



PHARMA GUIDE

The official news letter of Pharmaceutical Society of Sri Lanka

Message from the President



Priyantha Sahabandu
President
Pharmaceutical Society of Sri Lanka

Dear Members of the Pharmaceutical Society of Sri Lanka and Readers of the Pharma Guide,

As the President of the Pharmaceutical Society of Sri Lanka, it is my privilege to address you in this esteemed publication, the Annual PSSL Pharma Information Book. This platform not only serves as a valuable resource for our members but also as a testament to the collective knowledge and expertise within our community.

During my tenure as President, spanning a two-year period, my primary focus has been on adding value to our PSSL members through a variety of innovative events and initiatives. We have introduced new programs aimed at enhancing professional development, fostering collaboration, and promoting the exchange of ideas among our members. These initiatives are designed to empower our community and ensure that we remain at the forefront of pharmaceutical advancements.

A central theme of my presidency has been to help and motivate students, who represent the future of our profession. It is our duty and responsibility as senior members to guide and support these young minds. By creating opportunities for newcomers, we not only invest in their growth but also secure the future of our industry. I urge all members to actively participate in mentoring and supporting our students, as they are the torchbearers of tomorrow.

I would like to take this opportunity to express my heartfelt gratitude to all those who have contributed valuable articles to the Pharma Guide. Your insights and expertise enrich our community and provide invaluable knowledge to our readers. Your contributions are deeply appreciated and play a crucial role in the success of this publication.

Finally, I encourage everyone to seize the opportunities that come your way. Opportunities are fleeting, and if not taken, they may never present themselves again. Let us all strive to make the most of every chance to learn, grow, and contribute to our field.

Thank you for your continued support and dedication to the Pharmaceutical Society of Sri Lanka.

Warm regards,

Message from the Editor



Paul Devaraj
Editor
Pharmaceutical Society of Sri Lanka

Dear fellow pharmacy professionals & students,

It is with great enthusiasm that I welcome you to this latest issue of pharmaceutical newsletter of pharmaceutical society of Sri Lanka. As the field of pharmacy continues to evolve at an unprecedented pace, we remain committed to bringing you insightful research articles and discussions that shape the future of our profession.

Also in this issue, we would like to share a few accomplishments of PSSL council 2024-25. Few notable ones are projects initiated to familiarize pharmacy profession among school children, regulatory workshop conducted with the assistance of NMRA officials to educate pharmaceutical manufacturers, world pharmacy day celebration, attending FAPA, distribution of funds to needy cancer patients, donation of lab equipment and IT equipment to universities and visiting senior pharmacists of the society.

We believe the progress of pharmacy profession largely remains in collaboration each and every discipline among pharmacists. As such, we encourage interdisciplinary engagement, knowledge sharing, and research that foster patient-centered care. Whether you are a researcher, practitioner, educator, or student, we hope that the articles in this issue will inspire new ideas and drive meaningful change in your work.

I extend my sincere gratitude to our executive council members, council members, forum members and general membership for their wholehearted support. My sincere gratitude goes to Mr. Duminda Amarasinghe for untiring effort to put this newsletter in order. Your contributions are invaluable in ensuring that we continue to serve as a reliable source of information for the pharmacy community.

We look forward to your feedback and contributions in future editions. Thank you for your continued support, and we hope you find this issue both informative and inspiring.

Warm regards,

PSSL Council 2024 / 2025



Seated (Left to Right) – Executive Council and Past Presidents

Mr. Janith D. Jayalath (Assistant Secretary), Mr. R. Amila Darshana (Assistant Secretary), Mr. D. M. D. Prasanna (Vice President), Mr. Kelum G. Jayasuriya (Immediate Past President), Ms. Dilmini R. K. Udugampola (General Secretary), Mr. Priyantha Sahabandu (President), Ms. Rangika Piyumali Kopyawattage (Treasurer), Ms. Nirmalanthi Silva (Vice President), Ms. R.M.S. Menike (Assistant Treasurer), Mr. Paul Devaraj (Editor), Mr. Duminda Amarasinghe (Assistant Editor), Mr. Tisara De Silva (Past President / Council Member).

Standing (Left to Right) – Council Members

Prof. M. H. F. Sakeena, Ms. A. Anoma Jayasoma, Mr. D. Kalaichelvan, Ms. Thanuja Jayawardena, Ms. D. Lakmali Dassanayake, Mr. Lasika Sanjeewa Jayathilaka, Mr. Arfan M. H. Mohamed, Mr. Arjuna D. Pathmaperuma, Mr. R. M. Dilhan Jayathilake, Ms. Puvaneswary Shanmugam, Ms. Vindya M. Pathiraja.

Absent

Mr. Chula Edirisinghe (President-Elect), Mr. R. Sandanakrishnan, Mr. P. H. Susil Piyaratne, Mr. Thushara Ranadeva,

10 Must-Have Characteristics for Health Care Professionals

Priyantha Sahabandu

Who is a Health Care Professional?



A health care professional is someone who provides health services to patients, including care for physical or mental conditions. They study physical or mental illnesses and injuries that can occur in humans. Some diagnose and treat these health conditions, while others focus on preventing them from occurring. For example, an oncologist provides cancer diagnoses and treatment, while a general practitioner conducts wellness exams. Health care professionals range from medical doctors and nursing professionals to dentists, psychologists, and pharmacists.

Qualities of a Good Health Care Professional

1. Service Oriented

Good health care professionals are motivated by a desire to serve and help others. They focus on patient and client needs in order to make meaningful differences in their lives. Service-oriented people acknowledge and act on their sense of responsibility to their community and society as a whole. Working in the health care field, you will need to be sensitive to your patient's needs while working towards the best outcomes.

2. Empathy and Compassion

Having empathy and compassion is one of the most important characteristics of health care professionals. Your work might involve caring for patients who are going through difficult health problems. Even patients suffering minor health issues need to be treated compassionately and respectfully. You should also be able to provide the best care possible to patients who hold different beliefs and values from your own. Having empathy and compassion toward all patients and their family members can help you deliver exceptional patient care.

