

Pharmacy Phile

University of Waterloo School of Pharmacy
ISSUE 18 - January 2011



SOPhS President's Message

Happy New Year! I hope you all had a wonderful holiday season and are getting excited to get back to school or start your co-op work terms.

2011 will be an exciting year for the School of Pharmacy; This is the first year that we have a full house, with the incoming Class of 2014 making our school complete. Our vanguard class will be graduating in August which will officially make UW an accredited School of Pharmacy.

The Vanguard Class is already a highly sought after group of students and they are guaranteed to make the school proud as they enter the workforce and show the pharmacy community the type of highly educated and well trained students that UW has to offer.

2011 will also bring many changes to the way our student society will be operating. Our new office is located on the 2nd floor in room 221. We encourage all students to drop in during our office hours to discuss any concerns that you have in regards to student issues and we will do our best to represent your voice. The entire student body is always welcome to attend the SOPhS meetings which is a great opportunity to bring forth any ideas and concerns to the council. We are going to be releasing monthly newsletters that will keep the school better connected as a whole.

SOPhS has been working hard over the fall term to bring a cafe back into the school and we are asking for your support by utilizing this resource. Any profits from the cafe will be rolled back into the student society so we will all benefit from its existence. In saying that, this cafe is not an independent company but is created by FEDS from main campus and SOPhS, so your opinions about the cafe are very important to us.

We have made changes to our website and will be utilizing it as a tool to keep the student body updated on student issues and the profession. Remember it is never too late to get involved and in 2011 there will be endless opportunities made available to you through your student society.

I wish you all an amazing 2011 year! I am looking forward to representing you and know that I have an open communication policy so that is why I provide you with multiple ways to access me through email, phone, and in person meetings so please feel free to contact me.

Kaitlin Bynkoski
President - Society of Pharmacy Students (SOPhS)
University of Waterloo School of Pharmacy
kbynkosc@uwaterloo.ca
226-808-8548

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Communications Update

Hello Pharmacy Students, I hope you have all had a great holiday!

My name is Dave Hughes and I'm the SOPhS Communications Director for 2011. I'd like to let you know about a few changes to the way we will be communicating with you this year that will hopefully keep you better informed about what's happening at UW Pharmacy and in the profession.

SOPhS Updates will now be sent on a weekly basis at noon on Tuesdays.

Newsletters will now be sent out during the first week of each month.

Students are welcome to send in submissions for both Updates and Newsletters although there are some changes to how this will happen this year. For detailed information on how to submit updates or newsletter articles please see Page 5 of this newsletter or check the Communications Tab at:

www.sophs.uwaterloo.ca

To contact me or to send in content for Updates or Newsletters email:

pharmsoc@uwaterloo.ca

Messages From SOPhS Council

Members of Council share information about their role at the School of Pharmacy and ways for you to get involved in 2011

Vice President

This January marks an important monument in the University of Waterloo's School of Pharmacy: our school is complete with an entire 4 classes of students. As the Class of 2014 begins their adventure in Pharmacy, the Class of 2011 prepares to enter practice. With three classes on academic term, great possibilities are created along with the obvious challenges. The expansion of first year student orientation is an example of this.

Phrosh Week 2011 is a continuation of the great work done by the two previous SOPhS Councils and fresh ideas from an amazing Orientation Committee. I would like to thank everyone on the committee, the orientation team leaders, event leaders and big brothers and sisters for volunteering their time to create a welcoming environment and a great experience for Rx2014 in their first week. Each new student now receives an orientation package packed with KW information, coupons to local businesses and various swag.

On Wednesday, January 5th at 11am in the lounge, all three classes were invited to a free lunch provided by SOPhS. Representatives from all the sub-committees will be present to talk about the events and activities for the upcoming term. Many of the events in the first week are also available to all classes: the Shoppers Drug Mart Reception Night and the Dallas Bar Night. For more information, go to www.phrosh2011.com.

That's all from me for now. Have a great start to your academic term (and for Rx2012, enjoy co-op!).

Robyn McArthur

Rx 2013 Class Representative

Welcome back Rx2013! I hope you have all had a rewarding and rejuvenating co-op term. For those of you who do not know me, my name is Mohan Joshi and I currently represent Rx2013.

To my classmates: I would like to thank you guys for allowing me to represent you in our student council this year. As I am sure you are all aware, we are now starting the more intense phases of our pharmacy training and

working together as a class will be even more important in the coming years. I look forward to reconnecting with all of you throughout this semester. Please do not hesitate to tell me what you would like to see from the faculty and the student council.

Welcome back to Rx 2011! Our class is looking forward to partying with you guys...as well as beating you in some sports. Good luck to Rx2012 on your co-op term and thanks for somewhat scaring us about IPFC. To Rx2014, Welcome to Pharmacy School.

Thanks,
Mohan Joshi

CAPSI Representative

Welcome Rx2014 and welcome back to returning students!

As you're getting settled back into class I'd like to give you an introduction on what CAPSI is and how to become a member of one of the **coolest** clubs in UW Pharmacy!

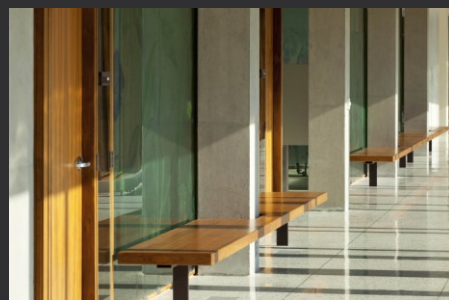
CAPSI (Canadian Association of Pharmacy Students and Interns) is a national association that provides a strong voice for pharmacy students in issues concerning students and the profession as a whole. It brings together students from schools all across Canada and provides countless opportunities for professional advancement, educational conferences and symposia, international pharmacy exchanges, and a chance to participate and learn in CAPSI competitions.

Some of the things you can expect from our local CAPSI chapter in the upcoming semester:

- Mock OSCEs for Rx 2011, Jan. 3-4
- Booth at UW Feds Clubs Fair, Jan 5
- Lunch and Learn/CAPSI registration, Jan. 7
- Professional Development Week Jan. 12-15 in Saskatoon, SK
- Diabetes Education Week
- Pharmacist Awareness Week

We hope that you can take the time to come out to some of our events and see all that CAPSI can offer to you!

For more information please visit www.capsi.ca or email the UW CAPSI senior representative, Ashley Gubbels (a_gubbels@hotmail.com).



