

# Pharmacy Phile

University of Waterloo School of Pharmacy  
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# President and VP's Address

It honestly seems like the last couple months have just flown by. Despite the perceived time gap, there were many events and milestones that took place in July and August.

To begin with, we celebrated the new SOPhS Logo, with Ryan Lo (Rx2022) being the creator of a modernized logo well suited for a multitude of marketing material. The logo is brandished with black and maroon colouring keeping it in line with the theme that is upheld by the School of Pharmacy. This will help increase the unity between SOPhS and the school, while also showcasing the ability of SOPhS to adapt to the times.

As exciting as that was, we were also able to host the webinar on Cultural Inclusivity in Healthcare which welcomed over 70+ attendants and hosted various unique speakers, including our very own Jeff Wong. The webinar was recorded, and will be shared to those who were unable to attend. This was only the first step in a series of movements that the school hopes to make to promote diversity and inclusivity in a space that demands for it. Moving on we are hoping to set up a BIPOC-centred committee that is geared towards supporting our black and indigenous classmates. If you identify as black or indigenous please reach out to either Taher Rehmanji or Matthew Bui on Facebook and let us know if you'd be interested in the creation of this committee, and how it would look.

We'd also like to make a special shout out to a new club that we are welcoming into the SOPhS family, Mental Health in Pharmacy. Mia Chan, the creator of the club also started Behind My Mind, a campaign that highlights individuals who are able to share their personal stories of mental health. This club aims to provide knowledge on prominent topics surrounding mental health, and how pharmacists can better treat patients in this domain. We are excited to see what is in store for them!

Now we head into September, and it is only going to get busier with more changes! See you on the next one.

Taher Rehmanji & Matthew Bui  
President & Vice President of SOPhS

# CAPSI Corner

Congratulations everyone for getting through our first fully online term! Although we were far away physically, we were able to stay connected through a variety of online events. Let's take a look at what we did this past Spring term!

## OTC Week 2020

Our first event from July 6-10 was the annual OTC Week. This year, we held a social media challenge, online Trivia Night via Kahoot, and online Mock OSCEs via Bongo. Although we couldn't have in-person events, there was still a great turnout to our online events and we hope you enjoyed learning more about OTC products and patient counselling. Congratulations to our social media challenge winners David Nguyen, Emma Pea, and Sara Rezahi - enjoy your gift card prizes! Lastly, a huge shoutout to our Education and Outreach Coordinators Andy Kwok, Joycey Jose, and Kevin Huynh for organizing this amazing event!

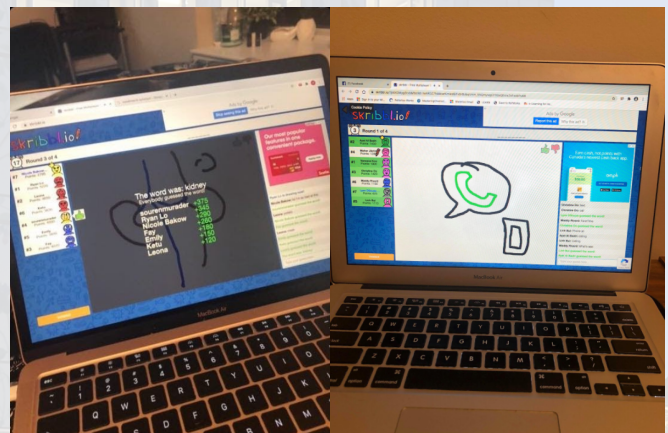
## Ovarian Cancer Symposium

On July 14, we collaborated with UW OPhIG to host a virtual ovarian cancer IPE event. Trista Di Lullo, an ovarian cancer survivor, kicked off the event by sharing her story and educating the participants about her cancer care journey. Then, students from different healthcare programs had the opportunity to broaden their knowledge of oncology by solving case studies with the help of an

interprofessional panel. Our panel consisted of a pharmacist, nurse and social worker. We hope this event helped participants learn more about oncology practice and interprofessional collaboration!

## Virtual Game Tournament

From July 13-15, we held a virtual game tournament where players competed in games of Pictionary, Battleship, and Jeopardy. From Pictionary, 6 players on either the Red or Blue team continued on to compete in 2v2 games of Battleship. The 3 winners from each bracket then moved on to the final game of Jeopardy, which was streamed for other viewers to watch. In the end, Team Red prevailed and Linh Bui, Maher Jibrini, and Vanessa Koo took home the prize! Thanks for participating in our tournament!



