

# PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 67 | January & February 2017

## PRESIDENT & VP'S MESSAGE

Cheers to a new year! As 2017 makes its debut, we celebrate new beginnings and set our resolutions. A new year means a lot for us pharmacy students. For fourth years, they are embarking on their clinical rotations and final semester and can finally see the light at the end of the tunnel. For the third years, they are hitting the books once again after another co-op which sent us across the province and the country. For the second years, they get their first taste of co-op and the exciting experience and temporary freedom from the classroom and books that it brings. Finally, from the SOPhS council, we would like to welcome the new incoming class of Rx2020's to the School of Pharmacy and to our "phamily".

We celebrated the new year with welcoming the Rx2020 class and hosting Phrosh Week 2017. This year's theme was Harry Potter and the Pill-osopher's Stone, so of course we had to kick the week off with a Sorting Hat Ceremony. Phrosh week was filled with many "Potter" themed activities such as a Quid-ditch tournament, trivia at Chainsaw, a pub crawl with a Marauders Map and we finished up the week with a "Yule Ball" inspired wine and cheese. The main event of the week, however, was the White Coat Ceremony. Rx2020 students received their white coats and took the Pledge of Professionalism and officially became members of the Pharmacy profession. This event is both iconic and inspirational in a pharmacy student's experience. Overall, it was a memorable week and we had lots of positive feedback from both the participants and leaders! Speaking of leaders, we would like to give them a special shout out and thanks for volunteering their time; we couldn't have done it without you!

Now, we hope that you all had a relaxing reading week and are feeling rejuvenated because March is shaping up to busy, yet fun month! March is Pharmacist Awareness Month

(PAM) and its goal is to raise awareness and foster passion for the pharmacy profession. CAPSI has put in a lot of time and effort and has lots of events planned for you to enjoy and get involved with. From selling "I <3 My Pharmacist" t-shirts and having a food drive, to hosting a Health Fair at Conestoga Mall, as well as a Pharmacist Meet and Greet and New Grad panel, there is sure to be an event that peaks your interest!

On Sunday March 12, our own Pharmacy hockey team will be going up against the University of Toronto in the OPA Cup, with the hopes of defending their title! There will be a pep rally and buses to take us to the University of Toronto Varsity Arena where we will cheer and support our team. It's definitely an event that you don't want to miss out on!

Other events that are happening this month are OPSIS in Niagara Falls, Kawasaki Information Night hosted by the UW Paediatrics Club, a WHPC Case Study, and many more.

We hope that everyone is having a great term so far and we hope to see you at the upcoming events!

*- Melanie Sanderson and Kristina Kozlovsky, SOPhS President and VP*

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# CAPSI CORNER



March is Pharmacist Awareness Month (PAM) and CAPSI has been working hard to bring fun and educational events to Pharmacy students throughout the month! This year's PAM theme is Beyond the Horizon which was revealed on March 1<sup>st</sup>. This theme stems from the new legislation announced in December of 2016, where pharmacists in Ontario now have the ability to administer 13 new vaccinations. This month, we want to celebrate this expansion in our scope, and also look "Beyond the Horizon" to what is coming for our profession.

PAM started off with a big kick off breakfast, where students wrote down what they envision for our profession in the next five years. They also wrote down their thoughts about our scope of practice today. These thoughts and ideas were added to a time capsule, which will be opened during PAM of 2022!

On the same day CSHP and CAPSI teamed up to provide an educational talk to students interested in hospital pharmacy. A pharmacist from Sunnybrook was here to educate students about her day to day life as an infectious disease specialist and how she got to this position.

During PAM we also strive to reach out to the community and promote pharmacy to the public. Pharmacy students will be travelling to elementary schools throughout the month to teach kids about the importance of hand washing, medication safety, and the benefits of not smoking! This is a well-loved event by both pharmacy students and kids!

On March 11<sup>th</sup>, CAPSI will be heading out to Conestoga Mall to talk with shoppers about pharmacy. This year, we will be talking to people about medication safety, as explained by ISMP. This is a method to keep patients informed about their medications, as well as important questions to ask their pharmacist about their medications.

New this year, CAPSI will be hosting an Interprofessional Case

Study on Schizophrenia. This case study will be discussed by a panel of three health care professionals to an audience of students. We will be approaching the case together as a way to enhance our thought process. We hope this will be an informative event, and help pharmacy students see a complex patient and case from various diverse health care perspectives.

