

The Golden Mortar



Newsletter of the Southern Gauteng Branch of the Pharmaceutical Society of South Africa and Associated Sectors

Edition 4/September 2023



SAAHIP

Celebrating Women Empowerment

SAAHIP – Women's Month Campaign On the 9th of August 1956, women across South Africa decided that they had had spent enough time being complacent on the dire situation in the country and rallied together and marched to the Union buildings in Pretoria. This march was in protest of the pass laws and the atrocious apartheid regime that the country was subjected to. Women from all walks of life, some clad in traditional wear, some even with children on their backs, came together and spoke in one voice. This was a display of courage and resilience and showed that women are definitely a force to be reckoned with. These events played a pivotal role in our country's democracy and should never be forgotten. The event is remembered and celebrated annually by the country as our National Women's Day during the month of August.

The pharmaceutical profession is fortunate to be blessed with female leaders of this remarkable calibre, displaying their strength and resilience almost daily. SAAHIP decided that we would need to provide a platform to showcase and celebrate these incredible women. The request for nominees was disseminated via the SAAHIP Branch chairs, the SAAHIP membership, marketing and branding stream, and all SAAHIP social media platforms for nominees to be submitted. The response was overwhelming, having received 42 (breakdown shown in Table 1 below), very worthy nominees from across the country. The nominees were then asked to supply us with information where we could document their qualifications, current positions, their own journey in the pharmaceutical profession and how they have empowered others, in particular other females in the profession. 42 social media flyers were created and uploaded onto the National SAAHIP social media platforms.

As a profession we have some of the most educated, talented and devoted group of females. We were able to display this via the creation of the social media flyers. The nominees have made incredible sacrifices for their teams, mentored immeasurable numbers of students, assistants and pharmacist interns, and overall have put their profession first, whilst still trying to balance work and family life. They have made valuable contributions that will ensure young, emerging pharmacists follow suit. From the submissions, we were able to notice the trend of continuous learning, self-development and overall empowerment of others. **We can therefore conclude that the pharmaceutical profession has female pharmacists who are a force to be reckoned with. They are quickly taking on more leadership and management roles in our profession, making significant leaps and bounds. They have become trailblazers in all sectors of pharmacy, and SAAHIP celebrates these incredible women**

Dr. Seshnee Moodley
SAAHIP Membership, Marketing and Branding Lead
SAAHIP EC Chairman

**NOMINEES' PROFILES WILL BE
FEATURED IN OUR NEXT EDITION
OF THE GOLDEN MORTAR.**

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Professional Indemnity Insurance

According to Board Notice 83 of 2008 published on 29 August 2008 any person registered with the South African Pharmacy Council who performs one or more of the functions relating to the scope of practice of the category in which he/she is registered must be covered by his / her own indemnity insurance.



Visit
www.pssa.org.za
to apply for the PIP today

One must be a member of the Pharmaceutical Society in order to apply for Professional Indemnity Insurance Plan (PIP)



Table 1: NOMINEES PER BRANCH

BRANCH	NUMBER OF SUBMISSIONS	NAMES
Northern Gauteng	6	1. Dr. Pumzile Skosana 2. Leonaye Erwee 3. Dalene Kuisis 4. Beverley Summers 5. Sofia Fourie 6. Prof Hanlie Meyer
Southern Gauteng	2	1. Jacquie Fox 2. Rofhiwa Midana Mulibana (Shoni)
Mpumalanga	5	1. Jeanet Steyn 2. Margaret Moloto 3. Mamolefe Selokela 4. Phindile Hlope 5. Phindile Mnyanga-Ndlovu
North West	2	1. Elna Davies 2. Yvette Joubert
Free State/Northern Cape	2	1. Geziena Kruger-Swanepoel 2. Bonolo Teki
Eastern Cape	5	1. Dianne Paton 2. Nolitha Olayi Gubula 3. Salmone Petrus 4. Xoliswa Mjikijela 5. Alice Lategan
Western Cape	2	1. Kaajal Chetty 2. Nadine Carol Butler
KZN Coastal	2	1. Nerina Banwari 2. Nirupa Misra
KZN Inland	1	1. Renesha Bikraj
Limpopo	6	1. Cynthia Moleboge Ramahuma 2. Salome Makofana 3. Pelepele Lerato Maketa 4. Amelia Mashaba 5. Mavis Shivambu 6. Razeeya Khan
Presco	9	1. Dr. Seshnee Moodley 2. Anri Hornsveld 3. Thandeka Njapha 4. Thanushya Naidoo 5. Refiloe Mogale 6. Danielle Tshabalala 7. Lorraine Osman 8. Natalie Shellack 9. Mariet Eksteen
TOTAL	42	





The PSSA Book Department

Do you know that the Book Department has a range of essential publications for pharmacists at preferential prices for members of the PSSA?

