



Malta College  
of Pharmacy Practice

[www.mcppnet.org](http://www.mcppnet.org)

## MALTA COLLEGE OF PHARMACY PRACTICE

CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMME WINTER 2015

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



# Pharmacists' Role in Palliative Care

**DEAR COLLEAGUES**

Palliative care aims to provide the highest level of comfort to patients that are inevitably passing through their last stages in life. Pharmacists have a unique role in palliative care scenarios since they usually have a trusting relationship with their patient, have thorough knowledge of their medical history and thus can provide them with sound pharmacotherapeutic advice. Pharmacists are also at a position of providing valuable information about patient support services that are available in Malta, such as self-help groups and palliative care services. These sessions aim to provide pharmacists with the necessary skills to handle common palliative care issues. A session will also be dedicated to help pharmacists tackle various psychological issues that can arise when encountering such patients.

**Maria Cordina**

BPharm (Hons) (Melit) PhD (QUB)

President, Malta College of Pharmacy Practice

**SESSION 1****End of life care and the multi-disciplinary team****Scope**

Over 3500 people die in Malta every year. It is estimated that about 70-80% of these will benefit from palliative care. Palliative care has been shown to not only increase the quality of life of individuals with a terminal diagnosis but in some cases the length of their life too. Good end of life care requires a multi-disciplinary team approach.

**Objectives**

- To discuss the principles of palliative care
- To discuss palliative care in cancer and non-cancer patients at the end of their life
- An overview of common medicines used, their side effects and what we can do about them

**Learning objectives**

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

- understand the reasons for palliative care, who will benefit and the services offered by Hospice Malta
- appreciate the important role of the pharmacist in end of life care.
- have an understanding of ethical issues at the end of life

**Delivered by****Dr John-Paul Tabone**

Medical officer, Hospice Malta

**DATE** Wednesday, 25 February 2015**TIME** 19:45 for 20:00**VENUE** Lecture Centre, Car park 2  
University of Malta**BOOK BY** Wednesday, 18 February 2015

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

**SESSION 2****Morphine. Are we afraid of it?****Scope**

This presentation aims to provide the information regarding indications, benefits and side effects of this medication. It covers information that the patient, the family and the professionals ought to know about this ancient and still highly relevant drug. A short clinical case will be presented. The use of a syringe pump will also be highlighted.

**Objectives**

- To provide relevant necessary information about morphine
- To provide information regarding indications, benefits and side effects of morphine
- To discuss a clinical case
- To highlight the use of a syringe pump

**Learning Objectives**

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

- inform patients and carers on the proper use and precautions to be taken with respect to morphine
- advice patients and carers and support them when they experience difficulties

**Delivered by****Dr Doreen Pace**

Consultant in Palliative Care

**DATE** Wednesday, 4 March 2015**TIME** 19:45 for 20:00**VENUE** Lecture Centre, Car park 2  
University of Malta**BOOK BY** Wednesday, 25 February 2015

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

**SESSION 3****Self-Awareness in my Work with Dying Patients****Scope**

Working with people who are dying is constant work on oneself. Professionals are faced with questions regarding their own existence and lives. The way we choose to live these questions will have a direct affect on how we communicate with our patients. This session will help us ask the questions and help us choose how to live them.

**Objectives**

- To break from the rush of work and take time to reflect within a structured setting
- To give time and importance to the 'I' because it is only when I take care of myself that I can deliver
- To have more awareness of internal motivators so that I can have more choices in my work life and personal life
- To begin to re-evaluate my personal and professional life to become aware of new potentials within me

**Learning Objectives**

By the end of the session pharmacists will:

- have an idea of how their personal life and experiences have a direct impact on the way they communicate with patients
- begin to challenge themselves to develop more self awareness
- have learned certain aspects of self-care when faced with the suffering of patients

**Delivered by****Dr Benna Chase**

Clinical Psychologist and Psychotherapist in Palliative Care, Sir Paul Boffa Hospital

**DATE** Wednesday, 11 March 2015**TIME** 19:45 for 20:00**VENUE** Lecture Centre, Car park 2  
University of Malta**BOOK BY** Wednesday, 4 March 2015

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

## 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 4

## Use of medicines for the treatment of cancer pain

### Scope

Pain is a frequent symptom in patients with cancer, and has substantial impact on the patient's quality of life. While there is an availability of different analgesics and there are updated guidelines for pain management, optimisation of treatment also requires a patient-centred approach. Patients and their carers need support to ensure effective pain management and pharmacists can contribute through provision of information and advice.

