

Review your medicines to ensure rational use

If you have been prescribed plenty of pills and other medication by your doctor or local pharmacist, and you are not sure whether to take them all, simply bring them for a brown bag medication check-up at the "Know Your Medicine" event on Sept 29.

Jointly organised by UCSI University's Pharmaceutical Sciences Faculty and the Health Ministry's Pharmaceutical Services Division, the campaign will be held at Block A on UCSI's KL campus from 9am to 6pm.

A "brown bag medication check-up" is when one brings all their current prescribed and over-the-counter medication to a pharmacist for review.

Pharmacists at the "Know Your Medicine" event will verify the correct dosage, strength, frequency, potential duplication of therapy or side effects of your drugs; identify expired medicine; and answer your medication-related questions.

The campaign is intended to educate the public on rational use of medicine to avoid drug-related complications, as well as prevention and early detection of life-threatening chronic diseases such as hypertension, diabetes, hyperlipidaemia and obesity.

Besides personalised counselling, the event will also feature a blood donation drive, group activities as well as talks by Health Ministry personnel and experienced registered pharmacists of UCSI University.

According to the World Health Organisation Policy Perspective on Medicine, more than 50% of all medicines worldwide are prescribed, dispensed or sold inappropriately while half of all patients fail to take them correctly.

Therefore, consumer awareness on rational use of medicines and rights to information on medicines are vital to healthcare in Malaysia.

The pharmacist also plays a vital

Seek in-depth advice from pharmacists at event by varsity and Health Ministry



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role in the safe use of medicines following the advent of healthcare systems.

Asst Prof Dr Mogana Sundari Rajagopal said UCSI University, which has produced more than 1,200 pharmacists over 19 years, was focused on nurturing the next generation of pharmacists with innovative ethical pharmacy practice and life-long learning.

"At UCSI, our lecturers constantly embrace the latest advancements in drug discovery and pharmaceutical

healthcare in a rapidly changing industry towards the fourth industrial revolution.

"This enables them to introduce new pharmaceutical technologies, knowledge and hands-on techniques in their teaching and learning activities.

"This experiential learning inspires the students to participate in various outreach campaigns and obtain an early taste of what it means to serve the community," Dr Mogana added.