

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 48 | October 2013

YOUR FUTURE PHARMACISTS
UW Rx2013



Congratulations Class of 2013!

PRESIDENT & VP'S MESSAGE

Dear Students, Faculty and Staff,

Being that this has been a quiet semester there is not too much to report on. SOPhS has been hard at work preparing for the transition next semester as well as organizing some key events, which happened this past month.

The first event that occurred was the annual **Meet n' Greet**. This event was created for the incoming class in January to get to meet their fellow classmates as well as everyone that is currently in the program. This took place on November 16th at McCabes Pub and Grill! All the incoming first years got a glimpse of what was in store for them. We look forward to meeting the new class in January.

As well, we just recently had our graduation class' convocation and I would just like to send out a huge congratulations on behalf of SOPhS. I know you all just wrote your PEBCs and hope you all studied hard.

I have no doubt that you will all do the University proud, and will make great pharmacists in the years to come.

To update everyone on what has happened so far this semester, we recently held a Halloween social where a bunch of our students were treated to a night of treats and dinner that included a costume contest and was followed by a trip to a Haunted House. Students really seemed to have a great time at the venue. Also, Scotiabank was nice enough to put on a QnA appreciation dinner for the students last week.

For the future, SOPhS is currently planning out Phrosh Week as well as OPSIS so be sure to keep an eye out for updates!

Until next time,

Marcus Walz and Jonathan Potvin

SOPhS President and VP

IN THIS ISSUE

- 1 President and VP's Message
- 2 CAPSI Corner: What a Fall has Been!
- 3 Social Media Challenge, Fall 2013
- 4 Pharmacy Investment Club: 2nd Annual Investment Competition
- 5 Student Exchange Program, Australia 2013
- 6 Patient Safety Week on Co-op
- 6 Pharmers celebrate Halloween:
- 7 Halloween Social Pictures
- 8 SOPhS Communications
- 9 SOPhS 6 Week Calendar



CAPSI CORNER: WHAT A FALL IT HAS BEEN!

Even though there is only one class in term for this fall semester, CAPSI has been in full swing running CAPSI Competitions and participating in Run for the Cure.

Run for the Cure

On October 6th, 2013 UW CAPSI joined other CAPSI members across the country in the Canadian Breast Cancer Foundation CIBC Run for the Cure. Despite the rain UW CAPSI had runners from all years show up to support the event. Through various fundraising initiatives UW CAPSI donated close to \$3000 to the Canadian Breast Cancer Foundation, which supports groundbreaking initiatives in breast cancer research. UW CAPSI would like to thank everybody who Ran for the Cure and who supported our fundraising throughout the year!

CAPSI Competitions

Through the month of October, UW CAPSI ran their annual CAPSI Competitions. The first competition to begin was the Student Literacy Challenge (SLC). For the SLC competition, students submitted essays on a pharmacy topic of choice (this competition was great for those on coop not able to make it back to KW). Then on the weekend of October 26th more competitions began! Competitions started off Saturday morning with the compounding competition.

We had four teams compete in the compounding competition really putting their PHARM 124/125 skills to the test. Following the compounding competition we had fourteen participants for the OTC Counseling Competition. All the participants received great feedback from the judges and were outstanding at counseling on such a complex topic! Finally, competitions wrapped up on Sunday morning with the challenging

Patient Interview Competition. All of these participants worked through the complicated case to recommend the best course of action for the standardized patient.

UW CAPSI would like to congratulate all of the winners of the CAPSI competitions this year:

OTC Counselling

First place: Arpita Desai

Second place: Karthi Chandrakumaran

Third place: Tamara Wilson

Patient Interview Challenge

First place: Allison Tario

Second place (TIE): Mitchell Zorzit and Marina Ebied

Third place: Kacie Lunn

Compounding

First place: Michelle Holm, Victoria Sar-novsky, Trina McFarlane, Angela Quach

Second place: Minh Nguyen, Kacie Lunn, Hilda Cheung, Tamara Wilson

Student Literacy Challenge

First place: Amanda Harrop

Second place (TIE): Victor Tsang and Lisa Sunstrum

Third place: Rachel Runnels

The competitions were a huge success with participants from all years coming out to compete, even recent graduates showed up for practice before their PEBCs! UW CAPSI would like to thank all of the participants and judges for making this event possible.



