

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 36 | July 2012

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PRESIDENT & VP'S MESSAGE

This Summer has been Hot Hot Hot!

UW Pharmacy was the place to be in July! The festivities started off with many pharmacy students in all four years making their way to the nation's capital to celebrate Canada Day; it's always great to see so many familiar faces in Ottawa this time of year. To keep the good times going, our grad committee treated us to a second round of pubscription fun - wearing sunglasses at night never seemed so cool! CAPSI's education and outreach team added to the mix by holding its annual OTC week! This year, students were invited to take part in a creative new event - The Social Media Challenge. This innovative activity generated a great deal of healthy discussion! Students were also able to participate in Mock OSCEs and test their trivia knowledge at OTC Pharmafacts Bowl! This is always a great way for students to practice their non-Rx aisle counselling skills, receive some constructive feedback from upper year students, and learn some interesting new facts.

Mad Men Formal!

The Mad Men themed formal was a picture perfect success! The ladies were elegant and the gentlemen looked dapper in their old school apparel! We even had a table of our very own second years come and join in on the fun. Shout out to UW pharmacy's very own DJ for keeping us dancing all

night! Also congratulations to all the students who won awards, thank you to everyone for voting! Continuing on, to help keep cool this month, SOPhS also put on its famous ice cream social. Yum! Thanks to everyone that helped out and participated in these events and thanks to the social committee for doing such an excellent job.

Congrats Rx2012!

That being said CONGRATULATIONS to the all the fourth years on finishing their last set of classes! Best of luck on the PEBCs and all the best as you continue your journey in the pharmacy profession. We can't wait for you to make us proud, and we hope you come back to visit or that we see you at various professional conferences and gatherings.

Congrats Rx2015!

A round of applause is also in order for our Rx 2015 class—you made it through your first year. Well Done! We wish you all, along with the Rx2013 class, a wonderful co-op experience this fall! Have a wonderful WHOLE month off this summer, you all deserve it (and we slightly envy you for it).

Spring Town Hall Meeting

July ended with our term's town hall meeting - a fitting way to end the semester. We

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President & VP's Message

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received a lot of useful feedback about academic courses, co-op, and your student experiences here at the School of Pharmacy. We look forward to working together with faculty and administration to ensure your concerns are addressed. We would also like to say a special THANK YOU to those students from the class of Rx2012 who made the effort to come out and provide us with their insights. Your feedback is so important as we continue to develop our program and curriculum to educate and produce the best pharmacists Ontario has to offer! Once again, we truly appreciate you for coming out and being so selfless to try and better our school for the years to come.

Enjoy the rest of your summer!

Saleema and Danielle
SOPHS President & VP



Pictured with the President and Vice President Internal of Feds, Andrew Noble and Alexandra Russell, at the Feds Volunteer Extravaganza.

CAPSI MEDIA CHALLENGE ...A #HUGE SUCCESS!

Written by: Chelsea Barr, Rx2013

It is safe to say that here at the UW School of Pharmacy, social media plays a huge role in how we communicate! To capitalize on this, UW CAPSI launched its first ever Social Media Challenge, a contest we designed to engage CAPSI members in current hot topics in pharmacy and to voice their opinions on the future of pharmacy. We asked CAPSI members to post on our Facebook page or tweet @UWCAPSI with responses to our questions, and each day we had over 30 students respond! Needless to say, we were absolutely blown away with the results. We received some very insightful and inspiring posts. Some of my favorites from the week were:

Ontario's population is growing at an unprecedented rate. What does this mean for the future of health care?

"Almost 80% of Ontarians over 45 have a chronic condition!!!! That's an incredible number. Pharmacists will need to play a huge role in PREVENTION of further complications of these chronic conditions to keep people out of the hospital. I also perceive a large role for pharmacists as educators for people with these chronic conditions." - Carmen Loucks, Rx2013

For today's challenge, comment on this photo or tweet @UWCAPSI with at least 3 exciting new roles that pharmacists can

take on with an expanded scope!

"Pharmacists do #medschecks #counselpatients #OTCrecommendations #injections #preventdisease and more! #notjustpillcounters" Jonathan Potvin, Rx2015 (via Twitter)

Staying up-to-date on new medications can be a challenge! Today, we want you to post a link to your favorite information resource for new Canadian prescription or OTC products.

"@UWCAPSI <http://www.cadth.ca/en/products> love their economic models and clinical efficacy summaries" Andrew Cornacchia, Rx2014 (via Twitter)

Pharmacy associations and advocacy organizations are important for providing leadership and a voice for pharmacists across Canada. For today's challenge, tell us about how your favorite pharmacy organization is making a difference for the future of pharmacy!

