



OPA Cup Champions...Again!

We got 'em by the PODS!

In case you have been living under a rock (or a textbook) these past few weeks, you didn't hear that your UW hockey team *laid the smack down* on our counterparts from U of T at the 4th annual OPA Cup, 4-1.

Goalie Mitchell Zorzit was awarded the UW Alumni Player of the Game for his Terry Sawchuk-esque performance (look him up) in net allowing just 1 goal all night. Mitch, as Pink Floyd most famously stated, "*You're just another brick in the wall*". Well done sir, well done.

On the offensive end, four different players contributed to the beat-down. Graduating player Ryan Vrancea started off the scoring followed by new comer Bryce Poirier, the rocket Alex Carducci, and Mr. Bo-Dangles, Scott Campbell.

Congratulations, team on successfully dominating U of T for a second year in a row and giving Dr. Edwards his first OPA Cup victory!

Fans...thanks for coming out and making the OPA Cup a true success. I hope you had an incredible time at the game and at the after party. I expect all of you to travel to U of T next year for a chance at a 3-peat.

I would also like to thank all of the volunteers that helped put this event together. Without each and every one of them, the OPA Cup could not have happened. So if you had a great time and see any of the people listed below in the hallway or in class, be sure to thank them.

Stacey D'Angelo, Jillian Grocholsky, Brad Linton, Xiaofei Huang, Kaitlin Bynkoski, Caitlin Meyer, Jackie Diebold, Kacie Lunn, Saleema Bhaidani, Danielle Paes, Lilly Yonadam, Jessica Karam, Mahmood El-sweisi, Jamie Rafuse, Kandis Farr, Justin Shea, Julian Ellis, Aman Hansra, Dianna Sabbah, Andrew Kwong, and Chelsea Barr.

Study hard.

Nick Malian
OPA Student Representative

In This Issue (Click to View)

- OPA Cup 2012 P. 1
- President & VP Message P. 2
- OPA Cup Pictures P. 3, 11
- Bridging The Campus Gap P. 4
- Overpaid Pill Pushers P. 5
- Faculty Spotlight: Dr. Grindrod P. 6
- Pharmacist Awareness Week P. 7, 8
- Fresh from the Pharm P. 8
- Co-op Chronicle P. 9, 10
- News & Events P. 11
- SOPhS 6 Week Calendar P. 12



President & Vice-President's Message

Hello Pharmies!

Hope you've all been enjoying this beautiful sunshine and the beginning of Spring!

March started off with a bang as our CAPSI council hosted Pharmacists Awareness Week (PAW). The festivities included our entertaining inaugural Skits Night, an informative and fun Health Fair, and a visit to main campus and a local high school to help raise awareness about the role pharmacists play in our community. We created such a presence that UW Pharmacy was actually featured in an article in our local IMPRINT Newspaper! Other community involvement during PAW included our SOPhS/Community Action Now student volunteers offering their helping hands at the Ray of Hope Soup Kitchen. We are very proud of our students, who are really making their presence felt through their outreach in the KW area!

While March-Madness brought about many midterms and assignments, UW Pharmacy managed to squeeze in some fun with a solid victory against U of T in this year's OPA Cup! Student decked out in their finest black and yellow came out to support our team on the ice. Congratulations to the players on both teams, as well as Nick Malian and his organizing team for a job well done!

The good times did not stop there. After a rather productive Town Hall meeting (more on this to come in a later issue), our students participated in our first ever Pharmacy Bomber Night at UW Main Campus! We completely took over our long-forgotten Campus Pub and we hope to do it again every term. From the words of Matt Colphon, President of FEDS: "Glad to see that Pharmacy knows how to bring a party!" Yup, of course we do.

Aside from making a presence and having incredible amounts of fun, March also brought many educational events as well! Journal club managed to critique two different articles this month on two very interesting topics - Cranberry Juice for UTI's and Marijuana. Also, Pharmacy Investment Club held two PIC events in the month of March as well. In addition to these knowledge building and professional activities, the Pharmacy Graduate Association

(PhGA) in collaboration with the SOPhS was pleased to host the first ever Future Outlook Seminar. Pharmacy graduate and undergraduate students at all stages of their respective programs were invited to this exclusive event that included talks from three UWaterloo based speakers who provided insight about their individual fields of expertise.

The Interprofessional committee also provided a great networking opportunity by holding a swanky wine and cheese at the Waterloo Inn. All of our students were dressed to impress their fellow healthcare professionals! Most recently, you may have caught a glimpse of UW Pharmacy at this month's Athletics event, a professional basketball game to see New York Knicks' infamous, but not so great - ok we're biased, Jeremy Lin play the Toronto Raptors. The Raptors destroyed the Knicks, and more importantly our group managed to get onto the Jumbo-Tron not once, but FIVE times!!

