

# PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 41 | December 2012



## IN THIS ISSUE

- 1 Final Message from SOPhS President and Vice-President
- 2-4 Our 2012 Wish List
- 4 CAPSI Corner
- 5 CHSP Council 2012 Year in Review
- 6 Communications Update
- 7 SOPhS 6 Week Calendar

## 2012 SOPHS PRESIDENT & VP FINAL MESSAGE

At the beginning of our term, and in keeping with the theme of 2012, we set out our list of 12 wishes for the year. Now, as our term on council comes to an end, we'd like to thank you for making all our wishes come true (we're cheesy, we know)! As we look back and realize what an incredible year it has been, we are humbled and truly grateful to all of you for voting us onto SOPhS, and allowing us to represent you as student ambassadors of UW Pharmacy. We feel very privileged to have had the opportunity to be part of such an amazing council, and have both personally grown as individuals over the year as a result of it.

Listed on Page 2 is a summary of our SOPhS accomplishments this year as they relate to our 12 wishes (goals). We hope this provides you with a pleasant recap of your 2012 year as a University of Waterloo pharmacy student; we have tried to highlight many key moments and events throughout the winter, spring and fall terms. None of this would have been a success without all of our SOPhS council members. Your tireless effort and dedication to enhancing our student life here at Waterloo including the educational, social and athletic events you have brought to our school have been remarkable. Thank you for sharing your great ideas as part of our council, and for execut-

ing them with such enthusiasm. Our accomplishments are a direct result of your commitment to making our school the best in the country. You are all outstanding leaders and it has been our pleasure to work alongside each of you.

Lastly, we would like to wish Marcus and Jon a very successful year as they transition into their new roles leading the council. We are excited to pass on the torch to these two young men, and have the utmost confidence that SOPhS is in great hands. We know they will bring new, innovative ideas to our school and will continue to develop our dynamic student council to reach its potential.

Once again, thank you for showing us your continuous support throughout the year as we led the SOPhS council as President and Vice President; your kind words of encouragement, positive feedback and enthusiastic participation in our events made our experience on council truly memorable!

Cheers to a Happy, Healthy and Prosperous 2013!

With much love,

Saleema Bhaidani and Danielle Paes

President & VP, SOPhS 2012



 **SOPhS**  
SOCIETY OF PHARMACY STUDENTS



# OUR 2012 WISH LIST



## 2012 SOPhS President & VP Final Message

**1) Increase community engagement and promote our civic responsibility to give back to our city of Kitchener.**

- CAN's Soup Kitchens and Food Bank drive
- IP's Terry Fox Run
- CAPSI's Run for the Cure
- Collaborating with PhiG for Coldest Night of the Year

**2) Improve transparency and communication within the student body.**

- First Annual General Meeting
- Updating SOPhS communication board in



the student lounge

- Weekly Updates and Town hall follow-up in the Pharm Phile
- Continued improvements to the SOPhS Website

**3) Enhance collaboration between SOPhS and other local student run organizations.**

- UW Federation of Students (FEDS): Pharmacy position at FEDS meetings, campus BBQ and Bubble tea events.
- Pharmacy Graduate Association (PhGA): Future Outlook Seminar
- Undergraduate Pharmacy Society (UPS) at UofT: OPSIS, Joint social events in Toronto

**4) Highlight and showcase the incredible faculty we have here at UW Pharmacy.**

- Professor Auction
- Faculty Guest Speakers at Seminars and



Presentations

- Phocus on Faculty & PharmPhile Newsletter Interviews
- Staff Appreciation Event

**5) Strengthen and expand national alliances between pharmacy students across the country.**

- Meeting and interacting with pharmacy students at National Conferences: PDW, CPhA, OPA, OPSIS
- UW Student representation on National boards and councils

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**“Our 2012 Wish List”  
Continued from Page 2**

**6) Promote a healthy balance of work and play by promoting recreational activities such as intramural sports and physical activity.**

