

Read UPDATES on
WORLD DIABETES DAY
YOUTH EXPEDITION PROJECT
nus open HOUSE
HEALTH BAZAAR
XPERIENCE PHARM '09
and many more...!



ELIXIR

may 2010

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Message from MRT

Hello fellow Pharmers!

The second semester of this academic year is in full-swing and we're sure everyone is busy with their final-year preparations. However, do take some time to read this issue of Elixir by the 49th Media Resource Team!

This time round we bring you coverage of events done by our sister-committees, such as the annual **Brown Bagging** by Emed, the two **Sports Carnivals** by Welfare, the **Patient Counseling Event** from the Academic committee, and our very own **Pharmacy Health Bazaar cum Health Campaign**, helmed by PPAC and Finance.

Not to forget the events that took place during our December term break, we also have reviews of the **Xperience Pharmacy Camp** and **Youth Expedition Project**. If you've missed out on them last year, why not go this year?

Since final-year exams are looming ahead, we've included **anecdotes from our very own professors** about what it was like for them when THEY were students in NUS Pharmacy! Was the course any different back then from what it is now? What advice do they have for us in surviving four years of coursework? Read on to find out.

Last but not the least, our committee is proud to announce that we are now on **FACEBOOK!** Do join our page, "**NUS Pharmily!**" for the latest news and media updates regarding NUSPS and its events.

We hope you thoroughly enjoy reading our newsletter. This time round, we've decided to print them out in a pretty **MAGAZINE FORMAT** for you guys to take a look at in the PS room! So study hard, but don't let the stress burn you out! We wish everyone the best for their final-year exams.

Lots of love,

Belinda & the 49th NUSPS Media Resource Team

(You might just be able to finish reading Elixir before a 95 bus—which actually has space for you—finally turns up at Science. So much for Circle-Line)



NUS Pharmily!

Wall Info Photos Discussions Video Events >> +

What's on your mind?
Attach: Everyone [Share](#)

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NUS Pharmily!



Health Bazaar cum Health Campaign

176 new photos

Yesterday at 7:01pm · [Comment](#) · [Like](#) · [Share](#)



NUS Pharmily! World Tuberculosis Day (24 March) is approaching once more; but tuberculosis seems to have become a "forgotten disease"! How much do you know about tuberculosis and its dangers? Read more about it on our World TB Day Special article!



NUS Pharmaceutical Society » News Review (World Tuberculosis Day Special): Tuberculosis – Rememberin

www.nusps.org

Articles: The Straits Times March 18, 2010 – The Forgotten Disease (pg 12-13) The Straits Times March 18, 2010 – The Taming of TB (pg 14)

Sun at 4:19pm · [Comment](#) · [Like](#) · [Share](#)



NUS Pharmily! The Rag Committee is currently running various fundraising activities in preparation for our very own Pharmacy RAG 2010. They will be selling self-designed button badges as well as chocolates and candies from The Cocoa Trees. Please read this post for details on the items up for sale! Do support the Rag Committee as

Create an Ad

I need a home



Put me in your Zool

[Like](#)

Slimming Wear SALE



★SGLADY.com★ - We sell almost all kinds of Slimming wear, wrap and many other Ladies Products! Lowest Prices Guaranteed!

[Like](#)

Gimme a Name



Name the 5 new mascots of Cathay Cineleisure Orchard and win up to \$10,000 worth of prizes! What are you waiting for? Take part NOW!

[Like](#)

More Ads

Does this look familiar to you? It should!

Here are 5 reasons why you should join our page if you have not already done so:

You have spent countless time before trying to hunt down precious photos or videos of yourself from NUSPS events for keepsake.... Especially for EPIC EVENTS like Rag Day.

You really hate sieving through countless NUS emails just for the ones that really matter for us PHARMACY students.

You always wanted to meet other people from Pharmacy: be it your classmates, juniors, senior, graduates....or even our STAFF?

✓ You would like a **one-stop place for all the media resource, student announcements and news updates related to Pharmacy** that you've ever wanted! No need to dig through yahoo groups, the website, or ask around anymore.

✓ You're probably already on Facebook anyway. **Wouldn't it be convenient to be notified of all the updates we offer without any searching done on your part?** Everything that we publish on our page will be blasted straight onto YOUR NEWS FEED. Which you can check easily while keeping in touch with your social network

All you need to do is to become a fan of our page, **"NUS Pharmily!"**

To do that, just go to this link here: <http://www.facebook.com/pages/NUS-Pharmily/208845126128?ref=ts>

And when we say press the "Become a Fan" button, we definitely don't mean this:



For those of you who have **already** subscribed, BUT **do not** see announcements appear regularly on your news feed,

Try these steps out:

1. Log into your FB account. Make sure you're on your News Feed (it's usually by default when you first log in—if not, just click HOME)
2. Scroll all the way down to the bottom of the site, and click on the link called "Edit Options" at the bottom right.



3. On clicking it, you will see the following window for your News Feed Settings open up. Make sure that NUS Pharmily! is not under "Hide". If it is, click on the grey-colored "X" beside it to remove it from your Hide list.
4. It is highly recommended that you put NUS Pharmily! under "Show More" to up the chances of its announcements appearing on your wall.

That's all!

4 simple steps to make sure our FB project will work just right for you.

Please support our hard work, and

Happy Facebooking! 🤖

For any queries or problems encountered, do email us at mrt.nusps@gmail.com and we will do our best to assist.

The 49th Media Resource Team ♥

Bringing the Pharmily together through media, one step at a time

(Let's squish you all together like the people-sardines we encounter on the trains and buses everyday while headed back and forth from NUS.)

WORLD DIABETES DAY



world diabetes day

14 November

This is the **third time** NUSPS has participated in World Diabetes Day (WDD). Last year, the campaign was held in campus to raise awareness about diabetes among the staff and students in NUS. Students are targeted as the theme for WDD is **“Diabetes in Children and Adolescents”**.

This year, the theme for WDD is **“Diabetes Education and Prevention”**, and the slogan is **“Understanding Diabetes and Take Control”**. Hence, our campaign this year was to raise awareness of the **risk factors of diabetes, prevention of diabetes, and how to manage diabetes**. We hoped to be able to promote our society amongst the NUS population as well.

On the **12th of November**, we made use of **floor stickers** to ask thought-provoking questions related to diabetes. This was to stimulate passers-by to stop and think of the significance of diabetes and relate them to their own lives. The floor stickers were placed at prominent places around the school of medicine and the faculty of science a few days before the event such that we can reach out to a larger population base.



