

Pharmacy Practice Newsletter

"Know what's new... Optimize care"

Prepared by
Dr. Eman Zakaria
Dr. Lamis Diaa
Dr. Yasmin Refky

Designed by:
Dr. Lamis Diaa

Reviewed by
Dr. Hebatullah Abdulaziz
*Manager of Clinical
Pharmacy Practice
Administration*

Chief Editor
Dr. Abeer Elbehairy
*General Manager
Drug Utilization
& Pharmacy Practice G.A*

Under supervision of
Dr. Yassin Ragaey
*EDA Assistant chairman for
Media Affairs and Investment
Support and Supervisor of the
Central Administration for
Pharmaceutical Care*

Introduction

The Central Administration of Pharmaceutical Care in the Egyptian Drug Authority is keenly interested in upgrading the pharmaceutical services provided to the patients and boosting the pharmacotherapy-related knowledge of all healthcare providers, which will positively impact the patient's health and safety.

From this point, **the General Administration of Drug Utilization and Pharmacy Practice (DU&PP)** is pleased to publish the *Pharmacy Practice Newsletters*, which aims to aid practitioners in their mission to optimize care. Topics related to pharmacotherapy and pharmacy practice will be addressed in our newsletter. The newsletter will provide an up-to-date, concise summary that fits perfectly into the healthcare provider's tight schedule.

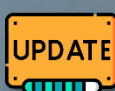
We utilize accredited resources and indexed journals integrating the best available research into clinical care, to support the decision-making process for healthcare professionals. To optimize patients' treatment plans and ensure their safety and efficacy, clinicians must closely follow the literature for any updates related to their practice, given the dynamic nature of the clinical research.

VOLUME 2, ISSUE 2, June 2025

Inside this issue



EDA Publications
**Nuclear &
Radiological Safety
Principles and
Practice of Nuclear
Pharmacy**
Page 1



Practice Updates
**ESC Guidelines
Update Summary**
Page 2



DU&PP News
**Pharmaceutical
Care Initiatives &
Guide-to-Guide
Approach**
Page 3

EDA Publications:***Nuclear & Radiological Safety Principles and Practice of Nuclear Pharmacy***

The Oncology Pharmacy Team within the Drug Utilization and Pharmacy Practice Administration has issued a 3rd chapter of the *Egyptian Guide for Oncology Pharmacy Practice*, with the title: '*Nuclear & Radiological Safety Principles and Practice of Nuclear Pharmacy*'.

Aim of the chapter:

This chapter aims to provide operational information to hospital nuclear pharmacy staff – it covers the skills, competencies, and fundamental knowledge required to work safely and effectively as a hospital nuclear pharmacist in the hot laboratory or as a clinical nuclear pharmacist.

Introduction:

Nuclear pharmacy has been an area of specialty pharmacy that has grown enormously over the past 50 years, so this chapter provides general knowledge required. It also draws clear lines between the various levels of radiopharmacy operation to provide more definitive guidance on staff qualifications, training, facilities, equipment, types of procedures, record keeping, quality assurance, and quality control.

Content of the guide:

Topic title	Content
1) Impact and Responsibilities of a Nuclear Pharmacist	A) The safe handling, preparation, dispensing, and regulatory responsibilities B) Clinical responsibilities C) Indirect clinical responsibilities D) Research responsibilities
2) Radiation	A) Types of Radiation B) Radiation Protection and Safety Principles C) Radiological Contamination Control D) The Radioactive Waste
3) Radiopharmaceuticals	A) Ideal Radiopharmaceutical B) Diagnostic Radiopharmaceuticals C) Therapeutic Radiopharmaceuticals D) Theranostics (Dual-Functioning Radiopharmaceuticals)
4) The Hospital Nuclear Pharmacy	A) Operational levels for nuclear pharmacy B) The Routine Activities of Nuclear Pharmacy
5) Instrumentation and Equipment	A) Radiation Personal Protective Equipment (PPE) B) Dosimeters C) Dose Calibrators D) Geiger–Müller Counters (GM) E) Well Counter F) Calibration G) Diagnostic Equipment
6) Patient-related Aspects	A) Radiological Precautions for Patient Safety During Administration B) Radiopharmaceutical Administration Errors C) Adverse Events Reporting D) Drug-Induced Changes in Radiopharmaceutical Bio-distribution E) Clinical Nuclear Pharmacist Role in Patient Safety
7) Comparison between Radiography (X-ray) VS Nuclear Medicine VS Radiotherapy	

Where to find the guide:

The '*Nuclear & Radiological Safety Principles and Practice of Nuclear Pharmacy*' chapter is published on the EDA official website and can be accessed via this [LINK](#) or the QR Code.

