



# **SOUTH AFRICAN PHARMACEUTICAL STUDENTS FEDERATION 2023**

## **PHARMILY UPDATE**

**WITH SAPSF EDITOR**

**THEMBA  
RIHLAMPEU**



President Jabulani Nukeri embarked on Presidential visits to meet the Executive Committees of Pharmacy students associations in various universities in the country including, the North Western University, Wits University, Tshwane University of Technology, and Sefako Makgatho Health Sciences University. Arrangements to meet the remaining associations of the Federation are being made to ensure all branches are well coordinated. Presidential visits are essential in strengthening the relationship between SAPSF and its associations. The existence of SAPSF is defined by branch activities implemented by branches with specific focus on Campus life and academics.

The Presidential visits were amongst others focused on the 68th SAPSF conference, SAPSF invite to ICPA symposium to deliver a message on the role of the youth in Pharmacy, and the participation of SAPSF in promoting patient education during the Pharmacy Month.

Following his most recent presidential visit, President Nukeri said: "The Presidential Committee carries a responsibility of ensuring that the organization does not lose its identity. Any organization that lose tract of its identity will not realize its mission. Presidential visits strengthen relationships and leadership development which is critical for the future of the profession."

"SAPSF is flattered by the good work that is being done by our associations. The progress reports presented by the the leaders of the associations reaffirms that the branches of SAPSF remains necessary in various institutions."

"I am confident that the 68th SAPSF conference will receive and adopt arguably the best reports in the history of our organization" said President Jabulani Nukeri



# *The Pharmacy Show 2023*

*Editor: Themba Rihlampfu*

SAPSF Presidential Committee members alongside pharmacy students from various institutions attended The Pharmacy show from the 15-16 March 2023. The TPS 2023 took place at Sandton Convention Centre. The delegation was led by The incumbent SAPSF President, MR Jabulani Nukeri; Treasure, Ms Solofelang Matshidiso; Public Initiative Officer, Ms Thando Shabalala and the Contact Person, Ms Siphwe Khumalo. Pharmacy students from different branches also attended The Pharmacy Show.

The Pharmacy Show hosts conferences and exhibitions that are essential towards one's personal and professional growth. Furthermore, The Pharmacy Show offers an enormous opportunity to network with like-minded professionals and it is also a great chance for everyone to learn beyond their field of interest. During the time which gatherings were restricted due to the COVID-19 Pandemic, the TPS was not taking place. The TPS resumed on the year 2022 at Sandton Convention Center. Pharmacy students get exposed to the inventions to expect as soon as they join the corporate world. The Pharmacy Show is expected to take place from 13-14 March 2024. Students and any other interested person can access the registration for the upcoming pharmacy show in 2024.





# 11TH AFRICAN PHARMACEUTICAL SYMPOSIUM (APS)

*Editor: Themba Rihlampfu*



## **11th African Pharmaceutical Symposium (APS)**

Three SAPSF delegates attended the IPSF African Pharmaceutical Symposium in Ghana from the 20th to the 23rd of July. The theme of the symposium was "The evolution of pharmacy practice: Innovation and capacity-building.". The delegation comprised of Ms Siphwe Khumalo; IPSF Contact Person in the SAPSF PresCo 2022/23, Ms Thando Shabalala; Public Initiative Officer SAPSF PresCo 2022/23, Ms Walusungu Zulu; first year MPharm in Clinical Pharmacy at SMU.

Pharmacy practice in the African continent varies from country to country, making it necessary for pharmacy professional to assemble at one place to discuss matters affecting the profession. Thirteen (13) African countries were in attendance which included Ivory coast, Niger, Togo, Benin, Sierra Leone, Zambia, Liberia, Tanzania, Uganda, Zimbabwe, Mali, Ghana, and South Africa. There was a vast representation of the pharmacy profession across the African continent through diversity of culture, language, knowledge, and ideas.

The panel discussions were centred around the theme as they looked at the evolution of pharmacy practice based on innovation and capacity building; the advancement of pharmacy education in Africa; collaboration in achieving universal health coverage; and the impact of technology in pharmacy practice. These conversations were carried out by renowned speakers from diverse pharmaceutical backgrounds, who have advanced themselves to occupy various spaces both in and out of the pharmacy profession. Dr Phumzile Skosana, a senior lecturer from the department of clinical pharmacy, at Sefako Makgatho Health Science University was one of the speakers at the symposium. Pharmacy Students are highly encouraged to participate in international organisations and not only limit themselves to local activities and organisations.





