

Community Pharmacy Training: Metabolic Diseases

General Information

Training Organizer: The Pharmaceutical Society of Hong Kong

Date and Time: October 8 and 15, 2016

Venue: Nathan Room 3-Hall, 1/F, Eaton Hotel, Kowloon, Hong Kong

Language of Instruction: English and Cantonese

Target Audience

Attendees should

- Hold a Bachelor degree in pharmacy or higher AND
- Be currently practicing in the community pharmacy setting in Hong Kong

Learning Activities

1) Lecture

The lectures aim to provide the clinical and scientific knowledge relevant to the three metabolic diseases, namely hypertension, dyslipidemia, and diabetes. Lectures will also aim to introduce and explore the pharmacist's role in providing MTM (medication therapy management) services to patients.

2) Case Discussion Workshop

The case discussion workshops aim to consolidate materials learned in the lectures with real patient case scenarios provided by the lecturer. Cases will be discussed in detail to illustrate how to apply clinical expertise in evaluating medication regimens, identifying medication-related problems, and making recommendations to patients, caregivers, and health care professionals. All students are expected to actively participate in the case discussion. The session will be facilitated by other pharmacist preceptors.

Schedule, speakers and venue arrangement:

Weeks 1 & 2: October 2016

Date venue	3:00 – 3:50pm	4:00 – 4:50pm	5:00 – 5:15pm	5:15 – 6:30pm
Saturday, 8-Oct	a. Program Introduction Speaker: Keary Zhou b. MTM Services Speaker: Stan Leung c. Diabetes Mellitus Speaker: Stan Leung		Break	Case Discussion Workshop Facilitators: Stan Leung, Selina Leung, Connie Lee, Matthew Wong, Keary Zhou
Saturday, 15-Oct	d. Hypertension Speaker: Stan Leung e. Dyslipidemia Speaker: Stan Leung		Break	Case Discussion Workshop Facilitators: Stan Leung, Selina Leung, Connie Lee, Matthew Wong, Keary Zhou

Lecture Outlines

Hypertension

Learning Objectives:

1. Understand and familiarize with the international hypertension (HTN) guideline updates.
2. Demonstrate appropriate drug selection and knowledge of blood pressure goals for the management of HTN according to the presence of concomitant conditions.
3. Discuss other life-style recommendations and non-pharmacological managements for HTN.

Suggested Readings:

1. **JNC VIII Guideline.**

Dyslipidemia

Learning Objectives:

1. Be able to classify and recognize a patient's risk of cardiovascular disease.
2. Be able to design an effective dyslipidemia treatment strategy using major guidelines and individual patient risk factor information.
3. Understand the role of statin use as first-line management of dyslipidemia and the benefits/risks in this setting.
4. Evaluate the role of non-statin therapies in the management of lipid disorders.
5. Discuss some novel mechanisms of action of emerging therapies to address dyslipidemia.

Suggested Readings:

1. **ACC/AHA 2013 Guideline.**

Diabetes Mellitus

Learning Objectives:

1. Discuss fasting and postprandial glycemic goals defined by leading diabetes guidelines.
2. Describe the use of various oral pharmacologic agents in the treatment of T2DM.
3. Understand the consequences of poor glycemic control including microvascular and macrovascular complications.
4. Be able to provide dietary input to patients

Suggested Readings:

1. **ADA 2015 Guideline.**

Medication Therapy Management Services

Learning Objectives:

1. Understand the key components of performing MTM services.
2. Describe the steps involved in completing an assessment of a patient's medication-related needs.
3. Be able to monitor and evaluate the patient's response to therapy (metabolic disease), including safety and effectiveness e.
4. Be able to perform a comprehensive medication review to identify, resolve, and prevent medication-related problems, including adverse drug events.

Speaker and Facilitator Information

Stan Leung, Pharm.D.

