

ESCP

The bi-monthly newsletter
of the European Society
of Clinical Pharmacy

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News



Jiri Vlcek, ESCP President, outlines the importance of joining forces within pharmacy to promote the development of clinical pharmacy, and highlights the Society's collaborative efforts.

Pharmacists are in the position to provide patients with a large variety of services, such as medication review to reduce number of medications and avoid duplicity of drugs. However, in many scenarios these services are not quantified. Clinical pharmacists are able to identify medication errors, including human errors both made by physicians and nurses in prescription, in transcription and in dosage choice, as well as by patients in the use of medication. They are also able to identify and often to solve drug-related problems. Clinical pharmacists are a key resource to promote and develop the rational choice and use of medicines in the society at large.

The value of teamwork is incontestable and everybody is now calling for it: however, we can

Joining Forces to Develop Clinical Pharmacy

observe that in many countries there is still no optimal management of pharmaceutical care or integration in health care. There is little evidence of the added value of pharmaceutical care in the European Union and there is no harmonisation of post-graduate education in this field among the different countries. We therefore need to ally with strategic partners who have more political power than we do, including the Pharmaceutical Group of the European Union (PGEU), the World Health Organisation (WHO), the International Pharmaceutical Federation (FIP), and the European Association of Hospital Pharmacists (EAHP).

Strengths and goals of ESCP

The strengths of ESCP as an association lie in its network of volunteers, and in the mixture of expertise of members, who come from different settings and have diverse professional backgrounds (academia, community pharmacy and hospital pharmacy) and nationalities. We hope that this variety of professional backgrounds keeps expanding to include pharmacists from other areas as well. A strong focus on

scientific issues related to clinical pharmacy characterises ESCP.

The Society aims to further increase this focus in educational and scientific issues, as well as to build closer relationships with all players within health care: physicians, nurses, pharmacy students and patients as well.

“A major obstacle lies in the fact that many pharmacists are afraid of the term ‘clinical pharmacy’ because they feel that it is very difficult to understand all principles of pharmacotherapy and therefore, they substitute it with pharmaceutical care or patient-oriented pharmacy.”

ESCP strives to achieve these targets. The two Society's annual events – the European Symposium and the Spring Conference – represent an ideal platform to favour

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A Few Words

Meeting Pharmacists from Different Countries

ESCP News caught up with four pharmacists from Slovakia, Serbia and Montenegro, and Iran who benefited from ESCP's financial support to participate in the 34th European Symposium on Clinical Pharmacy, held last October in Amsterdam, The Netherlands.



Katarina Basanova (Slovakia)

Katarina Basanova is a pharmacist attached to the Department of Organisation and Management in Pharmacy at the Faculty of Pharmacy of the Comenius University, Bratislava, Slovakia. Katarina teaches computer techniques to pharmacy students. She has also practised as a locum in a community pharmacy.

The Symposium in Amsterdam presented a diversity of experiences in pharmacy which helped Katarina to keep up a general outlook towards pharmacy.

She is currently reading for a PhD: the theme of her dissertation is pharmacoconomics of antibacterial therapy. Katarina is participating in a team where they have developed protocols on the use of antibacterials in ambulatory practices and disseminated them amongst prescribers. The protocols were peer reviewed. The incidence of respiratory tract infections was studied and prescribing trends of prescribers monitored. Prescribers were given individual feedback comparing their prescribing patterns (choice of antibacterials, dosage regimen) with the protocols and with their peers. Prescribers participating in this study reported that they find this process very useful.

Katarina has attended several European conferences, particularly on microbiology and infection control. The symposium in Amsterdam was her first ESCP meeting: she found that it presented a diversity of experiences in pharmacy which helped her to keep up a general outlook towards pharmacy.

At the symposium, Katarina presented a poster on 'Qualitative evaluation of antibiotic therapy in acute otitis media'. The poster was co-authored with Helena Hupkova, Viliam Foltan and Jan Trupl. The poster reported on a prospective study carried out over four weeks amongst 66 paediatricians practising in five Slovak cities. The compliance of the prescribing of antibiotics for otitis media with the Slovak guidelines was assessed and the utilisation of antibiotics was measured. The results showed that less than 16% of patients were receiving the recommended dose and that in many cases the antibiotic recommended was not the first line agent resulting in a more expensive drug being used.

