

Pharmacy Phile

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

As with every winter term, University of Waterloo School of Pharmacy has the honor of welcoming a new class to the program. The Rx2023s came out of the gate with a very successful Phrosh Week despite some unforeseen hiccups along the way. With some fan-favorite events like the scavenger hunt and dodgeball tournament making a return, the Rx2023 class had a great chance to meet and spend time with their future colleagues. The week dialed up to 11 over the weekend, however, with an incredible turnout at Chainsaw as well as the Phrosh Phormal. Thanks to all the Rx2023s that came out, we hope you all had a blast. We look forward to spending time with you as your time at UW continues!

S2BN treated the students with an industry-specific pharmacy panel featuring some recent UW Pharmacy graduates. Students interested in the field had an opportunity to ask questions, meet like-minded individuals and network with some alumni who are firmly advancing themselves in the industrial sector. This panel, along with the various residency nights, has really peaked the interest within the Rx2021 cohort as our graduation sneaks upon us. Events like this help students discover the infinite possibilities pharmacy has to offer, regardless of what stage we are in!

Winter term is also home for the annual OPA Cup where UofT and UW go head-to-head in the rink, fighting for glory and bragging rights. Despite being the reigning champs for several years in a row, unfortunately Waterloo conceded a hard-fought battle to UofT with a

score of 3-1. As far as we are concerned, this was a fluke; Victory feels much better when it's part of a redemption arc anyway. We will get them next year for sure! A congratulations to George Daskalakis and Joshua Pusong who did a great job planning the event and carrying out the logistics. Of course, thanks to all the fans for coming out and having a great time!

Despite our competitive rivalry with UofT, we also share a sense of pride and comradery with our partner school in the planning of the annual Ontario Pharmacy Student Integrative Summit (OPSIS). Unfortunately, due to the increasing threat of COVID-19 and its promotion to pandemic status, the summit had to be cancelled for the safety of students, guests, and their respective communities. We thank the cohorts from both schools for their ever-growing interest in the summit and apologize that the summit could not follow-through. Fear not though, as this summit is an annual fixture and you will have a chance to go next year!

To wrap up the hustle-bustle of this address, we must not forget the Rx2020s who are off on beginning their own journeys. Having finished their course work at the end of February, they have begun their rotations all across Ontario. That being said, we will miss you guys and wish you luck in those rotations and eventually, the board exam!

Sincerely yours,

Kean Sarani & Meena Shweitar
SOPhS President & Vice-President

CAPSI Corner

Happy Pharmacist Awareness Month! Also known as March, but it's PAM in our hearts. Although the halls of Pharmacy have gotten a little bit quieter since the Rx2020s have departed for their rotations (good luck!), CAPSI's events are sure to keep the rest of the cohort's schedules busy up until exams!



Mara Faggioni (Rx2021) at CTV Kitchener representing UW Pharmacy as PAM 2020 Chair

To start off PAM, we hosted a Kickoff Breakfast with inspiring messages from Dr. David Edwards and Allan Malek from OPA. Since then, we've hosted events such as Free Yoga with Big Bliss, RxPRN and SOPhS, Women's Health Dinner and Learn with Dr. Nakhla (sponsored by OPA), and my personal favourite, Elementary School Outreach Presentations with our local elementary schools! UW CAPSI is extremely grateful to have such strong ties with members of our community, local businesses and other UW

Pharmacy Clubs – without their support (and the hard work of our lovely PAM Chair, Mara Faggioni), we wouldn't have been able to host such an amazing PAM!



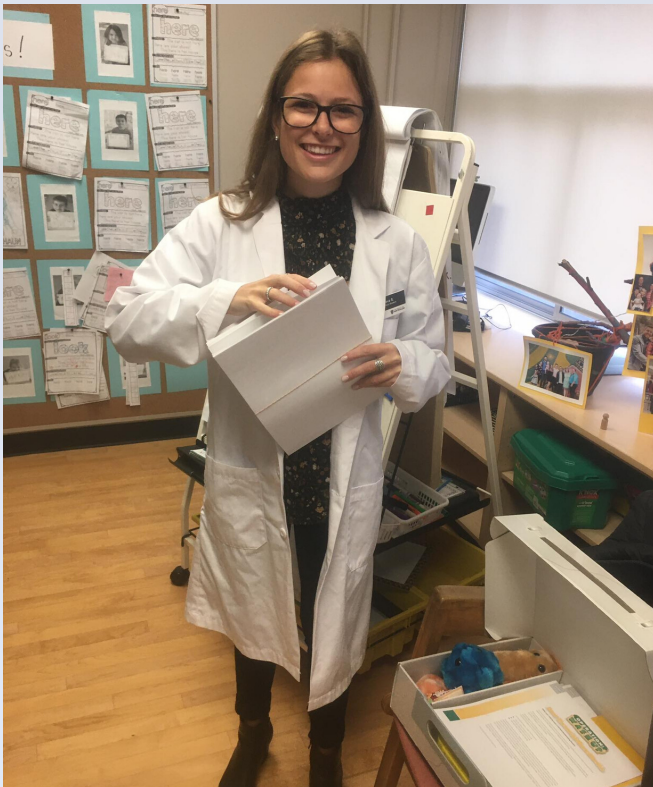
Dr. Nardine Nakhla presenting A Pharmacist's Role in Women's Health

From social media challenges to giveaways to pharmacist spotlights to social events, UW CAPSI has got you covered for when you need a break! To check out events that have happened or will be happening, give our page a follow on Facebook: Pharmacist Awareness Month at UWaterloo – 2020 Edition.