Other events coming up for students include a New Grad Panel, the CAN/CAPSI canned food build, a symposium about MAiD, a trivia night hosted by our Pharmacy Investment Club, and an Evidence Based Medicine Competition.

Finding it hard to keep up with all these amazing events? Follow us at our Facebook page: [fb.com/uwcapsipam](https://www.facebook.com/uwcapsipam). You can also look for two of our CAPSI exec members who will be promoting PAM on Rogers Daytime TV on March 10<sup>th</sup>!

*-Joanna Leake  
UW CAPSI Junior Representative*

# PHRESH FROM THE PHARM

## Vegan Chocolate Cupcakes

### Ingredients:

1 1/2 cups all-purpose flour

1 cup white sugar

1/4 cup cocoa powder

1 teaspoon baking soda

1/2 teaspoon salt

1/3 cup vegetable oil

1 teaspoon vanilla extract

1 teaspoon distilled white vinegar

1 cup water

- 1) Preheat oven to 350° F (175 degrees C). Lightly grease the baking pan.
- 2) Sift together the flour, sugar, cocoa, baking soda and salt. Add the oil, vanilla, vinegar and water. Mix together until smooth.
- 3) Pour into prepared pan and bake at 350° F (175 degrees C) for 45 minutes. Remove from oven and allow to cool.
- 4) Add dairy-free icing and serve :)



# CSHP A Quick Overview of the Hospital Central Dispensary

We've all endured reciting the age-old mantra: "The mitochondrion is the powerhouse of the cell". Well, within a hospital pharmacy, it is the pharmacy technicians and assistants that deserve this title.

In the past two months of my hospital co-op placement, I had the privilege of working with the central pharmacy technicians. The dispensary compounds and distributes most medications administered in the hospital. The technicians perform all technical aspects of dispensing, such as preparing IV medications, packaging unit-dose medications using the AutoMed machine, and filling medication carts to send out to the units. This enables pharmacists to maintain a clinical focus on patient care, instead of filling carts and having inquisitive thoughts like, "Why is this patient on so many Ramiprils?"

This division in roles is especially appropriate in hospital practice, because pharmacists are depended on for their clinical expertise. As hospital pharmacists care for patients admitted with an acute condition that is often an exacerbation of chronic or age-related illnesses, they showcase an extensive

knowledge of medications, including off-label uses, to contribute to the healthcare team. The pharmacists collaborate with doctors and nurses through an electronic medical record platform- and pharmacy technicians facilitate the entire workflow process through a seamless drug distribution.

Nearly all accuracy checks are done by the pharmacy technicians alone. After the pharmacist performs the clinical check, the medications are documented, charged, and dispensed to the patients by technicians. The medications are packaged as unit doses with a lot number and expiry date to ensure traceability of each drug given to the patient, and a barcode for Bedside Medication Verification (BMV). BMV ensures that the right medication and dose is administered to the right patient and efficiently documents the transaction on eMAR, by having the nurses scan the unit dose prior to administration. The unit doses also allow efficient inventory management, as unused medications from cancelled prescriptions or discharged patients are circulated back to the central dispensary to

be reused.

As a student, I was trained for near-perfect accuracy during the first two weeks, and then was certified to independently fill prescriptions and check the technicians' work. Fractioned doses such as half or quarter tablets must be labelled on the unit dose for the nurses, since the pharmacy only utilizes whole tablets. The nurses then manually cut the tablets at the patient's bedside prior to administration. While the reliance on nurses to precisely cut tablets raises a discrepancy, it also streamlines the pharmacy's workflow and prevents contaminated medications from circulating.

Patient safety is the ultimate goal, and pharmacy technicians strive daily to meet this necessity through stringent documentation, double-checking, and precision in dispensing. As a part of PAM, it is our interest to understand and appreciate the cogs of the pharmacy, to better highlight our team's roles in healthcare.

*-Eunice Ku, UW CSHP*



# CO-OP CHRONICLE

## Zhiheng Zeng, Rx2019

### *Sunnybrook Oncology Pharmacy Student*

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

I am currently a Clinical Pharmacy Student at the Odette Cancer Centre at Sunnybrook. I interview cancer outpatients in order to complete BPMHs, resolve DTPs and counsel on take home anti-nausea medications. I also work on a deprescribing and oral chemotherapy project with the other co-op students and participate in weekly clinical workshops.