"My favourite pharmacy organization is CAPSI. It gives pharmacy students many opportunities to get their feet wet in the field of pharmacy and expose the pharmacy students to the field of pharmacy. This helps inspire the students to explore and try new things, which helps understand the roles and responsibilities of a pharmacist. Since the pharmacy students are the future

pharmacists of the world, inspiring them and affecting them in a positive manner will make a positive difference in the future." Ivan Hui, Rx2015

"Being a pharmacist is important to me because _____."

"Being a pharmacist is important to me because I not only want to be a health care provider, but I also want to be an active community member and a friendly face for my patients. To me being a pharmacist is more than medicines or even cognitive services. It's about the relationship we build with our patients and the trust they have in us as sources of advice and support. That's what I look forward to most about my career in pharmacy." Jenny Seguin, Rx2012

UW CAPSI would like to thank everyone who took the time to take part in our contest. We had a lot of fun reading the variety of responses and can't wait to host similar social media events in the future!



COMMUNITY ACTION NOW



Food Drive Competition

Did you know that in 2010, over 26,500 residents of Waterloo Region sought emergency food assistance and over 48,000 people in the Waterloo Region were living below the poverty line?

This term, CAN held a **Food Drive Competition** during the week of June 18th - 22nd to collect food items such as canned vegetables, macaroni and cheese, peanut butter, and canned meat and fish etc. to do our part in helping those in need. Thankfully, we had full support from all three classes (Rx2013, Rx2014, Rx2015) as well as some Faculty to fuel this competition.

To make the competition even more exciting, the committee asked Dr. Schneider, Katlyn Sheldon, and Dr. Beazley to represent Rx2012, Rx2013, and Rx2015 respectively; the class that failed to bring in the most would have their faculty rep pied in the face by the faculty rep from the winning class! Further fueling the competitive fire, we posted visual meters in the front lobby of the school so each class would be able to see the results instantly.

The first couple of days, it looked to be a



very close call between Rx2012, Rx2013, Rx2015. But, on the last day, a group of students from Rx2013 showed off their brilliant strategic skills, bringing in over 500 food items, ultimately beating out the second-place and very determined Rx2015s by 400 items!

In total, CAN collected over 1400 food items, which were packed in 33 boxes(!) and delivered all to the food banks in the Waterloo Region. I'm sure that the people of the Waterloo Region are greatly appreciative of your generosity, by living out the spirit of serving your community.

And of course, to end off the competition in true good spirit, a time was set in which all three classes were able to witness the spectacular moment of Katlyn Sheldon "pie-ing" Dr. Beazley! With his family in attendance, one of his sons very excitedly added an extra layer of whip cream on the pie! Great job Pharmies!

Ray of Hope - Soup Kitchen

To continue the spirit of serving our community in a very successful term, CAN organized another Soup Kitchen event at the Ray of Hope Community Center. On July 6th, about 20 pharmacy students volunteered to help with grocery runs, preparing food, and/or serving on the front lines at the Soup Kitchen.



The menu took on a summer theme! The night before, a dedicated group prepared a delicious pasta salad; on the day-of, the guys had fun grilling the burgers in the beautiful (and hot) weather while the girls stayed cool indoors to prepare the lettuce and tomatoes before people started to come in to enjoy the great meals we had prepared. It was a perfect day for some burgers, pasta salad, and last but not least, ICE CREAM! Over 150 people were served and many people wanted seconds!

For most students who helped out, it was their first time volunteering at the Soup Kitchen and they had a wonderful experience meeting different people in the community. Special thanks to those who volunteered to make this another successful event: Vivian Lee, Calvin Poon, Mandip Khela, Marisa Ramandt, Brittany Franchuk, Tina Carriere, Cindy Yuen, Lucy Feng, Boris Tong, Courtney Russell, Saleema Bhaidani, Jillian Bauer, Adam Davidse, Romel Bhiri, Courtney Wong, and Samantha Lee. We hope to continue this every term in the future!