This month SOPhS also introduced our potential incoming colleagues, the Conditional Acceptance Program (CAP) students, to UW Pharmacy to get a little taste of what pharmacy life is like (we tried our best not to frighten them). Our soon to be outgoing students, the 2012's, specifically the Graduation Committee, organized an extremely fun and eventful pub crawl! Thank you to everyone who participated and help raise funds for our graduating class. Lastly, and speaking of graduating, the month of March also brought the Career Fair at the Tannery next door where all the graduating

students had the opportunity to meet potential employers. Congratulations to Stacey D'Angelo and the Career Fair Committee for all their efforts in organizing such an outstanding fair.

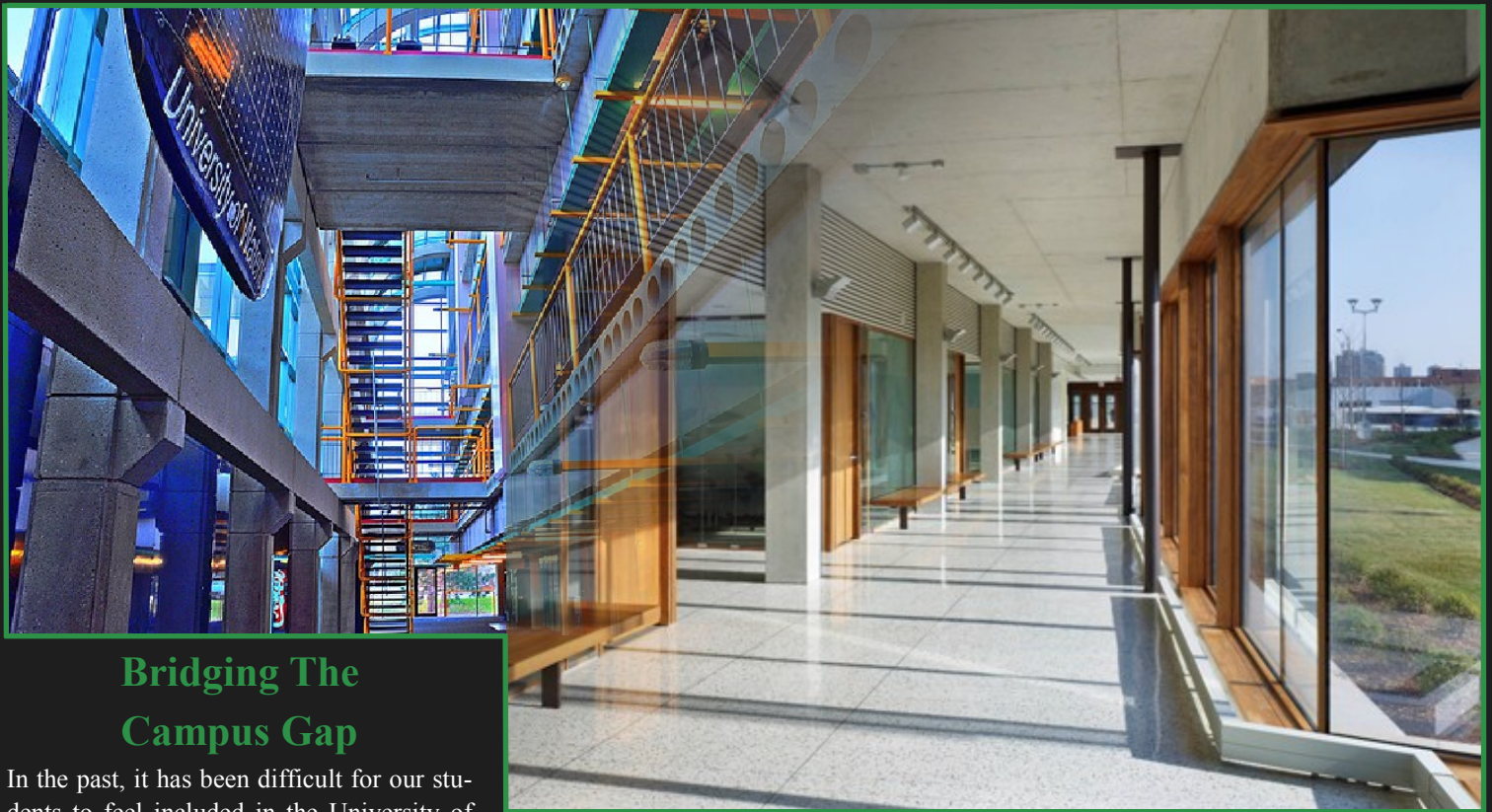
To all the students ending off this month in Niagara Falls for the second annual Ontario Pharmacy Students Integrative Summit (OPSIS) we hope you have a great time! Even though we haven't reached the end quite yet, we would like to personally thank everyone for their support this term and for making it so memorable!

