



هيئة الدواء المصرية

الإدارة المركزية للرعاية الصيدلانية  
الإدارة العامة للممارسات الدوائية و الصيدلانية

# Pharmacy Practice Newsletter

“Know what’s new... Optimize care”

## Introduction

*Prepared by*  
**Dr. Eman Zakaria**  
**Dr. Nesma Atef**  
**Dr. Yassmin Refky**  
**Dr. Lamis Diaa**

*Designed by:*  
**Dr. Lamis Diaa**

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

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

**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 1, March 2025**

## Inside this issue



**EDA Publications**  
**The Egyptian  
Drug Formulary**  
– A Valuable  
Resource

Page 1



**Practice Updates**  
**ESC Hypertension  
Guidelines Update  
Summary**

Page 2



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

Page 3

## *EDA Publications: The Egyptian Drug Formulary – A Valuable Resource*

**The Egyptian Drug Formulary (EDF)** is a pivotal resource in the pharmacy practice, specifically in the field of clinical pharmacy. This formulary includes a comprehensive list of medications intended to guide healthcare professionals in the effective use of drugs. Its primary purpose is to ensure that medications are used safely and effectively, based on evidence, ultimately improving patient outcomes. It provides reliable, up-to-date, and detailed information about essential and widely used medications registered in the Egyptian Drug Authority (EDA) database.

Before its issuance, the content of the EDF is reviewed by a specialized committee composed of academic staff of pharmacy and medicine, as well as experts from Egyptian health institutions. The Egyptian Drug Formulary (EDF) is available on the official EDA website and is widely promoted through the EDA's official social media channels.

### **Purpose of the Drug Formulary:**

The main goal of the EDF is to provide a continually updated list of medications and related information, to ensure that medications are used appropriately, minimizes errors, and enhances patient safety. Additionally, the formulary serves as a tool for controlling healthcare costs by promoting cost-effective medications without compromising quality.

### **Egyptian Drug Formulary in Pharmacy Practice**

1. **Enhancing Medication Safety and Effectiveness:** The EDF plays a crucial role in improving medication safety by providing comprehensive information about approved drug indications, dosages, necessary dose adjustments, contraindications, side effects, monitoring parameters, interactions, administration guidelines, and storage methods. Pharmacists utilize this information to help prevent medication errors, provide recommendations to clinicians, and counsel patients. By offering evidence-based recommendations, the EDF contributes to the appropriate use of medications, thus reducing the risk of adverse drug reactions and interactions.
2. **Continuing Education:** For clinical pharmacists, the EDF serves as an essential educational resource. It helps them stay informed and up-to-date with the latest drug-related information, enhancing their capacity to provide expert advice.
3. **Standardizing Pharmacy Practices:** The EDF assists in standardizing pharmaceutical practices across various healthcare settings, ensuring consistency in medication administration. This uniformity is vital for maintaining quality care in hospitals, clinics, and pharmacies throughout the country, ultimately improving public health outcomes.
4. **Promoting Rational Drug Use:** The EDF encourages the rational use of medicines by guiding healthcare professionals to base their drug choices on evidence-based guidelines, thereby supporting effective clinical decision-making.

So far, the EDA has released several pharmacological parts of the EDF, including Antimicrobials (152 monographs), Cardiovascular (73 monographs), Conventional anticancer medicines (56 monographs) and Endocrine (62 monographs).

Recently, the EDA released the (Blood Disorder Medications) chapter, which includes anti-anemia, anticoagulants, anti-hemophilia medications, anti-hemorrhagics, anti-platelets, and iron chelators.

### **How to access the Egyptian Drug Formulary**



All published chapters of the 'Egyptian Drug Formulary' are available on the EDA official website, accessible via this [LINK](#) or the QR Code

## *Practice Update: ESC Hypertension Guidelines Update Summary*

The European Society of Cardiology released updates for the hypertension guidelines in 2024. Within this issue, we shall highlight the most prominent changes.

### *1. The Classification of blood pressure (BP) was changed*

Classification in 2018 guidelines	Classification in 2024 guidelines
<b>Optimal</b> (< 120 and < 80)	<b>Non-elevated BP</b> (<120 and < 70)
<b>Normal</b> (120–129 and/or 80–84)	<b>Elevated BP</b> (120–139 or 70–89) for Office BP and (120–134 or 70–84) for Home BP Measurement (HBPM) or Ambulatory B.P Measurement (ABPM)
<b>High-normal</b> (130–139 and/or 85–89)	
<b>Grade 1</b> (140–159 and/or 90–99)	<b>Hypertension</b> ( $\geq 140$ or $\geq 90$ ) for Office BP and ( $\geq 135$ or $\geq 85$ ) for HBPM or ABPM
<b>Grade 2</b> (160 – 179 and/or 100 -109)	
<b>Grade 3</b> ( $\geq 180$ and/or $\geq 110$ )	

The ESC 2024 Guidelines define hypertension as a confirmed office systolic BP of  $\geq 140$  mmHg or diastolic BP of  $\geq 90$  mmHg. For this diagnosis to be made, confirmation is recommended with out-of-office measurements (HBPM or ABPM) or at least one repeat office measurement at a subsequent visit.

