

TW@FDA

FDA HOSTS NAMIBIA'S MEDICINES REGULATORY COUNCIL ON INTENSIVE STUDY VISIT




The Food and Drugs Authority (FDA) has hosted a 5-member team from Namibia's Medicines Regulatory Council (NMRC) for a week-long intensive study tour on Pharmacovigilance and Quality Management Systems (QMS).

Together, we are strengthening regulatory capacity for better public health across Africa through knowledge sharing, practical sessions, and strategic collaboration.

IN THIS ISSUE

- This Week in Focus ~ pg. 2
- Health & Wellness Corner ~ pg.4
- Activities from Last Week ~ pg. 7-13



21ST - 25TH JULY 2025

THIS WEEK IN FOCUS

REGIONAL PHARMACOVIGILANCE STUDY VISIT

The Food and Drugs Authority will hold a Pharmacovigilance study visit for five (5) National Regulatory Agencies (Nigeria, Burkina Faso, Liberia, Sierra Leone and Sahrawi Republic) with support from the Infectious Disease Institute.

The virtual training is scheduled for **Monday, 14th – 31st July 2025.**

BOMRA STUDY VISIT UNDER THE GATES FOUNDATION GRAND CHALLENGE PROJECT

The Food and Drugs Authority is pleased to host a seven-member delegation from the Botswana Medicines Regulatory Authority for a 5 five -day study visit under the Gate's foundation Grand Challenge project, scheduled to take place from **Monday, 21st July to Friday 25th July 2025.**

The Opening Meeting will be held on **Monday, 21st July 2025, at 9:30 AM** in the FDA Boardroom.

FDA PULSE

There's a lot of content from the FDA Pulse Team up on the FDA YouTube channel!
[Click here to watch and subscribe!](#)



Regional Offices

Bono Regional Office

Monday, 21st July 2025

- Quality Meeting
- In house Training on "Training on Good Documentation Practices"
- Sensitization for Staff at Glico Life Insurance

Tuesday, 22nd July 2025

- Inspection of Milling Facilities @ Chiraa Urban Council
- Facility Inspections in Sunyani/Kenyasi

Wednesday, 23rd July 2025

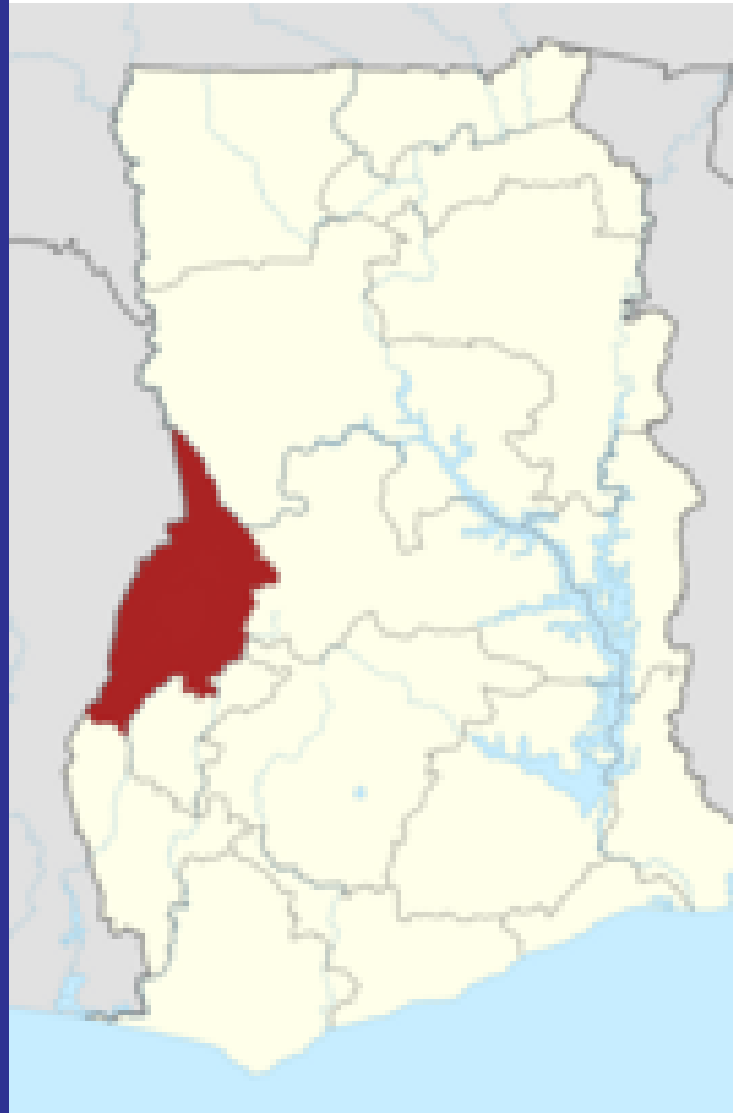
- Public Education at Radio B.A.R, Nimdee FM, and Greena FM
- Pharmacovigilance Training at selected Health Facilities
- Facility Inspections in Techiman, Sunyani, and Berekum