3. Hardworking

Health professionals sometimes work long hours or handle intense situations that require making difficult decisions. Some health care professionals work in stressful environments or spend several hours a day on their feet doing physical tasks. Being a hardworking individual who can meet these challenges is important when you choose this type of career. You'll need to rely on a strong work ethic as you go about your day-to-day routine.

4. Passion for the Field

Since health care can be a stressful career at times, it's essential to be passionate about this kind of work. When you have a passion for your career as a health care professional and the health care field in general, it can motivate you to keep going on tough workdays. Think about why you want to get into this line of work, such as the ability to help patients heal from injuries and illnesses or the opportunity to help patients maintain good health.

5. Strong Communication Skills

Working in health care means communicating with other health professionals, patients, and patients' family members. Strong communication skills help lower the risk of misunderstandings or errors in patient care. Good communication ensures that all members of a patient's health care team are on the same page. It also makes it easier to ensure that patients and their families understand at-home care instructions. Effective communication skills are especially important when a patient speaks a different language than you do.

6. Maintain a Healthy Lifestyle

Being as healthy as possible as a health care professional can help you handle the demands of the job. For example, being physically fit makes it easier to move patients and equipment around and remain on your feet most of the day. You'll also have more energy for long shifts. When you take good care of yourself through sufficient sleep, healthy eating, stress management, and physical activity, you also set a great example for your patients.

7. The Ability to Multitask

Health care professionals might be expected to handle multiple tasks in a hectic work environment. Being able to multitask means you can ensure these tasks are accomplished while still providing quality patient care and ensuring patient safety. For example, you might have several patients under your care. You'll need to multitask effectively to check on their condition, administer care, and update medical records.

8. Strong Problem-Solving Skills

Working in health care often involves making quick decisions as situations change. Sometimes you might need to make decisions that affect a patient's outcome, such as recommending certain treatments for serious medical conditions. Since each workday comes with its own challenges, it's important to have solid problem-solving skills. You'll need to be able to come up with solutions to problems, even stressful ones, in a calm manner.

9. Detail-Oriented

As a health care professional, you might need to evaluate lab test results, imaging tests, and other diagnostic tests, making the ability to notice details incredibly important. Being detail-oriented can help ensure that you notice details that are needed for an accurate diagnosis. Having an eye for detail is also important for completing patient medical records and other health-related paperwork.

10. Knowledgeable

Patients who are under your care want to know that you have the skills and experience needed to handle their medical problems. Being knowledgeable in your area of health care means that you have undergone the right training for your profession. If you're responsible for creating a treatment plan for patients, being knowledgeable helps ensure high-quality patient care and safety.

The silent threat: antimicrobial resistance

Prof. Sakeena M. Hameem

Professor, Department of Pharmacy, Faculty of Allied Health Sciences, University of Peradeniya.

Council member, Pharmaceutical Society of Sri Lanka (PSSL).

Member, FIP AMR Commission, International Pharmaceutical Federation (FIP).



In an era where modern medicine has made remarkable strides, we are now facing a silent but growing threat—antimicrobial resistance (AMR). The overuse and misuse of antibiotics have led to bacteria evolving and becoming resistant to treatment, rendering many life-saving medications ineffective. Sri Lanka is not immune to this crisis, and without immediate action, we risk a future where common infections could once again become deadly.

The role of antibiotics and the rise of resistance bacteria

Antibiotics have been one of the greatest discoveries in medical history, saving millions of lives. They help treat bacterial infections, prevent complications during surgeries, and protect vulnerable patients undergoing cancer treatment. However, their widespread and often unnecessary use is contributing to the rise of antibiotic-resistant bacteria.

According to published research studies Sri Lanka uses more antibiotics than many other comparable countries, and much of this use is inappropriate and antibiotics are frequently used for viral infections such as the flu and common cold, despite the fact that they do not work against viruses. This misuse accelerates the development of resistance, making it harder to treat bacterial infections in the future.

The consequences of antibiotic resistance

Antibiotic-resistant infections are more difficult to treat, requiring stronger and sometimes more toxic medications. In many cases, patients face longer hospital stays, higher medical costs, and increased mortality rates. Worse still, some bacterial infections may become entirely untreatable, posing a serious public health risk.

Resistance is not just a concern for hospitals—it affects the entire community. Resistant bacteria can spread through person-to-person contact, contaminated food, and the environment, making infection control even more challenging.

What can we do?

Antimicrobial resistance is not an issue that can be tackled by healthcare professionals alone. It requires a collective effort from individuals, healthcare providers, policymakers, and the community.

Individuals and communities

- Prevent infections through proper handwashing, vaccinations, and hygiene practices.
- Do not request antibiotics for viral infections such as colds, flu, or most sore throats.
- Take antibiotics exactly as prescribed by a healthcare professional—do not skip doses or stop early.
- Do not share or reuse antibiotics, as this can contribute to resistance.
- Properly dispose of unused antibiotics by returning them to pharmacies instead of discarding them in the trash or down the drain.

Healthcare professionals

- Prescribe antibiotics only when necessary, ensuring the correct antibiotic, dose, and duration are chosen.
- Educate patients on the risks of antibiotic misuse.
- Implement infection prevention measures such as proper hand hygiene and sanitization of medical equipment.

Role of antimicrobial stewardship

Antimicrobial Stewardship (AMS) is a coordinated approach aimed at ensuring antibiotics are used correctly and only when needed. The goal is not to stop using antibiotics but to preserve their effectiveness for those who truly need them. This requires collaboration between doctors, pharmacists, nurses, and patients to ensure responsible antibiotic use.

In Sri Lanka, strengthening AMS programs in hospitals, clinics, and community pharmacies can play a crucial role in combating AMR. Public awareness campaigns, strict regulations on antibiotic dispensing, and improved surveillance of antibiotic use are necessary steps toward preserving these life-saving medications.

