

2011 CPhA National Conference



2011 Centennial Award Winners pictured with members of the CPhA Board of Directors

SOPhS President's Message

Wow...we are half way through another term and we have reached the end of election season for both SOPhS, CAPSI, and PIC. I would like to acknowledge all students who ran in the elections and submitted applications. I was overwhelmed with the number of students who are willing to get involved and become further engaged in their profession and the school. I commend each and every one of you. Whether or not you got a position in an organization, what is important is that you put your name out there by running through an election process which is a great first step to getting involved. I ensure you that your names will not be forgotten in the future when other opportunities arise and working groups are formed. Getting involved does not stop at the election front as we always need volunteers and students for brainstorming sessions. SOPhS has many subcommittees that the newly elected individuals will be expected to form from within members of the student body. I encourage everyone to take a look at your SOPhS Council of 2011-2012 posted in this newsletter and become familiar with the names of your newly elected student representatives in various areas!

CONGRATULATIONS to all of you who have successfully joined this year's student organizations! The future of our school is in good hands!

On another note... I recently returned from the Canadian Pharmacist Association Conference held in Montreal, Quebec. This was an extremely rewarding experience to be a part of, as I participated in the conference as this year's Centennial Award Winner, representing the University of Waterloo. I had big shoes to fill as Jenny Seguin and Heather Foley, Waterloo's two previous award winners, represented our school so well over the past two years. I had the opportunity to meet 9 extraordinary women from the other pharmacy schools across the country. After spending 72 hours straight together in pre-conference activities, not only did I learn a lot about how pharmacy students are being educated across the country but how each of them, individually, are so passionate and devoted to their schools and profession. I also had the opportunity to meet the CPhA Board of Directors and various individuals leading the profession nationally and internationally.

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Communications Update

My apologies for the late release this month but it was necessary to ensure that all council members were adequately represented (and to allow for a little more fun at OPA, which will be covered in the July issue). On that note, congratulations to those new members of council who are joining us and thanks to those of you who are leaving, it was great to work with you! It'll be exciting to see what 42 pharmacy students can get accomplished!

I'd like to specifically welcome Jas who will now be working with me to make sure you are all kept up to date on SOPhS news and events. By the way, it's always good to let us know how we're doing! There's a Town Hall coming up on Monday, May 20th for you talk about just that so make sure you get there to help us improve how SOPhS functions!

It was great to see the representation Waterloo had at the CPhA conference so thank you to those of you who attended. Congratulations to Kariskma Kak who presented a research project from her co-op position in the fall. From the sound of it she really showed the audience what Waterloo students can do!

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I was extremely proud to be a University of Waterloo pharmacy student at this conference, as we had the largest showing of students in attendance. We also had some of our professors presenting posters highlighting their research, Dr. Jeff Nagge was one of the key speakers at the conference, and one of our students Karishma Kak spoke on behalf of research she had conducted while on a co-op experience. Although currently, the University of Waterloo does not have a graduating class, our school was well represented at this event and it is clearly noted the excitement of the profession, to see what our graduates will have to offer in the future.

This experience was truly rewarding and I came back inspired to continue to develop ideas and implement ways to make our student experiences even more enriching.

I hope you all get the opportunity to attend conferences in the future, whether it be CPhA, OPA, CSHP, PDW, etc. Let the profession and the pharmacy graduates before us, inspire you.

Please come out to the Town Hall Meeting on Monday June 20th @ 7pm in Room 1004.

This will give you the chance to express to your student representatives your views and concerns. Let us try and help make your experience at school even better!

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



Kaitlin Bynkoski (SOPhS President) and David Yam (University of Toronto Undergraduate Pharmacy Society President)