In an intense game of Pictionary which was held online via Scribbl.io, the top 6 players from each bracket moved on to the next game, Battleship.

## Wellness Wednesdays

Throughout the term, members on the CAPSI Council have been sharing their favourite self-care and wellness activities. They ranged from recipes, to physical activity, to relaxation techniques, and more! We hope you have been enjoying these posts on our Instagram stories and Facebook photo album and find them helpful. We will be continuing these posts throughout the Fall term so stay tuned.

## CAPSI x CAN Transformational Tuesdays

In light of the BLM movement, CAPSI and Community Action Now collaborated on an awareness campaign to educate people about health issues in the Black population. Every Tuesday, we posted a set of graphics which highlighted the key points on hypertension, asthma, COVID-19, mental health disparities, and eczema. As future pharmacists, it is so important for us to be cognizant of the disparities that Black people face in healthcare and be prepared to change our attitudes and systems to achieve equality. We hope these posts (which can be found on both CAPSI and CAN's Instagram and Facebook accounts) helped to educate you on some new topics.

## Virtual Scavenger Hunt

Our last event this term was a fun and exciting Scavenger Hunt. Every day from July 27-31, a pharmacy related theme was posted in the morning and a non-pharmacy related theme was posted in the evening. Then, students commented a picture of each item which was found within their home and surroundings. It

was so fun seeing pictures of everyone's submissions, thank you to everyone who participated! Congratulations to the winners Alanna Wilson, Mary Nguyen, and Ryan Lo - we hope you enjoy your gift card prizes!



Student-submitted pictures of the most expired medication in the house, a summer essential, a PPCP wheel, and a favourite self-care activity!

We're so glad we were able to host so many events this past term and we're excited to bring you more fun, educational, and engaging events this upcoming Fall term. Be sure to look out for the textbook sale, competitions, high stakes Mock OSCEs, and more!

Good luck to the Rx2021's as they tackle online learning, Rx2022's as they start a new co-op term, and Rx2023's as they embark on in-person labs and exams. Best of luck to the Rx2020's who have just completed their clinical rotations! Although COVID-19 is still among us, the future is bright and full of opportunities. Let's get excited for the Fall 2020 term and stay safe out there!

Camille Huo, UW CAPSI  
Communications/CAPSIL Director

# OPA UW Student Chapter



As COVID-19 continues, these challenging times bring new opportunities for pharmacy to evolve. The provincial government announced that pharmacies can administer high dose flu vaccines. Thanks to OPA, their advocacy efforts will increase accessibility of vaccinations for our most vulnerable elderly patients.

These times have also encouraged the provincial government to expand COVID-19 testing to select pharmacies. Point-of-care testing has always been a strong advocacy point for OPA. The expansion of testing not only benefits public health but paves the way for expanded scope. More point-of-care testing can improve the medication management role of pharmacists.

With these recent changes, our students are excited to further shape pharmacy's future:

Bradley Grightmire (Rx2021) shared how he got involved with OPA. Together with George, he contributed to the creation of what is now the OPA Student Chapters. Brad also shared his co-op experience from OPA and encourages his peers to partake in this opportunity.



Michelle Asselin (Rx2023) shares why she chose to pursue pharmacy. She notes how pharmacists are the most accessible healthcare provider and are seen by patients more often than other members on their healthcare team. "Improving accessibility to healthcare is why I chose pharmacy."



Check out our Instagram @studentsofopa to see the full post on Brad's and Michelle's take on pharmacy. If anyone is interested in sharing their take on our new OPA student mini-series, please reach out to us!

With the end of the 2019-2020 term of the OPA Student Advisory Council and Student Chapters, we would like to sincerely thank Sarah Holt (Rx2020 rep) for her contributions to student advocacy and wish her the best as she prepares for PEBCs. We also thank Megan Reis (Rx2023 rep) for her enthusiasm, ideas, and efforts in student advocacy. We believe she will continue to impact our profession and continue to advocate for pharmacy.

Lastly, we thank George Daskalakis (Chair of UW Student Chapter). George's love for the profession has influenced all of us to continue advocating for a better future. With Brad, he helped create the new student engagement model with OPA to facilitate student advocacy. His recent accomplishments have been rewarded with the CPhA 2020 Centennial Leadership Award. We wish you the best on your future endeavours and your continued involvement with OPA. We look forward to seeing what else you have in store for pharmacy!



