POSITIVE IMPACT

CPD Brochure

2024/2025

Pharmacists and Assistants

Table of Contents

Click on the title of your desired course

1

2024 Courses *3*

THE IMPORTANCE OF HOLISTIC SKINCARE 3
POLYPHARMACY 3
A GUIDE TO MANAGING ANAL FISSURES 4
ADVERSE DRUG REACTIONS 4
MENOPAUSAL HORMONE THERAPY 5
CYSTIC FIBROSIS 5
MANAGING CHRONIC PAIN IN OLDER ADULTS 6
POLYMYALGIA RHEUMATICA 6
DIABETIC KETOACIDOSIS – AN OVERVIEW 7
HYPERTENSION AND ANTIHYPERTENSIVE DRUGS 7
IODINE AND SELENIUM FOR WOMEN OF CHILDBEARING AGE 8

2025 Courses *9*

SLEEP APNOEA: A COMPREHENSIVE OVERVIEW 9
SKIN CANCER PREVENTION 9
SEVERE ASTHMA: DIFFERENTIATING IT FROM DIFFICULT-TO-TREAT ASTHMA 10
RESTORING PROFESSIONAL CONFIDENCE AFTER EXPERIENCING AN INCIDENT 11
PROSTATE CANCER 11
REDUCING THE BURDEN OF DIABETES COMPLICATIONS 12
PARKINSONISM AND PARKINSON'S DISEASE 12
INSOMNIA 13
FIRST- AND SECOND-GENERATION ANTIHISTAMINES 13
DIABETES IN OLDER PERSONS 14
DEALING WITH AGGRESSION IN PHARMACY 14
COMMUNICATION BREAKDOWNS AND MEDICATION ADHERENCE 15
ATOPIC DERMATITIS 15

2024 Courses

THE IMPORTANCE OF HOLISTIC SKINCARE

This article focuses on the importance of the holistic skincare routine of cleansing, moisturising and photoprotection in alleviating signs and symptoms of acne, rosacea and atopic dermatitis and improving quality of life of patients. Pharmacists and pharmacy support staff have a significant role in assisting patients with the selection of suitable adjunctive products in combination with their prescribed treatment.

Learning Objectives

After completing this activity, pharmacists should be able to:

- understand the pathophysiology and burden of acne, rosacea and atopic dermatitis;
- discuss the recent evidence (consensus paper) published on the need for holistic skincare routines in dermatological conditions;
- recognise the importance of holistic skincare routines and understand they are as important as therapeutic treatment in dermatological conditions;
- communicate the critical role of cleansing, moisturising and photoprotection (CMP) to acne, rosacea and atopic dermatitis patients during management of their condition.

POLYPHARMACY

Ensuring medication safety in polypharmacy is one of the key roles of pharmacists, who conduct comprehensive medication reviews and provide quality medicine use services in various healthcare settings and in the community.

Learning Objectives

- After completing this activity, pharmacists should be able to:
- describe the risks associated with polypharmacy and multimorbidity;
- list the core principles and elements of polypharmacy stewardship;
- design a framework for polypharmacy stewardship.

A GUIDE TO MANAGING ANAL FISSURES

This article discusses anal fissures and is designed to provide pharmacists and other healthcare professionals with the necessary knowledge to effectively assist people suffering from this common anorectal condition.

Learning Objectives

After completing this activity, pharmacists should be able to:

- recognise the common symptoms and causes of anal fissures;
- explain the differences between anal fissures and haemorrhoids;
- identify key patient information that helps determine when referral is needed;
- determine appropriate treatment options for people with anal fissures.

ADVERSE DRUG REACTIONS

Adverse drug reactions (ADRs) are unintended and harmful effects that occur when a medication is administered at a standard dosage. While medications play a vital role in modern healthcare, their potential to cause adverse reactions underscores the importance of thorough monitoring, assessment and understanding of these risks. Pharmacists are at the forefront of identifying and dealing with adverse drug reactions.

Learning Objectives

After completing this activity, pharmacists should be able to:

- Describe the terms type A and type B adverse reactions
- Define types C, D, E, F and G adverse reactions
- Ascertain if a patient is suffering from an adverse drug reaction
- Refer a patient on when an adverse drug reaction is suspected
- Utilise appropriate sources of information that can be used to find appropriate adverse reactions
- Describe the effects on the foetus of some medications when used during pregnancy.