### *2. Recommendations for first-line treatment for initiation of hypertension treatment to be changed -*

Removing  $\beta$ -blockers and specifying dihydropyridine Calcium Channel blockers (CCBs) instead of stating (CCBs) generally while maintaining ACE inhibitors, ARBs, and diuretics (thiazides and thiazide-like drugs such as chlorthalidone and indapamide).

### *3. A recommendation has been added stating that -*

If BP is not controlled with a three-drug combination and in whom spironolactone is not effective or tolerated, treatment with eplerenone instead of spironolactone, or the addition of a beta-blocker if not already indicated and, next, a centrally acting BP-lowering medication, should be considered. The changes included introducing eplerenone if spironolactone failed and introducing centrally acting BP lowering medications in case of eplerenone failure in controlling BP.

### *4. Classification of hypertension in pregnancy has been modified -*

The term “pre-existing hypertension” was changed to “Chronic hypertension”, whereas the terms of the other 3 classes of gestational hypertension, antenatally unclassifiable hypertension, and pre-eclampsia were maintained. First-line treatment remained the same with a change only of CCBs to dihydropyridine CCBs (preferably extended-release nifedipine).

### *5. Changes have been made for the treatment of hypertensive patients with symptomatic HFrEF/HFmrEF -*

To include medications with blood pressure lowering effects as follows: ARNi as an alternative for ACEIs, and SGLT2 inhibitors to improve outcomes. Also, recommending SGLT2 inhibitors in hypertensive patients with symptomatic HFpEF, to improve outcomes in addition to their modest BP-lowering properties.

## DU&PP News: Pharmaceutical Care Initiatives

In a remarkable move, the Egyptian Drug Authority has unveiled three dynamic Pharmaceutical Care Initiatives in Pharmacy Practice, set to take place in January and February 2025. The dedicated team from the Drug Utilization and Pharmacy Practice Administration has triumphantly carried out this mission, setting a new standard in pharmaceutical care.

### 1) Experience Exchange Hub at EDA under the title (*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 the Arab Republic of Egypt based on the EDA vision and Egypt Vision 2030, to build and revitalize the partnerships for sustainable development.

The **8<sup>th</sup> scientific meeting** took place in February 2025, targeting hospital and clinical pharmacists presenting their clinical pharmacy interventions in renal 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 diseases, chest disease, 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** Al Asmarat Culture Palace and Sakkara Public Library, El Dokki Library and, Cairo University Club 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.

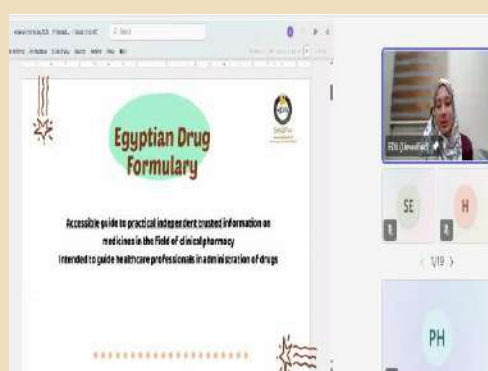
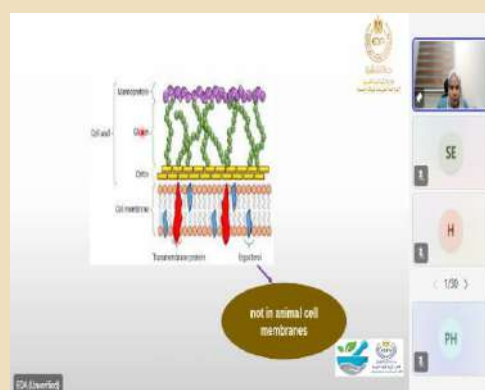
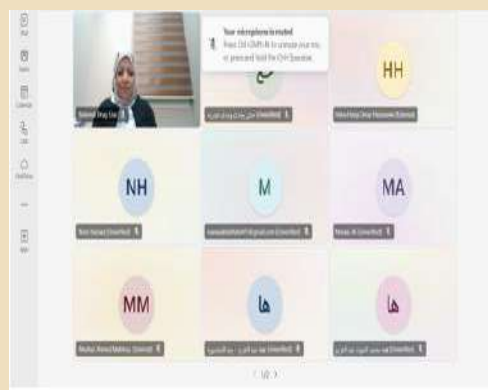
**The initiative scope** is the community pharmacists who are the first line of defense in society and capable of making a positive impact.

**The training programs** consist of a series of monthly virtual lectures (online webinars) hosted by the General Administration of Drug and Pharmacy Practices team. These sessions may feature contributions from professional experts and academic professors across various fields of practice.

