

# PHARMACY PHILE

University of Waterloo Society of Pharmacy Students  
ISSUE 47 | August & September 2013

## PRESIDENT & VP'S MESSAGE

Dear Students, Faculty, and Staff,

We would first off like to welcome Rx 2015 back for their first fall semester at the School of Pharmacy. It has been a pleasure to see everyone catch up on their summer co-op experiences and dive into some hot IPFC topics. I would also like to wish Rx 2016 and 2014 on their first and last co-ops in pharmacy school respectively! I'm sure both classes will represent University of Waterloo Pharmacy proudly out in the workforce. Lastly, to the not yet forgotten Rx 2013 class, we wish you all the best on your studies for the upcoming PEBCs this November and graduation in October.

Much like our warm summer weather, September has come and gone and SOPhS has some great updates to share with all of you. In the first week of school, Dr. Edwards and faculty released the official news that the school of pharmacy has received approval from the Ministry of Training, Colleges and Universities to offer an entry-to-practice PharmD program. Students in both Rx 2015 and 2016 will be offered a transition into the new program. Many students seem very optimistic on what the new curriculum will bring and the potential it will have for us in the future. Thank you to the entire faculty for your hard work and dedication to make this possible.

Also some great news! The school picnic tables are now officially cemented in and ready to use in the courtyard. As this was a combined purchase between SOPhS, the School of Pharmacy, and McMaster Medical School, please be kind and share the picnic tables with our fellow colleagues

as well as be respectful of the cleanliness of the area.

Later on in the month, the School of Pharmacy hosted its second annual Golf Invitational dedicated to student success initiatives. As the weather panned out to be much better than the year before, so did the turnout of many eager golfers from local/national companies. Some of these "golf-pros" were even challenged by our very own students and recent graduates on the greens that day. The Golf Invitational was a huge success, with all of the proceeds going directly towards enhancing our student experience through scholarships and monetary support for conferences.

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*“President and VP’s Message” continued  
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On behalf of SOPhS and the student body, we would like to thank the School of Pharmacy for organizing this event, to make it possible for us to attend great events like the OPA and CPhA conference.

We also hosted a town hall meeting at the end of last semester. Some very interesting points were brought up that were passed on to faculty. In a meeting earlier this month, they provided us with



some answers to the questions a lot of you had. There were some organizational issues brought to our attention involving scheduling and fish bowls. For these, the faculty have let us know that they will help us out and let us use some resources to help improve how we advertise our events and book our fishbowls. Our receptionist Tracy also now has a copy of the fishbowl etiquette so we can also keep our fishbowl booking nice and organized. Look out in the future for more events being posted not only on the SOPhS website but also on the TV monitors in the front hall and possibly on LEARN or within a Google document that will be accessible to everyone.

Well folks, that’s all we have for now. You can keep up-to-date with all of news on the SOPhS website ([www.sophs.ca](http://www.sophs.ca)) or if you have any comments, questions, or concerns, feel free to email us! Be sure to check out the Housing Board as it is running right now! Please follow these simple steps:

1. Visit [www.sophs.ca](http://www.sophs.ca)
2. Under the "Student Resources" tab, select "Housing Board"
3. Choose the applicable term that you are interested in
4. Enter the password "sophs2013"
5. Click the "NEW TOPIC" button to post a new housing availability

Thanks for reading and enjoy the fall weather,

*-Jon and Marcus*





## CAPSI CORNER: PDW 2014 IS COMING!

Thinking about attending PDW 2014? Professional Development Week (PDW) is a four day student conference held each January and is the largest of its kind in Canada. This year, UBC is hosting PDW January 8-11<sup>th</sup>, 2013 with the theme 'Currents of Change'. Located in downtown Vancouver, just blocks from Robson and Granville Street, the Sheraton Vancouver Wall Centre will serve as the hub of PDW 2014. From the opening ceremonies to breakout speaker sessions, the ballrooms and conference rooms of the Sheraton will be filled with many fantastic events. The PDW 2014 Planning Committee hopes to provide a fun, exhausting but yet rewarding experience at PDW 2014.

Social events for PDW this year include the opening gala, a cultural night, a clubbing night at Gossip Nightclub and closing gala themed 'A Midnight Masquerade'.

The conference would not be complete without inspiring speakers from across Canada. Some of the speakers are included in table 1.

