

# PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 49 | November and December 2013

## REMEMBERING LISA

Lisa McLean, our Professional Practice lab instructor, was a great mentor and friend to many of us at University of Waterloo School of Pharmacy. To honour her, SOPhS has compiled memories of her from the students. Below you will read our stories and quotes reminding us how enthusiastic, down-to-earth, and loving she was.

"She was a very kind professor and she was always dedicated to making sure we knew just how wonderful every one of her students were. She always took time to talk to us about our progress in PPL and she was always such a positive person."

*Anonymous, Rx2015*

"Students gathered outside PPL lab, trembling in their over-sized OPA lab coats, waiting for the final OSCE to start\*,"

\*Lisa, emerging through the doors, bright-eyed and with a huge smile on her face, playfully snickering, "You guys look so nervous! Don't worry! It's easy!"

That type of encounter with her was the norm. Her relaxed, simplistic and spunky demeanour is what I will remember most. I'm sure we will still feel that energy walking back into PPL lab and through the school hallways.

Otherwise, I always loved hearing her stories about her boys, and being greeted by their art on the PPL lab walls. I hope these pictures stay in the lab as a memento of sorts.

She was our pharmaMom, and we will miss her."



*Christina Mychaskiw, Rx 2014*

"Being the fun, energetic, passionate person she was, Lisa always glowed with that excitement for life that most of us wish we had. This reflected onto every single person she came into contact with.

My fondest memory of Lisa came during the first OPA cup that I was a part of. After making a complete fool of myself during the game as a "cheer leader", my fellow compadre Jonathan Potvin and I decided to continue our celebrations at the local pub. Although we were loud, rambunctious and maybe a little bit vulgar, Lisa decided that we would be the best people to hang out with her children for the entire night. The first thing that we immediately did was buy them each a virgin Cuba Libre (after they asked us if we could get them a drink). After hours of hoisting the boys up on our shoulders, exploiting their dance moves in the middle of the dance circle and sharing our celebration drinking stories with them, we thought for sure that Lisa would have our heads the next day.

However, her down-to-earth attitude about the whole thing really made me realize how amazing of a person she is. In our lab the

## IN THIS ISSUE

- 1-3 Remembering Lisa
- 4 President and VP's Message
- 4 Fresh from Pharm
- 5-6 A Reflection on my experience at Holland Bloorview
- 6 CAPSI Corner
- 7 Co-op Chronicle: Mark Bekhyt
- 8 The Benefits of Being Famous
- 9 SOPhS Communications
- 10 SOPhS 6 Week Calendar

following week, she presented photos of us celebrating with her kids and seemed to enjoy every minute of it. She even posted the photos up in her office for everyone to see. To this day, this is one of my fondest memories in all of pharmacy school. It is very unfortunate that she leaves behind such a loving family that I'm sure treasured every moment they had with her. She will be missed dearly."

*Marcus Walz, Rx2015*

"I will always remember Lisa as an enthusiastic teacher and an encouraging colleague. She fulfilled the role of "Mother Hen" to many at the School of Pharmacy. Her impact will never be forgotten, and her presence will be greatly missed. She always reminded us students that "at the end of the day, you will all be pharmacists". I hope to emulate her characteristics in my practice in the future."

*Melissa Raymer, Rx2015*

*Continued on page 2*

*“Remembering Lisa” continued from page 1*

“I still remember my first day of pharmacy school. Lisa McLean came to speak to us about her role at the school and her involvement with the professional practice lab. She was upbeat and excited and this really put me at ease. Ever since then, anytime I saw Lisa in the halls or in PPL she would always greet me with a smile. She was always talking about her boys and showing everyone their pictures. I hope they grow up knowing how special their mom was and are surrounded by the love and energy that Lisa radiated. Everything happened so fast, and it’s tough to come to terms with it. Rest in peace Lisa, your contributions to help shape pharmacists graduating from the UW School of Pharmacy will not be forgotten.”