2011 SOPhS Council

SOPhS President

Kaitlin Bynkoski

SOPhS Vice President

Robyn McArthur

Past President

Brad Linton

Executive Secretary

Jaime Rafuse

Communications Director

Dave Hughes

Senior Finance Director

Hans Lin

Junior Finance Director

Chelsey Barr

Marketing Director

Mihir Patel

Rx 2013 Athletic Representative

Dan Dalton

Rx 2011 Class Representative

John Thai

Rx 2012 Class Representative

Merna Hanna

Rx 2013 Class Representative

Mohan Joshi

Rx 2011 Social Representative

Tiffany Niro

Rx 2012 Social Representative

Aman Hansra

Rx 2013 Social Representative

Andrew Kwong

CAPSI Senior Representative

Ashley Gubbels

CAPSI Junior Representative

Jenny Seguin

OB-CSHP Representative

Julian Ellis

CPhA Representative

Nick Malian

Interprofessional Representative

Heidi Stanisic

OPA Student Representative

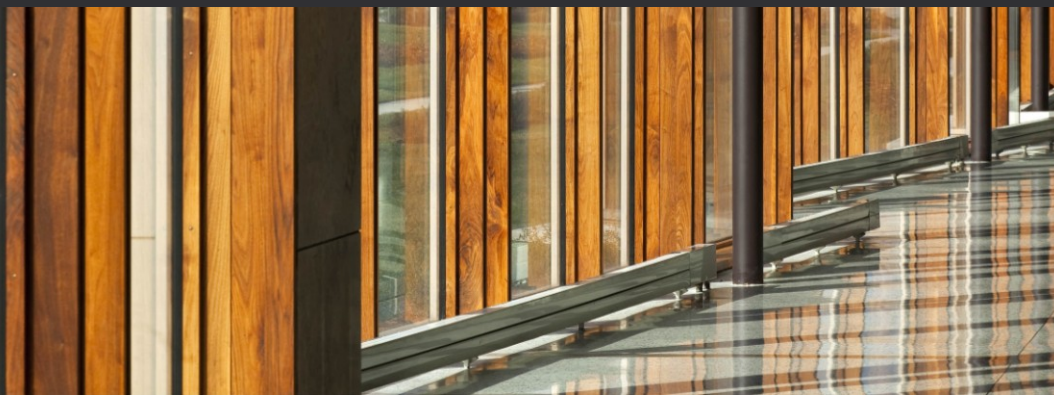
Stacey D'Angelo

Yearbook Editor

Karishma Kak

Graduation Representative

Angela Puim



Upcoming Events

Music Night

Do you enjoy live music? Free live music?? Social Committee invites you to come and listen to the talents of Noah and Greg (4th year students) on Friday, January 21, 2011 at 9 PM at McCabe's. Come and support some of your musically gifted classmates!!

Super Bowl Party

Are you ready for some football? Come on out to The Huether Hotel (59 King Street North, Waterloo) on Sunday, February 6th, 2011. The social committee has booked the Billiard Room there, so come on out and cheer your team on! Kick off is at 6:00pm. We hope to see you there!

Thanks,

Tiffany Niro (Rx2011 Social Rep)
Andrew Kwong (Rx2013 Social Rep)

Interprofessional Representative

The University of Waterloo's Interprofessional Committee strives to work collectively with other healthcare disciplines to strengthen our ability to provide optimal patient focused care to all individuals, thereby unifying the future of healthcare.

My name is Heidi Stanisic, and I am the Interprofessional Representative for the School of Pharmacy's student body. I also act as VP on an IP Committee formed with students of the Michael Degroote School of Medicine, and with close ties to various other healthcare disciplines including occupational therapy, optometry, social work and nursing. We are excited to welcome YOU to become part of an organization invested in your growth as a future healthcare provider.

Past events of 2010 have included: Interprofessional conferences with other healthcare disciplines to solve probable case studies through collaboration, a inter-disciplinary social "Wine and Cheese" where students came together to develop Interprofessional relationships in the city. Another fun event was the Interprofessional Committee participating as a united body in the Terry Fox Run, to not only raise money for cancer research, but bring awareness to our committee.

Future events in January will include a Geriatric Interprofessional Learning Workshop to be held at Winston Park Retirement and Nursing Home. The goals of the event are to: (1) Expose students to the integrative roles of health professionals in a multidisciplinary care environment (2) Increase student awareness of the aging process and major issues pertaining to the care of a geriatric patients (3) Provide students with a set of techniques that can be used to formulate thorough geriatric patient assessments.

These three competencies will embody what the Interprofessional Committee represents: Working together to provide optimal patient focused care to all individuals.

If you have any questions about becoming involved, please contact me by email at: heidi_isic@hotmail.com

Heidi Stanisic

CPhA Representative

Greetings Students,

My name is Nick Malian and I am your Canadian Pharmacists Association (CPhA) student representative for the Winter 2011 term.

The CPhA is the advocacy association that represents Pharmacists across Canada. Our purpose is to advance, unify and enhance the profession of pharmacy in Canada.

What's in it for you?

A **FREE** student membership will give access to a plethora of pharmacist's resources as well as communications such as *Student ClickInfo* and the *Translator* keeping you up-to-date on the **latest news and information** about the profession. You will receive discounts on many CPhA products and services such as the annual Compendium of Pharmaceuticals and Specialities (CPS), subscription to Canadian Pharmacists Journal (CPJ), student pricing to the annual CPhA conference and much more.

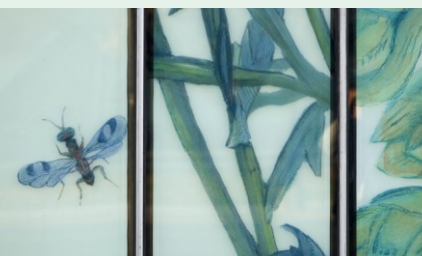
For more information on the CPhA and membership details visit www.pharmacists.ca

Unfortunately I will not be attending the Lunch and Clubs fair Wednesday January 5th so if you have any questions please feel free to email me at nmalian@uwaterloo.ca. I have no problem meeting with individuals or small groups if need be.

I'm looking forward to working with you this semester.

Regards,

Nick Malian



Grad Committee Update

The Graduation Committee is responsible for planning and coordinating events relating to graduation. The fourth year class (class of 2011) will be graduating at the fall convocation occurring in October 2011.