# Rhodes University Pharmacy Students Association (RUPSA)

Editor: Themba Rihlampfu



RUPSA is a branch of SAPSF based at Rhodes University in Grahamstown. RUPSA is under the leadership of chairperson Gcina Ngongo, who has committed himself to student leadership, community engagement and academic excellence through effective participation in student mentorship programmes

On the 6th of February our very own Chairperson, Gcina Ngongo and Vice Chairperson, Lucy Rathobotha represented Rhodes University Pharmacy Students Association (RUPSA) by attending the first year's address by Professor Khamanga, Dean of the Faculty of Pharmacy during orientation week (o-week). This was meant to formally introduce the RUPSA society to the first years and to answer their questions.

In February RUPSA attended the Societies Extravaganza hosted by the Rhodes SRC. It is an event for all societies at Rhodes University to showcase themselves to the student body and it is also a way of welcoming the first years since it is done during o-week. During this day their aim was to be more visible to the student body, the executive committee and sub-committee also shared what it meant to be part of RUPSA and what RUPSA offers. Everyone who signed up on the day received a slice of cake. There was a lot of interaction and people got a chance to take pictures on the Rhodes University mascot, "Rhodie" and the RUPSA skeleton pharmacist, "La' Quisha". The branch members also attended another Societies Extravaganza hosted by SRC to allow a lot of people to sign up including the returning students.

We ended March with the Rhodes graduation ceremony from the 29th to the 31st of March. We shared graduation pictures on our social media platforms of our RUPSA Alumni's who graduated on the 29th of March as a way to celebrate their success and to motivate all the RUPSA members. We carried out an informative series on Tuberculosis (TB) in March which was world TB month on our social media platforms specifically Instagram, Facebook and WhatsApp as a way of raising awareness and to reduce the spread of TB.



## Meet and Greet

On the 15th of April RUPSA hosted a meet and greet party which was a success shown by a high turnout by RUPSA members. Fun activities were carried out which included a quiz competition on basic Science questions and the winning team won a bottle of J.C. Le Roux. Games like head, shoulders, knees and were played to promote socializing and interactions amongst RUPSA members. The event ended with a delicious braai and chakalaka.

## Exam Drive

Closer to the June exams we gave out exam treats which were brownies, cakes, and hot chocolate as a way to wish RUPSA members the best in the upcoming exams.



# Wits Pharmacy Student Council (WPSC)

Matladi Morapedi is an elected chairperson of the Wits Pharmacy Students Council (WPSC). He believes “leadership” resonates with “responsibility”, leading WPSC is about being responsible for the 300+ students in Wits pharmacy undergraduate. Not only that, but to be an inspiration, an example of what a future pharmacist looks like. His purpose is to serve the students and inspire them in building a career in pharmacy.

*Editor: Themba Rihlampfu*



The council (WPSC) aims to build students in multiple areas of life; academic, social, personal and career. In the start of the year, the council assisted excluded students to get readmitted into their academic programmes, and also hosted a “Been there, Done that” - an academic talk series aimed to prepare students to achieve academic excellence. The highest accomplishment was hosting the PIMART debate. This event allowed students to participate, learn more and invest in their careers as upcoming pharmacy professionals. This was a joint initiative with Sefako Makgatho University Association of Pharmacy Students (SMUAPS) and the SMU School of Pharmacy Debate Team, and allowed students from both universities to connect and network - which is essential for career building.

Networking is a key factor as emphasized by Jabulani Nukeri, president of the South African Federation of Pharmacy Students (SAPSF) during his presidential visit to WITS University. SAPSF provides a key platform to assist students from all the pharmacy schools and to tackle challenges affecting students within the pharmacy profession. This is one of the things we are looking forward to in next SAPSF conference - to connect and network with students across the country.

The pharmacy month 2023 is one that celebrates and showcases the importance of the pharmacy profession and practice. WPSC is planning to record a podcast series that will provide information and education on the vaccines, health promotion and services offered by pharmacy personnel. The WPSC also aims to have an outreach event to give back to the community. This is in addition to the Trinity pharmacy which is run by students, offering pharmacy services to the homeless and needy people in the community of Braamfontein.

