

# 9<sup>TH</sup> ANNUAL EUROPEAN PHARMA CONGRESS

June 26-28, 2017 Madrid, Spain

## Patient counseling and patient education services to enhance medication safety and to improve patient compliance

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**H**KU-SZH (The University of Hong Kong-Shenzhen Hospital) has adopted good practices from the West and has implemented an advanced clinical pharmacy system. We use near-patients and near-doctors approach to provide high quality of clinical pharmacy service to patients and the healthcare professionals. We regard medication safety and quality of patient care as our highest priorities. Patient education is one of our quality improvement tools to enhance medication safety, improve patient compliance and optimization of drugs use. Since 2013, a team of clinical pharmacists have prepared over 50 types of patient drug information leaflets, 2 comprehensive booklets for warfarin and diabetic patients, and 9 sets of videos to show patients to use different types of inhalation devices, oral syringe, tablet cutter and tablet crusher. In addition, our clinical pharmacists provide patient counseling service in the smoking cessation clinic, diabetic clinic and pediatric respiratory clinic on weekly basis. The clinical pharmacist also delivers educational talks to patients in the cardiac rehabilitation center bi-monthly, to the antenatal patients on “safety of drugs use in pregnancy” annually and to the diabetic patients on endocrine ward on the use of insulin weekly. Every 2 to 3 months, the pharmacists provide teaching sessions to patients and the public in the out-patient forum on different topics such as effective use of insulin, drugs use in hepatitis B, medication safety in children, use of different inhalation devices, and drugs use for smoking cessation. Furthermore, the clinical pharmacists provide patient counseling on the wards for stroke patients as per stroke clinical pathway, and for patients who are on warfarin using the comprehensive warfarin booklet and the patient leaflet that we prepared. The clinical pharmacists have received good feedback from the healthcare professionals and the patients regarding our patient counseling and patient education services, and we also see the positive impact in the medication incidents occurrence. The clinical pharmacy team endeavors to improve the quality of pharmaceutical care, with an aim to improve the safety and efficacy of drugs use..

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## Cytotoxic and anti-inflammatory effects of *Pistacia lentiscus* leaf extracts

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**T**he present study was carried out to evaluate the anticancer and anti-inflammatory properties of *Pistacia lentiscus* leaf extracts, a plant widely used in Algerian traditional medication, using various *in vitro* techniques. The results showed that the crude extracts were not cytotoxic against mammary tumor EMT6 cell lines at all the concentrations tested (25–100 ug/ml). However, a relevant cytotoxic activity was noticed against melanoma tumor B16F10 and ovarian cancer cell lines (A2780 and SKOV3) with IC50 values of 56.40 ug/ml, 10 ug/ml and 18 ug/ml, respectively. Moreover, a significant expression in the apoptotic and pre-apoptotic cells A2780 and SKOV3 has been shown after treatment with 10 ug/ml and 25 ug/ml of the crude extract. In contrast, no cell cycle arrest in A2780 cell but an increase in Phase G1 was observed. On the other hand, *P. lentiscus* extracts induced a significant reduction of pro-inflammatory cytokines (TNF- $\alpha$ , IL-1 $\beta$  and IL-6) and a stimulation of the release of anti-inflammatory cytokines (IL-10) in activated macrophage. HPLC and NMR analyses of crude extracts and fractions allowed the identification of many compounds which may be responsible for the observed biological properties. These results may well be the premise for new natural products with chemotherapeutic attributes.

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