Current SOPhS Council

SOPhS President

Kaitlin Bynkoski

SOPhS Vice President

Robyn McArthur

Past President

Brad Linton

President-Elect

Saleema Bhaidani

Vice President-Elect

Danielle Paes

Executive Secretary

Caitlin Meyer

Senior Finance Director

Chelsey Barr

Junior Finance Director

Andrew Cornacchia

Rx2011 Class Representative

John Thai

Rx2012 Class Representative

Dianna Sabbah

Rx2013 Class Representative

Mohan Joshi

Rx2014 Class Representative

Jeffrey Baxter

Yearbook Editor

Karishma Kak

Senior Communications Director

Dave Hughes

Junior Communications Director

Jaskiran Otal

Marketing Director

Kandis Farr

Member at Large

Lilly Yonadam

Interprofessional Representative

Jessica Karam

FEDS Representative

Kacie Lunn

Senior CAPSI Representative

Jenny Seguin

Junior CAPSI Representative

Jamie Rafuse

OPA Student Representative

Nick Malian

OB-CSHP Representative

Julian Ellis

OB-CSHP Rep-Elect

Leonard Chan

OPRA Representative

Merna Hanna

OPRA Rep-Elect

Julian Ellis

Graduation Committee Chair

Jillian Grolcholsky

Recruitment Director

Stacey D'Angelo

Athletic Director

Dan Dalton

Rx2014 Athletic Representative

Mahmood El-sweisi

Social Director

Tiffany Niro

Rx 2012 Social Representative

Aman Hansra

Rx 2013 Social Representative

Andrew Kwong

Rx 2014 Social Representative

Jackie Diebold

Pharmacy Investment Club Representative

Nabil Kanji

Journal Club Representative

Saurabh Patel

Community Action Now Representatives

Vivian Lee

Calvin Poon

Curriculum Committee Student Representative

Monique Potvin

Admissions Committee Student Representative

Deepti D'Souza

Petitions Committee Student Representative

Marc Wilson

Faculty Advisor to Council

Roderick Slavcev



Messages from SOPhS Council

Vice President

First off, I want to congratulate all the candidates elected into SOPhS council this year. We have a strong team of students that will continue to achieve great student life at our school. And a welcome does not come without a goodbye, so I would like to acknowledge our council members that completed their terms in May and put so much work in their past positions (Stacey, Jenny, Heidi, Jamie, Mihir and Hans).

The **Big Brother and Sister Program** for this year will be modified based on the feedback from the “closers” as well as previous years’ volunteers. In order to make this a success, we need your feedback on ideas that would improve on the previous years’ program. A sign-up program online for incoming students in September will begin soon after acceptances are given, so that only new students requesting the service will be matched with a current student in a timely fashion. If you have any other suggestions for this program, please drop me a quick e-mail (r3mcarth@uwaterloo.ca).

All the best,

Robyn McArthur

President-Elect & Vice President-Elect

We are very excited to take on our newly elected positions as President and Vice President for the 2012 year! It is truly an honour to be a part of such a bright, creative and motivated team. We would like to take this opportunity to thank everyone for all of the support they have already shown us. The current SOPhS council has built a solid foundation for our new team and we will work closely with both them and all the incoming members to ensure a smooth transition. We are looking forward to working with each one of you to bring out the incredible potential that SOPhS has to enrich our experience as we journey through our years in Pharmacy.

Cheers to great times ahead!

Saleema Bhaidani & Danielle Paes

Executive Secretary

Hello,

To all of the students currently in school, I hope you are enjoying the semester and

learning a lot. To the 2013s, I hope co-op is going great for everyone and you are all adjusting nicely. As incoming executive secretary, I am very excited and eager to take on this role. I am learning some of the tricks of the trade from the past executive secretary and I cannot wait for my term to begin. I know SOPhS will continue to organize phenomenal events and advocate on behalf of the students at the University of Waterloo. I look forward to working with this years SOPhS council and ensuring that we continue to be an organized and well informed team.

Cheers

Caitlin Meyer

Senior Finance Director

As the summer term is upon us, I would like to update our student body on some of the key developments in SOPhS finances this year to date. During the winter term I worked diligently to organize SOPhS finances and create a budget and ledger that is much more accountable and accessible for all SOPhS members. I owe a huge thank you to Roderick and his assistant Doris for all their patience and understanding as we re-vamped everything! As a council we had also agreed upon investing some of our surplus budget this term so as to have a safety net for future SOPhS planning and purchases. Through a partnership with Scotiabank we have opened a low-risk investment that will be beneficial for future SOPhS operations. In my role on the grad committee I have also had an opportunity this term to create and maintain the budget for the Vanguard class graduation formal and convocation reception. It is going to take a lot of work but we have a great committee who are dedicated to making such a special night even more wonderful! I am also excited to welcome our newly elected Jr. Finance Director, Andrew Cornacchia, to SOPhS, and I’m sure he will make a great addition to our team.