*Alina Rashid - Rx 2013*

“Lisa McLean is one of those special individuals that leaves a mark on you because her presence was unique and refreshing. I know I’m not alone in having a difficult time grasping the fact that this beautiful, energetic, and friendly professor that was more like one of the students than a professor (because of her down-to-earth nature) is no longer with us. It is heartbreaking that her 2 boys will now grow up without their sweet mother and it will be difficult going back to university knowing she won’t be there. She will be greatly missed by the students, faculty and many others. Amongst many memories I have of her making me laugh, she always knew that the perfect time to tease me was during an exam because amongst the stress you need someone to make you laugh. She usually came into the exam holding rooms and would ask us if we were nervous. She would tell us not to worry because the exam is a piece of cake. The exam usually ended up being difficult but despite that, it still ALWAYS comforted me when she told us not to worry. The last conversation I had with her was about how she thought Owain and I should date be-

cause we sang a song together at Michael Kani’s surprise proposal. She had an incredible sense of humour. I hope that her two boys will be exposed to people that possess qualities like their mother who will have the same unique impact on them as she had on us. May our prayers go out to her 2 boys, husband and all her family who are left to move on with their lives without a very special person. May she rest in peace.”

*Dina, Rx2014*

“To the most kind, caring, and approachable teacher I have had the good fortune of meeting, thank you for being so supportive throughout my first year of pharmacy school. I will forever remember your generosity, positive attitude, and your contagious laughter. Thank you for always taking the time to chat with us in the hallway at school and for instilling a sense of confidence in us right before our first year OSCEs. Lisa, you will be greatly missed by each and every one of us.”

*Martina, Rx 2016*

Lisa was one of the kindest and most optimistic person I met at our school. Whenever she saw me stressed before exams she would make a joke to help me relax. She was amazing person who always went out of her way to help students, showing that she genuinely cared about us. I will truly miss her... RIP Lisa.”

*Shekar Metha, Rx2015*

“I’ll never forget when Lisa brought her two boys and husband to the Run for the cure Bobby’s beach volleyball event. It was like she was so excited for her family to finally meet us and all she wanted to do was contribute to the success of her students (and their efforts). She loved to socialize with us whenever possible, and was always so supportive and positive. No matter how hard

we thought the proprac evaluated labs/mock OSCEs were going to be, she would always calm us down with her humour and guarantee us that we would be fine even without studying (don’t always know about that Lisa haha). Going to a proprac lab and not having such an energetic and caring person like Lisa there anymore will be a struggle for us all; through this, we must remember her strong presence and passion for students. “

*Jessia Karam, Rx2014*

“I didn’t get to know Lisa for nearly as long as I would’ve wanted to, and still she managed to leave her mark on my life. We are all hurt and heart-broken to say the least and can’t even begin to imagine how her family and loved ones must be feeling. I can’t think about Lisa without remembering her beautiful smile and contagious laugh. Last time I spoke with her, she was telling me about a surprise getaway she had planned for her 2 boys and how excited she was about it and I couldn’t help but feel her love. We lost such a great person, our school lost its heart and soul and walking those hallways won’t ever be the same.”

*Aysen Tawfeeq, Rx2015*

“I will always remember chatting with Lisa about the bachelorette in pharmaceuticals labs. I appreciated her easy going nature and sense of humour.”

*Mikaela Klie, Rx2016*

“Lisa was a huge supporter of student events at the UW School of Pharmacy, and I will always remember that. She had a great time at OPA cup with Zachary and Logan, probably the team’s biggest cheering squad.

*Continued on page 3*



*“Remembering Lisa” continued from page 2*

Lisa came out to many CAPSI events as well, notably the Beach Volleyball event at Bobby Obrien's, where she shared many laughs with her students for a good cause.

Lisa was an amazing teacher in the professional practice lab. She taught me to always think of my future patients before my marks. Lisa never made us nervous before a OSCE or test, as she always encouraged us to do our best and that we will make it though.

Thank you Lisa for your fun approach to life in and out of the classroom. We will miss you.”