Interested in attending PDW but need some extra cash to help with travel expenses? Don't forget to participate in CAPSI Competitions coming up on October 26<sup>th</sup> and 27<sup>th</sup>! The winners of each competition will receive a guaranteed spot for PDW, a \$250 travel subsidy and will get to compete nationally at PDW. In addition, competitions also provide you with excellent practice for OSCEs and PEBCs. The competitions include:

- 1) Compounding Competition - Teams of four will have 1 hour to make 3 compounds using the provided materials.
- 2) OTC Challenge - You will be presented with a case and you will have 10 minutes in the OTC aisle to counsel a standardized

patient.

3) Patient Interview Challenge (PIC) Competition - You will have 10 minutes to interview a standardized patient, determine and prioritize the therapeutic problems presented to you, and make an appropriate recommendation.

4) Student Literary Challenge (SLC) Competition - For those who have written their essay on a topic related to pharmacy please stay tuned for results!

The University of Waterloo has limited spots to attend PDW 2014, so please apply by Monday, October 28<sup>th</sup>, 2013 at 5pm. If you have any questions about PDW or competitions, please email [waterloosr@capsi.ca](mailto:waterloosr@capsi.ca) or check out [pdw2014.ca](http://pdw2014.ca).

*Sarah Johnson and Holly Meginnis  
Senior and Junior CAPSI Reps*

|                             | Speakers                     | Topic   |
|-----------------------------|------------------------------|---|
| Motivational Speaker        | David Granirer               | Getting the laughs you need.  |
| Keynote Speaker             | Dr. Kishor Wasan             | The Neglected Global Diseases Initiative at UBC-Engaging Your Generation to Solve the World's Deadliest Diseases. |
| Special Speakers            | Dr. Peter Zed                | The Practice of Pharmacy: Innovation Inspired by Patients   |
|                             | Dr. Bruce Carleton           | Will the Pharmacist of Tomorrow be Ready for the Swift Change of Personalized Medicine?                           |
| Breakout Speakers           | Sebastian Denison            | The future and importance of compounding in the field of pharmacy   |
|                             | Dr. James McCormack          | Incorporating relevant evidence into shared-informed decision making for common conditions seen in primary care   |
|                             | John Shaske                  | How I transformed a drug distribution pharmacy into a clinical pharmacy.  |
|                             | Dr. Roxane Carr              | The future of antibiotics   |
| French Speakers             | Dr. Eike-Henner Kluge        | The conflict of being a healthcare professional and engaging in the business aspect of pharmaceuticals            |
|                             | Dr. Jean-Pierre Chanoine     | Child and adolescent obesity: a lot of lifestyle and few drugs - role of the pharmacist                           |
| Sponsored Breakout Speakers | Marc-Andre Mailhot           | Sustainability in pharmacies  |
|                             | Medisca<br>Roberto Conte     | Veterinary Care Compounding; Potentials and opportunities   |
|                             | AFPC - eHealth: Marie Rocchi | Preparing future pharmacists for an e-health world.   |

# CO-OP CHRONICLE

*This issue contains two very interesting and unique student co-op experiences from Marisa Ramandt and Carmilla Sun. Please read on to find out!*

## Marisa Ramandt, Rx2015

### Setting: Chiron Compounding Pharmacy, which specializes in veterinary compounding

**Trina McFarlane (TM):** Tell us about your roles and responsibilities during your co-op placement.

**Marisa Ramandt (MR):** As a member of Chiron's compounding team, I was responsible for the preparation of bulk products. I commonly prepared suspension vehicles (simple syrup, strawberry syrup, triple fish, methylcellulose), preserved water, Burow's solution, and tablet and chew base. I also had the opportunity to make a wide variety of suspensions and practice compounding molded tablets. I frequently used the 324-size capsule machine to prepare capsules of a wide variety of sizes. I was also responsible for worksheet documentation and the bottling and labeling of finished products. On a daily basis, I also prepared the sterile injection vials and dishes for the depyrogenation oven, performed capsule calculations for quality control, and assisted with medication shipping. Lastly, I had the opportunity to shadow technicians in the sterile compounding lab.

**TM: What lessons were you able to use from previous school terms?**

**MR:** Working at Chiron provided me an invaluable opportunity to apply my compounding knowledge from the first year pharmaceuticals courses, since an introduction to the preparation of most dosage forms had been covered. I became very comfortable with compounding documentation and performing capsule calculations, which were introduced in the pharmaceuticals courses.

