

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

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PHROSH WEEK 2013 WELCOME Rx2016!

Welcome 2016s! It looks like you all survived Pharmageddon and had a great time doing so! It was quite the week and it looked like you all had a lot of fun. I would like to thank all the volunteers from the 2015 class for making all this possible and also the sponsors for providing us with the funds to put this together. A thank you goes out to Teva, Scotiabank, FEDS, Sobeys and SOPhS for their support.

Below I have summarized the weekly events and also provided some pictures to commemorate the week. Enjoy!

Sunday, January 6th

Excited students gathered around the main lobby to receive their Phrosh kits and begin the Journey that is Phrosh Week. I am very



proud to announce that this year's Welcome Night had the highest attendance recorded to date for any prior Phrosh Week event, with 108 first year students in the building. The night kicked off with icebreakers in each respective group to help the students become acquainted with each other. Each group went on a tour of the building during this time given by the Phrosh Leaders. After the icebreakers and tour, all of the students gathered in the main lecture hall to watch a video on what they can expect, hear from some committee members, and learn how to dance at a rave. This event was the most exciting to watch as everyone got up from their seat and participated in the dance led by Phrosh Leader Shekhar.

Monday January 7th

Phrosh woke up bright and early to attend their faculty orientation that lasted most of the day. Hungry students were provided pizza by Sobeys at the half way point. At night, students were treated to a pub night at McCabes. Having a large section of the pub booked out, students mingled between one another in a relaxed atmosphere. Everyone seemed to be enjoying the night. Appe

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PHROSH WEEK 2013

Wednesday January 9th



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tizers were served around 10pm provided by FEDS and everyone really enjoyed the selection of food. After the food came out, students were provided with cards containing specific traits that they had to find in other students. This allowed for the students to meet people in their program and build connections that could last throughout pharmacy school. We ended up closing the pub down and hopefully we can continue the high enthusiasm into the week.

Tuesday January 8th

Following a long day of classes, the Phrosh were treated to 2 events at night this time around. Over 90 Phrosh packed the KW buses and met up at the Heuther Hotel for dinner. We had an entire floor booked out and almost every seat was filled. The restaurant provided us with many great food options and thanks goes out to Melissa Raymer for setting this up. After everyone received their food and mingled a bit with one another, we then took the bus back to Kitchener to meet up at the Rum Runners Pub for a Comedy night. This night would prove to be one to remember as the place was packed with not only Phrosh but the Phrosh leaders who were brave enough to sit in the front row. One by one, we got picked on by the comedians, all in good fun of course! They did however seem to love the t-shirts! A lot of highlights to remember and good laughs were shared as the Phrosh were treated to not one but two comedians through the night.

Scotiabank was generous enough to provide the class with Subway during their break. After classes finished, we hosted a Games Night for the Students. Although attendance was down compared to the previous events, the students were still as enthusiastic as ever as they participated in games set up by our Phrosh leaders Rusana and Samer. These games included Pass the Pill (with a spoon), a Pharmacy rendition of Family Feud, Charades, Catch a cookie from your forehead into your mouth, a non-alcoholic Jello shot contest and other games as well! The highlight of the night, however, came during the Bridal game where two young gentlemen (who shall remain nameless until the pictures surface) volunteered to be toilet papered up to look like a bride. Strutting their stuff down the center isle in room 1004, the entire room cheered as the participants dazzled the audience.

Thursday January 10th

The Phrosh week events took a break this day to make room for the White Coat Ceremony. Students were treated to inspiring speeches by some very important people in the field of Pharmacy. It was an honor to be able to go up and talk in front of the students to provide them some insight into what to expect. The event was also catered and students enjoyed an elegant meal of appetizers. You all deserved this moment and I am glad you got time to spend it with your classmates, friends and family.

Friday January 11th

Friday Night kicked off with a good ole fashioned Pub Crawl. The pharmacy students took part in an event that allowed them to become accustomed to various establishments around Kitchener and Waterloo. Enthusiasm was at a peak as students donned their teams colours in hopes to pull ahead in the standings. This was no ordinary pub crawl, but a scavenger hunt pub crawl. Teams were instructed to take pictures in front of various iconic KW landmarks (such as the red velvet couch in Firkin) and the



teams received points based off of how many students they had in the picture. The night began at Bobby O'Briens where we were treated to free appetizers as the students began mingling with one another. After taking a picture with Alexander Keith, the students then travelled closer to the Pharmacy building at Firkin. We then decided to change things up by going to a nightclub known as Beta.

Saturday January 12th

After a long night Saturday, students gathered in the Pharmacy building in the afternoon to participate in our version of the Amazing Race. Set up by our VP Jon Potvin, students were instructed to go to certain destinations around the Kitchener area. Once there, they were told to perform a task in order to receive clues on where to go next. The students were very enthusiastic and some teams even ran the entire race! After the race, considering the weather was beautiful at 10 degrees (the snow melted today), SOPhS decided to throw a final BBQ for the students. After stocking up on hamburgers and hotdogs, the students played a couple games of basketball and then head home for the evening.