From overseas publications such as Martindale, Merck Manual and Dorland's Illustrated Medical Dictionary to local publications such as the Daily Drug Use, South African Medicines Formulary (SAMF) and the Scheduled Substance Register.

Ordering is as simple as 1, 2, 3.

1. Go to the PSSA website, www.pssa.org.za click on Membership and then Member Services.
2. Complete the order form and submit it.
3. Make payment via EFT.

Or contact Dinette at PSSA National Office on (012) 470-9559 or at dinette@pharmail.co.za



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"Peaking" through the Fertile Window: The Latest Buzz in Emergency Contraception



by Lynda Steyn
Amayeza Info Services

South Africa currently has two over-the-counter (OTC) oral emergency contraception options available, namely levonorgestrel and ulipristal. These products, when taken timeously, are highly effective in preventing pregnancy. Interesting data, however, has recently emerged regarding the ability of cyclooxygenase-2 (COX-2) inhibitors to prevent ovulation, even after the luteinising hormone peak.

A short overview of the menstrual cycle may help to illustrate where these medications work to prevent pregnancy (See Figure 1.)

The menstrual cycle is divided into two phases, namely:

- the follicular (proliferative) phase, and
- the luteal (secretory) phase

The relationship between the gonadotropin hormones, follicle stimulating hormone (FSH) and luteinising hormone (LH), accounts for follicular development, rupture, release, as well as endometrial reception or shedding.

The follicular phase begins with the onset of menses, Day 1, and ends on the day before the luteinising hormone (LH) surge (Day 14). The main function of this phase is to grow the endometrial layer of the uterus, which is primarily driven by oestrogen.

Ovulation occurs as a result of the high levels of FSH and LH present during this time (known as the LH surge). Ovulation always occurs 14 days before menses and the released egg can survive for up to 24 hours.

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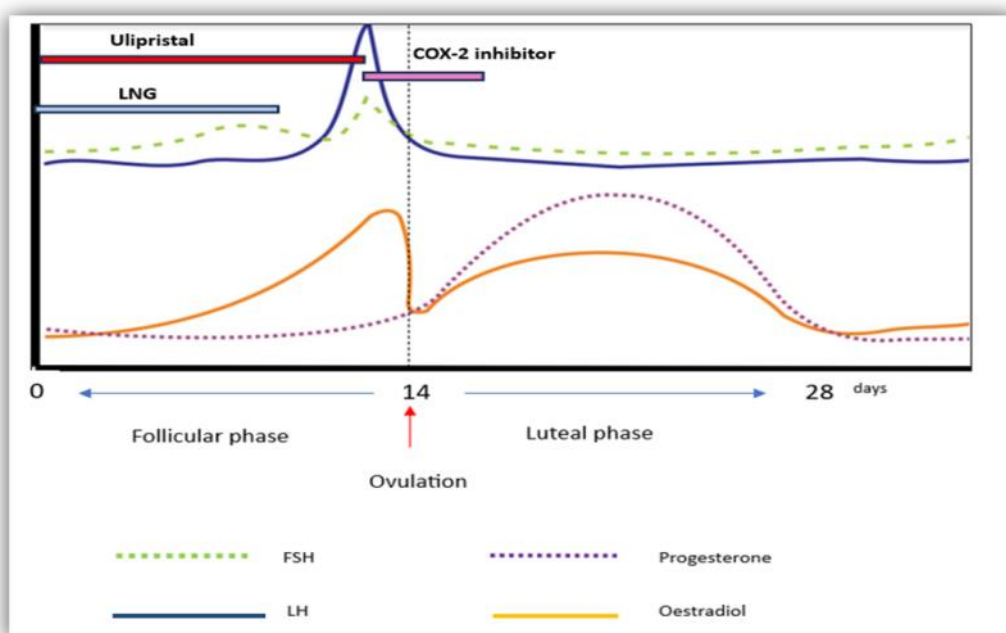
While conception is possible in the 5 days before ovulation and on the day of ovulation, it is more likely to occur in the 3 days leading up to and including ovulation.