OPA UW Student Chapter 2019-2020

Rx 2023 – Megan Reis

Rx 2022 – Alma Maqbool

Rx 2021 – Bradley Grightmire

Rx 2020 – Sarah Holt

Vice-Chair – Joshua Pusong

Chair – George Daskalakis

Sincerely,

Joshua Pusong

Chair of OPA UW Student Chapter  
(2020 Present)



# Co-Op Chronicle: Interview with Shawna Fougere (Rx2021) Pharmacy Student at Canadian Addictions Treatment Pharmacy

Interviewer: Alicia Dakins (Rx2021)

## **Pharmacy Phile: Tell us about a typical day on the job at your workplace**

Shawna Fougere: We are unique in the sense that we are not patient facing. We are a shipping pharmacy that serves 5 different addictions clinic with 1 of them being upstairs from our pharmacy. We rely heavily on team work to process thousands of bottles of methadone, suboxone and oral medications that they might need on a weekly basis. This also means that we are responsible for all of these patients from all 5 clinics as they do not have a pharmacy on hand. One advantage to partnering with the addiction's clinic is access to their EMR – doctors notes, nurses' assessments, scripts, lab results and any other allied health notes. This has been critical during the pandemic. It allows us to keep track of patient progress and to prioritize who may need professional services. We have been able to provide MedsCheck, smoking cessation consults, counselling and any other follow up with our patients over the phone due to the pandemic. Therefore, my day generally begins with reviewing file notes on my current roster of patients I am following to see if any recommendations I have made have been implemented, if their chief complaint is being answered or if there are any drug therapy problems I feel I need to follow-up. I also continue to monitor patient files for candidates for a smoking cessation consult or MedsCheck. This often generates important conversations as this population of patients is often overlooked, stigmatized and have complex medical needs. The impact we can make in their lives is humbling.

## **PP: What lessons from pharmacy school were you able to put into practice while on your co-op?**

SF: The main lesson I have taken away during this co-op position is the importance of a holistic approach. These patients have complex medical histories and generally mistrust health care professionals due to past negative experiences (stigma and poor care). It is important to let them tell you what ails them. Even small details can lead to important discoveries. For example, a woman presenting with foot pain, bruising and difficulties walking for over 8 months had multiple investigations that came back normal. She had been to a hospital twice and was sent home without many answers. Based on her history, collaboration with a fellow pharmacy student and thinking outside of the box, we were able to suggest vitamin C deficiency to her physician and get blood work ordered. It turns out this woman had scurvy. COVID-19 left her without any teeth due to her dentist office closing before her dentures could be fitted and her nutrition plummeted for 8 months. This detail was crucial in helping this woman's diagnosis. It was discovered in her medical notes and allowed me to prompt her about her ability to eat and her diet. I definitely believe that holistic approaches and patient cases provided by the school have helped shape the way I provide care to these patients.



**PP: What was the most interesting experience you had on the job during your term?**

SF: I was able to travel to the clinic in Guelph and meet a lot of my complex patients in person. It was very nice to be able to put faces to names, see how the nurses operate day to day with the patients and better understand the flow of doctor days. We do serve many patients and their appointment times can be limited. So, it was very valuable to meet patients before/after the doctor in order to collaborate. I was able to recommend an ECG which was done on the spot and the doctor was able to read it and we were able to refer this patient to the ER for urgent care based on her chest pain symptoms and those results. It was incredible to see how we were able to get that information then and there, through an allied health team. I also had the unfortunate pleasure of seeing what bedbugs look like up close after meeting with another patient who was having housing issues. Despite this, we were able to optimize his therapy and bring him some stability during this difficult time. As you can imagine, I will not forget that experience! Our patients are resilient and are living through difficult times. Overall, I loved being in the clinics and working closely with the physicians.

**PP: In light of what you saw on co-op, what are you most looking forward to during your fourth-year practicum?**

SF: I am certainly looking forward to going back to a hospital rotation as a student pharmacist. I feel much more confident speaking with physicians, overseeing ECG and lab results and have a better understanding of how other allied health teams can help our patients. It has also taught me to never judge a person by their appearance or past medical history. Many of my patients avoid going to the emergency room based on feeling like a burden and not worthy of care. I vow to be a patient advocate and to approach each and every patient with an open mind. You never know what a person is struggling with.