Chelsea Barr

Junior Finance Director

It’s an exciting time for our school. With Rx2011 graduating soon, we will finally have our first graduates from UW’s School of Pharmacy. With a full student body we’re hearing great ideas, pushing the boundaries of our profession and creating a name for Waterloo Pharmacy. Our students are de-

Run For The Cure Update

This year the Run for the Cure team has officially gone National! We are piloting our first ever CAPSI National Fundraiser, and if we are successful, CAPSI may decide to make this an Annual National Fundraiser. We will be competing against 5 other schools to be the school that raises the most money. U of T even said that they want to run in Kitchener with us to spur the competition.

We’ve already kicked off our fundraising with our Pot Luck lunch on June 2. In about 30 minutes we managed to raise \$451. Thank you for all of the donations and for coming out to support the team!

CAPSI will also be donating the fundraising money from our Candy Grams in February. So our current grand total is \$616!

For the rest of the summer we will be holding a Beach Party Fundraiser (date to be announced), a Graduation Garage Sale in August and our 2nd Annual Run for the Cure Golf Tournament.

Golf Tournament Details

Date: Saturday July 16

Time: Starting at 11:00am

Location: Conestoga Golf and Country Club

Included: 18 holes of golf, a cart, dinner and prizes for the winning teams

Prizes will be awarded for the winning team, the best all-female team, the team that wins trivia, plus others as prizes are available.

Teams can start signing up now! If you want to play submit your foursome to Sheri at: sheri.howard@gmail.com. Teams can sign-up until June 30, so get your team in before then!!!

If you are interested in participating on our Run for the Cure team please sign-up at <http://www.runfortheure.com/goto/uwpharmacy>.

Messages from SOPhS Council - Continued

manding more, and now is the time for the student body, through SOPhS, to seize these opportunities. As your new junior finance director, I look forward to working with all of you to realize our goals through productive, responsible, and accountable finance directives. Let's make the most of our years here and lay a foundation for the future of Waterloo Pharmacy and our profession in general.

Andrew Cornacchia

Rx2014 Class Representative

Hey Pharmies,

Thank you all for voting and taking part in this year's SOPhS elections. What a great job all the candidates did on their campaigns and well done with the videos! I was truly impressed I must say. I am delighted to be elected Rx2014 Class rep and wanted to take this opportunity to thank you all for supporting me. I look forward to communicating with all of you and helping to liaise closely with SOPhS, faculty, and administration over exam conflicts and other issues or concerns that come up.

I hope this message finds you doing well and enjoying the summer season. It's now June, the sun is shining and the warm weather is finally here to stay. But look out, here comes all the midterms! Good luck everyone on your exams and let's try and enjoy the season when we can.

Cheers,

Jeffrey Baxter

Marketing Director

Hi Everyone!

I'm very excited to be given the responsibility of the SOPhS Marketing Director position! I grew up in Elmira, a small town about 20 minutes from Kitchener-Waterloo, and did my undergrad at UW as well. I'm really looking forward to expanding the role of the Marketing Director and want to use my position to develop international opportunities for pharmacy students, build contacts for local co-op work opportunities, and most importantly, get the University of Waterloo School of Pharmacy name out there as THE BEST place to get a pharmacy education! I hope to build on the fantastic opportunities that having a new program offers

and make us the most sought-after pharmacy graduates. (Not that you all aren't fantastic as is!!) If anyone has any suggestions or ideas I would be happy to hear them (kandisfarr@hotmail.com).

Looking forward to representing all of you!

Kandis Farr

Interprofessional Representative

Hey Pharmers, my name is Jessica Karam from Rx 2014 and I'm look forward to being your new Interprofessional Rep. I'm very excited to get students on board with interprofessional collaboration and I plan on creating many opportunities for students to get involved in new initiatives. I believe that awareness about the contribution of pharmacists to the overall health care team is crucial early on in the pharmacy occupation and I plan on assisting students with their connections with other health care providers. I hope to amplify participation from the student body with respect to interprofessional events and allow students to take advantage of their expanded role as future health care professionals. If you have any questions or suggestions, I'd love to hear from you! Thanks :)

Jessica Karam

FEDS Representative

Hey guys! I just want to thank everyone who voted, as I am very excited to have this opportunity to work for you as your FEDS rep! In case you wanted to get to know me a little better, I started my undergrad here at UW in the Honours Science program in 2007. During my undergrad career, I regularly volunteered for the Faculty of Science for both campus events and recruitment events (I even got to attend the University Fair in Toronto last year to represent the Science Faculty for UW). I also worked for the Faculty of Science last fall term, so believe me when I tell you I have the connections and know the right people to get the most out of main campus!