Written by: Joyce Tsang, Rx2014
CAN Representative



CAPSI CORNER

Stepping Into Expanded Scope

Hello CAPSI Members! As we wrap up our summer semester and co-op placements, exciting news has arrived! As per a message from the Ontario College of Pharmacists, expanded scope regulation will be in effect this fall. When the regulations are in place, pharmacists will have the authority to perform the following acts:

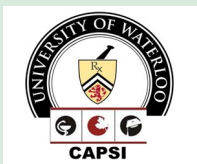
- Administering influenza vaccinations
- Initiating a prescription (at this time, this includes drugs for smoking cessation only)
- Extending prescriptions (ie. Refills)
- Adapting Prescriptions (ie. Changing dose, dosage form, regimen, or route of administration)
- Performing a procedure on tissue below the dermis and administering injections or inhalations for demonstration or education purposes

So what exactly does this mean for us as pharmacy students? As students heading out onto co-op in the fall or winter, we are in the ideal position to be instrumental in the implementation of expanded scope at our places of employment. I encourage everyone to familiarize themselves with the details of the new legislation, so that you can be the expert on expanded scope in your pharmacy, and can encourage practicing pharmacists to follow your lead!

In these times of change, there will be a lot of questions and uncertainty about how to best utilize pharmacist resources to provide these expanded services. As co-op students, we should be discussing the new legislation with our employers, and focus on developing viable solutions to help pharmacies implement these changes one step at a time. In doing so, we can be assured that upon graduation, we will step into a world of expanded scope of practice, where pharmacists are utilized to their full potential!

Have a great break and see you in the fall,

Jamie Rafuse
UW CAPSI Senior Representative



RUN FOR THE CURE 2012 BEACH VOLLEYBALL TOURNAMENT

For the second year in a row, CAPSI held the ever-popular beach volleyball tournament at Bobby O'Brien's Pub at the end of June! Tons of money was raised, great raffle prizes were given away, and most of all, good times were had all around.

If you know you will be in the area this fall for Co-op, or you are in school term

(Rx 2014), and you would like to participate in the run, [register now!](#)

- 1) Go to www.runfortheure.com.
- 2) Click on locations, and select Kitchener-Waterloo.
- 3) Click on "I want to join or re-start a team".
- 4) Team name: "UW School of Pharmacy"



CO-OP CHRONICLE

Jillian Bauer, Rx2014 Setting: Family Health Team

Jaskiran Otal (JO): Jill, tell us a bit about your roles and responsibilities at the Centre for Family Medicine (CFFM).

Jillian Bauer (JB): My role at CFFM is very dynamic. I am in charge of following up with all of our warfarin patients who do not come to clinic for their INR testing, but go to outside labs instead. This may be because they are home bound, work during clinic hours or because they live in more rural areas. I also spend my time attending clinics such as the Diabetes Clinic, Memory Clinic, Hypertension Clinic, Pain Clinic and Supportive Care Home visits. Patients that attend these clinics are often very complex cases which need a lot of attention and care. Employees on the team (physicians, nurses, occupational therapists, pharmacists, etc.) will work together in the clinics to provide the best possible care for these patients through collaboration. The pharmacists' role (and my role) is to provide drug therapy expertise and solve any drug related problems. I also support the physicians at CFFM by answering any drug information questions they may have and reviewing patient's medication profiles for safety and optimizing therapy.

JO: We covered deep vein thrombosis and anticoagulants in IPFC 2; what are you finding to be most applicable from our last term while on co-op?

JB: I feel like this IPFC topic could not have come at a better time. Specifically because anticoagulation is such a learning curve and I know so many of us have been

exposed to it in one way or another during this co-op term. I am able to apply so much of what I learned in the classroom to my co-op, such as knowing what important factors affect INR, drugs that interact with warfarin, prevention strategies for DVT and of course, dose adjustment. A topic like this is so important to learn and understand because this is an area where pharmacists can take the load off of physicians and properly manage this patient population. More and more community pharmacies are starting to have anticoagulation clinics right in their stores so this is the perfect opportunity for pharmacists to take on a more clinical role and collaborate with physicians.

JO: What clinical case/patient scenario has been the most interesting?

JB: One of the great aspects of CFFM is that they have a Supportive Care Clinic where a team will actually go into the homes of patients who are too sick to leave their home or need palliative care. This is an amazing opportunity to see what type of environment they are living in and how they function in their homes. I have been working with one elderly couple, both dealing with multiple co-morbidities, making bi-weekly visits to their home. Without spending time in their home I would not have known how poor their compliance was to their medications. I spent a great amount of time organizing their medications and helping them understand the importance of taking their medications. This experience opened my eyes to how very real compliance issues are and how pharmacists are in the perfect position to



acknowledge and improve this via MedsChecks, counselling or refill reminders.

JO: I know you have a lot of experience in a community pharmacy setting. What would you say are some similarities between that and working in a FHT?

