and development of drugs, education and practice of pharmaceutical care in Nigeria, Africa and the rest of the world.

Anthony Ikeme, PhD
President
NAPPSA

Leo Egbujiobi, RPh, MD
Immediate Past President
NAPPSA

Experts list dangers of unsafe cosmetics, seek better regulation



Director General, NIMR, Prof. Babatunde Salako (third from right); Dr Chidinma Gab-Okafor, a public health practitioner, from the department of Biochemistry and Nutrition, NIMR; and other dignitaries in a group photograph at the public lecture.

Worried by the proliferation of unsafe cosmetics, which has led to increasing incidence of terminal diseases like cancer, hypertension, diabetes, organ system toxicity and endocrine disruption, medical experts have called for stiffer regulation of cosmetics to reduce exposure to chemicals capable of destroying the human system.

The healthcare practitioners, who highlighted the dangerous chemicals to watch out for in any cosmetic product or other personal care effects, asserted that everyone must be on the alert as the unsafe chemicals are used in the production of various beauty products like creams, soaps, powders, perfumes and toothpastes, in unregulated measures.

They called on relevant regulatory agencies to come up with legislations against the unscrupulous practice of exposing unsuspecting consumers to deadly chemicals through the use of unsafe substances in the production of cosmetics and personal care products.

Delivering a special public lecture titled: "The overview of the impact of chemical exposures from cosmetics and personal care products", Dr Chidinma Gab-Okafor, a public health practitioner, from the department of Biochemistry and Nutrition, NIMR, called the attention of the audience to the inherent dangers in the use of cosmetics without the knowledge of the ingredients they are made of.

The public health practitioner, who particularly expressed concerns for infants and unborn babies, who are victims of their mothers' ignorance, in exposing them through the use of unverified products, urged mothers and all women to always read the labels on their infant products before purchasing them.

She also faulted the existing legislations on cosmetics provided by regulatory bodies in the country, stating that they do not require manufacturers to disclose, for instance, public safety of fragrance ingredients, which she said is contrary to what obtains in developed countries like the United States.

While cautioning participants to beware even of the amount of fragrance they inhale from products, she said "fragrance can contain dozens, even hundreds of chemicals as fragrance manufacturers claim that the specific chemical used to create their scents are confidential business information or "trade secrets", a concept originally codified in the 1996 Federal Fair Packaging and Labelling Act".

She listed some chemicals Nigerians should avoid in their cosmetics to include: benzoyl peroxide, DEA MEA TEA, dioxin, DMDM hydantoin & urea, FD&C colour & pigment, paraben, peo, phthalates, propylene glycol

continued on page 84

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Drug addiction: Nigeria sitting on keg of gunpowder, experts warn

- As IMAN-GHI organises workshop on menace

By Adebayo Oladejo

Eminent medical practitioners, including Dr A. B. Awesu, consultant psychiatrist, Federal Neuropsychiatric Hospital, Yaba, Lagos; Dr Tajudeen Abiola, consultant psychiatrist, Neuropsychiatric Hospital, Kaduna; Dr Ibrahim Oreagba, associate professor of Pharmacology, Therapeutics and Toxicology, University of Lagos; and Dr Hafsat Adeshina, a public health practitioner and pharmacist, have warned that trouble looms for the country, if nothing is done to stem the scourge of drug and behavioural addiction, especially among the

youths.

Speaking at a workshop on "Addiction Prevention", organised by the Islamic Medical Association of Nigeria (IMAN), Lagos State Chapter, in collaboration with Nigerian Green Crescent Health Development Initiative (GHI), at the CIPM Conference Hall, Alausa Ikeja, Lagos, recently, one of the guest speakers, Dr Oreagba, who described addiction as a national disaster that needs a decisive action, said it is an act of surrendering or enslaving oneself to something, such as drug or any activity.

