

# Q-BITES

THE QUARTERLY NEWSLETTER BY



## Tips to Prevent Missing IP at Site

Missing Investigational Product (IP) is a protocol deviation due to its impact on the integrity of the research outcomes. Hence, let's see what we can do at the site level to prevent IP from going missing.

### During Study Drug Receipt

- ✓ Double-check the quantity of IP received at site with the list of quantity shipped by sponsor.
- ✓ Ensure the ID/Kit Number of IP received tallies with the shipment documentation that comes with it.

### During Study Drug Storage

- ✓ Keep IP in locked space with restricted access.
- ✓ Allocated space should be available for quarantined IP (rather than having multiple spaces).
- ✓ Storage space should be labelled accordingly to avoid any confusion and IP being misplaced.

### During Study Drug Accountability

- ✓ Remind subjects to bring IP dispensed to them before each study visit.
- ✓ Ensure all used IP is accounted for on the same day of return.
- ✓ Maintain a log for damaged/expired IPs since it might not be included in the existing logs.



Check and re-check study inventories periodically.

Even though IP accountability at site rests with PI/Institution, it is crucial for SCs who are delegated to the task to ensure proper chain of custody of information as poor accountability can put patient safety at risk. Having proper IP accountability records will ensure study is done safely and correctly. In case IP does go missing despite all the preventive measures in place, report the incident to the relevant parties (PI, CRA, Sponsor, MREC, NPRA, police, etc) as soon as possible.

## Put Your Glass Down

A professor started his class by holding a glass with some water in it. Everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on his face, he inquired: "How heavy is this glass of water?"

Students shouted answers ranging few hundred grams. The professor replied, "The absolute weight of this glass doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's fairly light. If I hold it for an hour, my arm might ache a little. If I hold it for a whole day, my arm will likely feel numb and cramp up, forcing me to drop the glass. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels."

He continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

Working as study coordinators, we always have multiple issues to resolve on top of our already busy schedule. May it be a small hassle or big stresses, the longer we hold it, the more it will drag us down. We need to let go of what is troubling our minds, especially those out of our control and focus on what we can change.

De-stress yourself by the means of your choice; go for a walk, talk to family and friends, watch a movie, read, cook, sing, dance, etc. Gain that new perspective to step into work fresh the next day. Remember, if we come to work today under the weight of yesterday's stress, it is time to put our glasses down.

*This edition of Q-Bites was contributed by our very own SC Izyan Hazirah Zulkurnain (Hospital Tuanku Ja'afar, Seremban)*