Role of Pharmacists in combating AMR

Pharmacists are one of the most underutilized healthcare professionals in Sri Lanka when it comes to combating antibiotic misuse and overuse. While doctors prescribe antibiotics, pharmacists play a critical role in ensuring responsible antibiotic use. Their role extends far beyond dispensing medications—they serve as educators, advisors, and gatekeepers in the fight against antimicrobial resistance.

A call to action:

If we fail to act now, we may enter a post-antibiotic era where minor infections become deadly, and routine surgeries carry life-threatening risks. Every individual has a role to play in safeguarding these precious antibiotics.

By empowering pharmacists, using antibiotics responsibly, promoting antimicrobial stewardship, and increasing public awareness, we can protect ourselves and future generations from the devastating consequences of AMR.

It is time for Sri Lanka to recognize the vital role of pharmacists and take decisive action before it is too late.

The Use of Hormone Replacement Therapy (HRT) in Sri Lanka: Trends, Challenges, and Future Perspectives

By

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Introduction

Menopause is primarily a natural biological phenomenon typically between the ages of 45-55, although surgical and medical menopause can also occur in a woman's life. It marks the end of the reproductive years, often accompanied by a range of cognitive, psychological and physical symptoms such as hot flashes, night sweats, mood swings, sleep disturbances, and an increased risk of cardiometabolic Comorbidities.

Hormone Replacement Therapy (HRT) has long been considered as the most effective therapeutic option for alleviating these symptoms and improving the quality of life in menopausal women. However, despite its well-documented benefits, the use of HRT in Sri Lanka remains limited due to various misconceptions, accessibility issues, and safety concerns. This article explores the current trends, challenges, and future directions for HRT in Sri Lanka.

Current Trends in HRT Use in Sri Lanka

The utilisation of HRT in Sri Lanka is significantly lower than in many high-income countries (HICs) due to a variety of factors although influential trends can be broadly categorised to be as follows:

1. Limited Awareness and Education

Many women in Sri Lanka lack adequate knowledge about menopause, ageing and managing their wellbeing aspects as well as available treatment options. There is a cultural tendency to accept the menopausal stage as a period in their life that shouldn't be medically managed. Additionally, some healthcare professionals may not actively recommend HRT due to a lack of up-to-date knowledge on its evolving safety profile, as well as respecting the Sri Lankan cultural beliefs.

2. Safety Concerns and Misconceptions

A key barrier to use of HRT is the fear of adverse health effects, particularly the risk of breast cancer, heart disease, and stroke. The Women's Health Initiative (WHI) project in 2002 initially raised concerns about these risks, leading to a global decline in HRT prescriptions. Although, subsequent research has clarified some of these risks in the context of individual factors such as medical histories, the type of HRT used and the prescribing protocol, a lack of public and healthcare professional consumption continues to be impromptu. Equally, current HRT based research requires significant improvements, particularly from a scientific design perspective where long-term effectiveness, efficacy, tolerability and acceptability data can be gathered for all races, ethnicities and genders within HICs and Low-Middle-Income countries (LMICs). In doing so, Sri Lankan women and healthcare can be reassured of the benefits of HRT.

3. Preference for Natural and Alternative Therapies

Many Sri Lankan women turn to herbal remedies, ayurvedic medicine, and dietary modifications instead of HRT. While some natural remedies can offer mild symptom relief, they may not be as effective as HRT in managing severe menopausal symptoms or preventing osteoporosis.

4. Accessibility and Affordability Issues

HRT is not always readily available in government healthcare facilities, limiting access for women who depend on the public healthcare system. In private healthcare settings, the cost of HRT may be a barrier for some women. Additionally, there is a lack of specialised menopause clinics where women can receive expert guidance on HRT and alternative therapies.

5. Social and Cultural Stigma

Menopause and its associated symptoms are often considered a private or even taboo subject in Sri Lankan society. Women may feel reluctant to seek medical help due to cultural stigmas around aging, reproductive health, and hormonal treatments. This silence further limits discussions around HRT and its potential benefits. In a bid to change this cultural-impact cycle, introducing basic information about menopause to adolescent girls within schools can improve their ability to prepare and recognise the perimenopausal stage far more effectively. This would further aid in promoting health seeking behaviours to overcome cultural stigma.

6. Lack of priority for menopause

Current healthcare system in the country often prioritize maternal and child health, infectious diseases, and malnutrition, leaving menopause and aging-related issues underfunded and overlooked.

7. Lack of routine screening and monitoring

HRT requires regular monitoring (e.g., mammograms, liver function tests, and cardiovascular assessments) to ensure safe use, which is difficult in resource-limited settings.

Benefits of HRT: Why It Should Be Considered

Despite these challenges, when used appropriately, HRT can provide significant benefits, including:

- ✓ **Relief from Menopausal Symptoms:** Effectively reduces hot flashes, night sweats, vaginal dryness, mood swings, and sleep disturbances.
- ✓ **Bone Health Protection:** Reduces the risk of osteoporosis and fractures, which are common in postmenopausal women.
- ✓ **Cardiovascular Benefits:** When initiated in early menopause, HRT may offer some protective effects on heart health.
- ✓ **Improved Quality of Life:** Enhances overall well-being by improving mood, energy levels, and cognitive function.

It is essential that each woman's risk factors, medical history, and personal preferences be carefully considered before initiating HRT. The "one-size-fits-all" approach does not apply to HRT, and personalized treatment plans are crucial.

Overcoming Barriers and Enhancing HRT Utilisation in Sri Lanka

To ensure that women in Sri Lanka have access to safe and effective menopausal care, the following steps should be prioritized:

1. Raising Awareness through Education and Advocacy

Public health campaigns, community outreach programs, and workshops can help educate women about menopause and the potential benefits and risks of HRT. Healthcare providers should also receive updated training on HRT to ensure evidence-based prescribing practices.

