

Pharmacy Phile

University of Waterloo School of Pharmacy

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President and VP's Address

The final 2 months of the Fall term simply flew by! The final 2 months of school for the Rx2021 cohort was an exciting one. Co-op jobs were already set in place and students were excited to finally be able to get into the workforce and put everything they learned to use. The Rx2019 class also completed their stressful residency applications. But not to worry, only a couple more months separated them from their rotations and they ended off their second last term of school strong.

November saw the pediatric club host a Mental Health case study which was an extremely fun-filled event, filled with a lot of food and a very big turnout. From pictures taken at the event, it looked like students learned a lot about how to deal with their own mental health as

well as another person's. The pediatric club also hosted an OTC trivia night with Dr. Nakhla which was also a massive success. Congratulations to the pediatric club for hosting quality events!

The Rx2019 class also had their High Stakes Mock OSCE, which is a milestone needed to be passed in order to graduate at the pharmacy school. It was a challenge for students without a doubt, but the Rx2019 class was up for the challenge and

seemed to come out of the Mock OSCE with good feelings. The annual career fair was also held in November, where many students networked with future employers.

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President and VP's Address (cont.)

The school term ended on December 3rd and students as well as SOPhS settled down for the winter holidays. SOPhS ended off the year maintaining more than 30 events a term and setting new records in for Ontario pharmacy school council elections. Congratulations to everyone involved in providing the entire student body with a fantastic student life.

*- Tarun Fernandez and Alice Xu,
President and Vice President*



CAPSI Corner

Hey Pharmacy!

Welcome back, everyone! Winter term at the School of Pharmacy is always a busy one; Rx 2021 has flown the nest for their first co-op rotation, meanwhile Rx 2020 has returned to the School of Pharmacy to prepare for their final co-op hunt of the program. We also welcome back Rx 2019 one last time, for their final academic term at the School of Pharmacy before heading off to their rotations. Last but not least, we're ecstatic to be welcoming the newest class of future pharmacists: Rx 2022! We hope you enjoy your journey as much as we all have and welcome you to the friendly little *phamily* we've built in this building.

While we have your attention, Rx 2022... **pharmacy clubs fair** is upon us! On **January 17th**, come out and take a look at some of the various clubs we have here at the School of Pharmacy. While you're at it, feel free to talk to our UW CAPSI execs and see why eve-

ryone is interested in becoming a *CAPSI member!* It's a *one-time membership fee for all four years* of your pharmacy journey at UW and includes benefits like access to UW CAPSI lunch and learns with pharmacy industry giants, UW CAPSI socials, fundraisers, and many more exciting events throughout each term!

Speaking of exciting events, Winter 2019 indicates a special term for UW CAPSI. This year, we're bringing **Waterloo's Next Top Pharmacist (WNTP)** back to the winter term! This means we'll have **THREE FULL CLASSES** participating in this year's event; 33.33% more talent, 33.33% more catwalks, and 33.33% more fun, all at the same price as previous terms! Come out to meet some new faces from your other pharmacy classes, mingle with the guest

judges (your favorite professors will be there!), and cheer for your fellow classmates as they strut their stuff down the catwalk! WNTP 2019 will be hosted at Maxwell's- hope to see you all there on **January 25th** for an unforgettable night!

- *Larry Sheng, UW CAPSI Communications/CAPSIL Director*



OPA Update: OHIP+ Changes in 2019

On January 2, the Ministry of Health and Long-Term Care posted its proposed regulatory changes for OHIP+. The Ontario Pharmacists Association (OPA) issued a notice to its membership, and has since provided our position in media indicating that while OPA acknowledges the Ontario government's initiative to help minimize costs to Ontario's health system, it remains concerned regarding the impact that proposed reforms will have on pharmacy workflow and associated risk to the claims submission process, the potential negative impact to private plan premiums, and the possibility of inequities in coverage for children and youth across the province.

The Association has recently begun discussions with the Ministry and representatives from the Canadian Life and Health Insurance Association to examine these and other potential unintended consequences of the proposed regulations. OPA's formal response to the public consultation (due January 31) is currently in development and

will include discussions on all our concerns, including those that you have kindly sent to us.

Our goal is to ensure that the proposed changes to the Ontario Drug Benefit Act regulations will neither impact its members' practice workflow significantly nor introduce financial risk and uncertainty to pharmacy operators. At the same time, we are looking for solutions to help mitigate any unintended inequities in prescription access on behalf of your patients. OPA members can expect to receive in-pharmacy tools from OPA that will help them communicate the changes to patients and minimize any negative impacts where possible.

As more information becomes known through our collaborative discussions with policymakers and insurers, we will keep our members apprised via regular updates.

As always, we welcome your input and commentary which may ultimately inform OPA's formal response.