All in all, it was a great week with a lot of great memories. Although Team Fever made a valiant effort to catch up, in the end the lead that team Dementia built was too strong as they had conquered Pharmageddon and outlasted the other teams. Congratulations go out to all participants on team Dementia.



THE PHARMACY TRANSFORMATION

Written by: Nandita Chhaniyara, Rx2016 Interim Class Representative



Eight months of eager anticipation were over. The New Year had arrived and so had we in the City of Kitchener. Rx2016 was ready to go!

Sunday the sixth of January marked the start of Phrosh week activities, commencing with the extremely enjoyable Welcome Night. Welcome Night acquainted us first year pharmacy student with our fellow peers and our Phrosh teams. The Phrosh Week theme for our class was Pharmageddon, pertaining to the division of first year students into teams reflecting disease states and symbolizing elements from the children's show "Pokémon." Thereafter we met our upperclassmen superiors who taught us how to rave and gave us insight on the school extracurricular activities.

Monday January 7th was our first day of class as pharmacy students. This was an unforgettable day for me because of the awe I was in sitting in room 1004. I felt like the sorting hat of life had placed me in my correct home. That morning we familiarized ourselves with the faculty and staff at the school along with the scope of our first year.

Day two and three of Phrosh Week included introductions to the remainder of our classes and also held extremely entertaining events such as a Class Dinner and the hilarious comedy night at Rum Runners pub in downtown Kitchener.

Thursday January 10 will be remembered as one of the most memorable days of our lives, the inaugural white coat ceremony that initiated us as members into the family of pharmacists. Not only was this a proud day, but it was a day to celebrate our academic achievements. Donning the white coat I can guarantee that each and every one of us felt like we were superheroes! More prominently, the superheroes of Canadian Healthcare. The events of the night included speeches from renowned professionals belonging to associations such as the CPHA, CSHP, OCP and the OPA.

The first week of Pharmacy School would have been incomplete without my experience in the gross Anatomy lab. This was by far a highlight of my experience because I very quickly realized the educational value of learning in the lab. On that first day I felt privileged to be science student and honoured by the fact that someone had decided to donate their body for my education. The human anatomy lab has therefore enabled me to develop sincere gratitude for the elegance of the human body.

In conclusion, I can say with pride that the experience that is the School of Pharmacy at the University of Waterloo is one that I wake up to with utmost anticipation.

The four years ahead will be a transforming change both in our intellect and our character. A change that will shape us into extremely competent clinicians that can provide quality patient care. As youth building tomorrow's healthcare services, I hope that we can bring pharmacists into the forefront as leading healthcare providers.



Rx2016 Speaks Out!

My favourite memory from Phrosh Week was...



...dressing Anjul up as a bride using toilet paper during Games Night. :)

...when [three of us] crawled on the floor of Bobby O'Briens pub; making "panther-like" facial expressions and noises, desperately trying to rack up some points for team Asthma.

...DEFINITELY the white coat ceremony! It was amazing to see such big names in the pharmacy industry come out and speak to us! Aside from the yummy food that was served we were able to present to our families what profession we are entering and be inspired by amazing speakers!

...Taking part in the photo challenge at Pub Crawl!

...Its a fairly difficult toss up... Either the point at the White Coat Ceremony when we were all standing on that stage together as a class, celebrating the start of our journey into the career of pharmacy... Or the first night, when Shekhar was teaching us all how to "bounce the balls," "walk the dog," and "milk the bull"!! And THAT is how you rave!



PRESIDENT & VP's MESSAGE

I would like to welcome everyone to 2013 by providing some insight into what to expect from your student's council executives for the year. First of all, I wanted to start by saying that it is a great honor to be representing such a strong group of students and future pharmacists. I hope to provide each and every student with the best possible experience at this school while also progressing operations of the student body.

After the class of 2012 celebrated their graduation, we welcomed in a new class of 2016 to our family. The tradition of Phrosh Week continued during the first week of classes and I must say that it was quite the thrill ride. What impressed me the most was the enthusiasm the 2016 class displayed for interest in SOPhS and getting involved. We had a lot of applicants for Class representative in which I would like to congratulate Nandita Chhaniyara for receiving the honor of this position. I am looking forward to the next set of elections where we should have some good competition.

As president and Vice President for the 2013 year, we have set out specific goals in which we would like to share with you in this newsletter. We hope that we can reach out to each student and also the community in order to ensure that our program continues to grow. We have shared these goals with our council members and now to all of you.