Email: stanleung68@yahoo.com

Dr. Stan Leung completed his Doctor of Pharmacy degree from the University of Pacific in the United States. He is the Director of Pharmacy Services for Partnership HealthPlan of California (PHC). PHC is a Managed Care plan serving over 575,000 members in over 14 counties in Northern California. Prior to joining Partnership HealthPlan, Dr. Leung served as the Clinical Division Lead at Safeway Inc. where he provided oversight for all clinical service programs at over 180 pharmacies in Northern California, Nevada, and Hawaii. He has also practiced as a retail chain pharmacy manager for over 12 years. In addition, Dr. Leung is a faculty trainer for the American Pharmacists Association's Pharmacy-Based Immunization Services, Pharmacy-Based Travel Health Services, and Pharmacist and Patient-Centered Diabetes Care.

Selina Leung, Pharm.D.

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Dr. Selina Quan-Leung received her bachelor's degree from the University of California at Davis with a major in Biochemistry and earned her Doctor of Pharmacy Degree from the University of the Pacific in Stockton, California. After completing her doctorate degree, she completed a Post-Graduate Residency in Pharmacy Practice specializing in Ambulatory Care Services at Kaiser Permanente in West Los Angeles. She joined Kaiser Permanente Redwood City in 1996 as an Ambulatory Care Pharmacist Specialist, where she initiated the Hypertension Clinic as part of the Metabolic Services Program. She then transferred to the Kaiser Permanente Santa Clara Medical Center, where she worked as an Ambulatory Care Pharmacist in the Anticoagulation Clinic, PHASE Metabolic Clinic and the Asthma /COPD Clinic in the Pulmonary Department for 17 years. Over the years, Dr. Quan-Leung has created many roles for ambulatory care pharmacists and have provided direct patient care in the areas of asthma, emphysema, diabetes, hypertension, hyperlipidemia, and anticoagulation. She currently is the Ambulatory Care Pharmacy Supervisor for a team of Ambulatory Care Pharmacist in 15 pharmacist managed clinics.

Connie Lee, Pharm.D.

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Dr. Connie Lee received her Doctor of Pharmacy degree from the University of California San Francisco. She has extensive working experience in the ambulatory care setting, particularly in the warfarin clinic. Dr. Connie Lee is currently a part-time lecturer at the Chinese University of Hong Kong School of Pharmacy.

Keary Zhou, Pharm.D. BCOP

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Dr. Keary Zhou received her Doctor of Pharmacy degree from the University of Southern California (USC) in 2007, and completed a pharmacy practice residency at the University of California San Diego (UCSD) in 2008. Prior to joining CUHK in 2009, she worked as a clinical pharmacist at the UCSD Thornton Hospital. Currently, Dr. Zhou coordinates the oncology clinical clerkship track and practice-based projects, oversees clerkship exchange programs, and participates in teaching of a variety of therapeutic topics. Dr. Zhou also serves as a member for the Joint CUHK-NTEC Clinical Research Ethics Committee (CREC) for the Hong Kong Hospital Authority, as well as a general council member for the Pharmaceutical Society of Hong Kong (PSHK). Her research interests are pharmacist-based services / clinics and outcomes research in oncology. Dr. Zhou has been a Board Certified Oncology Pharmacist by the US Board of Pharmaceutical Specialties since 2011.

Matthew Wong, M.S., RPh

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Matthew H M Wong, who is a UK and HK registered Pharmacist, has been practising pharmacy in both UK and HK since 1989. Since 2011, after his return to HK, he has been involved in activities promoting public awareness on Medicines Safety and the pharmaceutical profession, e.g. giving health talks, organising roadshows and providing medication consultations to the public, healthcare workers and Pfizer Club HK. He also works in

Elderly Home to review and update pharmaceutical risk management procedures, and to ensure procedures are implemented. He is currently a Council Member of The Pharmaceutical Society of HK (PSHK), a Council Member of The Practising Pharmacist Association (PPA) and a Disciplinary Committee Member of The Pharmacy and Poisons Board of HK. Through these activities, he has met different stakeholders in healthcare from decision makers, key opinion leaders to patient groups. This consolidates his network for future events.