**TM: What was your favourite medication to compound?**

**MR:** I really enjoyed compounding the bulk medications, such as Burow's solution, because larger volumes are prepared. This was a unique experience for me as I had previously prepared only small volumes in the lab. Also, learning how chews are made was something we did not cover in the pharmaceuticals lab!

**TM: This co-op took place during the fall 2012 term, your very first co-op experi-**



**ence. Did you find it difficult to learn some of the therapeutics?**

**MR:** No. Having spent almost 5 years in community pharmacy I was familiar with many of the human medications. This placement allowed me to expand my therapeutic knowledge to include some of those medications that are strictly for use in veterinary medicine.

**TM: What was the biggest challenge that you encountered at Chiron Compounding?**

**MR:** One of the biggest challenges, but also the most unique learning experience, for me was becoming familiar with some of the common veterinary drugs. I was surprised to learn that in veterinary medicine apomorphine is NOT Apotex's brand of morphine, but rather a non-narcotic drug used to induce vomiting in dogs that have recently ingested toxic substances. One of the most interesting highlights was learning why apomorphine is also formatted in a quick-dissolve tablet form, as compared to an injectable. Veterinarians administer the drug into the patient's conjunctival sac. Once the patient has vomited, the eye is

flushed to remove the remainder of the drug. This allows the veterinarian to control the potent emetic properties of the drug, because if administered via an injection, the patient would continue to vomit until the entire dose of drug had been eliminated. If I was an owner, I would prefer my dog not vomit the entire car ride home from the veterinarian!

**TM: What were the most common types of patients that you dispensed for?**

**MR:** The majority of compounded medications were for veterinary use, most commonly cats and dogs. However, we did receive prescriptions for other animals, such as horses and mink.

**TM: Did you actually get to meet your patients?**

Unfortunately I did not get to meet my patients. Since Chiron compounds medications for patients across Canada, the prescriptions are shipped out at the end of each day.

*Continued on page 5*

“Co-op Chronicle: Marisa Ramandt” continued from page 4

**TM:** Did one day in particular stand out to you?

**MR:** Quality control is very important, and capsule calculations are always performed to ensure consistent dosing. After many weeks of making capsules, one day my capsule percentage error was ZERO! I remember this day because it highlighted to me how far I had come with my compounding technique.

**TM:** In your opinion, how did you directly affect patient care over the course of your term?

**MR:** My co-op placement differed from community pharmacy since I was directly affecting patient care each and every time I flavored or customized a prescription. At Chiron, our prescriptions were compounded in unique strengths and flavors with the specific patient in mind. To encourage patient compliance, I made triple fish vehicle for cat suspensions, flavored suspensions (such as liver and peanut butter), strawberry syrup, and sausage, beef, chicken and seafood flavored base for chews. In my opinion, customizing dosage forms helps ensure the drugs are easily administered by the owner to provide safe and effective doses.

**TM:** What were the most significant lessons you learned from Chiron Compounding?



**MR:** I have come to appreciate that there are roles for pharmacists in drug distribution that are unique. I learned a great deal about business and marketing. Most importantly, I hope that in the future I too can be creative enough to find a niche where my interests can complement my pharmacy career.

**TM:** Do you have any words of wisdom for fellow students?

**MR:** I would encourage other students to use their co-op terms to experience new settings, which can help guide your career path after graduation. Just because your ideal co-op placement isn't posted on Jobmine doesn't mean you can't make it happen! With an interest in compounding and veterinary medicine, I took the opportunity to approach an employer, which ended up resulting in a wonderful and unique co-op experience.

## Fresh from the Pharm: Pumpkin Pie

Angela Quach, Rx2015

Whether you're celebrating the fall season with your loved ones, or craving something sweet, this pumpkin pie recipe is perfect for any occasion. I have made this in the past years for Thanksgiving, and it's a family favorite.

### List of Ingredients

- 1 (8-ounce) package cream cheese, softened
- 2 cups canned pumpkin, mashed
- 1 cup sugar
- 1/4 teaspoon salt
- 1 egg and 2 egg yolks, slightly beaten
- 1 cup half-and-half
- 1/4 cup (1/2 stick) melted butter
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon or 1/2 teaspoon

of pumpkin spice (club house)

1/4 teaspoon ground ginger, optional

2 piece pre-made pie doughs

Whipped cream (store bought or homemade, see below) for topping

- 1 cup heavy cream, 1 tablespoon of confectioner's sugar, 1 teaspoon vanilla extract
- In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form. Do not over beat, or cream will then become lumpy

### Directions

Preheat the oven to 350 degrees F.