Katarina was very much interested in the database presented at the exhibition by the Health Base Foundation from The Netherlands. She was particularly interested because there are on-going discussions in Slovakia to develop similar systems. Currently in Slovakia there is partial Government subsidy for some classes of drugs which are selected by a Government-established committee. Since December 2005, generic substitution by the pharmacist for a lower priced product than the one prescribed has been legalised.

Ruzica Velickovic (Serbia and Montenegro)



Ruzica Velickovic graduated from the University of Belgrade, Serbia and Montenegro, where she also took a

three-year post-specialisation course in clinical pharmacy. She has been a member of ESCP since 1991 and the 26th ESCP Autumn Conference held in Tours, France in 1997 was her first ESCP conference. Since then she has been to five other ESCP meetings, including the one in Amsterdam. She found that ESCP conferences provided a good platform on clinical pharmacy which helped her to develop such services in her country. Ruzica finds that workshops are very useful and present a very practical approach. At ESCP conferences she feels a sense of belonging to the Society, she meets colleagues from different countries and she can present her own experiences in posters.

At ESCP conferences Ruzica feels a sense of belonging to the Society.

Ruzica is Head of Clinical Pharmacy and Therapeutics within the Centre for Psychopharmacotherapy at the Institute for Mental Health in Belgrade. The institute is a clinical and research site consisting of 300 beds.

Ruzica and her colleagues from the Department of Pharmacokinetics of the Faculty of Pharmacy at the University of Belgrade presented a poster on differences in female vs. male therapeutic drug monitoring

results of patients taking carbamazepine as a mood stabiliser.

The serum concentrations of carbamazepine and the biochemical and haematological parameters were monitored in a prospective study carried out over two years amongst 56 females and 30 males. The study showed that females were more susceptible to present clinically significant haematological parameters.

In another poster, Ruzica and her colleagues from the Institute for Mental Health presented results from lamotrigine therapy monitoring. Thirty-one patients receiving lamotrigine therapy for pharmacoresistant epilepsy were included in a therapeutic drug monitoring programme and monitored for two years. In comparison with baseline, a significant improvement in epilepsy was evident in 81% of the patients with 13% showing complete seizure control. Patients with pathologic findings showed a significant improvement with lamotrigine therapy. These results indicate characteristics that could help to identify patients who would benefit from lamotrigine therapy.

Branka Stojanovic (Serbia and Montenegro)



Branka Stojanovic is currently working in the area of pharmacy administration in Serbia and Montenegro.

She is involved in the development and evaluation of guidelines on medicines management in 37 hospitals out of the 70 hospitals in the country. A Drug and Therapeutics Committee has been established in all the hospitals involved, a drug formulary has been introduced in 60% of the hospitals and an antibiotic policy has been developed in 50% of the hospitals. Branka's group is also working to achieve individualised patient discharge and this practice has

already been started for some wards in some of the hospitals. In addition, for each hospital indicators are being monitored and feedback provided in comparison with results obtained from other hospitals. Drug consumption of the hospitals is also monitored. At present hospitals spend about 50% of the drug budget on antibiotics and 8% on infusions. In Serbia and Montenegro, a post-graduate course in pharmaceutical care has been started in collaboration with the University. The course, offered as a distance learning programme, is presented over 18 months and now 40 hospital pharmacists are following the course.

The theme of the Symposium in Amsterdam convinced Branka to participate again in a meeting organised by ESCP.

Branka had already participated in the 5th ESCP Spring Conference in Sweden. The theme of the symposium in Amsterdam convinced her to participate again in a meeting organised by ESCP and to present two posters.

The posters presented by Branka were co-authored with Branislava Miljkovic from the Faculty of Pharmacy at the University of Belgrade, and Slobodan Jankovic from the University Hospital Kragujevac, Yugoslavia. One of the posters dealt with the 'Identification of medication errors in the emergency department of the University Hospital Kragujevac'. A prospective study for all diabetic patients admitted to the emergency department during a four month period was carried out. Out of 780 medical notes reviewed, 48 medical errors were detected. The reasons for the medical errors were drug choice (51%), drug interactions (42%) and dosing (7%). The

most clinically significant medication errors identified could result in increased risk of bleeding due to the use of aspirin and anticoagulants and increased risk of ototoxicity and nephrotoxicity due to the use of loop diuretics, aminoglycosides and cephalosporins. A pharmacist-led process is being established for the identification, documentation and appropriate intervention of medical errors.