2. Addressing Misconceptions and Updating Guidelines

Health authorities and medical institutions should work together to provide clear, updated guidelines on HRT use, ensuring that both healthcare professionals and patients have accurate information. Addressing fears related to breast cancer and heart disease through scientific evidence will help build confidence in HRT.

3. Improving Access to HRT in Public Healthcare Facilities

Expanding the availability of HRT in government hospitals and clinics will ensure that more women can benefit from it. Additionally, integrating menopause management into primary healthcare services can make it easier for women to receive appropriate treatment.

4. Establishing Menopause Clinics and Multidisciplinary Care

Dedicated menopause clinics, staffed by Gynaecologists, Endocrinologists, Pharmacists, General Physicians, Psychologists, Specialist nurses, Physiotherapist and Dietitians, can provide comprehensive care to menopausal women. These clinics can offer psychological and life-style counselling and HRT prescriptions tailored to individual needs.

5. Integrate menopause care into primary healthcare services

Integrating menopause care into primary healthcare services ensures that women receive timely, accessible, and comprehensive support. Since primary healthcare is the first point of contact for most individuals, strengthening its capacity to manage menopause-related health concerns can enhance early diagnosis, treatment, and overall quality of life.

6. Encouraging Research on Menopause and HRT in Sri Lanka

More local research is needed to assess the patterns of menopausal symptoms among Sri Lankan women, the impact of HRT, and cultural attitudes towards its use. This data can help inform healthcare policies and improve patient outcomes.

Conclusion

Menopause is significant for women and their families as the impact is much wider than that of an individual. Thus, optimal management of the menopause has benefit to the Sri Lankan society.

The availability of safe and effective treatment options is essential for maintaining health and well-being long-term. While HRT remains underutilised in Sri Lanka due to misconceptions, access issues, cost and cultural barriers, there is a growing need to enhance awareness, improve healthcare accessibility, and promote evidence-based decision-making.

By addressing these challenges and fostering evidence-based care practices, we can ensure that Sri Lankan women receive the support and treatment they deserve, allowing them to live healthier and more fulfilling lives beyond menopause.

Pharmacogenomics and Personalized Medicine

The Future of Pharmacy Practice

By

Indeepa Malshani De Silva – (Lecturer)

Department of Pharmacy Faculty of Allied Health Sciences - University of Ruhuna

The Shift Towards Personalized Medicine

The field of pharmacy is undergoing a paradigm shift with the advent of pharmacogenomics, a discipline that integrates genetic information into drug therapy decisions. Traditionally, medications have been prescribed based on a "one-size-fits-all" approach, often leading to variable responses and adverse drug reactions. However, advances in pharmacogenomics are enabling healthcare providers to tailor drug therapy to individual patients, improving treatment efficacy and safety. This transformation is redefining the role of pharmacists, positioning them as key players in personalized medicine.

The Role of Pharmacogenomics in Personalized Medicine

Pharmacogenomics is the study of how genetic variations influence an individual's response to drugs. Genetic polymorphisms in drug-metabolizing enzymes, transporters, and receptors can significantly impact drug absorption, metabolism, and elimination, ultimately affecting therapeutic outcomes.

For instance, variations in the **CYP2C19** gene influence the metabolism of clopidogrel, an antiplatelet drug. Patients with certain CYP2C19 polymorphisms may not effectively convert clopidogrel into its active form, leading to inadequate platelet inhibition and an increased risk of cardiovascular events. Similarly, polymorphisms in the **TPMT** (thiopurine S-methyltransferase) gene affect the metabolism of thiopurine drugs used in leukemia and autoimmune disorders. Identifying these genetic variations before prescribing can prevent severe toxicity or therapeutic failure.

Personalized medicine, enabled by pharmacogenomics, optimizes drug selection and dosing to enhance patient safety and efficacy. It plays a crucial role in oncology, cardiology, psychiatry, and pain management, where genetic testing guides treatment decisions for drugs such as tamoxifen, warfarin, and antidepressants.

The Expanding Role of Pharmacists in Pharmacogenomics

Pharmacists are uniquely positioned to bridge the gap between pharmacogenomics and clinical practice. With their expertise in drug therapy management, they can interpret genetic test results, educate healthcare providers, and counsel patients on the implications of pharmacogenomic findings.

1. Pharmacists as Medication Experts

Pharmacists can assess genetic test results to determine whether a prescribed drug is suitable for a patient, helping to avoid adverse reactions or therapeutic failures.

2. Patient Counseling and Education

Patients often have concerns about genetic testing, including privacy and ethical issues. Pharmacists can provide clarity on the benefits, limitations, and implications of pharmacogenomic testing.

3. Collaborative Healthcare Approach

By working alongside physicians, geneticists, and other healthcare professionals, pharmacists contribute to multidisciplinary teams focused on delivering personalized care.

4. Implementation in Community and Hospital Settings

Pharmacogenomic applications are expanding beyond research and specialty clinics into mainstream pharmacy settings. Community pharmacists can integrate genetic testing into medication therapy management (MTM) services, while hospital pharmacists play a critical role in implementing pharmacogenomic protocols for high-risk medications.

Challenges and Barriers in Implementing Pharmacogenomics in Pharmacy Practice

Despite its significant potential, the integration of pharmacogenomics into routine pharmacy practice faces numerous challenges. One major barrier is the cost and accessibility of genetic testing, which remains prohibitively expensive in many regions. Additionally, inconsistent insurance coverage for pharmacogenomic testing further limits its accessibility, preventing wider adoption. Another critical issue is the lack of pharmacist training and awareness, as many pharmacists receive limited exposure to pharmacogenomics during their formal education. Consequently, they often require additional training to apply this knowledge effectively in clinical practice. Ethical and privacy concerns also pose significant challenges, as genetic information is highly sensitive. Issues related to data security, informed consent, and the potential for genetic discrimination must be carefully addressed to maintain patient trust and safety. Furthermore,

regulatory and policy barriers hinder the implementation of pharmacogenomics in pharmacy practice. The absence of standardized guidelines for incorporating pharmacogenomic testing into routine care creates uncertainty in clinical decision-making and can limit its integration into patient management strategies. Addressing these challenges through comprehensive policies, educational initiatives, and standardized practices is essential for realizing the full potential of pharmacogenomics in improving patient outcomes.