MENOPAUSAL HORMONE THERAPY

Advances in the understanding of the risks and benefits, contraindications, timing and type of delivery of menopausal hormone therapy will assist women to have clear information to make appropriate decisions.

Learning Objectives

After completing this activity, pharmacists should be able to:

- discuss the symptoms of menopause;
- discuss the selection of drug treatments available to assist with the management of menopause;
- identify non-drug methods to manage symptoms of menopause;
- consider the risks versus benefits of menopausal hormone therapy (MHT);
- provide patients with useful counselling tips to assist ongoing care.

CYSTIC FIBROSIS

People living with cystic fibrosis encounter unique and significant challenges with managing their complex daily medication regimens. Pharmacists are well-placed to provide advice on medication use and other therapies, to improve adherence and overall quality of care for patients with CF.

Learning Objectives

After completing this activity, pharmacists should be able to:

- define cystic fibrosis;
- describe the genetic causes of cystic fibrosis;
- list the symptoms cystic fibrosis;
- discuss the complications of cystic fibrosis;
- suggest non-drug treatments to assist people with cystic fibrosis;
- describe drug treatment of cystic fibrosis.

MANAGING CHRONIC PAIN IN OLDER ADULTS

This activity will cover the management of chronic pain among older adults, encompassing topics such as the prevalent sources of chronic pain, patient assessment, both pharmacological and non-pharmacological treatment choices, and the medication adjustments essential for taking into account the effects of aging when prescribing pain relievers to this group of patients.

Learning Objectives

Upon finishing this program, participants should have enhanced their ability to:

- Enumerate the typical sources of chronic pain among older individuals
- Elaborate on the procedures for assessing pain in older adults
- Identify the pharmaceutical alterations linked to the aging process
- Deliberate upon both pharmaceutical and non-pharmaceutical alternatives for managing chronic pain in the older adult population.

POLYMYALGIA RHEUMATICA

Polymyalgia rheumatica means 'pain in many muscles'. Polymyalgia rheumatica (PMR) is an inflammatory disorder that causes widespread aching, stiffness and flu-like symptoms.

Learning Objectives

After completing this activity, pharmacists should be able to:

- Discuss the symptoms of polymyalgia rheumatica (PMR)
- Discuss the drug treatments available to assist with symptoms
- Consider the risks and benefits of oral corticosteroids used to treat PMR
- Identify non-drug methods to manage pain symptoms
- Provide patients with useful counselling tips to assist ongoing care

DIABETIC KETOACIDOSIS – AN OVERVIEW

Diabetic ketoacidosis (DKA) is a serious, acute, life-threatening condition that can occur in people with diabetes, and requires immediate medical attention.

Learning Objectives

After completing this activity, pharmacists should be able to:

- Describe the prevalence, causes and risk factors of diabetic ketoacidosis (DKA)
- Recognise key differences between ketosis, diabetic ketoacidosis and lactic acidosis
- Discuss the pathophysiology, clinical features and diagnosis of DKA
- Outline the management of DKA, including key aspects related to the management of DKA in adults, adolescents and children

HYPERTENSION AND ANTIHYPERTENSIVE DRUGS

When it comes to managing hypertension, pharmacists have an important role in medication management, disease state education, blood pressure measurement and monitoring, and patient counselling.

Learning Objectives

After completing this activity, pharmacists should be able to:

- Define hypertension
- Describe how blood pressure is measure
- Explain the causes of hypertension
- Describe the symptoms of hypertension
- Identify the complications of hypertension
- Describe non-drug prevention and treatment of hypertension
- Summarise the drug treatment of hypertension
- Suggest strategies to improve adherence to BP medicines

IODINE AND SELENIUM FOR WOMEN OF CHILDBEARING AGE

This article describes how deficiencies in maternal iodine and selenium may impact the future health of offspring, the impact of current dietary habits and the vital role of supplementation before, during and after pregnancy.

Learning Objectives

After completing this activity, pharmacists should be able to:

- Describe thyroid metabolism during pregnancy and understand its impact on maternal iodine and selenium demands
- Understand the consequences of deficient or marginal iodine status during
- pregnancy and lactation
- Describe the impact that changing dietary habits have had on iodine status
- Understand the rationale behind the recommendation for daily iodine supplementation during pregnancy and lactation

2025 Courses

SLEEP APNOEA: A COMPREHENSIVE OVERVIEW

Obstructive sleep apnoea (OSA) is a condition that pharmacists will commonly encounter; given the current level of under-diagnoses, there is a key role for pharmacists in recognising symptoms and facilitating diagnosis via referral/triage with medical colleagues.