- Continue to improve community engagement in order to give back to the City of Kitchener
- Develop a sponsorship committee in order to ensure that our events can

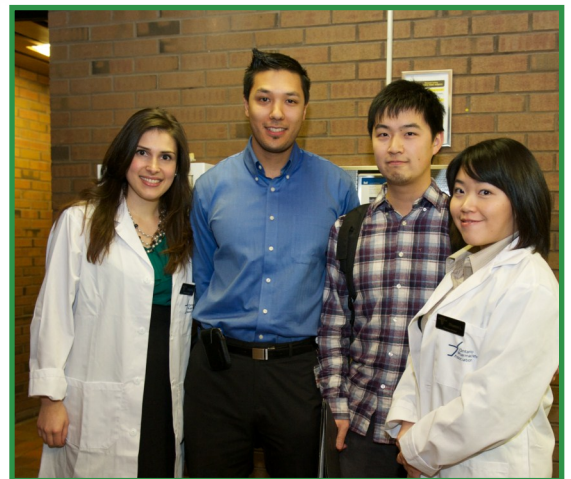
be funded and that the funds can be distributed in an organized and equal manner to all of our clubs and committees

- Build a stronger relationship with the federation of students at main campus and bring some of their services over to our satellite campus
- Develop the SOPhS website (sophs.ca) to a point where it is an excellent resource to the students throughout the entire year
- Continue to develop more steering committees in order to enhance student participation within our school
- Promote networking events available to our students including conferences, interprofessional evenings, educational lectures and social gatherings
- Provide the students with more amenities by applying to the Student Life Endowment Fund
- Improve availability of student council members to the students by forming concrete office hours
- Work with faculty and staff to provide all we can for the students
- Reach out to our local MPPs on issues pertaining to our future in the field of Pharmacy

We look forward to sharing the next year with all of you and wish you the best of luck with your studies. Feel free to stop either Jon or I if you see us around to say hi!

Sincerely,

Marcus Walz & Jon Potvin



PROFESSIONAL DEVELOPMENT WEEK 2013



Written by: Danielle Paes, Rx2014

CAPSI's Professional Development Week (PDW) is an annual conference that brings pharmacy students from across Canada together to learn about interesting health care topics, share ideas and experiences, and discuss how the profession of pharmacy is being lived out in different parts of the country. On my first day back to work after an incredible experience at PDW 2013 in Montreal, I found myself reflecting on the awesome time I had, as many of my new co-workers were curious about my experiences. I shared with them some of my **conference highlights** (only the work appropriate ones of course).

Tangent: Don't worry; I'm sure many of you will be happy to know that the "what happens at PDW, stays at PDW" philosophy is in full effect.

As I was telling my co-workers about my experience, I began to realize the **underlying value** of these student meetings. Not only does PDW give Canadian pharmacy students an opportunity to get together and mingle, but it provides us with a forum to share our stories and learn from each other. While sitting at a roundtable discussion with student body representatives from every pharmacy school in the country, it became apparent how much we have in common, but there are areas where we differ too.

Tangent: Did you know that pharmacists are in high demand in Quebec? Unfortunately, in many other provinces, the situa-

tion is the opposite.

I guess what I'm trying to say is that I always come away from these pharmacy conferences feeling re-energized and motivated to continue to learn. I met some pretty great people at PDW, and I am confident that Canada's future pharmacists are a bright, creative and intelligent bunch ready to take on any challenges thrown their way. Believe it or not, I learned a lot during this conference, despite all the socializing and parties (which were awesome by the way).

Tangent: How great were the PDW themes this year? I knew those apple bottom jeans and boots with the fur would come in handy one day! :-)) I also loved seeing everyone all dressed in white (including you rebels in red). I'm sure you can all agree - we had fun in Montreal!

The educational component of PDW left me with many pearls of insight or what my classmates at the University of Waterloo would call "pharmception." The sessions I attended left me thinking about some **important issues facing pharmacists** today, and as a result, it has generated many more conversations on these key topics. Below is a brief list of discussions/questions that have come up in my life, all stemming from the talks at PDW. I would be curious about what other conversations were sparked by other PDW delegates across the nation.

Suicide prevention: The concept of performing "mental CPR" as suggested by Philippe Vincent - genius!

Confidentiality: At what point does the patient's right to confidentiality get waved? This question came up while on the topic of **opioid abuse**. Apparently pharmacists must comply with all requests from a coroner since they have special legal rights (can anyone speak to this?).

Me Inc.: I loved this talk! Sylvain Boudreau



was a great **motivational speaker!** As a result of his wise words, I am now operating "Danielle Inc." as an organization with fully functioning departments to take care of all the important aspects of my life. FYI: I recently fired my nutrition department since they were slacking over the holidays... the new hires are still on probation. I have also adjusted my light switch so it's always ready to be turned on (and off as needed)!

Pharmacists Without Borders: The work being done by this group is inspiring. I hope that pharmacy students from all provinces will be encouraged to get on board to represent Canada on a global scale.

I want to offer a **big congratulations** to the **Canadian Association of Pharmacy Students and Interns (CAPSI)** and the PDW 2013 Planning Committee for putting on such an amazing event! You guys really know how to put on a show. I'm sure I speak for many students when I say, **thank you** so much for making our time in Montreal truly memorable!



CAPSI CORNER

C'est finis! Another PDW has gone, and I am sure all Professional Development Week delegates would agree that it was an amazing experience. University of Montreal planning committee did a phenomenal job of organizing the 800 student conference. Jamie Ikola, the Sr UW CAPSI Representative, and I, the Junior Representative, attended several CAPSI National meetings where the following hot topics were discussed:

CAPSI National Elections: Congratulations to Carly Stoneman for being elected as the IPSF Liaison and Saleema Bhaidani as VP Communication (pictured below, left).