The Future of Pharmacogenomics in Pharmacy Education and Practice

To fully realize the potential of pharmacogenomics, pharmacy education must evolve to incorporate genomic medicine into curricula. Several pharmacy schools worldwide are integrating pharmacogenomics training, equipping future pharmacists with the necessary knowledge and skills. Continuing education programs, workshops, and certification courses are also essential for practicing pharmacists to stay updated on advancements in this field.

Career opportunities in pharmacogenomics are expanding, with pharmacists finding roles in clinical research, regulatory affairs, biotechnology firms, and precision medicine initiatives. Moreover, advancements in artificial intelligence and big data analytics are accelerating the adoption of pharmacogenomics by enabling more precise drug response predictions.

Embracing Pharmacogenomics in Pharmacy Practice

As pharmacogenomics continues to revolutionize drug therapy, pharmacists must embrace their evolving role in personalized medicine. By integrating pharmacogenomics into routine practice, pharmacists can enhance patient care, reduce adverse drug reactions, and contribute to a more effective and safer healthcare system. Overcoming current barriers through education, policy development, and collaborative efforts will be key to fully harnessing the power of pharmacogenomics in the future of pharmacy practice. The time for pharmacists to take the lead in personalized medicine is now.

World Pharmacists Day Celebration at Pharmadya

The Pharmaceutical Society of Sri Lanka (PSSL) proudly celebrated World Pharmacists Day at Pharmadya, bringing together professionals, industry leaders, and members of the pharmaceutical community to recognize the essential role pharmacists play in healthcare.

The event highlighted the importance of continuous learning, collaboration, and the evolving role of pharmacists in ensuring patient safety and advancing healthcare practices. It was a moment of reflection on the achievements within the industry and a call to further strengthen the pharmacy profession in Sri Lanka.

The celebration served as a platform for knowledge sharing, professional networking, and acknowledging the contributions of those dedicated to improving public health.

PSSL extends its gratitude to all participants and organizers who made this event a success, fostering unity and growth within the pharmaceutical community.



“Music is Therapy” Program at Apeksha Hospital

The Social and Welfare Committee of the Pharmaceutical Society of Sri Lanka (PSSL) organized the “Music is Therapy” program at the Apeksha Hospital, creating an uplifting and healing environment for patients through the power of music.

This initiative aimed to promote emotional well-being and highlight the therapeutic benefits of music in patient care. The soothing melodies and positive atmosphere brought comfort and smiles to many, reinforcing the importance of holistic approaches in healthcare.

A special thanks goes to PSSL President Mr. Priyantha Sahabandu and the dedicated team for their commitment and hard work in making this program a success. Their efforts truly embody the spirit of compassion and community service that PSSL stands for.

Together, we continue to support healing beyond medicine.



World Pharmacists Day Celebration at NMRA

In celebration of World Pharmacists Day, a special program was held at the National Medicines Regulatory Authority (NMRA), bringing together key stakeholders in the pharmaceutical sector to recognize the vital role of pharmacists in healthcare.

Representing the Pharmaceutical Society of Sri Lanka (PSSL) at the event were:

- Mr. Priyantha Sahabandu – President, PSSL
- Mr. Chula Edirisighe

The program emphasized the importance of regulatory standards, professional development, and the integral role pharmacists play in ensuring public health and patient safety. The active participation of PSSL highlights its continued commitment to the advancement of the pharmacy profession in Sri Lanka.

PSSL extends its gratitude to NMRA for hosting this meaningful event and for their ongoing efforts in strengthening the pharmaceutical sector.



Safe Use of Medicines – Awareness Program for School Children D.S. Senanayake College, Colombo

The Educational Subcommittee of the Pharmaceutical Society of Sri Lanka (PSSL) successfully organized a Safe Use of Medicines Awareness Program at D.S. Senanayake College, Colombo. This initiative aimed to educate students on the responsible and informed use of medicines, ensuring their safety and well-being.

A special thanks to our esteemed resource persons Mr. Chula Edirisighe, Mr. Duminda, and Mr. Prasanna for their invaluable contributions to the event. Their expertise and commitment helped make this session engaging and impactful for the students.

PSSL remains dedicated to promoting pharmaceutical education and awareness, fostering a well-informed community for a healthier future.



PSSL Participation at the 37th Annual Conference of OPA

The Pharmaceutical Society of Sri Lanka (PSSL) proudly participated in the 37th Annual Conference of the Organization of Professional Associations (OPA), held at Shangri-La Colombo on August 26th & 27th.

With the theme “Towards Sri Lanka’s Sustainable Economic Growth,” this prestigious event brought together professionals from diverse sectors to discuss innovative strategies for national progress. PSSL’s involvement underscores its dedication to advancing pharmaceutical sciences and contributing to the country’s healthcare and economic growth.

Representatives from PSSL actively engaged in discussions aimed at enhancing industry standards, regulatory frameworks, and pharmaceutical advancements. Events like these reinforce the importance of collaboration and knowledge-sharing among professionals to drive meaningful change.

We extend our gratitude to OPA for organizing this impactful event and look forward to continued contributions toward Sri Lanka’s healthcare and economic development.



Sri Lanka's Active Participation at FAPA 2024 – Seoul, South Korea

The Sri Lankan delegation proudly participated in the 30th Congress of the Federation of Asian Pharmaceutical Associations (FAPA) 2024, held in Seoul, South Korea. The event brought together pharmaceutical professionals from across Asia to discuss innovations, regulatory advancements, and future developments in the field.