The Vanguard class Graduation Committee's goal is to make the event memorable and to establish traditions which can be carried forward into future years. Leading up to our October convocation there are several events planned for the 2011 class. These include a graduation trip to Mexico in April and a graduation formal in August.

More details to follow in coming newsletters.

Angela Puim

On behalf of the Grad Committee

Pharmacy Investment Club

Happy New Year! Welcome back to all of those back on campus and a big welcome to the new 2014 class! Also, good luck to the 2012's on their 3rd co-op term!

This is a short update on the comings and goings of the Pharmacy Investment Club (PIC) over the past year. It was during December last year when we started forming the club, developing the constitution, deciding on the acting executive and a number of other activities. In one year we have come a long way, but still have a ways to go to ensure that the club continues to run successfully and we encourage everyone to consider becoming involved (or more involved) in this unique club.

During this year we have reached many milestones. On July 14 we announced our first two trades for Symbiosis and Resverlogix, both small Canadian biotech companies. The trades were high risk, but without risk there is little reward! In November, we sold part of the RVX stock to recoup our original investment and kept the rest investing with hopes to gain a bigger return. In early December of this year we made 2 lower risk trades in a large cap company Toyota, hoping to gain returns with the upswing in the auto market and in Toyotas recovery after a year of safety issues and recalls. We also invested in an Exchange Traded Fund (ETF) for Claymore Global Agriculture, which diversifies in the agriculture sector.

Over the year the club has grown to include 84 members and students have benefited from many learning workshops offered in partnership with Scotia Bank roughly 4-6 times per term. The learning experience from the provided workshops is definitely worth the \$100 investment into the club. Executive members are continually working with Scotia Bank and our faculty advisor to develop valuable and meaningful learning experiences for all members.

We hope to see you at our first workshop in the 2011 term!

PIC Executive

Yearbook Editor

The Yearbook Committee is a group that works to put together a fabulous yearbook representing student life throughout the year in Pharmacy. Our hardcover full colour Yearbooks are only \$20, and span the year from winter to fall terms inclusive.

The committee meets to assign jobs in the winter, and from then on most communication is done by email and through our online editing webpage.

We're always looking for volunteers to help with taking individual photos, sending in photos from events, helping with distribution and sales and designing pages online. With many different types of jobs, this committee is great if you're looking to get involved to any degree... AND since the majority of the work is done online, it's easy to participate even when you're on co-op!

We're getting ready to start fresh for the 2011 Yearbook, so look for our sign up and first committee meetings in January, as well as pickup and sales of the 2010 Yearbooks for Rx2011 and 2013.

Jenny Seguin

Rx 2011 Class Representative

Hello Class/Faculty,

My name is John Thai and I am the class representative for the Vanguard class. I would first like to welcome the class of 2014 to the School of Pharmacy and I hope your hectic transition to the program is an enjoyable one. Secondly I'd like to welcome back Rx 2013 and Rx 2011 back to school. I'd also like to wish the class of 2012 all the best in their 3rd co op placements.

This is the first time we have had 3 years of students occupy the School of Pharmacy. Thus I expect the campus to be quite busy all year round and hope the library and other facilities are utilized to their fullest. As for the Vanguard Class, this is (hopefully) our final year of pharmacy school. Since this is our final year, we have to start thinking about PEBC and OSCE exams as well as employment.

In spite all this, I hope you take the time out of your schedules to celebrate this final year of education and reflect on how memorable these last three years of school have been.

John Thai

Athletics Update

Intramural Sign Up - Deadline for Sign Up is Friday, January 7th.

It's recess for Pharmacy Students, sign-up for Intramurals today!

Play ice hockey, ball hockey, basketball, indoor soccer, volleyball, and dodgeball. Take a break from school work and come out for fun and exercise. Experience does not matter, it's all about having fun.

Check www.intramurals.uwaterloo.ca for more details. To sign up, email:

uwpharmacy.athletics@gmail.com with your name, student number, class and your desired sport(s). If you're feeling overwhelmed or too busy but still want to get involved, a new season will begin in May.

Campus Rec Sports Clubs

Campus Recreation has 28 exciting sport clubs for you to get involved with. From badminton, cricket, martial arts, dance, dragon boat racing to triathlon training sessions, there is a club for everyone. The great thing about the sport clubs is you can join any time throughout the term (based on space availability). Check out www.clubs.uwaterloo.ca for more details, and contact me if you're interested in forming a club with other pharmacy students.

Ice Hockey

Players interested in playing ice hockey this semester should email:

uwpharmacy.athletics@gmail.com ASAP. There will be open ice shinny games throughout the semester for all skill levels. Furthermore, players interested in being selected to play against the University of Toronto Pharmacy School in the OPA Cup should become involved with the intramural and open ice sessions.

Getting Involved

If you have any ideas for events or want to get involved in athletics, feel free to contact me.

Dan Dalton

Rx 2013 Athletic Representative

OB-CSHP Representative

Hi, my name is Julian Ellis and I am your Canadian Society of Hospital Pharmacy (CSHP) Ontario Branch student representative.

I would like to start off by talking a bit about myself. I am currently in second year of pharmacy and prior to coming to Waterloo I graduated from Queen's University with my BScH in Life Sciences, specializing in neuropharmacology. I have had the opportunity to work and volunteer in many different hospitals including: Kingston General Hospital, Toronto General Hospital and St. Joseph's Health Centre in Toronto, so I have a good background in different areas of care, including pharmacy, from a hospital perspective.

My job as your CSHP representative is to provide you with information on hospital pharmacy. If you have any questions about residency programs, what hospital pharmacy entails, what CSHP has to offer you as a student or any other questions in general about CSHP membership please don't hesitate to ask me. If I don't have the answer to your question, I will do my best to find out the information for you. If you don't know me yet, you'll soon find out I'm not shy when it comes to asking questions!

Some of my plans for this year are to hold a CSHP info session as well as possibly start up a CSHP round-table for student members to discuss some current issues that are facing hospital pharmacy.

I look forward to meeting you all and answering all of your questions.

Contact info: uwcsprep@gmail.com



SOPhS Communication in 2011

First of all, I'd like to thank you for reading this issue of the Pharmacy Phile Newsletter. Many students work very hard at writing the articles that you see here and we all appreciate your interest in our respective submissions.

In this section I've included the aims of the Communications Committee and some important information about both the Newsletter and SOPhS Updates. If you are a prospective newsletter author, or would just like to know how you can have your voice heard, please keep reading!