PharmD Position Statement: Check out CAPSI's Statement on Page 11. Congratulations to both Waterloo and Toronto for getting approved for the PharmD!

CPhA Public Outreach Campaign: This year Pharmacist Awareness Week is being held March 3-9th, and the theme is "providing more healthcare than you know...ask your pharmacist". Stay tuned for all of the events going on this year at UW! CPhA has announced that next year will be celebrated as PAM: Pharmacist Awareness Month!

CPhA Membership Competition: Waterloo will compete with University of Toronto to see who can achieve more CPhA memberships. Register at www.pharmacists.ca/students, it is FREE.

Competition Changes: Waterloo be one of the schools to trial the Evidence Based Medicine Competition coming up this spring. If you are interested in showcasing your EBM skills, stay tuned!

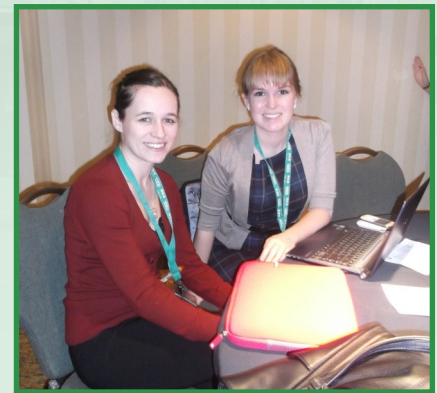
Membership Drive Video: CAPSI will be using their first ever membership drive

video for students entering school next year.

New UBC Student Initiatives: Check out mystudies.org! This website is an excellent summary of the landmark studies for the apple iPad or browser.

PDW 2014: Being hosted by Vancouver next January... <http://pdw2014.ca/>. Start getting excited!!

*Jamie Ikola & Sarah Johnson
UW CAPSI Representatives*



UW Delegates at the Pharmafacts Bowl Professional Development Week 2013

CAPSI COMPETITIONS: DO IT



Written by: Kacie Lunn, Rx2014

As most of you know, during the first week of school many of your colleagues joined other pharmacy students from across Canada at the PDW conference in Montreal. While I'm sure you've heard endless stories of the inspirational speakers, adventures of exploring the city, and wildly themed night events, what you may be less aware of is the competitions aspect to the conference.

There are several different types of competitions that CAPSI sponsors at this conference, each calling on a different type of skill. The compounding competition allows you to work together in a team of four to create different (and very unique) formulations for products. I do not recommend this competition for you if you have a serious distaste for the smell of doggie treats. The OTC Counseling and Patient Interview competitions resemble OSCE-like scenarios where you sit down with a patient and solve a drug therapy problem. The Student Literary Competition asks for an essay of under 1000 words on *any topic* of your interest (so long as it pertains to pharmacy one way or another).

Now, you may be asking yourself, Compounding? OSCE's?! ESSAYS?! Why on Earth would I want to put myself in these high-stress scenarios when I already lose enough hair over them during school?! This past PDW, I participated in the compounding and SLC competition, so before you skip out on these fantastic opportunities, I highly recommend you at least consider my own personal reasons for *willingly* participating in these opportunities.

Reason #1 - This is your resume...on STEROIDS!

Let's face it - our colleagues and classmates are amazing. We've all made it into pharmacy school, so we're all bringing a lil' somethin' somethin' to the table. Sometimes it's difficult to stand out to an employer amongst such a ravishing sea of competition. This is your chance to compete on

a national level, and show employers you're not just a pretty cover letter.

Reason #2 - I'm a nerd, and this = fun.

I'll be the first to admit that I'm a nerd: I make science jokes at every chance I get, I can somehow manage to have fun while studying for 9 exams in 12 days, I enjoy being busy and involved with school, and I just plain old like to learn. This is the opportunity to embrace the part of you that enjoys exercising these skills. And while these are competitions, and we're all in it to win and make our school look good, at the end of the day, it's just fun to go out and play.

Reason #3 - School Pride

Being the new school on the block, we've got something to prove! With our advanced curriculum and awesome co-op program, we've got to show these other pharmacy students just what we've got!

Reason #4 - Money!

This may sound greedy, or selfish, or maybe I'm not supposed to mention this so I look like a saint, but since I'm an imperfect person, I'll say it... You get money! For qualifying to represent our school in each of the competitions, you get a portion of both the registration and travel fees paid for. Not only that, but if you go on to place nationally at the conference, you get awarded with even more money. I understand the financial aspect is what holds many people back from attending the conference, so why not put these skills you're paying so much for to use and cut the cost of your conference fare down?