Some things I currently have in mind to bring to this position include working with the Phrosh committee to implement main campus tours into the Phrosh week agenda, so new students (or any other student who'd like to tag along) could become better acquainted with main campus and the places they're likely to visit. I'd also like to get the National Post newspaper here (you can get it on main campus for free, so it just makes sense). If

you have anything you'd like to see from main campus, or have any ideas of how to make your experience here at the Pharmacy campus a bit better, shoot them my way! Feel free to facebook me, or email me at kmlunn@uwaterloo.ca.

If I don't know how to make it happen, I'll do my best to find someone who can! Thanks so much guys, and cheers to what's going to be a fantastic year!

Kacie Lunn

Senior CAPSI Representative

Hello again everyone! We're certainly getting into the swing of things with CAPSI this term. We are very happy to welcome Victor Tsang and Riam Jamil to our committee following the May by-elections. They will be rounding out the group of very hard working people that we have on for the 2011-2012 year.

Jamie, the CAPSI Junior Rep, and I attended the CPhA conference last week in Montreal QC to attend the CAPSI National Council Meetings. It was a fantastic opportunity to hear about national issues as well as how CAPSI is run at other schools and bring back some great ideas for UW CAPSI in the future. It was great to see such fantastic representation by Waterloo students at the conference - our delegation was much larger than that of any other school. Hopefully everyone who was able to attend found the conference personally and professionally rewarding. This was my second CPhA conference; in my experience I have found that it is a great way to develop yourself professionally while getting to see new parts of the country. I know I've certainly got my eye on their Whistler conference next year!

CAPSI is busy planning events for the student body this term. After a successful round of mock OSCEs held in May, we are holding a BBQ fundraiser on June 20th and are also pleased to be holding a Networking 101 workshop facilitated by UW Career Services on Wednesday June 22nd. Check out upcoming SOPhS updates and CAPSI UW-ACE emails for more information.

Jenny Seguin

[Messages from Council Continued on Page 6](#)



CPhA Conference 2011

One of the best parts about being in the pharmacy profession is the opportunity for life long learning. At this year's CPhA conference, I was able to spend a whole 4 days truly engaged in topics ranging from therapeutics, to fibre, to OTC medications. I was also able to meet pharmacists and students who are leaders in our profession and making huge differences in areas such as pharmacy practice research. Overall, the CPhA conference was a very memorable experience and I enjoyed every single minute of it!

Chelsea Barr - Rx2013

I have recently returned from the CPhA conference in Montreal. It was truly an eye opening experience. The conference had a good variety of speakers with topics ranging from new issues in therapeutics to issues surrounding the evolving policy and practice of pharmacy in Canada. Although I may not have been as awake for some of the sessions as I would have liked to be I was still able to take something from them. Overall the biggest thing I took from the conference was a greater sense of unity and purpose. The conference, like the white coat ceremony, reaffirmed that the profession was more than just a collection of facts and knowledge. Being there with pharmacists, interns and students from across Canada made me feel like I was part of something larger. Also it was just a good all around time, Waterloo had more student representation than any school and it was good to catch up. Oh and food, so much food! Montreal is also an amazing city and everyone should try and make it there.

Marc Wilson - Rx2013

Top: UW Pharmacy Student Representation at CPhA, Largest Number of Student Attendees of all Pharmacy Schools.

Middle Left: UW students attending the presentations (Karishma Kak RX 2013-Presenter, second from left).

Middle Right: UW Students at the CPhA President's Gala

Middle: Jamie Rafuse (UW CAPSI Jr REP), Jillian Grocholsky (CAPSI National President), Jenny Seguin (UW CAPSI Sr REP), Kaitlin Bynkoski (SOPhS President), and Julia Denomme (CAPSI National Secretary)

Bottom: UW Students with Dr. Jeff Nagge after his presentation at the conference.

Messages from Council Continued

OB-CSHP Representative

Hello Rx 2011, 2012, 2013 and 2014,

I hope everyone has been having a good summer be it on CO-OP or back in school. Here are a few updates from CSHP.

1. If you attended the CSHP AGM last fall and have NOT submitted a claims form for the student travel grant please do so as you can still be partially reimbursed. Forms are on the CSHP website.

2. For all of you considering to apply for residency positions come the fall, now is the time to be preparing yourself for applications and interviews! CSHP is working in conjunction with UW and UofT to host it's first "Mock Residency Interview" CE event. This CE event will not only give you practical information sessions on how to prepare for the different styles of interviews but also give practical experience going into a mock interview and receiving feedback. Dates, fees and more information is to follow.

