

# Canadian Pharmacists Association

## **PATIENT CARE ACHIEVEMENT AWARD FOR HEALTH PROMOTION**

It's difficult to find a healthy living initiative in Charlottetown that doesn't include a contribution in some form from Ray Murphy and his team. "A healthy community is about more than taking medications," says Mr. Murphy, and it's certainly a philosophy he has put into action.

Mr. Murphy started out in pharmacy 25 years ago after graduating with his BScPharm from Dalhousie University in 1973. Today Murphy's Pharmacies includes five pharmacies, five medical centres, a home health care operation, a health education centre and a travel health clinic.

Murphy's Pharmacies is involved in numerous aspects of health promotion, including sponsorship of events for heart and stroke, cancer and arthritis, pharmacist education in elementary and high schools, and production of "Health Matters," a show on community television.

Murphy's Health Education Centre is where much of the health promotion activity takes place. Ray's son Ryan, also a pharmacist, runs the Centre, which includes other pharmacists, nurses, a dietitian and other health professionals, all of whom work in consultation with physicians. Services include comprehensive health assessments, diabetes care, heart health, bone density testing and weight management.

Murphy's pharmacists deliver several in-school programs, including a presentation to high school students on drug abuse and an elementary school program on handwashing. "We're in the school system because I really believe that's where we can make the most difference," Mr. Murphy says. "We have to get to the next generation and talk to them early, so they can gain an appreciation of what's required for healthy living."



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**2007 Patient Care Achievement Award  
for Health Promotion - Ray Murphy**