Reason #5 - Mad Skillz

Each of these competitions addresses a different skill set, but all of these skills are relevant to our profession. This is a chance, outside of the boring classroom, to utilize, develop, and master these skills before we head out and practice in the real world! Are you a natural when it comes to talking to and relating to patients? Try out for the counseling competitions! Struggle at every compounding practical you've ever had? Try out for the compounding competition anyway! This is your chance to step out of your comfort zone and test your boundaries in a fun and forgiving environment. Worst case scenario: you come out with some hilarious stories of how, despite being the only team wearing hair nets, you managed to find a hair in the antibiotic doggie bones you just

made.

So next fall term, I encourage everyone to try out for these competitions! The more people that compete, the more fun it is for everyone! And remember - struggling is normal.

Congratulations to the UW award winners and students who placed in the top 3 of the CAPSI National Competitions at PDW!

Nicole Seymour

2nd place in the Blueprint for Pharmacy Prize for Student Leadership



Kacie Lunn (pictured above, left)
2nd place, Student Literacy Challenge



Mitchell Zorzit (pictured above, left)
3rd place, Over-the-Counter Counselling Competition



Chelsea Barr (pictured above, left)
Waterloo Guy Genest Award,
Canada Health Infoway Award

KEEPING UP WITH THE VANGUARDS

Interview with Sheri DiGiovanni, Vanguard (Rx2011) Graduate

Interviewed By: Nick Malian, Rx2013

Tell us a little bit about your place of employment and your role as a pharmacist:

I work at Grand River Hospital in the Emergency Department. My role as a pharmacist in this department is quite varied. In my daily role in the Emergency Department I work alongside a pharmacy technician, physicians, nurse practitioners, nurses, social work, CCAC, administrative staff, educators, etc. to provide patient care to inpatients and outpatients.

The pharmacy technician and I check and enter all inpatient orders, so that medications can be dispensed from pharmacy. I also consult on outpatient orders when physicians and nurse practitioners have questions. I provide education to physicians and nursing staff regarding medication management and also provide therapeutic suggestions when necessary.

The most exciting (and also intimidating) part of my job is responding to emergency traumas with the trauma team. When a patient arrives from the ambulance with an overdose, from a car accident, stroke, heart attack or many other medical conditions, the trauma team responds to stabilize the patient before they are sent either to our ICU or another hospital. As part of this team, me and the pharmacy technician provide support by calculating doses of medications, preparing medications for administration and providing suggestions for therapy. As a new graduate I find this both exciting and scary and I spend a significant amount of my down time at work learning more about this role and becoming better and more comfortable in this situation.

How did you find your job? Was it difficult?

Prior to starting at Grand River Hospital I worked at Brantford General Hospital in a full-time contract position. When I was nearing the end of my contract I began looking for full-time employment closer to home as I still live in Kitchener. One of my colleagues heard of a job opening at Grand River Hospital and suggested I apply. The timing just happened to be right and it all worked out.



How has your pharmacy coped/thrived with the legislative changes to pharmacy?

The legislative changes haven't really affected my job much since I work in a hospital, but we are slowly exploring ways that we can use these changes to our advantage. For example, one of our pharmacist has a discharge project on the go and she is looking at how we can effectively communicate with patient's primary care providers including their community pharmacist to ensure continuity of care. Now that the scope of pharmacists has changed we recognize that there are opportunities for community pharmacists to continue to make significant changes and improvements to patient's medication profiles once they are discharged.

What are key things you learned on coop that prepared you for "real-life" employment?

Since starting practicing as a pharmacist I've truly come to understand the term life-long learning. I always knew that I would be learning new things everyday, but I didn't realize how many things I would have to re-learn everyday. The things that I took away from co-op that helped me the most in my

employment are the experiences that I gained interacting with others, whether it be patients, nurses, physicians, caregivers or colleagues. These experiences are the most transferrable into a 'real-life' working scenario.

It's been a year since you graduated, what advice do you have for:

1st year students:

Enjoy your time as a student. Don't focus too much on your grades - focus more on the experiences of being a student and the learning opportunities presented to you outside of the classroom. Get involved!

This year's graduates:

You didn't learn everything you need to know to be a pharmacist and that's ok. You've done a good job at learning how to learn and you'll figure out what you need to know on the job. Also, you will feel like you had more money as a student than as a pharmacist. The good thing to remember is that at least whatever money you do have now is your own and not the bank/governments.

A Look at Cost-Sharing for Prescription Drugs: A Synopsis of the Evidence

A recent trend in community pharmacy has been the increase in the number of pharmacies that are waiving or reducing the co-pay for members of the Ontario Drug Benefit (ODB) plan. However, pharmacies have been reducing or waiving co-pay for years; this has been a standard marketing strategy to encourage patients to use their pharmacy services over competitors to gain market share. Is this a good thing though? Many pharmacists are asking the question:

Will waiving the co-pay devalue the profession?

Ned Pojskic, the Health Policy Manager with the Ontario Pharmacists' Association (OPA) is researching this question and other issues pertaining to co-pays and the benefits/consequences with collecting or waiving them. He agreed to chat with me about his findings.

Nick Malian (NM) - Why are co-pays and cost-sharing mechanisms set in place?