We also made use of **specially designed bookmarks** to reach out to more people. We felt that leaflets and brochures would not be too well-received by people in general because they might be too wordy and people also had the tendency to discard them after reading. Hence, we decided on bookmarks as it would be a more concise alternative. Each specially designed bookmark **described a different aspect of diabetes and provided more information to the questions on the floor stickers**. We also built on the fact that because people have the tendency to share and compare the different bookmarks they each got, there would therefore be greater spreading and sharing of information amongst the school population.



informative bookmarks ▲

Each bookmark had a **blue ribbon** attached to it as well, which signifies unity under the sky as the **official WDD colour**. The flip side of the bookmark contained information on WDD as well as the significance of the logo to once again create awareness of the global effort and to appeal to personal participation.

The NUSPS logo was printed on the posters and also on the cover of each educational leaflet to raise awareness of our society. On **14 Nov**, a **short tribute to World Diabetes Day** was posted on the NUSPS website.

The event received good response and was better than expected considering it was the last 2 days of school before the examinations. The floor stickers were certainly read by many and all 500 bookmarks were given out. The participants also gained a better understanding of the disease. Most were friendly and had a few questions for us. Some had family members or relatives who are diabetic and we managed to address some of their concerns. More people would be aware of the world effort in reducing the incidence of diabetes as well.

This event was featured in the **IPSF Diabetes newsletter** as **“honourable mention campaigns”** and it certainly raise the level of recognition of NUSPS in the global pharmacy student community. I hope that this will serve as an inspiration for our own pharmacy students to put their creative juices together to organise an even better campaign for the future years!

World Diabetes Day

Understand. Take Control

14 November 2009! photos



Starting work



Distributing bookmarks...



and more bookmarks...



happy people :)

Valerie Ng

Year 2

Vice President & IPSF contact person

DISPENSE
A
DREAM '09



The DAD'09 Team:

second row (from left) Jaryl Tok,
Nicholas Seah,
Chua Boon Hou,, Qi Xuan, Ng Kwee
Haan, Jing Kai

first row (from left) Joanne
Chng, Fiona Yeo, Lim Shuli,
Deborah Chia, Jason Quek, Loh
Shuyi, Kwok Meijun, Ling Sok Ying,
Christina, Stephanie Lee,,
Rajalakshmi d/o Rajaram, Zeng
Waning, Magdeline Lee ,
Valerie Ng

Dispense-A-Dream' 09 is a Youth Expedition Project (YEP), an overseas service learning project comprising of 19 students from the NUS Faculty of Science, Pharmacy Department to Prey Veng Province in Cambodia from 7-23 December 2009. The team collaborated with a Singapore-based charity organization known as Operation Hope Foundation (OHF).

The main objectives of the trip are to build a house for a villager and her family, and to raise the health and hygiene awareness in the host community through health education and first aid lessons as well as to appreciate the culture of Cambodia.

The 17-day trip is a wonderful journey of hard work, fun, and joy. Through this project, not only have we contributed to the overseas community, we have gained tremendously as well. We have returned richer with new skills, knowledge, invaluable memories and stronger friendship. This trip has strengthened us both mentally and physically and allowed us to better appreciate things in life.

House Building

The team was given a briefing on house building by our host before starting the project. Prefabrication was done at Hope Training Centre with the help of the local carpenters and the prefabricated material was then brought over to the actual site for assembly. Only basic equipment and materials were used in the building of the house. It was tough manual work under the sun, but the thought of completing a house constructed with our own hands spurred the team on. It took us a week under the sweltering Cambodian sun to complete the entire house. Following that, a handover ceremony was conducted with the signing of documents in the presence of the village chief.



Contribution to the refurbishment of Hope Village

Hope Village, located in Prey Veng has been in operation for over 3 years and has the capacity to house around 120 orphaned children. Yet, Hope Village is more than just an orphanage. To these children, Hope Village is a place where they are sheltered and fed with care and concern, a place known to them as home. The team is proud to contribute S\$2000 towards the refurbishment of Hope Village. These funds would go into repainting of rooms, repairing of shelves as well as the purchase of new toothbrushes and clothing for the children. In addition, soya bean machines would be purchased to provide the children with a good source of proteins in cups of delicious soyabean milk!



• look into one of the rooms at Hope Village which was in the midst of renovation.





Health Awareness Education

We provided basic health awareness education to the children and their caretakers at Hope Village.

Health Education

Lesson plans were prepared by the Programme Cell and the team members were assigned to take charge of 5 different stations. The 5 stations were:

1. Proper handwashing technique
2. Proper teeth brushing technique
3. Body anatomy
4. Eye exercises
5. Height and Weight-taking

The session was made more interactive through the use of videos, diagrams and colorful pictures and models. By conducting these sessions, the children will learn the importance of looking after their own health and also acquire the skills to achieve it.

First Aid Lesson

The objective of the first aid lesson was to impart them with basic skills to handle wounds in times of emergency. The contents of the lesson includes basic bandaging techniques to handle minor cuts and minor burns. With the assistance of the older children who helped with translation, we were able to conduct the first aid lesson effectively. Also, with the aid of colourful posters, the children were able to gain a better understanding of how to properly handle a first aid scenario. Demonstrations by the team followed by a hands-on session further reinforced the skills taught. The children especially enjoyed the hands-on session as they were able to practise bandaging skills on their peers. During the hands-on session, our team members ensured that the children carried out the bandaging properly and correctly. It was satisfying to see that the children truly enjoyed themselves and it was certainly an enriching experience for all of us.



the team in action during the health awareness program at Hope Village!



Soap Distribution

Soap, unfortunately, is not readily available to the villagers as they are mostly too poor to afford them. In a bid to raise the hygiene level of the surrounding villages, a soap-making unit was set up in Hope Training Centre to make and package soap. Volunteers were teamed up with the orphans to help distribute the soap to the families in the poor villages. The team learnt basic Khmer Language so as to communicate to the family on the intent of our visit. Each family was given a few bars of soap depending on the size of the family.



greatgrandma and baby saying 'Or kun'-which meant thank you in khmer, after receiving the soaps

Cultural Exchange & interaction with the children of Hope Village

The cultural exchange started with a dance performance by our team that we had practised for weeks. Following that, we sang and swayed shoulder to shoulder to the tune of "We will get there" by Stefanie Sun for all the children in the orphanage. The night proceeded with more multicultural performances by a team of Raffles Junior College students and ended with a couple of traditional dance numbers by the children of Hope Village. In addition, we were also taught traditional Cambodian dances by the ever enthusiastic children from Hope Village! It was truly a memorable night which culminated with the singing of popular national day songs and dancing with the children.



In our final formation of our high energy dance number!



During our visits to Hope Village, we interacted with children ranging from 2 to 18 years old. We played games like 'London Bridge' and 'Catching' with the younger children and sports such as basketball and table tennis with the older ones. The children were full of zest and had certain innocence that shines through. Although the children at Hope Village have lost their family members, they are not alone and not one bit hesitant in welcoming us into their big family at Hope village. Meeting these beautiful children really opened our eyes to the harsh realities of life- that not everyone is as blessed as us in terms of having access to education or having 3 meals a day. Nevertheless, these children embody a strong sense of resilience that left a deep impression in each of us as we bid these bright children goodbye and all the best to their future endeavors that night!



