Renewal of Membership
October 2007 - September 2008
€20.96 (Lm9.00) Full Member (>30 credits)
€22.29 (Lm10.00) Associate Member (<30 credits)
€23.29 (Lm10.00) New Member

In the interest of efficiency we would like to urge pharmacists to pay their membership in advance. Cheques payable to The Malta College of Pharmacy Practice.
Cheques should be mailed to:
Dr Maria Cordina, President
Malta College of Pharmacy Practice
c/o Department of Pharmacy
University of Malta, Msida

Exclusive attendance
All registered pharmacists are invited to become members of the Malta College of Pharmacy Practice and attend. Only registered pharmacists are eligible to become members of the College and thus participate in the events organised.

Students wishing to attend should send an email to: president@mcppnet.org

BOOKING
may be placed preferably by email info@mcppnet.org or by phone 7947 0720
Update your details online www.mcppnet.org

• Identify knowledge gaps through personal assessment
• Select appropriate learning activities
• Participate in activities
• Document activities as proof of participation
• Evaluate the success of your activity

Continuing Professional Development Cycle
Identify
Evaluate
Plan
Record
Act

First Announcement
Epilepsy: a Multidisciplinary Approach
9 February 2008
Dolmen Resort Hotel, Bugibba

organised by The Caritas Malta Epilepsy Association in conjunction with Epilepsy Society of Malta; Department of Clinical Pharmacology and Therapeutics, University of Malta; Malta College of Pharmacy Practice; Malta College of Family Doctors and Malta Union of Midwives and Nurses. Registration and further information contact: Dr Janet Mifsud email: janet.mifsud@um.edu.mt tel 23402845 This event will be accredited by MCPP. Proof of attendance must be produced.

In collaboration with
Department of Pharmacy
Department of Clinical Pharmacology & Therapeutics
University of Malta
SESSION 1 Hypertension & cholesterol: management & monitoring

**Scope**
- The definition of hypertension varies and takes into consideration other co-existing co-morbidities such as diabetes mellitus. The overall goal to treat hypertension is to achieve a systolic blood pressure <140mmHg and a diastolic <90mmHg. A high cholesterol level (LDL >3.1mmol/l) like hypertension can be asymptomatic. It is vital to diagnose these two conditions early and treat them in order to minimize risk factors for other co-morbidities and indirectly decrease health care costs and improve the quality of life of patients. This session will provide an overview of hypertension and cholesterol management.

**Objectives**
- To understand the end points of untreated hypertension and hypercholesterolaemia.
- To highlight the various target levels of blood pressure and blood cholesterol levels.
- To discuss possible ways of monitoring blood pressure and cholesterol levels.
- To review possible symptomatic features of hypertension and when to refer.
- To review pharmacological and non-pharmacological treatments of hypertension and hypercholesterolaemia.
- To discuss the new European guidelines on management of hypertension.

**Delivered by**
- Maritza Gauci
  - PharmD (U of T), PG&Dip(Pharm).
  - Clinical Pharmacist, ZHAHGH

**SESSION 2 Atrial fibrillation: addressing common therapeutic issues**

**Scope**
- Atrial fibrillation (AF) is the most common chronic arrhythmia. It’s a major cause of morbidity and mortality, particularly increasing the risk of stroke as well as leading to heart failure. The strategies chosen to treat a patient will depend primarily on whether the underlying cause can be corrected, symptom severity and the characteristics of the AF. Many of the drugs used in AF are associated with clinically significant side effects and drug interactions. Whereas it is important not to underuse patients with AF, every effort should be made to ensure that the benefits of treatment outweigh the risks.

**Objectives**
- To provide an overview of AF.
- To illustrate the goals of treatment.
- To discuss the pharmacological management, with particular attention to some important therapeutic considerations.

**Learning objectives**
- By the end of the session pharmacists will be familiar with the causative factors and characteristics of AF.
- Understand the appropriate management strategies.
- Be aware of their role in ensuring optimal treatment.

**Delivered by**
- Ruth Theuma
  - BPharm(Hons), MSc(Aberdeen)
  - Senior Clinical Pharmacist, MHC.

**SESSION 3 Insulin and oral hypoglycaemic agents**

**Scope**
- Ensuring optimal use of insulin and oral hypoglycaemic agents in diabetes.

**Objectives**
- To review pharmacological and non-pharmacological management of hypertension and hypercholesterolaemia.
- To discuss the new European guidelines on management of hypertension.

**Learning objectives**
- By the end of the session pharmacists will be familiar with the causative factors and characteristics of AF.
- Understand the appropriate management strategies.
- Be aware of their role in ensuring optimal treatment.

