HEALTHPARTNER

A Regal Pharmaceuticals Newsletter

Issue # 3

TO ALL OUR DEAR ESTEEMED READERS!

Hello and welcome to our Third issue of our newsletter – The Health Partner. Keeping with the other issues it is even more educative, interactive and fun.

The editorial team thanks you all for your continued support and contributions even as we appreciate your feedback and suggestions towards continuous improvement of our newsletter.

We promise to continue giving you more content and look forward to valued contributions and suggestions from the staff and all our partners through info@regalpharmaceuticals.com or through the editorial team.

In this issue we shall get a word from the production team through the Technical Director, regarding various improvements and advancements in the production unit.

We will also highlight the various activities carried out by the Sales and marketing team, as well as sample the Corporate Social Responsibility activities carried out in partnership with other charity organizations to assist in holding successful medical camps.

In addition we will highlight some first aid tips for common accidents in children, time management tips and recent staff recruitments.

In the activity corner we will get you involved in various fun activities including word search, crossword puzzles, some brain teasers and a humor corner. You can send in your answers to the various puzzles and brain teasers to info@regalpharmaceuticals.com including your contact details. The first 10 correct answers to the three puzzles will be rewarded with a gift hamper from Regal Pharmaceuticals Ltd.

Be sure to get answers to the various activities featured in the activity corner of our 2nd issue of the Health Partner here in.

I on behalf of the editorial team wish you good and fun reading and engagement.

Ephantus Kamau-Editor.

WORD FROM THE TECHNICAL DIRECTOR

Dr. A.S Sinha – Technical Director, Regal Pharmaceuticals Ltd.

Regal Pharmaceuticals is a leading Manufacturer of Quality Pharmaceutical Products serving numerous countries in Africa.

It has grown over the years commensurate to the escalating demands of quality pharmaceutical medicines. Regal has always emphasized on quality since inception in 1981 by Dr. M.K.V Shah (a qualified pharmacist). It achieves this objective by having a very sturdy QMS (Quality Management System) which ensures the building of quality into the product while maintaining the highest cGMP (Current Good Manufacturing Practices) standards.

The company has heavily invested in various strata in the industry including utilities, buildings, machinery and manpower.

Continuous improvement plays a pivotal role in the industry. Getting rid of obsolete and low efficiency machines and replacing them with state of the art high efficiency/ capacity machines is a tradition.

Utility is the heart of the Industry. Regal has always ensured that it is very healthy and robust. A new ROEDI plant (6m3/hr.) was installed which was not only double the capacity but a guarantee of water quality in terms of pH, Conductivity, Total organic carbon and microbial load. 2 Oil free screw type air compressors were installed which ensured a supply of air free from oil and water. Terminal filters at each line further consolidated the air quality. New machines in the laundry have just been installed comprising of Washing, drying and ironing machine.

The building also saw various up gradations recently. In the Warehouse section new dispensaries were installed. The new dispensing and sampling rooms having a Laminar Air Flow have considerable advantages over the conventional Booth systems.

In the tableting department, the capacity has grown double fold. This was facilitated by the installation of Fluid Bed Equipment (PAM GLATT FBE 1300), with a capacity of 1300ltrs. The machine comes with unprecedented levels of automation and recipe procedures which make sure the required quality granules are got every time. 3 Compression machines were installed. Regal Pharmaceuticals was the first in Eastern Africa to install a LEGACY 6100 Compression machine in 2012. This was done to complement the FBE 1300 output. The machine performed exemplary and 2 more LEGACY 6100 MACHINES were added to the section in 2015. All the three machines have been provided with features of automatic conveying of granules into hopper. This ensures there is no human intervention in the entire compression procedure.

In the liquid packing section a new line was installed, fully automated, comprising of Bottle washing, filling, capping, labeling, cartoning and a collating machine. The machine can fill 180 Bottles per Minute.

The cream department witnessed the installation of a collating machine to elude the conventional shrink wrapping procedures for bundling.

The Beta Lactam section also had machinery upgradation with the commissioning of a Blistering Machine.

QC (Quality Control) ensures that all raw materials, packaging materials and finished products comply with the laid down regulations. The section was recently enriched with 5 new HPLC and a Smart tester.

QA plays the most significant role in implementation and regulation of the quality standards in Regal. This is corroborated by Good documentation practices.

All departments in the industry have highly qualified personnel who are continuously trained in-house and externally to ensure they perform their duties in the right manner.