Best of luck on your finals (especially you, Rx 2015),

Saleema & Danielle







Bridging The Campus Gap

In the past, it has been difficult for our students to feel included in the University of Waterloo undergrad experience, as our Pharmacy campus is so far away. We have often missed out on events, services, benefits, and free food as a result. I'm happy to say that over the past few months we have been working hard with FEDS to eliminate this seclusion!

This isolation is not one-sided. FEDS has recognized the missed opportunities for Pharmacy students and has expressed concern towards it. This past Wednesday, FEDS went out of their way to make Pharmacy students feel welcome on main campus by providing us with a bountiful buffet of free appetizers at their legendary Bomber Wednesday. Pharmacy students from every class on campus came out to enjoy the free food and the atmosphere at Bomber and were able to dance, mingle, and share the UW undergrad experience with fellow UW undergrads for a change. Good times were had by all, as I witnessed everyone dancing up a storm. Some students were even so lucky as to win prizes! Needless to say, this event was a huge success and we look forward to visiting our friends on main campus again very soon!

We have also recently hosted an event for students in the Conditional Acceptance Program (CAP). Currently there are students in first or second year in a UW undergrad program to complete their pre-requisite courses. They'll be joining us when they are fin-

ished and next year will be the first year CAP students will enter our pharmacy program. On Mar. 9, 2012, we invited CAP students in both years to join us in our building for some pizza, games, and Q's and A's. We aimed our presentation at reminding the students what they have to look forward to when they get to pharmacy school and showed them just how much fun it can be by playing some hilarious telephone charades and some insightful YouTube videos. We introduced them to the deliciousness that is Pepi's Pizza and ended their night with a tour of the building, landing them in the heart and soul of school spirit that was the pep rally. I got a great first impression from these selected individuals and am happy we could throw this event for them.

As I'm sure everyone is aware, the Dispensary sells a delightful array of treats, from deliciously caffeinated beverages to wake us up for 8:30am classes, to healthy fruit and veggie snacks that tie us over during those long stretches of classes. But what you may not be aware of is how much FEDS has worked with the Dispensary to evolve it into the scrumptious heaven it is today. Before FEDS took on the Dispensary, prices were seemingly high. Because FEDS operates the shop for no profit, prices can remain low (so we can save more of our pennies for our ever-rising tuition costs).

FEDS has also worked hard to get us the variety of treats we have today. It's gone from a simple coffee shop, to offering such eats as sandwiches, soups, mac 'n' cheese, sushi, Jamaican patties, and in the near future...pizza! FEDS wants to make the Dispensary as convenient and appetizing as possible for us pharmacy students, and are always open to hearing your suggestions! If there's anything else you'd like to see served at the Dispensary, just email me (your FEDS Rep) and I'll pass on the word!

It's truly been great working with the current Feds Executive team to make the experience for Pharmacy students as positive as possible and with the new exec team starting May, I'm just as excited to see what else we can bring our students. After meeting with the incoming team and discussing our needs, we can look forward to even more events, services and benefits thanks to FEDS. This will include free breakfasts (like they get on main campus during Welcome Week & Frost Week), improved advertising for main campus events, and most importantly, more LEGENDARY BOMBER WEDNESDAYS! The last four months have been a huge success in bridging the cap between our campuses, and I look forward to continuing this valuable alliance!

Kacie Lunn, Rx 2014

Feds Representative, SOPhS



Overpaid Pill Pushers:

Pharmacists & the Public's Perception

By Kandis Farr (Rx 2014)

I follow the Globe and Mail on Twitter and an article by Josh Wingrove caught my eye on Tuesday night. The article, entitled “In Alberta, pharmacists have a bitter pill to dispense”, outlines changes to the reimbursement of pharmacists in Alberta. The changes include removing the kick-backs received by pharmacists from drug companies, similar to what has already happened in Ontario. Pharmacists in Alberta fear that this will force them to decrease staffing and cut services, moving them away from the expanded scope they're trying to move towards. I thought my fellow pharmacy students might find this interesting, so I posted the link for the article to our Facebook group. Minutes after, a passionate discussion began.

It wasn't the article that had my colleagues so incensed, however. The Globe and Mail website allows the public to comment on articles, and these comments are what frustrated people so much. To quote:

“I feel for the pharmacists. \$90k/year to start is lousy salary for someone who needs to know how to read prescription (sic), read a pill bottle, count the pills, and operate computer to print 'patient information sheet' (sic)” (The Globe and Mail, 2012)

(Hopefully you all picked up on the sarcasm.) Poor grammar aside, this comment is unfortunately how some of the more vocal members of the public feel about pharmacists – that we are overpaid pill-pushers who are part of a profession that can be replaced by automated dispensing machines.