Newsletters

As you may have heard, newsletters will now be released every month near the end of the first week. The exact date of the release will be included in SOPhS Updates. The deadline for content submission to the newsletters is on the 27th of each month. I have been flexible about receiving late content this month but in the future please have all content in by the 27th.

General guidelines for submissions to the Newsletter are as follows:

All content must be written in a professional manner and be free of significant errors.

At the time of submission, all content must be print ready.

The Communications Committee reserves the right to edit all content as they see fit.

Articles are to be limited to 1 page of text in a 12 pt font, or around 650 words.

Exceptions to the article size may be granted at the discretion of the Communications Director.

Lengthy articles may be summarized in the publication with a link to the full article on the SOPhS website.

If you have any questions or concerns about submitting content please email me at pharmsoc@uwaterloo.ca

Housing Edition

The Housing Edition is a special release of the Pharmacy Phile Newsletter where students can post housing ads for other students. This publication will be released once per term and will be announced in the SOPhS Updates approximately 2 weeks prior to its release.

General guidelines for submissions to the Housing Edition are as follows:

All submissions must be received before the deadline or they will not be included.

Each ad must be 100 words or less and contain no more than 3 images.

If you have any questions or concerns about submitting content please email me at pharmsoc@uwaterloo.ca

SOPhS Updates

SOPhS Updates will be sent to all students by email every Tuesday around 12:00 pm. Additional Updates will be sent, if required, on Friday afternoons.

Updates will be sent to the email address that is registered with the School of Pharmacy and any changes to this list must be made by speaking to Ken Potvin.

General guidelines for submissions to SOPhS Updates are as follows:

Update text should be limited to approximately 150 words

If lengthy updates are submitted you may be asked to submit a summary of the Update which will be included in the email along with a link to the extended version on the SOPhS website.

Submissions must be sent before the scheduled email time otherwise they will be held until the following Update.

All submissions should be sent by email to pharmsoc@uwaterloo.ca with a title and the words "SOPhS Update" in the subject.

Online Content

This year there will be an effort made to post Newsletter and potentially even Update content on the SOPhS website under the communications tab. In addition, all SOPhS organizations will be given a space to post their own updates and information so that you can have access up current information at all times. Finally, a detailed version of the communications guidelines for both Newsletter and Update submissions will be posted on the SOPhS website shortly. See upcoming SOPhS Updates for details!

Dave Hughes

SOPhS Communications Director

Your Voice: The Ontario Pharmacists Association (OPA)

By: Stacey D'Angelo - Rx 2012

I hope everyone had happy holidays and is well rested to get back to the grind, whether that be hitting the books or getting back to work for those on co-op. I'd like to give a special welcome to Rx2014 – I hope you enjoyed the Phrosh week!!

I'm your OPA Representative, Stacey D'Angelo. I know everyone is bombarded with organizations and committees to get involved with at this time of year. It's very important to understand what each does for you and why it is important to join. Here's a little about the OPA and my role as OPA Rep.

What is the OPA?

Besides giving you swanky new lab coats in first year, the Ontario Pharmacists' Association is your provincial professional organization and advocacy body. It represents more than 12 000 pharmacists who practice in community retail stores, family health teams, long term care facilities, hospital clinical settings, education, business and government. As I'm sure many of you know, health care in Canada is largely governed by each province. This is why advocacy that OPA provides matters in voicing the value of pharmacy here in Ontario. They are the ones who promote the value of what we do, whether to government (e.g. during expanding scope of practice & Bill 179), the public (have you seen those MedsCheck Ads out recently?), and other stakeholders (third party payers, other professions, etc.).

Some students may not understand the difference between the Ontario College of Pharmacists (OCP) and OPA. The chart below outlines these differences.

This is an exciting time to be a pharmacy student. With a wide range of issues affecting our profession now more than ever is the time to join YOUR advocacy body. It is time for pharmacists and pharmacy students to present as a united front to overcome the challenges and embrace the opportunities facing our profession. The OPA needs your support to move the profession forward.

Why You Should Join The OPA:

- To support your professional association
- To help influence and shape the future of your profession
- To make your voice heard (participate in district meetings)
- To stay informed about current and emerging issues that affect the practice and profession through e-blasts, weekly updates and members' only access to their website
- To gain access to publications which can help you in your studies – *The Ontario Pharmacist* (OPA's quarterly magazine), *The Pharmacist Letter*, online access to RxFiles
- To enjoy benefits available only to members (discounts on Goodlife, car rentals and much, much more!)
- To network and meet with leaders of the profession – especially at the Annual Conference (this year to be held at Deerhurst Resort in Hunstville)
- It looks great on your CV as well!

Continued on Page 7

Ontario Pharmacists' Association (OPA)	Ontario College of Pharmacists (OCP)
<ul style="list-style-type: none"> • Voluntary Membership • Addresses Issues of Provincial Concern • Advocacy Work with Provincial Government, Third Party Payers, Patient Groups and Others • Coordinates with the CPhA on National Issues • Serves PHARMACISTS interests 	<ul style="list-style-type: none"> • Mandatory Membership • Pharmacy Regulatory Body • Responsible for Licensure, Registration and Accreditation • Sets the Standards of Practice • Serves & Protects PUBLIC INTEREST



PDW 2011

Wide Open Future, Saskatoon

PDW 2011 will be taking place next week, from January 13th-January 16th, in Saskatoon, Saskatchewan.

With a theme of, Wide Open Future, this year's Professional Development Conference will aim to accentuate the growing number of new opportunities that are currently emerging for future pharmacists. The conference will consist of a wide variety of thought-provoking speakers and several social events that will give students the opportunity to meet other pharmacy students and interns from across Canada.

Our local CAPSI Competition winners will also be competing against students from other pharmacy schools in OTC counseling, compounding, and patient interview competitions. PDW promises to be a fun, educational, and exciting experience.

Check-out future SOPhS updates for more information about our experiences in Saskatoon!

Julia Denomme

Junior Competitions Coordinator



Continued from Page 6

To become an OPA member, visit <http://www.opatoday.com>, and click on “Become a member” on the right column of the screen. For more information, you can also contact myself (contact info below) or OPA’s Membership Coordinator, Wendy Furtenbacher at: wfurtenbacher@opatoday.com or 416-441-0788 ext. 4224.

Who Am I and What Do I Do For You?