“I, together with my council aim to achieve more in this year, and to be accountable to and for our students. Our aim is to inspire and assist our students, to see the best pharmacy professionals emerging from our institution and other pharmacy schools. A future in pharmacy is what we are investing in.” - Stanley Morapedi, WPSC Chairperson.





# ULAPS-University of Limpopo Association for Pharmacy Students

Editor: Themba Rihlampfu



## Machaba Livingstone Phoshoko

Machaba is the incumbent Chairperson of ULAPS (University of Limpopo Association of Pharmacy Students), a SAPSF (South African Pharmaceutical Student Federation) branch dedicated to representing pharmacy students at the University of Limpopo. Machaba has taken on the task of representing and assisting pharmacy students in their academic and professional aspirations, owing to his strong background in leadership and organizational skills. His previous position as a fundraiser for the organization demonstrates his dedication to secure resources and opportunities for the pharmacy student community. Machaba is recognized for his non-discriminatory leadership style, ensuring fairness and inclusivity in all his interactions. He aspires to build a healthy and supportive atmosphere for all pharmacy students at the University of Limpopo through his style of leadership and dedication.

## Welcome function

**ULAPS** hosted a welcome function for first year and returning students. The welcome function, which was held at Shidila Lodge in Tzaneen was a significant event that marked the welcoming and initiation of the 2023 first entering pharmacy students at the University of Limpopo. The function comprised of various activities, including:

- Speeches by guest speakers
- White coat ceremony
- Ceremony for social awards
- Performances by students
- And an after party

The welcome function was attended by guests from various organisations within the pharmacy profession. PSSA Limpopo, SAAHIP, YPG and the delegation of SAPSF was led by the Secretary general and the Media and Communications Officer, K Kanyane and K Mohale respectively.

## White Coat Ceremony

The annual white coat ceremony was a commemorating gesture aimed at providing a warm and inviting atmosphere for first year pharmacy students into the academic field of pharmacy while introducing them to the values, traditions, and moral principles associated with the profession. During the white coat ceremony, individual students were dressed into their white coats respectively by staff members and this

## Social Awards ceremony

A social awards ceremony also formed part of the Welcome function which recognized noticeable social activities contributed by students and voted for by students. The awards were presented in the following categories: Mr pharma fresher, Ms pharma fresher, Single pharmacolleague, Best dancer, Best smile, Best dressed male, Best dressed female, Best presenter, Best singer, Charmer boy, Beauty queen, Grooviest, Hustler, Kindest pharma colleague, Loudest pharma colleague, Most quiet pharma colleague, Most influential pharma colleague, Best pharma-couple, Sportsman, Sportswoman

## After party

The after party served as an opportunity for students, departmental staff members, grandees, and other guests to interact and establish connections, fostering a sense community and camaraderie. Activities of the after party included music playing, dancing, and puzzlers and party games.

The Welcome Function, with its White Coat Ceremony and Ceremony for Social Awards, proved to be a memorable and inspiring occasion. It reinforced the values of professionalism, social responsibility, and academic engagement, setting a positive tone for the academic year ahead. Through its various segments, the function succeeded in commemorating achievements, acknowledging social contributions, and laying the foundation for a purposeful educational journey.