Health care is in an unprecedented state of change. With the government looking to use health care dollars more efficiently and health care professionals looking for expanded scopes, the climate is moving towards one that gives pharmacists more autonomy and responsibility in practice. This presents a perfect opportunity to change the public's perception without damaging pharmacy businesses. Patients, not drugs, should be the main focus of a pharmacist's day. The public needs to understand the abilities and services offered by a pharmacist so that both the public and pharmacists can reap the benefits of the expanded scope that is on the horizon. Pharmacists need to better inform the public about what they can and should be doing – things like MedsChecks, counseling on every new prescription and refill, advising patients on OTC products and self-care, and solving drug therapy problems. These services become less valuable if the public is not willing to use them or is not aware that they exist.

Opinions about articles like this are even more concerning considering Pharmacist Awareness Week just ended. Is awareness

about the value of our profession being presented in a way that is making the public take notice? The first thing pharmacists need to do to change these opinions is to “talk the talk and walk the walk”. If pharmacists want expanded scope and want respect from the public, they had better be prepared to step up to the plate, take advantage of what the government IS doing to help us out, and prove that we are of value and can't be replaced. Also, what about harnessing social media? People are increasingly using sites like Facebook and Twitter as a major source of news. Other groups are harnessing these sites to get their messages out there, local police services being a great example. Pharmacists should be using these as outlets for advocacy.

Pharmacists are the most trusted professionals for a reason. As the pharmacists of the future, I urge you: don't give the public an excuse to let us fall below number one. Make it clear that the patient, and not the patient's medications, are at the centre of our profession and start being the change we want to see. And who knows – maybe with the public behind us we can accelerate changing our backwards funding model that had us relying on drug company kick-backs instead of reimbursement for using the knowledge and skills that we work so hard to get.

Link to the article:

<http://www.theglobeandmail.com/news/national/in-alberta-pharmacists-have-a-bitter-pill-to-dispense/article2368376/>

Faculty Spotlight

“Getting to Know Dr. Grindrod”

Interviewer: Jaskiran Otal, Rx2014

Those in her classes know Dr. Kelly Grindrod to be quite the academic with vast pharmacy experiences; other students may have heard her speak at the Future Outlook Seminar this month. But I thought it'd be nice to take it down a notch, step away from academia, and get to know the “real” Dr. Grindrod.

What brought you to the UW School of Pharmacy a year ago?

I wanted a new pair of Frye boots and my husband said I better get a good job to pay for them. Then the UW School of Pharmacy called.

Where did you earn your Bachelor of Pharmacy, PharmD, ACPR, and MSc?

I got my BScPharm at the University of Alberta. After spending five years walking to and from school, uphill both ways, in -40°C weather, I thought, screw this, and moved to The Other London to do my residency at the London Health Sciences Centre. After learning the terms “Humidex” and “Snow Squall” I thought, screw this yet again, and I moved to Vancouver with my (now) husband. I stayed in Vancouver long enough to do a PharmD, MSc and post-doctoral fellowship at UBC as well as have a baby and spend all my money before I was lured out to Waterloo.

Some of us students have heard you say that you ended up in pharmacy by “accident”. There must be a story worth telling here...

No story. In my first year of undergrad I was in physiology. I didn't love it and “Pharmacy” was alphabetically right above “Physiology” on the list of programs at UofA. So I applied. I was on the waiting list until the week before classes started. Clearly, I was destined to be a future pharmacy leader from early on. Ha ha. That was a joke. Sigh.

You have had different roles in various settings within the world of pharmacy. Can you describe some of your previous work experience? What is/has been your favourite role?

I have spent time in community (chain and

independent), family practice, hospital inpatient/outpatient, government and academics. My favourite role, hands down, has been in academics. The combination of being a teacher and a researcher, while dabbling in community practice, has been a good fit for me.

Briefly describe your teaching philosophy.

Hmmm...my teaching philosophy is probably that learning is damn hard work but it should still be fun. When you're in a knowledge-based profession such as pharmacy, it can seem like your primary job is to fill your head full of facts and information. In reality, pharmacists are much more valuable if we can keep up with the latest information and translate it into useable bite-sized pieces for the public. As a teacher in pharmacy, my goal is to help students learn how to do the translating.

As a student, what was your favourite class? What (if any) was the most challenging and why?