The visit to Angkor Wat: One Wonder down, six more to go!

Of course, after all the hard work, blood and sweat from building a house, interaction with the children at Hope Village as well as distributing soap, our team looked forward to visiting some of the tourist attractions in the beautiful country. Located in Siem Reap province, the temple of Angkor Wat, built by the Khmer civilization between 802 and 1220 AD, represents one of humankind's most enduring and astonishing achievements. The team went to Angkor Wat in the wee hours of the morning to catch the sun cast its first light onto the grand temple. Following that, we visited a few of the famous temples, and even scaled a long, dauntingly steep flight of stairs to one of the temples. With the aid of an experienced tour guide, we were able to appreciate the history and grandeur of these ancient ruins.



posing for the camera at the top of the temple!

All of us agreed unanimously: if you have never been to Angkor Wat, you have never truly been to Cambodia!



Dispense-A-Dream '09

would like to thank all the staff and students from NUS Faculty of Science, Pharmacy Department, sponsors and donors. The project would not have been possible without your continuous support and kind contributions.

Youth Expedition Project

Elixir is glad to interview this year's YEP team leader- Zeng Wanling- to find out more about the YEP experience.

Could you give us a brief recount of your experience with YEPs?

Wanling (WL): Well, this is my **third time** going for a YEP and my second time going as a team leader. My first was when I was in **Year 1** and the experience proved to be life-changing. Having grown up in Singapore, we are all used to comfortable and hygienic conditions and tend to take them for granted. My first YEP trip in India happened to be my first time in a '**backwater**' region and it left a very deep impression. We had many meaningful activities which benefited the community and had learned much about the Indians through interaction with them. All these encouraged me to continue signing up for the YEPs in the following years.

My second trip was to **Cambodia** which was a very different experience, not just because I was the team leader, but it was also the first time I was in Cambodia. I also had to liaise with a lot of people to **ensure the smooth transition of my team members over**. Nonetheless, it was a very fulfilling trip and I felt that I have matured much from it.

This year YEP, although being my third, was a very different exposure for me. Most of the work we did there involve a lot of **manual labour such as sawing, chopping and nailing**, unlike my past trips which involved much less of these.

Did you face any difficulties in starting off DAD'09?

WL: Definitely! As **the only year 3** who went for this trip, I did not know most of my members initially.

Time was also another problem because my timetable was very packed and there were tests like just almost every week.

Recruitment was also a big problem as there were only a few who were interested initially. As the team was made up of students from different years, our timetable varies and getting everyone together for meeting was very tedious.

Nonetheless, this year project was overall a success as we managed to conduct all planned activities and fund raising went very smoothly. Most importantly, the kids at the orphanage had a lot of fun and were very happy to have our company.



Perhaps to end off, is there anyone whom you would like to thank or anything you would like to tell the future team?

WL: Firstly, I would like to thank everyone who had supported us especially **Prof Chan Sui Yong** for her advice and support. My gratitude is also extended to the **Pharmacy Department** and **my fellow course mates** for their support of our fund raising activity. I sincerely hope that more people would participate in YEP actively and spread the name of NUSPS. It is not only a life-changing experience but one can also contribute to the overseas community. **Remember! Grades are not everything!**

Yeah! I believe a lot of our course mates will agree with you with respect to that. Thanks for taking time out from your busy schedule for this interview!



Ng Kwee Haan
Year 1

XPERIENCE PHARMACY 2009



The recently concluded Xperience Pharmacy 2009 was an exciting and enriching **4-day camp**! After a quick session of icebreaking games, the JC student participants were ushered to the lecture theatre for the opening address by **Prof Chan**, our head of department.



The camp got into full swing after that, starting with Sherman's two-part lecture on **Acne and Antibiotics**. Through the lecture, the JC students ate their lunch and gained a preview of the things we learn as Pharmacy students. Next up were the **dispensing and dosage form practicals**, where the students got to don lab coats and make their own capsules, mixtures, creams and injections. It proved to be a fun and enriching experience for the students. Even seniors had something to learn from the practicals; taking on a supervisory role led us to reflect on our time and bench workspace management skills!

The highlight of the day was the night game, **Pharmapoly**, for which OGs had to go around playing in various station games to earn revenue and gain market share to achieve the aim of becoming the largest Retail Pharmacy chain in Singapore. The games allowed the campers to learn about Pharmacy in a fun and engaging way.

For instance, in *“Dispense a Prescription Through Webcam”*, participants had to relay a message regarding a prescription of a drug from one person to another, and the last person in the chain had to pick out the correct medication from a huge pile of medications based on the message received.



The second day started off with a series of talks by pharmacists from various sectors. This gave the campers valuable insights about the diverse roles that pharmacists play in the healthcare industry. The next feature of the day was Sherman's second lecture, this time on *Nose Allergy and Antidepressants*, before the students embarked on another practical session.



The final event of the day was the night game, **Famashi Case Files Episode 2**. It was arguably the most memorable part of the camp! Campers played detective, wandering about the Faculty of Science to gather clues from various stations to solve the mystery behind the death of Ms Poh Li Xin. Kudos to our seniors, who performed impeccably in their portrayal of the story's characters. Mian Yi, for one, could consider a second career path in acting!

After gathering enough clues, the campers had to piece together the events behind Ms Poh's death, and re-enact the scenes in a short skit. Lots of laughter ensued as each OG portrayed the events in their own unique (and hilarious) ways.

All good things must come to an end though, and after a night of supper and games it was time to wrap up the camp's events with the awards presentation, where **Johnson and Johnson's** were crowned the winning OG. They won for themselves a box that looked suspiciously like it was full of raisin buns, but in fact it contained an assortment of tasty food items.

Xperience Pharmacy 2009 has definitely left the JC students and seniors alike with not just an insight into the Pharmacy course and profession, but also many memories of the fun times and funny moments that we had over the course of the three days and two nights. Many thanks to the camp's committee for organizing the camp. Indeed, it was a great **XPERIENCE** for us all!



Ong Kheng Yong
Year 1

sports carnival!



The **Captain's Ball Sports Carnival**, organised by the ad-hoc wing of **NUSPS welfare committee**, was held at the SRC courts on **21st January 2010**. The event was slated to commence at 4:30pm but the skies began pouring at 3pm, casting doubts on both the participants and the organising committee. Thankfully, the rain stopped at 4pm, just in time to allow the floor to dry and the event to resume as per normal.

Of the 8 teams that signed up for the event, the Year 1s to Year 4s were all represented. Perhaps due to the motivation to fight for the prizes at stake, all the teams gave their best and tried very hard to win. Still, winning was not everything; what mattered most was the **strengthening of bonds within the Pharmily** during the games. It was a rare opportunity that enabled students from the four different cohorts to interact with each other while having fun at the same time.