Oreagba, who spoke on

the topic, "Family as Core Addiction Prevention Entity in Society", noted that parents are the strongest influence and role models that children have in the society, adding that while there is no guarantee that a child would not become an addict, addiction is much less likely to happen if the parents provide guidance and clear rules, spend time with the child and ensure they lay a good example.

Speaking further, Oreagba, a member of the GHI, and national vice president, IMAN, listed factors that predispose youths to addiction, especially drug addiction, to include:



Dr. Ibrahim Oreagba, delivering his speech.

peer pressure, curiosity, ignorance, academic-induced frustration, lack of parental care, indiscipline, lack of significant relationship with caring adult, lack of mutual attachment and nurture by parents and caregivers, among many others.

In his words, "Parents are the key role models in a family that everybody looks up to. You cannot tell a child not to drink, smoke or tell lies when parents do it; therefore, addiction prevention starts from the family, as one family in conjunction with other families, makes a society."

Speaking in the same vein, Dr Tajudeen Abiola and Dr (Mrs) Hafsat Adeshina noted that the issue of drug addiction, especially family centered addiction, has reached an alarming level in the country.

According to the duo, many people suffering from drug addiction don't recognise it as a major health challenge, adding that while some attribute their conditions to witchcraft attacks and thus opt to visit spiritual authorities rather than medical ones, others turn to more hard drugs rather than seeking expert guidance and counselling, which are often unaffordable.

They warned that prompt measures must be taken by government and other concerned stakeholders to educate, guide, counsel and assist the populace in dealing with the spiraling menace before it becomes uncontrollable.

Other dignitaries at the awareness campaign included: Dr Mustapha Alimi, chairman, IMAN, Lagos State Chapter, and chief medical director, National Orthopaedic Hospital, Igbobi, Lagos; Dr Ibrahim Olajide Opeewe, consultant psychiatrist, Federal Medical Centre, Abeokuta, and director, AL-HILAL Hospital, Abeokuta, Ogun State; Dr Habeeb Musa Muhammad; Mrs Shekinat Abdulfatai, financial secretary, IMAN, Lagos State; and Pharm. Afusat Adeshina.

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²⁴ van Walssem A, et al. Arthritis Res Ther 2015;17:66

²⁷ Derry S, et al. Cochrane Database Sys Rev 2015;(7):CD004768

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arterial occlusive disease/hypertension/extracellular fluid deficit (iii) patients with major risk factors (iv) cases of impaired cardiac/renal/hepatic function (v) hepatic porphyria (vi) conditions predisposing to fluid retention, (vii) cases at risk of hypovolaemia (viii) allergies/asthma/seasonal allergic rhinitis/chronic obstructive pulmonary disease/respiratory tract infections (ix) concomitant intake of diuretics/medications affecting renal function/ACE inhibitors/medications increasing ulceration/bleeding risk; discontinue use in cases of GI ulceration/bleeding, skin rash, mucosal lesions, other signs of hypersensitivity, abnormal/deteriorating liver function, signs/symptoms of liver disease; Olfen™ -100 SR Depocaps™ contain lactose monohydrate & should not be taken by patients with galactose intolerance/severe lactase deficiency/glucose-galactose malabsorption. **Pregnancy/ lactation:** only use Olfen™ -100 SR Depocaps™ if absolutely necessary during 1st/2nd trimester; contraindicated in 3rd trimester; not recommended during breastfeeding or when attempting to conceive. **Undesirable effects:** headache, dizziness, vertigo, nausea, vomiting, diarrhoea, dyspepsia, abdominal pain, flatulence, anorexia, transaminases increased, rash, fluid retention, oedema, hypertension, gastritis, GI bleeding, haematemesis, bloody diarrhoea, melaena, GI ulcer, hypersensitivity reactions. **Interactions:** Caution in patients receiving concomitant treatment of Olfen™ -100 SR Depocaps™ with the following medicines: (i) lithium, (ii) digoxin, (iii) diuretics, (iv) antihypertensives, (v) other NSAIDs/corticosteroids, (vi) anticoagulants/anti-platelet agents, (vii) selective serotonin reuptake inhibitors, (viii) antidiabetics, (ix) methotrexate, (xii) ciclosporin, (xiii) quinolone antibiotics. **Presentation:** Olfen™ -100 SR Depocaps™: packs of 10 and 20 capsules, hospital packs. Since indications, dosage forms and strengths may vary from country to country, please consult your local prescribing information. Full prescribing information, details and literature references are available on request. Latest update of information: May 2017.

