

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 68 | March & April 2017

PRESIDENT & VP'S MESSAGE

As the Winter term comes to an end, we are able to look back on the many events that were held in March and April. This year our term ended a little earlier, with April being mainly comprised of final exams and students travelling home and abroad.

March was Pharmacist's Awareness Month and CAPSI in collaboration with other clubs planned a variety of activities from Trivia Night to Pharmacist Meet and Greets to educational sessions. March was also host to the annual OPA cup, a hockey game against the University of Toronto Pharmacy team. Both the team and the UW fans were excited to keep our winning streak alive after the big win in 2016, and the team did not disappoint! With a determined team and the stands full of cheering fans and signs, UW brought back the cup with a 4-2 victory. After the game, everyone headed to The Maddy to enjoy some celebratory drinks and appetizers with all the players and fans. Thank you to all those involved in planning and organizing the Pep Rally, transportation and making the OPA cup such a success!

This past semester we also had the pleasure of collaborating with the UPS Executive at the University of Toronto to organize the OPSIS 2017 conference weekend held in Niagara Falls. This year's theme was "Hot Topics in Pharmacy" and our 82 delegates and planning committee enjoyed talks varying from Medical Marijuana to Naloxone Training to a panel of independent pharmacy owners. Student delegates had the great opportunity of networking with

students from UofT, participating in debates and working together to submit pharmacotherapy workups for patient cases. OPSIS 2017 was the largest OPSIS conference yet, and we hope to see it continue to grow in the upcoming years!

The SOPhS Social Committee hosted the End-of-Term Wrap-Up at Bingeman's. Both classes enjoyed bowling, pizza and a variety of arcade games! The event was a huge success, as everyone was excited to celebrate the end of both the 1A and 3A terms. Congratulations to Rx2020 for finishing their first semester of Pharmacy school and we hope you enjoyed your break! We would also like to congratulate the Rx2019 for finishing their first co-op term and welcome them back to the school as they start their next academic term.

Finally, the end of the winter term also marked the end of our time as SOPhS President and Vice-President. Naushin Hooda and Pauline Bal will be taking over at the beginning of May, as the incoming President and Vice President. We have loved being a part of SOPhS and would like to thank our council and all the students for making our term both memorable and successful!

*Melanie Sanderson &
Kristina Kozlovsky
SOPhS President and
Vice-President*

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**SOPhS**
SOCIETY OF PHARMACY STUDENTS



OPA UPDATE

OPA Cup:

This year, on March 12th, the University of Waterloo, School of Pharmacy joined the University of Toronto, Leslie Dan Faculty of Pharmacy at Varsity Arena in Toronto for the annual OPA Cup. The OPA Cup is a student-organized event sponsored by the Ontario Pharmacists Association that celebrates collaboration and good sportsmanship between the two pharmacy schools of Ontario. We had a great turnout from all of the classes this year as we joined our Warriors and cheered them on. Once again, the Waterloo Warriors brought home the win with an incredible 4-2. OPA extends a huge congratulations to the all of the players and to our MVP Joey Champigny (Rx2020). Thank you to everyone who showed tremendous spirit and came out to represent Waterloo! Go Waterloo Go!



OPA Conference 2017 - Navigate the future:

This year's OPA conference will be held in London, Ontario from June 15th to the 17th. It is a great opportunity to network

with many practicing pharmacists, meet fellow students from Waterloo and U of T, learn about different aspects of our profession and have a good time! This round of registration ends on June 9th, 2017.

Registration and more information on the conference can be found on:

<https://www.eiseverywhere.com/home/opaconference2017/474487/>

If you have any questions regarding the conference, feel free to contact me (louiszwei@gmail.com).

Hope to see you there.

- Louis Wei, OPA Student Board Director



CO-OP CHRONICLE

Chris Voss, Rx2019

Pharmacy Practice in rural Alberta

Tell us a bit about your practice location and your day-to-day responsibilities.

I worked at an independent community pharmacy in northern Alberta. As a registered pharmacy student I was able to perform most of the activities of a pharmacist, under the supervision of a pharmacist. I was counselling, entering prescriptions into Kroll, and checking. I was also able to do some point of care testing and witness the pharmacist prescribe.

What are your thoughts on the expanded scope you experienced in rural Alberta? Were there many pharmacists who practiced to their fullest scope? What was the uptake like?

There were not a lot of family doctors where I worked and it was an ideal situation for pharmacist prescribing. When people can't get a doctor's appointment, they look somewhere else for help. Pharmacists are in the perfect situation to deal with relatively benign conditions like strep throat, UTI's, travel medications/vaccinations and allergies. Every additional prescribing authorization (APA) pharmacist that I worked with practiced to their full scope because of the need. Patients would come into the pharmacy and ask for a "prescribing pharmacist" all the time. Patients were very thankful because they could not schedule a doctor's appointment and they didn't want to wait in emergency for hours.

What surprised you the most about Alberta's expanded scope?

I was surprised by the fact that I actually applied infectious disease and antimicrobial stewardship principles I learned in IPFC! Alberta has a lot more freedom in making decisions compared to Ontario. In Ontario you have to fax the prescriber for approval all the time and this leads to decreased adherence and patient frustration. For example, a patient comes in with a urinary tract infection and the doctor prescribed Septra. After talking to the patient you find out they have a severe sulfa allergy. In Ontario you have to fax the prescriber and wait for a response. In most cases this takes a long time and the patient ends up going home that day without medication. In Alberta the pharmacist can make a therapeutic substitution and change the antibiotic class (nitrofurantoin, Cipro, fosfomicin, etc.). The pharmacist has access to Netcare (Alberta's electronic health record) to look at microbiological data (midstream urine) to confirm the diagnosis. The pharmacist also has access to the antibiogram for the area. This information and the patient's symptoms factor in to the prescribing decision the pharmacist makes. The patient then gets the new medication that day and gets to go home. This surprised me because I worked in Ontario for 3 years and we had to fax doctors all the time.