As your OPA Representative, I wear a few hats. I sit on SOPhS and liaise with the student body to make sure we all know about important changes in pharmacy practice through the SOPhS email and the student newsletter. I also have a role in running the OPA Student Cup, which is an annual hockey game and social event between UW and UofT pharmacy students. This year the much anticipated game will be held March 20th in Toronto – more details to come! Finally, through the 2 year term in this position, I serve as voice of pharmacy students as a full-fledged Director on the OPA Board of Directors, with the first year in observer status and second year with voting rights.

If this sounds interesting to any of you, I hope you consider running for the OPA Rep position. Elections will be held later this term. Only 1st and the 2nd years are eligible to run because it is a two-year term.

If you have any questions about this position, member benefits, or just hot topics in pharmacy today, feel free to contact me at either:

studentrep@opatoday.com

Stacey_dangelo@yahoo.ca

or get in touch with me on Facebook.

Good luck to everyone this term!

Co-op Chronicle

Co-op Experience: First Placement

Field: Independent Community Pharmacy

Location: KW Guardian Pharmacy

Brief Job Description: Just about everything you could imagine doing in a community pharmacy.

This past co-op term was the first time I had ever worked in a pharmacy. Previously, people always asked me how I knew I wanted to be a pharmacist, and honestly, I didn’t know. After having worked at the KW Pharmacy I’m now sure that I’m in the right place.

The KW Pharmacy is a moderately sized community pharmacy that is active in just about every area of the profession. They have a well supplied compounding lab on site, large home health care and diabetes care sections, a separate counseling room, and OTC sections for both light therapy and compression therapy products. Each staff member is also involved with preparing compliance packs for our long term special care patients.

The owner, Pradeep Acharya, is both a Certified Diabetes and Certified Asthma Educator, and he is also trained in a number of other areas of direct patient care.

During my placement my duties ranged from filling weekly cards for my long term care home, to organizing the dispensary and developing marketing material for the store. I was given the opportunity to compound, receive, bill, and prepare prescriptions, counsel on medications that I had dispensed or even made myself, and even perform a few MedsChecks.

The pharmacy staff that I worked with were extremely helpful and I quickly went from hardly being able to find a prescription bottle on the shelf to filling and preparing the prescriptions for an entire long term care home.

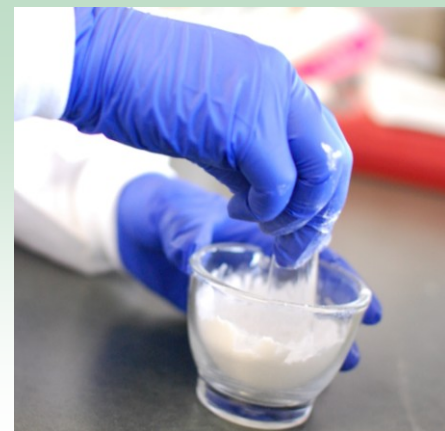
In addition to my work in the dispensary I was also able to help the pharmacy by creating a new logo and website as well as brochures on our Long Term Care Services and on seasonal affective disorder and light therapy. More recently, I was given the task of creating an ad for the pharmacy that will be printed in the Yellow Pages, as well as a promotional video for their website.

While working at the pharmacy I felt like I was able to experience something new every day and I began to realize how broad the profession really is. And this was only the community aspect of the profession!

If you are looking for a community pharmacy position that is challenging, diverse, and full of new opportunities I highly recommend working in an independent community pharmacy and I hope that all of my future placements provide me with as much knowledge as I have received from this one.

Dave Hughes - Rx 2013

If you would like to share your co-op experience in the Pharmacy Phile, and have permission from your employer, please email your submission, formatted similarly to this one, to pharmsoc@uwaterloo.ca



Recent Changes to Pharmacy: An Update

By Alam Hallan - Rx 2013

The last few years has brought on quite a few changes to many health professions, including pharmacy, leaving them in a state of flux. Slowly as the dust settles the changes are becoming clearer to health professionals. I would like to provide a brief update on some of these changes as it relates to pharmacy.

BILL 179:

As we are all aware Bill 179 aims to provide better care to Ontarians by expanding the scope of practice of certain regulated health professions and enable them to provide more services. Many controlled acts will now be included in the practice of non-physician health professions in order to streamline healthcare in Ontario. OCP has recently approved the draft regulations, which are now open to comments and feedbacks. If everything goes as planned Ontario pharmacist will finally see an expanded scope of practice in 2011.

The controlled act of prescribing which had been traditionally reserved for physicians has been extended to a broader class of health professions including pharmacists. Pharmacy act 1991 had been significantly amended resulting in a greater role of pharmacists in the delivery of primary health care. Prescribing limited to drugs specified in the regulations as been added as well as the ability to adapt, modify and extend an existing prescription.

Although initiation of drug therapy have been limited to smoking cessation drugs (nicotine, varenicline, and bupropion) which came as a disappointment to many of us, majority of the pharmacists see this as a good start which will slowly result in more drugs being available for pharmacists to initiate therapy. When it comes to the ability to adapt, modify or extend prescriptions, most of the pharmacists are extremely pleased with the new regulations. No longer having to phone/fax a physician for prescription modification or renewal is something that is going to translate into significant time savings for both the pharmacy staff and patients.

The list for substances which can be administered by injections of inhalations for the purposes of demonstration and education is significantly longer. It includes most of the common drugs and substances dispensed in the pharmacy. Once the regulations become official pharmacists will no longer have to use

dummy inhalers or prick pillows for patient demonstration. As the current set of draft regulations stand, pharmacists in Ontario would not be able to provide immunization services to patients which many practicing pharmacists were looking forward to.

The draft regulations also include a list of lab tests which pharmacists would be able to order in order to support medication management. This would go hand in hand with adapting and extending prescriptions.

The OMA has been overwhelmingly opposed to the expanded scope of practice for health professionals, particularly the ability to prescribe and extend prescriptions. During my co-op I received a few requests from physicians who asked to put "No Automatic Refills from January, 2011" in their profiles. I think this stems from the OMA submission to the standing committee on social policy on Bill 179 back in September 2009 in which they asked that a physician's "no extension" order must be respected. I acknowledge the fact that some cases and scenarios would make the use of such orders justifiable but such broad "no extension" orders, if respected, would undermine the spirit of the expanded scope of practice.