- Monthly Athletics events such as rock climbing, and trips to watch local sporting events
- OPA Cup
- New Athletics Gear: unifying jerseys and t-shirts for our students
- Intramural Sports teams: basketball, hockey, volleyball

**7) Build a stronger partnership with main campus, including FEDS and CAP.**

- Meetings with UW Co-op Advisory Council



- Participation in FEDS Elections
- Pharmacy Bomber Night Event
- CAP student Meet and Greet

**8) Offer opportunities for out of classroom educational opportunities to supplement our pharmacy knowledge.**

- PhGA: Future Outlook Seminar
- Dinner or Lunch’n’Learn events by various committees
- Journal Club and Counseling Club

**9) Push forward the steering committee initiatives to fulfill student concerns brought up at Town-hall meetings.**

- Meetings with Hallman Director
- 24 hour Prayer Room in the School of Pharmacy building
- An active Pharmacy Co-op Advisory Committee
- New furniture for student study areas and



fridges in student lounge

**10) Utilize our talented and passionate students to help make a difference as we advocate the profession of pharmacy through new and innovative ways.**

- Writing letters on behalf of our students to the Premier, MPPs, OCP and OPA
- Representation at National and Provincial pharmacy conferences
- Taking part in focus groups and discussions with key partners in pharmacy involved in advocacy and industry

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**“Our 2012 Wish List”**  
*Continued from Page 3*

**11) Foster a school-wide culture of camaraderie between Waterloo pharmacy students.**

- Pharmacy Phormal
- Interclass competitions
- Free treats from your Social Committee
- Pharmacy Spirit Wear

**12) Last but not least, enhance the overall student experience at UW Pharmacy by ensuring that we all make time in our busy schedules to have fun!**

- Phrosh Week 2012
- Pharmacy Phair
- Raptors/ Rangers Game
- SOPhS-sponsored social activities on and off campus
- Mini “Welcome-Back-Week” Fall 2012



# CAPSI CORNER

## A Look Back on 2012

Happy Holidays from UW CAPSI! We hope everyone had a relaxing break and is looking forward to starting school or co-op in 2013. Here is a quick recap of the CAPSI events from 2012, and some ideas of what to look forward to in 2013.

We started off 2012 with Professional Development Week (PDW) in Halifax, NS where UW students participated in national student competitions and enjoyed conference activities. 2012 marked a year where many UW students sat on the National CAPSI Council including Jillian Grocholsky, Jenny Seguin, Chelsea Barr, Niki Bajic, Cassandra McEwan, Jamie Ikola and Sarah Johnson. After an exciting trip out east, we finished off January with the UW CAPSI Mock OSCEs and the IPSF Anti-Counterfeit Drug Campaign.

In March, UW CAPSI planned many Pharmacist Awareness Week (PAW) activities including a 3<sup>rd</sup> party payers symposium, High School outreach presentation, health fair, outreach booth, and skit night. The spring also marked UW CAPSI elections where we welcomed out 2012-2013 council.

Throughout the summer of 2012 many UW students participated in the IPSF Student Exchange Program where they experienced pharmacy practise in different countries around the world. The Education and Outreach Team hosted several events in the summer of 2012 such as a student case study, smoking cessation booth and the annual OTC

week. Finally, the first ever UW CAPSI Communication Challenge was a huge success as students enjoyed talking about hot pharmacy issues on Facebook and Twitter.

This year CAPSI raised over \$30,000 on a national level for Run for the Cure. UW placed second in the pharmacy school challenge and over 20 students participated in the run on September 30<sup>th</sup>. Thanks again to everyone who participated!

Fall was a busy time, despite only one class being on campus. CAPSI competitions were held in October for Compounding, OTC Counselling, Patient Interview Challenge, and the Student Literacy Challenge. We also hosted a symposium in November on Personalized Medicine, and we ended the year with some great fundraisers.