3. I would like to announce that the Golden Horseshoe and South Western Chapters Joint Residency Night is being held on June 29th 2011 this year in Hamilton. Please see the residency night document in this week's SOPhS Update. This is a great way to speak to residents and get a feel for what project work is being offered at the different residency sites. This is a valuable opportunity once again to meet with residency co-ordinators and ask any new questions you may have. Please RSVP by June 22nd 2011.

4. July 1st is the time to re-new your CSHP membership! (If you're not a member it is now your chance to join!) Please go to www.cshp.ca to find out more information about how to join! CSHP membership has a lot of benefits including discounts to informative CE events and conferences!

If you have any questions regarding CSHP or any of the points listed above please feel free to contact me at julian_r_ellis@gmail.com.

Julian Ellis

Junior Communications Director

Hey everyone, my name's Jaskiran (conveniently shortened to Jas...yes, like the music) and I'm excited to be your incoming Junior Communications Director.

With the expansion of this portfolio to include two directors, I'm looking forward to work

Congratulations Losers!

By: Nick Malian - Rx2013

By the sounds of the title, you're probably thinking to yourself, "Geez, who does this guy think he is calling me a *Loser*?" Well you'll be happy to know that this article is addressed to only a handful of you...the brave, bright, confident and determined individuals, the *Losers* of the SOPHS 2011 elections, and is not meant to insult you, but instead inspire you to persevere.

As a previous *Loser* (SOPHS 2010 Presidency bid) I know what you're going through. Putting yourself out there, fighting to make a difference, wanting to make a meaningful contribution to your school then not being rewarded with success. But I'm here to tell you that your service to your classmates, to your school, and to your profession does not have to end here. For all of you, I hope this is just the beginning.

Take for instance our current Communications Director, Dave Hughes. Dave is also a *Loser*, coming up short in the Presidential election last year. But did that stop him from still getting involved with the school? Absolutely not. Thanks to him, and other students elected to council, he enhanced the quality of our electronic communications by providing timely releases of SOPHS updates and through his work producing the newsletter.

Another *Loser* (truthfully, I wouldn't call him that to his face) is my good buddy Artyom Korenevsky. Art was a candidate for Jr. Finance Director of SOPhS 2010 council and although he had a strong cam-

with Dave to see this role hopefully become even more of an asset to both students and the administration. SOPhS has a unique ability to influence student life, academics, and the community and I can't wait to contribute in a way that addresses your needs.

If you ever have any suggestions, or just want to play a game of ping pong (every university degree needs a just-for-kicks ambition, and I'm all about mastering this sport here), feel free to drop me a line or come up to me in person!

Cheers,

Jaskiran Ota

aign pushing for fiscal responsibility, he came up short in the end. But despite this *bearish* outcome, Art remained steadfast and focused his attention elsewhere, as treasurer of PIC.

And as for me, well just being involved with the election made me "reflect" (sorry, I had to use that word) on my goals and aspirations during my time in school. My campaign platform heavily focused on student advocacy in the profession. Of course I was disappointed with the end result but I was determined to not let this bog me down. So I forged ahead and after a tough battle (against two very strong candidates) this year, and became the Ontario Pharmacists Association student observer/representative.

So there you have it, a few stories that were meant to keep the fire in you lit and always burning. Many of us that have previously lost an election has continued to work with the same determination and passion for which we ran in the first place. We've joined the winners of the SOPhS elections to form a strong and determined council. There are always opportunities to get involved, you just have to keep your ears, eyes, and mind open for them.

Truth be told, you may have already forgotten about the elections at the time of this publication and that's great, I really hope you have. But what I really hope you do is *never* forget why you ran in the first place.

Congratulations on for putting yourself out there and for taking a risk. Congratulations also to the winners! I'm looking forward to working with you on council this year.

OB-CSHP Rep-Elect

Hi UWaterloo Pharmacy,

First of all, I would like to thank you all for your vote of confidence. I am extremely excited to take on the position as OB-CSHP rep for the coming terms. As some of you may know, I'm a student from the class of 2014 and I also sit on the CAPSI council as the First Year Class Rep. As your OB-CSHP rep, I hope to improve student awareness of hospital pharmacy, to improve and boost recruitment events, and to work directly with the Interprofessional rep to create networking opportunities and facilitate the health care team dynamic. If you have any questions, concerns, suggestions or ideas please feel free to email me!