Well, it wasn't Med Chem (Sorry Dr. Nekkar). My favourite classes were probably kinetics (challenging) and therapeutics (interesting). I did take a really fun graduate course on feminist perspective in health care one summer. It was a great exercise in being angry all the time.

If you weren't a pharmacist and professor, you would be...

Poor.

After living in Vancouver, how different is life in Kitchener-Waterloo? What's your favourite thing about living here?

On my first day at the School of Pharmacy I asked someone if they wanted to take a break and go find a latte with me. They thought I was hitting on them and politely explained that they had already picked up their Tim Horton's coffee for the day.

I went home and told my husband we had made a big mistake.

Then, as we slowly learned to go to Harvey's drive-thru instead of searching high and low for decent sushi, and once we found places like Matter of Taste and the Sabletine bakery, we started to enjoy ourselves. Now, our favourite thing about KW is the fact that we can get everywhere in 15 minutes. I do also like Tim Horton's chocolate dipped donuts. People in Vancouver would never let you eat a chocolate dipped donut. Snobs.

Do you have any advice for UW students?

It's going to be okay.



Pharmacist Awareness Week 2012

Months of planning, hundreds of emails and lots of anticipation materialized into a **Pharmacist Awareness Week 2012** that was unlike the ones before it! With a week of many unique and interesting events, there is a lot to report. Read below for the highlights and some photos!

Monday March 5

CAPSI council members headed to **main campus** to talk to students about the evolving role of pharmacist on the first day of PAW. They informed main campus students about the pharmacist of the past and the pharmacist of the future at their booth. Council member Leonard Chan says, "when asked, 'Tell me 1 or 2 things pharmacists do besides dispense and counsel?' The amount of people unable to answer this question was surprising. Students were very surprised about the expanding scope of practice and it was great to spread awareness on the profession of pharmacy." It's clear these students became more aware of pharmacists after this event.

Tuesday March 6

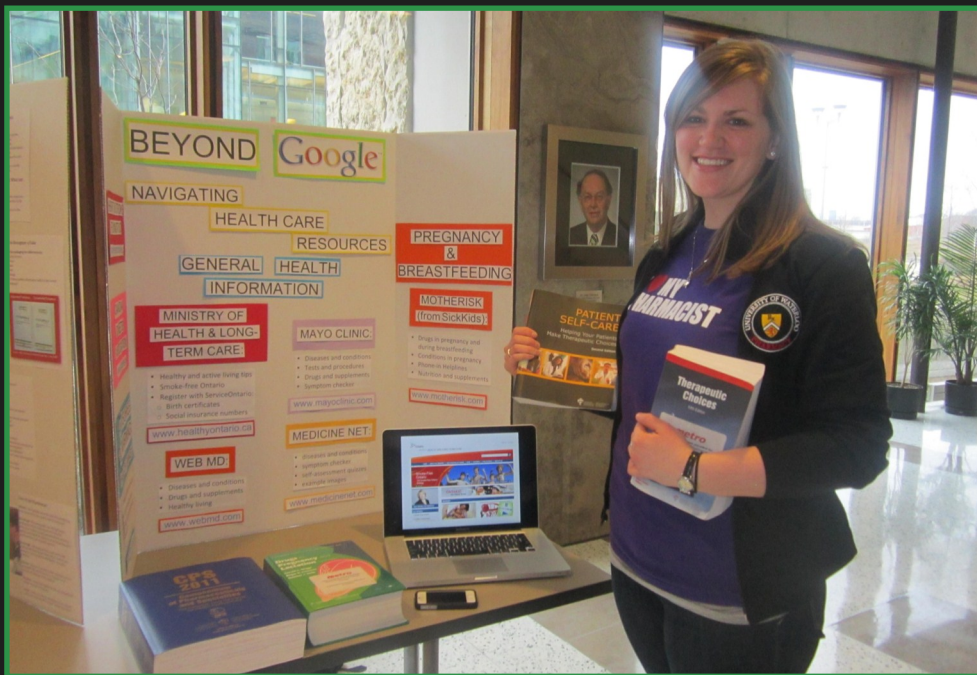
The Inaugural **University of Waterloo School of Pharmacy Skit Night** was a new addition to UW's Pharmacist Awareness Week. Joining pharmacy schools from all across North America, UWaterloo Pharmacy finally planned a Skit Night and CAPSI is proud to say that it was a part of PAW 2012. Videos from UW students, UBC students and American students were featured. The hilarious and surprisingly accurate video called "**Sh*t Waterloo Pharmacy DOESN'T Say**" was the winner of the night. Congratulations to **Jaskiran Otal, Danielle Paes, Kacie Lunn and Bhupender Sayain** for winning! The video is available on YouTube at <http://www.youtube.com/watch?v=3Cvv5uFbjfM>. Many thanks for the laughs and for a video that we will be able to watch for years to come! Here's to more new videos and more laughs next year!