Thursday, 24th July 2025

- Public Education at Sunyani FM, Wisdom FM, and Christ FM
- Pharmacovigilance Training on Controlled Substances at selected Health Facilities
- Facility Inspections in Sunyani, and Dormaa

Friday, 25th July 2025

- Public Education at Moonlite FM and Union FM
- Inspection of Milling Facilities
- Supervision of Safe Disposal for shortlisted facilities
- Pharmacovigilance Training at selected Health Facilities
- Pharmacovigilance Training for ICPs (Saving Lives and Livelihoods Project)



HEALTH & WELLNESS CORNER

Easy Desk Exercises to Keep You Active

Staying active at your desk is crucial for maintaining health and productivity, especially if you spend long hours sitting.

1. Shoulder Shrugs

- How to Do It: Sit or stand with your back straight. Raise your shoulders up towards your ears, hold for a few seconds, then release them back down.
- Reps: 15-20 shrugs.
- Benefit: Relieves tension in your neck and shoulders.

2. Desk Push-Ups

- How to Do It: Stand a few feet away from your desk. Place your hands on the edge of the desk, shoulder-width apart. Lower your chest towards the desk, then push back up.
- Reps: 10-15 push-ups.
- Benefit: Strengthens your chest, shoulders, and triceps.

3. Neck Stretches

- How to Do It: Sit upright. Gently tilt your head to one side, bringing your ear towards your shoulder. Hold for 15-30 seconds, then switch sides. You can also tilt your head forward and backward.
- Reps: 3-5 stretches per direction.
- Benefit: Relieves tension in your neck and improves flexibility.



EXHORTATION

1 Peter 5:7

"Cast all your anxiety on him because he cares for you."

COMIC RELIEF

Why do spoons hang together in the drawer?

To avoid a stirring rivalry.

INSPIRATIONAL WORDS

"It's not about having the right opportunities; it's about handling opportunities right."

~ Mark Hunter





1. Which nutrient is essential for bone health and is often monitored in food products by the FDA?

A. Vitamin C

B. Calcium

C. Iron

D. Vitamin A

● Loading...

2. What is the primary concern of the FDA when it comes to food additives?

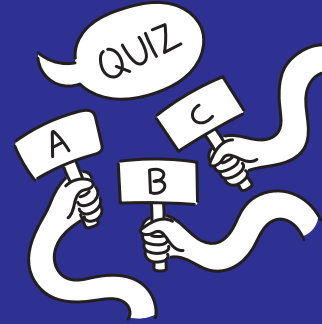
A. Their cost

B. Their taste

C. Their safety and potential health effects

D. Their color

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3. What type of information is included in a drug's package insert, which the FDA regulates?

A. Directions for use, side effects, and contraindications

B. Manufacturer's contact information

C. Pricing details

D. Competitor drug comparisons

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4. Why is bioequivalence testing important for generic drugs?

A. To confirm the manufacturing process

B. To verify the generic drug's price competitiveness

C. To assess the environmental impact of the drug

D. To ensure the generic drug has the same therapeutic effect as the brand-name drug

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5. Which class of drugs requires the most stringent FDA regulation due to their potential for abuse and addiction?

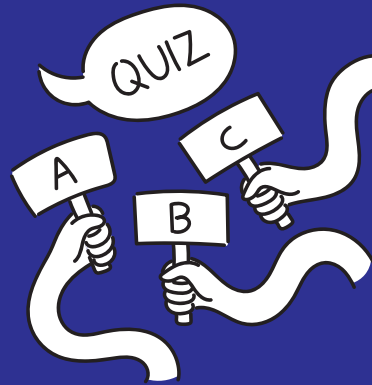
- A. Over-the-counter drugs
- B. Antibiotics
- C. Controlled substances
- D. Vitamins

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6. What should consumers do if they experience an adverse reaction to a product regulated by the FDA?

- A. Ignore it and hope it goes away
- B. Report it to the FDA using the appropriate channels
- C. Contact the product manufacturer directly
- D. Return the product to the store

● Loading...



ANSWERS

1. **BACD**
2. DCBA
3. DCAB
4. **ABCD**
5. **ABCD**
6. **ABCD**

LAST WEEK IN PICTURES



Northern Regional Office

NORTHERN REGIONAL OFFICE TRAINS FOOD PROCESSORS AT CHANGNAAYILI ON FOOD SAFETY & PROCESSING

Officers of the Authority were at Changnaayili, a suburb in Tamale, to train some food processors of groundnut, soyabean and shea butter industries on food safety and processing.

Date : 14th July, 2025



NORTHERN REGIONAL OFFICE PARTICIPATES IN JOINT SWOOP ON A POPULAR OVER-THE-COUNTER MEDICINES SELLER OF OPIODS

Officers of the Northern Regional Office were part of a joint swoop action conducted by the Regional Task Force team which resulted in the arrest of a popular over-the-counter medicines seller who is involved in the sale of tramadol.