JB: One similarity between community pharmacy and a FHT is how much patients will gain respect and depend on pharmacists given the opportunity. Physicians just don't have the time to teach their patients about their medications or listen to their worries or concerns. Patients have so many questions, but don't know who to trust or who to ask. Community pharmacists have the opportunity to spend time, gain rapport and show patients that they have the knowledge patients are looking for. Whether working in a FHT or in community, pharmacists are still the most accessible health care professional and we need to use this opportunity to our advantage.

JO: FHTs are obviously a prime example of interprofessional collaboration at its finest. Which health care professionals do you interact with regularly and in what capacity?

JB: The health care professionals I work with the most are the residents. Because CFFM is closely linked to the McMaster School of Medicine it is very teaching focused. At the clinics, there is usually one physician who has an interest or is an expert in the area and they will oversee everything. The residents and I will see the patients, present the case to the physician and then come up with a plan together. I have really enjoyed working with the residents because they are still in their learning phase as well; it is fun to unite our areas of expertise and find the best possible



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Co-op Chronicle: Jillian Bauer

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solution for our patient.

JO: With that said, what surprised you most about the FHT dynamic?

JB: I was most surprised at the pristine care that patients receive at a FHT. It is truly the most optimal form of health care in my opinion. The seamless care at CFFM has amazed me and it is great how willing everyone one is to work collaboratively. I was happy to see how the skills of different health care professionals are being utilized in order to give the best possible patient care.

JO: What has been the biggest lesson, not related to academics or therapeutics, that you have learned while on this co-op term?

JB: One of biggest lessons I have learned on this co-op is the power of listening. Patients spend so much time shuffling from doctor's office to doctor's office where only one of their problems is usually addressed at a time. As a pharmacist, we have the opportunity to take time and understand the whole picture of what a patient's perspective and concerns really are. I have learned that you can gain a patients confidence and trust very quickly if you take the time to just stop and listen.

JO: I think this can get a little heated (those of us as OPA Conference can attest to that), but if you had to be an anticoagulant, which would you be and why?

JB: Oh Jas, you really know how to push my buttons don't you? I would easily be warfarin. Come talk to me when dabigatran has been around for 50 years and has an antidote. Am I the only one that notices how defensive the Pradox reps become upon challenging them?

JO: Jill aka Warfarin, no surprise there! Has Dr. Nagge turned you into a SOAP note-writing wizard yet?

JB: Dr. Nagge does love his SOAP notes! He has definitely taught me a thing or two. All I can say is, Rx2014's, sharpen up your writing skills for the fall because we are all going to become SOAP note writing ninjas!

JO: Name one interesting tidbit about working with Dr. Nagge.

JB: Dr. Nagge loves to wear these weird running shoes with toes to work every chance he gets and patients love to bug him about it. He also knows absolutely EVERYTHING.

DR. BEAZELY... TOP CHEF?

At the 1st Annual UW Professor Auction, Marcus Walz, Jon Potvin, Angela Quach and Jaskiran Otal dished out the big bucks at the chance to hang with Dr. Beazely and be treated to a BBQ dinner, where he easily proved that spewing out Med Chem might have some competition as his #1 calling in life!

A beautiful home with a porch set-up that we couldn't get over - basically the perfect lounge - we had the chance to hang out with Dr. Beazely, his wife Sally, and their 11 month old son (aka Dr. Beazely's clone). School, Saskatchewan, living in Toronto, marriage, daycares, pharmacy, social media, shawarma, pinterest...name a topic, we probably discussed it!

Even with everything we learned and discussed so candidly over drinks, the biggest surprise of the evening was definitely the excellent food prepared by Dr. Beazely himself! We can't thank the Beazely family enough for what turned out to be an excellent way to spend a Friday night!



Appetizers

Hickory-smoked coconut with a Thai Sauce
BBQed short ribs

Main Course

Stuffed peppers
Slow-roasted sliced beets with rosemary with cottage cheese (mixed with olive oil, rosemary, thyme)
Puff-pastry tart with mashed potato, egg filling and asparagus spears

Dessert

Raspberry shortcake



CAPSI OTC WEEK

This year, UW CAPSI hosted Waterloo's 2nd annual OTC Week! The week offered something for everyone, from those heading out on their first co-op, to those preparing to write their PEBCs and start their internship.

Day 1: Advanced Cough and Cold

Nardine Nakhla (pictured below) hosted a case workshop on advanced cough and cold therapeutic cases. She covered special populations including pediatrics and pregnant women, as well as delved deeper into a variety of therapeutic topics surrounding cough and cold, such as drug interactions with anti-depressants, and ACE inhibitor-induced cough.