Leonard Chan

Messages from Council Continued

Pharmacy Investment Club Rep

Hi! My name is Nabil Kanji, and I will be your next Pharmacy Investment Club (PIC) President/PIC representative on SOPhS. I will be representing PIC interests while concurrently participating in SOPhS initiatives. I bring years of experience from holding many undergraduate student positions at McMaster, a personal interest in investments/business, and a unique outlook coming from a Nursing undergraduate degree. I hope to expand school-wide participation in the PIC.

Nabil Kanji

Rx2014 Athletic Representative

My name is Mahmood El-sweisi and I will be the Athletic Representative for Rx 2014. I'm a previous student at UW and I have been involved with athletics on campus for some time now. I plan to complement my experience with my enthusiasm for healthy competition and fun to make this a well-balanced, activity oriented year for Rx2014!

Mahmood El-sweisi

Grad Committee Representative

Our class graduation photo was a huge success. Thank you to all the vanguards for your participation. Emily will be sending a copy of the group photo via ACE. If anyone would like a higher quality digital version, please see Emily.

Thank you so much for your participation in our graduation fundraisers. Our budget is in good shape heading into these last couple months of planning. Once again, the Vanguard Graduation Formal will be on Friday, August 12 at the Delta Hotel in Kitchener. Also, just a reminder to the Vanguards, continue to check Jobmine regularly for new employer postings.

Angela Puim,

On behalf of the Graduation Committee

Petitions Committee Student Representative

For those of you who don't know me, my name is Marc Wilson and I am in Rx 2013. I have recently applied for the SOPhS position as the student representative on the petitions committee. As this committee is brand new I hope to be able to shape the position to create

an opportunity for student petitions to be heard. I believe the petitions committee will serve an important role in our program while it continues to grow and develop. I am very excited to be able to advocate for you and give insights from the student perspective as decisions are made regarding student grievances. I will provide more information as it becomes available to me. Thank you!

Marc Wilson

Curriculum Committee Student Representative

Hello fellow UW Pharmacy students!

My name is Monique Potvin and I am one of SOPhS newest members. I am excited to announce that will be representing you as the Curriculum Committee Student Representative this coming year. I can't wait to get to know each and every one of you, and to make sure that your concerns and suggestions regarding our program are well-represented. We have an amazing opportunity to mould the future of our school, and I hope that you will all take an active role in this endeavour. Enjoy the rest of your semester, and I hope to see you all at the upcoming town hall meeting!

Monique Potvin

Outgoing Interprofessional Representative

Thank you for the experience SOPhS! Being interprofessional representative for our school has allowed me many wonderful and eye opening experiences. I welcome our new IP rep and wish them all the best for the upcoming year. Hopefully multi-disciplinary initiatives will continue to grow and evolve. Interacting with medical, social work, optometry and fellow pharmacy students in case study workshops really helped to underline the importance of working together to provide optimal patient focused care. As your IP rep, I was also able to organize several social events including Code Blue and The Waterloo Inn Wine and Cheese, where students enjoyed networking with several healthcare professionals in the community. This position on SOPhS also lent itself to becoming involved in the community with the Health Professions Committee of the Waterloo Region. Together, we are currently planning community outreach seminars to address common health concerns in underserved populations whom otherwise wouldn't have had these services. Lastly, the University of Waterloo's

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I know there's a lot of writing in this edition but with a new council and a busy month, that's what you get..

I hope you've had a chance to read Nick's article on Page 6, because what he has said is very important. It's very easy to be motivated and passionate when things are going well for you but it's those people who are able to push through adversity and continue their endeavours that truly make a difference. It was not his intent to offend anyone so please keep this in mind in case there are any feelings hurt by what's been said. If you have a response to this, or any other material in this or any newsletter please feel free to submit a response as students are always welcome to submit content for any of the newsletters. Due to the abundance of text you can also see that we can use pictures! If you have any pharmacy related pictures that would be appropriate to send to faculty and all students please send them in!

We're now into the home stretch for the Vanguard class who will set the stage for the professions' expectation of our school as the first graduates. As with every term in pharmacy school we're into the thick of things quick with mid-terms this week, and even finals for those fortunate enough to have another taste of IPFC. In these busy times just remember to think to yourself "at least I'm not studying jurisprudence!", unless of course you're in Rx2013 and are studying jurisprudence. In that case too bad for you, just keep thinking about not having to do it in the fall! Good luck on another term for everyone, and the last one of all for the Vanguards. Make us proud!