The Sri Lankan team actively engaged in various sessions and activities, contributing valuable insights and fostering international collaborations. Notably, Mr. Priyantha Sahabandu, President of PSSL, along with the council, represented Sri Lanka at the FAPA 2024 Council Meeting, ensuring the country's strong presence in regional pharmaceutical affairs.

We extend our appreciation to all delegates for their dedication and contribution to this prestigious event, reinforcing Sri Lanka's role in shaping the future of pharmacy in Asia.



World Pharmacists Day Celebration – CPD Program at Asiri Hospital

In celebration of World Pharmacists Day, the Educational Subcommittee of the Pharmaceutical Society of Sri Lanka (PSSL) organized a Continuing Professional Development (CPD) program at Asiri Hospital, aimed at enhancing knowledge and skills among healthcare professionals.

The event featured insightful lectures delivered by:

- Mr. Kelum Jayasooriya – Immediate Past President, PSSL
- Ms. Dilmini Udugampola – General Secretary, PSSL

The CPD session focused on key aspects of modern pharmacy practice, encouraging continuous learning and professional growth. Participants actively engaged in the program, reflecting PSSL's ongoing commitment to fostering excellence within the pharmaceutical community.

A special thank you to the speakers, Asiri Hospital, and all participants for making this event a success and contributing to the advancement of pharmacy practice in Sri Lanka.



42nd Annual General Meeting PSSL – Year : 2024

The Pharmaceutical Society of Sri Lanka (PSSL) held its 42nd Annual General Meeting with the participation of distinguished members, past presidents, and invited guests.

The event celebrated achievements in the pharmaceutical sector, recognized the contributions of senior professionals, and discussed the Society's strategic direction for the upcoming year.

The AGM served as a platform for unity, leadership renewal, and continued professional advancement.



Senior Pharmacist visit - Prof. Tuley de Silva

Date: 20th July 2024

A heartfelt visit was organized by Social and Welfare Committee of the Pharmaceutical Society of Sri Lanka (PSSL) to honor Professor Tuley de Silva, a distinguished senior pharmacist and academic, for his lifelong contributions to the field of pharmacy in Sri Lanka.

The team presented a commemorative plaque and shared warm moments of reflection and gratitude, celebrating his legacy and continued inspiration to the profession.



Senior Pharmacist Visit - Ms. Sumithra

A respectful and heartwarming visit was made by the Pharmaceutical Society of Sri Lanka (PSSL) to Ms. Sumithra, a former Secretary of the Society, in recognition of her dedicated service and leadership.

The visit was marked by shared memories, appreciation, and warm fellowship, as current members honored her longstanding contributions to the pharmacy profession in Sri Lanka.



The Future of Pharmacy : Unlocking the Vision for Sri Lanka

Date: 5th January 2025

Venue: OPA Auditorium, Colombo

A collaborative program organized by the Pharmaceutical Society of Sri Lanka (PSSL) together with the Commonwealth Pharmacists Association (CPA), focused on shaping the future of pharmacy in Sri Lanka.

Held at the Organization of Professional Associations (OPA) auditorium, the session was attended by professionals, academics, and pharmacy students. The program featured insightful presentations on global trends, local strategies, and sustainable development for the pharmacy profession in Sri Lanka.



PSSL Council Dinner for CPA Delegation

During the Commonwealth Pharmacists Association's (CPA) visit to Sri Lanka, the Pharmaceutical Society of Sri Lanka (PSSL) hosted a warm and memorable dinner to honour the CPA team.

The evening was graced by CPA President Victoria Rutter, the Chief Committee Chairman, and several international and local delegates.

This gathering fostered camaraderie, cultural exchange, and strengthened ties for future collaboration in advancing pharmacy practice across the Commonwealth.



Apeksha Hospital Project 9th Feb 2025

A successful training program for nurses was conducted at Apeksha Cancer Hospital, Maharagama, organized by the Pharmaceutical Society of Sri Lanka.

The session was graced by Mr. Chula Edirisinghe, President-Elect of PSSSL, who served as the resource person for the program.

Mr. Priyantha Sahabandu, President of PSSSL, and Ms. Nirmalanthi de Silva, Vice President of PSSSL, also participated in this important event.

This initiative reflects PSSSL's continuous commitment to advancing pharmaceutical knowledge and supporting healthcare professionals in Sri Lanka.



Online program with CPA

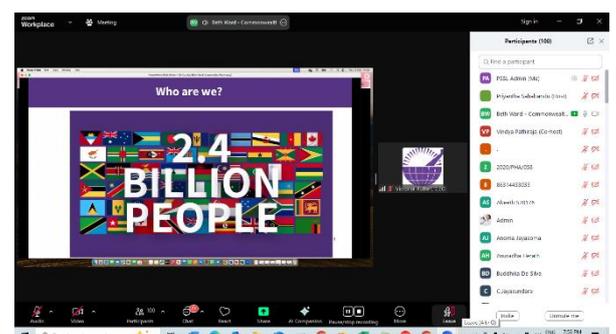
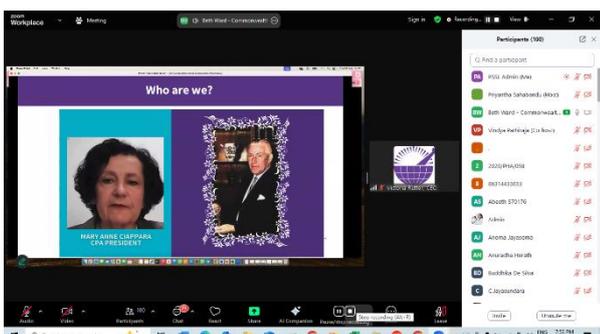
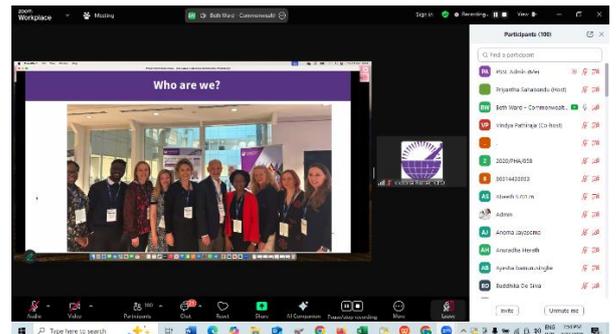
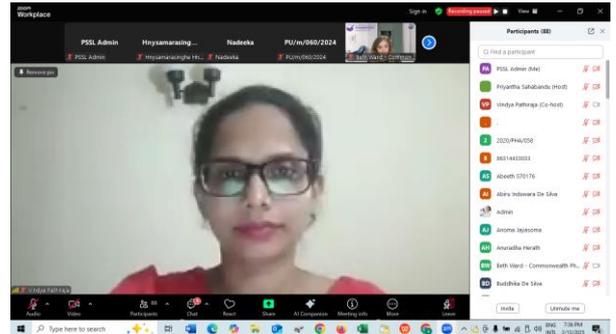
PSSL-CPA Collaborative Webinar for Practicing Pharmacists