## What can you expect from CAPSI in 2013?

If you thought 2012 was an exciting year, wait until you hear what we have planned for 2013! Over 40 delegates are off to Montreal in the 2nd week of January for PDW 2013. We also have CAPSI Awareness Week, Mock OSCEs, IPSF Tuberculosis Campaign, Pharmacist Awareness Week, the first ever Mr. Pharmacy pageant, another Communication Challenge and many Educational and Outreach Events planned for the winter term...so stay tuned CAPSI members!

**Sarah Johnson**  
Junior CAPSI Representative



# CSHP COUNCIL 2012 YEAR IN REVIEW

## **Niki Bajic, CSHP Communications Committee Representative**

2012 marked the first year of the Canadian Society for Hospital Pharmacists (CSHP) student representative committee, the first of its kind in any Canadian pharmacy school. The goal of the CSHP council is to raise awareness of the organization on the University of Waterloo School of Pharmacy campus, and to increase student interest in the organization. CSHP council members worked hard this year to ensure that the council's goals were realized. Here is what the other council members have to say, as well as some highlights of our year's achievements:

## **Leonard Chan, Outgoing CSHP Student Representative:**

With the creation of the first CSHP student council at the University of Waterloo, I'm really proud of what our council has been able to accomplish in short time. At the 2012 Ontario Branch CSHP Annual General Meeting, committee chairs expressed their gratitude and praise for the knowledge, professionalism and contributions Waterloo Pharmacy students have to offer. Our team initiatives and forward thinking as a council has definitely put Waterloo on the hospital pharmacy map!

## **Arpita Desai, Incoming CSHP Student Representative:**

As incoming CSHP Representative, I co-organized a CSHP Speed Dating Event with Shekhar Mehta. This event gave students the opportunity to have short conversations with 5-6 different hospital pharmacists and ask questions to gain a better understanding of hospital pharmacy. I also attended the Annual General Meeting and the Council meeting with Leonard Chan. Currently, I am working with Alice Hogg, Membership Chair to plan two events for the junior and senior students to promote and recruit members for CSHP. We intend to have an informal event for the juniors and a Continuing Education Event for the seniors. Finally, with a focus on future events, the UW CSHP Council has brainstormed some ideas. Over the next year, we will work together to organize more events (i.e. Continuing Education talks). See you guys in 2013!

## **Evan Steed, Awards Committee Representative:**

My position centres on the Ontario Awards Branch for both practicing pharmacists and residents. This year, I participated in regular conference calls with pharmacists from across

Ontario to discuss applications. I spent a significant amount of independent review and critique of applications, which was needed for practicing pharmacist prizes as well as resident submissions. In addition to reviewing awards, I acted as an ambassador for CSHP and its award programs by recruiting new members and advertising CSHP initiatives. For example, this year I spearheaded and organized a case-study competition with a grand prize of free attendance to the CSHP General Educational Session last November. In the upcoming months, we plan on continuing to organize case study competitions, with the goal to make the competition more interactive in the future. In all, the CSHP Council has been a great opportunity to meet practicing hospital pharmacists, learn more about the profession, and enhance my therapeutic knowledge.

## **Shekhar Mehta, Membership Committee Representative:**

As a Membership Executive of newly formed CSHP council my role is to increase awareness of CSHP at UW School of Pharmacy. By working closely with the chair of membership committee, Ms. Alice Hogg, we hope to have a greater member body representing UW Pharmacy. We are planning some exciting events for the upcoming winter term, so I definitely urge students to attend those. In addition to this role, I was involved in organizing the CSHP "Speed Dating" event during the summer term. This event provided first year students with an insight into the field of hospital pharmacy. Each hospital pharmacist shared a unique perspective with students, which helped to illustrate that hospital pharmacy is a diverse environment with numerous opportunities for us as future pharmacists. Overall, being a member of CSHP council has been a rewarding experience because I understand the role and importance of hospital pharmacists. I am excited and look forward to contributing in greater capacity during winter 2013 term.

