



To all our pharmacists who have studied hard to obtain various awards, BPharm, MPH, MBA, Pharm D and other Post-Graduate awards we extend heartiest congratulations!

To those currently enrolled in diverse areas of study we say keep up the hard work!

Do You Know Your PHARM D's?



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 Dr. Sonia Bromfield
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 Dr. Andrea Daley
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CELEBRATIONS TO NOTE

July 2010

11th -World Population Day

August 2010

12th -International Youth Day

September 2010

12th -World Oral Health Day
 13th - Caribbean Wellness Day
 21st -World Alzheimer's Day
 28th -World Heart Day

October 2010

1st -International Day for Older Persons
 6th - Child Health Day
 10th -World Mental Health Day
 12th -World Arthritis Day
 16th -World Food Day
 20th -World Osteoporosis day
 24th -World Polio Day

November 2010

14th -World Diabetes Day

December 2010

1st -World AIDS Day
 3rd -International Day of Disabled Persons
 5th -International Volunteers Day
 9th World Patient Safety Day
 10th -International Human Rights

Let him who would be moved to convince others, be first moved to convince himself.
 ~Thomas Carlyle

There is no happiness except in the realization that we have accomplished something.
 ~Henry Ford

There was once a very old couple who could not hear well. One day the old man said to his wife, "Mazie, yuh know afta all these years mi still love yuh"... Miss Mazie replied, "Yes Albert, afta all these years mi tiyad a yuh to."

We must accept finite disappointment, but we must never lose infinite hope.
 ~ Dr. Martin Luther King Jr.



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PCJ UPDATE

PHARMACY COUNCIL OF JAMAICA

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MANAGEMENT OF PHARMACEUTICAL WASTE

The management of pharmaceutical waste continues to be a challenge internationally. It has been reported that hospitals and long-term care facilities in the United States have flushed millions of pounds of unused pharmaceuticals down the drain, pumping contaminants into America's drinking water (The Daily Observer September 15, 2008). While we are not able to quantify the amount of pharmaceutical contaminants in Jamaica's water supply, our situation is no different.

Pharmaceutical waste is defined as waste containing pharmaceuticals, for example, pharmaceuticals that have expired or are no longer needed, items contaminated by or containing pharmaceuticals such as bottles, syringes and boxes. (Reid et al) Even with the best inventory management systems, the generation of pharmaceutical waste is unavoidable for the following reasons: product expiration, spoiling of products due to poor handling and storage, breakage, spillage, overprescribing, receipt of pharmaceutical items as gifts that are not suitable for use and unused items that patients refuse to take or are unable to tolerate.

Many pharmaceuticals in the above situations contain hazardous compounds such as cytotoxics, hormones, antibiotics, narcotics and controlled substances. Some major sources of pharmaceutical waste include community pharmacies, hospitals, nursing homes, health and dialysis centers, hospices, medical and biotechnology laboratories medical research and animal research centers. Usually, substances that are more toxic are generated at hospices and research centers.

Locally, there is a vast inventory of approved drugs (over 12,380 drugs and related products) circulated by 27 distributors, 6 manufacturing and 375 commercial pharmacies (Gibbs, Feb. 2010) making up the private sector. Additionally public sector institutions throughout the island also generate significant amounts of pharmaceutical waste.

Importance of Proper Disposal

Proper disposal of pharmaceuticals is important in order to prevent threat to public health because of exposure to toxic substances that may promote cancers and antibiotic resistance. There is also the need to prevent environmental threats due to contamination of water sources, toxic fumes emitted in the air and disruption of the equilibrium in sewage plants. Researchers have found that even dilute concentrations of pharmaceutical residues are harmful to fish, frogs and other aquatic species (Jamaica Daily Observer September 15, 2008) hence the need for protection of aquatic life.

Stakeholders must comply with legislations, policies and guidelines that outline proper disposal methods such as returning pharmaceutical gifts to donors; the return of expired and damaged pharmaceuticals to drug manufacturers and distributors; adherence to guidelines which govern disposal methods such as incineration, dumping at landfills and chemical decomposition.

Contributor: Yvonne Reid MPH (Candidate), BPharm, RPh

(Cont'd in next issue Pharmaceutical waste disposal legislation/policy)

Do not follow where the path may lead.
 Go instead where there is no path and leave a trail.

~Harold R. McAlindon

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Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

~ Helen Keller