The highlight of the event was probably the friendly match of students against the **pharmacy professors and staff**. In this final game of the event, the Year 4s competed enthusiastically against the staff team. It was an eye-opener for us to see our Pharmacy staff playing captain's ball, since we are definitely more used to seeing them in lectures and laboratories.

After two hours of intense competition, the top three teams were finally presented with fantastic **Haagen Dazs vouchers** and the memorable event came to a close.

The **Ultimate Frisbee event**, forming up the second Sports Carnival, was held at the NUS field on **11 March 2010**. Four teams competed against each other eagerly in a sport that required a lot of team work and running. It was a fast-paced game that was demanding on both the mind and the body.



It was not easy to determine the flight of the curling Frisbee, and many participants had to sprint *as fast as they could* in an attempt to catch the frisbee! Many throws were unpredictable, but that did not deter us from trying out best to get it right.

The **Year 2 team** were probably the most experienced. They displayed great teamwork along with sound tactics, enabling them to clinch the top prize after beating the Year 1s in the finals. The winning teams were then presented with **Swensen's vouchers**, marking the end of the Sports Carnivals this semester.



It felt good taking a break from our hectic study schedules to sweat it out with other course-mates. It was the first time playing ultimate frisbee for many of us and it proved to be an exciting experience. I hope that there will be more sports events held in the future by NUSPS!

Soh Deren
Year 1

GROUP SHOTS

FRISBEE



YEAR TWOS



YEAR ONES

CAPTAINS BALL



YEAR TWOS



YEAR TWOS (RED)

AN INTERVIEW

WITH THE ORGANIZING COMMITTEE'S I/C- GARETH YEO

Why did you choose to be the NUSPS Welfare committee ad-hoc I/C?

Gareth: I had been dreaming of this post even before I came to NUS! Haha no, of course not. To be honest, it was quite sudden. When I heard about this committee, whose main aim was to organise sporting events for pharmacy students, I thought it was quite appealing since I enjoy almost ANY kind of sport. So I joined this committee, though I never intended to become the I/C—that would actually take away the opportunity to play the sport we organised! Still, I decided to become the I/C because of overwhelming demand.

What is the purpose of the sports carnival?

Gareth: My initial aim for it was just for everyone to have a great time playing the sports they enjoy. But as I set my mind on planning it, I really felt that it was a good time to let pharmacy students from the different years get to know each other.

I guess to a smaller extent, it could also encourage interaction between professors and students. After all, I believe the professors would love to know their students better, and vice versa. So people who are reading this, now you know sports carnival has a much bigger aim, and I believe it is not any less important than studying! But I have to admit this aim has not been met YET.

Why did you choose captain's ball and frisbee over other sports?

Gareth: Basically, we did an online survey of the pharmacy cohort's preferences. The response to the surveys wasn't too good, but the general feedback was that many enjoyed and preferred these two sports. We also took into consideration many other factors like logistics and team-play. After all, our objective is not to source out talented sportsmen, but rather to encourage interaction. As such, most individual sports like badminton (though I love it) could not be hosted. Not to worry though, we'll be trying out a more unique sport soon, so do look out for it!

How did you feel when it was raining one hour before the captain's ball event started?

Gareth: I felt a tinge of disappointment; after all, we've put in so much effort to organise the event, and I was quite unwilling to disappoint the participants on their first sports carnival. I was also at a loss at what my next step should be. But I was thankful for Boon Kiang who gave me rather good advice on what to do, and also to Sijia, who helped communicate instructions to the participants. Most of all I am thankful to God, who stopped the rain and made the ground dry in an hour. It was really a miracle before my very eyes.

AN **INTERVIEW**WITH THE ORGANIZING COMMITTEE'S I/C- **GARETH YEO****-CONTINUED-****Do you think the event was successful? Why?**

Gareth: I felt that it was a success because I believed all of the participants enjoyed themselves. It was also cool to see classmates coming down to support their friends, and an eye-opener to watch the professors play (*like they have been doing it professionally? Haha!*) Most of all, it was most rewarding to see every year represented during the carnival. I believe for most of the Year 1s, it was the first time we really got to see and meet our Year 3 and 4 seniors.

Are there any improvements that you will like to see?

Gareth: Actually YES! I really hope to see more inter-year interaction at the next sports carnival we organise. Maybe because the prizes were too attractive, that I felt the games were a little bit too competitive. And most of the teams just stuck with each other, with not much inter-year interaction or fellowship. It is really something that we will look into for the next carnival. I'll suggest that to Cindy, our welfare head.

Are there any other events that you hope to organise in the future?

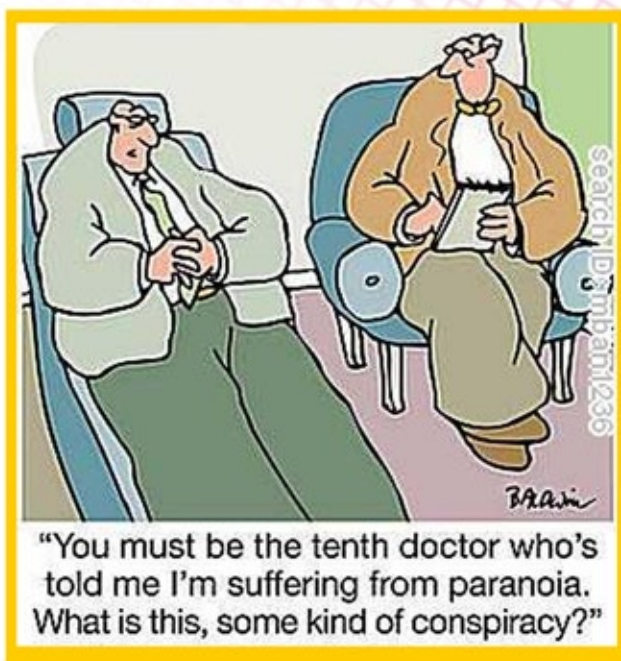
Gareth: *Haha. This seems like a trick question.* I am thinking of letting someone else have the chance to head this committee because I have too many commitments already. But I definitely would love to be part of the next committee to plan more sport events... just maybe not being in-charge.

**WHOEVER IS READING THIS,
IF YOU HAVE A BURNING PASSION FOR SPORTS, PLEASE CONTACT
CINDY (YEAR 2);
YOU MIGHT JUST BE THE NEXT AD-HOC COMMITTEE IC!**



Patient Counselling Event

This year's Patient Counseling Event (PCE), an annual event held by the NUS Pharmaceutical Society, took place on **23 January 2010**. Focused mainly on the area of patient counseling, this event attracted approximately 50 pharmacy students from the first, second and third year cohorts. Patient counseling plays a significant role in pharmacy practice, especially in the **community and hospital settings**. Therefore, this event was held to **enhance the communication skills** of pharmacy students, with guidance and sharing from experienced working pharmacy professionals.