Please visit this website for details:

http://www.ocpinfo.com/client/ocp/OCPHome.nsf/web/Notice_ESP

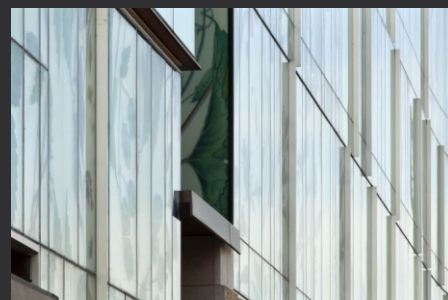
MedsCheck:

As of Sept 13, 2010, the MOHLTC has expanded the MedsCheck program. In addition to Initial and follow up program for OHIP card holders on three or more chronic medications, the program now includes annual meds check for diabetic patients with multiple follow up consultations throughout the year. Patients who are unable to attend a community pharmacy are also eligible for MedsCheck at home and MedsCheck Long Term care programs.

For details visit:

http://opatoday.com/index.php?option=com_content&view=article&id=81&Itemid=182

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Future Content

In upcoming newsletters the following sections will be included in order to allow you to ask questions to both experts in pharmacy and School of Pharmacy administration. Send all questions to pharmsoc@uwaterloo.ca by January 20th so that they can be answered in time for the next newsletter!

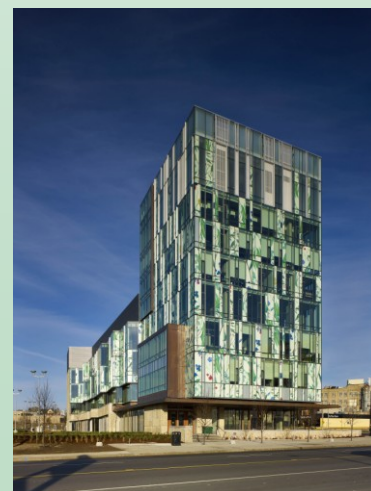
Ask An Expert

In this section any student can ask a question about something related to the profession of pharmacy. The Communications Committee will then seek out the best person to answer the question and post that answer in the next newsletter!

Questions for Administration

In this section answers will be posted to questions that students have asked about the School of Pharmacy. If you don't have a chance to get upstairs to talk to School of Pharmacy Administration then let us do it for you! This is also a great way to let other students know the answers to questions that you may have.

Do your best to get your questions in to us as soon as possible!



Regulated Pharmacy Technician:

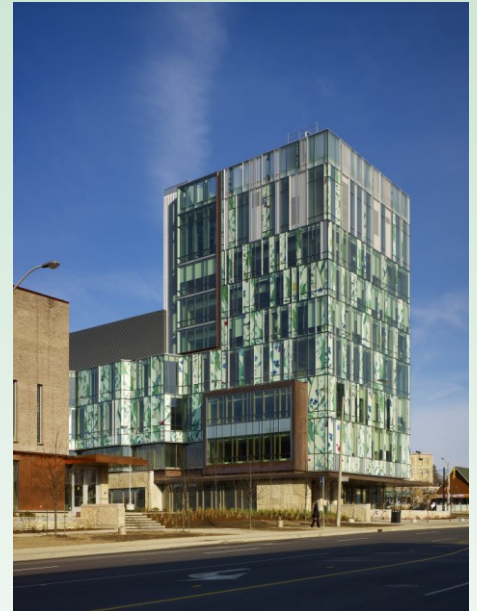
Ontario may be behind in implementing an expanded scope of practice for pharmacists but it is the first in Canada to regulate pharmacy technicians. As many of you would have known, the regulations for registering pharmacy technicians were released on 3rd December, 2010 while the registration with OCP began 8th December, 2010.

The regulation of pharmacy technicians has received mixed feelings from both pharmacists and pharmacy technicians. Many technicians feel uncomfortable about going back to school and taking tests to become registered with OCP, others are excited and looking forward to become recognized health care professionals and take on additional responsibility.

While some pharmacists are welcoming this new change and look forward to move on from the traditional technical responsibilities of dispensing, others are not too excited. Some pharmacists feel that they have signed away their professions as the dispensing role gets handed over to another professional.

Conclusion:

Over the years, dispensing has become less and less profitable and would not be able to make a community pharmacy viable by itself. The new laws and regulations are definitely aimed to push pharmacists from a product oriented profession into a patient care oriented role. As the profession of pharmacy evolves, pharmacists need to evolve with the profession. I feel that every profession finds it hard to acknowledge and accept change. Just like the physicians are trying to protect their prescribing authority, pharmacists are trying to hold on to their dispensing roles. We as students can definitely look forward to these changes and our new roles. As the profession has evolved, pharmacy education has also changed and is now preparing us to provide increasingly complex care, drug therapy management, use technology to handle the technical aspects of dispensing and enhancing inter-professional collaboration. Pharmacists who are comfortable and able to utilize the extended scope of practice would be able to provide a much higher level of patient care.





BLURBS ON HERBS

“The leaves and floures of Borrage put into wine make men and women glad and merry, driving away all sadnesse, dulnesse, and melancholy, as Dioscorides and Pliny affirme. Syrrup made of the floures of Borrage comforteth the heart, purgeth melancholy, and quieteth the phrenticke or lunaticke person.”
 – John Gerard, The Herball, or General Historie of Plantes (1597).

Issue 12.1 – Borage (*Borago officinalis*)

(aka: **burrage; bourrache; bugloss; star-flower**)

In an earlier edition of *Blurbs on Herbs*, I introduced you to coltsfoot (see *Pharmacy Phile Issue #10, May 19, 2009, Blurbs on Herbs Issue 4*) a herb containing hepatotoxic pyrrolizidine alkaloids (PAs). Hepatotoxic PAs are insidious compounds which act as catalysts and are thus dangerous in minute quantities – repeated exposure to low concentrations of them can cause severe veno-occlusive disease leading to liver enlargement and failure. Single doses of 10 – 20 mg PAs or chronic ingestion of amounts less than 10 micrograms can cause veno-occlusive disease. Additionally they are possible mutagens/carcinogens. Although not all PAs are hepatotoxic, such as those occurring in *Echinacea* spp., hepatotoxic PAs can be found in many plant species including alkanana, boneset, butterbur, coltsfoot, comfrey, dusty miller, forget-me-not, golden ragwort, gravelroot, groundsel, hemp agrimony, hound's tongue, tansy ragwort, and today's herb borage. Despite the presence of hepatotoxic PAs in borage (the plant also has non-toxic PAs), borage seed oil has become a popular NHP in modern times. Crude seed oil preparations contain less than 100 parts per billion (ppb) which can be further refined to reduce the PA content of the oil to non-detectable levels (via HPLC, GC-MS, etc). In

order to be legally sold in Canada and receive an NPN, all products containing borage must be certified and labelled as being hepatotoxic PA-free.