If you have any questions, comments or concerns, please contact Louis Wei (OPA Student Representative) at louiszwei@gmail.com or info@opatoday.com.

- Louis Wei, OPA Student Representative, Board Director

CSHP: Acute Myeloid Leukemia

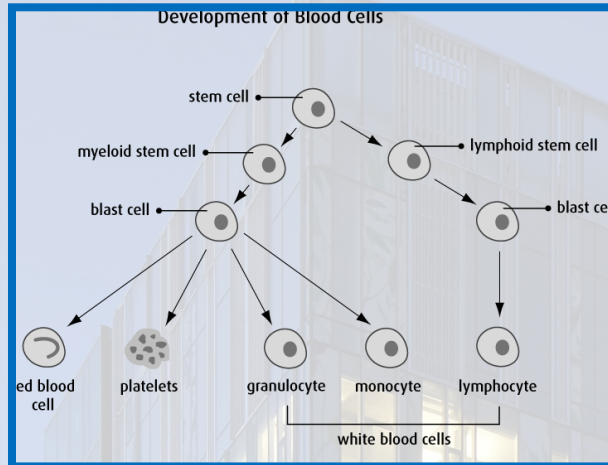
Breast, prostate, and leukemia are only a few of the over 100 types of cancers. Some are solid tumours, while others are hematological malignancies, meaning blood cancers. Blood cancer cells build up in the blood and bone marrow and can circulate throughout the body.¹ A few hematological malignancies include; Hodgkin's lymphoma, acute lymphoblastic leukemia (ALL), and acute myelogenous leukemia (AML).

Leukemia is developed when there are abnormalities in blood cell production. As blood stem cells mature they become blast cells and these blast cells develop quickly and abnormally.² When blast cells do not mature, red blood cells, platelets, granulocytes, monocytes, and lymphocytes are not produced.

Leukemia can be classified based on the type of blood stem cell they develop from. In Acute Myeloid Leukemia (AML), blood stem cells develop into abnormal myeloid stem cells, which develop into blast cells that are unable to mature into red blood cells, platelets, granulocytes, or monocytes.²

Symptoms of AML can be explained by the over production of immature blast cells and the lack of normal blood cells. When blast cells do not mature into red blood cells, a patient may feel tired. When blast cells do not mature into platelets, a patient may bruise more easily. As well when blast cells do not mature into granulo-

cytes, a patient may experience increased infections. A few AML symptoms include; fatigue, bruising,



ing, pale skin, shortness of breath, mild fever or night sweats, frequent infections, swollen gums, bone aches or pains, petechiae, loss of appetite and weight, and slow healing/prolonged bleeding of cuts.³

There are many types of treatment for AML including; Chemotherapy, Surgery, Radiation, and Stem Cell Transplant. The two phases of chemotherapy include; Induction and Consolidation therapy. Induction therapy serves as the 1st line of treatment. This treatment is short and intense, targeted at clearing the mutated blast cells.⁴ Once the body has recovered from induction chemotherapy and the blast cell count has returned to normal, consolidation therapy is then given. Consolidation chemotherapy is used to eliminate the remaining malignant cells that are unable to be detected.⁴ This treatment is given in cycles to allow the body time to recover.

There are many different types of cancers ranging from solid tumours to hematological malignancies. Acute myelogenous leukemia is just one of many hematological malignancies. By developing immature blast cells AML can be deadly if left untreated. Fortunately there are many treatment options to aid patients with AML.

- Kelsey-Ann Prior, CSHP

1. What is cancer. Cancer. <http://www.cancer.ca/en/cancer-information/cancer-101/what-is-cancer/?region=on>. Accessed October 20, 2018.

2. What is acute myelogenous leukemia. Cancer. <http://www.cancer.ca/en/cancer-information/cancer-type/leukemia-acute-myelogenous-aml/acute-myelogenous-leukemia/?region=on>. Accessed October 20, 2018.

3. Signs and Symptoms of AML. Leukemia and Lymphoma Society of Canada. <http://www.lls.org/leukemia/acute-myeloid-leukemia/signs-and-symptoms>. Accessed October 20, 2018.

4. The American Cancer Society medical and editorial content team. Chemotherapy for Acute Myeloid Leukemia (AML). American Cancer Society. <https://www.cancer.org/cancer/acute-myeloid-leukemia/treating/chemotherapy.html>. Updated August 21, 2018. Accessed October 20, 2018.

5. Prior K. Neutropenic Fever in Acute Myeloid Leukemia. Presented as part of Grand River Hospital pharmacy student co-op presentations; October 17, 2018; Waterloo, ON.

Co-op Chronicles: Sebastian Djie

Interviewer: Tina Thomas, Rx2020

Role: Queen Lynch Pharmacy—North Peel Family Health Team

Tell us about the roles and responsibilities you took on in your co-op placement.