*Sarah Johnson, Rx2014*

“I am truly heartbroken to be writing this because it means that our school, and everyone else Lisa has touched in her life, has lost a really great person. There is one thing that stuck with me most regarding Lisa and that is how much she loved her kids and her dog! I remember Lisa's slide deck for the Introduction to Professional Practice Lab had more pictures of her kids and dog than any else! I can confidently say that Lisa will be missed by all.”

*Holly Meginnis, Rx2015*

“I will always remember Lisa for her good-natured teasing during Professional Practice Lab. I have never been particularly great at taking compliments, and so Lisa always went out of her way to compliment me in front of the examiners during our midterm OSCEs. It was always a bit of a joke between us, and really shows all the little ways her presence in our school touched us.”

*Victor, Rx2014*

“The one thing I'll miss the most about Lisa was her positive attitude. She was always there to joke around with and calm you down, especially when times were stressful. I will never forget her friendly smile and willingness to help the students. It is obvious that the school will not be the same place without her but I'm thankful for being able to know such a great person.”

*Victoria Sarnovsky, Rx2015*

“I remember Lisa would come into the waiting room before our PPL OSCEs and tell us we worry too much and that'd we'll all do fine! :) She had this incredible ability to make even the most stressful situations seem carefree...and while at the time it seemed hard to relax, in hindsight, I think she had it right all along - laughing and

smiling, she reminded us not to sweat the small stuff!! She will truly be missed!”

*Danielle Paes, Rx2014*

“No secret that Lisa kept it real, could make anyone laugh. In first year, she teased me endlessly about breaking my hand. I will never forget the moment when I walked into PPL this past summer with a splint on another broken hand, and she laughed: “Jas, seriously, do you like having me help you do your labs THAT much?”

On the flip side, I think about last Fall and going through a personal rough patch. One day, in passing, Lisa took notice, and for real asked me what's up. She listened, she cared, she empathized. We joked about how great it'd be if we could all just churn out poems (“or whatever”) when you don't know how to articulate your feelings, and then someone somewhere could “just lie about understanding it” (classic). Thank you, Lisa:

Smiling so brightly

Poignant memories shine through

Forever with us.”

*Jaskiran Ota, Rx2014*



# PRESIDENT & VP'S MESSAGE

Dear Students, Faculty and Staff,

As our reign as President and Vice President comes to a close, we would first like to thank each and every one of you for keeping up to date with the SOPhS newsletters and PharmPhiles. We put a lot of hard work into these and we are glad that you are enjoying them. It has been an absolute pleasure to have represented the student body over the past year and I am 100% confident that you will be in great hands next year as Jenn MacKenzie and Sumaira Hasan take over.

This semester has featured many ups and downs as we finished up the fall term. It is with great sadness that our very own Lisa McLean passed away this month. Speaking on behalf of the students, Lisa has been a great role model and teacher for all of us. Her enthusiasm in the classroom and lab has allowed her to relate very well with the students and help improve the curriculum, especially in our professional practice lab. Be sure to visit the University of Waterloo website in the Pharmacy section to check out the Lisa McLean Professional Practice award dedicated in her honour. As well, we have included quotes from students about Lisa in this PharmPhile that our communications directors have put together for you to read.

In other news, we recently had our final town hall of the year in order to gather input from the students on various issues. I will now address the answers we received from the staff. Firstly, word has been spread about the possibility of the "quiet study space" in the basement being modified for the Graduate students. Dr. Edwards assured us that there have been no solid plans in the near future to change the study space in the basement; and it might not even happen at all. The only way he could



see this being a possibility is if they require the 4<sup>th</sup> floor lounge, which the Graduate students currently use, as space for the staff if they require more room.

Another issue brought up was in regards to security. Dr. Edwards assured us that they are looking into all possible angles and the security guards are definitely aware of the issues. Security has also been given pictures of all the students to use as reference in the future on who to let into the building. The lost and found box will stay where it is as it would be a hassle for the secretary to deal with, especially after hours.