This was held on 13th February. This virtual session was jointly organized by the Pharmaceutical Society of Sri Lanka (PSSL) and the Commonwealth Pharmacists Association (CPA)

Theme was under:

“Elevating Community Pharmacy: Global Insights & Local Opportunities”

Speakers included Victoria Rutter, Beth Ward, and Raymond Anderson, highlighting global perspectives and strategies to advance pharmacy practice in Sri Lanka.



Webinar for Practicing Pharmacists

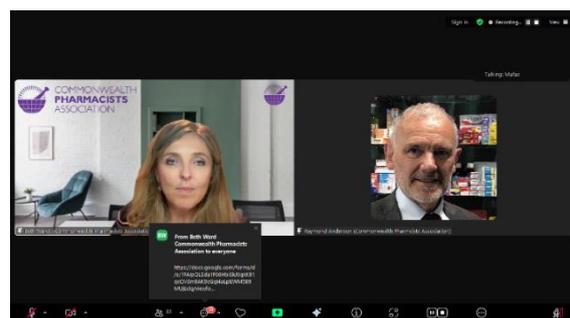
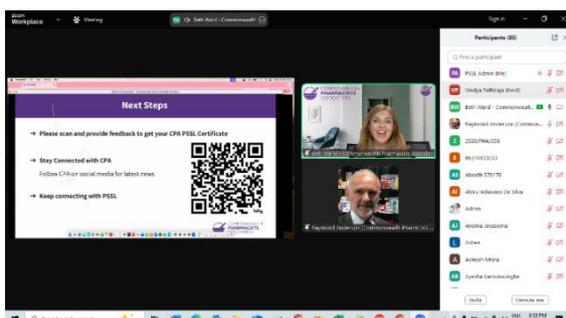
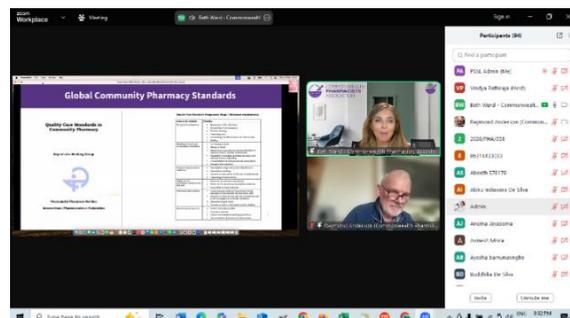
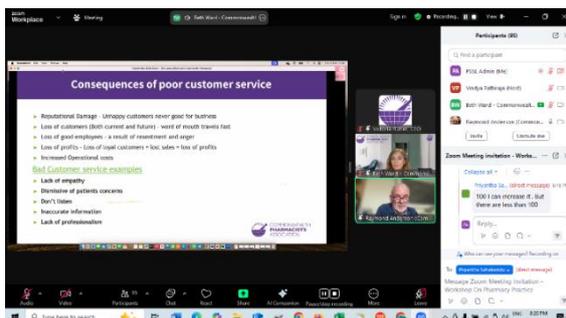
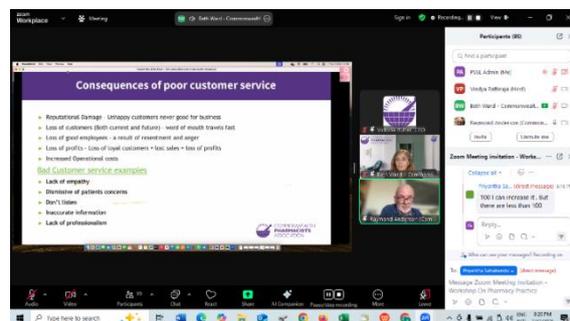
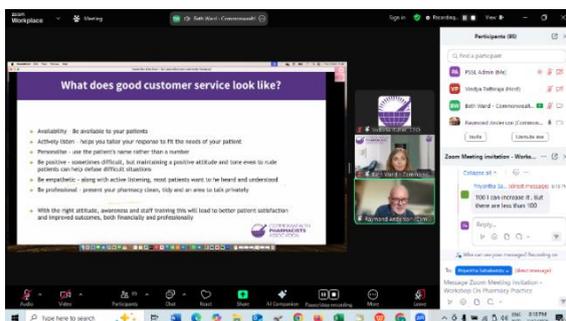
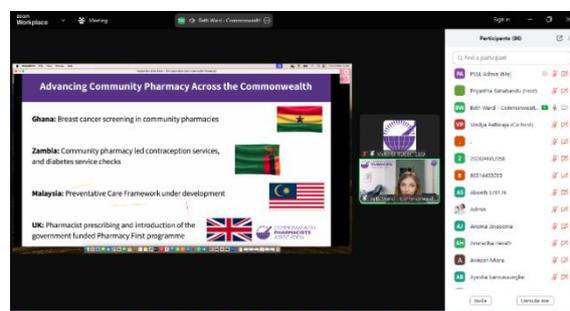
Date: 05th February 2025

This was a joint initiative by the Commonwealth Pharmacists Association (CPA) and the Pharmaceutical Society of Sri Lanka (PSSL), This interactive webinar focused on enhancing pharmacy practice standards across the Commonwealth.

