

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students
ISSUE 72 | November & December 2017

PRESIDENT & VP'S MESSAGE

November and December have been a busy two months for our students academically. While our families and friends were getting ready for the holidays, our students were getting ready for exams and wrapping up their co-op terms.

Despite this, we still managed to squeeze some fun in before everyone really started to hit the books. In November, students and faculty members across the school participated in the 7th Annual Professor Auction. This auction allows students to bid on fun activities to experience with their *favourite* professors while simultaneously raising funds to help support the Rx2018 graduation formal. We hope that everyone had a wonderful time eating, drinking and bidding!

In November, we also hosted a fun-filled night to welcome our incoming Rx2021 class at the annual SOPhS Meet & Greet. It was a great night full of laughs and of course, food. Incoming students were also paired with an upper-year mentor through our Big Brother & Big Sister program. The enthusiasm of

the new class has been incredible, and we hope that our pairings will help them with their transition into pharmacy school, as well as answer some of their burning questions. We can't wait to welcome them to the Phamily in early January!

We hope that the Rx2019 class had a wonderful co-op term and walked away from their experiences wiser, while also looking forward to their 3A term. We're a little late in wishing the Rx2020s and Rx2018s good luck on their exams and residency interviews respectively, but we're sure you didn't need the luck anyways!

We look forward to seeing the new faces of the Rx2021 class in January, as well as our returning students from the Rx2019 and Rx2018 classes.

From the both of us, we sincerely wish you all a wonderful and happy new year.

- Naushin Hooda and Pauline Bal, SOPhS President and VP



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CAPSI CORNER

Happy New Year UW Pharmacy!

We hope everyone had a wonderful holiday and is ready for another year with UW CAPSI! Re-cap from last term: we would like to thank the assessors and evaluators who generously donated their time to the CASPI High Stake Mock OSCE for the Rx 2018 class, with a special thank you to Dr. McFarlane for reviewing the cases! The High Stake Mock OSCE is intended to prepare students for their final OSCE of pharmacy school. All the best to the 2018's completing their final two months and clinical rotations to follow, you're almost there!

Professional Development Week (PDW) 2018 is just around the corner! This year, PDW will run from January 10th to 13th in Edmonton, Alberta. Congratulations to **Amanda Lee (Rx 2019)** for winning the t-shirt design contest. Her creative and humorous design will represent University of Waterloo's School of Pharmacy at PDW 2018. Best of luck to **Angel Deng (Rx 2018)** in the PIC Challenge and have a great time to everyone attending!

New year, new class - join us in welcoming the Class of 2021! What is CAPSI? Canadian Association of Pharmacy Students and Interns (CAPSI) is a national organization with a chapter at each pharmacy school across the country. On the local level, University of Waterloo's CAPSI chapter (UW CAPSI) strives to provide CAPSI members with benefits including educational symposiums, mock OSCEs, competitions, and social events. If you are interested in becoming a member of UW CAPSI, the membership drive for new 2021 members is planned for the third week of January. If you have any questions about CAPSI or CAPSI events you can email Blake Houle (waterloojr@capsi.ca) or Emily Cowley (waterloosr@capsi.ca) for more information.

Wishing everyone the best in 2018!

- **Blake Houle & Sarah Yang,**

**Junior Representative & Communications and
CAPSIL Director**



CO-OP CHRONICLE

Community Pharmacy in Quebec

Pari Shahrezaei, Rx2019

Tell us about the roles and responsibilities you took on in your co-op placement at Jean Coutu Pharmacy?

During this COOP placement, I took on a much more clinical role than I did first semester. The scope of practice of pharmacists in Québec allows for pharmacists to manage patient conditions once they receive therapeutic goals set by their doctor. Patients that could be followed are patients on anticoagulation, with diabetes, dyslipidemia, hypertension or hyperthyroidism. I found patients that had difficulty with their condition, medications, and administration would then request the therapeutic targets from their doctor. Once received, I would meet with these patients for their initial evaluation and then for 2 follow-up visits. According to the law 41 that allows pharmacists to manage patients, my preceptor, the nurse and I would address the patient's complaint by either altering their medication regimen according to the most recent guidelines, by doing patient education or trying different techniques. I slowly started meeting patients on my own and completing their initial evaluation. Furthermore, for patients on anticoagulation, we would do point of care INR testing and if we had their therapeutic goals (ex. between 2 and 3), we would adjust their warfarin accordingly on the spot.