We also pride ourselves on providing great events for you, and we hope you've enjoyed what CAPSI has had to offer for this Winter 2020 Term. As always, we welcome any feedback or ideas for general CAPSI events and how to make PAM 2021 even bigger and better! Drop us a line on any of our social media and let's talk!

Facebook: Capsi Waterloo

Instagram: @capsiuwaterloo



Treva Sadler (Rx2021) participating as an Elementary School Presentations Volunteer

And as we gear up for the end of this term, I'd also like to acknowledge our 2019/2020 UW CAPSI Council for their dedication and hard work this year! Our two main rounds of elections for our new council have wrapped up, and although some of our terms on CAPSI will be ending, we are eager to pass on the torch the fresh faces of our 2020/2021 council. Who's your new council? I guess you'll just have to wait until the next CAPSI Corner...(or whenever we make an announcement on social media 😊)

Good luck to all with the rest of the term!

Charina Alducente, UW CAPSI
Communications/CAPSIL Director

Photo Credits: UW CAPSI



OPA Update

UW Hosts the 2020 OPA Cup



On March 1st, the University of Waterloo hosted the 2020 OPA Cup. Hundreds of students from the University of Waterloo and University of Toronto came out to cheer for their teams.

Down 3-0 in the third period, Bradley Grightmire successfully scored UW's goal bringing the score to 3-1 and making him this year's UW MVP. This gave the team a tremendous amount of momentum, but U of T was able to defend against it.

With a final score of 3-1, the University of Toronto emerged victorious after a few years without the OPA cup. The University of Waterloo has a lot to be proud of as we held on to the cup for about half a decade!

A huge thank you to the UW players for representing us on the ice!



ONTARIO
PHARMACISTS
ASSOCIATION

Pharmacy Student Chapters

Continued on the next page...

And thank you to everyone who helped out as part of the 2020 OPA Cup Subcommittee.

George Daskalakis Alma Maqbool Joshua Pusong Megan Reis
Bradley Grightmire Mayur Tailor Danica Estavillo Maher Jibrini
Angad Bains

Be on the lookout for next year's OPA Cup which will take place at the University of Toronto!



UW Players for OPA Cup 2020

Forwards

Rx2020 Rob Nunn
Rx2021 Bradley Grightmire (MVP)
Mike Harris
Tegan Odland
Courtney Simpson
Rx2022 Emma Scanlon
Maximilian Kisil
Rx2023 Rocco Marinaccio
Mackenzie Van Loon

Defense

Rx2021 Philip Deacon
Rx2022 Benjamin Guido
Kurtis Gosnell
Frankie Vrljic
Rx2023 Megan Reis
Valerie Tremblay

Faculty Spotlight: Terry Li

Interviewer: Cherry Chan (Rx2022)

Pharmacy Phile: Tell us about your role at the school.

Terry Li: I am the acting instructor for PHARM110 and 111 (Anatomy and Physiology). I teach in both lecture and labs. I am also responsible of teaching assistant and proctor training and development at the School.

PP: Of all the units you teach in Pharm110/111, which do you enjoy the most and why?

TL: I am a huge anatomy nerd, so I love all topics in anatomy! If I have to pick favourites, I'd say the brain in 110 and the heart in 111. The brain is such a complex organ that makes up our personality and drives our behaviours. Anomalies and injuries to the brain provide very interesting cases. The heart has always been my favourite organ. It's a marvellous machine that involves a lot of physics like pump mechanics and fluid dynamics. It functions while it develops and never stops working until we die.

PP: What is your #1 piece of advice for first-year students as they start their pharmacy studies?

TL: Don't panic! Anatomy and physiology will seem very intimidating and overwhelming, but you will memorize and understand more than you think. The key is to develop efficient learning strategies. That's what I'm here for. Help me help you!



PP: Why do you think it's important to know anatomy/physiology as a pharmacist?

TL: Anatomy and physiology set up the knowledge foundation for clinical cases and pharmacometric research. More importantly, anatomy and physiology provide a holistic view of the human body. They remind pharmacists that we are not just treating symptoms and diseases, we are treating a living organism. There are a lot working parts than what meets the eyes.