**PP: What aspects of expanded scope did you experience during your co-op term?**

SF: The most prevalent aspect of expanded scope that I worked day to day is smoking cessation and initiating pharmacotherapy to help them attain their quit goals. I helped create a program and have found a lot of success with my patients. It is inspiring to be part of the process and celebrate their victories. Many of these patients are familiar with addictions and yet struggle with nicotine and find smoking is a sign that they cannot overcome this addiction and are generally difficult on themselves. Therefore, motivational interviewing becomes an important skill. I find that adaptation and professional opinions have been a large part of my day as well. A lot of patients have multiple prescribers (walk in clinics, our addictions physicians, possible specialists, family MD) and therefore polypharmacy is a prevalent issue. Therefore, MedsCheck and getting a better understanding of the patient's medical status is vital and I find myself sending 3 to 4 different recommendations a day to improve their regimen.

**PP: What advice would you give to a student looking to self-arrange a co-op term?**

SF: Take risks! I have self-arranged 2 of my 3 co-ops. The first one was a past employer and therefore was slightly easier. However, this co-op was found by looking for speciality pharmacies in my area. I actually have significant medical problems myself and missed my co-op interviews due to hospitalization. I did begin to panic, but persistent pays off! I sent emails to managers letting them know what I could offer to their organization as a pharmacy student. While many managers did not respond, CATP did and offered a tour of the facilities. Upon arriving, she asked me what my vision was as part of their team; be confident in your skills! I was able to offer smoking cessation services, patient consults and MedsCheck or professional opinions and she was willing to invite me to the team. Thanks to an excellent co-op, CATP has now partnered with Waterloo Works and will permanently have a student going forward. Take a chance and great things can fall into place.

**PP: How has your experience this term affected your views on the profession as a whole and/or your personal goals for the future?**

SF: I found a home here. I would love to continue to work in addictions and have found a place in my heart for these patients. I have had many tell me that they have never felt heard or trusted their story with a health care professional before and this reminds me why I chose this profession. Our role in health care will just continue to grow, but being a pharmacist allows me to coordinate care, advocate for best therapy for my patient and more time to form these relationships with a stigmatized population. It has really defined my future goals and I hope to return to these clinics post-graduation.

**PP: Just for fun, if you had to describe yourself as a medication, what would it be?**

SF: I would be duloxetine – I aim to relieve anxiety, pain and depression for my patients. I strive to work hard every day to ensure functionality, relief and better quality of life. I aim to help in as many ways as I can and address as many issues as I can.



# SOPhS Communications

Throughout the Spring Term, SOPhS held a contest to rebrand our logo. This event was a great success thanks to Taher and Matthew (President and Vice President of SOPhS)! Students who were interested, designed and submitted their creative ideas. With over 30 submissions, each student got to vote for their favourite submission and the winner was announced at the end of the term. The top three submissions won cash prizes for their amazing work and of course, bragging rights!



Congratulations to Ryan Lo (Rx2022) for winning our contest and his design will be the new SOPhS logo moving forward! Thank you to all who submitted logos and participated in the voting.

Want to share something on behalf of your club? Experience something on co-op that you'd like to share? SOPhS encourages you to submit an article for the PharmPhile newsletter! Submissions can be sent to [pharmsoc@uwaterloo.ca](mailto:pharmsoc@uwaterloo.ca) by the end of every month for inclusion in the next edition!

# SOPhS Upcoming 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Sept 13	14	15	16	17	18	19
Week 2	20	21	22	23	24 Institutional Residency Panel	25	26
Week 3	27	28	29	30	Oct 1	2	3
Week 4	4	5	6	7	8	9	10 Reading Week
Week 5	11 Reading Week	12 Reading Week	13 Reading Week	14 Reading Week	15 Reading Week	16 Reading Week	17 Reading Week
Week 6	18 Reading Week	19	20	21	22	23	24

**SOPhS Calendar Notes:** Please note that event dates may be subject to change. Contact SOPhS if you are unsure of an event date. You may also find this information on the SOPhS Google Calendar (<http://tinyurl.com/jo3awk7>). If you would like to add an event to the SOPhS calendar please email the SOPhS secretary at [secretary@sophs.ca](mailto:secretary@sophs.ca).