The luteal phase begins on the day of the surge (Day 14) and ends at the onset of the next menses (Day 28). The cells in the ovary (corpus luteum) release mainly progesterone and a small amount of oestrogen at this time, which prepares the endometrium for possible fertilised ovum implantation. If the oocyte remains unfertilised, the decrease in LH gradually leads to a decrease in oestrogen and progesterone production in the corpus luteum, which results ultimately in the onset of menses.

Levonorgestrel (LNG), a synthetic progestin, prevents ovulation by blocking the luteinising hormone surge, thereby inhibiting follicular development and egg release. LNG should be taken within 72 hours of unprotected intercourse (UPI), although it has shown to have moderate efficacy if used within five days of UPI.

Ulipristal is a selective progesterone receptor modulator which inhibits or delays ovulation. If taken before or immediately after the LH surge, it inhibits follicular rupture by up to 100%. Ulipristal may still prevent ovulation after the LH surge has already started. However, it loses the ability to prevent ovulation if taken after the LH peak.

Figure 1. Available oral emergency contraceptive action over the fertile period of menstrual cycle



Adapted from: 1. Drug Discovery News. Demarco. S. A “morning-of” pill for on-demand contraception. 24 June 2022. Available from: <https://www.drugdiscoverynews.com/a-morning-of-pill-for-on-demand-contraception-15446>

The timing of these emergency contraceptive products within the menstrual cycle is important, as their main mechanism of action involves delaying or inhibiting ovulation. Both products have been shown to be most effective if taken within 72 hours of UPI, with ulipristal being more effective than levonorgestrel in preventing pregnancy in the 72–120-hour window period after UPI. Levonorgestrel cannot prevent ovulation once LH levels have started to rise. Neither product can prevent ovulation if taken on the day of luteinising hormone (LH) peak or later.

Studies have highlighted the pivotal role that prostaglandin E2 (PGE2) has on the different stages of female fertility, namely ovulation, fertilisation, and implantation. A 2018 study concluded that nonsteroidal anti-inflammatory drugs, which inhibit PGE2,

should be limited in females with fertility concerns. Researchers found that inhibition of COX-2 may prevent ovulation with a 25-30% efficacy, even after the peak of the luteal surge has occurred. The COX-2 enzyme converts arachidonic acid to prostaglandins. While the exact mechanism of action is still to be determined, inhibition of COX-2 has been shown to inhibit cumulus cell expansion of the mature follicle, one of the final steps before follicle rupture and oocyte release, which results in ovulation prevention.

The latest study from The University of Hong Kong involving 860 women found that women who combined 40 mg of piroxicam with levonorgestrel as emergency contraception prevented 95% of pregnancies, as compared to 64% in the levonorgestrel-placebo group.

.../ continued on page 6



This study, however, was limited in that all participants weighed less than 70 kg. Since excess weight or obesity can negatively impact the efficacy of levonorgestrel, further studies are needed to determine the efficacy of this combination in patients with a higher body mass.

The data is promising regarding the combined efficacy of piroxicam and LNG in preventing ovulation. It will be interesting to see if future studies are able to determine the efficacy and safety of using other nonsteroidal anti-inflammatories with LNG and also with ulipristal in “real world” settings.

References available upon request.



Get Ready for an Unmissable Event!

Dr Stephani Leigh-de Rapper

The Southern Gauteng Branch, Pharmaceutical Society of South Africa (PSSA) is thrilled to announce our highly anticipated 2023 September Mini Symposium, and it's an event you won't want to miss!

 **Theme: Exploring the Frontiers of Pharmacy in the Digital Health Era** 

In an era where healthcare is undergoing a digital revolution, we're inviting YOU to embark on a journey of discovery at our symposium. The Southern Gauteng PSSA Branch, your dedicated partner in professional growth, has brought together a stellar lineup of experts and thought leaders for an unforgettable experience.

What's on the Agenda?

- ◆ **Leveraging Digital Health for Medication Management:** Explore how digital tools are transforming medication management, from adherence to personalised treatment plans.
- ◆ **Telepharmacy and Remote Patient Monitoring:** Dive into the world of telepharmacy services and how remote patient monitoring devices are changing the game in healthcare.
- ◆ **Artificial Intelligence and Machine Learning in Pharmacy:** Discover how AI and Machine Learning are revolutionising drug discovery, predictive analytics, and medication error prevention.
- ◆ **Digital Health Solutions for Chronic Disease Management:** Uncover the role of digital platforms in managing chronic diseases and enhancing patient engagement.
- ◆ **Regulatory and Legal Considerations for Digital Health in Pharmacy:** Gain insights into the regulatory landscape and ethical implications of digital health technologies.

