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Year 3 Pharmacy

Why study Pharmacy?

When I was young, I used to accompany my grandparents to the polyclinic to collect their medications. I've always been amazed by the pharmacists, especially during dispensing when they'll provide personalised counselling which helped me better understand the medications and my grandparents' health condition. This experience, along with my course of study - Diploma in Applied Chemistry with specialisation in Pharmaceutical Science, propelled me to further pursue a degree in Pharmacy!

What interests you most in your studies?

It is interesting to learn about the anatomy and physiology of the human body and how different drugs interact with the body to tackle disease states. The B.Pharm. curriculum integrates the scientific aspects based on a particular body system, which allows me to better apply the concepts in practice.

Besides learning the science behind pharmacy practice, I picked up soft skills such as patient counselling skills and effective communication with other healthcare professionals. I was also taught the legal and ethical considerations related to pharmacy practice.

Apart from academic lessons, what other programmes did you participate in? And how did the experience(s) benefit you in your (a) personal growth and development, and (b) academic pursuits?

I volunteered as a befriender in Project Silvercare for 9 months in 2020 and 2021. My role was to provide companionship and support to an elderly with a risk of frailty. As in-person visits were not allowed during COVID-19 pandemic, the sessions were done through phone calls. Despite the lack of in-person meetups, I still managed to create a strong bond with my elderly and even mailed her a cooking book!

Not only did I improve my communication skills with older adults from diverse backgrounds, I also had the opportunity to collaborate with General Practitioners to customise intervention plans to improve the elderly's quality of life. It was a rewarding experience, and it further cemented my aspiration to work in the healthcare sector so that I can make a positive impact on the lives of others.

What other interesting activities did you partake in to further enrich your student life, e.g. extra-curricular activities on campus?

I was actively involved in Project DAMAI, a student-initiated interdisciplinary project that comprises Nursing, Medicine, and Pharmacy students. Throughout 2021 and 2022, we held both online and in-person seminars for migrant workers focusing on the importance of mental health and self-care. Although a lot of planning was involved, the effort was worthwhile after seeing the smiles on the migrant workers' faces and receiving their thank-you notes.



Share with us your most memorable experience as a Pharmacy student.

My most memorable experience would definitely be during my Pre-Employment Clinical Training 1 (PECT 1), where my group and I had short-term attachments at the polyclinics to observe the pharmacists in action. I felt honoured to be part of this profession after witnessing the hard work put in by the pharmacists to ensure medication safety. The attachments provided an insight into the roles I can embark in the future and I also gained valuable advice from my preceptors.



PECT 1 at Alexandra Hospital

* OSCE = Objective Structured Clinical Examination

With my classmates after our first OSCE!

What advice do you have for the incoming students or juniors?

Do not be afraid to seek help when you need it, be it from your professors or academic advisors. You do not have to struggle alone in this journey, they'll be more than happy to help you succeed.