I just wanted to finish by giving a shout out to all the students, faculty and staff that participated this year in November. It is always great to see the school support such a great cause. As well, I wanted to remind everyone that OPSIS will be even bigger and better this year as we are currently working hard on securing sponsorships. Look out for more about this student-run conference in future PharmPhiles and newsletters.

Thank you again for your dedication!

*Marcus Walz and Jonathan Potvin*

*SOPhS President and VP*



## Fresh from Pharm: Chewy Cranberry Oatmeal Cookies

*Angela Quach, Rx2015*

"My classic recipe that is everyone's favourite during the Christmas holidays" :)

### List of Ingredients

- 1 1/2 cups un bleached all-purpose flour
- 1 tsp baking soda
- 1/2 tsp table salt
- 1/2 tsp ground cinnamon
- 2 1/2 cups old fashion oats
- 1 cup unsalted butter, slightly softened
- 1 cup light brown sugar
- 1/2 cup granulated sugar
- 2 large eggs
- 1 tbs honey
- 2 tsp pure vanilla extract
- 1 1/2 cups dried cranberries
- 1 cup chopped walnuts

### Directions

Heat oven to 350 degrees. Lightly grease 2 cookie sheets or cover them with parchment.

In a medium bowl, mix the flour, baking soda, salt, cinnamon and stir in the oats. With an electric mixer, beat the butter and combine both sugars until light and fluffy. Beat in the eggs one at a time and then scrape the sides of the bowl. Add the honey and vanilla extract. Add the flour mixture in two parts. Then stir in the cranberries and walnuts until combined. Bake in the oven for 10 minutes or until light brown.



# A Reflection on my experience at Holland Bloorview

## A World of Possibilities for Children

### Holland Bloorview Kids Rehabilitation Hospital

It is a true privilege to be working with the pharmacy team at Holland Bloorview Kids Rehabilitation Hospital in Toronto this semester. Anyone who has had the opportunity to see what this hospital does for children with disabilities can tell you what an inspiring place it is! In addition to its 75 inpatient beds, the hospital runs numerous outpatient services ranging from clinics focused on psychopharmacology to therapeutic recreation programs. The staff here encompasses a variety of disciplines, each bringing their unique experiences and training to the work they do for those in their care. Holland Bloorview (HB) truly embodies an interprofessional (IP) team approach to delivering healthcare - collaboration and information sharing with the patient at the center of care is illustrated daily. The hospital's strategic goals to *Transform Care, Lead the System, Accelerate Knowledge* and *Inspire their People* can be seen at all levels of the organization.

My role as a pharmacy student at HB this term has involved numerous opportunities to develop my clinical pharmacy skills and explore the world of pediatric medicine - there are a number of unique pieces to consider when caring for this specific patient population. Together with the team's 3 clinical pharmacists, I participate in patient and parent education, provide therapeutic counseling, answer drug information questions, attend team meetings and IP rounds, engage in patient assessments and follow-up, as well as partake in physician consults...oh and of course capture it all with appropriate documentation! My exposure to drug distribution activities at HB (led by 3 awesome regis-

tered pharmacy technicians), includes preparing leave of absence (LOA) medications for weekend home visits, filling prescriptions and compounding (in pediatrics, many medications are converted into suspension form to enable accurate weight-based dosing). I also perform best possible medication histories (BPMHs) and medication reconciliations for our respite clients.

### Medication management in Kids

#### My evolving experience with 'little patient'-centered care

HB is an incredible place to learn - every day I am faced with situations (both opportunities and challenges) that are helping to shape my development as a pharmacist. The way I view and think about patients and the approach I take in the delivery of healthcare is forever changed as a result of my time working in this setting. I often find myself in scenarios where I am forced to evaluate my role and responsibilities in providing patient-focused care - these are those situations they don't cover in any of the text books or resources we are given in class... the kind of teaching you can only learn from the school of 'real life experience'; we luckily get a taste of this on co-op.

#### Case example: How to switch a child from NG tube medication administration to oral dosing in preparation for discharge?