Our symposium features distinguished speakers from renowned organizations like Discovery Health, Deloitte, academia, and more.

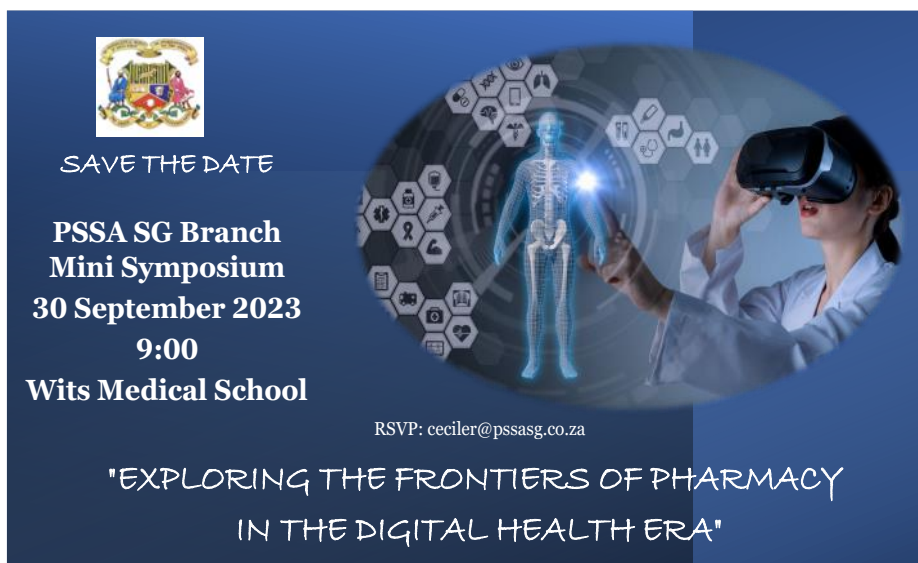
What's In It for You?

As an attendee, you'll gain valuable knowledge and insights from industry leaders. Plus, you'll be part of a dynamic community dedicated to advancing pharmacy in the digital age. A certificate will also be provided to you to add to your CPD portfolio.

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31 Save the Date:




Join us on the big day, which runs from 9 am to 3 pm at WITS University Health Sciences Campus. Whether you prefer to be there in person or virtually via Microsoft Teams, we've got you covered.

Unlock New Possibilities!! Don't miss this incredible opportunity to explore the limitless possibilities of the digital health era in pharmacy. Connect with like-minded professionals, engage in thought-provoking discussions, and leave with a renewed sense of purpose.

Register Today!

Secure your spot and be part of this groundbreaking event by registering today. Visit our link [<https://forms.gle/uDVB4QwkZ1wJ5YkMA>] for more details and to reserve your seat. Spaces are limited, so act fast!

	<p><u>PSSA September 2023 Mini Symposium</u></p> <p>Event Address: WITS University Health Sciences Campus, 7 York road, Parktown, Johannesburg, 2198 Contact us at: stephanie.derapper@wits.ac.za</p> <p>forms.gle</p>
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Should you have any questions or need further information, please don't hesitate to reach out to our organising committee;

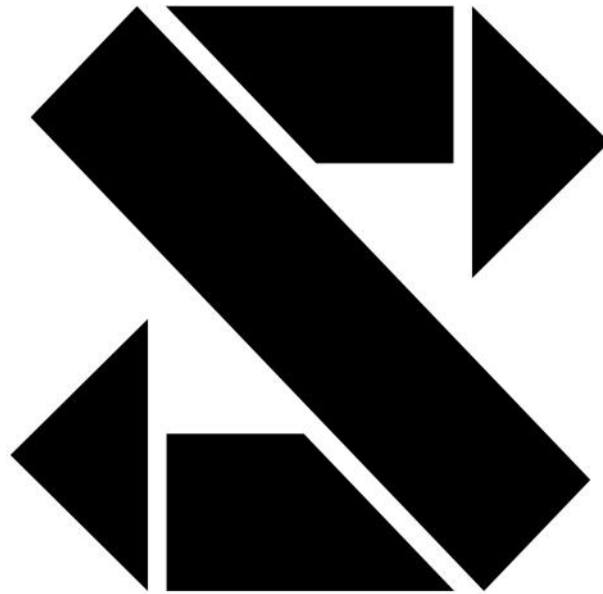
The Organising Committee for the 2023 September Symposium