Furthermore, I would help in the pharmacy as well and

would counsel patients on prescribed and over the counter medication.

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

IPFC3&4 as well as Professional Practice really helped me throughout this COOP placement. Most of the patients we had were diabetics with renal failure and with heart conditions and consequently, I was able to use what we had learned to find different alternatives if the medication they were currently using wasn't efficacious. Administration techniques of insulin (in particular) taught in Professional Practice really helped me to guide patients and help them with their diabetes management.

Can you explain the changes in Quebec and how you were able to make an impact on patient care?

With the new law, pharmacists in Quebec can take on a much more clinical role and allows pharmacists to change regimens without relying on the doctor's response. Furthermore, pharmacists are now allowed to prescribe chronic medications that were previously prescribed by a physician up to the last amount of renewals or 1

year. These changes have allowed patients to be followed more closely and in turn this will also have a more positive impact on their health. This is particularly important for patients who do not get to see their doctor very often.

What were some barriers or challenges that you encountered?

The main barrier I encountered was the getting the therapeutic targets back from the doctor. It is difficult to get doctors to agree to give up such an important role to pharmacists. However, there were many doctors that were more than happy to have someone follow their more complicated cases.

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CO-OP CHRONICLE

Community Pharmacy in Quebec

Pari Shahrezaei, Rx2019

What were some personal highlights or positive patient outcomes that occurred during your co-op placement?

At the beginning of my COOP placement, my first patient was a man on insulin with renal failure, an A1C of 9.3 and complaint of hypoglycaemia towards bedtime. He was ready to take care of this health and with just some patient education, we saw his A1C drop to target and his hypoglycaemia was under control.

Does one day in particular stand out to you?

I conducted 2 diabetes days while I was there this term and they were both really educational. I found that most people didn't really understand why they were doing the things they were doing and that once you explained it to them, they were much more willing to adhere to those tasks. Also, many patients had difficulty with administration and we were able to help with them with that by demonstrating. These days really stand out to me because you realize that it's really the little things that make our profession rewarding.

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

The biggest lesson I learned from Co-op was that pharmacists can do a lot and they can do more. We are often scared to take on a bigger role in the patient's health care but we are more than qualified.

Any words of wisdom to fellow students?

Don't be scared to share your knowledge! You know a lot more than you think and you can really make a difference in patient's lives.



Phresh From the Pharm

Spicy Buffalo Cauliflower 'Wings'

Ingredients:

- 1 cup of water or soy milk
- 1 cup of flour
- 2 tsp. garlic powder
- 1 head of cauliflower, chopped into pieces
- 1 cup of buffalo sauce
- 1 tbsp. vegetable oil

Instructions:

- 1) preheat the oven to 450° F
- 2) Combine the water/soy milk, flour, and garlic powder in a bowl and stir until thoroughly mixed
- 3) Coat the cauliflower pieces with the flour mixture and place into a baking dish, bake for ~ 18 mins
- 4) While the cauliflower is baking, combine the vegetable oil with buffalo sauce in a small bowl
- 5) Pour the hot sauce mixture over the baked cauliflower and continue baking for 5-8 mins
- 6) Optional: serve alongside celery and/or baby carrots!

Recipe from: <https://www.peta.org/recipes/spicy-buffalo-cauliflower-wings/>





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! We are especially looking for individuals interested in helping

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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	December 31	January 1	2	3	4	5	6
	7	8 SOPhS Club Phair	9	10	11	12 All Co-op Jobs Posted	13
Week 3	14	15	16 Co-op Cycle 1 Application deadline	17 Scotia: Invest in You Lunch and Learn	18 SOPhS Meeting	19 SOPhS Beginning of Term Social	20
	21	22	23 Interview Day	24	25	26	27
Week 5	28	29	30	31	February 1 Cycle 1 co-op matches come out	2	3
	4	5 Introduction to Patient Care Rotations (Rx2019)	6	7	8	9 WHPC Wine and Cheese	10

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.