STAFF NEWS
STAFF APPOINTMENTS

Regal Pharmaceuticals Limited as a responsible and ethical employer continues to invest in qualified and dedicated staff. This is in line with the full realization that having the right people with the right skills is key to achieving business goals. We feature here the recent appointments and reassignments to the winning team that is Regal Pharmaceuticals Limited:

Naila Pradan
Assistant F.G.S Manager

Suleiman Lipuka
Assistant Engineering Manager

David Kimeli Yego
Production Supervisor

Joseph Munene
Production Supervisor

"Having worked in Regal Pharmaceuticals since 2007, I have managed to be promoted to the position of production supervisor, having ascended from a packer in 2007 to my current position. I wish to thank the Administrators and the Managers for having seen the potential in me. I promise to work hard to promote the vision of the company."

"I joined Regal Pharmaceuticals last year in September as Q.C analyst. After committed work in the Q.C lab by God's Grace was promoted to a production supervisor in May 2015. Salute Regal!!!"

REGAL PARTICIPATES IN CONFERENCES

Regal Pharmaceuticals Henry Omogo – Medical Representative and Dominic Onsarigo – Medical Representative at our display stand during the PSK Annual Scientific Conference at Sarova Whitesands, Mombasa

Regal Pharmaceuticals has continued to support the medical fraternity through participation in conferences and events organized by various professional through setting up of display stands to showcase our products, giving talks and presentations on various topics as well as partnering through branding.

Some of the recent activities include:

- Our representatives attended the 43rd Kenya Medical Association's (KMA) Annual Scientific Conference held on 22nd to 25th April 2015 at The Noble Hotel Eldoret, Kenya.
- Our representatives attended the Kenya Pharmaceutical Association's Nairobi Branch (KPA) Annual Scientific Conference held on 15th and 16th May 2015 at Pride Inn Hotel, Westlands, Nairobi.
- Our representatives attended the Pharmaceutical Society of Kenya (PSK) Annual Scientific Conference held on 26th to 31st May 2015 at The Sarova Whitesands, Mombasa, Kenya.

TIPS FOR A MORE PRODUCTIVE DAY

Practice the following techniques to become the master of your own time:

1. Carry a schedule and record all your thoughts, conversations and activities for a week. This will help you understand how much you can get done during the course of a day and where your precious moments are going.
2. Any activity or conversation that's important to your success should have a time assigned to it. Schedule appointments with yourself and create time blocks for high-priority thoughts, conversations, and actions. Schedule when they will begin and end. Have the discipline to keep these appointments.
3. Plan to spend at least 50 percent of your time engaged in the thoughts, activities and conversations that produce most of your results.
4. Schedule time for interruptions. Plan time to be pulled away from what you're doing.
5. Take the first 30 minutes of every day to plan your day. Don't start your day until you complete your time plan.
6. Take five minutes before every call and task to decide what result you want to attain. Take five minutes after each call and activity to determine whether your desired result was achieved.
7. Put up a "Do not disturb" sign when you absolutely have to get work done.
8. Practice not answering the phone just because it's ringing and e-mails just because they show up. Schedule a time to answer email and return phone calls.
9. Block out other distractions like Facebook and other forms of social media unless you use these tools to generate business.
10. Remember that it's impossible to get everything done. A 20 percent of your thoughts, conversations and activities produce 80 percent of your results.

FAST FIRST AID TIPS FOR 6 COMMON ACCIDENTS

From the moment your child takes his first steps, he's bound to have some tumbles. While you can't always prevent your natural-born daredevil from getting hurt, there's plenty you can do to make him feel better.

Cut or Scrape

Act Fast: If there's bleeding, first press firmly over the site with a clean cloth until it stops. Clean under lukewarm running water and gently pat dry. When a wound is dirty or was caused by an animal scratch, rinse it with water and gently lather with soap. If the skin is broken, apply a thin layer of an over-the-counter antibiotic ointment, then cover with a bandage or gauze and adhesive tape. If you can't control the bleeding after several attempts with direct pressure, call your pediatrician, or head to an E.R. If a large piece of skin has been removed, wrap it in a clean, moist cloth and place it in a bag over ice. An animal bite that has caused a deep cut should be seen by a doctor.

Follow-Up Care: Dab on the anti-biotic ointment and apply a new bandage daily (or twice daily, if it's a large or deep wound) until the cut heals, so your child can't pick at it. If it appears to be forming or draining pus or becomes swollen, tender, or red, see a doctor right away to treat the infection.

Burn

Act Fast: Immediately hold under cool running water or apply a cold, wet towel until the pain subsides. Cover any small blisters with a loose bandage or gauze and tape; call a doctor as soon as possible if burns are on the face, hands, or genitals, or if they're larger than 1/4 inch anywhere on the body. If the burn looks deep -- the skin may be white or brown and dry -- go to the E.R. For a burn covering a tenth of the body or more, don't use cold compresses; call emergency and cover the child with a clean sheet or a blanket to prevent hypothermia until help arrives.