Practice Update: ESC Guidelines Update Summary

The European Society of Cardiology released updates for the atrial fibrillation (AF) and chronic coronary syndromes (CCS) guidelines in 2024. Within this issue, we shall highlight the most prominent changes.

1. Atrial Fibrillation

a) Recommendations for assessment of stroke risk have been changed in 2024 ESC Guidelines-

From using the CHA₂DS₂-VASc score that was used in the 2020 guidelines to using the **CHA₂DS₂-VA**, where **CHA₂DS₂-VA** score of 2 or more is recommended as an indicator of elevated thromboembolic risk for decisions on initiating oral anticoagulation. Oral anticoagulation was recommended in the 2020 guidelines for stroke prevention in AF patients with CHA₂DS₂-VASc score ≥ 2 in men or ≥ 3 in women.

b) Recommendations for assessment of bleeding risk have been changed-

The use of the HAS-BLED score has been removed and assessment and management of modifiable bleeding risk factors in all patients eligible for oral anticoagulation, as part of shared decision-making to ensure safety and prevent bleeding has taken place instead. The 2024 guidelines stated that the “use of bleeding risk scores to decide on starting or withdrawing oral anticoagulation is not recommended in patients with AF to avoid under-use of anticoagulation”.

c) Recommendations regarding dose reduction of Direct Oral Anticoagulants (DOAC) have changed-

It is now stated that “A reduced dose of DOAC therapy is not recommended, unless patients meet DOAC-specific criteria, to prevent under-dosing and avoidable thromboembolic events.”.

d) The 2024 Guidelines also stated that-

Maintaining Vitamin K Antagonists (VKA) treatment rather than switching to a DOAC may be considered in patients aged ≥ 75 years on clinically stable therapeutic VKA with polypharmacy to prevent excess bleeding risk.

e) Recommendations for heart rate control in patients with AF have been changed-

It now includes digoxin as a drug among the first choice in patients with AF and left ventricular ejection fraction (LVEF) $> 40\%$ to control heart rate and reduce symptoms. Other drugs that were recommended as the first choice include beta-blockers, diltiazem, and verapamil which were stated in the 2020 and 2024 guidelines.

f) Recommendations for acute heart rate control have been also changed-

Intravenous amiodarone, digoxin, esmolol, or landiolol may now be considered for acute heart rate control in patients with AF and hemodynamic instability or severely depressed LVEF, replacing the previous recommendation of intravenous amiodarone alone.

2. Chronic Coronary Syndromes (CCS)

a) The 2024 ESC Guidelines for the Management of Chronic Coronary Syndromes (CCS) recommend considering ivabradine as add-on antianginal therapy in patients with LVEF $< 40\%$ and inadequate symptom control, or as part of initial therapy in appropriately selected patients. In contrast, ivabradine is not recommended as add-on therapy in patients with CCS who have LVEF $> 40\%$ and no clinical heart failure. These updated guidelines highlight LVEF as a key factor in determining the appropriateness of ivabradine, representing a shift from the 2019 recommendations.

b) The 2024 Guidelines state that, in patients with CCS and a history of myocardial infarction (MI) or remote percutaneous coronary intervention (PCI), clopidogrel 75 mg daily is recommended as a safe and effective alternative to aspirin monotherapy. Unlike the 2019 Guidelines, which reserved clopidogrel primarily for patients with aspirin intolerance, the updated recommendations position clopidogrel as an equal alternative to aspirin in these clinical scenarios.

DU&PP News

Pharmaceutical Care Initiatives

The Egyptian Drug Authority (EDA) has successfully implemented its dynamic Pharmaceutical Care Initiatives in Pharmacy Practice, conducted from March to May 2025. Led by the Drug Utilization and Pharmacy Practice Administration, this pioneering program has set a new benchmark for excellence in pharmaceutical care, showcasing the EDA's commitment to advancing healthcare standards.

1) EDA Experience Exchange Hub (*Triple E's Hub*)

The goal of **Triple E's Hub** is to support relentless efforts made at the national level to achieve a comprehensive approach to disseminating and circulating the best pharmaceutical practices in health institutions in Egypt based on the EDA efforts in alignment with Egypt vision 2030, to build and revitalize the partnerships for sustainable development.

The **9th scientific meeting** took place in April 2025, targeting hospital and clinical pharmacists presenting their clinical pharmacy interventions in colon cancer cases. The aim was to enhance patient outcomes by providing a range of educational case studies. This event is part of the EDA's efforts to improve and sustain pharmaceutical practices and services, as well as to promote the optimal and rational use of medications.

