



Pharmacy Month

Pharmacy Month

Nicole Barnes

At Netcare Blaauwberg Hospital Pharmacy, we decided to do what we can to promote healthy living in both our patients and staffs' lives. We put up a table in the front of the pharmacy filled with fresh apples and pears to give to patients and staff along with a healthy living quote or tip.

On the first day myself, Brent Sin Hidge and our two interns, Lara Naude and Yamkela Boya, took turns during our lunch breaks and free time to hand out the fruit to patients and staff.

On the second day we endeavoured to provide free blood pressure and glucose testing but unfortunately didn't have the staff capacity and will look into doing this better in 2024. So we continued handing out fruit, promoting healthy living and spreading the theme of Pharmacy Month: Pharmacists united in providing healthcare for all patients.

The third day saw us handing out capsule shaped sugar cookies (made by our intern, Lara), sponsored note books with pens and nursing watches to staff and patients who could answer us one simple question: What does a pharmacist do other than dispensing?

Throughout the week we held a competition with the nursing staff to show us #HowLiveHealthy by uploading a photo of their healthy lunch, a healthy recipe or tip or some exercise they completed in the last week. All these photos were uploaded onto a disposable camera

app and we chose the best 6 to win some prizes! We handed out the prizes on the last day of our Pharmacy Month activities.

We realised you can plan ahead but there will always be hiccups along the way. We are hoping that next year we will get the opportunity to show nursing that we too can provide primary healthcare in the form of vital checks and OTC medication advice. These events and competition really brought the nursing team closer to the pharmacy team and showed us their support by interacting with our stall, showing interest in the Pharmacy Month theme and entering our competition.

We hope to obtain more sponsored items next year to spoil the pharmacy and our staff that work as hard as the heart of the hospital.

I am extremely passionate about our profession and look forward to promoting the good work we do in the future not only during Pharmacy Month.