The other poster reported on the 'Implementation of quality measures in medicines management and antibiotic utilisation in a paediatric ward'. The study was carried out at the General Hospital, Jagodina, where a drug and therapeutics committee, prescribing policies and a hospital formulary were introduced. Antibiotic utilisation was assessed before and after their implementation. Prior to the implementation of quality measures, the overall drug use was 3422 defined daily doses (DDDs) per 1000 patient days (PD) compared to 2379 DDD/1000 PD after the implementation process. With regards to use of antibiotics, there was a 26% decrease in consumption. The main classes of antibiotics where a decrease in use was identified were third generation cephalosporins and aminoglycosides. There was no change in the duration of hospitalisation.

Kheirollah Gholami (Iran)

Kheirollah Gholami is a lecturer at the Department of Clinical Pharmacy at the Tehran University of Medical Sciences, Iran. Last year's symposium was Kheirollah's first ESCP congress: he wanted to meet colleagues in clinical pharmacy from different countries.

Kheirollah received his pharmacy education and post-graduate studies at the University of North Dakota, USA. Eight years ago he started a clinical pharmacy post-graduate programme in Iran, and to date 40 pharmacists have followed the course.

networking within the Society, as well as with other health professionals and associations. We also are in a position to report improvement in communication with the members through the Society's website, an increasing number of attendees at the annual events, a very positive feedback from the evaluation forms distributed during these events, and more open discussions among members during the General Assemblies. ESCP holds its conferences and symposia in all European countries: in this way it can support the development and evaluation of clinical pharmacy practice and knowledge homogenously across the continent. But, as we noticed over the last couple of years, the influence of ESCP is broader than just Europe. We indeed have members from 24 non-European countries. A sharing of experience on ways to integrate clinical pharmacy into pharmaceutical care is the goal of our members, not only at the national level or the European level but also at the international level.

Exchanging experiences can increase the power of clinical pharmacy in the future. ESCP grows stronger in proportion to the number of experienced members who are involved in its activities. Founding and long standing members remind us that the main reason for establishing the ESCP 27 years ago was to develop education, and support pharmacists in becoming co-workers with other health care players. We need to keep going in this direction, and for that purpose we are looking into developing scientific methods. Science and education come very close and should not be seen separately.

Looking for co-operation

We continue exploring ways of co-operating with the EAHP but we will retain our own identity. Very often clinical pharmacy is understood as hospital pharmacy, a confusion which should definitely be eradicated. In any case I feel that training in hospital pharmacy or bed-side teaching are very important for community pharmacists as well.

In addition, we have started building closer links with the PGEU, an organisation focused on community pharmacy, in which clinical pharmacy principles could be applied. ESCP could support some experts, who would be able to develop these activities at a local level. But we have to contend with the recurring opinion that an expert in pharmaceutical care is not necessarily an expert in clinical pharmacy. A major obstacle lies in the fact that many pharmacists are afraid of the term 'clinical pharmacy' because they feel that it is very difficult to understand all principles of pharmacotherapy and therefore, they substitute it with pharmaceutical care or patient-oriented pharmacy. Be that as it may, if they would like to intervene in pharmacotherapy they feel they need to acquire some knowledge and receive specific trainings in clinical pharmacy.

If pharmacists support the idea of clinical pharmacy as a science and accept it as the main background of pharmaceutical care, they will be able to reduce the amount of irrelevant information to patients and/or

to physicians which happens quite often nowadays. Of course, in ensuring the continuity of patients' treatment, documentation is a key aspect for successfully developing pharmaceutical care within a clinical pharmacy programme, whether this is practised in the hospital or the community setting.

ESCP will keep growing as the members keep sharing knowledge and skills with peers from other countries. It is our intention to keep assisting pharmacy students to gain more experience and be able to move clinical pharmacy practice forward. Clinical pharmacists should all monitor what their role is within the health care system and how they can better help patients. ESCP provides an ideal platform to make this activity easier.