Key topics included:

- Community & Public Health Pharmacy
- Global Community Pharmacy Standards
- Good Customer Service Practices in Pharmacy
- Lessons from International Case Studies

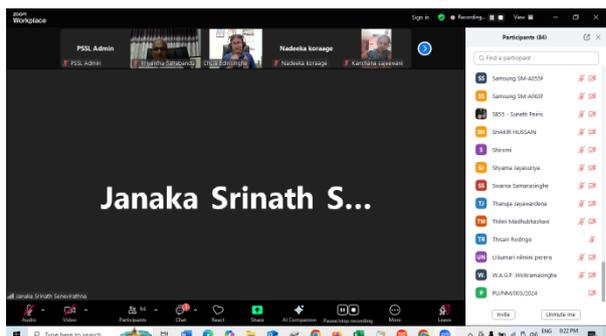
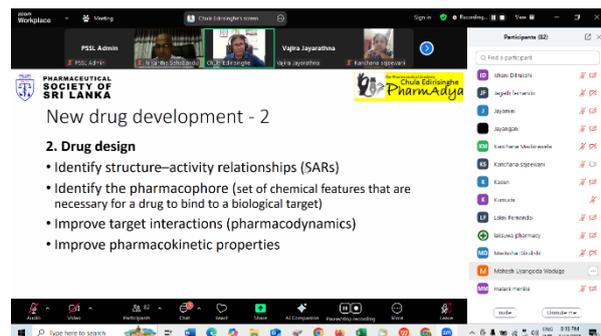
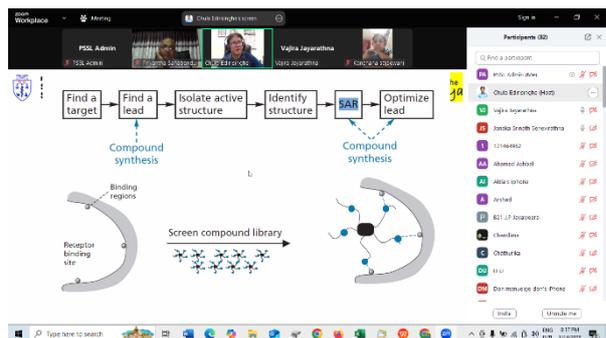
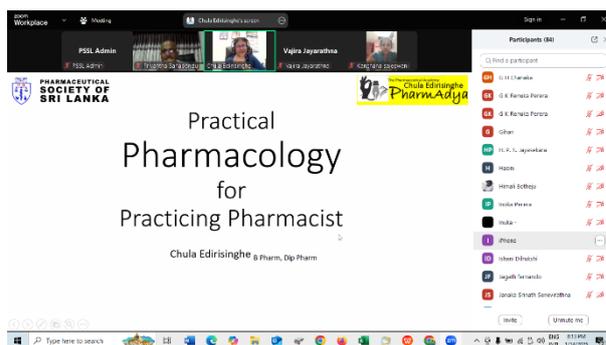
The session served as a valuable knowledge-sharing platform, supporting professional development for practicing pharmacists in Sri Lanka.



Pharmacology Update Class for Practicing Pharmacists

Organized by the Pharmaceutical Society of Sri Lanka (PSSL), this online session focused on enhancing practical pharmacological knowledge among pharmacists.

Facilitated by Mr. Chula Ediririsighe, the session covered critical areas such as drug design, pharmacodynamics, pharmacokinetics, and the drug development process—empowering pharmacists with updated insights for better clinical application.



Pharmaceutical Society of Sri Lanka (PSSL) – 43rd AGM 2025 Summary

The Annual General Meeting (AGM) 2025 of the Pharmaceutical Society of Sri Lanka (PSSL) was successfully conducted on 29th June 2025 at the Waters Edge Hotel, Battaramulla. This important gathering marked a time for reflection, collaboration, and a renewed commitment to excellence in pharmaceutical sciences.

Scientific Sessions & Awards Ceremony 2025

A key highlight of this year's AGM was the Scientific Sessions and Awards Ceremony 2025, held in conjunction with the AGM. The sessions were distinguished by strong international collaborations, reaffirming PSSL's position on the global stage.

We were honored to partner with:

- Commonwealth Pharmacists Association (CPA)
- Federation of Asian Pharmaceutical Associations (FAPA)
- Japanese Pharmaceutical Association
- Taiwan Pharmaceutical Association
- Royal Pharmaceutical Association of Thailand
- CASPER Australia

These collaborations foster scientific innovation, strengthen pharmaceutical education, and advance healthcare systems across borders. Their involvement added both prestige and practical impact, making the 2025 AGM not just a national milestone but also a global platform for shared progress.

Presidential Theme – Helping Students

The theme of this year's presidency, "Helping Students," reflects our commitment to empowering the next generation of pharmaceutical professionals. With this focus, PSSL has pledged to:

- Support student-led initiatives
- Expand access to educational resources
- Foster mentorship between young pharmacists and seasoned professionals

Moving Forward Together

As we celebrated achievements, engaged in scientific dialogue, and charted the course for the future, the AGM reminded us that our collective voice is stronger, our impact broader, and our mission more meaningful when united under a shared vision.

We extend our heartfelt appreciation to all members, international partners, and sponsors who continue to support the mission of PSSL. Together, we will embrace innovation, nurture the next generation, and build a healthier nation with empowered pharmaceutical professionals.



PHARMA GUIDE

The official news letter of Pharmaceutical Society of Sri Lanka