The **Triple E's Hub strategy** is adopting the necessity of experience exchange in Pharmaceutical Practices, through health institutions' participation from different affiliations and governorates (governmental and private) who attend regular scientific meetings and present relevant educational case studies with a clinical intervention that is recommended by a clinical pharmacist in communicable and non-communicable diseases. In addition to effective discussion among pharmacists, also with academic staff and experts in pharmacy from leading health institutions in Egypt.



DU&PP News: Pharmaceutical Care Initiatives

2) (Safe Medication....Save Life) Initiative

The initiative's goal is to spread awareness among various members of society regarding the safe and effective use of medications in line with the Society Engagement Approach, to build healthy and aware communities, and to obtain the maximum therapeutic benefits, through discussing the use of medications on multiple topics related to non-communicable diseases, such as diabetes, hypertension, chest diseases, use of inhalers, use of analgesics, and cancer medications side effects. In addition to awareness about antimicrobials rational use.

The on-site awareness campaigns are scheduled to target public places, such as cultural centers and palaces, public libraries, sports clubs, outpatient clinics in hospitals, community service centers in universities, or other public places in the Egyptian governorates.

Community awareness sessions witnessed fruitful discussions among society members, that were held at El Shams Sporting Club, Al Bahr Al Aazam Library, Aviation Sporting Club and, Zayed Green Garden for several visitors including women, adults, and children. This comes within the efforts made by the EDA to improve and sustain drug awareness and pharmaceutical services provided throughout Egypt and its constant keenness to promote the optimal and rational use of medications.



DU&PP News: Pharmaceutical Care Initiatives

3) (Unlock the Pharmacist Potential) Initiative

The initiative aims to promote and maintain effective pharmaceutical practices while supporting ongoing professional development. It is launched in alignment with the EDA vision and its role in capacity building and continuing development strategies, reflecting Egypt's commitment to progress.

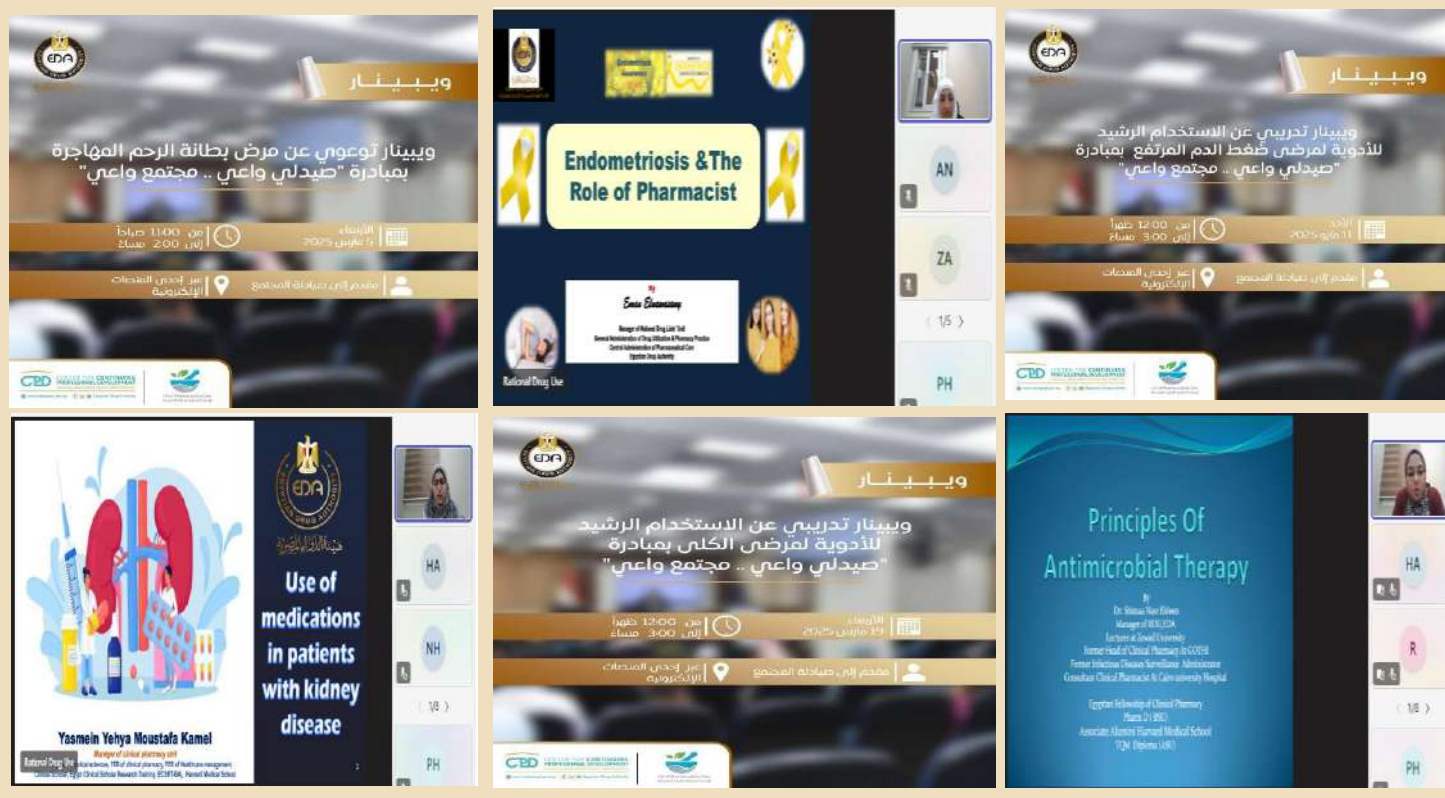
This initiative focuses on community pharmacists, who serve as the first line of defense in public health and are uniquely positioned to drive meaningful change in medication safety and accessibility.