Learning Objectives

After completing this activity, pharmacists should be able to:

- understand the pathophysiology of sleep apnoea, identify the risk factors for developing apnoea, and be able to list health consequences of sleep apnoea;
- identify key diagnostic approaches to assessing people for obstructive sleep apnoea;
- identify treatment options for the management of sleep apnoea;
- understand and describe current pharmacological treatment approaches for obstructive sleep apnoea that are being tested in clinical trials;
- discuss the role of the pharmacist in supporting patients at risk of and with diagnosed sleep apnoea.

SKIN CANCER PREVENTION

This article delves into the critical role of sun protection, with a special focus on sensitive skin conditions such as eczema, acne, and rosacea, and for patients on medications that heighten sun sensitivity

Learning Objectives

After completing this activity, pharmacists should be able to:

- understand the impact of UV exposure on the skin and common types of pre-cancerous lesions and skin cancers;
- discuss the importance of sun protection and the incidence of skin cancer;
- describe the potential skin conditions associated with sun exposure and the importance of appropriate sunscreen formulations for dermatological conditions like acne, eczema and rosacea;
- demonstrate the correct amount and application method for sunscreen to achieve full-body coverage and optimal SPF protection;

- educate patients on the timing and frequency of sunscreen application, including considerations for activities like swimming and sweating.

SEVERE ASTHMA: DIFFERENTIATING IT FROM DIFFICULT-TO-TREAT ASTHMA

While many individuals effectively manage their asthma with standard therapies, some continue to experience uncontrolled symptoms despite appropriate treatment. This article focuses on distinguishing between severe asthma and difficult-to-treat asthma, understanding when referrals are necessary, and emphasizing the pharmacist's role in supporting patients.

Learning Objectives

After completing this activity, pharmacists should be able to:

- Understand the prevalence and impact of severe asthma;
- Differentiate between difficult-to-treat and severe asthma;
- Recognize the advantages of biological therapies for managing severe asthma

RESTORING PROFESSIONAL CONFIDENCE AFTER EXPERIENCING AN INCIDENT

Normalising the process of healthcare mistakes and acknowledging that it may feel uncomfortable and hard, is a way in which a pharmacist can take back control of the situation.

Learning Objectives

After completing this activity, pharmacists should be able to:

- describe potential psychological impacts on pharmacists following an adverse incident;
- define the three phases in the continuum of psychosocial health and the importance of psychosocial safety;
- discuss the strategies and tools to rebuild professional confidence;
- apply reflective practice principles to construct an action plan.

PROSTATE CANCER

The prostate is a gland unique to male anatomy, located at the base of the bladder. It plays a critical role in the male reproductive system by secreting seminal fluid, which is essential for nourishing and supporting sperm during ejaculation (Kumar et al., 2018).

Learning Objectives

After completing this activity, pharmacists should be able to:

- describe the role of the prostate and the process of prostate cancer diagnosis and staging;
- compare and contrast the available therapy options for prostate cancer;
- identify the adverse effects associated with the various prostate cancer therapies;
- discuss the management approaches for reducing the impact of the adverse effects associated with prostate cancer management;
- describe the role of the pharmacist in assisting men who have received or are receiving therapy for prostate cancer.

REDUCING THE BURDEN OF DIABETES COMPLICATIONS

The primary objective in managing diabetes is to prevent complications, which are a leading driver of morbidity and mortality.[1] In recent years, treatment guidelines have evolved due to the introduction of newer blood glucose-lowering agents.[1] Pharmacists, through collaborative medication reviews, can advise on these therapies to lessen the cardiorenal-metabolic risks linked to type 2 diabetes.[1]

Learning Objectives

After completing this activity, pharmacists should be able to:

- describe strategies to reduce or prevent complications of diabetes;
- identify the cardiorenal benefits of newer medications for type 2 diabetes;
- recommend medications for type 2 diabetes in an older person.

PARKINSONISM AND PARKINSON'S DISEASE

Parkinson's disease was first defined by James Parkinson in 1817 as:
"Involuntary tremulous motion, with lessened muscular power, in parts not in action and even when supported; with a propensity to bend the trunk forward, and to pass from a walking to a running pace: the senses and intellects being uninjured."

