

# INSIGHT CE PROGRAMME

## GUIDEBOOK FOR PHARMACISTS

<b>Contents</b>	<b>Page</b>
1 Introduction	2
2 Why Continuing Education?	2
2.1 In your own time	2
3 The Insight CE programme — an overview	2
3.1 Objectives	2
3.2 Duration	2
3.3 Course components	3
3.4 Cost	3
4 Contact names and telephone numbers	3
5 Registration	3
5.1 Who is eligible?	3
5.2 How to register	3
5.3 When to register	3
6 Modules	4
6.1 Number and frequency	4
6.2 Topics	4
6.3 Components	4
7 MCQs — Multiple Choice Questions	5
7.1 Purpose of MCQs	5
7.2 Typical MCQs	5
7.3 The Insight CE MCQs	5
7.4 How to complete the MCQs online	5
7.5 Marking system	5
7.6 Pass mark per module	5
8 Module answers	6
9 Certificates	6

## 1 INTRODUCTION

Welcome to the Insight Continuing Education (CE) programme! We look forward to working with you on a course which we hope you will find stimulating and useful.

The Insight CE programme is designed to support you, the pharmacist, intern or pharmacist's assistant, in your professional role. It aims to enhance your knowledge in the rapidly changing pharmacy environment and provide an improved and more professional background to communications with both patient and doctor.

## 2 WHY CONTINUING EDUCATION?

Continuing Professional Development (CPD) is a requirement by the SA Pharmacy Council for registration as a practising pharmacist.

Furthermore, as the role of the pharmacist continues to evolve, there is a growing expectation for pharmacists to play a key role in improving patient outcomes and managing individual medication therapy. To meet these new challenges and embrace the expanding opportunities in patient care, ongoing professional development is essential.

With rapid advances in medical research and the constant introduction of new medicines, **staying informed has never been more important**. By keeping up to date with the latest developments in medicine and medical science, pharmacists can continue to provide high-quality, evidence-based care and maintain their vital position at the forefront of patient health.

### 2.1 In your own time

The online format allows you to easily access the materials, read, download or print the modules and progress at your own pace and, in your own time.

## 3 THE INSIGHT CE PROGRAMME — AN OVERVIEW

### 3.1 Objectives

Insight presents its CE programme in support of you, the pharmacist, in your professional role. It is envisaged that participation in the course will provide you with a commanding overview of current medical thinking to:

- assist you in your daily tasks
- help you in understanding your patients' health concerns
- enhance your communication with the medical profession
- enhance your professional image
- keep you up-to-date with the latest medical research.

### 3.2 Duration

The programme is envisaged to be ongoing. It is reviewed continually to ensure that it is meeting the professional needs of both participants and the profession.

The course comprises five modules per year. The modules are made available online at approximately two-monthly intervals during the period February to November.

### 3.3 Course components

Each module addresses a particular subject. Each participant will have their own login and can access (read and/or download/print) the module and the Multiple Choice Questions (MCQs). When ready, the participant can complete and submit the MCQs online.

The MCQs are marked online, and each participant will receive the mark achieved accompanied by model answers and explanations to the questions, after the closing date for that module. At the end of each year, each successful candidate will be presented with a certificate of completion.

### 3.4 Cost

The annual cost of the programme is available on the website at <https://www.insightcpd.co.za>

## 4 CONTACT NAMES AND TELEPHONE NUMBERS

The Insight Continuing Education Programme is developed and directed by Insight Medicine Information, a provider of continuing education courses for pharmacists accredited by the SA Pharmacy Council.

Any queries you might have relating to the course and its administration should be directed towards the CPD Manager at Insight Medicine Information. We welcome any queries, comments or suggestions you might have, so please feel free to contact us.

Telephone Number : 08h30 tot 13h30  
(011) 706-6939

Email: [cpd@insightmed.co.za](mailto:cpd@insightmed.co.za)

Contact persons include:

Glynis van der Watt or Jacky van Schoor

## 5 REGISTRATION

### 5.1 Who is eligible?

The Insight CE Programme for pharmacists is ideal to meet the CPD requirements for all:

- pharmacists
- interns and pharmacist's assistants.

### 5.2 How to register

#### 1. Complete the enrolment form

Any participant who wishes to enrol in the programme must complete the enrolment form (available on our website at <https://www.insightcpd.co.za>)

#### 2. Submit the form online

Once you have submitted the online form, you will be taken to our secure Payment Gateway. For online enrolments and payments, please use your Invoice Number as your Payment Reference.

***Alternatively, you can email the completed enrolment form, together with your proof of payment to [cpd@insightmed.co.za](mailto:cpd@insightmed.co.za)***

### 5.3 When to register

Participants should register as early in the year as possible to ensure that they receive course material timeously.