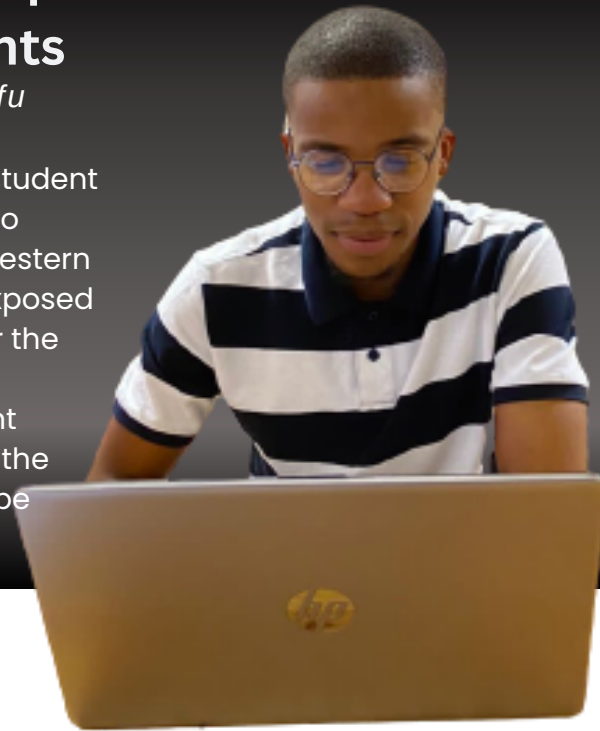




# UWCAPS-University of Western Cape Association for Pharmacy Students

*Editor: Themba Rihlampfu*

My name is Lisa Johnnie Menyane, currently a 3rd year BPharm student at the University Of the Western Cape. I have also been blessed to have been elected as the Chairperson of The University of The Western Cape Association for Pharmacy students (UWCAPS). I've been exposed to many leadership roles from being the Class representative for the past two years as well as served as a treasurer at Church. My leadership expertise are not only limited to organisations/student bodies, but are also seen on the football grounds. I've played for the provincial football team and I have represented the Western Cape Province twice as their Vice-captain as well.



## **First Year Welcoming and Orientation**

First year pharmacy students were given a warm welcome to both UWC and The School of Pharmacy at large. The aim was to introduce UWCAPS to the first years through a briefing and introduction to members. Students engaged in fun group activities to break the ice within their class groups and have a happy start to their pharmacy journeys. The orientation concluded with a guided tour of university premises especially relevant to pharmacy students including the pharmacy building, labs, and library.

## **Second Year Orientation**

Second year students were given an orientation with the aim of providing them with insight on what is required as they evolve into pharmacy-based modules. Students were given realistic accounts of what the transition from first to second year is like and helpful tips to stay on top of the change. There was a question-and-answer session and both parties were grateful and satisfied.

## **SOP Games Night**

As a nudge of motivation and platform to blow off steam, UWCAPS hosted a games night for pharmacy students. Students across all years were welcome to socialize whilst enjoying, UWCAPS provided snacks and drinks. Games such as 30 seconds, dominoes, uno, monopoly, and mafia were thoroughly enjoyed and brought lots of laughter and excitement.

## **Donation of Lab Coats and Clinical Coats to First Years**

UWCAPS sourced lab and clinical coats from a retail pharmacy and gifted them to first year students in need. This was a wonderful drive as some students were without coats and were grateful to have the burden lifted. It was also a wonderful opportunity to allow the relationship between UWCAPS and first year students to solidify and to strengthen the narrative that UWCAPS is for the students.

## **The Road to internship**

UWCAPS organised meetings with ADCOCK INGRAMS and ICPA to help final year pharmacy students with their internship programmes applications.

## **Mandela Day Project**

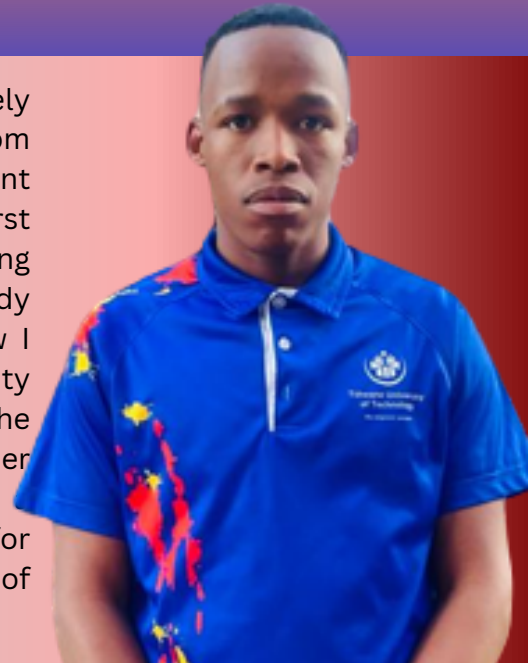
UWCAPS has collaborated with UWC BPharm-students and Durbanville CDC to help decorate the infant and pregnant women rooms to make it more child/baby friendly. UWCAPS has been approached by the Durbanville CDC to take part in the project which involves artistic paintwork, drawing, and colouring of the child health preparation and consultations rooms at Durbanville CDC to help make it appear more child appealing. This project is still under process and further planning and implementation of the project is still under way.