What appears to be a simple enough task becomes much more complicated when the patient is a three-year old little boy who can't swallow pills. Here are some other thoughts to consider when troubleshooting:

-Dissolving the medications in chocolate milk (our primary go to here because chocolate helps to mask the bitter taste of many drugs) is not a suitable option since



the child is a picky eater, who only likes apple juice. *The mom does not want to risk compromising the taste of the juice by dissolving the medications in this beverage because she fears it may jeopardize her child's fluid intake since this is the only liquid he drinks orally.*

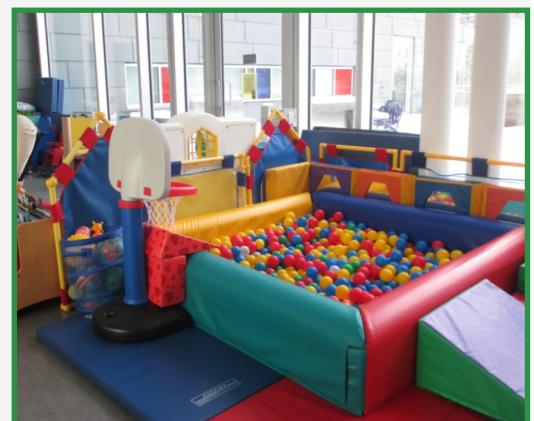
-The NG tube will be coming out in about 1 week, so we're working with a short timeline.

-Our patient has some behavioural issues and has been known to be fussy and throw tantrums when he doesn't get his way (a change noticed since starting prednisone).

-He has an extensive medical history including seizures and hallucinations so it is very important that he gets his medications correctly - he is currently taking over 7 drugs and has TID dosing times.

In this case we ended up hiding some of the medication in ice cream and used rewarding messages to instill a sense of accomplishment when our little patient finished his liquid doses - we got creative and it worked! He was very cute and would proudly bring his empty oral syringes to show me that he took all his medications!

*Continued on page 6*



*A Reflection on my experience at Holland  
Bloorview continued from page 5*

Situations like this make me reflect on how in the adult population we often take for granted that getting the medication into the body is half the battle - any challenges with this could affect compliance and efficacy, which ultimately impacts treatment and outcomes.

### **Pediatric Pharmacy**

Working with a pediatric population (within a rehabilitation setting) has really increased my therapeutic understanding of the material covered in our IPFC 5 and 6 courses - epilepsy, anxiety and pain management are reoccurring topics. My appreciation for specialized healthcare professions such as Child Development Specialists, Music Therapists and Therapeutic Clowns has also been significantly increased as a result of working in a kids hospital. It is incredible to see the therapeutic effects of these non-pharmacological adjuncts to medical treatment - needles are much less scary when you're rocking out to your favourite tunes or banging on a drum.

Other interesting situations I encountered included meeting with the bioethicist to discuss issues like smoking cessation in an underage teenager who is not 'ready to quit', or the medical use of marijuana in childhood epilepsy - my eyes are now opened to the numerous ethical dilemmas healthcare professionals face when treating children; my observation is that we are far less accepting of certain practices/ behaviours when it comes our kids!

Holland Bloorview provides 'a world of possibilities' not only for patients, but also for those who work here so I feel the need to share my story and include them as a part of my pharmacy journey. As a student, I am learning so much about clinical pharmacy practice within a pediatric setting - this placement has allowed me to witness the essence of pharmaceutical care first hand!

Check out this amazing hospital at: <http://www.hollandbloorview.ca/>

*Danielle Paes, Rx2014*

## CAPSI CORNER

First of all, Happy Holidays CAPSI Members! Congratulations on being done exams and co-op, and we hope you enjoy time over the holidays with family and friends. As we welcome the new Rx2017s in 2014, we have many special events planned for the winter term. We wanted to share some of the events with you today so you can "Save the Date" in your school agenda.

