

Pharmacy Phile

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

I don't think there are enough words in the dictionary to describe what 2020 has been like so far. Globally, this pandemic has affected every single part of our lives. However, we've seen so many members of our UW Pharmacy community rise to the challenge in different ways. Instead of laying low, we've seen pharmacy students take the frontline, showing tremendous bravery and providing much needed support to other frontline health care staff in their co-op and clinical rotations as the pandemic conditions escalated.

Students took it upon themselves to tackle one of the larger issues facing frontline pharmacies across the nation, which was lack of PPE. In fact, Mayur Tailor along with many of his classmates, started Pharmagainstcovid19, a grassroots advocacy group, with the sole purpose to alleviate this issue, and help pharmacies source face masks, hand sanitizer, and gloves.

Usually the summer term is loaded with a variety of in-person events, especially with the weather getting warmer. Due to COVID-19 we had to adapt, and student leaders from across SOPhS managed to create unique and exciting virtual events for students to partake in. Let's go back in time a little bit, to the month of May, which honestly feels like ages ago. SOPhS was able to launch a novel virtual "welcome week", where the Rx2022's got to meet the Rx2023's in a variety of events. SOPhS athletics was able to roll-out a sports trivia, while CAPSI stayed engaged by providing students with a yoga night. It was a great week of laughs, and good vibez. This momentum has carried forward throughout the term with Athletics, DI, CAPSI, UWCAN, RxPRN, and more running events, and engaging students remotely.

Our profs have truly risen to the challenge with adapting our pharmacy curriculum into an online format with very little notice. With the combination of live and recorded lectures, as well as live professional practice lab components, it sometimes feels like we are still physically in a classroom. Notably, we are so proud of Dr. Barb Coulston and Dr. Cynthia Richard for getting recognized with their respective teaching awards for their outstanding commitment to delivering quality education and providing virtual support to us through these past few months in social isolation.

Last but not least, don't forget to send in your submission for the SOPhS logo contest for a chance to win 150\$ in cash and help revitalize our student body.

Taher Rehmanji & Matthew Bui
SOPhS President & Vice-President

CAPSI Corner

Happy summer everyone! It's been a wild term so far, especially with the shift to online learning or working from home. Let's catch up, shall we?

Council Updates

First of all, we are excited to announce the newest additions to the 2020/2021 CAPSI Council:

Steven Huynh - Junior Competitions Coordinator

Lynn D'Souza and Shirley Fan - Junior Fundraising Coordinators

Kevin Huynh - Junior Education and Outreach Coordinator

Iryna Zhyrnova - Junior IPSF Coordinator

Olivia Plese - Secretary

Melissa Abraham - Finance Officer

Camille Huo - Communications/CAPSIL Director

Celine Huab - PAM Chair

Nicole Bakowski - Rx2023 Class Representative

Welcome to the team everyone! We've been having biweekly meetings on Zoom to plan new initiatives and CAPSI events throughout the year.



The CAPSI Council 2020-2021 having an online Zoom meeting to plan the Spring term events.