**Selected topics include:**

- Use of Antimicrobials in Pediatrics
- Basics and Skills of Patient Counseling
- Use of Medications in Patients with Liver Disease
- Management of Chemotherapy Side Effects
- EDA released drug formularies

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

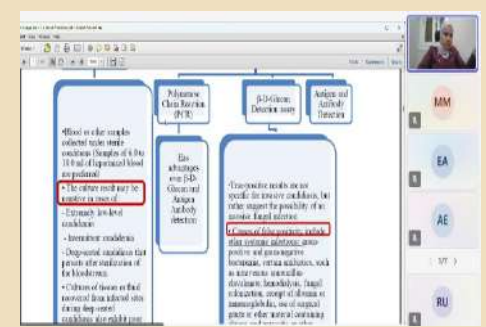
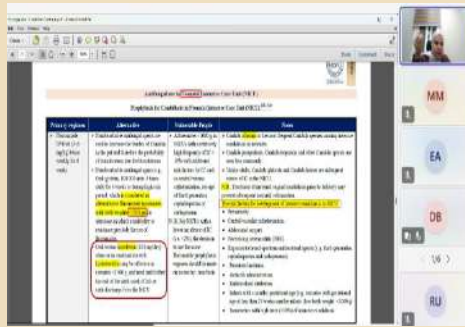
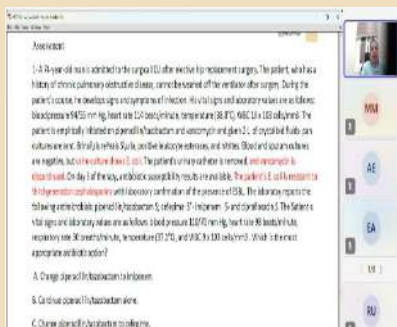
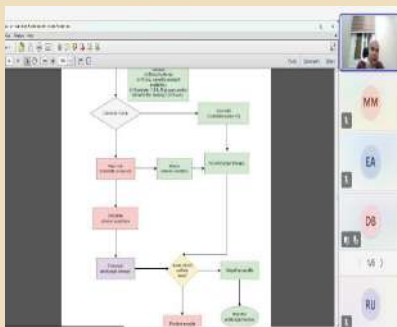
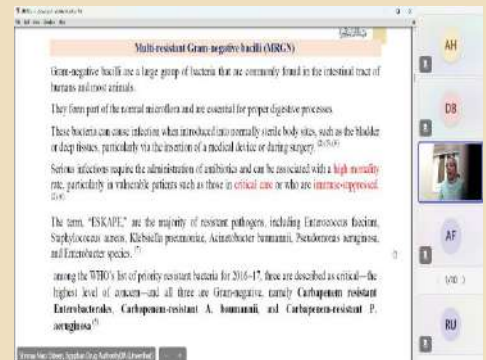
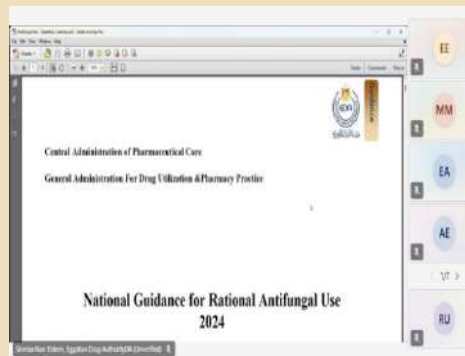


## DU&PP News: Guide to Guide Approach

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 National Rational Antimicrobial Use team within the Drug Utilization and Pharmacy Practice Administration run a virtual lecture (online webinar) to present the released National Guidance of Rational Antimicrobial Use for Duplicate Antimicrobial Therapy and National Guidance for Antifungal Use. The webinar was held on 27 January 2025 for hospital and community pharmacists from many health care sectors and institutions.

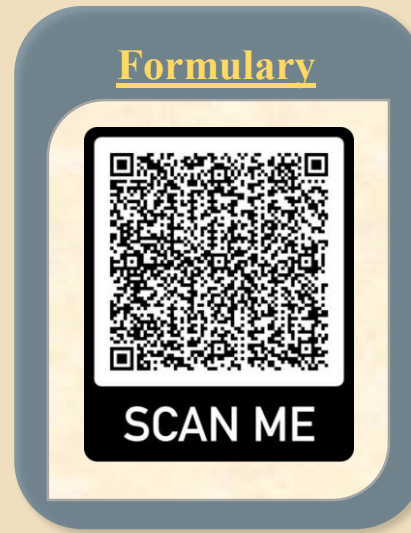
The guides come as a part of the EDA's relentless efforts to rationalize antimicrobial use for duplicate antimicrobial therapy and antifungal use in collaboration with several stakeholders represented in the National Rational Antimicrobial Use Committee, which has rigorously reviewed this guide.



## 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:



## References

1. <https://academic.oup.com/eurheartj/article/45/38/3912/7741010?login=false>
2. <https://academic.oup.com/eurheartj/article/45/36/3314/7738779?login=false>
3. <https://www.escardio.org/static-file/Escardio/Guidelines/Documents/ehaa612.pdf>

**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		<a href="mailto:pp.rdu@edaegypt.gov.eg">pp.rdu@edaegypt.gov.eg</a>
	+202 – 25354100, Ext:1902		<a href="https://www.edaegypt.gov.eg/">https://www.edaegypt.gov.eg/</a>
	+202 – 23684194		<a href="https://www.facebook.com/egyptiandrugauthority">https://www.facebook.com/egyptiandrugauthority</a>