**CAPSI Awareness Week: January 13-17<sup>th</sup>, 2014**

CAPSI Awareness Week gives the Rx2017s a chance to learn about and sign up for CAPSI. We will be hosting a CAPSI lunch and learn on Wednesday January 15<sup>th</sup> from 11:30-12:30pm, and our registration booth will be set up all week in front of PHR 1004. For those of you Rx2014s, Rx2015s and Rx2016s who haven't signed up for CAPSI yet, feel free to stop by the registration booth to do so! Also, we will be posting random CAPSI facts on our Facebook page and Twitter ("UW caps" and @UWCAPSI) all week so everyone can learn a little more about UW CAPSI and CAPSI National.

**Rx2014 Mock OSCEs- January 14<sup>th</sup> and 15<sup>th</sup>, 2014**

One of the greatest benefits of being a CAPSI member is being able to partake in mock OSCEs. Mock OSCEs will run again this year to prepare for the 4<sup>th</sup> year for their OSCE. The 4 station mock OSCE will allow students to receive feedback from faculty and pharmacists in preparation for the real thing!

**IPSF Health Campaign- January 17<sup>th</sup>-31<sup>st</sup>, 2014**

The International Pharmaceutical Student's Federation has chosen their public health campaign to be "HIV/AIDS Awareness Campaign" this year. Although Worlds AIDS Day was held December 1<sup>st</sup>, we hope to promote this campaign in January when more students are on campus. Did you know?

2.7 million people were newly infected with HIV worldwide in 2008.

2 million people died of AIDS-related illnesses worldwide in 2008.

2.1 million children were living with HIV worldwide at the end of 2008.

33.4 million people were living with HIV worldwide in 2008.

Over 1000 children were newly infected with HIV per day worldwide in 2008.

5.4 million people worldwide between the ages of 15 and 24 are living with HIV (source [www.who.org](http://www.who.org))

Join us for the HIV/AIDS Awareness Campaign in January to help raise awareness.

**Pharmacists Awareness Month (PAM)- March 2014**

UW CAPSI is very excited to introduce PAM! We now have a whole month to celebrate and raise awareness about pharmacists in Canada. As a part of PAM we will be hosting our 2<sup>nd</sup> annual **Mr. Pharmacy** competition Saturday March 1<sup>st</sup>, 2014. This semi-formal event will be a great opportunity to raise money for a good cause. We also have many great ideas for PAM including weekly health clinics, a welcome breakfast, a pharmacy "wish tree", a pharmacy symposium, high school outreach sessions, a main campus health fair and a health booth at Conestoga Mall. Stay tuned for volunteer and participation opportunities!

**CAPSI DM- Date TBA (February 2014)**

UW CAPSI held our first ever CAPSI DM even last summer. These sessions are tailored to pharmacy students interested in becoming Certified Diabetes Educators upon graduation. We hope to run another session this February.

**UW CAPSI Council Elections- end of March 2014**

Interested in being a part of UW CAPSI Council? UW CAPSI will be running our elections for CAPSI National Junior Representative (open to the Rx2016s) and applications for all other local council positions (open to Rx2015, Rx2016 and Rx2017) in March. This is a great opportunity to become more involved pharmacy life and help organize professional development opportunities for all students.

*-UW CAPSI*



# CO-OP CHRONICLE

**Name: Mark Bekhyt Rx2016**

**Setting: Student Pharmacist with Jackson's Guardian Pharmacy, St. Mary's, ON**

**Marissa Belcamino (MB): Tell us about the roles and responsibilities you took on in your co-op placement.**

Mark Bekhyt (MBek): My main responsibilities revolved around dispensing roles as is typical of most community pharmacies. There was a lot of counting Metformin and labeling boxes of "little blue pills" which are tasks I've gotten used to working as a pharmacy assistant in my previous placements. Fortunately my placement also involved some of the less typical roles, such as conducting smoking cessation interviews and delivering health management presentations at the local community center. I was given the opportunity to create and present two unique seminars for many of the senior population of St. Mary's one of which was focussed on the do's and don'ts of vitamin and supplement use and the other on a peek behind what happens behind the counter.