### Objectives

- To highlight the strategy for the management of cancer pain
- To provide information on the conventional and unconventional use of medicines for the treatment of cancer pain
- To draw attention to common side-effects and interactions associated with different types of analgesics
- To provide an update on the use of different analgesic preparations and dosage forms

### Learning Objectives

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

- inform patients and carers on the proper use and precautions to be taken with respect to different medicines and their formulations
- advise patients and carers and support them when they experience difficulties
- clear misconceptions and fears that patients and carers may have regarding analgesia

### Delivered by

**Dr Patricia Vella Bonanno**

Advanced Pharmacist Practitioner

**DATE** Wednesday, 25 March 2015

**TIME** 19:45 for 20:00

**VENUE** Lecture Centre, Car park 2  
University of Malta

**BOOK BY** Wednesday, 18 March 2015

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

## SESSION 5

## Administration of medicines in patients with swallowing difficulties

### Scope

Difficulty with swallowing (dysphagia) may occur secondary to a number of disease states such as stroke, Parkinson's disease, dementia, gastro-oesophageal reflux disease and cancer. In some patients insertion of an enteral tube may also be necessary. An important consideration in patients with swallowing difficulties is the administration of their medicines. Pharmacists have a crucial role in assessing the medicine schedule of patients with dysphagia for potential problems that might impact safety, adherence and therapeutic outcome.

### Objectives

- To create a greater awareness of the prevalence of swallowing problems
- To provide information on the challenges relating to administration of medicines in patients with swallowing difficulties
- To discuss the recommended approach to optimise treatment in these patients

### Learning Objectives

- By the end of the session pharmacists will:
- become more aware of the prevalence of dysphagia
  - have a better understanding of the adjustments necessary for appropriate administration of medicines
  - become more able to contribute to the optimisation of treatment

### Delivered by

**Ms Marise Gauci**

Principal Pharmacist, Rehabilitation Hospital  
Karin Grech

<b>DATE</b>	Wednesday, 1 April 2015
<b>TIME</b>	19:45 for 20:00
<b>VENUE</b>	Lecture Centre, Car park 2 University of Malta
<b>BOOK BY</b>	Wednesday, 25 March 2015

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



**THE MALTA COLLEGE OF PHARMACY PRACTICE**  
PROFESSIONAL DEVELOPMENT PROGRAMME - WINTER 2015

**IS BEING SUPPORTED BY**



**Renewal of Membership**

OCTOBER 2014 - SEPTEMBER 2015

- €22 Full Member ( $\geq 30$  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

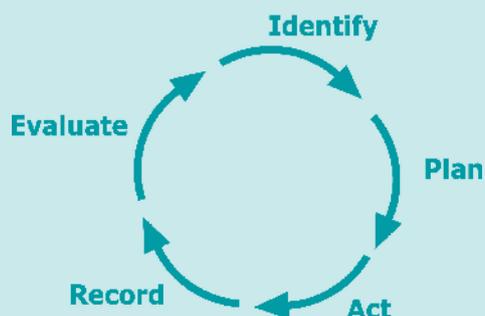
Session	Date	Book by
1 Management of Patients Requiring Palliative Care	25 February	18 February
2 Morphine in Palliative Care	4 March	25 February
3 Self-Care	11 March	4 March
4 Cancer Pain	25 March	18 March
5 Swallowing Difficulty	1 April	25 March

**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) | SMS: 7920 9249

**Continuing Professional Development Cycle**



- Identify knowledge gaps through personal assessment
- Select appropriate learning activities
- Participate in activities
- Document activities as proof of participation
- Evaluate the success of your activity

**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)