## **Karishma Kak, Education Committee Representative:**

The role of the student representative on the CSHP Education Committee is two-fold. It involves commitment to the UW School of Pharmacy and the CSHP student council in terms of organizing and holding educational sessions for student, and to also be an active member of the CSHP Ontario chapter. For the former role, this year I was involved with organizing and executing a Residency Information Session involving current pharmacy



residents as well as past residents who are now practising pharmacists. This session was informal and those attending found it very insightful and a great platform to really ask questions which they felt may not be appropriate to the OPRA Residency Night involving the different Ontario Hospitals. My commitment to the CSHP student council also involved communicating with the council, attending committee meetings, sending updates and helping fellow council members. My role on the CSHP Education Committee Ontario Chapter involved discussing the mandate of the committee which comprised mostly of practising hospital pharmacists and leaders in their fields. This year, the primary focus was organizing the CSHP Annual General Meeting held in November at the Leslie Dan School of Pharmacy. In general as a CSHP Education committee student representative, I was also involved with promoting CSHP amongst students, promoting the AGM and general benefit of being a part of CSHP.

## **Niki Bajic, Communications Committee Representative:**

As Communications Committee Representative, I liaised with the CSHP Communications Committee and other to brainstorm ways to increase awareness of CSHP, in addition to providing regular written submissions for the HPO and SOPhS Pharmacy Phile. In the future, I hope to introduce more ways that students may be able to interact with practicing hospital pharmacists. In addition to these regular duties, I also assisted other members of the CSHP council as needed, attended regular council meetings and provided updates on my position as needed. Although the CSHP Council is still relatively young, our current accomplishments and initiative will no doubt continue to grow. Stay tuned for more events in 2013 and good luck next semester!





## SOPhS Communications

Have an opinion about our expanded scope of practice? Experience something on co-op that you'd like to share?

SOPhS encourages you to submit an article for the **Pharm Phile newsletter!** Submissions can be sent to [pharmsoc@uwaterloo.ca](mailto:pharmsoc@uwaterloo.ca) by the end of every month for inclusion in the next edition!

If you have any interest in becoming involved with the SOPhS Communications Committee please send an email our way! We are especially looking for individuals interested in helping out with the SOPhS website.

Pharmacy Phile  
ISSUE 41 | December 2012

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](mailto:pharmsoc@uwaterloo.ca) using the guidelines available on the SOPhS website (Communications, under Student Resources).




## Society of Pharmacy Students (SOPhS)

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# SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1—Rx2016 Phrosh Week	6 Rx 2016 Welcome night 7-10pm	7 First day of classes Orientation 9am-2pm Sobey's Lunch 12-1pm	8 Class Dinner at Heuther Hotel 6:30-8:30pm Yuk Yuk's Comedy Show 9pm-12am	9 Scotiabank Lunch 12:30-1:30pm Games Night 8-11pm PDW 2013	10 CAPSI Lunch 11:30-12:30pm White Coat Ceremony 4-8pm PDW 2013	11 KW Pub Crawl 8pm-close PDW 2013	12 Twin City Wide Amazing Race 1-6pm Bomber Night PDW 2013
Week 2	13 PDW 2013	14	15 Rx2013 Mock OSCEs 6-9pm	16 Rx2013 Mock OSCEs 3-6pm & 6-9pm	17	18	19
Week 3	20	21 CAPSI IPSF Campaign: Tuberculosis	22 CAPSI IPSF Campaign: Tuberculosis	23 CAPSI IPSF Campaign: Tuberculosis	24 CAPSI IPSF Campaign: Tuberculosis	25 CAPSI IPSF Campaign: Tuberculosis	26
Week 4	27	28	29	30	31 ECPA Bursary Application Deadline	Feb 1	2
Week 5	3	4	5	6	7	8	9
Week 6	10 Chinese New Year	11	12	13	14 Valentine's Day	15	16

## 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.