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Ms Patricia Tharage	CPD Committee Member	ptharage@gmail.com
Mr. Tshif Rabali	Chair, PSSA Southern Gauteng Branch	rabali@worldonline.co.za

GET READY TO DIVE INTO THE FUTURE OF PHARMACY WITH US. WE CAN'T WAIT TO SEE YOU THERE!



That's a wrap...SARCD A Christmas 2023 gets rave reviews from buyers and exhibitors!



SARCD A

www.sarcd a.co.za

SARCD A 2023 has received exceptional reviews from both buyers and exhibitors, leaving us absolutely thrilled. The comments received reinforce our long-held view that quality always beats quantity. Buyers were overwhelmingly positive, as they loved the vibrant and energetic atmosphere that SARCD A created within the hall. They also praised the content and the quality of the exhibition.

The exhibitors were equally delighted with the responses they received, they were pleased with the volume of sales they made at the exhibition, and the number of new buyers they connected with.

Here's what some of our exhibitors had to say about SARCD A Christmas 2023:

"The event was wonderful, as always, and we are thankful for the opportunity. We appreciate your support and would like to compliment you on the standard of the event."

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"It was an incredible experience that exceeded our expectations. One of the most remarkable outcomes of our participation was the multitude of leads we garnered during the show, which has filled us with excitement for the potential ahead. The show's seamless execution and vibrant atmosphere were exceptional. The connections we made and the interest in our products were inspiring. Thanks to this success, we're enthusiastic about participating again in the future."

"We have come home with happy hearts and a bountiful harvest that will keep us busy well into spring. Although this year felt quietish and the buyers were money conscious – making us work hard for every cent – we came home with the numbers just shy of our best SARCD A ever, which was in 2019, and a basket full of new faces – which is the perfect result."

Buyers also had good things to say about the exhibition:

"I was there on Thursday and spent the entire day visiting the exhibitors (and thoroughly enjoying myself). I just wanted to extend my gratitude and compliments – it was a great show this year, the third one I've attended and definitely the best thus far."

SARCD A 2023 proved to be a highly successful event, leaving both buyers and exhibitors satisfied and eager for more.

Thank you again for your support and for helping us to make SARCD A Christmas 2023 a roaring success – reinforcing its position as the premier trade- only gift, toy and décor exhibition on the African continent.

We look forward to seeing you at another SARCD A exhibition soon.



SAACP (SG)

South African Association of Community Pharmacists (Southern Gauteng)

Visit our website: www.saacpsg.co.za

Follow us on Facebook: South African Association of Community Pharmacists SG (SAACPSG)

View The Golden Mortar editions on our website.

Contact us at:
info@saacpsg.co.za

SAACP SG is a financial contributor to The Golden Mortar.



The 72nd SAACP National AGM was convened on Sunday morning 13 August 2023 as a hybrid meeting. The venue for the in-person attendees was Lynwood Conference Centre, Lynwood, Pretoria.

The elected executive of the SAACP National Executive Committee for 2023 - 2024:

President:	Johannes Ravele	Pretoria Branch
Vice-President:	Jameel Kariem	CWP Branch
Hon. Treasurer:	Frans Landman	SG Branch
Hon. Secretary:	Taki Kyriakos	Border and Eastern Districts Branch
Immediate Past President:	Tshifhiwa Rabali	SG Branch

During the National AGM the prestigious Julius Israelsohn award was bestowed on David Sieff for his dedicated, unstinting and exemplary service to the pharmacy profession, in particular the South African Association of Community Pharmacists (SAACP).

Gary Köhn proposed this Motion which was seconded by Tshif Rabali. The motivation was comprehensive and impressive. Mr. Köhn made a touching address to Dave, which was a testament to his many years of outstanding service to the profession, and particularly to the SAACP.



L to R: Sim Pambuka, Johannes Ravele, Taki Kyriakos, David Sieff & Jameel Kariem

Dave responded with heartfelt appreciation and thanks for the award which was of great significance to him.