The training programs consist of a series of monthly virtual lectures (online webinars) hosted by the General Administration of Drug and Pharmacy Practices team.

The selected topics include:

- Awareness of endometriosis
- Use of medications in patients with kidney disease
- Rational use of antimicrobials
- Basics and skills of patient counseling
- Medication management for cancer patients
- Medication management of hypertension and heart disease
- EDA released drug formularies

This comprehensive approach ensures participants receive up-to-date knowledge and best practices in the field.



DU&PP News: Guide to Guide Approach

The Guide-to-Guide approach aims to spread awareness among hospital and community pharmacists of the guides released by the General Administration of Drug Utilization and Pharmacy Practice at EDA. These guides were prepared according to scientific evidence-based resources and guidelines to promote effective pharmaceutical practice, raise the efficiency of the medical service provided in various health institutions, and ensure patient safety.

As part of the Guide-to-Guide approach, the clinical pharmacy and the oncology pharmacy teams within the Drug Utilization and Pharmacy Practice Administration ran virtual lectures (online webinars) to present the released EDA Diabetes Guide to Good Pharmacy Practice and the Guide about the Role of Oncology Pharmacist in Radiotherapy.

Webinar on the EDA Diabetes Guide to Good Pharmacy Practice (18 March 2025)

This session introduced a comprehensive manual designed to support pharmacists in delivering optimal care for diabetic patients. Developed through rigorous scientific collaboration, the guide equips pharmacists with evidence-based best practices in diabetes management.

Webinar on the Role of Oncology Pharmacists in Radiotherapy (6 May 2025)

This webinar highlighted the critical responsibilities of clinical pharmacists in supporting patients undergoing radiation therapy. The guide emphasized their role in medication safety, therapeutic monitoring, and patient education to enhance treatment outcomes.

Development of EDA Guides

The Egyptian Drug Authority (EDA) formulates its guidelines through a rigorous, evidence-based review process. Expert committees—comprising distinguished faculty from pharmacy and medical schools, as well as leading healthcare practitioners—ensure that all recommendations are clinically sound, practical, and aligned with the latest scientific advancements.

About DU&PP

The Drug Utilization and Pharmacy and Pharmacy Practice General Administration (DU&PP) is concerned with rationalizing medication use and reducing medication errors. The General Administration is also concerned with developing pharmaceutical practices, enhancing Egyptian pharmacists' skills, issuing pharmacy practice guidance, preparing national drug lists and the Egyptian drug formulary, and providing numerous training programs. It also aims to raise community awareness and promote the safe and effective use of medications by conducting awareness campaigns and pharmaceutical care initiatives among all segments of society to ensure patient safety and achieve optimal drug use.

Our publications, including clinical practice guides, newsletters and the Egyptian National Formulary, are available at the official EDA website and can be accessed via the following hyperlinks or QR codes:

Guides



SCAN ME

Newsletters



SCAN ME

Formulary



SCAN ME

References

1. <https://academic.oup.com/eurheartj/article/45/36/3314/7738779?login=false>
2. <https://www.escardio.org/static-file/Escardio/Guidelines/Documents/ehaa612.pdf>
3. <https://academic.oup.com/eurheartj/article/45/36/3415/7743115?login=false>
4. <https://academic.oup.com/eurheartj/article/41/3/407/5556137>

Egyptian Drug Authority
Central Administration of Pharmaceutical Care
General Administration of Drug Utilization and Pharmacy Practice

	21 Abd El-Aziz Al Soud Street, Manial El-Roda, Cairo, Egypt		pp.rdu@edaegypt.gov.eg
	+202 – 25354100, Ext:1902		https://www.edaegypt.gov.eg/
	+202 – 23684194		https://www.facebook.com/egyptiandrugauthority