Follow-Up Care: Don't pop any blisters yourself. If the skin breaks, apply an anti-biotic cream and cover the area with a bandage or gauze and tape until it's healed. Watch for any redness, swelling, tenderness, or discharge -- all signs of infection.

Nosebleed

Act Fast: Have your child sit upright, but don't tilt her head back. Loosen any tight clothing around her neck. Pinch the lower end of her nose close to the nostrils and have her lean forward while you apply pressure continuously for five to ten minutes. Don't release and check the nose; it could prolong the bleeding.

Follow-Up Care: If the nosebleed is the result of a trauma, reduce swelling by holding an ice pack against the bridge of the nose after the bleeding slows down. If it persists after ten minutes or returns later, call your doctor or go to the E.R. to check for a break.

Insect Bite or Sting

Act Fast: If the insect left a stinger, gently scrape the skin with your fingernail or a credit card to remove it without breaking it. (Using tweezers can squeeze out more venom). Call emergency if your child has trouble breathing, is coughing, or develops a hoarse voice, hives, or swollen lips or tongue.

Follow-Up Care: For itching, hold a cold compress over the area for a minute, or apply calamine lotion or a 1% hydrocortisone cream or topical antihistamine (if the skin isn't broken or scabbed). Contact your doc if you suspect a tick bite. He may want to test for Lyme and other tick-borne diseases.

Did You Know? Bites and stings are the third most common accident seen in the E.R. among kids 4 and under.

CSR – OUR CONTRIBUTION TO THE SOCIETY

Regal Pharmaceuticals Ltd has continued partnering with various organisations in organising an making medical camps through donation of medicines towards helping the less privileged people in the society. The organisations include:

- Memon Women's Association – Memon Villa, Mombasa
- Bumula Health Centre *".....i take this earliest opportunity on behalf of the facility to thank you for the donations. We have deeply appreciated the support."*
  (*Belinda Kipsoi, Facility In-charge, Bumula Health Centre.)*
- University of Nairobi – Deans Office, school of Pharmacy.
- Nairobi City County – Mathare North Health Centre.
- Gertrudes Children Hospital – Makao Primary School, Korogocho.
- Westlands Constituency Secretariat - Kihumbuini Stadium.
- Nairobi Young Adults of Friends Programme – Embu.
- Medanta Africa.
- Mama Lucy Kibaki Hospital – Mother's Day Celebration.
- Paragon Healthcare Ltd – Kawangware.
- Nairobi Utumishi Rotary Club – Rarienda Constituency
- Focused Missoin on Development Organisation – Bungoma County.
- African Population and Health Research Centre – Korogocho and Viwandani slums
- Zinduka Africa – Mukuru, Nairobi.
- Cordis Maria Medical Centre, Githurai.
- Anglican Church of Kenya – St. Christopher's Parish, Mathare North.

Quote of the day

"There are times in my life when I have been medicine for some while poison for others. I used to think I was a victim of my story until I realized the truth that I am the creator of my story. I choose what type of person I will be and what type of impact I will leave on others. I will never choose the destructive path of self and outward victimization again." — Steve Maraboli

Wordsearch

MONEY, MONEY,MONEY

Can you find the hidden words?They may be horizontal,vertical,diagonal,forwards or backwards.

S	W	A	G	N	I	L	L	I	H	S	I	K	N	I	T	O	T	S
D	E	E	K	A	K	I	R	G	U	T	W	R	J	Y	A	L	Y	D
R	C	M	D	R	V	D	I	M	W	I	K	O	E	C	R	V	U	V
N	P	V	I	V	A	W	R	C	A	V	T	N	N	A	R	N	A	C
T	I	O	H	T	T	D	T	T	H	B	G	L	L	S	O	O	N	E
O	A	G	P	H	N	N	N	H	P	H	V	L	A	L	M	A	R	E
Z	I	N	A	H	E	E	S	I	C	T	O	V	K	Y	R	I	L	P
G	A	B	A	C	C	P	C	D	U	D	D	T	F	F	I	J	K	U
K	K	U	L	M	E	P	P	I	P	Q	L	R	R	O	R	R	O	R
R	R	S	R	I	B	A	E	N	O	J	P	R	A	I	R	R	R	R
U	O	O	A	A	R	R	S	A	U	T	G	P	N	M	I	I	U	B
P	N	X	N	N	R	A	O	R	N	D	A	G	M	N	R	T	N	V
I	U	Z	H	E	T	Q	M	T	D	U	G	K	A	A	S	I	A	T
A	R	C	T	Y	R	I	V	H	R	I	I	H	A	T	H	C	C	O
H	L	T	B	P	O	V	M	E	T	U	G	N	L	T	G	R	R	C
H	F	S	I	R	L	K	L	I	N	F	H	P	C	P	T	E	I	H
L	V	S	U	M	V	A	C	E	A	H	S	I	N	A	B	R	T	D
U	R	E	P	F	H	D	R	A	N	O	R	K	I	E	S	I	A	P
Y	D	N	A	R	R	L	E	L	B	U	R	L	L	E	K	E	H	S