SOCIAL MEDIA CHALLENGE, FALL 2013

Written by Kacie Lunn, Rx2014

We had a fantastic term with the Social Media Challenge! Once again, participants offered up amazing responses, full of creativity, intellect and enthusiasm. Not only do these responses demonstrate our passion for the profession, but they also provide an amazing opportunity to learn from each other! Here are a few samples from this term's SMC.

Day 1: It's not easy to become a pharmacist. The stress from exams, the pressure during OSCE's, and the anxiety of pay tuition is enough to make a person cry! Tell us about why pharmacy is worth it to you!

"Pharmacy is worth it to me because I get to combine direct patient care with medical knowledge! Pharmacists are very accessible to patients, offering the opportunity to help many patients when in need and assist in medical triage." - Marisa Ramandt

"It's worth it to me because it combines some of the things I really enjoy doing: learning about science, helping people, and solving problems" - Karthi Chandrakumaran

"Pharmacy is worth it to me because it is a fulfilling profession. Even with the long hours and at times stressful situations, being a future pharmacist is a worthwhile commitment" - Mira Maximos

Day 2: Providing the best possible care to our patients means more than dispensing the optimal medication. Discuss how pharmacists could collaborate with other health care professionals!

"Falls prevention program in the community a way for pharmacists to work with OT/PT #interprofessional #capsisocialmediachallenge" - Sarah Johnson

"...Pharmacists can even go further and collaborate with rather less likely professions such as EMS to ensure accurate and up to date medication lists that are easily identifiable and retrievable by paramedics in the case of an emergency" - Jessica Karam

"The pharmacist collaborated with dieticians and nurses to run a diabetes clinic. The nurse would check the patients feet, and the dietician would talk about foods

that had a low glycemic index and the pharmacist would talk about the importance of A1C and blood glucose levels. With collaboration, the patient became more aware of how to manage their diabetes in a simple 15 minutes!" - Rusana Moorji

Day 3: Our profession of Pharmacy is far from perfect, but we can view these difficulties either as obstacles or opportunities. Discuss something you wish were different regarding pharmacy AND something pharmacists can do to address the issue.

"With opportunities such as MedsChecks and the Pharmaceutical Opinion Program being given to us as a way to prove our value to the government, I wish all pharmacists were more on board with doing the program the right way - meaning to help improve patient outcomes and demonstrate the value of our profession rather than using it as a fast way to make money without the patient sometimes even knowing what happened. To fix this, I think the best thing we can do is enter the workforce prepared to share our passion and demonstrate our value while encouraging others to do the same!" - Caroline Wojcik

"I wish pharmacies would stop waiving the \$2 ODB co-pay. It is a race to the bottom that undermines our future reimbursement hopes. How do we expect to ask the government to give us more authority/billable services if we aren't taking what we're already entitled to? The majority of patients are willing to pay for a higher quality service- the pharmacies that forfeit their \$2 co-pay may still provide excellent service, but are undermining the reputation we're trying to build for ourselves." - Allison Tairo

"Something I wish was different regarding pharmacy would be the lack of seamless care. Seamless care is the ability of the patient to go from hospital to the community, and receive optimal care with all health care practitioners on the same page and communicating effectively, with all the same medical records. This is definitely not the case right now, and we are working with multidisciplinary multifaceted systems with little to no interconnectivity. Pharmacists can start the change towards interprofessional seamless care by

taking proactive steps in patient counseling" - Sumaira Hasan

Day 4: Tell us about how you or a pharmacist you know helped a patient, a fellow health care professional, or a community. The idea is to highlight the positive impact pharmacists can have, and to bring attention to all of the amazing work they do! Use "#Pharmacist" to join in the pharmacist tweet-a-thon!