Place 2 pieces of pre-made pie dough down into two (9-inch) pie pan and press down along the bottom and all sides. Pinch and crimp the edges by hand or with a fork together to make a consistent ridged pattern. Put the pie shells back into the freezer for 1 hour to firm up.

To make the filling, in a large mixing bowl, beat the cream cheese with a hand mixer. Add the pumpkin and beat until combined and smooth. Add the sugar and salt, and beat until combined. Add the eggs mixed with the yolks, half-and-half, and melted butter, and beat until mixed well. Lastly, add the vanilla, cinnamon and or spices, and beat until incorporated.

Pour the filling into the pie crusts and bake for 50 minutes, or until the center is set. Place the pie aside and cool at room temperature. Cut into slices and top each piece with a desired amount of whipped cream.



## Carmilla Sun, Rx 2015

### Setting: Sunnybrook Health Sciences Centre—Odette Cancer Centre

**Trina McFarlane (TM):** Tell us about the roles and responsibilities you took on in your co-op placement.

**Carmilla Sun (CS):** My role for this co-op was part of the clinical oncology pharmacy services team. My responsibilities included performing BPMH's, counseling chemotherapy patients on their take-home medications, following up with them, making therapeutic modifications as needed, and assisting an oncologist in his clinic. I was also responsible for answering drug information questions, especially those pertaining to drug interactions with chemotherapy or take-home medications such as antiemetics.

**TM: What lessons were you able to take from the previous school term and utilize while at Odette Centre?**

**CS:** I was definitely able to use my knowledge from professional practice while on co-op. I properly and thoroughly gathered information and gave appropriate recommendations just as we learn to do in class and lab. I also effectively communicated with the doctors and nurses on my team.

**TM: Did you find it difficult sometimes getting a hold of the doctors and nurses?**

**CS:** The oncologists at Odette were incredible at replying emails. If they did not reply in time, I was always able to reach them by phone (we even had some of their cell phone numbers!), pager, or find them in clinic. Nurses at Odette are organized into site groups. For example, I worked on the GI site group and mainly contacted the nurses through their group email. Nurses checked their emails quite often as well, and if one nurse did not get the chance to respond, another one would.

**TM: What were some barriers or challenges that you encountered at Odette Centre?**

**CS:** Some challenges were the lack of therapeutic knowledge I had, especially at the start of the term. I started out not knowing anything about chemotherapy drugs, tyrosine kinase inhibitors, antiemetics, or granulocyte colony stimulating factors (G-CSF). However, it was easy learning on the job. My preceptors were also very good with answering any questions I had and helping me formulate therapeutic plans when I was unsure of what to do. My confidence built up quickly. Nevertheless, I never neglected to consult my preceptor when problems arose.



**TM: Any particular cancer drug you find interesting?**

**CS:** One drug I found particularly interesting was Gleevec. Gleevec (imatinib mesylate) is a tyrosine kinase inhibitor, a targeted therapy drug used to treat gastrointestinal stromal tumours (GIST). As the oncologist I was working with specialized in GIST, I was able to see and hear many stories about these rare patients. Before Gleevec came out, GIST was practically an incurable cancer. Now, with Gleevec, GIST is one of the most treatable cancers. The oncologist told me about a patient who had a GIST in her abdomen so large that it appeared she was carrying twins. However, upon starting Gleevec, it shrunk down to an operable size and surgeons were able to remove it. She is now cancer free!

**TM: What were some personal highlights?**

**CS:** Some personal highlights were hearing patients' stories. A majority of the patients I encountered were very positive and had a strong will to fight their disease. Many of them also had family that cared very much and supported them through various treatments. It was great being able to establish relationships with them and truly feel appreciated by those I cared for.

**TM: Did you get a chance to see patients go back home freed of cancer?**

**CS:** I never actually saw any of my patients complete treatment, but I did see cancer-free patients come in for their quarterly, biannual, or annual check-ups. I have seen a few be released as they have been cancer-free for several years now. Those patients and their family members are always filled with joy, bringing gifts and lots of snacks for

the oncologist, nurse, and rest of the team. It is a great feeling!