The event commenced at 10 am, with a sharing session by **Ms Gloria Tan**, a senior pharmacist working in the National University Hospital. Ms Tan shared her insights about working as a senior pharmacist in the hospital setting, which was important to all pharmacy students, especially to the year three students who will embark on their preceptorship in hospitals in the upcoming vacation. She focused predominantly on **what a pharmacist should say to patients while conducting patient counseling**, as it is important that a pharmacist **instill trust and confidence in patients**.



The next guest speaker, **Ms Esther Huang**, a pharmacist from Guardian Pharmacy, enlightened us with several of her mnemonics which come in handy with respect to patient counseling.

One of the mnemonics shared was the **"AS METHOD"**, [A-Age, S-Self or someone else, M-Medication, E-Extra medication, T-Time persisting, H-History, O-Other symptoms, D-Danger signs]. This mnemonic is extremely useful, especially for students who are new to the practice of patient counseling, as it captures the sequence that pharmacists use to find out more about patient's background.

After understanding more about the job scope and roles of hospital and community pharmacists, the third speaker shared his experience as a student pharmacist. A third year student who has completed his preceptorship in a community pharmacy, **Sherman Ho** shared his experience, including the **difficulties** faced when he was faced with communication (language) barrier, and the things that could be done to **enhance** one's preceptorship experience, such as **collecting drug information sheets and familiarizing oneself with the product layout in the pharmacy**.

Post-lunch session started with a **role-play activity**, where five volunteers were selected to play the role of a pharmacist in five different scenarios. All the scenarios given were challenging in different ways, and it was time where what was learnt during the earlier sessions were put to practice. All in all it was an enjoyable experience, looking at how each "pharmacist" tackled the difficult situations. All the volunteers did an impressive job with their "difficult patients", and **Cindy Liew** from Year Two emerged as the overall winner with her impressive performance dealing with an impatient patient (*pun intended*) whose queue number was skipped.



The last session of the day was conducted by **Siti Nurhana** from the year two cohort. Siti shared with the audience a series of important Malay terms relevant to patient counseling. This was important for all pharmacists as **Malay** is a frequently used language among patients, and the basic terms would definitely be helpful in **ensuring that patients understand the instructions given**.



In a nutshell, the Patient Counseling Event was definitely a success, owing to the efforts of the organizer. It would not have been made possible without the contribution of all the guest speakers, who took time off their busy schedule to grace the event. It was truly a productive and valuable session for all who were present.



*Hiew Tze Ning
Year 2*

Brown Bagging



An introduction to Brown Bagging

Organised by the **Essential Medicines Committee (E-Med)**, the voluntary wing of NUSPS, Brown Bagging is an event in which **counseling sessions are arranged with the elderly to review their medications**. With the aid of registered pharmacists, our students will check their complete medication regimen, **ensuring that the medications are taken properly**. This is especially essential for those who are on **multiple medications, and/or have complicated medication regimens**. If changes are required to improve drug therapy, the students and pharmacists will work with the patient and the appropriate physicians to make the changes accordingly.

The objectives of Brown Bagging, aside from improving patient safety and ensuring optimal therapy, is to promote better patient/pharmacist relations, and a chance for our students to apply what they have learned through real-life counseling sessions.



Thoughts about the recent Brown Bagging event, held in January 2010 at a block of one-room flats in Bedok...

From the perspective of someone new to Brown Bagging:

It was my first Brown Bagging experience, and I was not quite sure of what to expect, nor was I confident of contributing significantly due to the limited knowledge that I had. However, I was given the opportunity to try and conduct a counseling session.

It was simple enough to note down the medication regimen of the resident I was counseling, but I had to **rely heavily on the questionnaire, as well as help from the seniors and our group's attached pharmacist, Ms Lita Chew**, to go through the various steps required.

While it might look straightforward on the surface, counseling a patient is most definitely anything but simple. There is a lot of information which needs to be processed while one is doing the counseling, and each patient is very much different from the previous. It is truly a challenging task, **requiring more than just drug knowledge, but also soft skills such as effective communication**. The experience has certainly helped me appreciate the difficulty of counseling a patient, and I look forward to the day when I am prepared to confidently counsel a patient.

Ong Kheng Yong
Year 1



And now, from a more experienced brown bagger:

Brown bagging serves to **maximise the therapeutic benefits and reduce side effects of medications for the patients**; it has also been an eye-opener and a meaningful learning experience for me.

The recent event was particularly memorable. The day began with a shock – **2 of residents allocated to my group could only converse in Malay**. Times like these really made me wish I had paid more attention during the Bahasa Indonesia module that I took! Luckily, we managed to get by with Sherman and Yan Yee who did a great job with the translation (though technical terms were still a challenge for both of them). It dawned on me that **as a pharmacist, having good communication skills is indeed important**. Even if we know the medications inside out, our duty is only complete if we are able to put the message across to our patients successfully, which would involve overcoming language barriers especially for the non-English speaking patients.

The first case was an old man whose only medications were lots of topical applications to manage his skin condition. During the medication review, we noticed that his feet were **dark brown, nearly black**. Upon further prompting, we learnt that he has **hypertension and diabetes**, but was not receiving treatment. His feet were possibly gangrenous due to the uncontrolled blood glucose. He was not aware of the seriousness of his condition. We explained about the need to seek medical treatment, but financial difficulties and transportation problems (he had difficulty walking) complicated matters. The pharmacist who helped us with this case conveyed the problem to the social worker who agreed to make the necessary arrangements.

Another interesting case involved an old lady with a handful of medications for **hypertension and dyslipidemia**. After finding out more about how she had been taking her medications, we discovered that she had been **taking her hydrochlorothiazide in the evening instead of in the morning** (she could not read the label), which explained her often disrupted sleep (a side effect of hydrochlorothiazide is frequent urination). Imagine waking up in the middle of the night to make a trip to the toilet every day! This was addressed by **advising her to switch to dosing in the morning**. Although this was a rather minor intervention, it allowed the old lady to have undisturbed sleep and a better quality of life.



Brown bagging helps patients benefit from their medication and for us, the students, it brings a different dimension to learning in pharmacy school. It provides good exposure to real patients and real issues (and outside of lecture notes for a change!); is an excellent platform for learning from peers and the pharmacists; and also rewards with the satisfaction of having helped someone.

Tan Kai Hui
Year 4

NUS OPEN HOUSE 2010

Following the release of this year's 'A' level results, NUS held its open house on campus to introduce prospective students to the various courses offered, and also to offer a glimpse to what campus life—such as CCAs and Hall activities—entailed.

Throughout the day, MPSH 2, which had been converted into a huge exhibition space of sorts, was filled with people. Prospective students came in groups of friends, or their parents tagged along. The more daring and independent ones even came alone! I daresay they seemed more confident of their application choices, boldly staking out the booths they were interested in and leaving out the rest.