"As a #pharmacystudent on co-op I conducted a med review, identified symptoms of low BP, and collaborated with MD to reduce dose #pharmacist" - Todd Richardson

"Educating patients on their disease states & meds at hospital discharge - #pharmacist in action with @s7johnso #lovewhatwedo" - Jas Ota

"One pharmacist I worked with in addition to spending many hours in clinics with patients, also worked tirelessly to obtain compassionate supplies of medications for the patients so that they can receive optimal care despite not being able to afford it! #pharmacist" - Holly Meginnis

Day 5: Pharmacy offers a wide variety of settings for practice - hospital, community, industry, FHTs, ect. Talk about where you'd like to work in the future and why!

"Community is my favourite so far. I love patient interaction and so far feel the best way to have direct interaction with patients is through community work." - Christie Hockin

"Hospital setting is what i'm interested in so far - I feel pharmacists have greater access to tools and resources that allow us to practice to the limits of our scope and we are able to make recommendations to physicians on the spot and get instant feedback and discussion." - Gloria Wau

"@BlueprintPharma, pick two: community/hospital/fht providing patient care more ways than one #part-time #alwaysfresh #pharmacist" - Mitch Zorzit



Pharmacy Investment Club: 2nd Annual Investment Competition

The University of Waterloo's School of Pharmacy is host to the Pharmacy Investment Club (PIC). Too often, pharmacists make money but do not know what to do with it or how to manage it. The mission of the club is to educate future pharmacists on intelligent money management skills that can be useful in managing their pharmacy practices as well as everyday living. For the first and second year students, PIC also gives you a head start for your third year business class. PIC develops these money management skills with our members in an array of educational seminars. Seminars have been developed in collaboration with financial advisors, which introduce a unique component into a rigorous, medically-dominated curriculum. Past seminars include topics such as *Creating Your Financial Roadmap*, *Debt Management*, and *New Homes, New Needs*. More information about the club can be found at the club's website at www.sophs.ca/sophs-council/clubs/pic and in a recent publication in *the Canadian Pharmacist's Journal* at www.ncbi.nlm.nih.gov/pmc/articles/PMC3676210.

PIC recently completed their *2nd Annual Investment Competition* which was conducted from July 1, 2013 to October 1, 2013. The objective of the competition is to educate pharmacy students on how to invest money into the current stock market. This 3-month long competition was conducted on the *Investopedia Stock Simulator* platform. Investopedia Stock Simulator mirrors current stock markets and allows for up-to-date, accurate investing, allowing for the closest thing to investing in stocks, as, investing in stocks. The parameters of the competition were that each student competing would start with



\$10,000 USD, in a fake electronic currency. They would then continue to do their research and self-directed learning on how to get a positive return on investment (ROI). To continue with the realistic components of Investopedia's trading platform, transactions could only occur between 10:00AM to 4:00PM, as well as the penalization in transactions with representative trading fees.

The students enrolled in the competition had the incentive of cash prizes. Prizes were given to the three students with the highest net assets and therefore greatest ROI. Cash prizes were allocated as \$250 (first place), \$150 (second place) and \$100 (third place). Sponsorship for the 2nd Annual Investment Competition was generously provided by Dr. Roderick Slavcev and SOPHS

(Society of Pharmacy Students). This year's winners and recipients of the cash prizes with their respective ROI were:

1. David Lopes + 29.4%
2. Cassandra McEwan + 24.1%
3. Mitch Zorzit + 19.9%

Thank you for those who entered this year's competition. Stay tuned for the 3rd Annual Investment Competition in 2014. The next event organized by PIC is an education session on October 30, 2013 from 2:40-3:30 in room 1004. The educational session will be *Managing your Money*. The event is open to everyone! Food will be provided while listening to this interesting topic. See you there!

- David Lopes (Secretary) & Nabil Kanji



STUDENT EXCHANGE PROGRAM: AUSTRALIA 2013

This August, I was presented with the opportunity to adventure halfway across the world and head Down Under for the first time through the International Pharmaceutical Students' Federation's Student Exchange Programme. IPSP's SEP takes pharmacy students from across the world and places them with their peers in other countries to share and learn together, and experience the diverse culture within the same profession.