Description and Habitat: Borage is a hardy annual plant originating from Syria but naturalized throughout Europe, Asia, South America, and North Africa. It is frequently found growing wild in the countryside; Europeans traditionally grew it in kitchen gardens using it as a food (for salads and soups), medicinal herb, and for its flowers, which yield excellent honey. The borage plant is rough with white, stiff, prickly hairs, has round, branched, hollow, succulent stems, and grows to about 1.5 feet high. Its leaves are wrinkled, deep green, oval, and pointed, and grow to about 3 inches long and 1.5 inches broad with stiff, one celled hairs on the upper surface. The flowers are bright blue and star-shaped, with unique and prominent black anthers that form a cone in the centre (aka the 'beauty spot'). The fruit consists of four brownish-black nutlets.

Medicinal Constituents: The medicinal parts of borage are the seed oil, flowers, and leaves. With respect to hepatotoxic PAs, most are concentrated in the plant roots, but may be found in all plant parts including the leaves, flowers, and seeds; the total amount is usually < 0.001% relative to the dry weight but variable by plant part (the oil may have < 100 ppb naturally). Medicinal ingredients include the omega-6 fatty acid gamma-linolenic acid (GLA) (18% - 26% in the oil but absent in the leaves and flowers) and the antioxidant rosmarinic acid (in the flowers and leaves).

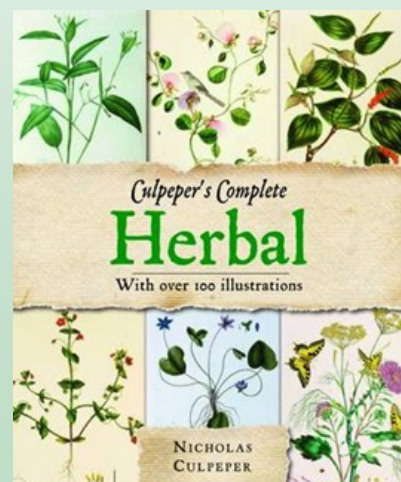
Medicinal Use: Before the discovery of hepatotoxic PAs, borage was traditionally used orally as a diuretic, demulcent (soothes inflamed or injured skin, particularly the mucous membranes), and for fevers and pulmonary complaints. Topically, the oil was used and still is as an emollient. Presently borage seed oil is used for rheumatoid arthritis, atopic eczema, infantile seborrheic dermatitis, stress, premenstrual syndrome, attention deficit-hyperactivity disorder (ADHD), inflammation, adrenal insufficiency, for "blood purification", as a diuretic, as a sedative, to treat bronchitis and colds, and to increase breast milk production. The flowers and dried leaves are sometimes used for fever, cough, and depression, although these preparations are more likely to contain toxic PAs, particularly in unlicensed preparations. Borage oil is commonly used as an emollient in the manufacturing of skin care products.

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Issue 12.2 - Blurbs on Herbs Crossword Puzzle Solution

Please see Page 11 for the complete crossword puzzle solution.

Congratulations to Cynthia Jones (Class of 2013), the first person to submit a completed crossword puzzle! Cynthia will receive a reprinted version of the historic and seminal book *Culpeper's Complete Herbal*, originally published in 1653 by English physician, scholar, astrologer, botanist, and herbalist, Nicholas Culpeper. Although dated, it remains an important reference for the traditional use of many popular herbals used today.

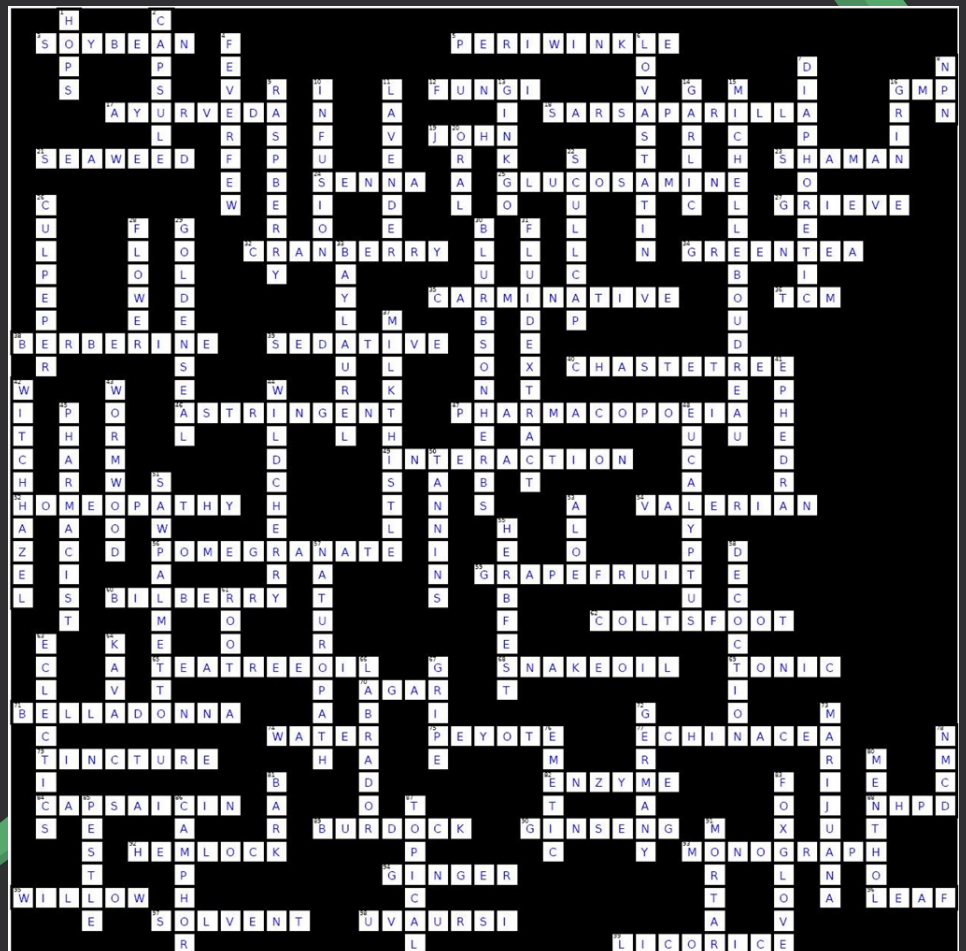


Typical Dosages: Traditional preparations and dosages for internal use include an infusion of the leaves (1 oz. to 1 pint of boiling water – wineglassful doses) and fluidextract (0.5 – 1 drachm). Externally a poultice was commonly used for inflammatory swellings. Modern doses of borage seed oil: 1.1 – 1.4 grams daily for up to 24 weeks has been used in trials for rheumatoid arthritis; 500 – 2000 mg has been used daily for up to 24 weeks to treat atopic dermatitis. Topically, for infantile seborrheic dermatitis, 0.5 mL applied bid for 10 – 12 days, with additional applications 2 – 3 times weekly once the lesions healed, has been used in infants (up to the age of 7 months).

