

THE ROLE OF YOUNG PHARMACY – THE POLISH PHARMACEUTICAL SOCIETY STUDENTS' SECTION IN THE ASSURANCE OF HIGH QUALITY PHARMACY EDUCATION



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THE ROLE OF YOUNG PHARMACY...

Young Pharmacy Sosnowiec (Y. Ph. S.) is a students' section of the Silesian Division of Polish Pharmaceutical Society, which functions at the Medical University of Silesia in Katowice on the Faculty of Pharmacy with the Division of Laboratory Medicine in Sosnowiec.

Y.Ph.S.gathers Pharmacy students from 1st to 6th year as well as the graduates who want to develop beyond the curriculum. At present there are 38 active members in our section.



THE ROLE OF YOUNG PHARMACY...

■ Y.Ph.S. deals with both students' development on many areas as well as with integrating Pharmacy students by organizing and participating in scientific conferences, lectures and meetings with representatives of different branches of knowledge, international organizations, students' exchange programs and by co-organizing health promoting and cultural events at the University.





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Young Pharmacy Sosnowiec cooperates with many organizations when organizing its actions. The examples are:

- Polish Pharmaceutical Society
- Sanitary and Epidemiological station in Sosnowiec
- IPSF (International Pharmaceutical Students' Federation)
- EPSA (European Pharmaceutical Students' Association)
- Pharmaceutical Journals (among others „Gazeta Farmaceutyczna” and „Manager Apteki”)
- Student's Union working at Medical University of Silesia in Katowice

THE ROLE OF YOUNG PHARMACY...

- Young Pharmacy Sosnowiec is a part of Young Pharmacy Poland and, that is why, we join efforts in organizing national projects which are prepared by all divisions of Young Pharmacy in Poland.



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- The example of such actions is the lecture for the Students of the Third Age University as a part of the action: „Ask the pharmacist...Diabetes” which took place on occasion of the World Diabetes Day in November.
- Raising this issue is very important due to the fact that at present 5% of the population suffers from this disease, while 95% stands for Type 2 diabetes, which is most often associated with obesity.



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- In March 2015 Y.Ph.S. joined the nationwide preventive action „Ask the pharmacist... Hypertension" which aimed at developing social awareness in the fields of care, prevention and education among patients in the case of hypertension.
- The hypertensive disease is a serious social problem - 29% of adult citizens of our country suffer from this disease which, when not treated correctly or untreated, may lead to many complications such as: strokes, dementia, renal failure, damage of eye blood vessels or myocardial infarction. Therefore, it is extremely important to raise social awareness in this matter.
- This event was addressed to people who suffer from hypertension as well as to risk groups regardless of the age.



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- Y.Ph.S. preventive campaign took place on 7th March 2015 at 12 o'clock lasting 4 hours until 4 pm in the pavilion in 23 1st May street in Sosnowiec.
- **There were** prepared 5 stands, where the members of Y.Ph.S. group measured blood pressure, and a table at which patients could consult health matters with a pharmacist.
- During 4 hours of the event, 60 people used the possibility to measure their blood pressure.
- **Y.Ph.S. was** also handing out information leaflets, concerning hypertension, and cards with emergency numbers to make sure that the patient will know who should be called in order to receive professional medical help.



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- Despite the fact that **Y.Ph.S.** reached the target group, which is at risk of hypertension, and informed people about possible consequences of not treating this disease, they had a possibility to develop their interpersonal skills, learn how to talk with a potential patient.
- Moreover, while **Y.Ph.S. was** preparing for the action, they had to increase their knowledge about hypertension by reading books and articles devoted to this topic.



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- The majority of people, whose blood pressure was measured, were at the age of 50.
- However, there were examples of young people. The results of measurements most often fell within the correct values of blood pressure because the people, who were examined, were taking medications lowering the blood pressure.
- A small group of patients received the result which was above the norm but still fell within the range of first degree hypertension.



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- Another national event, which Y.Ph.S. joined in March, was the celebration of Brain Awareness Week.
- Brain is probably the most important and the most complex organ in our organism and its functions still remain a mystery for us.
- Therefore, we readily joined the event aiming at popularizing knowledge about this mysterious and still unknown organ as well as about its functions.
- The tradition of celebrating this event in Poland dates back to 1990.



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- **Y. Ph. S.** organized the action promoting the Brain Awareness Week in II Emilia Plater Comprehensive High School in Sosnowiec on 27th March 2015.
- **The** intension was twofold: spreading the knowledge in the fields of neurobiology, cognitive science, neuropsychology and presenting effective ways of learning and memorization techniques which allow us to absorb knowledge better.
- **Y. Ph. S.** created a presentation whose first part was devoted to basic information about the brain, while the second one was dedicated to methods of effective learning.



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- Furthermore, we performed a test entitled „ Which method of learning do you prefer?”.
- The obtained results could help in choosing the best method of learning.
- The lecture was widely enjoyed and was listened to by 120 students from different grades from the Comprehensive School (the age group 16-18 years old).



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■ At the end of April, we joined, by the use of social media, the education and preventive event on the occasion of European Immunization Week which is to make the society aware of how important immunization is in disease prevention.

■ It is particularly important recently since there is an increasing number of anti-vaccination movements and a general increase of unvaccinated children (the number of children avoiding obligatory vaccinations in 2009 amounted to 3 thousand, while in 2011 it equaled 4,5 thousand).