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BLES® (bovine lipid extract surfactant)

THERAPEUTIC CLASSIFICATION: Lung surfactant (bovine)

➤ **SUMMARY PRODUCT INFORMATION**

Route of Administration: Intratracheal instillation

Dosage Form / Strength: Suspension / 27 mg phospholipid/mL

➤ **DESCRIPTION**

BLES® (bovine lipid extract surfactant) is extracted from bovine lung surfactant. The manufacturing process removes hydrophilic proteins, the majority of which would be surfactant associated protein SP-A, and selects for hydrophobic phospholipids and surfactant-associated proteins SP-B and SP-C.



➤ **INDICATIONS AND CLINICAL USE**

BLES® (bovine lipid extract surfactant) is indicated for rescue treatment of Neonatal Respiratory Distress Syndrome (NRDS/Hyaline Membrane Disease). For infants with NRDS

confirmed by x-ray and who require mechanical ventilation, with arterial to alveolar oxygen ratio (PaO_2/PaO_2) < 0.22. BLES® is to be given as soon as possible after the oxygenation criteria are met. The use of BLES® in infants less than 380 g or greater than 4460 g birth weight has not been evaluated in controlled trials.

➤ **CONTRAINDICATIONS**

Use of BLES® (bovine lipid extract surfactant) is contraindicated in infants with active pulmonary haemorrhage.

➤ **DOSAGE AND ADMINISTRATION**

BLES® (bovine lipid extract surfactant) is intended for **intratracheal** instillation only after an endotracheal airway has been established. The recommended dosage of BLES® is 5 mL/kg at 27 mg of phospholipids/mL, which equals 135 mg phospholipid/kg. As many as 3 subsequent doses of BLES® can be given within the first 5 days of life.

➤ **STORAGE AND STABILITY**

BLES® (bovine lipid extract surfactant) has a shelf life of 36 months when stored frozen below -10°C. Do not use past expiry date on label. Store vials in cartons until ready for use. Frozen product may have two excursions to 2°-8°C for a combined maximum of two weeks. Alternately, BLES® may be stored refrigerated (2°-8°C) upon receipt, for up to 10 months. An unopened vial warmed to room temperature for less than 6 hours, may be returned to its previous storage condition a maximum of 2 times.

➤ For more information, please visit: www.blesbiochem.com

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Improve access to safe medicines for all, PSN urges FG

continued from back page

Pharmaceutical Federation (FIP) and celebrated on 25 September.

As part of activities for this year's event in Lagos, the PSN World Pharmacists Day Committee in collaboration with May & Baker Nigeria Plc organised a sensitisation walk, from the Lagos University Teaching Hospital (LUTH)'s main gate to Ojuelegba roundabout, displaying different placards on the roles of pharmacists in the community.

The awareness campaign, which involved pharmacists from the different arms of the Society, also featured free medical screening for residents and passers-by at Ojuelegba roundabout.

Speaking on the theme of the event, "Safe and effective medicines for all", Lagos State PSN chairman, Pharm. (Mrs) Bolanle Adeniran, who represented the PSN president, Pharm. (Mazi) Sam Oluabunwa at the rally, stated that safe and effective medicines are indispensable for all, noting that just as it is impossible for people to do without food, so also it is impossible for humans to do without quality drugs.

She also urged patients to ensure that they get their medicines from authorised sources, to prevent falling victims of fake drugs.