Wednesday March 7

A PAW staple, the yearly symposia is the educational event of the week. This year, the symposia topic was **Third Party Payers**. The speakers, **Lisa McLean and Jill Grocholsky** spoke to a group of first, se-

cond and third year students about their experiences with third party payers. Lisa taught a crash course on third party billing. What do the numbers on the insurance cards mean? Whose plan is billed first and why? Why do you have to give twins two different birthdays when you buy their medicines? All those questions and more were answered by Lisa, whose slides will be available on the CAPSI group on Learn. Jill's previous experience as a co-op student at Manulife brought an interesting view to the discussion on third party payers, and alternative employment opportunities for pharmacists. She gave us the insurance company view of double doctoring and diversion of narcotics. A huge thank you to the both of them for such an informative session.

Continued on Page 8



Fresh from the Pharm

A Culinary Blog by Chelsea Barr, Rx2013

Red Curry with Spinach and Mushrooms

Now, I am a HUGE red curry fan, buuuut recently I have been on a bit of a vegetarian kick lately, so this red curry looked awesome to me! The tofu takes on the creamy, spicy, taste of the red curry....and the spinach and mushrooms add a totally different and delicious texture to a traditionally Thai dish!

Red curry with spinach and mushrooms

1 lb extra-firm tofu

1 tsp fresh lime juice

4 tsp brown sugar

1/4 cup fish sauc

2 tsp canola oil

1 small onion, cut into chunks

1 small red bell pepper, cut into chunks

1 big scoop of red curry paste (seriously. Go big or go home!)

1 13-oz can coconut milk

4 oz baby spinach leaves

4 oz sliced white mushrooms

1. Drain the tofu, then cut into 1/2-inch dice. Set aside.

2. In a small glass measuring cup or bowl, stir together the lime juice, brown sugar and fish sauce, until the sugar dissolves. Set aside.

3. In a 5-quart Dutch oven or heavy pot, heat the oil over medium-high heat. Add the onions and red pepper, and cook, stirring occasionally, for 3-4 minutes until the onions are translucent. Add the curry paste, and stir for 30 seconds to release some of the fragrance. Pour in the coconut milk. Bring the sauce to a simmer, stirring to incorporate the curry paste, and cook for 2-3 minutes. Then, add the fish sauce mixture. Reduce heat to simmer, and cook for 5 minutes or until the sauce thickens a bit.

4. Stir in the spinach, mushrooms and tofu. Stir gently, and cook for 5 minutes or until the mushrooms are cooked through.

5. Transfer the curry to a serving bowl, and top with chopped peanuts. Serve with steamed brown rice.

I could literally eat this meal every single night! Mmmm it's so delicious!!



Continued from Page 7

Thursday March 8

Thursday March 8 was a busy day for the CAPSI council; in the morning, there were **high school outreach events** planned and in the afternoon, the **health fair** took place. CAPSI council members and pharmacy students visited two classrooms in area high schools to raise awareness about the School of Pharmacy and the profession. The students were given a presentation on the evolving role of the pharmacist and were given advice on how to apply to both of the pharmacy schools in Ontario. In addition, they were given four activities to complete that mimicked daily pharmacist tasks: dosing based on creatinine clearance, checking prescriptions, looking up drug information in the CPS and measuring blood pressure. In the afternoon, the Fourth Annual Health and Wellness Fair was planned. Four community exhibitors (Canadian Blood Services, Canadian Diabetes Association, MS Society and the AIDS Committee of Cambridge, Kitchener and Waterloo area) and many student exhibitors presented booths. Community members and students alike were able to enjoy the fair and learn something new in a fun way. The winners of raffle prizes at the health fair were **Norreen Jamal**, **Harleen Shahi** and **Aneliya Vasileva**. They were awarded a CAPSI swag bag with some great goodies!

Grand Prize Winners

Congratulations to: **Harleen Shahi** (again!!!) for winning the first place prize, a Nintendo Wii, **Amardeep Khaira** for winning the second place prize, a shadowing session with Colleen Cameron at New Vision Family Health Team., **Isidro Wong** for winning the third place prize, a shadowing session with Brett Barrett at Grand River Hospital, **Cathy Wong** for winning the CPhA Drugs and Conditions iPhone/Android app.

A huge thank you to all the students who came to the events and supported CAPSI and Pharmacist Awareness Week 2012! See you next year at Pharmacist Awareness Week 2013!