Evidence: Experimental evidence has demonstrated that GLA reduces the production of interleukin 1-beta, which may be involved in inflammation in diseases such as rheumatoid arthritis. GLA is metabolized to dihomogammalinolenic acid, a precursor to prostaglandin E1, which also has potent anti-inflammatory properties. GLA is also thought to decrease triglycerides, increase high-density lipoprotein levels, decrease blood pressure, have antiplatelet effects, and prolong bleeding time. It may also have an antiestrogenic effect. In combination with fish oils, borage seed oil has been found to modulate the immune system by decreasing levels of interleukins (IL-10, IL-4) and cytokines. It has also been found to decrease the activity of tumor necrosis factor. The strongest evidence for borage seed oil is in the treatment of rheumatoid arthritis (in combination with conventional analgesics or anti-inflammatory agents).

Borage in Pharmacy Practice: I worked at a compounding pharmacy that routinely used borage oil in 2 types of topical creams: one for dermatitis and one for hormone replacement therapy. The pharmacy also sold 3 different borage seed oil capsule preparations for oral use. Regardless of the formulation, ensure that borage products selected by patients are certified hepatotoxic PA-free. Borage taken orally can interact with anticoagulant/antiplatelet drugs, CYP3A4 substrates (e.g. carbamazepine, phenobarbital, phenytoin, rifampin, rifabutin), and NSAIDs.

Jason Budzinski (Pharm 2011)





Call for Content & News

If you have an upcoming event or an announcement for the School of Pharmacy please let us know! The deadline for submissions in the next newsletter is January 27th, 2011.

Thank you to all of the staff members and students who provided content for this newsletter.

If you have any questions, comments, or concerns about this newsletter or The Society of Pharmacy Students at the University of Waterloo School of Pharmacy please send an email to: pharmsoc@uwaterloo.ca

Thank you for reading and good luck with the term!

News & Events

The Dispensary is Now Open!

Check out the School of Pharmacy's new Café run by the Federation of Students (FEDS). They have great prices and best of all profits are given back to SOPhS, so everyone benefits!

Orientation Week Events

Orientation week isn't over yet, and best of all Friday and Saturday nights' events are open to all classes. Check out www.phrosh2011.com for more details!

Study Space and Room Bookings

Attention Students: Please be aware that the first floor fish bowls are designated for group study space. If there are extra chairs and desk spaces please allow other students to use them. These rooms cannot be booked as study space and if any rooms are booked for meetings or events students will be asked to leave for the duration of the booking. 2009 is available for quiet study only when not in use by lectures. There is a limited amount of space in the building for everyone to share so please be courteous to others and observe these policies when using any rooms.

Frost Week - Welcoming UW Students Back to Winter Term

Tuesday January 11th, 2011

- Breakfast Treats in the SLC Great Hall/MPR (8:00AM-11:00AM)
- Comedy Show @ Bomber Featuring Comedians from Yuk Yuk's on Tour
- Doors open at 7:30PM, show starts at 8:30PM

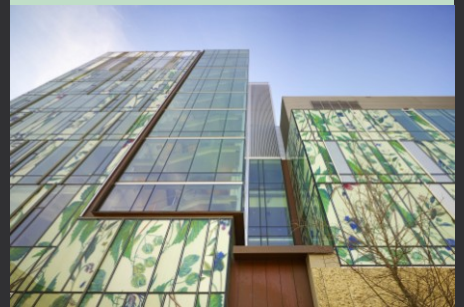
Wednesday January 12th, 2011

- Talk Sex with Sue Johanson in the SLC Great Hall (12:00PM Start)
- Bomber Wing Eating Competition in the SLC Great Hall (2:30PM Start)
- Frost Fest with Inflatable Fun, Speed Meeting and Video Games in the SLC Great Hall, MPR and Lower Atrium (8:00PM Start)

Thursday January 13th, 2011

- Concert with Justin Nozuka headlining (<http://www.justinnozuka.com/>)
- Doors open at 8:00PM, opener on at 9:00PM, Justin on around 10:30

Pharmacy Phile ISSUE 18 - January 2011



Society of Pharmacy Students (SOPhS)
University of Waterloo School of Pharmacy

10A Victoria Street
Kitchener, Ontario N2G 1C5

www.sophs.uwaterloo.ca



SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	January 2	3 Orientation Wk	4 Orientation Wk	5 Orientation Wk	6 Orientation Wk	7 Orientation Wk Shoppers Drug Mart Night	8 Orientation Wk Night Out at Dallas
Week 2	9	10	11 SOPhS Meeting 7 PM	12 CAPSI PDW (in Saskatoon)	13 CAPSI PDW	14 CAPSI PDW	15 CAPSI PDW
Week 3	16 CAPSI PDW	17	18 SOPhS Budget Meeting 7 PM	19	20	21 Music Night	22 McMaster Geriatric Interest Group Interprofessional Skills Day 8:30-3:30 at Winston Park
Week 4	23	24 CAPSI Diabetes Awareness Wk	25 CAPSI Diabetes Awareness Wk	26 CAPSI Diabetes Awareness Wk	27 CAPSI Diabetes Awareness Wk	28 CAPSI Diabetes Awareness Wk	29
Week 5	30	31 Tentative Rx 2014 Class Rep Election	February 1	2	3	4	5
Week 6	6 Super Bowl Party	7	8	9	10	11	12

SOPhS Calendar Notes

Please note that event dates may be subject to change. Contact SOPhS if you are unsure of an event date

We are currently working to have the SOPhS calendar available in print at the SOPhS office as well as online. Further details will be provided in a future SOPhS Update.

If you would like an event to appear on the SOPhS calendar please email Jamie at jrafuse8@gmail.com