

# Looking ahead to FIP 2015 — shaping the future of pharmacy

Exclusively for *Irish Pharmacist*, **Martin Henman** of TCD provides an overview of the upcoming International Pharmaceutical Federation Annual Congress 2015

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\* vs. losartan, valsartan and candesartan

**B**y common consensus, the FIP symposium in Dublin in 2013 was one of the best ever. This year, the International Pharmaceutical Federation's (FIP) 2015 Annual Congress in Germany will enable pharmacy practitioners, industrial pharmacists, pharmaceutical regulators, researchers and academics from all over the world to delve into the issue of working towards the best possible pharmacy practice, which should be based on pharmaceutical sciences and evidence driven.

The World Health Organization estimates that each year, some 16 million people die prematurely — before the age of 70 — from non-communicable diseases (NCDs). These include heart and lung diseases, stroke, cancer and diabetes. The effective use of medicines is one of the most cost-effective options to reduce the death toll. This thread links many of the sessions at the 75th FIP congress.

### Building blocks

Evidence-based practice and medication review are two of the building blocks of effective medicines use and a number of speakers will address different aspects of these topics. One community pharmacy session is devoted to reviewing the definition and relevance of evidence-based practice, the gaps between current practice and evidence-based use of medicines, and the limits. Medication reviews are undertaken in all areas of clinical practice and, in recent years, guidelines and algorithms have been developed to help pharmacists deliver consistent, high-quality reviews. Best practice examples from all over the world will demonstrate different methods for medication review, software solutions and documentation, together with the evidence for effectiveness. A related session will show how 'information mastery' is essential for the delivery of evidence-based practice. Speakers will explain how this differs from critical appraisal skills and provide a hands-on demonstration of the use of high-quality information mastery resources.

### Revolutionary developments

Another aspect of effective medicines use is personalised dosing — something that is critical for high-potency drugs and vulnerable groups such as paediatric or geriatric patients. In the Hospital Pharmacy Section

Session, speakers will describe how, for some drugs, doses can be matched to the patient's unique genetic make-up — an approach that is predicted to increase the safety and efficacy of drug treatment. But this is not the only revolutionary development in drug treatment.

The way we give medicines is advancing far beyond the tablet and the injection and participants will hear about new formulation concepts. Experts will describe

laudable goal has yet to be achieved. A session 'Medicines for All — What is Hindering Progress?' will look at the impediments to achieving our goal. Are these obstacles in drug development, clinical trials, drug usage patterns, drug pricing, logistics and product development social norms or national health policies? And how are they preventing at-risk populations worldwide from having access to medicines? These are big ques-

findings to cross linguistic borders and facilitate exchange and understanding. It requires research, thorough understanding of both the original and target languages, cultural knowledge, and specific training on the topic to be translated. Focus will be given to who judges if the translations received are really adequate and the economic profile of scientific translation.

### Keeping it green

When you are dispensing medicines, do you think about what you can do to make your practice more environmentally friendly? The issue of pharmaceuticals and the environment is something that concerns everyone, but how can green pharmacy practice be encouraged?

Eeva Teräsalmi, Vice-President of FIP's Board of Pharmaceutical Practice, will chair a session exploring the challenges and limitations of such practices. Moreover, she will present a document on the issues that is under development by FIP, and outline the responsibilities pharmacists have in different practice settings and in the whole medication use process, from prescribing, through to disposing of waste medicines.

### Food for thought

Patients are always being told to take 'this medicine before food, this medicine with food or that medicine after food'. A session titled 'To Eat or Not to Eat: How does Food Impact on Drug Efficacy?' will look at the issues.

Speaker Abdul Basit, from University College London, says: "Gastrointestinal physiology is dynamic and complex at the best of times and a multitude of known variables can affect overall bio-availability of drugs delivered via the oral route. Yet while the influences of food and beverage intake have been extensively documented in the wider literature, specific information on their effects remains sporadic."

Fellow speaker Giovanni Pauletti, Associate Professor at the University of Cincinnati, will delve into how food components affect drug solubility. He says: "As many of today's drugs exhibit limited aqueous solubility, the presence, or absence, of specific food components has the potential to dramatically impact on rate and extent of absorption from the gastrointestinal

tract. Consequently, patient counselling regarding the appropriate timing of prescribed drug regimens with food is vital to assure desired therapeutic responses."

On the session menu will be food-drug interactions, the effect of high-fat meals on oral availability of drugs with low aqueous solubility, how drug absorption is affected by nutrients and why counselling to ensure effective drug management is important.

### Global FIP Pharmacy Technicians Symposium

The Pharmacy Technicians Symposium, now in its fourth year, takes place in the same venue as the FIP Congress on 28-29 September. It provides a forum for exploration of the need, development, utilisation and advancement of the pharmacy technician workforce globally. One particularly interesting session will look at a new vision for pharmacy technician roles through exploration of current practice.

This moderated panel discussion will be asked to consider what evidence currently exists or is needed in order to advance the role of the pharmacy support workforce and help close the gap for achieving professional excellence, with speakers from the UK, Germany and the Netherlands and from hospital and community pharmacy. Session participants will also be asked to contribute their own practice examples that provide evidence for the value of collaborative practice models between pharmacy technicians and pharmacists.

### When and where

The 2015 World Congress of Pharmacy and Pharmaceutical Sciences will take place in Düsseldorf, Germany, from 29 September to 3 October. It offers 230 hours of sessions given by 220 experts from 40 different countries.

Find out more at [www.fip.org/dusseldorf2015](http://www.fip.org/dusseldorf2015).

#### Martin Henman, BPharm, MA, PhD, MPSI,

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'Medicines for all' has been a World Health Organization and FIP mantra for over two decades. But this eminently laudable goal has yet to be achieved. 'Medicines for All — What is Hindering Progress?' will look at the impediments to achieving our goal. Are these obstacles in drug development, clinical trials, drug usage patterns, drug pricing, logistics and product development social norms or health policies?

how individualised oral therapy can be given using a solid dosage pen and how printing technology can be used to produce personalised dosage forms.

Another growing area is the demand for customised medicines, not least because of increasing drug shortages all over the world. The session, 'Compounding — A Core Competence for the Pharmacist', will look at compounding at community, hospital and industrial levels and participants will be able to hear, among others, speakers from the Central Laboratory of German Pharmacists Association (Zentrallaboratorium), which was founded in 1971 with the aim of increasing safety through the testing of medicines.

Presentations will include 'Assuring the Microbiological Quality of Individual Preparations' and 'External Quality Control and Certification of the Pharmaceutical Quality Management System — The German Way'.

### Big questions

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tions that deserve attention.

"An often-debated topic is to what extent the international pharmaceutical industry has a responsibility to make medicines available for all; this session will explore the extent of that responsibility," says speaker Ulf Janson (FIP Industrial Pharmacy Section, Sweden).

### Packaging and information essentials

The FIP congress is an international meeting of professionals from 40 countries. Perhaps, then, it is fitting that the Industrial Pharmacy Section has jointly organised a session called 'Lost in Translation — Preserving Scientific Knowledge across Languages'. During this session, industrial pharmacists will be able to look into how linguistic translation impacts the proper use of medicines. For example, are patients at risk due to poor translation of patient package inserts? And should we be using pictograms to enhance patient compliance with drug regimens? But translation is much more; scientific translation is a key to scientific communication, enabling research and