

PHARMACY COUNCIL
TANZANIA

news



Reg. No. 00000269

Volume 2, Issue 4

Newsletter
October - December 2020



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"Promoting Good Pharmacy Practice to Save Lives"



New Regulations into Force



I am delighted to present the third issue of our newsletter for the year 2020 that encompasses a variety of educative, inspiring and informative articles.

Being a regulatory authority we are obligated to oversee compliance with the Law. We therefore notify you of new regulations onboard that have been recently approved for enforcement as highlighted hereunder;

- The Pharmacy (Inspection) Regulations, G.N 140 of 2019 that regulates conduct and standards of practice of inspectors;
- The Pharmacy (Accredited Drug Dispensing Outlets) Standards and Ethics for Dispensation of Medicines Regulations G.N. 185 of 2019 oversee all administrative, accreditation, standards, inspections and ethical conduct of ADDOs;
- SUPP GN 266 17 APRIL 2020 -The Pharmacy (Prescriptions Handling and Control) Regulations, 2020 provides control on prescription dispensation and handling;
- SUPP GN 267 17 APRIL 2020 -The Pharmacy (Pharmacy Practice and Conduct of Business of a Pharmacy) Regulations, 2020 regulates scope of practice and conduct of business of a pharmacy;
- SUPP GN 268 17 APRIL 2020 -The Pharmacy (Inquiry) Regulations, 2020 prescribes handling of complaints or inquiry against a pharmaceutical personnel;
- SUPP GN 269 17 APRIL 2020 -The Pharmacy (Premises Registration) Regulations 2020 regulates the business of pharmacy including premises registration processes.

Additionally, to promote and safeguard our profession in the spirit of career progression and advancement, we are engaging competent CPD providers for the training as per the requirements of the Council.

To read more about the new regulations and further clarifications on expression of interest as CPD provider, kindly visit our website www.pc.go.tz or contact us through info@pc.go.tz

Elizabeth Shekalaghe
Registrar

CONTENTS

New Regulations into Force ii

Irrational Sale of Medicines as a causative factor of Antimicrobial Resistance 1

Local Government Inspectors trained 4

Stakeholders engagement key to combating Malaria and Child Mortality - AFYATEK 3

Running for Light 5

Intern Opinions 7

Congratulations to the Newly appointed TMDA Director General - Pharmatist Adam Mitangu Fimbo 9



Pg. 4



Pg. 3

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IRRATIONAL SALE OF MEDICINES AS A CAUSATIVE FACTOR OF ANTIMICROBIAL RESISTANCE

By Arapha Nshau



Chief Medical Officer (CMO) Prof. Abel Makubi speaking during the launch of Antimicrobial Awareness Week in November, 2020.

The Government has reminded owners of pharmacies to avoid selling medicines to patients who do not have authorised medical prescriptions because doing so is in violation of the existing laws and regulations. It has also pleaded with members of the public to use the prescribed medicines rationally in order to avoid creating antimicrobial resistance.

The directives were given during the official opening of Antimicrobials Awareness Week on the 19th November 2020 with the theme Antimicrobials, Handle with Care by the Chief Medical Officer, Prof. Abel Makubi.

“Some of the pharmacies have been committing the offence of giving out medicines without ensuring that the medicines have been prescribed by a competent doctor or authorised medical staff”, he remarked.

The 2017 World Bank Report revealed that more than seven hundred thousand (700,000) people die every year due to such resistances. According to research findings, 50% of the medicines given out have been misused, with most of the medicines being used to treat livestock as well as mixing it with livestock food in total disregard to medical practice.

Prof. Makubi called upon decision makers at the Ministry of Health including Regional and District Medical Officers, Livestock and agriculture officers to oversee the quality of medicines manufactured within the country and abroad as well as those in the market meet the required standards. He urged adherence and implementation of National Guidelines regarding rational use of medicines.

On the other side, Head of Pharmacy Practice at the Pharmacy Council, Pharmacist Arapha Nshau, reminded pharmacy professionals to abide with ethical codes and conducts

as the Council will continuously deal with those who do their practices against the law. She mentioned one of the common malpractice that has prevailed is unaccountability of issuance of prescription medicines without prescription as the regulations and standards of practice direct.

The Antimicrobial Awareness Week takes place on 18 to 24 November every year globally.