Co-op Chronicle: Caitlin Meyer, Rx2013



Describe your co-op place setting

My current co-op placement is at New Vision Family Health Team. I work in an inter-professional environment with a phenomenal clinical pharmacist. We work side by side with physicians, nurses, nurse practitioners, dietitians, respiratory therapists and social workers. The clinical pharmacist and pharmacy student are involved in various clinics including the heart function clinic; the pharmacist managed anticoagulation clinic (PMAC), managing diabetic patients and monitoring hypertensive patients. As a valued member of the team, the clinical pharmacist makes suggestions, initiates medication treatment under medical directives and plays an important role offering various medication suggestions in different patient scenarios.

What sorts of roles and responsibilities did you take on in your co-op placement.

Working at New Vision Family Health team has been an amazing experience. Every day on the job is a new adventure, as a patient is sure to present with a peculiar ailment or interesting question.

The job description involves working in the PMAC clinic, where you are responsible for lancing the patients and using the coagu-check INR machine to test a patient's blood. Once the result is retrieved, then dose adjustments to a patient's warfarin may be necessary to ensure a patient's INR is within the correct range. I wish it were this easy! Let's just say that a 10-minute

INR appointment can possibly turn into a forty-five minute appointment where you realize a patient has been having fainting spells due to a diastolic blood pressure in the 40's, directly related to their blood pressure medication. This just goes to show that sometimes co-op positions involve more than the job description.

I'm also involved in the heart function clinic, where I interview patients prior to having a consultation with a cardiologist, nurse practitioner and clinical pharmacist. I gather important information regarding medications, including assessing if their "heart healthy" medications are at target and then reporting to the other health care practitioners in a collaborative manner. We all go in to speak with the patient and come up with a care plan for the patient.

Finally, I am involved in consulting with diabetic patients on their diabetes management. This involves questioning patients about their diet and exercise habits, as well as their insulin management. It involves initiating medications in poorly controlled diabetics and reviewing injection techniques in long-standing diabetics.

I am also responsible for presenting on a topic at clinical rounds. This occurs once every 6 weeks and involves presenting to the whole office. I am lucky to have the opportunity to present with a medical resident on subarachnoid haemorrhage medication treatment. Yes, it means doing a lot of research, but it's actually pretty interesting!

One thing that was not written in the job description that I've had to be able to do is to be prepared for anything and everything! Every 10-minute PMAC appointment or 40 minute diabetic appointment presents new scenarios that I wouldn't have imagined. I've had to think quickly on my toes, ask for help when needed and empathize with patients as they break down at appointments. This job is truly an adventure that I don't want to see come to an end.

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

Luckily, this past school term involved IPFC topics directly related to my placement. We learned about diabetes, heart failure and hypertension. I had to use a lot of the knowledge I have gained in this course for this placement. Professional

practice courses have also provided a lot of insight on how to interact with patients in different scenarios. This is particularly useful in this placement as I am interacting with individuals from all different walks of life.

What were some barriers or challenges that you encountered?

Adjusting to a new co-op is always challenging. I had to adjust to a new environment where I interacted with physicians on a daily basis. It required practice to properly answer drug information questions and adaptability to figure out how certain physicians want their responses a certain way.

I also had to come to the realization that not every patient wants your help. There is only so much you can do as a pharmacist. You can be extremely passionate about helping your patients, but there reaches a point where individuals need to be held accountable to their own health. We can try and try, but ultimately it is the patient's decision.

Do any patient scenarios stand out to you?

There are a couple of patient scenarios that stick out in my mind. Since I've already blabbered on way too much, I'll only share a few.

Scenario one involves a diabetic patient. She has type 2 diabetes and has been on insulin for quite some time. Her dose was up to 40 units of Lantus and roughly 10 units of rapid at each meal. As she came in for her appointments, her diabetes was not getting any better. We continued to increase her dose and there was no change. One day it was asked how often she went through a box of insulin. She should have been going through a new box roughly every 10 days, but that did not seem right to her. At the next appointment she brought in her insulin pen and showed me how she was injecting herself. I noticed that the pen window didn't have 0 on it. She said it never went back to 0. It turns out she was not injecting the full amount of insulin. She was only injecting roughly 2 units. After re-teaching her proper technique and reducing her dose, her blood sugars began to improve. She was so happy that things were improving; she continues to appreciate what we discovered daily.

Continued On Page 10

Continued From Page 11

Scenario two occurred during an initial PMAC appointment, where I met with a woman who had just been discharged from hospital post stroke. She was started on warfarin and brought all of her medications in. She was taking her medications as she had been told, "Take one pill from each bottle." Unfortunately, no one knew that this woman had duplicate bottles of each medication and was therefore doubling up on her dose. At that appointment, I got rid of the duplicate bottles and created a dose-sette for her. She continues to come in for PMAC and expresses her gratitude at each visit. In fact, she has even asked me to be her granddaughter (I was a little shocked and kindly answered that I'll continue to see her at her appointments).