## 6 MODULES

### 6.1 Number and frequency

Each one-year course will comprise five different modules which will be made available online at approximately two-monthly intervals from February to November.

### 6.2 Topics

The approach used in the Insight CE programme differs from the traditional approach used in pharmacology where a particular class of drugs is reviewed.

In the Insight CE programme, each module is **clinically** orientated and deals with a single topic e.g. asthma. A typical module firstly examines the disease or ailment and then covers the treatments currently used in the management of the disease or ailment.

The topics are addressed via one of the following two approaches:

6.2.1 Disease reviews e.g. osteoporosis, asthma. In these topics, the module will cover the aetiology and pathology of the disease condition and the pharmacology of the drugs used to treat the condition. Special emphasis will be placed on important facts related to the safe and efficacious use of the different drugs used in the treatment of the condition and to the counselling that should be provided by the pharmacist to the patient.

6.2.2 Minor ailments and self-medication e.g. coughs, constipation. These topics will address minor ailments commonly presenting in pharmacies for self-medication. Ideally, this self-medication should be professionally assisted by the pharmacist. The module will guide the pharmacist in how to assess the significance of the symptoms, what questions the pharmacist should ask the patient and when to refer the patient to the doctor. The module will assist the pharmacist in selecting medicines suitable for treating the ailments and suggestions for counselling that should be provided to the patient.

### 6.3 Components

Each module will consist of:

6.3.1 The Module — this will contain approximately 12-16 pages of clinical information dealing primarily with the main topic of the module.

6.3.2 The MCQs - These deal with the main topic and should be completed by the participant.

6.3.3 Answers & Analysis – these are the model answers with brief explanations which are made available online to all participants who submit answers.

6.3.4 Results letter - this is made available online (after the closing date) to each participant who submits answers, after the answers have been marked.

## 7 MCQs — MULTIPLE CHOICE QUESTIONS

### 7.1 Purpose of MCQs

The purpose of MCQs is not simply to evaluate the participant, but to enhance understanding of the study material.

As you work through the MCQs you will soon appreciate how they assist in clarifying and therefore reinforcing your understanding of the subject.

### 7.2 Typical MCQs

A typical MCQ consists of:

- (i) a question or statement
- (ii) several possible answers or comments

The participant is required to select from the answers, the single most appropriate answer.

#### Example

**1. Primary headaches:-**

- A. Have another underlying cause for the headache.
- B. Include migraine, tension-type headaches and cluster headaches.
- C. Account for 5 % of all headaches for which doctors are consulted.
- D. Are migraine headaches in 80-90 % of cases.
- E. Include headaches caused by subarachnoid haemorrhage.

### 7.3 The Insight CE MCQs

Each module will be accompanied by an online MCQ document (which can be read or downloaded and printed) and an online assessment ("Take the Test" on the Control Panel).

There are 25 questions based on the content of the module and 5 clinical case studies which are questions based on a practical situation which may be commonly encountered.

**Please note the closing date for submission of your MCQ answers.**

### 7.4 How to complete the MCQs online

Each question will have 5 (A to E), possible answers. You need to supply the ONE MOST APPROPRIATE ANSWER for each question.

Enter your answers and either "Save for Later" to complete them later or "Submit" when you are ready to send them in.

### 7.5 Marking system

To achieve maximum benefit from the module and the MCQs, it is important that you carefully assess the possible answers rather than attempt a guess.

The system of marking used to evaluate the Insight CE MCQs is designed to reward those who answer the questions correctly and to penalise incorrect answers. This type of marking system is academically approved.

Marks are allocated as follows:

Correct answer : 4 points

Incorrect answer : -1 point

No answer : 0 point

From this, it is obvious that if you are unsure as to the correct answer it is better to leave the question UNANSWERED rather than guess.

### 7.6 Pass mark per module

To pass an individual module you must achieve at least 65 %.

After the MCQs have been evaluated, each participant will be notified of the mark achieved in that particular module.

## **8 MODULE ANSWERS**

After evaluation of the MCQs, those who submitted answers will be notified of their marks and will be able to access model answers for that particular module.

These model answers will explain why certain possible answers are not suitable and will therefore assist in the learning process.

## **9 CERTIFICATES**

Certificates will be awarded annually to participants who successfully complete the course for that year.

The criterion for successful completion of a year's course is the achievement of a pass (65 % or more) in at least 4 of the 5 modules offered during that year.

For participants who pass all 5 modules, their final score will be calculated by taking the highest 4 marks achieved.

It is therefore possible to pass the course without having to complete all 5 modules, provided you are successful in 4 individual modules.

This certificate is the recognition of your successful endeavours to maintain professional competence – a certificate to display in your pharmacy with pride.