Head of Pharmacy Practice, Pharmacist Arapha Nshau addressing Pharmacy Professionals during the Antimicrobial Awareness Week

LOCAL GOVERNMENT INSPECTORS TRAINED

By Arapha Nshau

One of the functions of the Council is to promote rational use of medicines and is mandated by the Act to conduct inspections to pharmaceutical premises so as to ensure compliance with pharmacy practice.

In December 2020, the Council organized training for inspectors of Lake Zone whereby 66 members attended. The training took place in Mwanza City and was officiated by the Chief Medical Officer, Prof. Abel Makubi and included Regional and District Pharmacists from Mwanza, Kagera, Mara, Geita, Shinyanga and Simiyu Regions.

During opening of the training, Prof. Makubi warned the public on operations of unauthorized drug outlets and urged the Pharmacy Council to take strenuous measures to those who contravene the law.



Registrar, Pharmacist Elizabeth Shekalaghe sharing best practices during inspectors training conducted in Mwanza.

The aim of this training was to equip inspectors with skills, knowledge and ethical practice in order to enable them to conduct regular inspection at different pharmaceutical outlets, ensure rational use of the medicines to the community and maintain high ethical and professional standards of pharmaceutical practice.

On her side, Pharmacy Council Registrar, Pharmacist Elizabeth Shekalaghe advised local inspectors to adhere to inspectors codes of ethics and conduct. The topics covered in this training included inspectors codes of ethics and professional conduct, overview of the Six (6) approved regulations, delegated functions of the Council to PORALG and Pharmacy Council Management Information System Data Base (PCMIS).



Regional and District Pharmacists in attentive mood when training of inspectors was taking place in Mwanza, December, 2020.

The Pharmacy (Inspection) Regulations of 2019 was emphasized by the Registrar and directed all inspectors to submit the conflict of interest form as per Regulation 11 of these Regulations.

Training of inspectors was also carried out to ensure inspectors are aware of different type of inspections including; Pre-approval inspection, Routine inspection, Special/ investigative inspection and Follow-up inspection. It is highly noted that an essential part of any medicine control system is the provision of an inspection authority with the responsibility to inspect some or all of the activities involved in research, development, manufacture, control, distribution, and supply of medicines. Qualified and experienced drug inspectors constitute an indispensable component of the inspection system.

STAKEHOLDERS ENGAGEMENT KEY TO COMBATING MALARIAL AND CHILD MORTALITY - AFYATEK

By Wilbard Semvua



Kibaha Town Council Medical Officer Dr. Tulitweni Mwinuka speaking in one of Afyatek stakeholders meeting

While substantial progress has been achieved, recent researches show that children under-five (U-5) and women still die due to pregnancy-related complications. According to WHO report of 2019 on Maternal mortality, the number is unacceptably high with Sub-Saharan Africa alone accounting for more than 50% of such deaths.

In Tanzania, various Not for Profit organizations have intervened with varying efforts to reduce the severity of maternal and child deaths; one of such organisation is Apotheker.

Apotheker; funded by Botnar Foundation devised a project called Afyatek to reduce mortality rates in under five children and pre-natal/post-natal women in Tanzania by means of Digital Technology. There are three major primary health players in Tanzania namely Community Health Workers or Volunteer (CHW/CHV), ADDO Outlets and Dispensaries. Ideally, a CHW/CHV visits each household periodically and on doing so has a direct influence to household members on matters pertaining to their health. The ADDOs, being at close proximity to households in rural and peri-urban areas

is a place where patients seek immediate health solutions before visiting a health facility where a more advanced care is provided. The project is pivoted in those three pillars.



Physical supervision to observe the progress after training

This implementation serves as a pilot and is conducted in Kibaha District and Town Councils from January 2019 extending to September 2021. A number of key players other than Apotheker have been recruited from government side and technology organizations namely: D-Tree International, Simprints ID/AT, Inspired Ideas, Institute of Tropical Medicines (ITM), PORALG (RHMT and CHMT), Pharmacy Council, ADDO Owners and Dispensers and Community Health Volunteers.