# TUTAPS - TUT Association for pharmacy Students

*Editor: Themba Rihlampfu*

Deance Bapela is a student and community activists focused precisely on issues affecting young people. “I completed a BSc degree from University of Limpopo in 2020 and now a second year Bpharm student at TUT. Through my involvement in different structures during my first qualification at UL, I was able to develop a number of skills including public speaking, persuasive debating skills, etc which became handy when I got to TUT. The Bpharm students at TUT having heard how I tackle issues in class last year decided to nominate me for Deputy Chairperson of TUTAPS of which earlier this year I become the Chairperson of the structure. I extended my activism to other departments on issues that were similar to ours and championed number of them which led to students also nominating and voting for me for the 2023/24 Student Faculty Chairperson of the TUT Faculty of Science.” **Deance Bapela TUTAPS Chairman**



Earlier this year they introduced themselves as the exco to the first years to make them familiarise themselves with their student body. Every office introduced themselves and gave a brief summary about how they can assist the students and how students can reach them when in need.

On the 15th and 16th 2023 of March there was a pharmacy show and the Sandton convention centre where students were invited to attend, this show is a yearly event whereby many different sectors in pharmacy get together and knowledge is shared on the depth and variety of industries in the profession .On the 12th of April 2023, they had a white coat ceremony which was hosted for the 2nd year students as the were about to start with their work-based practicals in the primary health care clinics.

On the 6th of May 2023, we had the annual meet and greet at Fountain Valley. This is an yearly event where students from all the years (1st till 4th) are invited to distress and from the course with different kinds of entertainment like music and all kinds of games. This event also helps the students interact with each other as they are separated by their different years.

On the 13th of June 2023, as TUTAPS we had a career exhibition where we visited Oliven Secondary School. The purpose of the exhibition was to channel and streamline matric students as they will be heading to university next year. Students were given incentives like T-shirts and key rings as a token of appreciation.

TUTAPS also had Online Exit Plan Webinars for students where our Alumni shared their different experiences in their different fields. Invited speakers were interns to graded pharmacists. The first part was hosted on the 23rd of June 2023, where we had our Alumni share their experiences in their different fields from private, military, and public sectors of pharmacy. They interacted with students about the whole process from applying and the different work and responsibilities they have in all these sectors. The part 2 of the webinar was hosted on the 2nd of August 2023, it was also an online event but this time we had been grateful to have a pharmacy owner, regional pharmacist and a masters pharmacist.





# PASV UPDATE WITH CHAIRLADY ANELLI KRUGER

*Editor: Themba Rihlampfu*



PASV is based in the North West University, Portchefstroom campus. We look after the student's well-being, not only limited to academic related matters and also ensure that students get an opportunity to share their diversity of each other. The 'social' portfolio in the committee provides students with massive opportunities to share skills amongst one another and to embrace diversity.

"President Jabulani visited the PASV branch in Potchefstroom on the 24th of July 2023. During his visit we had a meeting with him. Mostly he wanted our input and opinions on a few matters. We gave an update on our planned activities for the second semester. The meeting lasted an hour after which we took him on a tour of our facilities as well as a brief campus tour. We enjoyed meeting with the president and having him on campus, being able to share our ideas, give feedback and make in-person inquiries. . We appreciated his willingness to advocate for us and for the students. Our school of pharmacy management truly goes the extra mile for their students, the relationship between the management and student council that was cultivated and nurtured over many years still remains strong, any problems are thus quickly identified and resolved." - **Anneli Kruger, PASV Chairperson**

The School of Pharmacy at NWU arranges platforms for students to meet pharmacists from various sectors of Pharmacy, such as Oncology Pharmacists and Radiopharmacists. Pharmacy Quiz Night - It is done once annually and fairness is maintained by ensuring that the questions are fair enough for a student in first year and final year. Barefoot Day - This is an initiative aimed at collecting donations for clothes and shoes. The PASV Committee does community outreach programmes whereby the donated items will be distributed to the one in need. Canned Food Day - Donations were made for non-perishable food items and hygienic products, which were to be donated to those in need.

The branch hosted the following activities initiatives :Chess Tournament, Participated at the NWU Open Day, R&O 2023, Master Talk, Second Hand Book Store, cheese and wine tasting, community outreach at Mohadine Primary School and many other events in collaboration with other organisations.