"It is you the patient that should ensure that you get safe and effective medicines at all cost. The ball is in your court. Firstly, you should source your drugs from reputable outlets. Ensure you get your drugs from a government hospital, a registered private hospital, or a registered community pharmacy. When you get there, ensure you talk to licensed professionals", she



Pharm. (Mrs) Bolanle Adeniran, Lagos State PSN chairman (3rd from left); Pharm. Daniel Egwu, chairman, PSN World Pharmacists Day Committee (3rd from right); Pharm. Kingsley Okwunife, vice-chairman, PSN World Pharmacists Day Committee (2nd from right); Pharm. Gbolagade Iyiola (right) and others during the campaign.

said.

On the provision of drugs for the populace, Adeniran said it is not the obligation of the PSN to provide free medicines for the citizens, noting that the Society is just like any other professional association in the country.

She further added that the PSN, on its own, had been reaching out to people in so many ways almost on a weekly basis to alleviate their sufferings.

"The government should look at all ways to make sure that drugs are available for the people at the cheapest price possible. So it is the responsibility of the government

not PSN; but then, we collaborate in health outreaches by ensuring that our pharmaceutical companies produce quality products. We are also pleading with the government to reduce tariff on drug importation and raw materials, so that these drugs will be produced cheap for the people", she stated.

Also speaking at the event, the Chairman, World Pharmacists Day Committee, Pharm. Daniel Egwu, stated that the day is about celebrating the pharmacist, bringing into the public domain what he does, what he emphasises and practices.

"A lot of people do not know how

to celebrate the pharmacist; they just see him as one that dispenses drugs. But beyond that, we are the custodians of drugs, manufacturers of drugs and distributors of drugs. We undertake the processing from manufacturing till the patient gets the drug. That is our profession, and we also ensure safe handling, safe delivery and safe taking of the drug", he noted.

Asked about the popularity of pharmacists among the healthcare team, he said the public is getting increasingly aware of the role of the pharmacist, adding that while pharmacists had often done little to make their roles known in the past, things were fast changing as pharmacists now constantly enlighten patients on their obligations in the society.

"We are not content with staying behind the scene," he said, "because the pharmacist is equipped to do everything, even clinical pharmacy, from the basic role of drug dispensing, counselling, manufacturing."

Pharm. Kingsley Okwunife, vice-chairman, World Pharmacists Day Committee, emphasised on the message PSN was passing to all Nigerians, saying that pharmacists wanted every patient to get the best out of their medications.

His words: "As drug experts, we want all patients to get their drugs with advice from pharmacists, because if you get drugs without pharmacists' advice, there is no way the outcome of that patient will improve

"That is why we are telling patients not to take medications without the advice of a pharmacist. If you have any issue with your medications, consult a pharmacist, because safe and effective medicines for all is the paramount concern of every pharmacist in Nigeria, and their goal is that every Nigerian taking medication must consult a pharmacist."

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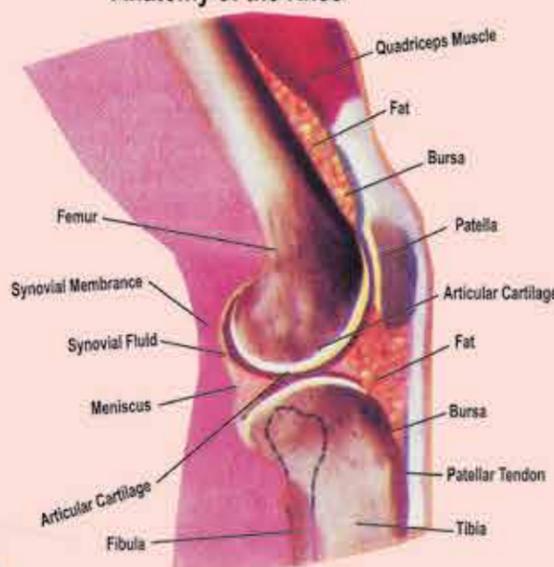
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Experts list dangers of unsafe cosmetics, seek better regulation

continued from page 78



Cross section of participants at the public lecture

&butylene glycol, sodium lauryl sulfate & sodium laureth sulfate, sunscreen chemical and tridosan.