Personally, and together with all ESCP leaders, I look forward to combining forces with you to ensure the development of clinical pharmacy in Europe.

Jiri Vlcek
ESCP President

The three year programme consists of 18 months of didactic courses and 18 months of hospital rotations, of which 11 months are spent in mandatory areas and 7 months in areas of specialisation.

Kheirollah participated in the Symposium in Amsterdam to meet colleagues from different countries.

The students also submit a dissertation. The faculty owns seven community pharmacies where students including undergraduates

carry out internships. The undergraduate course of studies is of six years duration and leads to a doctor of pharmacy degree.

At the symposium Kheirollah presented an oral communication on adverse drug reactions (ADR) from psychotropic drugs reported in a psychiatric teaching hospital in Iran. An ADR rate of 85.8% was reported where tremor was the most common, 9% were life-threatening and 70.7% were preventable.

Report from Workshop on Anti-Infectives

During the 34th ESCP European Symposium, held last October in Amsterdam, a workshop on the development and implementation of guidelines for cost-effective use of antibiotics was presented. The workshop moderators were Alan Greenberg and Eyal Schwartzberg from Israel.

Around 60 participants attended this workshop. The moderators presented an introduction where pharmacokinetic issues, antibiotic

resistance and formulary restrictions were discussed. Cases were presented for discussion. The use of antibiotics in pneumonia, where Streptococcus pneumoniae is the probable pathogen, was discussed. Doxycycline is the most cost-effective choice presenting 94% sensitivity at a cost of 0.06 US\$ per day. Another case presented dealt with the management of urinary tract infection where in a simple uncomplicated scenario, co-trimoxazole, an inexpensive broad spectrum drug is a good option whereas cefuroxime or a quinolone should be considered if there is co-morbidity.

The procedures necessary for the implementation of local developed guidelines in the hospital were discussed where issues raised included methods of informing all the players, preparation of easy to follow antibiotic prescribing sheets and local studies with regards to sensitivity. With regards to the implementation of the local developed guidelines in ambulatory care, information technology may be used to support the system. ●

Financial Support for ESCP's Congresses Attendees

ESCP encourages the education of clinical pharmacists from developing countries, by making ESCP's conferences and symposia more accessible. ESCP therefore offers financial support, consisting of free registrations to attend its meetings.

Two pharmacists, Aylic Acar and Vesna Bazijanac-Rosović, received a grant to participate in the forthcoming ESCP's Spring Conference in Vilnius, where they will present a poster.

Aylic Acar (Turkey)

Aylic Acar worked as a research assistant at the Department of Pharmacy Management in Hacettepe University School of Pharmacy in Ankara, Turkey for 2 years and is now working at the

Pharmaceutical Care Unit at the Marmara University School of Pharmacy in Istanbul, Turkey.

Aylin's abstract PC-177 entitled "Comparative Pharmacoeconomic Study of Vancomycin and Teicoplanin in a Turkish University Hospital" has been accepted for presentation to the conference as a poster. Aylin meets the ESCP criteria for financial support, coming from a developing country. In addition, she has agreed to write an article about the 6th ESCP Spring Conference in Vilnius for publication in the Turkish Pharmaceutical Journal.

Vesna Bazijanac-Rosović (Croatia)

Vesna Bazijanac-Rosović comes from Croatia. Her abstract PEC-45, "Prescribing habits of central nervous system drugs in the University Hospital Center of Rijeka, Croatia" has been

accepted for presentation as a poster. Vesna meets the criteria for the financial support, coming from a developing country. She is willing to write the article about the conference in the Croatian Journal.

In 2005 14 pharmacists from developing countries received financial support to participate in the ESCP annual events. Pharmacists came from: Egypt, Indonesia, Iran, Jordan, Serbia and Montenegro, Slovakia, South Africa, Thailand, and Turkey. ●

Marie-Caroline Husson

France

Jean-Baptiste Rey

France

More information on ESCP's financial support is available on ESCP Congresses websites via www.escpweb.org

The Evolution of the ESCP Educational Course in Patient Centred Teaching

The 6th ESCP Educational Course will be held in collaboration with the department of pharmacy of the University of Malta and the University of Strathclyde, UK in Malta, from 19 to 21 July 2006. *ESCP News* goes back over the history of the Course.