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

“Treat them as people, not as patients” was what my supervisor told me in my first days at work. Cancer patients are no different from any other patient. These are people who need care and support, not pity. It was a personal journey for me to separate my emotions of pity from compassion. You can show compassion without pity, and it starts with you seeing the patients beyond their cancer.

#### What were some barriers or challenges that you encountered?

My biggest challenge was not having any experience in oncology, so my initial learning curve was very steep. The bright side, however, is that everyone at Sunnybrook is so supportive and eager to help you succeed. Even now as I am more than half-way through my first co-op, I still feel there is so much to learn. Ultimately, I don't think it's about what you know or don't know, but rather it's about your attitude and your dedication to your work.

#### What were some personal highlights?

I would definitely say counseling the patients in another language. Sunnybrook has a sizable Chinese population, and occasionally I get requested to see someone who only speaks Mandarin/Cantonese. I find that patients really appreciate you making the effort to speak in their language. While ensuring patient understanding, I also improve my language skills, which was an unexpected bonus.

#### Does one day in particular stand out to you?

A particular day that stood out for me was when I was able to resolve a patient's severe nausea and vomiting after chemo. This patient was vomiting up to 7 times a day, sometimes with blood, and had to be hospitalized. Nausea/vomiting is one of the most common and debilitating side effects of chemotherapy, so I was very happy when the patient had a complete turnaround after I helped extend her anti-nausea medication.

#### Any words of wisdom to fellow students?

Work hard, relax, and enjoy yourselves! Four months fly by without you even noticing.





## SOPhS Communications

We are working very hard this term to increase our social media presence!

UW SOPhS now has an Instagram page (@uw\_sophs) so feel free to give us a follow to keep in touch with our daily updates!

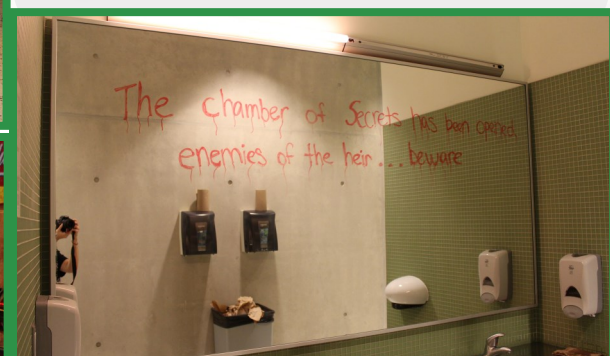
SOPhS also has a new snapchat geofilter and welcomes any creative individuals to submit their School of Pharmacy geofilters to Snapchat.com. The more filters the better!

Hope everyone is having a great (and relatively stress-free) term! :)

## Pharmacy Phile

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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



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# SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	March 26	27	28	1	2	3	4
					8:30-10am CAPSI Kick off Breakfast PHR lobby 7pm: CSHP Symposium PHR 1004		
Week 2	5	6	7	8	9	10	11
	I <3 My Pharmacist T-Shirt Sales (March 6-10)		6pm: Pharmacist Meet and Greet PHR lobby			Rogers Daytime TV PAM talk	10am-2pm: Health Fair Conestoga Mall Outside SDM
Week 3	12	13	14	15	16	17	18
	OPA Cup Toronto, ON		4:30-6:30pm OSCE Prep Club Mock OSCE Location TBD	1pm: RxPRN Meditation with Dan PHR1008 6pm: WHPC Winter case study Location TBD	7pm: CAPSI & PIC Trivia Night Location TBD		
Week 4	19	20	21	22	23	24	25
				Town Hall	12:30pm: Medically-assisted dying symposium Location TBD		
Week 5	26	27	28	29	30	31	April 1
	Social Media Week (March 27-31)		6:30pm: New Grad Panel PHR1008		8am: CAN/CAPSI Food Drive build PHR lobby 6:30pm EBM Competition PPL Lab	12pm-2pm: Rx2018 Clinical Rotation Regional Showcase	
Week 6	2	3	4	5	6	7	8

# SOPhS 6 WEEK CALENDAR



## 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>). It is our hope that this calendar will provide you with all of the event and deadline information you need during each term. 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).