Fielding questions from journalists after the lecture, the Director General, NIMR, Prof. Babatunde Salako, noted that the essence of the lecture was to create awareness among the populace that most of the things they use, including cream, soap, toothpaste, perfume, powder, may contain unsafe substances, either as contaminants or as part of chemicals used in their preparations.

He added that some of the chemicals can lead to cancers, kidney diseases and other ailments.

“These are things that may not occur at the early stage of using them. Over the years, there are cumulative effects. I believe the essence of the lecture is to reawaken the interest of regulatory agencies who are in charge of ensuring standards in the production of these items to ensure that these contaminants or chemicals that they use are either on the minimally acceptable level and where they should not be there at all, they are to ensure they are not there.

“The other issue is to create awareness among researchers that there are public health issues they need to pay more attention to rather than running after highfalutin issues. More importantly, it is to see if they can come together to bring out safe materials they can use, such as natural products”, he stressed.

Also speaking at the public lecture, a professor of Community Medicine and Public Health at the Lagos University Teaching Hospital (LUTH), Bayo Onajole, noted that checkmating the unsafe cosmetics challenge requires a multidimensional approach, noting that the first is that users need to be aware of what they are using, while there is need to create more awareness in the media.

Onajole, who is also the chairman, Faculty of Public Health, National Postgraduate Medical College of Nigeria, said government has the responsibility to regulate, monitor and evaluate, adding that one of the means of doing this is by conducting researches.

“We can do end-product research, looking at people who have been exposed to this and see what health effects has occurred to them. This will enhance obtainment of evidences to warn others from engaging in such acts,” he said.

He also urged regulatory agencies to scale up their monitoring activities of producers and manufacturers of some of the unsafe products.

“It is not only about international cosmetics; even local cosmetics manufacturers are everywhere, putting one concoction or the other together and telling you that these are creams”, he stressed.

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REFER TO THE PRODUCT INSERT FOR MORE INFORMATION

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INDICATION: Haemaron is indicated in the treatment of iron-deficiency anaemia and also as dietary supplement.

CONTRA-INDICATIONS: Hypersensitivity to any of the constituents, patients receiving repeated blood transfusion, or currently on parenteral iron therapy.

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION

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ALBENDAZOLE

Suspension 100MG/5ML

INDICATIONS: Albendazole is an anthelmintic drug prescribed for treating a variety of parasitic worm infestations such as ascariasis, giardiasis or roundworm disease, giardiasis, trichuriasis, pinworm disease, neurocysticercosis, and hydatid disease. It is also used to treat strongyloidiasis, trichinosis, trichostrongylosis, capillariasis, cutaneous larva migrans, and microsporidiosis including Septata intestinalis infection.

CONTRA-INDICATIONS & CAUTION: Albendazole has been shown to be Embryotoxic and Teratogenic in Animal Testing. Its Use is Therefore Contra-Indicated in Pregnant Women Or in Women Of Child Bearing Age. Wormzap Suspension Should Only Be Administered Within The First Seven(7) Days Of Normal Menstruation.



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INDICATIONS: Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, cervical spondylosis, intervertebral disc syndrome and sciatica. Soft tissue injuries such as sprain, strains and sports injuries. Painful inflammatory conditions in gynaecology. Post-operative and post-traumatic inflammation and swelling. Pain and inflammation following surgery. Acute attack of gout, severe headache.

CONTRA-INDICATIONS: Hypersensitivity to ibuprofen or Paracetamol. Peptic Ulceration or History of Peptic Ulcers. In Asthmatic Patients in whom attacks of Asthma, Urticaria, or Acute Rhinitis are precipitated by Acetyl Salicylic Acid or by other drugs with Prostaglandin Synthetase inhibiting activity.