Ned Pojskic (NP) - Co-pays and other cost-sharing mechanisms are set in place for 2 primary reasons:

To reduce overall drug plan costs (by sharing some of the cost of the medication directly with the patient)

Reduce utilization of non-essential medications (medications that may provide relief of symptoms but likely have no effect on underlying disease process)

NM - I've heard that lower co-pays will make it easier for patients to take their drugs. What does the research show?

NP - We were very interested in the impact of co-pay waivers on patients and pharmacies, so we did a comprehensive literature search of existing evidence on this topic. In addition, we did jurisdictional reviews to get a better sense of what other provinces are doing in this regard.

In general, there appears to be an inverse relationship between cost-sharing and medication adherence. In other words, the more patients have to pay out of pocket, the less likely they are to actually fill their medications. So, lower co-pays are likely to lead to better medication adherence. At the same time however, lower co-pays increase medication utilization, so there are likely to be higher drug costs for private and public drug plans.

M - Can you give us a brief review of the important findings from your research?

NP - Aside from the impact on adherence, we also found that lower co-pays are associated with lower health care resource utilization. In other words, as co-pays decrease and patients fill their prescriptions, they are less likely to use emergency rooms and primary care physicians. For example, one study showed that institution of a 25% co-pay in Quebec led to a significant increase in serious adverse events and emergency department visits for elderly persons and welfare recipients.

In terms of our jurisdictional reviews, we found that most other provinces (except Alberta, Quebec and PEI) permit pharmacies to waive/reduce co-pays. In addition, in the US, pharmacies are permitted to waive co-pays for Medicare Part D recipients, provided they do so in an unadvertised, non-routine manner after determining that the beneficiary is financially needy.

NM - What are the implications to pharmacy practice based on your research?

NP - There is no direct research that has looked at the impact of co-pay waivers on pharmacies, but it can be surmised that it has a negative impact on pharmacy business. This practice devalues the services provided by a pharmacist and sends the wrong message to public and private payers. At the same time though, pharmacies are independent business that have a right to determine their own business practices, including whether they collect the cost-sharing amounts from patients.

MyCPhA: Learn, Network, Share

Michael Kani, Student Representative, CPhA Board of Directors

Welcome back Rx2013, Rx2015 and Rx2016. As we embark on a new academic year, I'll like to especially extend the earnest welcome to all the new students, Rx2016 who have chosen pharmacy as their career of choice and joined the rest of us in this exciting pursuit. You've made the right decision. For those of you who may not know me, my name is Michael Kani and I am a second year pharmacy student at the University of Waterloo School of Pharmacy. As the new national Pharmacy Student Representative, I'll like to take this opportunity to thank every student who's joined the Canadian Pharmacists Association (CPhA) to make a difference. My job is to represent all of you on the board of CPhA and therefore I'd like to hear from you whether you have feedback, questions, complaints or questions. Please do not hesitate to email me at mikekani@gmail.com anytime.

This past fall, Canadian Pharmacists Association (CPhA), your national advocacy body launched a secure, dedicated social network site for its members to connect, collaborate, communicate, voice opinions and share information. By registering for your free CPhA account as a student, you can have your own personalized profile, connect with friends, colleagues and other members to share ideas, tips, information, stay in touch, and learn from each other. In addition, you can also read industry news, voice your opinion on a series of blogs, participate in discussion forums and post your own pharmacy stories. MyCPhA will also serve as a professional and educational resource. You can also search and post valuable teaching aides in patient guides, and links to other useful resources.

Other features include ability to create various groups and sub-groups, blogging etc. You can also use this hub as a repository for your documents and resources. For example I use my page to upload clinical guidelines and resources I'll like to keep and use at a later time. I have uploaded my resume among other documents as well. This is the first of its kind dedicated exclusively to pharmacists, students and interns in Canada, allowing individuals who share like-minded goals and interests in an interactive place devoted specially for the pharmacy profession. This networking hub has excited me since it was first announced at the CPhA conference in Whistler in June. I have had the opportunity to use it and like most of conference attendee who have had the same opportunity, the experience is been beyond compare.

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Up-to-Date in Hospital Pharmacy

Written by: Niki Bajic, Rx2014
CSHP Communications Committee Representative

One of our duties as pharmacists (and now, PharmDs!) in the making is staying up-to-date with current research and breakthroughs which may impact our practice. However, the sometimes overwhelming workload imparted by the UW School of Pharmacy can make this impossible even for the most diligent of students. To provide some aid in this endeavour, here is some of the newest evidence relevant for aspiring hospital pharmacists (all featured in the January 23rd editions of the CSHP e-Newsbrief!)