A historical overview

ESCP is committed to providing ongoing professional education for clinical pharmacy practitioners. In addition to its symposia and conferences, ESCP organises residential courses such as in the area of clinical pharmacy and patient centred teaching.

In 1996, ten participants from six different countries participated in a five-day clinical pharmacy teachers course that was held in Glasgow. The course was repeated in Glasgow in 1997 and in 1998 for participants from Scotland, Iceland and Norway. In 1997 the course was also held in Salzburg, in association with Austrian and Swiss pharmacists. In 2001, around fifty pharmacists participating at the 2nd ESCP Spring Conference held in Malta also took part in a pre-conference course in Patient Centred Teaching. During the course participants were exposed to cases drawn from an acute and a geriatric hospital and participated in problem-solving sessions using real patients. The demand for participation in this course led to the course being offered as a residential course.

Since 2001, the course has been repeated in Malta four more times with a total of 95 pharmacists participating from Austria, Belgium, Czech Republic, France, India, Ireland, Italy, Kuwait, Libya, Malta,



Memories from the ESCP Educational Course, Malta, April 2003

The Netherlands, Norway, Portugal, Serbia, Slovenia, Sweden, Turkey, United Arab Emirates, United Kingdom, and United States of America. Last year the course was held as a pre-conference activity to the Annual Conference of the European Association of Faculties of Pharmacy (EAFP) which was held in Malta.

A new feature

This year, the 6th ESCP Educational Course in Patient Centred Teaching will be presenting a new feature in that a clinical specialty is being used to illustrate a structured approach to identifying and resolving drug therapy problems in the hospital or community pharmacy. Rheumatoid arthritis is the clinical specialty that will be followed in the course. The course will draw on patients in the wards and from the rheumatology clinic at St Luke's General Hospital, Malta. Participants will have the opportunity to interview patients, participate in the rheumatology clinic, design pharmaceutical care plans for the patients, liaise with the multidisciplinary local rheumatology team and apply care plans and quality of life assessments to patient care.

The course is designed primarily for pharmacists developing their patient care skills, who are teaching or practising in a patient care setting and is suitable for community, hospital or

university-based pharmacists. The skills acquired during the course are transferable from rheumatoid arthritis to other clinical specialties.

International and multidisciplinary approach

The lead tutor, Professor Steve Hudson from the University of Strathclyde has organised the course in collaboration with the Department of Pharmacy of the Faculty of Medicine and Surgery at the University of Malta. The tutors for the course include local Maltese tutors, tutors from different countries and the clinical team from the hospital. This structure provides the required framework for the presentation of a course in clinical pharmacy which aims at demonstrating practice and teaching of patient-based skills in a real case scenario.

Lead Tutor and course organiser

Steve Hudson, UK

Tutors and course co-ordinators

Anthony Serracino-Inglott, Malta
Lilian M. Azzopardi, Malta
Maurice Zarb-Adami, Malta

Tutors

Carole Callaghan, UK
Lorraine Perry, UK
Sam Salek, UK
Louise Azzopardi, Malta
Marise Gauci, Malta
Josette Sciberras, Malta

For more information on the programme and to register, please refer to ESCP website at www.escpweb.org, or contact the ESCP International Office.

The EFP Supports ESCP's Mission

The European Fellowship for Pharmacists (EFP) is a non-profit association established in 2004 and regulated by the French law dated July 19, 1901. Its goal is to organise ongoing professional education for European hospital pharmacists and clinical pharmacists.

EFP aims at promoting hospital and clinical pharmacy in Europe as well as ongoing professional education for European pharmacists, by supporting clinical practitioners to attend ESCP conferences. This will encourage regular, active participation in the various ESCP interest groups and provide an additional forum for the networking and exchange of scientific information and ideas.

EFP is a European association and is involved in the 'multinational' aspect of the various organised events, from different perspectives including participants, speakers and organisation.