TRAINING OF CHW, HEALTH FACILITIES STAFF AND ADDO DISPENSERS

Training was a composite of two packages; the health package and Technology package. The health package consisted of theoretical health information with updated data from national

statistics on morbidity and mortalities. The Technology part was composed of application of biometrics where each of the participants was given a biometric scanner and a smartphone for the accessing the Afyatek application. All the three pillars were provided with relevant training materials.

The simplest model of Afyatek project: A CHW visits a pregnant or post-natal mother, a child under five years or a youth (adolescent) in household and identify any danger sign where he/she shall be referred directly to a health facility. If the client has minor illness shall be linked to a nearby ADDO for any medicine for minor illnesses such as no-antibiotic cough syrups etc.

In the event that a client is referred, the system shall notify the nearby health facility of the same referral issued to a client.

The model above is expected to reduce mortalities because it is a tradition that most Tanzanians delay a decision to go to a health facility when a danger sign shows up, only they go when it persists.

FUTURE OF THE PROJECT

There is a close follow-up to monitor useful elements of the project and assess the scale-up possibility.

The project provides access to its data system where the CHMT can view the dashboard that displays numerous indicators with real time data and meticulous analysis. The DMOs for both Councils have embraced this data system as it simplifies compilation which is otherwise their daily manual and tedious activity.



Pharmacist Wilbard Semvua visiting the health centres.



RUNNING FOR LIGHT

Pharmacy Council joins Bankers to Fight Cervical Cancer

By Annette Ezekiel

The Pharmacy Council participated in Dodoma marathon campaign to raise funds to support cancer services in the country. The marathon that attracted more than three thousand participants was held in Dodoma City in November under sponsorship of National Bank of Commerce (NBC) in collaboration with Ocean Road Cancer Institute (ORCI) and Athletic Tanzania (AT)

NBC extended an invitation to the Council to participate in these races of 5km, 10km, 21km and 42km. Through this invitation, the Council participated fully with 33 participants in a collaborative cause of increasing efforts to combat this cancer but also part of the Council's involvement in social activities.

The NBC Marathon was internationally accredited and designed to contribute to the fight against women cervical cancer in the country. The race brought together various government officials and was chaired by Vice President Hon. Samia Suluhu Hassan.

NBC Managing Director, Theobald Sabi stated that the amount that has been raised at the race will be channeled to the fight against cervical cancer via the Ocean Road Cancer Institute.



Pharmacy Council Staff in a group photo during NBC Dodoma Marathon campaign

“We have decided to focus on the fight against cervical cancer knowing the disease is one of the leading causes of death among women in the country”.

According to Pharmacy Council Head of Public Relation and Communication, Pharmacist Anna Temu said that, “these marathons are also important socially and equally provide an avenue in the fight against non-communicable diseases”.

Cervical cancer is the most common cancer among women in Tanzania with about 9700 new cases each year and incidence rates of 59.1 per 100,000 compared to a global disease incidence of 13.1 per 100,000.

About 6695 women in Tanzania die each year from cervical cancer because of the advanced stages at diagnosis and lack of effective treatment



I did 10km to Support Cervical Cancer Awareness

CONGRATULATIONS TO THE NEWLY APPOINTED TMDA DIRECTOR GENERAL - PHARMACIST ADAM MITANGU FIMBO



Council Members, Management and Secretariat of the Pharmacy Council congratulate you on your appointment as the 3rd Director General of Tanzania Medicines and Medical Devices Authority (TMDA).

The Council look forward to working closely with you and strengthen the cooperation between our institutions at all levels. We trust that with your outstanding experience, the public is guaranteed with availability of safe medicines and medical devices.

We wish you the best in all your future endeavors.

INTERN OPINIONS



BARAKA PASTORY POYONGO

In the next five years, I see myself as a great pharmacist-businessman providing the best pharmaceutical services in the peripheral districts of our country and a good custodian of rational use of medicines in the community that I will be serving.



JENISTA MELKION MHAGAMA

I have improved my knowledge and confidence regarding the role of a pharmacist in healthcare giving, communication skills, researching, management, lifelong learning, leading and teaching in both clinical and regulatory practices.



FLORIAN T. KABIGIZA

This has been an eye opening opportunity for me toward my role in providing health care services to the community. Through it I have learned how pharmacy council operates as a regulatory body to ensure smooth running of the pharmacy profession.



BEATRICE RICHARD MUSHY

I consider myself very privileged to have this opportunity at Pharmacy Council and promise to be an important figure in improving the profession of pharmacy.