PP: What is your favourite memory here at the School of Pharmacy?

TL: My first lecture with Rx2022. It happened to be the first lecture after I defended my PhD thesis. I felt excited, proud and relieved.



PP: What was your favourite class as a student? What (if any) was the most challenging and why?

TL: My favourite class in undergrad was anatomy. I was always fascinated by the human body. I also had a very good professor. She inspired me to do what I do today. Physics was a close second. Most challenging was probably immunology. It was both conceptually challenging and memory demanding. I'm a visual person, very bad at memorizing letters and numbers.

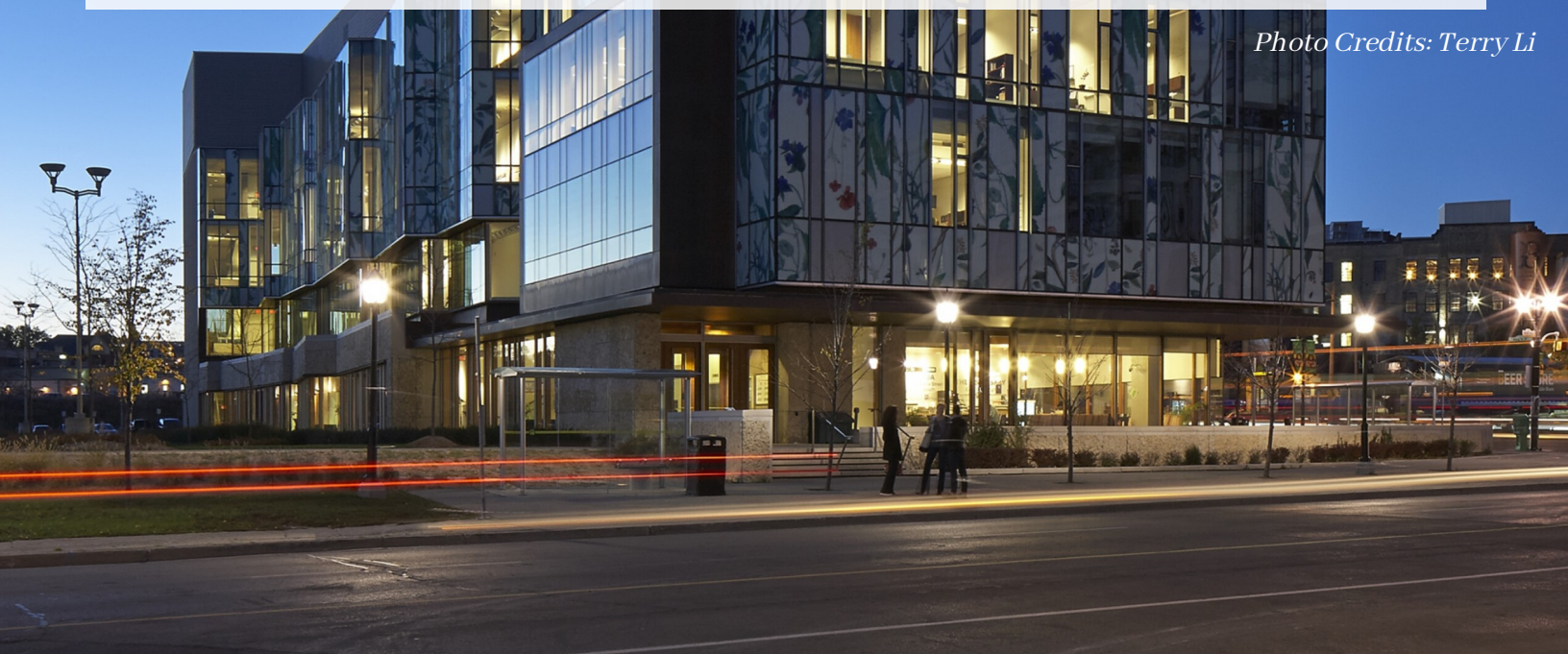
PP: What do you do on your spare time when you're not at the School of Pharmacy?

TL: I coach dragon boat in the summer. (We are still trying to get a SOP team going!) These days I spend most of my spare time with my girlfriend and our dog Cody.

PP: Just for fun, if you weren't a professor, you would be...?

A professional dancer... If I get a do-over, however, I would still choose teaching. There's nothing more rewarding than a career you enjoy.

Photo Credits: Terry Li



SOPhS Communications: Welcome Rx2023!



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 Upcoming 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Mar 15	16	17	18	19	20	21
Week 2	22	23	24	25	26	27	28
Week 3	29	30	31	Apr 1	2	3 Classes End	4
Week 4	5	6 Pre-Exam Study Day	7 Pre-Exam Study Day	8 Exams Begin	9	10 Good Friday	11
Week 5	12	13	14	15	16	17	18
Week 6	19	20	21	22	23	24 Co-op Ends	25 Exams Ends

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.