What were some of the barriers pharmacists in Alberta encountered in regards to expanded scope?

There was such a need for APA pharmacists where I worked that there were

not many barriers. The biggest problem faced with the APA pharmacists was documentation. They had to document their prescribing decisions and fax the family doctors after they prescribed something. This took up a lot of their time. Since we were a busy pharmacy they were often interrupted and they had to stay late to finish their documentation.

Based on your experience with expanded scope in Alberta, do you think Ontario would benefit from expanded scope and how?

Expanded scope will save healthcare dollars, improve access and be more convenient for the patient. It will save health care dollars because it will keep patients out of the hospital. If someone thinks they have strep throat they can go to the pharmacy. At the pharmacy we can assess the patient, do a strep test and prescribe antibiotics. This would decrease wait times by keeping patients out of the hospital. This also saves health care dollars because the pharmacist's prescription costs the government \$25 in Alberta and a hospital visit costs much more. Lastly, it's more convenient for the patient because the pharmacy is very accessible and open later than their family doctor's office.

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CO-OP CHRONICLE

Chris Voss, Rx2019

Pharmacy Practice in rural Alberta

Does one day in particular stand out to you?

One time I was counselling a patient on Ventolin and the patient told me they were having chest pains. The family doctor prescribed Ventolin in hopes of alleviating the chest pains. The patient described the pain as “someone sitting on their chest” and it was radiating up the side of the neck. The patient also told me they had high cholesterol. I looked on Netcare and the patient’s LDL was very high. Based on the symptoms and lab work, I recommended that the patient go to emergency because it sounded like they were having a heart attack. When the pharmacist followed up 3 days later, Netcare showed that the patient had a pulmonary embolism. Having Netcare helped make the decision to refer the patient to the emergency because if the patient said they had high cholesterol I probably wouldn’t have been too concerned. But checking Netcare showed that it was really high and Ventolin was not appropriate.

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

The biggest lesson I learned from co-op is that you need to take advantage of every opportunity. Rural Alberta was not my first choice in co-op placement and I wasn’t fond of -45 temperatures but I’m so happy I went. I volunteered at a primary care network. It’s similar to a family health team in Ontario except it’s run by APA pharmacists. I learned so much from the pharmacists that worked there and it was a really positive experience. I would have never been exposed to this practice setting if I hadn’t taken the job in Alberta.

- Chris Voss, Rx2019



FRESH FROM THE PHARM

Vegan Wild Blueberry Lavender Coconut Ice Cream



Ingredients

- 2 tsp Culinary lavender, dried
- 1/3 cup Coconut palm syrup (or honey)
- 1 1/2 cups Blueberries or wild berry mix
- 2 tbsp Coconut sugar
- 1 tsp Vanilla extract
- 1/2 cup Almond breeze almond milk coconutmilk blend
- 2 cans (15 oz) full fat coconut milk (or coconut

cream)

Instructions

- 1) Place a medium saucepan over medium heat and add coconut milk, almondmilk coconut milk blend and coconut palm syrup (or honey), whisk until the mixture comes to a slight simmer (do not bring mixture to a full boil!).
- 2) Transfer mixture to blender, add vanilla and lavender, blend for 30 seconds.
- 3) Allow blended mixture to cool for a few minutes, then transfer to large bowl.
- 4) Cover bowl and refrigerate for 4 hours until very cold. This step is the key step to ensuring your ice-cream turns out good.
- 5) While the mixture is chilling, you'll make a blueberry syrup! Add blueberries and coconut sugar to a saucepan and place over medium heat.
- 6) Mash up the blueberries with a fork and continue to stir mixture until it thickens (this usually takes about 15-20 minutes!). Once the mixture is thick like a syrup, transfer to a bowl, cover and stick in the fridge.
- 7) Once the coconut mixture from the fridge has been cooled, take the mixture out and churn the ice cream until it resembles soft-serve (you can do this by hand or with the help of an ice-cream maker).
- 8) Combine the churned coconut milk mix with the blueberry mixture in a freezer safe container. Swirl the mixture a few times with a knife to create layers.
- 9) Cover ice cream and freeze for 4-6 hours (or until ice cream hardens).
- 10) Allow ice cream to sit at room temperature for a few minutes and serve.

Recipe from: <http://www.ambitiouskitchen.com/2016/05/wild-blueberry-lavender-ice-cream/>



SOPhS Communications

We hope had a good break and we welcome Rx2019 and Rx2020 back for another academic term! Best of luck to Rx2018 on their last co-op term as well as Rx2017 on their clinical rotations!

Hope everyone has a great summer!



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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.



Society of Pharmacy Students (SOPhS)

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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	May 7	8	9	10	11	12	13
Week 2	14	15	16 Round 1 Co-Op Applicatons Due	17	18	19	20
Week 3	21	22	23	24 Round 1 Co-Op Interviews	25	26	27
Week 4	28	29 Round 1 Co-Op Rankings Open	30	31 Round 1 Co-Op Rankings Due	June 1 Round 1 Co-Op Matches Come Out	2	3
Week 5	4	5	6 Round 2 Co-Op Applications Due	7	8	9	10
Week 6	11	12	13 Round 2 Co-Op Interviews	14	15 Round 2 Co-Op Rankings Open	16 Round 2 Co-Op Rankings Close	17 Round 2 Matches Come Out

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.