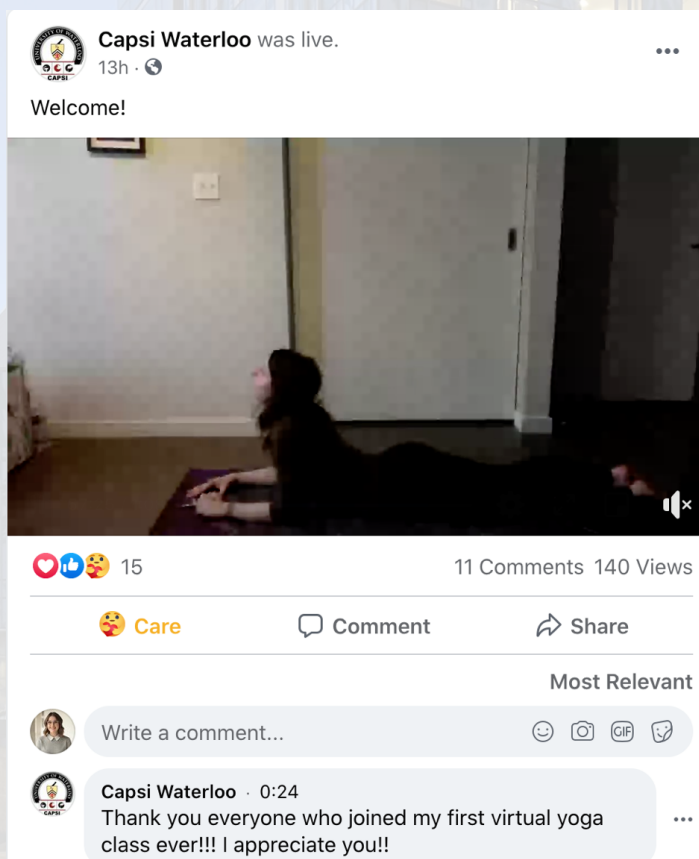
PAM Wrap-Up

With the University of Waterloo officially moving all classes online starting March 23rd, we unfortunately had to cancel many of the wonderful in-person events we had planned for PAM. However, we did continue on with social media challenges every week - congratulations to our winners!



Svetlana Litchmanova, Olivia Plese, and Caitlyn King celebrating PAM at the School of Pharmacy before everything moved online.

Welcome Back WeekAs part of the Spring Term Welcome Back Week hosted by SOPhS, we held a Deep Stretch Class taught by the talented Iryna Zhyrnova on May 14th. We also held a Netflix Night on May 16th and screened the movie White Chicks, complete with Kernels popcorn!



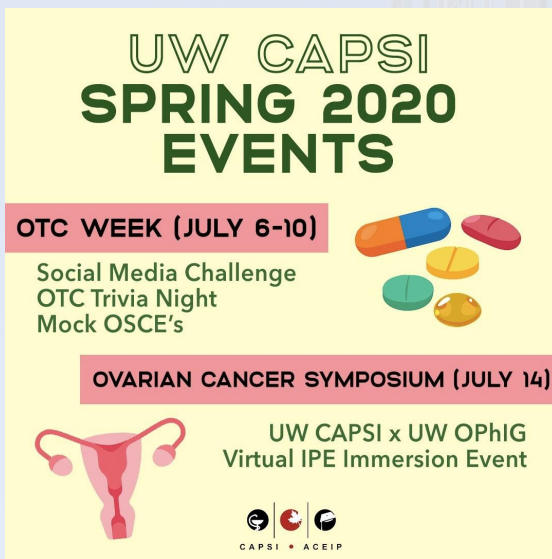
Iryna Zhyrnova teaching a Deep Stretch class on Facebook Live.

Black Lives Matter


In light of George Floyd's tragic death, the CAPSI Council has decided to support the Black Lives Matter movement by donating \$100 to Black Health Alliance, a Toronto-based community-led charity which strives to reduce racial disparities in healthcare. As the future of the pharmacy profession, we must strive to learn more about cultural competency and how we can serve minority populations better. Spring Term

Events

We have lots of exciting online events planned for the Spring term! Look out for OTC Week, the Ovarian Cancer Symposium (in collaboration with UW OPhIG), a Virtual Scavenger Hunt, Virtual Game Tournament, and weekly Wellness Wednesday posts throughout the month of July. For more information, check out our posts on Instagram (@capsiuwaterloo) or Facebook (Capsi Waterloo).





**UW CAPSI
SPRING 2020
EVENTS**

OTC WEEK (JULY 6-10) 

Social Media Challenge
OTC Trivia Night
Mock OSCE's

OVARIAN CANCER SYMPOSIUM (JULY 14)

 **UW CAPSI x UW OPhIG
Virtual IPE Immersion Event**


CAPSI • ACEIP



**VIRTUAL SCAVENGER HUNT
(JULY 27-31)** 

Participate in the daily challenge
for a chance to win a prize!

**VIRTUAL GAME TOURNAMENT
(DATE TBD)**

 Play Pictionary, Codenames,
Avalon, and more with your friends!