This year however, I was not a part of the crowd that was roaming about. Instead, I was a student representative of NUSPS, and therefore the NUS Pharmily. We were tasked with talking to and answering the queries of students who showed interest in Pharmacy.

At first, we student volunteers waited around our booth, our eyes scanning the nearby crowd for people who seemed interested in Pharmacy. The professors however, with their years of experience, actively staked out those who came just a few steps towards our booth! We knew that we too had to up our game to match their efforts, and we begin to actively seek out prospective students.



“We’re here to sell Pharmacy!” mentions our department head, Prof Chan, to further emphasize our roles for the Open House.

Soon we learnt how the game was played: prospective students had a particular look in their eyes as they approached our booth. Some were confident, most were shy. Once eye-contact was established with us, it was set: **THEY WANTED TO TALK!**

Most students wanted to know about the career prospects. Many did not know that Pharmacy was a multi-faceted occupation with plenty of diverse career paths—they seemed pleasantly surprised in learning about the careers offered in a non-patient care setting. Others were certain that they would prefer a patient-care based career, because “research seems so boring!” Some seemed positively horrified by the idea of having to work in a community setting: perhaps their preceptorship would change their minds. J

Of course, the timeless question and most repeated question had to be: **“What is the difference between medicine and pharmacy? Which should I choose?”**

It was interesting hearing the professors’ responses. I was particularly inspired by **Dr. Chew Eng Hui’s**. She explained that she too, had once been a student who could not decide between medicine and pharmacy. **“I was a medicine-reject,”** she said, calmly using a rather derogatory-sounding term used often to describe the students who study pharmacy. “But when I look back, I’m glad I came to Pharmacy instead.” She then went on to explain the benefits behind the broadness of the Pharmacy career, and how it had let her explore many different career styles to suit her changing life choices.

I thought she gave wonderful advice to the young student: as a 19 year old just newly entering adulthood, **there’s nothing wrong with not knowing exactly what one wants to do.** Specifically for debating between medicine and pharmacy, the pros and cons are pretty much well balanced. In general, for what choice of study to pick: who knows? People are likely to change their lifestyle preferences as they mature with time and gain more life experience.

As such, I’ll like to take away what I gleamed from my Open House experience and share it with everyone.

For my dear course-mates facing stress from our studies, don’t falter! All courses are difficult. Let us take pride that the knowledge we acquire now, despite all the hard work we need to put into it, is relevant in helping many others live better lives.

Life is a long journey ahead; we never know what may happen or where we will go with it, so let’s enjoy every moment of it—hardships **AND** good times.

Belinda Tan
Year 1

HEALTH BAZAAR



PharmBear!

The health bazaar was jointly organized by the **Finance committee** and the Pharmacy Profession Awareness committee (**PPAC**) of NUSPS. It was held from 22 March till 23 March 2010, outside LT 27. The objective of this health bazaar is to raise the public's awareness of the pharmacy profession.

Before the actual health bazaar began, the finance committee was busy preparing the publicity items, using the adorable **PharmBear** as our friendly pharmacy ambassador. Pictures of PharmBear, posters and balloons were placed around the Science faculty to attract the attention of passers-by and inform them about the events happening at the bazaar.

The PharmBear was so adorable that many of them disappeared mysteriously even before the bazaar commenced!

One of the highlights of this year's health bazaar was the **auction game**, a brilliant bidding game conceived by the finance committee. The item auctioned was an **8GB Ipad-touch**, worth **\$308** in the market. Participants would need to purchase a bidding ticket worth \$1.50 and \$2 each during the pre-bazaar (17 Mar – 19 Mar) and the actual bazaar periods respectively. This auction game adopts a different winning approach as compared to the usual bidding system we are familiar with. The **lowest single bid** will be the winning bid instead of the usual lowest or highest bid. The response was overwhelming with more than 300 tickets sold throughout the 5 days when the booth was opened.

At last, **Prof Chan Lai Wah** from the Department of Pharmacy emerged as the winner with a bid of \$0.80! Congratulations!



Besides having the auction game booth, the finance committee had arranged for a Milo truck and candy floss machine where refreshing cold Milo and candy floss were given free to the public. In addition, photographs taken from the various sectors of the pharmacy profession were exhibited in the bazaar as well so as to showcase the diversity of pharmacy profession to the public.



- ▲ PPAC postcards!
- ▲ PPAC poster, illustrating the various professions

The PPAC booth was equally interesting. At the booth, there was a **mock dispensary** where visitors were advised on the classes and proper use of medications. Recommendations on appropriate **drug therapy** were also given to visitors upon request. Other than the mock dispensary, **free health screenings** like body fat analysis and blood pressure measurement were conducted for the public too. The rationale for these health screenings was to allow them to understand their health conditions and thereafter offer them advices on how they could improve their health. **Exquisite postcards** designed by PPAC members and **goodie bags** were distributed to the public as well, in an effort to promote the importance of the role pharmacists play in society.



- ▲ From left to right: Blood pressure measurement, Body fat analysis, Dispensary

The Emed committee had also set up a booth in the bazaar, selling **Koi bubble tea** and allowing the public to adopt **brown bags**. The brown bag contains a pill box, a thermometer and plasters. All proceeds from the sale of the bubble tea and adoption of brown bags, including the brown bag itself, will be donated to the needy elderly living in 1 room flats.



- ▲ Emed's booth and poster!

To commemorate the **World Tuberculosis Day** on **24 March**, the **International Relations Committee (IRC)** had exhibitions and interactive game stations to build public awareness about the global epidemic of tuberculosis and the efforts to eliminate the disease. Today, tuberculosis causes the deaths of about 1.6 million people each year, mostly in the Third World nations.



▲ IRC Game station



▲ IRC exhibits

The 2010 health bazaar was a successful one and we hope to see more Pharmily members take part in this event in the future to promote our very own profession!

Zhen Liang
Year 1

Credits to Joel Sim and Shunwei (Year One)
for providing information on PPAC & Emed
booths

World Tuberculosis Day

World TB Day is commemorated on the **24th of March** every year. This year the **International Relations Committee (IRC)** collaborated with the **Singapore Anti-Tuberculosis Association (SATA)** and organized a 2 day campaign in lieu with the health bazaar from **22nd – 23rd of March** to promote tuberculosis awareness among staff and students in NUS.



The committee started preparations for the bazaar in late February. Members of the IRC brainstormed for ideas for attractive games that are both fun and educational about tuberculosis, collected posters from SATA and also obtained loads of prizes for the games. Two meetings were held to delegate work on the various games, and ultimately, we settled with four games which are both innovative and educational.



The first game was a on the go **crossword puzzle** on facts about tuberculosis which upon completion, would allow the participant to obtain a souvenir from the booth. The next game was a **throwing game**, whereby a participant had to throw three ping pong balls into numbered cups and answer the questions indicated by the number on the cup. The third game was a **memory game**, participants had to memorise a timeline on the major breakthroughs in treatment, discoveries and diagnosis of tuberculosis and arrange these events back in the right order. The last game was **Mix and Match**, participants had to match six sets of statements about prevention, symptoms, diagnosis and treatment of tuberculosis together to win a prize.