I left Canada immediately after writing my last exam and at the end of our summer. After 26 hours and the 14 hour time difference, I arrived in Townsville at the end of their winter. Stepping out of the airport, I was surprised to walk into the same weather I had left.

Between my school term and my next co-op work term starting in September, I could only squeeze in a three week placement. With so little time, I really appreciated having my placement and accommodations all arranged before I arrived. I was lucky to be able to stay with a student also studying Pharmacy at the local University and to be able to work at a well-established retail pharmacy within walking distance from where I was staying! The staff was amazing, friendly and very patient in teaching me. Coincidentally, they also had two pharmacy students working there who were Canadian.

With a requirement for 60 hours at my placement, I learned a lot during my time there. There were many similarities and differences between my experiences in Australian and Canadian community pharmacies. The pharmacy atmosphere and the relationships between pharmacists, pharmacy staff, and patients were all the same. The pharmacy team worked together cohesively and patients trusted this team for advice and recommendations. The main differences for me were the emphasis on OTCs and NHPs, the scopes of practice of pharmacy staff as well as the prescription and drug coverage systems.

In terms of OTCs and NHPs, Canadian pharmacies tend not to carry as many products, although there are specialty pharmacies and more and more pharmacists are recognizing a growing preference for natural health products. Secondly, the scheduling of over-the-counter products was very different. For one, the majority of products are placed behind the counter in Queensland so that the pharmacy staff is more involved in product selection. This method of product placement really helps to promote pharmacist intervention and product control. In Ontario, the province I'm from, most of the same products are in front of the counter. Additionally, pharmacist interventions are only beginning to become billable and therefore were not recognized or particularly incentivized in the past. Lastly, in Townsville, most of the



product recommendations were made by the rest of the pharmacy staff other than the pharmacist. In Ontario, only the pharmacist can make product recommendations.

Drug coverage is also very different. Where in Australia, all patients have subsidized medications under the Pharmaceutical Benefits Scheme, in Ontario, only seniors have government coverage through the Ontario Drug Benefits plan. The remaining majority of patients are left with private insurance, paying out of pocket or may receive government coverage if they qualify for exceptional access programs following a lengthy process riddled with paperwork.

Even though I had learned about the healthcare systems in a number of countries in lectures, it really isn't the same as actually being put right in the centre of it. What I couldn't fully grasp before, I gained a better understanding of. What you see on paper and in presentations cannot amount to being able to witness and observe in person, such as the smaller intricacies involved in the system pertaining to community pharmacy.

It was also really helpful having my placement in the same city as a pharmacy school. I enjoyed meeting fellow pharmacy students, connecting with them and going on excursions together. Everyone was very welcoming and took time from their busy schedules to introduce me to the charms of the city. It was interesting comparing differences between schooling and licensing criteria. One example would be the amount of time Canadian students spend in University compared to Australian students, a minimum of 6 years as opposed to 4.

I would have to say one thing that continuously threw me off was the driving on the opposite side of the road. I would instinctively get into a car expecting the driver to be sitting on the left and then realizing again how it was in fact the passenger's side. Even walking on the sidewalk, I'd shuffle back and forth to let someone pass,

habitually going to the right but then moving to the left. Then there was understanding each other's accents. We may speak the same language but it definitely doesn't seem that way when we're speaking a mile a minute and using colloquial terms only common to our respective countries. It all took a while to get used to.

My favourite part of this experience was just having the chance to travel and immerse myself in the culture of another country. After my time at the pharmacy, I hopped onto a few buses and went to Cairns and Airlie Beach. Two very beautiful places that I'd wished I'd had more time at. I got to scuba dive and snorkel for the first times and witness the beauty of the Great Barrier Reef and Whitsunday Islands. I definitely want to come back and backpack around more of Australia and possibly go over to New Zealand as well!

My SEP experience was definitely a worthwhile one. I'm glad I stepped out of my comfort zone of travelling alone, crossed an ocean and stepped into a few strangers' lives. I highly recommend SEP to all pharmacy students interested and able to go! It really puts into perspective the similarities and differences of a single profession across the world. I've caught the travel bug and I'm sure you all will too.