Feces as a Promising Treatment in *C. Difficile* Infection

Currently, the standard of treatment for *C. difficile* infection is metronidazole, or for recurrent/severe infections, vancomycin. However, initial treatment is only effective in approximately 15 to 26% of patients. Furthermore, treatment after a first recurrence has approximately 60% efficacy, which further declines in patients with multiple recurrences. In the past, feces infused from healthy donors has been an effective treatment, but has been limited in experience due to lack of evidence and for being all-around unappealing. In this randomized control trial, patients with recurrent *C. difficile* infection were either infused with donor feces, or were given standard 14-day vancomycin treatment. Of the 16% in the infusion group, 13 (81%) were cured after the first infusion of donor feces and overall 15 (94%) were cured after subsequent treatment. This was significantly higher ($P < 0.01$ for both comparisons after the first infusion and $P < 0.001$ for overall cure rates) than treatment with vancomycin (30.8% and 23.1% cured without relapse in patients without and with bowel lavage, respectively). These results show promising evidence as fecal transplantation as a potential therapeutic strategy in the treatment of *C. difficile*.

Blindness Link in Long-Term Aspirin Use

Aspirin use is widespread in the United States, with currently 19.3% of adults reporting regular usage. To date, the results of cross-sectional studies of aspirin use and its relation to age-related macular degeneration (AMD), a potentially blinding condition, have been inconsistent. In this longitudinal population-based study of age-related eye diseases, called the Beaver Dam Eye Study, examinations were performed every 5 years over a 20-year period. Study participants were asked at subsequent examinations if they had regularly used aspirin at least twice a week for more than 3 months. Regular aspirin use 10 years prior to retinal examination was associated with late AMD (hazard ratio [HR], 1.63 [95% CI, 1.01-2.63]; $P = .05$), with estimated incidence of 1.76% (95% CI, 1.17%-2.64%) in regular users and 1.03% (95% CI, 0.70%-1.51%) in nonusers. The authors concluded that in order to confirm observations, additional studies linking this association must be performed, and, if confirmed, defining mechanisms of causation is an important step to stop progression to AMD from occurring.

Link between Hypertension and End-Stage Renal Disease

In this retroactive, population-based study, the authors looked at insurance claims data from 1998 to 2009 to identify women between the ages of 19 to 40 who experienced hypertension during pregnancy, as well as women without hypertension during pregnancy as a comparative cohort. Women with hypertension during pregnancy were 9.38 (95% CI 7.09-12.4) and 12.4 (95% CI 8.54-18.0) times more likely to develop chronic kidney disease and end-stage renal disease, respectively. This was after controlling for urban status, coronary artery disease, congestive heart failure, hyperlipidemia and abruptio. Women with preeclampsia or eclampsia had a higher risk of end-stage renal disease (adjusted HR 14.0, 95% CI 9.43-20.7) than women who had gestational hypertension only (adjusted HR 9.03, 95% CI 5.20-15.7). The authors concluded that there is a link between hypertension and pregnancy and end-stage renal disease, and that pregnant women who experienced hypertension during pregnancy should undergo careful monitoring afterward, as well as be counseled on preventative strategies.

My CPhA: Learn, Network, Share

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Unlike Facebook and other social networking sites that require you to register and create an online profile, with MyCPhA you can simply login using your existing LinkedIn account. Automatically and effortlessly, all your profile from LinkedIn is migrated to MyCPhA and you're ready to make endless, beneficial, professional connections.

To use MyCPhA and become a part of this exciting professional community, you'll need to be a CPhA member. So you ask, how do I become a CPhA student member? Well the process is quite simple and easy. The good news is ITS FREE for students. Students enjoy full membership and benefits throughout their pharmacy school years and of the many benefits of being a member, students also enjoy discounts on CPhA products such as Patient Self-Care, Therapeutic Choices, mobile apps such as CPS Essentials, CPS Monographs etc. To sign up go to www.pharmacists.ca.

As the national leader in representing the interest of pharmacists across Canada, CPhA holds a strong position in enhancing the profession of pharmacy. With leading publications like Canadian Pharmacists Journal (CPJ) the leading clinically focused pharmacy publication in Canada, CPhA has extensive experience in reaching pharmacy professionals across the country. The introduction of MyCPhA will only strengthen its ability to serve us students and all its member on a wider scale and achieve its mission of essentially uniting pharmacists in Canada. MyCPhA speaks of the need to "connect all" pharmacists in Canada, a vision for information transfer and sharing of knowledge and skills through the profession of pharmacy in Canada. I am sold on this idea and wish you would be too.

References:

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Canadian Association of Pharmacy Students and Interns: Entry-Level PharmD Position Statement, January 2013

Introduction

Along with the Association of Faculties of Pharmacy of Canada (AFPC)¹, the Association of Deans of Pharmacy of Canada (ADPC)¹ and the Canadian Pharmacists Association (CPhA)², the Canadian Association of Pharmacy Students and Interns (CAPSI) is in support of the transition from a bachelor's degree to an Entry Level PharmD (ELPD) program as the standard for pharmacy curricula across the ten Canadian pharmacy programs. CAPSI recognizes the changing professional environment for pharmacists towards more clinical roles in all practice sites in order to embrace these opportunities. Graduates will be better prepared for practice and may experience improved job satisfaction from a program that provides them with more advanced clinical skills and knowledge. The title of the ELPD also better reflects the rigor of the progressive pharmacy curricula. Finally, with the United States and the province of Quebec having adopted the ELPD as the standard for pharmacy education, nationwide implementation of this strategy would harmonize the curricula across provincial and international borders. Due to the rate at which provincial governments are expanding the scope of practice for pharmacists, and in response to the increasing needs of patients, CAPSI supports the implementation of ELPD curricula nationwide by 2020.