Learning Objectives

After completing this activity, pharmacists should be able to:

- distinguish between tremor, Parkinsonism and Parkinson's disease (PD);
- recognise the symptoms of PD;
- identify the various medications that may induce or exacerbate PD symptoms;
- describe the pharmacological treatments for PD;
- determine interactions between anti-Parkinson's medications and other medications;
- counsel patients with PD about their medications.

INSOMNIA

Insomnia, derived from the Latin *in* (not) and *somnus* (sleep), represents a prevalent and often debilitating condition characterized by difficulty falling or staying asleep or experiencing sleep that does not feel restorative (1).

Learning Objectives

After completing this activity, pharmacists should be able to:

- identify common sleep disorders;
- define insomnia;
- describe the various insomnias;
- describe the potential causes of insomnia;
- identify pharmacological treatments for insomnia;
- describe the role of the pharmacist in advising on sleep hygiene.

FIRST- AND SECOND-GENERATION ANTIHISTAMINES

This article explores the pathophysiology of allergic rhinitis (AR) and urticaria, focusing on oral antihistamine treatment and their physicochemical properties. It compares first- and second-generation options, highlighting their lipophilicity blood–brain barrier penetration, effects on the central nervous system and potential interactions with food and drinks.

Learning Objectives

After completing this activity, pharmacist should be able to:

- discuss the pathophysiology of allergic rhinitis and urticaria;
- outline the oral pharmacological treatments for allergic rhinitis;
- discuss the difference between the first and second generation of antihistamines with respect to their lipophilicity and their ability to penetrate the blood–brain barrier;
- understand which oral antihistamines have approximately 0% brain occupancy or modest brain occupancy and brain interference.

DIABETES IN OLDER PERSONS

The increasing prevalence of type 2 diabetes among older persons highlights the need for pharmacists conducting medication reviews to remain up to date with shifting evidence and guidelines.

Learning Objectives

After completing this activity, pharmacists should be able to:

- identify comorbidities associated with type 2 diabetes;
- implement glycaemic targets for older persons;
- recommend medications for type 2 diabetes in an older person.

DEALING WITH AGGRESSION IN PHARMACY

This article, in conjunction with the CLASHED Action Plan, seeks to aid pharmacists in understanding aggressive behaviour and provide actionable strategies to effectively manage and mitigate confrontational situations.

Learning Objectives

Upon completion of this activity, pharmacists will be equipped to:

- Identify and explain the effects of aggressive behaviour.
- Implement effective risk management strategies within pharmacies to minimize and handle confrontations.
- Apply proven de-escalation techniques during instances of aggressive behaviour.
- Maintain their well-being and uphold a safe, professional environment post-incident.

COMMUNICATION BREAKDOWNS AND MEDICATION ADHERENCE

Breakdowns in communication can adversely affect a patient's medication adherence. Fostering an open and continuous dialogue between patient and pharmacist will lead to improved medication adherence and better health outcomes.

Learning Objectives

After completing this activity, pharmacists should be able to:

- recognise their role in optimising clinical care and ensuring the quality use of medicines, demonstrating an understanding of their impact on patient outcomes:
- analyse the impact of communication breakdowns among healthcare providers and patients, particularly how these breakdowns can lead to adverse clinical outcomes and poor medication adherence;
- discuss the benefits of effective communication in medication management and how it improves patient adherence and reduces medication-related problems;
- identify appropriate questions a pharmacist should ask to detect adverse effects of medications, such as inquiring about dry coughing in patients taking ACE inhibitors;
- evaluate the relationship between health literacy and medication adherence, recognising that higher health literacy positively correlates with improved adherence

ATOPIC DERMATITIS

This course aims to provide a comprehensive overview of atopic dermatitis (AD) management, highlighting the importance of early intervention and continued preventative measures.

Learning Objectives

After completing this activity, pharmacists should be able to:

- understand the pathogenesis, presentation and management of atopic dermatitis;
- understand the burden of atopic dermatitis and importance of effective treatment and adjunctive skincare for symptom management;
- understand the role of filaggrin and ceramides in healthy skin barrier function;
- discuss the supportive clinical evidence available for filaggrin metabolites and ceramide precursors in the management of atopic dermatitis.