VIDEO RECORDED INTERVIEW



Pumza Hlekane & Prof Alex van Den Heever

A video recording of an interview took place on 31 August 2023 with Prof Alex van Den Heever and Ms. Pumza Hlekane. The topic of the recording was "how the proposed NHI will affect community pharmacy". Currently, the video recording is being edited and the final version is expected soon. This will then be made available to Branch members, uploaded onto the Branch website and YouTube.

Prof. van Den Heever felt that the public sector needs better governance and accountability to root out the current corruption and inefficiencies. "Instead of pursuing the paper-based best-practice policy, we should look for the best fit for the capability of the healthcare system at this point, and what will move us forward," Van Den Heever said, "There are many issues that need to be addressed and we need to prioritise what comes first," he added.

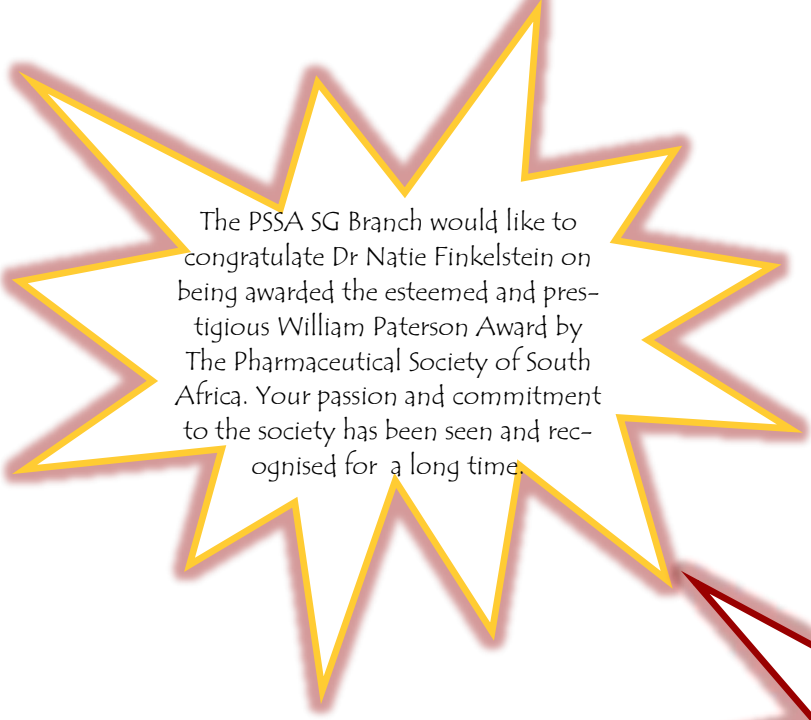
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“Granted that there are also problems of escalating costs in the private healthcare sector, one can’t propose to completely change two health systems and merge everything into a third system that has never existed, and assume they will eliminate all the problems,” he emphasised.


Van Den Heever said that the proposed reforms addressed the need to equalise health risks, social reinsurance, price determination, a licensing framework for private hospitals, and quality and information regulation.

His belief is that there is currently no cause for community pharmacists to be concerned until the matters above are dealt with.


CONGRATULATIONS



The PSSA SG Branch would like to congratulate Dr Natie Finkelstein on being awarded the esteemed and prestigious William Paterson Award by The Pharmaceutical Society of South Africa. Your passion and commitment to the society has been seen and recognised for a long time.



The PSSA SG Branch would like to congratulate Tshifhiwa Rabali on being elected President of The Pharmaceutical Society of South Africa.



The PSSA SG Branch would like to congratulate Gary Black on being awarded Honorary Life Membership of the Pharmaceutical Society of South Africa. Your passion and commitment to the Society and the pharmacy profession at large, has been in the spotlight for a long time. We wish you good health and happiness during your retirement.