World Tuberculosis Day

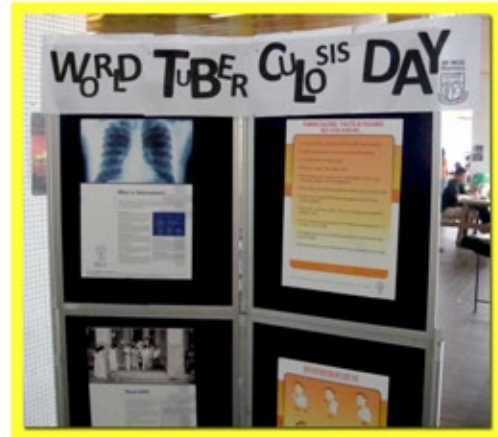
Being in charge of the Mix and Match game, my main priority was to **find out facts that were both easy to read and understand**. After an hour's brainstorming, my group finally came up with 6 statements. Due to timetable clashes and the tests, we decided to split up the work. We spent quite a bit of time purchasing, printing and laminating the materials needed for the game and managed to finish preparations just before the campaign day.

On the first day of the campaign, we arrived at 9am to set up the stations and prepare the prizes. At first, I was quite worried that there would be no one and it would be difficult giving out the pamphlets to the public, however, it wasn't that hard and there were actually individuals who were interested in finding out more and those who attempted the games.

I believe that the most popular game was the **crossword puzzle** as we distributed many copies of them and had many students coming back to the booths to claim their prizes.

I was also quite surprised that our campaign managed to pique the interest of **Medical professors and cancer researchers from NUH**, who came down and attempted the questions and looked at the posters set up.

One of these individuals was a **doctor from NUH** who used to work relating to **tuberculosis control**. Some students took this opportunity to ask them more about their field of study and also about tuberculosis and their experiences with patients who contracted the disease. I never expected the campaign to be a **platform for medical professionals to teach and share with students about medical advances and experiences in the medical field**.



I found the experience organizing and helping out at the campaign quite enriching, because I know almost nothing about TB, I took this as an opportunity to learn more about **the disease, its nature, prevention, diagnosis, treatment and prognosis**. The campaign also provided me a chance to interact with the “layman” and explain to them facts about tuberculosis in simple terms. I found that the campaign was also a good opportunity to meet and work together with my fellow coursemates. It was fun interacting with friends and members of the public alike.

I'm sure that many staff and students alike have benefitted from this campaign and are now more informed about the disease. Hopefully through organizing such campaigns, we will learn to be more competent pharmacists. May next year's campaign be a success as well!

Fabian Aw
Year 1

PHARMACY FRESHMEN CAMP 2010



PHARMACY FRESHMEN CAMP 2010 - RESCAPEX

Here we go again,

Freshmen Orientation Camp is back in 2010!

Last year, we visited ancient Japan.

This year, we are heading for **outer space!**

Expect a **space adventure** unlike any other.

Watch **6 planets** fight it out for their survival in

outer space in exhilarating games like

Anti-Gravity, Solar Eclipse,

and many more **beyond your imagination!**

Sports games, beach games, war games,

you name it, we have it! All these in our 4-Day-3-Night camp

from 28th June to 1st July at the NSRCC chalets!

Thank you for all your support thus far! Our recruitment drive is now closed and we thank you for your overwhelming response! (:



SUPPORT RAG

Pharmacy RAG



“RAG 2010 will be Pharmacy’s fifth consecutive year of participation in RAG day. After putting up a spectacular performance last year, we hope to uphold our seniors’ legacy and make our float bigger and grander, especially in support of the inaugural YOG torch relay. So support Pharmacy Rag today and sign-up as a Rag helper for float, props, costumes or dance! See you at Rag day 2010!”



-Rag head, John

For more enquiries, you may visit <http://pharmrag2010.blogspot.com> or email us at pharmacyrag10@gmail.com

True Blue Pharmers



*You pick up a book entitled "NUS Pharmacy- Through the Years".
Flip to the pages which show class photos of Pharmacy students who've graduated
over the years and stop at the years 1977, and 2000.
Stick out your index finger and scan through the names at the bottom of the
photos on those 2 pages:*

*"Class of 1977, 1st row, 5th person from the right
Class of 2000, 3rd row, 12th person from the left".*

*You find some vaguely familiar faces!
Upon taking a closer look, you exclaim "Eh! I know those 2 people!"*

They're none other than Ms Tan Mui Ling—who was from the then University of Singapore's Pharmacy Class of 1977—and Dr Ho Han Kiat from NUS Pharmacy Class of 2000!



I'm pretty sure most of you know who Ms Tan and Dr Ho are. For the year 1's who may still not be too sure, Dr Ho guided us through some of our practical sessions in PPDA and Ms Tan taught Pharmacy Practice I last semester.

So what was life like as a Pharmacy student back then for both Ms Tan and Dr Ho?

Both Ms Tan and Dr Ho agreed that it was much easier getting to know everyone in their classes as the cohort size during their time was **much smaller** than it is now. In fact, in the class of 2000, there were only 66 students! Compare that to the size of our classes, it's not surprising we might find lecture halls squezier than we expected.

Back then, everyone in NUS Pharmacy was also a part of the NUSPS. Fewer activities were also conducted. Because class sizes then were smaller, the students were also more closely knit. I guess that's where the term "**Pharmily**" came from.

As Dr Ho recalls, one of the biggest events that NUSPS hosted when he was a student was the **South East Asian Student's Pharmaceutical Society Congress** in 1998, which he was project director of. This event involved around 150 Pharmacy students from different schools of Pharmacy around South East Asia. Despite it being a daunting task, Dr Ho and his committee took up the responsibility to gamely organise the event.

When asked about how he felt about the congress, he mentioned that he was greatly honoured to be part of an event that was an important milestone in opening up more opportunities for international student events to come... though he probably would not volunteer to do it again.

Ms Tan fondly recalled life at her **old campus in Sepoy Lines** (now home to the Ministry of Health) which Pharmacy students shared with both the medical and dentistry students. Lunch for them was served at the then KE hall, which is now the site of Duke-NUS.

Non-resident students had to purchase food coupons. Ms Tan had thoroughly enjoyed interacting with not only her classmates during lunch hour, but also the non-Pharmacy students who stayed at KE hall. Back in the past, lectures had only occupied **1-hour long slots**, and would typically start at **9am**. Most afternoons would then be spent in lab sessions lasting from **2-5pm**, except for **Pharmaceutical Chemistry lab sessions** which ran from **11am-5pm**!