**TM: Is there any day in particular at Odette Centre stand out to you?**

**CS:** I think the one day that stood out most to me was a day in clinic. Many of the patients we saw that day were GIST patients on Gleevec (generic name imatinib) and I was trying to get everyone covered under EAP. All of my patients were so grateful for my presence in clinic and expressed their gratitude to the oncologist as well to which he said, "Yes, she's great isn't she." It turned out that the husband of one of the patients is a board member of the Canadian GIST patient support group. After our encounter, he kept contact with me via email where I answered many of his questions about the drug and its coverage. Toward the end of the work term, he sent me a note of encouragement and told me that he graduated from Waterloo many years ago. I cannot wait to return to Odette for another amazing term!

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

**CS:** My biggest lesson was "do not assume anything!" Some patients say they are not on any medications, but when prompted, they end up being on a whole slew of vitamins, minerals, or natural health products. Other patients or their family members will report being fine; but upon further questioning, the patient has thrown up five times, is constantly nauseous, and has not had a bowel movement for two days. Hence, it never hurts to ask.

**TM: Any words of wisdom to fellow students?**

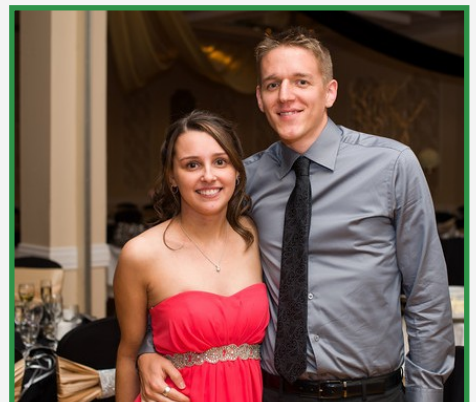
**CS:** At first, I did not think I was at all qualified for this position. Turns out I definitely was not at the beginning of the term. But after being thrown in by my preceptors, learning a whole lot from it, surviving, and thriving, I am set to return in January. On that note, my words of wisdom would be: never be afraid to try. Aim high and see what you can get. It is always good to give yourself a challenge and learn from it!

**TM: What will you be doing differently when you go back there in January?**

**CS:** I am not entirely sure what other things I will be able to do in January. However, I do want to be able to follow several patients from the beginning to the end of the term. I hope to be able to develop treatment plans for them and follow them more closely. I am also looking forward to observing a GI surgery.

# Rx2013 GRADUATION

Celebrations were had at the Rx2013 graduation ceremony at Waterloo Inn on Thursday, August 15, 2013. Credit of these photos are given to ES Imaging. Next, the Rx2013 class will have convocation on Friday, October 25, 2013. SOPhS wishes all the best to the Class of 2013 pharmacy students in their future endeavours.





## 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.

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



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# SOPhS 6 WEEK CALENDAR

|  | Sunday                          | Monday  | Tuesday  | Wednesday                               | Thursday              | Friday  | Saturday                 |
|--|---------------------------------|---|--|---|-----------------------|---|--------------------------|
| Week 6   | 13                              | 14<br>Thanksgiving Day  | 15<br>St. Michael's Hospital Residency Open House, 5:30pm        | 16<br>UHN Residency Open House, 530-8pm | 17                    | 18<br>Deadline to complete yearbook order survey                  | 19                       |
| Week 7   | 20                              | 21<br>Trillium Health Residency Open House, 6:30-8:30pm<br>Deadline to apply for Guy Genist Award | 22<br>Women's College Hospital Residency Open House, 5:30-7:30pm | 23                                      | 24                    | 25<br>Rx2013 Convocation<br>Pumpkin Carving Contest and Corn Maze | 26<br>CAPSI Competitions |
| Week 8   | 27<br>CAPSI Competitions        | 28<br>Deadline for PDW Registration   | 29   | 30                                      | 31<br>Happy Halloween | Nov 1   | 2                        |
| Week 9   | 3<br>Daylight Savings Time Ends | 4   | 5  | 6                                       | 7                     | 8   | 9                        |
| Week 10  | 10                              | 11<br>Remembrance Day   | 12   | 13                                      | 14                    | 15  | 16<br>CSHP AGM at UofT   |
| Week 11  | 17                              | 18  | 19   | 20                                      | 21                    | 22  | 23                       |

## SOPhS Calendar Notes

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