DUPLICATE BOOKS AVAILABLE

NAME	AUTHOR	REFERENCE
Indicators for Monitoring National Drug Policies	World Health Organization	PSSA 4330
Vademecun International Twelfth Edition		PSSA 2964
Geneeskundige Woordeboek	Butterworths	PSSA 1003
Formulary		PSSA 2257
The Art of Dispensing	Chemists & Druggist Series	PSSA 4263
Johannesburg Hospital Pharmacopoeia		PSSA 2257
Formulary		PMS 7
Mercks 1899 Manual		PMS 8
South African Medicines Formulary Second Edition		PSSA 2601
Readings in Scientific and Technical German	PH Curts	PSSA 2768
Materia Medica with Refectory	Boericke	PSSA 4205
Materia Medica	William Hale White	PSSA 1027
Practical Pharmacy	Lucas and Stevens	PSSA 1500
Manufacturers Practical Recipes	FJ Parson's	PSSA 4298
The Principles and Practice of Medicine	Sir Stanley Davidson	PSSA 4339
The Merck Manual Eighth Edition		PMS 9
Textbook of Pharmacognosy	Trease	PMS 10
Royal Pharmaceutical Society of Great Britain	SWF Holloway	PSSA 1097
British Pharmacopoeia 1993	Addendum 1995	PMS 11
British Pharmacopoeia 1993	Addendum 1994	PMS 12
British Pharmacopoeia 1993	Addendum 1993	PMS 13
The History of Organised Pharmacy in SA 1885 - 1950	Mike Ryan	PMS 14
The History of Organised Pharmacy in SA 1885 - 1950	Mike Ryan	PMS 15
Gauteng History Of Pharmacy Journal Vol 4 2000 National Pharmacy Museum Archives	National Pharmacy Museum Archives	PMS 16
The Saga of Sive Brothers & Karnovsky	National Pharmacy Museum Archives	PMS 17
Saga of the South African Company	National Pharmacy Museum Archives	PMS 18
Daily Drug Use 6th Edition	Joe Talmud	PSSA 227
Daily Drug Use	Joe Talmud	PSSA 849
The South African Family Practice Formulary	MediKredit	PSSA 1981
Aptekers Woordeboek	SA Akademie	PMS 19
The British Pharmacopoeia 1914		PSSA 2864



Pharmacy Month 2023

Pharmacy United in Promoting Healthcare for Patients



Quality Healthcare for All
Ask your pharmacist for further information or scan



English



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Pharmacy Month 2023

Pharmacy United in Promoting Healthcare for Patients



PROMOTE

Health Education



Speak to your pharmacist about washing your hands correctly and regularly. Keeping your hands clean can prevent 1 in 5 respiratory infections.

PROVIDE

Access Primary Health Care



Your pharmacist can provide quality, affordable primary healthcare services. Your pharmacist can test your blood sugar and blood pressure levels

PROVIDE

Vaccines



Vaccines are safe and effective in preventing many diseases. Speak to your pharmacist about what vaccines you and your family should receive to keep you healthy.

EMPOWER

Medication Queries



Ask your pharmacist if you have any queries about the medicine you are taking. Tell your pharmacist if you experience any side effects with your medicine.

EMPOWER

Antimicrobial Stewardship



Antibiotics only treat bacterial infections. Antibiotics do not work against viral infections like flu.

80%

Almost 80% of antibiotics used in humans are prescribed in primary care.*

#pharmacyunited #knowyourpharmacist #askyourpharmacist #pharmacymonth2023

Quality Healthcare for All

Ask your pharmacist for further information or scan



* http://www.scielo.org.za/scielo.php?script=sci_arttext&pid=S0256-95742015000500033



National Pharmacy Museum Artefacts



R285



R165



R325



R95



R360

To start your very own collection please contact:
Cecile @
011 442 3615
ceciler@pssasg.co.za



The Chairman of the Editorial Board is David Sieff, and the members are Shaista Nabee, Dr Stephanie Leigh-de Rapper, Gary Köhn, and Cecile Ramonyane, Branch Secretary. All articles and information contained in The Golden Mortar, of whatsoever nature, do not necessarily reflect the views or imply endorsement of the Editorial Board, the Branch Committee, the PSSA, its Branches or Sectors. The Editorial Board and the aforesaid cannot therefore be held liable. Every effort is made to ensure accurate reproduction and The Golden Mortar is not responsible for any errors, omissions, or inaccuracies which may occur in the production process.

The Editor reserves the right to amend punctuation or text for correctness, and to summarise where necessary.

We welcome all contributions and as space permits, these will be published.

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Your PSSA Southern Gauteng Branch Sector representatives are:

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Hospital Pharmacy:	Shaista Nabee & Tshilidzi Shabangu
Industrial Pharmacy:	Thavashini Pather
Academic Pharmacy:	Prof Yahya Choonara & Muhammed Vally

Contact them through the Branch Office: Tel: 011 442 3615

The Editorial Board acknowledges, with thanks, the contributions made by the SA Association of Community Pharmacists (SAACP) Southern Gauteng Branch, to the production of this newsletter.