Background

With the accumulation of evidence demonstrating the benefits of comprehensive patient care, such as the Pharmaceutical Care model proposed by Hepler and Strand³, the pharmacist must be well equipped to undertake a new model of practice. At present, the majority of Canada's pharmacists are entering the workforce with a bachelor's degree founded in either didactic or problem-based learning, with a limited number of post-baccalaureate PharmD programs and residency positions. There is a need for continual change and expansion within Canada's pharmacy programs in order to keep up with the evolving role of the pharmacist. *Moving Forward: Pharmacy Human Resources for the Future*⁴ and the *Blueprint for Pharmacy* have both made recommendations that current pharmacy undergraduate curricula should be revised in order to incorporate additional experiential training⁵.

This additional training should include more experience in primary care settings, such as collaborative practices and community pharmacies that provide enhanced patient care services, interdisciplinary teams, and disease state management⁵. Incorporation of these practical experiences may qualify the existing bachelor's programs for ELPD designation, as they are already credit-heavy curricula⁵. Several studies have investigated the practice of pharmacists who have been trained in a PharmD program compared to those who have graduated from a bachelor's program. Fjortoft and Lee (1995) published results of a survey of pharmacists practicing in both the community and hospital settings⁶. The authors concluded that PharmD pharmacists were spending significantly more time in clinical and educational activities, with less time on prescription processing. The responses portrayed that PharmD pharmacists were more committed to the profession and had higher levels of intrinsic job satisfaction. The *Moving Forward* final report recommended that it be ensured that graduates from Canadian pharmacy programs receive credentials which appropriately reflect the rigor of their curricula, improving pharmacy human resources across the country⁴.

Having acknowledged the need to expand the scope of practice, the pharmacy schools in Quebec and all 52 American states have adopted the ELPD program⁷. *Moving Forward* also recommends facilitating workforce mobility within Canada, which would be improved by harmonizing pharmacy education across the country⁴. This ensures that all pharmacists practicing in all settings in Canada have received the training necessary to practice in all jurisdictions. Furthermore, the report recommends specialization opportunities for pharmacists, which has been one of the outcomes of the transition to ELPD in the United States. In adopting a similar model, graduates from Canadian programs will have a significant number of training opportunities made available to them.

Resolution

The Canadian Association of Pharmacy Students and Interns (CAPSI) strongly believes that the education of pharmacy students should be constantly re-evaluated to ensure

that graduates are fully equipped for pharmacy practice in all settings. Without diminishing the value of a bachelor's degree in pharmacy, CAPSI supports any modifications to these programs that will promote enhanced patient care and improved clinical skills. These changes would be well supported by the transition to an Entry-Level PharmD (ELPD) program. In addition, CAPSI supports the provision of opportunities for licensed pharmacists to update their skills and knowledge to better align themselves with our ever-changing professional environment. CAPSI supports the goal of implementing these changes in all pharmacy programs in Canada by the year 2020.

References

1. Association of Faculties of Pharmacy of Canada and Association of Deans of Pharmacy of Canada. Position Statement and Joint Resolution on the Doctor of Pharmacy (PharmD) for the First Professional Degree at Universities in Canada. February 2010. http://www.afpc.info/downloads/1/AFPC_ADPC_PharmD_Position_Statement_Resolution_Sept_2010.pdf
2. Canadian Pharmacists Association. CPhA Position Statement on a Doctor of Pharmacy Degree as an Entry-Level to Practice. October 2011. <http://www.pharmacists.ca/cpha-ca/assets/File/cpha-on-the-issues/PPDoctorOfPharmacyEN.pdf>
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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 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.

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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)

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



SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 7	17	18 Reading Week Begins Family Day	19 Reading Week	20 Reading Week	21 Reading Week	22 Reading Week Ends	23
Week 8	24	25	26	27	28	March 1 Interprofessional Wine & Cheese	2 SOPhS Athletics Snowboarding/Skiing Trip
Week 9	3 Pharmacy Awareness Week Begins	4 Pharmacy Awareness Week CECA Midpoint Evaluation due (Rx2014)	5 Pharmacy Awareness Week	6 Pharmacy Awareness Week	7 Pharmacy Awareness Week	8 Pharmacy Awareness Week	9 Pharmacy Awareness Week Ends
Week 10	10	11	12	13	14	15 OPSIS 2013	16 OPSIS 2013
Week 11	17 OPSIS 2013 St. Patrick's Day	18	19	20	21	22	23
Week 12	24	25	26	27 PCCA Compounding Talk Demo (Room 1004)	28	29	30

SOPhS Calendar Notes

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

You may also find this information on the class calendars on the SOPhS website (www.sophs.ca) class. 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 the SOPhS Secretary at secretary@sophs.ca.