Melissa Li, Rx2014



PATIENT SAFETY WEEK ON CO-OP

The week of October 28th - November 1st marked national Canadian Patient Safety Week (CPSW). One in nine adults visit the emergency department as a result of drug-related adverse events and one in three will be admitted. As we know, the majority of these incidents can be prevented and pharmacists can play an enormous role in decreasing hospital admissions. With this, medication safety was the main clinical focus for Canadian Patient Safety Week 2013 and the role of an accessible and up to date medication list was promoted for the enhancement of patient care.

On October 29th, Heather Foley (vanguard) and I represented Leamington District Memorial Hospital in collaboration with Windsor-Essex EMS in a public campaign about the importance of medication lists. An information booth was set up near the front doors of the Real Canadian Superstore in Leamington, with an ambulance parked out front to draw attention, and treats for customers as they approached the booth. EMS staff, Heather and I met with customers to hand out "Cool-Aid" forms and discussed the significance of an updated medication list and the benefits of a Medscheck appointment with their community pharmacist.

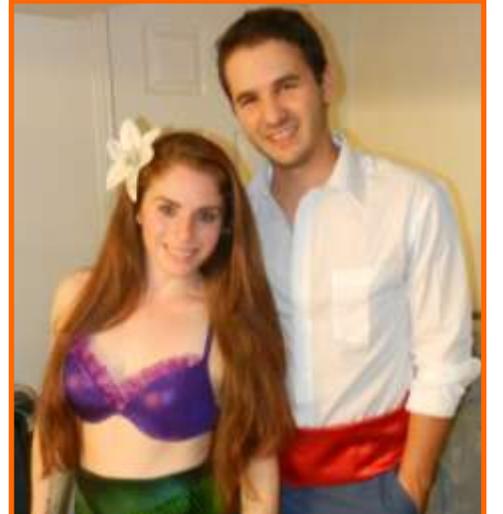
The "Cool-Aid" program, initiated by Windsor-Essex EMS, involves a standardized generic form that allows a patient to document their personal information, medical history, allergies, and medications on a form that is easily retrievable in the case



of an emergency. This list can be put on a patient's refrigerator and is then brought to the hospital with the patient by EMS to ensure safe and appropriate medications that match those taken at home, are ordered. Patients asked for a handful to give to their friends and family, expressing gratitude and interest.

As pharmacists, we have the ability to collaborate with many different healthcare professionals to optimize a patient's transition through care and are in the best position to remind patients about the value of a medication list. Besides, how can you refuse the opportunity to work with good looking paramedics?

Jessica Karam, Rx 2014



HALLOWEEN SOCIAL 2013





SOPhS Communications

Have an opinion about our expanded scope of practice? Experience something on co-op that **you'd like to share?**

SOPhS encourages you to submit an article for the [Pharm Phile newsletter!](#) Submissions can be sent to pharmsoc@uwaterloo.ca by the end of every month for inclusion in the next edition!

If you have any interest in becoming involved with the SOPhS Communications Committee please send an email our way! We are especially looking for individuals interested in helping out with the SOPhS website.

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Please check out the calendar on the next page, or the weekly SOPhS Updates, for information about all of our events. If you have an event coming up that you would like to inform students about, please submit an article for a SOPhS Update to pharmsoc@uwaterloo.ca using the guidelines available on the SOPhS website (Communications, under Student Resources).



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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 11	17	18	19	20	21	22	23
Week 12	24 Deadline to apply for CSHP Summer Internship	25	26	27 Town Hall (2:30 -3:20pm)	28	29	30
Exam Period	Dec 1	2 Classes end	3	4	5	6 Exams begin	7
Exam Period	8 SEP Applications due	9	10	11	12	13 Last day of exams (Rx2015)	14
Break	15	16	17	18	19	20 Last day of co-op	21
Break	22	23	24	25 Merry Christmas!	26	27	28

SOPhS Calendar Notes

Please note that event dates may be subject to change. Contact SOPhS if you are unsure of an event date.