Date: 15th - 17th July 2025



LAST WEEK IN PICTURES



Western Regional Office

WESTERN REGIONAL OFFICE EDUCATES THE PUBLIC ON THE FDA'S MANDATE IN ENSURING PRODUCT SAFETY IN THE MARKET

The Regional Office conducted a public education program at Newday TV, Takoradi to sensitise the public on the FDA's mandate in ensuring product safety in the market.

Date: 15th July 2025



WESTERN REGIONAL OFFICE TRAINS THE PUBLIC ON IMPROVED ARTISANAL PALM OIL PRODUCTION

The Office held a training program on improved artisanal palm oil production at Werba House, Agona Nkwanta .

Date: 16th July 2025



LAST WEEK IN PICTURES



Bono Regional Office

BONO REGIONAL OFFICE SENSITIZES STUDENTS IN TECHIMANTIA ON FOOD SAFETY & TOBACCO AND TRAMADOL ABUSE

The Office conducted a public education activity at Calvary Baptist International School in Techiman, Bono-East Region. The pupils were educated on food safety as well as drug and tobacco abuse.

Date : 16th July, 2025



BONO REGIONAL OFFICE HOLDS PHARMACOVIGILANCE TRAINING AT KWATIRE GOVERNMENT HOSPITAL

The Office conducted pharmacovigilance training for staff of Kwatire Government Hospital in the Bono Region. The staff were trained on the importance of pharmacovigilance, ADR reporting, and controlled substances.

Date : 16th July, 2025



LAST WEEK IN PICTURES



Upper West Regional Office

UPPER WEST REGIONAL OFFICE SENSITIZES TRADERS AT JIRAPA CENTRAL MARKET ON FOOD SAFETY

The FDA, in collaboration with the Food and Agriculture Organization as well as the Environmental Health and Sanitation Department, organized a public education and sensitization program on this year's World Food Safety Day Celebration for the traders at Jirapa Central Market in the Jirapa Municipality.

Date : 14th July, 2025

UPPER WEST REGIONAL OFFICE SENSITIZES SEVERAL STAKEHOLDERS ON HARMFUL EFFECTS OF TOBACCO & OTHER SUBSTANCES OF ABUSE IN WA

The FDA, in collaboration with the Regional Security Taskforce on Substance Abuse and other stakeholders, conducted a public education and sensitization exercise at the Upper West Regional Police Command for various youth group camps, Assembly Members, Tricycle Riders Association, Motorbike Dealers Association and GPRTU on the harmful effects of the use of tobacco and tobacco products, tramadal abuse and other substances of abuse.

Date : 15th July, 2025



LAST WEEK IN PICTURES



Upper West Regional Office

UPPER WEST REGIONAL OFFICE SENSITIZES SEVERAL STAKEHOLDERS ON HARMFUL EFFECTS OF TOBACCO & OTHER SUBSTANCES OF ABUSE IN WA

The Food and Drugs Authority in collaboration with the Regional Security Taskforce on Substance and Drug Abuse and some stakeholders conducted a public education and sensitization program for staff and students of Wa Senior High School (WASEC) on the harmful effects of the use of tobacco and tobacco products, tramadol abuse and other substances of abuse in the Wa municipality.

Date : 17th July, 2025

North East Regional Office

NORTH EAST REGIONAL OFFICE SUPERVISED THE SAFE DISPOSAL OF EXPIRED DRUGS AND UNREGISTERED PRODUCTS

The Regional Office supervised the safe disposal of expired drugs and unregistered products in Gambaga.

Date: 17th July 2025



LAST WEEK IN PICTURES



Eastern Regional Office

EASTERN REGIONAL OFFICE ENGAGES OVER-THE-COUNTER MEDICINE SELLERS ON ANTIMICROBIAL RESISTANCE

The Regional Office held an engagement with 18 district executives of Over-The-Counter Medicine Sellers Association. Participants were sensitized on the dangers of the indiscriminate sale of antimicrobial medications as well as appropriate dispensing of antimicrobial medications.

Date : 17th July, 2025



EASTERN REGIONAL OFFICE SENSITIZES THE PUBLIC ON THE PROGRESSIVE LICENSING SCHEME AND THE BUY GHANA LOVE GHANA CAMPAIGN

The Office conducted a public education and sensitization activity at Taste Fm on the Progressive Licensing Scheme and the Buy Ghana Love Ghana Campaign.

Date : 17th July, 2025



LAST WEEK IN PICTURES



Central Regional Office

CENTRAL REGIONAL OFFICE SENSITIZES PUPILS ON FOOD SAFETY & TOBACCO AND SUBSTANCE ABUSE

The Office conducted a public education exercise at Jefsims Vision School. The pupils were educated on food safety as well as drug and tobacco abuse.

Date : 17th July, 2025



CENTRAL REGIONAL OFFICE PARTICIPATES IN THE CENTRAL REGIONAL FISH FAIR 2025

The Office participated in the Central Regional Fish Fair 2025 at the Adisadel School Park, reaching an estimated 300 fisher folks and consumers during the event.

Date : 18th July, 2025