AFGHANI	DINAR	HALERU	MANAT	RINGGIT
AURAR	DIRHAM	JIAO	PAISE	RIYAL
BAHT	DOLLAR	KORUNA	PARA	RUBLE
BANI	DRAM	KRONA	PESO	RUPEE
CENT	EURO	KRONER	POUND	RUPIAH
CENTAI	FORINT	KRONUR	QUINDARKA	SANTIMI
CENTIMES	FRANC	LIRA	RAND	SHEKEL
SHILLING	STOTINKI	TAKA	TUGRIK	WON
YEN	YUAN			

Brain Teasers

1. You are in a cabin and it is pitch dark. You have one match on you. Which do you light first, the newspaper, the lamp, the candle or the fire?
2. A boy and a doctor were fishing. The boy is the doctor's son but the doctor is not the boy's father. Who is the doctor?
3. When James was nine years old he hammered a nail into a tree to mark his height. Ten years later, James returned to see how much higher the nail was. If the tree grew by four inches each year, how much higher would the nail be?
4. What ends in 'w' but has no end?

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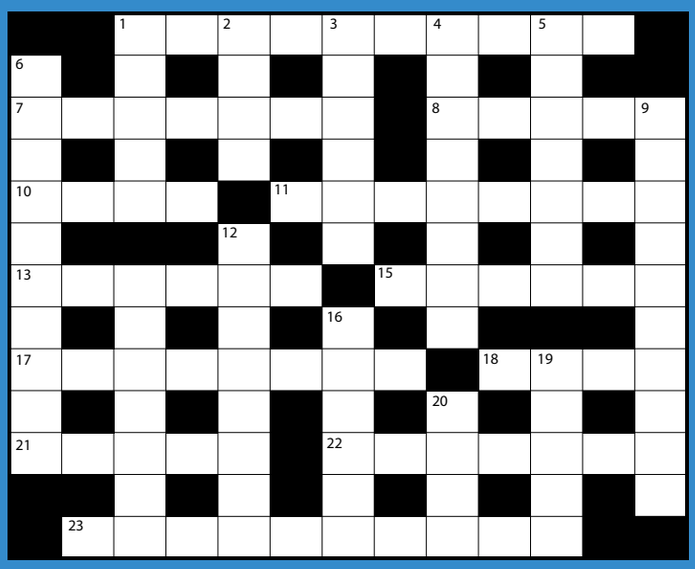
"More and more patients are going to the Internet for medical advice. To keep my practice going, I changed my name to Dr. Google."

Health Partner Issue 2 Answers.

1. If I was to ask the other guard which door leads to freedom, what would he say? Whichever door the guard points to, you go out the other door.
2. Silence.
3. The grandad is the dad to the dad,1 son, then the dad has a son too.
4. A book.

Across

1 Shortage (10)
7 Postpone (7)
8 Faith with five pillars (5)
10 Transmit (4)
11 Leading (8)
13 Capsicum (6)
15 Nonsense (6)
17 Type of word puzzle (8)
18 Singer Johnny, d.2003 (4)
21 Member of a Bantu people living in Zimbabwe (5)
22 Prison(slang) (7)
23 Signal to proceed (5,5)



Down

1 Source of mustard (5)
2 Bridge quorum (4)
3 Large gun (6)
4 Widespread outbreak (8)
5 Cancel (4,3)
6 Bandicoot, wombat, Kangaroo etc (10)
9 Mountain on the Swiss-Italian border (10)
12 Convince (8)
14 Reception room (7)
16 Christmas decoration (6)
19 Confess (5)

Across: 1.Char 3.Dreadful 8.Lean 9.Victoria 11.Somnolence 4.Absent 15.Mirror 17.Scholastic 20.Narcissi 21.Daub 22.Eternity 23.Tyne
Down: 1.Coldsnap 2.Alarmist 4.Raised 5.Anticlimax 6.Fork 7.Load 10.Connection