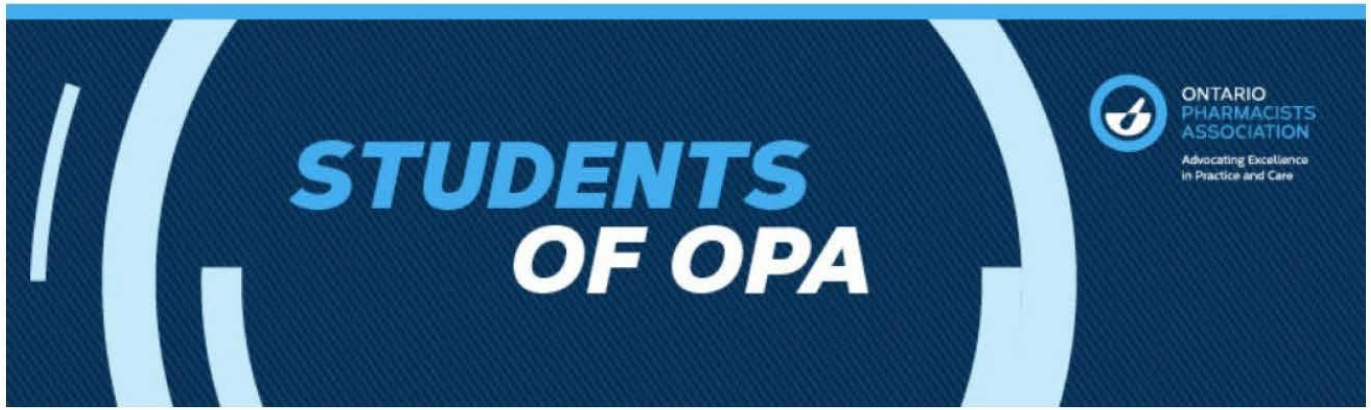
WELLNESS WEDNESDAYS 

Weekly recipes for healthy food,
physical activities, and more!


CAPSI • ACEIP

It's crazy how time flies - we're already halfway through the Spring term! Remember to enjoy the warm weather and stay safe out there.

Camille Huo
UW CAPSI/CAPSIL Communications Director



OPA UW Student Chapter

In May, the Ontario College of Pharmacists (OCP) held the open consultation period for minor ailment prescribing by pharmacists.

Up until May 22nd, members of the public and the profession could submit feedback on the OCP's proposed legislation. After that, the OCP would be passing the proposal to the provincial government for their review process. With that, the **Students of OPA** felt that it was imperative that all pharmacy students advocate their support for the proposal and therefore called on students

to submit their feedback in support of the proposed legislation. This included creating a mini series of videos on social media and supporting social media infographics.



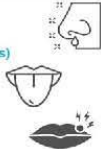
Expanding the Scope of Practice

New Legislation to Enable Pharmacists to Prescribe for 12 Minor Ailments



Expanding the Scope of Practice

5. Nasal Symptoms From Allergies (Allergic Rhinitis)
6. Oral Thrush (Candidal Stomatitis)
7. Cold Sores (Herpes Labialis)
8. Hemorrhoids



Expanding the Scope of Practice

1. Urinary Tract Infection
2. Dermatitis (Atopic/Eczema, Allergic and Contact Skin Rashes)
3. Insect Bites and Hives
4. Conjunctivitis (Bacterial, Allergic, Viral)

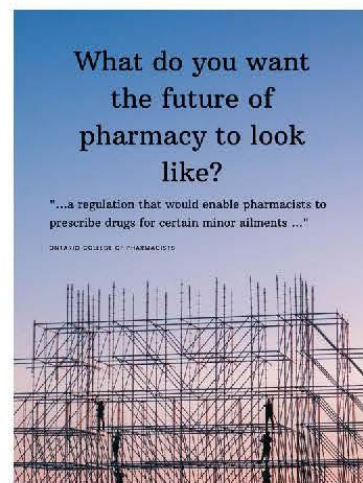


Expanding the Scope of Practice

9. Gastroesophageal Reflux Disease (GERD)
10. Menstrual Cramps (Dysmenorrhea)
11. Musculoskeletal Sprains and Strains
12. Impetigo (Bacterial Skin Infection)



Graphics courtesy of Maher Jibrini



Graphic courtesy of Megan Reis

At the time of the call, the number of consultations sat at 113. When all was said and done, the total number of submissions reached 198 (though this increase did include submissions from non-student members such as the OMA). Sometime after the closure of the open consultation, the OCP reported the following statement in their board of directors meeting:

“

Pharmacy students commented that they felt pharmacists **receive adequate education through current curricula** to properly assess and prescribe medications for the proposed minor ailments, as well as the ability to **identify red flags** and when it is appropriate to **refer a patient** to another healthcare provider.



OCP Board of Directors
June 15, 2020

In addition to this, on June 11th, the OPA held the 2020 Annual General Meeting. Given past participation of students in this event, our chapter also encouraged students to join in to this unique discussion to hear directly from the leaders of the OPA. This was accomplished through a similar social media campaign (videos and graphics) and also showed a great student turnout.

As students, we can have an incredible impact on our future profession by getting involved in advocacy. Moreover, it is a lot easier to do so than one might expect. For students looking to get involved in advocacy initiatives such as these, please feel free to reach out to your OPA student representatives!