Day 2: OTC OSCEs

This popular event provided students with opportunity to practice their patient counseling skills on OTC cases of varying levels of difficulty. This was great preparation for first year OSCEs as well as PEBCs!

Mark your calendars for CAPSI competitions, coming up in October

where you can not only get some more OSCE practice, but can win a spot to attend Professional Development Week in Montreal!

Day 3: OTC Trivia

The OTC trivia night took place at McCabes, and had students competing in teams to demonstrate their level of OTC knowledge.

The intention was to mix-up students from all years in creating the teams, but the Rx 2015s had a different idea and decided to challenge the upper year students, coming in close behind the winning team from Rx2013. Congratulations to everyone for a job well done!

Jamie Rafuse
UW CAPSI Senior Representative



QUEST

- 1. Quickly and accurately assess the patient
 - 1) LOCUS (Observed/oriented)
 - 2) MMS (Observed/heard)
- 2. Establish that the patient is an appropriate self-care candidate
 - 1) History, review, treatment or avoidance of medical care
 - 2) History, review, treatment or avoidance of medical care
- 3. Suggest appropriate self-care
 - 1) OTC or alternative therapies and general care measures
- 4. Ask: Ask the patient
 - 1) How to obtain AOTC, administration, and ADRs
 - 2) What to expect? Burn treatment
 - 3) Appropriate follow-up

Fresh from the Pharm

A Culinary Blog by Chelsea Barr, Rx2013



S'mores Bars!

AKA...All the fun of camping when you're stuck at home on an IPFC weekend

I made these delicious s'mores bars for the Rx2012 grad committee bake sale, so if you were lucky enough to buy one, you know just how good they are! They're extra amazing straight from the oven, or microwaved for a few seconds. On top of how great they taste, they're also super easy to make and only require a few ingredients! Speaking from experience, this is especially important when you have an IPFC exam lurking on Monday and want to do something to occupy just enough of your time that you feel like you accomplished something other than studying, but still want to sound like you know something about rheumatoid factors! Enjoy!

Warm toasted marshmallow s'mores bars

- 1 pouch Betty Crocker sugar cookie mix
- 1 cup graham cracker crumbs
- 1 cup butter or margarine, melted
- 3 cups milk or semisweet chocolate chips
- 4 1/2 cups miniature marshmallows

1. Heat oven to 375F. In a large bowl, stir together cookie mix and cracker crumbs. Stir in melted butter until soft dough forms. Press into ungreased 13x9 inch pan or into the bottom of 12 muffin tins fit with paper liners.

2. Bake for 18-20 minutes or until set. Remove from oven and immediately sprinkle chocolate chips over crust. Let stand for 3-5 minutes or until chocolate chips begin to melt. Spread chocolate evenly over crust

3. Set oven to broil. Sprinkle marshmallows over melted chocolate. Broil for 20-30 seconds or until marshmallows are toasted (watch them carefully!!). Cool for 10 minutes. Slice using a sharp knife that has been sprayed with cooking spray (Pam).

PHARMACY PHORMAL 2012





News & Reminders

Rx2014s: The employer portion of PLOT and final evaluations are due August 20th. Good luck as you all wrap up the last few weeks of co-op! Rest up for what will likely be a wild fall semester!

Rx2012/2013/2015: Hope exams went well! Enjoy the rest of your summers, and good luck in the fall!

Newsletter Submissions: The Pharm Phile is recruiting! If you have an itching for writing or would like to have your say on any hot topics in the world of pharmacy, consider submitting an article for inclusion in an upcoming newsletter! Feel free to contact Jaskiran Otal, Senior Communications Director, if you have any questions (jotal@uwaterloo.ca).

Phrosh Week 2013: Hey 2015s! Interested in being involved with the orientation of Rx2016 this coming winter? Check your email for information from Marcus Walz, SOPhS President-Elect, about applications and deadlines! Contact him at mwalz@uwaterloo.ca if you have any questions.

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




Society of Pharmacy Students (SOPhS)

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www.sophs.ca



SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exams	5	6 Civic Holiday	7 Rx2014: PLOT Student Portion Due	8	9	10 Final Exam Period Ends	11
	12	13	14	15	16	17	18
	19	20 Rx2014: PLOT Employer Por- tion & Final Eval- uation Due	21	22	23	24	25
	26	27 Fall 2012 Fees Arranged Dead- line	28	29	30	31	Sept 1
	2	3 Labour Day	4	5	6	7	8
	9	10 Classes Begin	11	12	13	14	15

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 Rusana at rusana.m@gmail.com