Dave Hughes

Senior Communications Director

School of Pharmacy has paired with the Michael DeGroote School of Medicine to host the Annual Geriatric Interest Day conference, which encompasses a full day of seminars, case study's and one-on-one interactions with elderly patients, solving real life medical issues. Again, thank you for the experience. I have learned so much and hope that you all have enjoyed the many interprofessional events hosted this past year.

Heidi Stanisic

Journal Club: Leukotriene Antagonists as First Line or Add-on Asthma-Controller Therapy. Presented By: Saurabh Patel and Dianna Sabbah - Rx2012

N Engl J Med 2011;364:1695-707

Clinical Question:

What is the role of leukotriene-receptor antagonists (LTRA) in management of asthma either as a first line therapy or add-on therapy?

Evidence:

Study overview & objective:

- A multi-centred, randomized, open-label pragmatic trial (practical trial) in primary setting in the UK
- **Objective** - evaluate the real-world effectiveness of LTRA as compared with either
 - 1) Inhaled corticosteroids (ICS) for first-line asthma-controller therapy **OR**
 - 2) A long-acting beta2-agonist (LABA) as add-on therapy in patients already receiving ICS

Inclusion & exclusion criteria & outcomes:

Inclusion:

PEF > 50% after SABA hold for 4 hours or longer, baseline Mini Asthma Quality of Life Questionnaire (MiniAQLQ) was < or = 6; or Asthma Control Questionnaire score = or >

Exclusion:

- 1) First-line therapy trial: prior treatment within 12 weeks with an ICS or LTRA
- 2) Add-on therapy trial: prior treatment within 12 weeks with LABA or LTRA

Outcomes:

Primary Outcomes

- Improvement in MiniAQLQ score
- Minimum clinical difference of MiniAQLQ in this trial defined as 0.3
- If you improve by 0.3 from your baseline score then it was clinically significant
- Improvement reported as average mean difference (if the CI of the score was between -0.3 to 0.3 then clinically improvement)

Secondary Outcomes

- ACQ score
- Frequency of asthma exacerbations, which were defined as the need for an oral course of glucocorticoids or hospitalization for asthma.

Results:

Primary outcomes:

First-line therapy trial:

- @ 2 months: LTRA equivalent to ICS
- @ 2 year: NOT equivalent (did not specify better or worse)

Add-on therapy trial:

- @ 2 months: LTRA equivalent to ICS
- @ 2 year: NOT equivalent (did not specify better or worse)

Secondary outcomes:

No difference in any secondary outcomes

Critical Appraisal:

Pros:

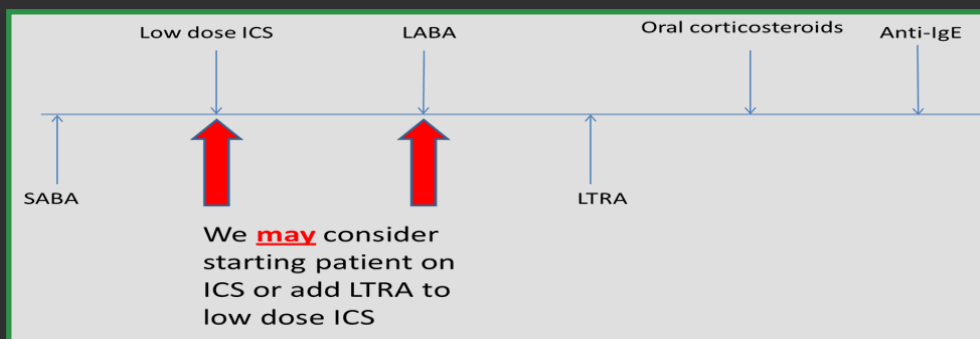
- Randomized
- Base-line characteristics were similar
- Primary outcomes appropriate in measuring efficacy of treatments (MiniAQLQ validated)
- Follow-up of 2 year was appropriate
- Dropout rates were very low (92% in ICS vs LTRA, 97% in ICS+LABA vs ICS+LTRA) – really important for pragmatic trial
- Independent + industry funding, but industry played no roles
- Authors discussed limitations of their study and conclusion drawn was appropriate

Cons:

