



## World Pharmacy Day in the Free State

World Pharmacy day in the Free State kicked off with a bang! Due to the restrictions associated with Covid-19, we unfortunately could not host a CPD evening, but we continued with a Cipla sponsored webinar on 28 September 2020 instead.

Dr Precious Garnett was the guest of honour and main speaker during our webinar. She conducted an in-detail look at the new ARV drug formulation for paediatrics in South Africa. She explained the benefits and the possible impact this drug could have in fighting HIV/Aids in South Africa. Delegates could ask her questions, which led to the sharing of ideas among the participants and Dr Garnett. After the webinar, various questions were asked and 5 lucky participants won prizes, sponsored by Cipla, for the correct answers.

The Pharmaceutical Society of South Africa, Free State Branch, launched a competition on 21 September 2020. This perfectly highlighted this year's theme of transforming global health.

We asked members to submit a short video clip where they quote a phrase or saying that has helped them persevere through these

trying and difficult times with the purpose of sharing as many positive messages within the pharmacy community as possible. This was a great success and this video will shortly be available to be viewed on various social media platforms. Members who submitted videos were also awarded prizes for creativity and authenticity.

Considering the circumstances, it was truly a humbling and life changing experience, which brought a little motivation to the front-line workers who have been risking their lives each and every day.

As we wished to inspire healthcare workers, we wish to inspire you, we leave you with some of our prize winning quotes (in no particular order):

- Be the change you want to see in the world – Mahatma Gandhi
- Embrace uncertainty. Some of the most beautiful chapters in our lives won't have a title until much later – Bob Goff
- Trust the timing of your life



Phekolong Hospital pharmacy staff