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■ In June we are organizing Children's Day with Young Pharmacy during which we will present the profession of a pharmacist to primary school children, describe safe use of medications as well as acquaint them with the basics of formulations by making „Happy Pills”.



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- In June the members of Young Pharmacy Sosnowiec are organizing a Children's Day for charges of children's home in Sosnowiec in which we will lead games and plays for children as well as distribute some materials.

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- During summer holidays Y. Ph. S. again is going to take part in the Student Exchange Program (SEP), which allows to do the internship abroad in the selected country in Europe or in the whole world (the countries which are associated in the EPSA and IPSF).
- It gives the possibility to improve one's language and professional abilities as well as creates the possibility of meeting new people.
- Going abroad itself gives the possibility of doing the internship in such places as community pharmacies, hospital pharmacies, industrial plants or research centers.
- Not only the students from **Y.Ph.S.** can go to chosen countries.
- We also invite all students from the countries taking part in this project.



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■ Last year the students, who came to us on the SEP exchange, were doing the internships in the community pharmacy in the departments of Biopharmacy and Biochemistry of the Pharmacy Faculty with the division of Laboratory Medicine of the SUM in Katowice.

■ Furthermore, there were learning the rules of functioning and visiting the Pharmaceutical Wholesale FARMACOL.

■ Except having the internships, Young Pharmacy Sosnowiec was providing a rich facultative program e.g. many trips (to Silesian cities as well as to places in the whole Poland, to the mountains and to the Silesian Amusement Park).

■ During their stay on the internships and the mentioned trips, the guests were still accompanied by attendants - the students from Y. Ph.S.



THE ROLE OF YOUNG PHARMACY...

- Despite the national actions Young Pharmacy Sosnowiec organizes its own events.



THE ROLE OF YOUNG PHARMACY...

- Recently, we have been preparing an event in May entitled: „Pharmacist is also a human” which aims at presenting the profession of a pharmacist in the role of a diagnostician and attendant of the patient and as help in examining patients with COPD, hypertension and those addicted to nicotine.
- The event excellently promulgated the profession of a pharmacist and showed that we are not just „sellers” of drugs. Last year this event took place on the area of the Main Train Station in Sosnowiec.



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■ A total number of 429 people took part in the test including 119 people who decided to measure the concentration of CO in the exhaled air, while 310 used the opportunity to determine their blood pressure. The more numerous research group was constituted in 68% by women.



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- Another action, which we are organizing, is the event about cervical cancer prevention.
- Our initiative aims at informing patients about the danger posed by this kind of cancer, who is at risk and what factors influence its progress by a direct contact with patients.
- By such actions, we tend to encourage female residents of Silesian District to take part in free pap tests in order to prevent them from this fatal disease.



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In January before the session we organized a **Depression Day** for the students of our Faculty taking into consideration the fact that exam session is a very hard period for all students.

We were distributing lollypops and stickers which were **to improve the mood** of students who were tired of the number of tests and exams.

We also organized a lecture devoted to depression which was conducted by students from the Students Psychotherapy and Psychological Training Circle which functions at the Silesian University.



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In order to continue the process of making people aware of hypertension, the members of our organization led a lecture **on 14th April 2015** for Students of the Third Age University at the Pharmacy Faculty.

The lecture - „hypertension - prevention and treatment”.

During a more-than-hour long lecture, the issue was discussed in a great detail and covered such elements as: hypertension characteristics, pharmacological treatment of hypertension and prevention (encompassing the change of lifestyle and eating habits).



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- There also was a possibility to measure the blood pressure.
- What is more, we were handing out notebooks for blood pressure values, which enabled them to control blood pressure, and leaflets about DASH diet and pharmaceutical care.
- The lecture was attended by about 100 people at the age of more than 50 (such people are at risk of having hypertension), while 60 people measured the blood pressure.
- Our action made us aware that the knowledge about hypertension risk factors is still very small.



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- The Third Age University Students were asking questions about the **technique of measuring the pressure**, which may suggest insufficient consciousness of patients in this issue.
- The event gave us the possibility to **develop our communication skills** in talks with the patient as well as **take care of the image of the pharmacist** as a carer for human health who possesses comprehensive medical knowledge.
- Third Age University Students were interested in our lecture and, in the future we are going to continue the cooperation with Third Age University and organize a lecture devoted to common diseases in our society.



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- Moreover, during the academic year we organize lectures which aim at broadening students' knowledge e.g. meetings with representatives of pharmaceutical industry or pharmaceutical plants.



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- Besides organizing health-promoting and cultural events, the members of Young Pharmacy Sosnowiec have **a possibility to participate in national and international conferences** where they can broaden their knowledge about different branches of pharmacy and medicine e.g. about allergies, antibiotic treatment, pharmacotherapy of pregnant women, pharmacoeconomics, pharmaceutical industry.
- Students who belong to our section **can develop their skills** by workshops and training e.g. interpersonal skills.
- The members of Young Pharmacy Sosnowiec take part in competitions and conferences designed for pharmacy students, for example: Pharmaceutical Care Competition or Clinical Skills Competition.

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- Despite scientific events, we also organize and participate in cultural and entertainment events such as going together to the mountains or organizing a meeting of Young Pharmacy.





Conclusions

Young Pharmacy Sosnowiec aims at:

- Changing the way of perceiving the profession of a pharmacist
- Enhancing the rank of pharmacists as professionals in the range of health care
- Students' development of Pharmacy Faculty
- Integration of Pharmacy Environment.