**Delivered by**
- Maritza Gauci
  - PharmD (U of T), PG&Dip(Pharm).
  - Clinical Pharmacist, ZHAHGH

**SESSION 4 Management of dyspepsia**

**Scope**
- Dyspepsia is a condition primarily defined by the level of hyperglycaemia giving rise to risk of microvascular damage (neuropathy, nephropathy and retinopathy). It is associated with reduced life expectancy, significant morbidity due to specific diabetes related microvascular complications, increased risk of macrovascular complications (ischaemic heart disease, stroke and peripheral vascular disease), and diminished quality of life. About 10% of the Maltese population suffers from diabetes and due to the disease complications, they are a group of patients whom pharmacists encounter regularly in their day to day practice.

**Objectives**
- To provide an overview of diabetes mellitus and its complications.
- To review the drugs which are used in the management diabetes.
- To discuss practical points in the management of patients with diabetes.

**Learning objectives**
- By the end of the session pharmacists will:
  - Familiarise themselves with the disease and its complications.
  - Acquire general guidance on pharmacotherapeutic management including indications, contra-indications, side-effects, interactions, monitoring, administration and storage of drugs used.
  - Understand how to manage problems presented by patients with diabetes and when to refer.

**Delivered by**
- Valerie Vella
  - BPharm(Hons), MSc(Aberdeen), MPharm(5).
  - Senior Clinical Pharmacist, Mater Dei Hospital.

**SESSION 5 Commonly used preparations**

**Scope**
- For a high percentage of patients the consequence of dyspepsia is symptoms affecting their quality of life. Although lifestyle changes can help to avoid triggering dyspepsia, evidence for this is lacking and it is inappropriate to withhold treatment on lifestyle grounds. In most patients without alarm signs it is appropriate to manage symptoms without the need of an official diagnosis. Pharmacists are in an ideal position to offer initial and ongoing help for people suffering from symptoms of dyspepsia.

**Objectives**
- To identify which factors predispose patients to dyspepsia.
- To identify alarm signs which would require urgent referral for further investigations.
- To identify which patients would benefit from over-the-counter preparations.
- To discuss the monitoring and follow up required.

**Learning objectives**
- By the end of the session pharmacists will be able to:
  - Identify which drugs are associated with dyspepsia.
  - Give patients lifestyle advice to minimise dyspeptic symptoms.
  - Advise on OTC and prescription medications.
  - Identify patients requiring referral.

**Delivered by**
- Lorna West
  - BPharm(Hons), MSc(Aberdeen), MPharm(5).
  - Senior Clinical Pharmacist, MHC.

**SESSION 6 Effects and consequences of polypharmacy in a geriatric population**

**Scope**
- Medicines available over the counter often have ingredients which can be highly abused or misused.
- Analgesics, cough mixtures, decongestants and laxatives are all known to cause such a problem. Other medicines which can unintentionally be misused are prochlorperazine and calcium containing antacids. Benzodiazepines, although prescribed as a prescription, can result in a class of highly abused drugs locally. As herbal medicines become more popular, several adverse effects have been reported especially in patients who are also taking other medications. Pharmacists should ensure that patients are aware that these medicines can cause problems and advise accordingly.

**Objectives**
- To identify the most commonly used drugs which can easily be misused or abused.
- To identify the most common adverse effects caused by commonly used medicines.
- To discuss which patients should be referred.
- To discuss advice which should be offered by the pharmacist when dispensing OTC medicines.
- To discuss other commonly used preparations.

**Learning objectives**
- By the end of the session pharmacists will be able to:
  - Identify common drugs which can potentially be abused or misused.
  - Consider herbal medicines as drugs that can cause adverse effects.
  - Identify the patients who need to be referred.
  - Advice on commonly used drugs and herbal preparations.

**Delivered by**
- Angela Borg Barthe
  - BPharm(Hons), MSc (Public Health).
  - Clinical Pharmacist, ZHAHGH.
  - Chairman, MCPP.

**Delivered by**
- Maria Cordina
  - BPharm(Hons), PhD(QUB), Dip Health Outcomes Research.
  - Senior Clinical Pharmacist, Mater Dei Hospital.

**Chairperson of Publications, MCPP**
- Angela Borg Barthet
  - BPharm(Hons), MSc(Clin Pharm)Aberdeen.

**Treasurer, MCPP**
- C.D. Hepler
  - B Pharm(Hons), MSc (Public Health)

**Date**
- Tuesday, 22 January 2008

**Time**
- 19:30 for 20:00

**Venue**
- Lecture Centre, Car Park 2

**Book by**
- University of Malta

**Date**
- Tuesday, 29 January 2008

**Time**
- 19:30 for 20:00

**Venue**
- University of Malta

**Book by**
- Tuesday, 22 January 2008

**Date**
- Tuesday, 12 February 2008

**Time**
- 19:30 for 20:00

**Venue**
- University of Malta

**Book by**
- Tuesday, 5 February 2008

**Date**
- Tuesday, 19 February 2008

**Time**
- 19:30 for 20:00

**Venue**
- University of Malta

**Book by**
- Tuesday, 12 February 2008