With regards to their favourite modules, Dr Ho's enjoyed **Medicinal Chemistry** (now taken by Year 3s) and **Pharmacology** most. Meanwhile, Ms Tan enjoyed **Microbiology, Pharmacology and Pharmacy Law**. They also didn't have to take any elective modules! This was because the Pharmacy modules then covered more information than our current syllabus. Students of their time also had to take final-year exams that covered a whole academic year's worth of lectures. This really makes me wonder: *if given a choice, would I rather take up elective modules, or go through what Ms Tan and Dr Ho experienced?*

They also fondly recalled the mad rush between LTs on the days without breaks between lectures. The use of a senior's lab reports was also common—it's really no surprise that answers have been passed down from generation to generation. Not to mention their last minute desperate mugging outside of examination halls and gossiping over "**interesting**" (*note: much sarcasm here*) lectures; it's hard to imagine our professors weren't that much different from us when they were students!

Well then, any good advice for us then, Ms Tan and Dr Ho? The most important that they resoundingly agreed on, was for us students to **cherish the last chapter of student life while it lasted**. Student life of course, involves much hard work. The rigors of our curriculum have not changed much over the years. **Balance is thus the key to enjoying the four-year stint in the course**. Not to forget, we all need **friends** to aid us and keep company in whatever we do—lifelong friendships to cherish and keep even after graduation can definitely be made.

Thank you, Ms Tan and Dr Ho, for your valuable time.

**OH!
NO!**

"Why don't I do this? "

"Why do I have so much work to do? ARGH!!!"

"Exams are coming! I'm so STRESSED!!! "

Does this sounds familiar to you?

With our final exams around the corner, it is inevitable that stress is piling up. So do take a few moments to take our stress quiz and see how stressed you are :)



HOW STRESSED ARE YOU?

How many of these statements reflect you and your life?

1. I'm always in a hurry to rush to the LT to "chop" a good seat so that I can look at the lecturer and the screen more closely.
2. I feel somewhat panicky and insecure when my neighbour writes frantically on his/her notes during lecture while my pen is stationary and will request to see what he/she wrote.
3. I want to S/U my A- electives so that I can maintain my cap 5.
4. I get nervous when all my friends have already submitted their assignments way before the dateline.
5. I am keen to get the latest updates from the IVLE forums.
6. I found myself wearing the same shirt for 2 or more consecutive days.
7. I bicker with the TAs or lecturers to ask for small mark increment for my lab reports.
8. I am always one of the first few to reach the notice board to check my CA results.

9. There is nothing much I can chat with my course mates other than academic-related issues.
10. I get impatient or irritated easily.
11. I don't have enough sleep so I tend to fall asleep in the day, especially during lectures.
12. The library is the place I frequent most other than the LTs and canteen when I am in school.
13. I curse and swear the lecturer for his/her lousy pedagogy.
14. I tend to skip meals/ have irregular meals.
15. I watch the webcast lectures over and over again.
16. I tend to fall sick easily.
17. I find myself complaining incessantly about the never-ending school work.
18. I rather spend my weekend studying than going out.
19. My relationships with my friends and family have worsened since the start of the school term.
20. I am scared that my course mates know I have supplementary notes or extra practice questions.
21. When I see my course mates studying, I have the urge to study too even though I have already done my revision previously.
22. I have trouble managing my time effectively.
23. I lost interest in the things I used to enjoy.
24. I often wake up in the middle of the night and have trouble going back to sleep again.



SCORE SHEET



Less than 6 statements

Congratulations! Your current carefree lifestyle is doing you well :) Keep up the good work but don't over-slack too!

7-13 statements

You're a hardworking individual but beware that you are likely to fall into the stress trap if you are unable to manage it. You should give yourself more time to relax.

More than 13 statements

You're overstressed!!! You've to learn to chill and relax. Slow down your pace and everything will work out fine eventually. Learn how to relax by looking at our stress relief 101!

Kek Zhen Liang
Year 1

STRESS RELIEF 101

OK, stress is killing you but, not to worry, help is here!

Acquiring stress management skills is crucial as it not only determines your grades.

It is also a set of life skills that will serve you well when you are faced with stress as stress can come from anywhere.

Here are some simple tips on stress management:

The first and the easiest is to **SLEEP!!!** As the Chinese saying goes, rest is in preparation for a longer journey, having sufficient sleep is a must.

EAT!!! Eat your favourite food but also don't forget to watch your dietary intake to ensure you have a balanced meal. Bingeing/starving is bad!

And with input, there should be output therefore, **EXERCISE!!!** Studies have shown that exercising will result in the release of endorphins which serves to reduce one's stress level.

TAKE A BREAK!!! There are times while revising when you realise no matter how much you read, nothing seems to be going in. Staring at the notes any longer will only waste your time as your mind is most probably at saturation.

GO SHOPPING!!! Sometimes, when taking a break does not work and you don't feel like exercising, a walk in a shopping mall can get your mind off your studies. Not to mention the free air-conditioning!

HAVE SOME MUSIC!!! Listening to music serves to soothe your mind and put your brain at rest. Of course, avoid emotional songs that might make you even more depressed.



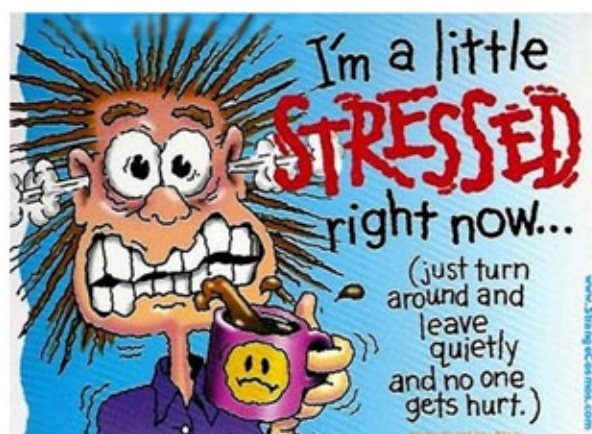
LAUGH!!! Laughter is the best medicine a pharmacy cannot provide!

TALK!!! Rather than let things well-up within yourself, confide in your family members, your friends or your own 'circle of trust'. By speaking up, it will make you feel better and you might even get some useful advice!

STOP BEING SO COMPETITIVE!!! As pharmacy students, a general observation is that we tend to be competitive. Whilst it's good to have competition, sometimes this becomes a little too unhealthy and causes excessive stress.

TIME MANAGEMENT!!! There's only 24 hours a day so learn to make full use of the free time you have and stop procrastinating by going to Facebook --except maybe to the NUS Pharmily! page for updates :)

PRIORITISE!!! Things that need to be done must be done!



SET REALISTIC GOALS!!! Based on your own assessment of yourself, you should have a rough idea where you stand. It is good enough if you felt that you have done your best!

**remember!!! study hard!!! play harder!!!
all the best for your exams! :)**

Ng Kwee Haan
Year 1

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