Rx 2023 – Megan Reis

Rx 2022 – Alma Maqbool

Rx 2021 – Bradley Grightmire

Rx 2020 – Sarah Holt

Vice Chair – Joshua Pusong

Chair – George Daskalakis

Sincerely,

George Daskalakis
Chair of OPA UW Student Chapter

Faculty Spotlight: Interview with Kaitlin Bynkoski - Director of Undergraduate Affairs, University of Waterloo School of Pharmacy

Interviewer: Alicia Dakins (Rx2021)

Kaitlin Bynkoski is the University of Waterloo School of Pharmacy's new Director of Admissions and Undergraduate Affairs. She is uniquely gifted in her ability to come alongside our current and future students with regards to their mental health, admissions questions, and academic performance because she was a member of the UWaterloo Pharmacy class of 2013. She was the 2013 OPA Student of the Year recipient, the 2018 Alumni Achievement Award winner, and has extensive experience with a diverse range of Pharmacy practice sites including time spent in rural North community pharmacy and at Health Sciences North, a major hospital practice site in Sudbury. And, on top of it all, she is helpful, empathetic and kind and we were so excited to learn more about her during this interview!

Pharm Phile: Tell us about how your career path brought you to your current role as Director of Admissions and Undergraduate Affairs:

Kaitlin Bynkoski: This is a great question and not an easy one to summarize but I will do my best to give you a brief overview and encourage anyone interested in the longer version to set-up an academic advising appointment to hear more...

When I graduated from the University of Waterloo School of Pharmacy in 2013, I made a commitment to continue to be involved and give back to the School community. Being involved at the School was a major part of my pharmacy student life and leadership development. During those early years when the School first opened, the student leaders were involved in many School operational activities including supporting our first accreditation site visit, planning the inaugural convocation ceremony and graduation event for the Vanguard class, and many other firsts. By the time I graduated, I felt so intricately involved with

the School's history and growth that I knew I wanted to continue to be a part of its future.

When I left to start my career as a pharmacist, I always stayed in touch with the School. I followed their social channels and regularly read their website to stay apprised of any opportunities that were coming up to get involved. One day, I came across the advertisement for the Regional Clinical Coordinator (RCC) positions and learned that the School was planning patient care rotations across the province. I was living and working in Sudbury at the time and as many of you know, Sudbury was listed as one of the regions! I was honoured and excited to be 1 of the 14 RCC's that were hired as the original group to launch this new clinical learning opportunity which was and is still considered an integral component of our PharmD curriculum.

Fast forward five years later, I was reflecting on my career and the various hats I wore at the time: community pharmacist, hospital pharmacist, medication safety pharmacist, continuing education coordinator, preceptor, and RCC. I realized that the work that gave me the most sense of purpose and fulfillment was working with students and supporting the next generation of pharmacists. During that time of career reflection, Lo and behold, I was reading the School's website and there was a new job posting listed, Director of Admissions & Undergraduate Affairs. I had read many job postings throughout the early years of my career but this one resonated with me on a bigger level. I decided to take a leap of faith and put my name forward for a job that I was extremely passionate about doing.

PP: What is your favourite part of working as a member of the faculty at the School of Pharmacy?

KB: My favourite part about working at the School is

providing support to students. Being involved in undergraduate affairs is a wonderful and rare opportunity to support students from application through to graduation and hopefully providing mentorship well beyond some student's time here at the School. I find daily inspiration in my work and being part of a team that cares so much about its students and shaping the future of pharmacy.

PP: What does a typical day on the job look like for you now that we're all working and studying from home?

KB: Since we have shifted to a virtual working environment and using our homes as offices, I have not had many typical days! It has been a very dynamic experience but one thing that has remained consistent is the endless support from my team and the demonstrated resiliency of the student body. A few very important traits that I developed as a pharmacy student were adaptability, growth, and continuous improvement. These same characteristics have grounded me during the challenging times caused by the pandemic but also while taking on a new job! Another core value of mine is harmony and when life shifts due to unforeseen circumstances, I find it important to restore balance. One of the ways I have tried to maintain harmony through this virtual working environment is to establish routine in the things that I can control such as eating well and exercising. Every day my husband and I find time to go for a walk at the end of our working hours as a symbolic gesture to detach and change our home environment from a working one to a relaxing one. When we return from our walk we take time to plan and execute a great meal which we have grown to appreciate a home cooked meal even more during these times.

