

**THE MALTA COLLEGE OF PHARMACY PRACTICE**  
PROFESSIONAL DEVELOPMENT PROGRAMME - AUTUMN 2013

IS BEING ENTIRELY SUPPORTED BY



**MALTA COLLEGE OF PHARMACY PRACTICE**

CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME AUTUMN 2013

**Renewal of Membership**

October 2013 - September 2014

- €22 Full Member (≥30 credits)
- €25 Associate Member (< 30 credits)
- €25 New Member

For clarification of membership status and amount payable you may send an email to: [registrar@mcppnet.org](mailto:registrar@mcppnet.org)

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

in collaboration with  
Department of Clinical Pharmacology & Therapeutics  
University of Malta

**MCPP activities 2013-14**

**20 November 2013**

We will enjoy a Christmas drink together after the educational session.

**26 November 2013**

Joint Malta College of Pharmacy Practice and Malta College of Family Doctors seminar which will focus on appropriate antibiotic use through inter professional cooperation.

**29 October 2013**

MCPP will be accrediting the conference on Improving Medication Use in Older People. Credits will be awarded on presentation of certificate.

**January/February 2014**

MCPP CPD winter session focusing on the elderly.

**14-15 March 2014**

Pharmaceutical Care Network Europe will be holding the PCNE Symposium in Malta. MCPP will be accrediting this meeting. Further information may be obtained from <http://www.pcne.org/>

Session	Date	Book by
1 Hypertension	16 October	9 October
2 Hyperlipidaemia	23 October	16 October
3 CAD	30 October	23 October
4 Heart failure	6 November	30 October
5 Cardiac arrhythmias	13 November	6 November
6 Vascular conditions	20 November	13 November

**Exclusive attendance**

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

Students wishing to attend should send an email to: [president@mcppnet.org](mailto:president@mcppnet.org)

**BOOKING**

may be placed preferably by email  
[info@mcppnet.org](mailto:info@mcppnet.org)

Update your details online  
[www.mcppnet.org](http://www.mcppnet.org)

# Cardiology and vascular disorders

**Dear Colleagues**

The topic that we are addressing during this session is a leading cause of morbidity and mortality in our country. Pharmacists interact with patients presenting with these chronic conditions on a daily basis. They are therefore pivotal in providing the correct advice to patients with regards to therapy and overall management of their condition, in addition to collaborating in the monitoring of various conditions. Pharmacists are in an excellent position to provide advice on lifestyle changes and preventive strategies. We therefore encourage all pharmacists to attend these sessions which are held in a friendly informal environment and engage in discussion with experts in the field. We would like to thank our speakers for accepting our invitation to address our members. A very big thank you to our sponsor for supporting this session.

**Maria Cordina**

Maria Cordina B Pharm (Hons) (Melit), PhD (QUB), Dip Health Outcomes Research  
President, Malta College of Pharmacy Practice

**PHARMACEUTICAL CARE**

*...is the responsible provision of drug therapy for the purpose of achieving definite outcomes that improve a patient's quality of life...  
...is provided for the direct benefit of the patient and the pharmacist is responsible directly to the patient for the quality of that care."*

C.D. Hepler

**Session 1****Hypertension****Scope**

Hypertension is a very common chronic condition associated with long-term complications. While there is significantly increased awareness about this condition, unfortunately, the desired control is not what is expected. Pharmacists' contribution to the management of this condition can make a significant difference to enhancing patient care leading to positive outcomes.

**Objectives**

- To provide a brief overview of hypertension
- To highlight the negative effect of uncontrolled hypertension
- To discuss therapeutic management based on latest guidelines
- To provide information on blood pressure monitoring in the pharmacy
- To highlight situations in which patients need to be referred

**Learning objectives**

By the end of the session, pharmacists will:

- Have updated knowledge on hypertension and its management
- Have increased confidence in performing interventions on patients with hypertension
- Be in a better position to provide information and support to patients and their carers

**Delivered by****Herbert Felice**

MD Lic Sp en Cardiologie (BXL)  
Consultant Cardiologist  
Mater Dei Hospital

**Date** Wednesday, 16 October 2013  
**Time** 19:45 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Wednesday, 9 October 2013

This workshop provides 4 credits towards the MCPP continuing education requirement.

**Session 2****Hyperlipidaemia: a major modifiable risk factor for coronary artery disease****Scope**

Hyperlipidaemia is a common and asymptomatic risk factor associated with cardiovascular disease. It has become a major concern for public health and represents a major cost to the health sector and to society.

**Objectives**

- To provide a brief overview of hyperlipidaemia
- To highlight the complications of hyperlipidaemia
- To discuss therapeutic management based on latest guidelines

**Learning objectives**

By the end of the session, pharmacists will:

- Have updated knowledge on hyperlipidaemia and its management
- Be in a better position to provide the right information to the patients
- Have increased confidence in counselling patients about drugs used in hyperlipidaemia

**Delivered by****Robert G. Xuereb**

MD FRCP(L) FRCP(E) FASA FESC FACC  
Consultant Cardiologist  
Mater Dei Hospital  
President of the Maltese Cardiac Society

**Date** Wednesday, 23 October 2013  
**Time** 19:45 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Wednesday, 16 October 2013

This workshop provides 4 credits towards the MCPP continuing education requirement.