Scenario three has changed and impacted my perspective on patient care. He is a patient who is experiencing memory loss, hearing loss and definitely frustration. His INR was elevated on multiple occasions and that led to some probing questions. It turns out that he couldn't recall how he was taking his medications and couldn't recall phone calls I had made to him on various occasions. I ended up putting his medications in a pill box and seeing him on a weekly basis. Not only have I filled his

medications for him, I have decreased one of his blood pressure medications due to his dizzy spells (with a diastolic of less than 50), eliminated some questionable medications (statin in a 92 year old) and finally discovered his correct warfarin dose. I don't think he realizes how much he has impacted me and the way I practice. He has taught me that patience; communication skills and empathy are key in pharmacy. I am forever grateful to him!

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

Recently, I worked at an open house for the pharmacy school on main campus to attract high school students. One of the biggest bonuses of our school that I explained to prospective students was that we have a co-op program. I explained that I believe some of the most important lessons you learn don't necessarily come from the classroom, but from the real world experience we gain when on co-op.

In saying this, I have learned some important lessons from this placement that I will forever utilize in my future practice. I have learned that patience is an important skill to develop, as you continue to practice in a wide variety of settings. I have learned that you cannot be certain how individuals are taking their medications until you phys-

ically see them or ask the right questions. I've learned that as you age, life definitely changes and as a health care practitioner you need to adapt your practice to accommodate your patients. I've learned how grateful patients are to have their pharmacists and how much they respect our profession.

This placement has shown me that there are practices in the real world where the profession of pharmacy is moving forward. Pharmacists are prescribing, adjusting doses and making a difference in individual's lives.

Any words of wisdom to fellow students

Co-op is what you make of it. If you want to try and start a new clinic day or carry out a program at your placement then go for it! Show how passionate you are and work hard everyday to prove you are worthy (Yes this might require staying longer then you signed up for). As much as we all hate the word, reflection, I think it's extremely important to reflect on your work placement. Think of all the life lessons you have learned and carry those lessons with you in your future endeavours.

In the words of Lee Iacocca, "Apply yourself. Get all the education you can, but then, by God, do something. Don't just stand there, make it happen!"



OPA Cup 2012



Our SOPhS Updates are now online! Click the following links to access the most recent SOPhS Update:

[SOPhS Update - March 27, 2012 - Week 12](#)

Please check out the calendar on the next page, or check out the weekly SOPhS Updates for information about all of our events. If you have an event coming up that you would like to inform students about please submit an article for a SOPhS Update to pharmsoc@uwaterloo.ca using the guidelines available on the SOPhS website.

Student Co-op Advisory Committee Update

1. Newsletter: A newsletter is in development featuring spotlights on Pharmers that have made an impact while on Co-op. This newsletter will be going out in April to recruit employers and provide ideas for employers when creating job descriptions.
2. Junior/Senior Document: This document will be sent to employers to give them a better idea what they can expect from junior and senior students. We will highlight the courses taken in each year, wage differences, examples of appropriate job descriptions, and what students hope to get out of each Co-op.
3. Wal-Mart Meeting Feedback + future meetings: We met with a Wal-Mart Home Office Representative in January to provide feedback and suggestions about Wal-Mart's performance as a Co-op employer. Wal-Mart was extremely receptive, and walked away with a better understanding of what students look for in a Co-op experience. Future meetings with other major employers are to be announced.
4. FAQ Document: We have been working on a Question and Answer document regarding common questions about Co-op. This document will be available on LEARN in the near future. In the meantime, feel free to talk to one of the Committee Members or Experiential staff (Anson and Anthony).

Pharmacy Phile
ISSUE 32 – March 2012

Society of Pharmacy Students (SOPhS)

University of Waterloo School of Pharmacy



10A Victoria Street
Kitchener, Ontario N2G 1C5
www.sophs.ca



SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 12	25	26	27	28 Career Fair Costco Co-op Advisory Meeting	29 SOPhS Council Meeting	30 OPSIS 2012	31 OPSIS 2012
Week 13	April 1 April Fool's Day OPSIS 2012	2 Last Day of Classes Year End Carnival	3	4	5	6 Good Friday	7
Exams	8 Easter	9 Easter Monday Final Exams Begin	10	11	12	13	14
Exams	15 IPSF Essay Competition Deadline	16	17	18	19	20	21 Final Exam Period Ends
Break	22	23	24	25	26	27	28
Week 1	29	30	May 1 Spring 2012 Term Begins	2	3	4	5

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 in the process of adding class calendars to the website and it is our hope that these calendars will provide you with all of the event and deadline information you need during each term.

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