In pursuing the goal of short-term efficiency, the EFP board selects pharmacists from European countries, according to the criteria of professionalism and the interest of the candidates in clinical pharmacy related to their routine practice. A selection process of this kind makes it possible to enhance the participation of young pharmacists. Moreover, organising a 'European' group will facilitate and enhance exchanges between practitioners from the various European Union countries. ●

The EFP board includes 5 active members of the ESCP:

Dr André Rieutord, EFP President
(arieutord@efp-online.org)

Dr Anthony J. Nunn, EFP Honorary President
(tnunn@efp-online.org)

Dr Vincent Launay-Vacher,
EFP Vice-President
(vlaunay-vacher@efp-online.org)

Dr Jean-Baptiste Rey,
Internet & Communication
(jbrey@efp-online.org)

Dr Anna-Chiara Carollo, Newsletter
(ccarollo@efp-online.org)

More information on EFP
is available at www.efp-online.org

ESCP member, Jean Vigneron, shares his experience with a software tool for pharmacists

Stabilis Database: Latest Version Now Available



Stabilis 3 is a database offering information on the stability and compatibility of injectable drugs. It has been compiled in an international language based on pictograms. Definitions for all the pictograms are provided in 24 languages in this third edition. The new enhanced and fully European version of Stabilis is now available.

The database consists of:

■ **A series of 324 monographs - The following information is given for each drug:**

- trade names in different countries
- stability in simple solution
- stability in admixture
- factors which affect its stability
- incompatibilities
- route of administration
- relevant references.

■ **Summary information (14 lists):**

- equivalent trade names and compounds
- classification by route of administration
- classification by pharmacological category
- stability in various container material (EVA, polypropylene, elastomere)
- stability after freezing
- factors which can affect drug stability (PVC container, temperature, light)
- incompatibilities in NaCl 0.9%, dextrose 5% and NaHCO₃.

■ **A dictionary translating the pictograms and abbreviations**

■ **References: 1048**

New additions to this third edition are:

- **17 new injectable drugs** (alprostadil, arsenic trioxide, azithromycin, bortezomib, dihydralazine mesylate, doxapram hydrochloride, ertapenem, gemtuzumab ozogamicin, imiglucerase, ioxitalamate sodium, levobupivacaine hydrochloride, palonosetron hydrochloride, pantoprazole, parecoxib sodium, pemetrexed, tenoxicam, treprostinil)
- **19 new languages**
- **91 new bibliographic references**

Stabilis is available for Windows and MAC OS computers on CD-ROM for free. It is supported by grants from Bristol Myers Squibb. Those interested may request a copy by sending their mailing address to infostab@wanadoo.fr.

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ESCP Leadership Development

As announced in a previous issue of *ESCP News*, the ESCP General Committee (GC) is currently developing a strategic plan for the next 3 to 5 years to come. In this process, the GC has identified some key objectives that will set the stage for all future ESCP initiatives. In order to ensure a successful translation of the strategy into practice, it is crucial for the GC to be able to count on a solid and reliable leadership

structure, notably on the Research, Education, Publication Committees and SIG Council (RESP). The RESP Committees are made up of members who have demonstrated interest in advancing clinical pharmacy in Europe through their expert contribution to the ESCP. ESCP is always looking for members who are willing to volunteer in the Society's leadership and help move new initiatives forward.

If you are interested in being added to the ESCP RESP Committees reserve list, please contact the ESCP International Office (info@escpweb.org) and make sure you provide your CV and indicate which activity you are most interested in.

We are looking forward to hearing from you. ●

For Your Diary

2006

19-21 July	Malta	6 th ESCP Educational Course in Patient Centred Teaching Focus on the Patient with Rheumatoid Arthritis
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18-21 October	Vienna Austria	35 th ESCP European Symposium on Clinical Pharmacy The Role of Communication in Patient Safety and Pharmacotherapy Effectiveness
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18 October	Vienna Austria	Masterclass in Search of Excellence Communications Cabaret
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2007

17-19 May	Edinburgh UK	7 th ESCP Spring Conference on Clinical Pharmacy Tackling Inequalities in the Delivery of Pharmaceutical Care
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Important Dates to Bookmark

- **35th European Symposium on Clinical Pharmacy**, Vienna, Austria

Abstract Submission Deadline	30 June 2006
Early Bird Registration Deadline	1 September 2006
- **6th ESCP Educational Course in Patient Centred Teaching**, Malta

Registration Deadline	15 June 2006
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Further information is available at: www.escpweb.org



European Society of Clinical Pharmacy

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