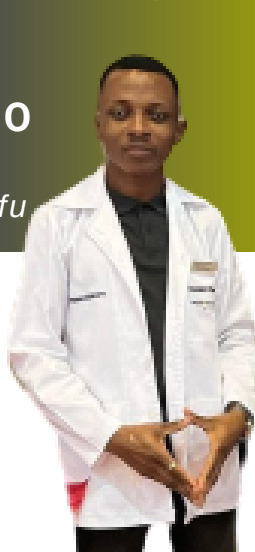
# PEPSA

# NELSON MANDELA UNIVERSITY

## WITH CHAIRMAN HOPEWELL MOYO

*Editor: Themba Rihlampfu*

PEPSA is a branch of SAPSF based at Nelson Mandela University under the School of Pharmacy. The executive committee was hosted for a meet and greet by a sponsor, where in they exchanged ideas on possible and feasible ways they can use to serve their constituency.



The committee and students commemorated the Mandela Day as a memorial taking place countrywide and considering that their university is named after the late President Nelson Rolihlahla Mandela. Amongst many other activities students participated, gardening was one of the highlights of this particular day. The theme was based on the quote, “It is in your hands, to make a better world for all who live in it” - Tata Madiba.

On the 28th of July, the School of Pharmacy held a first year oath taking day whereby the committee part of this process. First year pharmacy students at the Nelson Mandela University were excited for this transforming moment. On the month of August, the PEPSA committee ran a campaign aimed at educating women and restoring their dignity by making provisions of sanitary pads. This was also their way of celebrating women’s month, and the campaign.





# SMUAPS: Sefako Makgatho University Association for Pharmacy Students

Editor: Themba Rihlampfu

SMUAPS assisted with registrations to ensure that students, mainly pharmacy students both returning and first time entering students to have a smooth process of registration and ensured that they all have accommodation. SMUAPS formed part of the first years' orientation where majority of Bpharm1 students were present. The EXCO also organized food for Pharmacy students who were attending the orientation and gave them a short background of what SMUAPS is.



SMUAPS also formed part of the Team Building on the 6th of February, which is an orientation for Pharmacy first year students. We did a variety of activities together and got to build a relation with them. On the 14th of February, SMUAPS hosted a "Be My Valentine" program where students buy roses from SMUAPS for their loved ones. This program was mainly to fundraise for other programs or activities that will benefit the students.

SMUAPS donated pads for the Monthly Sanitary Pad Drive for our BPharm sisters to be able to assist themselves. SMUAPS, through the office of the Community Development Officer(CDO) launched an initiative called "Feed a BPharm" which aims to ensure that no pharmacy student goes without essentials to sustain their daily livings. Students and staff members donate what they can to the initiative so that we can be able to assist our students. SMUAPS hosted a Pharmacy Prayer Session on the 17th of February, where students got a chance to pray for their assessments and subsequently start the academic year with blessings. Food was provided by the EXCO at the prayer session. Lastly for February, SMUAPS EXCO together with the SAPSF representative, the president, visited the first years to give them a brief background of what SMUAPS and SAPSF is and also encouraged them to participate in all the activities that are going to be hosted by SMUAPS.

SMUAPS hosted a successful meet and greet event at Bunch In, where students from all class levels and interns attended. The Committee hosted a movie night, which was supposed to give students a break from their academic work and refresh their personal, mental and emotional well-being.





# Pharmacy Month 2023

## Pharmacy United in Promoting Healthcare for Patients



### PROMOTE

#### Health Education



Speak to your pharmacist about washing your hands correctly and regularly. Keeping your hands clean can prevent 1 in 5 respiratory infections.

### PROVIDE

#### Access Primary Health Care



Your pharmacist can provide quality, affordable primary healthcare services. Your pharmacist can test your blood sugar and blood pressure levels.

### PROVIDE

#### Vaccines



Vaccines are safe and effective in preventing many diseases. Speak to your pharmacist about what vaccines you and your family should receive to keep you healthy.

### EMPOWER

#### Medication Queries



Ask your pharmacist if you have any queries about the medicine you are taking. Tell your pharmacist if you experience any side effects with your medicine.

### EMPOWER

#### Antimicrobial Stewardship



Antibiotics only treat bacterial infections. Antibiotics do not work against viral infections like flu.

**80%**        

Almost 80% of antibiotics used in humans are prescribed in primary care.\*

#pharmacyunited #knowyourpharmacist #askyourpharmacist #pharmacymonth2023

## Quality Healthcare for All

### Ask your pharmacist for further information or scan



\* [http://www.scielo.org.za/scielo.php?script=sci\\_arttext&pid=S0256-95742015000500033](http://www.scielo.org.za/scielo.php?script=sci_arttext&pid=S0256-95742015000500033)



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