**Session 3****Atherosclerotic coronary artery disease****Scope**

Coronary artery disease (CAD) is a major cause of morbidity and mortality in the developed world. Advancements in medicine have significantly improved prognosis in CAD patients over the last few decades. Pharmacological treatment both in the acute phase, but especially for secondary prevention, has had a great impact on outcomes in such patient.

**Objectives**

- To provide an overview of the epidemiology and impact of CAD on society
- To describe the pathophysiology of CAD
- To highlight the aims of treatment
- To provide an overview of pharmacological treatment of the stable CAD patient

**Learning objectives**

By the end of the session pharmacists will:

- Better understand the pathophysiology and epidemiology of CAD
- Have a sound knowledge of the treatment objectives in CAD patients
- Understand the importance of pharmacological treatment for secondary prevention

**Delivered by****Andrew Cassar**

MD, MSc, MRCP(UK)  
Consultant Cardiologist  
Mater Dei Hospital

**Date** Wednesday, 30 October 2013  
**Time** 19:45 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Wednesday, 23 October 2013

This workshop provides 4 credits towards the MCPP continuing education requirement.

**Session 4****Optimising drug therapy in patients with heart failure****Scope**

Heart failure is a complex syndrome of signs and symptoms. Untreated it has a poor prognosis, but this can be improved considerably with early and optimal treatment. Current management not only concerns symptomatic improvement, but increasingly focuses on delaying disease progression and on reducing mortality. Regular review of drug therapy, including monitoring of clinical and laboratory parameters, is essential for safe and effective management.

**Objectives**

- To provide an update of the most recent evidence-based guideline recommendations for the pharmacotherapeutic management of heart failure
- To distinguish between those drugs which provide symptomatic relief and those which offer prognostic benefit
- To highlight the monitoring requirements associated with the drugs used

**Learning objectives**

By the end of the session pharmacists will:

- Have updated their knowledge on the management of heart failure
- Become aware of the clinical and laboratory parameters which require monitoring
- Become more able to contribute to the optimisation of treatment

**Delivered by****Marise Gauci**

BPharm (Hons), MSc Clinical Pharmacy (QUB)  
Principal Pharmacist  
Rehabilitation Hospital Karin Grech

**Date** Wednesday, 6 November 2013  
**Time** 19:45 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Wednesday, 30 October 2013

This workshop provides 4 credits towards the MCPP continuing education requirement.

**Session 5****Cardiac arrhythmias****Scope**

Cardiac arrhythmias refer to various conditions that give rise to irregular heart beat. Cardiac arrhythmias may be caused by a number of factors. While an occasional palpitation is not usually of concern, persistent arrhythmias may be life threatening. This session will delve deeper in these issues.

**Objectives**

- To provide a broad overview of cardiac arrhythmias
- To discuss the mechanisms involved
- To provide an update on the therapeutic management of cardiac arrhythmias

**Learning objectives**

By the end of the session pharmacists will:

- Have a better understanding of the types of cardiac arrhythmias
- Have increased familiarity with the mechanisms involved
- Be updated on the principles of management

**Delivered by****Oscar Aquilina**

MD FRCP FESC  
Consultant Cardiologist  
Mater Dei Hospital

**Date** Wednesday, 13 November 2013  
**Time** 19:45 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Wednesday, 6 November 2013

This workshop provides 4 credits towards the MCPP continuing education requirement.

**Session 6****Common vascular conditions****Scope**

Vascular disease includes peripheral arterial disease and venous disease. These are two of the most common conditions which frequently present in various ways to both pharmacists and doctors. Peripheral arterial disease is increasingly common particularly in our country with its high prevalence of diabetes and aging population. Venous disease on the other hand is often regarded as a minor and insignificant condition. The truth however is that it is the commonest cause of lower limb ulceration. Venous ulceration is an important cause of morbidity, hospital admissions, and a huge drain on health care resources. Appropriate early identification and management of venous disease is important in reducing the incidence and recurrence rate of venous ulcers. The pharmacist is often faced with questions about not only appropriate drug treatment but also about compression hosiery and electrical calf muscle stimulation devices.

**Objectives**

- To provide an overview of the common presentations of arterial disease
- To provide data on the morbidity and mortality associated with peripheral arterial disease
- To highlight the importance of secondary risk factor control in peripheral arterial disease
- To provide an overview of the common venous disorders and their complications
- To discuss treatment options in venous disease

**Learning objectives**

By the end of the session pharmacists will be able to:

- Recognise the common presentations of arterial disease
- Appreciate the importance of secondary risk factor control in patients with peripheral arterial disease
- Have a clear understanding of the long term sequelae of venous disease
- Better understand the role of compression hosiery in venous disease

**Delivered by****Kevin Cassar**

MD (Malta), FRCS (Edin), MMed(Dundee), MD(Aberdeen), FRCS(Gen Surg)  
Consultant Vascular Surgeon, Mater Dei Hospital  
Associate Professor of Surgery, University of Malta

**Date** Wednesday, 20 November 2013  
**Time** 19:45 for 20:00  
**Venue** Lecture Centre, Car park 2  
University of Malta  
**Book by** Wednesday, 13 November 2013

This workshop provides 4 credits towards the MCPP continuing education requirement.