- Trial was not defined as superiority or non-inferiority trial
- Heterogeneous population (<25% adults)
- Blinding bias? – patient and physicians knew the treatment allocation
- Patient may report higher quality of life/improvement according to their preference
- MID decreased to 0.3 MiniAQLQ because of “uncertainty about its variability in real world patients” – lower limit may exaggerate the effect of the treatment??
- Adherence rates were low – may not reflect the maximum effect of the two treatments (65% LTRA vs 41% ICS; 74% ICS + LTRA vs 46% ICS + LABA)

Candidates for LTRAs as either first-line or add on:

- Singers
- Patients who are non-adherent to puffers or have coordination issues with puffers
- Patients who can't afford puffers (LTAs cheaper than ICS +/- LABA)
- Patients who have allergies as a comorbid condition
- NSAID-induced asthma (better response to LTAs)



Bottom-line:

- 1) In a recent pragmatic trial, LTA shown to be equivalent in improving asthma related quality of life at **2 months** compared to ICS or as an add on therapy to ICS compared to LABA alone.
- 2) Not equivalent at **2 years**
- 3) Secondary outcomes (hypothesis generating at best): no change in # of exacerbations, but better adherence with LTRA

4) Consider starting with low dose ICS (cheaper & effective) first then add LABA. Compliance can be improved with having a puffer that has ICS + LABA. LTRAs still an effective option for candidates mentioned.

5) **Involve patient into making a decision (ESC) – share informed decision making**

Note: Bottom-line is provided as per the discussion that took place during the journal club. We would like to thank all the participants for their input.



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 June 30th, 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 rest of the term!

News & Upcoming Events

Community Action Now (CAN) 30-Hour Famine

On Friday, June 17th at 8:00 am UW Pharmacy students will be starting the CAN 30-hour famine to raise money for World Vision. If you aren't able to participate in the event there will be a bake sale on June 16th to help raise additional funds for the cause. Please see this week's SOPhS Update for more information or email can.uwpharmacy@gmail.com.

CAPSI BBQ Fundraiser & Networking 101 Workshop

On Monday, June 20th CAPSI is hosting a BBQ fundraiser and on Wednesday, June 22nd there is a Networking 101 session being facilitated by UW Career Services. Check CAPSI emails and SOPhS Updates for more information about both events!

CSHP Residency Night

The Golden Horseshoe and South Western Chapters Joint Residency Night is being held on June 29th 2011 this year in Hamilton. Please see the residency night document in this week's SOPhS Update. This is a great way to speak to residents and get a feel for what project work is being offered at the different residency sites. This is a valuable opportunity once again to meet with residency co-ordinators and ask any new questions you may have. Please RSVP by June 22nd 2011.

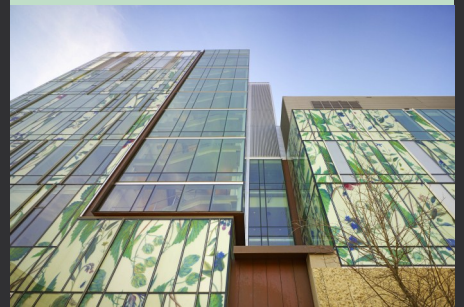
Run for the Cure Golf Tournament

On Saturday, July 16th there will be a Golf Tournament fundraiser for the Run for the Cure. For more details please see page 3 of this newsletter.

Please check out the calendar on the next page, or check out the weekly SOPhS Updates for information about all other 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 using the guidelines available on the SOPhS website.

Pharmacy Phile

ISSUE 23 - June 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 6	June 5	6	7	8	9 OPA Conference @ Deerhurst	10 OPA Conference @ Deerhurst	11 OPA Conference @ Deerhurst
Week 7	12	13 Newsletter Release	14	15	16 CAN Bake Sale Fundraiser	17 CAN 30-Hour Famine @ The School of Phar- macy	18 CAN 30-Hour Famine @ The School of Phar- macy
Week 8	19	20 CAPSI BBQ Fundraiser from 1-2 PM Town Hall Meeting @ 7 PM	21	22 CAPSI Networking 101 Workshop RSVP Deadline for Residency Nt	23	24	25
Week 9	26	27	28	29 CSHP Residency Night in Hamilton	30 Newsletter Submission Deadline	July 1 CSHP Member- ship Renewal Canada Day 	2
Week 10	3 Housing Edition Submissions Due	4 Housing Edition Released	5	6	7	8 Newsletter Release	9
Week 11	10	11	12	13	14	15	16 Run for the Cure Golf Tournament

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 to add an event to the SOPhS calendar please email Caitlin at c3meyer@uwaterloo.ca