PP: What advice would you offer to students hoping to pursue careers in admissions or on faculty at the School of Pharmacy?

KB: I encourage all students to stay involved and connected with the School after you graduate. There are many opportunities to continue your

learning right here at the School and to keep growing and developing your career as a pharmacist. One of the best pieces of advice that I have for future pharmacists is to become a preceptor. Work with students whether you are their primary preceptor or at a workplace that hires Co-op or educates clinical rotation students. Students keep your knowledge fresh, they bring new ideas into your practice or workplace, and they make you strive to be a better pharmacist. Remember, you are never too "new" in your practice to be a preceptor or support students. Also one of the best ways to confirm your knowledge and career path is by educating others about what you do and hopefully when you share your story you not only inspire others but yourself!

PP: Having worked in a diverse range of practice sites, where do you feel that pharmacists can have the biggest clinical impact on the lives of their patients?

KB: An important realization that I made early on in my career as I worked in a variety of practice settings, often simultaneously, is that you can have major clinical impact in every one of them. When I worked in community practice, I found I was able to contribute to the daily lives of patients by delivering clinical services day by day, patient by patient. When I worked in hospital practice, especially as a medication safety pharmacist, I was able to make systematic changes and improvements that impacted the quality of care that many patients of our community received when accessing our hospital services. While working as an educator, both for the School and as a preceptor, I realized that shaping the next generation of pharmacists can have a long lasting clinical impact by helping to ensure that the pharmacists of the future strive and advocate to practice to the full extent of their capabilities.

We have a unique ability as clinically trained pharmacists to enter any work setting and understand how to provide the best patient focused care that we can offer in that environment. If you want to know where pharmacists have the biggest clinical impact, the best thing to do is ask your patients about the care you provide.

PP: Knowing how passionate you are about supporting our students' mental health and wellbeing, what is the number one piece of advice you would offer to students to help them ensure they stay mentally healthy?

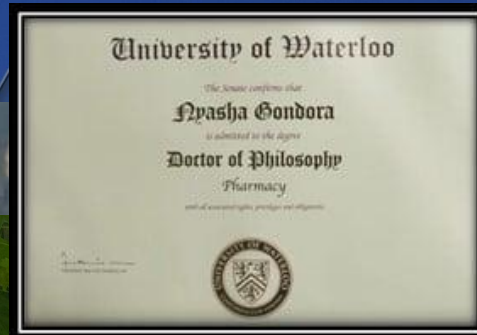
KB: It is important to recognize early on that the pathway to becoming a pharmacist is a long journey and not a race. Let go of comparisons as this journey is all about you, the type of pharmacist you want to be and how you want to contribute to society through your practice. Being a pharmacy student is as much about learning the competencies as it is about growing as a person. We cannot continue to provide exceptional patient care, if we are not taking care of ourselves and learning how to find our balance. Caring for others can be very demanding on our bodies and minds so it is important as a student that you start working on finding your healthy balance now. When I was a pharmacy student, I worked hard to find balance in my life by staying connected to family and friends, participating in clubs and activities, committing to daily exercise, and most importantly asking for help. Although this journey is individualized, you do not have to go through it alone. My number one piece of advice is to find a mentor. As a student you have access to faculty, staff, preceptors, and other students who have been where you are and are willing to listen. If you remain true to yourself and use these years as a journey to learn and grow and not be afraid to ask for help along the way, you have the potential to leave here as both an exceptional pharmacist and a resilient person!

PP: Having worked in a diverse range of practice sites, where do you feel that pharmacists can have the biggest clinical impact on the lives of their patients?

KB: One of my favourite medications is melatonin. Why would I pick a medication that some categorize as lacking in clinical evidence and has a NPN not a DIN? I worked over night shifts at the first 24-hour Shoppers Drug Mart store in Sudbury. I worked 12 pm to 8 am, 7 days on and 7 days off, for 11 months. During this time, I was also working towards achieving my PharmD through the bridging program, working part-time at the hospital, a RCC, and a continuing education coordinator for the Sudbury region. Sleep was more important than ever and as a shift worker, taking a daily dose of melatonin helped contribute to the regulation of my sleep cycle. Sleep has always been the most important ingredient to my self-care routine. Melatonin is symbolic to me as it reminds me of the importance of sleep to our overall health and well-being.



SOPhS Communications: Congratulations to our Grad School Graduates!



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

Photos courtesy of the University of Waterloo School of Pharmacy