ASIA MUSSA SHEMNDOLWA

Interning at Pharmacy Council was a noble opportunity. I have learnt that team work, adhering to professionalism and integrity is Vital.



YOEL ELIAS NDEGEA

I have learned so much about incredible value of custom focus, accountability, dignity and professional ethics.



ANNA SAMWEL KIHAVA

Working with the Pharmacy Council has connected me to a large network of professional pharmacists and stakeholders. I understand that serving the community needs commitment, trust, working hard and respect in providing excellent services.



WINFRIDA V. MINJA

I got a chance to familiarize with the laws and regulations and my ability to communicate, skills to work as a team, interpretation of law, and contributing in various official discussion was highly improved.



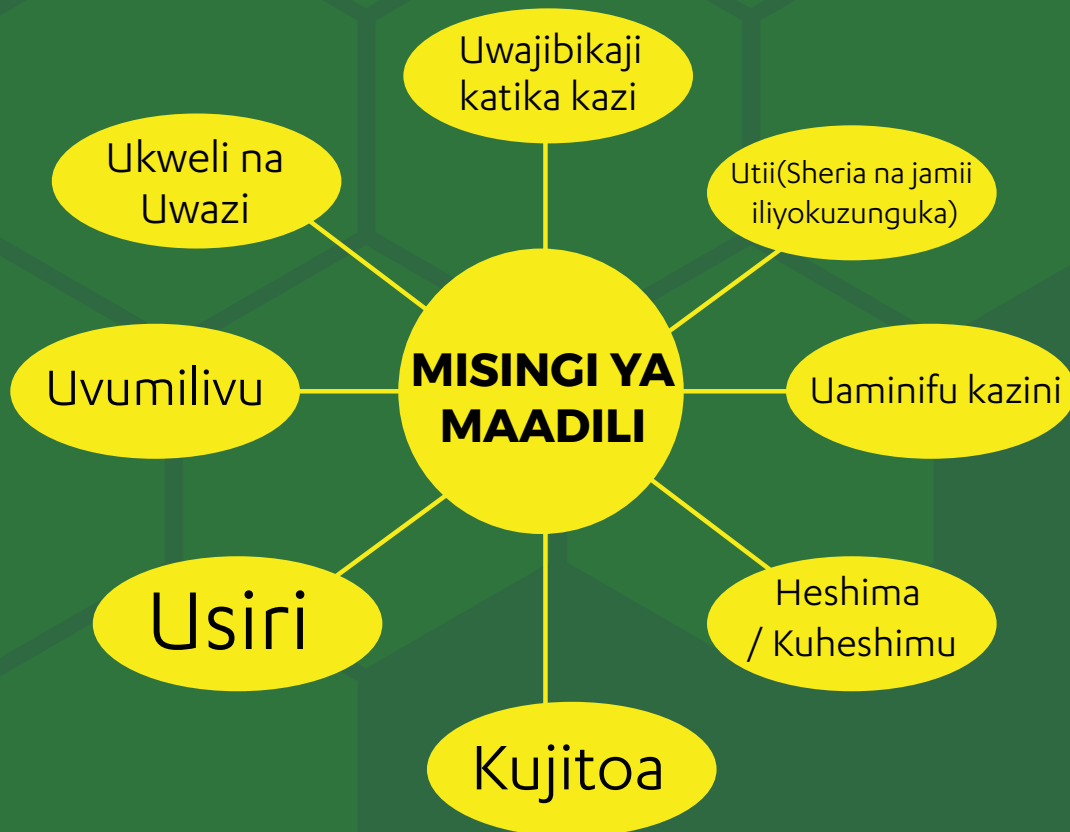
KISSA EXAUD TWEVE

I will always be grateful for this opportunity and mentorship I received and look forward to make great impact in my professional development by using the knowledge I gained.

MAADILI YA UTENDAJI WA TAALUMA

Baraza la Phamasi limeundwa na sheria Na. 1 ya Famasi, Sura ya 311 lenye jukumu la kusimamia taaluma ya Famasi na utendaji kazi wake kwa misingi ya Sheria, Kanuni na Miongozo iliyopo.

Taaluma ya Famasi inajengwa na misingi/nguzo kuu zifuatazo:



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