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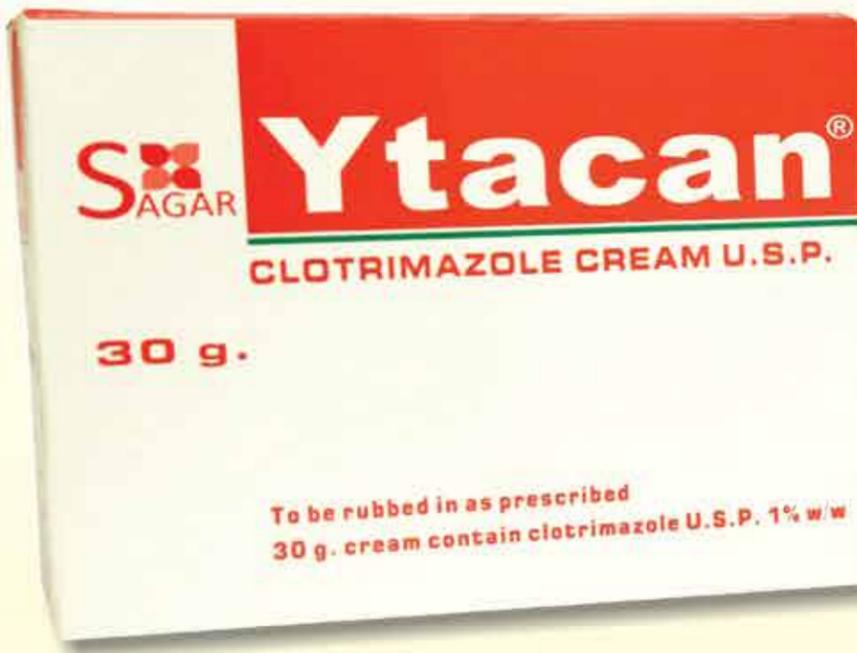
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Tinea cruris



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Tinea Corporis



Ring worm



Tinea Pedis

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Ring worm



Tinea Corporis



Tinea Pedis

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Pharmanews celebrates 40th anniversary, 80th birthday of Atueyi in grand style

By Yusuff Moshood

The date, 1 October, 2019 will continue to be remembered for years to come by friends and associates of Pharm. Sir Ifeanyi Atueyi and Pharmanews Limited as the company celebrated its 40th anniversary of uninterrupted publication of the journal, **Pharmanews**, and the 80th birthday of the publisher, Pharm. Sir Atueyi. There was also a launch of Atueyi's autobiography, titled "My Life and Pharmanews".

The memorable four-in-one event was held at the main hall of the Sheba Event Centre, Mobolaji Bank Anthony, Ikeja, Lagos and chaired by Prince Julius Adelusi-Adeluyi, former minister of health and current president, Nigeria Academy of Pharmacy.

Graced by eminent personalities from within and outside the pharmaceutical industry, the occasion was also used by Pharmanews Limited to appreciate a total of 50 pharmaceutical companies, who had been supportive to the company from inception. They were presented with appreciation awards.

continued on page 77



Mr Dominique Jordan, president, International Pharmaceutical Federation (FIP), receiving a copy of **Pharmanews** from Mr Yusuff Moshood, editor, **Pharmanews**, during the 2019 FIP World Congress of Pharmacy and Pharmaceutical Sciences in Abu Dhabi, United Arab Emirates (UAE) last September.

Improve access to safe medicines for all, PSN urges FG

- As Society celebrates World Pharmacists Day

By Temitope Obayendo

The Pharmaceutical Society of Nigeria (PSN) has called on the federal government of Nigeria to increase access to safe medicines for all citizens, stressing that citizens' welfare is a primary obligation of the government.

The Society also maintained that availability of safe medicines

for all would become easier once the government prioritises the healthcare of the citizenry, beginning with adequate budgetary allocation to health.

These and other remarks were made by the Society, while commemorating 2019 World Pharmacists Day, an annual event established by the International

continued on page 82

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