As the pharmacy student I was mainly working with the Family Health Team consisting of two doctors, two nurses, a dietician, and a social worker. Tasked with performing medication reviews, drug recommendations, and suggesting therapeutic substitutions for complex patients, I quickly found myself able to put to practice the lessons I learned in lectures. With the dietician, we worked together to run the smoking cessation program supporting the patients who made the decision to change their lifestyle. Meeting the patients every two weeks to monitor their progress and to be their resource for advice to make their challenge easier proved to be a rewarding experience.

What lessons were you able to take from the previous school term and utilize while on co-op?

Our program here at uWaterloo really provided the opportunity for access to incredible practicum and resources for me to succeed in the working environment. Our Professional Practice Labs gave numerous chances to practice interviewing patients, accessing resources such as LexiComp, RxTx, and Natural Medicines, and writing documentation. All of which are necessary for being a proficient pharmacy student and

pharmacist in the future. As noted prior, my ability to manage the Smoking Cessation Program was greatly helped by a Smoking Cessation seminar held by Dr. Lang, a guest lecturer for our Professional Practice Labs. Her philosophy and approach to smoking cessation were well received by my patients and in fact, helped me to build a strong rapport with each of them. Our IPFC courses, specifically Cardiology and Diabetes, were imperative for my medication reviews. The family health team's population was in general more senior and these diseases were very prominent. The course's rigorousness and structure was very stressful and tough but without that, I wouldn't have been able to confidently conduct my reviews or recommendations. I am thankful for the courses preparing me for the co-op terms then and now.

What were some personal highlights?

I was fortunate enough to be encouraged to attend many and various conferences and symposiums that I would find beneficial to my learning. One of note was the iMPACT National Conference held in Mississauga, ON. It was a conference with themes to improve mental healthcare. There I met many people from various health backgrounds and worked with them in a variety of workshops. Going alone, I was nervous and apprehensive but before I knew it I was engaging others in clinical discussions. It was here I gained some confidence in my abilities to take care of patients and that yes, I can become a great pharmacist in the not so distant future.

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What were some barriers or challenges that you encountered?

As mentioned before, my role in the Smoking Cessation Program was something that stood out to me. One couple, R and J, had just started the program when I had begun the co-op term. R and J had been smoking a pack a day for over 5 years and so they were looking at a significant lifestyle change. Going through their journey, I found that sometimes smoking is or may not be the core problem that we have to fix for their treatment to be successful. Sometimes people use smoking as a method to treat themselves. If we're to take their treatment away, just like medicine, we should give them an alternative treatment. Smoking is a complex problem that appears to have a simple fix but in reality, smoking requires a complex solution as well.

Does one day in particular stand out to you?

While on our lunch break, our Nurse Practitioner took me to the Peel Memorial hospital to visit one of his patients. Not even 4 hours earlier, she had given birth to her daughter and we were visiting to say hello. Meeting the little baby girl and even getting to hold her definitely brightened up my day. He believed that a patient's healthcare doesn't stop at the doors of his office but should continue every step of their life, if that makes sense. It showed me that we can be involved in many parts of a patient's life and little gestures like that can enhance the trust and relationship between healthcare practitioner and patient.

What was the biggest lesson you learned from co-op?

Honestly a big lesson I learnt this term was that I am quite capable and should have the confidence to be assertive in my recommendations or interactions with other healthcare practitioners in my workplace. After all, confidence is a huge factor in earning respect from both my peers and my patients. I've learned a lot in school and it showed that I am actually able to put it into practice.

Any words of wisdom to future students who have your current placement in the future?

There is always an opportunity to do more, all you have to do is ask. Show initiative and you'll be able to make the most of your experience here, actually anywhere! Here you'll have an awesome opportunity to really be part of a strong health team who can support you in many ways. Their doctors have been working for over 20 years and have countless minutes of wisdom that they'd love to share. They're successful and loved for a reason, and maybe you'll find out why. Take advantage of this unique team and you'll find yourself a stronger pharmacy student than when you began.

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!

SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Jan 20	21	22	23 OPRA Hospital Residency Info Session	24 SOPhS Meeting Winter Term Social	25 Waterloo's Next Top Pharmacist	26
	27	28	29 RxPRN Yoga Session CSHP Symposium	30 Aerochamber/ CAPSI Lunch & Learn	31	Feb 1 Introduction to Patient Care Rotations Session	2
Week 3	3	4	5	6	7	8	9
Week 4	10	11 RCC Showcase	12 Rotations Pre-Departure Session	13	14 SOPhS Meeting	15	16
Week 5	17	18 Family day	19 Reading week	20 Reading week	21 Reading week	22 Reading week	23
Week 6	24	25	26	27	28	March 1	2

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.