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

MBek: The most valuable lessons I took from first year were every Self Care lecture from PHARM 129/130 and the Smoking Cessation Catalyst modules. The Self Care lectures helped me step out from behind the counter and really offer many of the patients appropriate care and services. I was also able to use my certification through the Catalyst to conduct several smoking cessation interviews and follow-ups. A lot of the topics covered in the Professional Practice Lab were invaluable; in particular, understanding how to successfully and efficiently respond to drug information requests. Using the text and web resources we learned about in lab I was able to not only respond to DI requests but I was also able to answer my own questions about medications and supplement my own knowledge.

**MB: What were some barriers or challenges that you encountered?**

MBek: The greatest challenge I encountered on my work term was being faced with a limited knowledge of therapeutics and prescription medications. I found that without having a complete understanding of drug interactions, therapeutics and alternative treatments it was difficult to be fully involved in a lot of the interactions with doctors and patients. When I could, I used any resources available to keep up with the therapeutic and clinical aspects of the work but this was difficult and time consuming. Hopefully when my next community pharmacy

opportunity comes around this won't be as much of a constraint

**MB: The ability to communicate effectively is emphasized within our program and profession, while on co-op did you find that you had to modify the way you communicated in order to interact effectively with patients or other HCPs?**

MBek: This was actually one of the my biggest struggles when I first started working at Jackson's. I guess after your first year you're kind of revved and ready with all this new information and terminology and you forget that not everyone around you knows what you're talking about! As I mentioned, the majority of patients in St. Marys are seniors and as you'd expect the majority of them identified their Pantoloc as their stomach pills not their proton pump inhibitors. It might have been just nerves as I tried to demonstrate I was a competent pharmacy student, but my first couple of weeks were filled with a lot of confused looks from patients when I would talk about medications and any therapeutics. I realized I needed to work on adjusting the way I communicated to make it more patient friendly. Not only did I need to modify my one-on-one communication but I also needed to change my written communication in talks accompanied by a PowerPoint presentation to ensure I was effectively conveying my message to the audience. The change wasn't too major and really just required being cautious with things like acronyms (OTC, PPI, UTI, ect.) and words that had much more easily understood synonyms. Modifying our communication skills is something we are constantly doing and constantly improving on so I definitely feel that it is an appropriate goal when entering any healthcare position that requires direct patient interaction. It ensures the patient fully understands the provider and will benefit the most from any instruction or information.

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

MBek: My greatest personal highlight was helping a patient go from smoking over 2 packs of cigarettes a day to just 3 cigarettes a week! My very first smoking cessation patient turned out to be my most successful patient! When I was first told I was going to be conducting a smoking cessation interview I was extremely nervous since I felt that after just a month's worth of study with the CATALYST program I wouldn't actually be ready. I spent the entire night before it going over the CATALYST binder and trying to plan out exactly how the interview was going to go. When my patient arrived I lost all my feelings of anxiety and the interview felt really natural because the patient was very relaxed and enthusiastic about the Quit Program I was proposing. I had two follow-up interviews with the patient over the course of my work term and it was very exciting to track their progress.

**MB: What was the biggest lesson you learned from St.Mary's?**

MBek: One of the biggest lessons I learned from my co-op was to try and take away as much as you could from everyone you worked with. One of the benefits I had working at Jackson's Pharmacy was that I spent my shifts alongside three very different pharmacists with extremely differing work methods and practices. I learned that there are an unlimited number of different ways to do the same thing and each method has its own values.

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

MBek: Don't underestimate what you know and what you can do! It may surprise you, but after you're first year of studies you've learned quite a lot!! What's even more surprising is how much of it you can use on your first co-op, so be confident in your abilities and step out of your comfort zone because you have everything you need to be even more successful then you anticipated.



# THE BENEFITS OF BEING FAMOUS

Last month, Rogers invited my fellow video makers (Jas Ota, Bhupender Sayan, and Danielle Paes) and I to the Commitment to Care & Service Awards Gala in exchange to play our latest pharmacy parody video as part of the awards show. It was the second year in a row that we were able to attend this gala, and it was, once again, an incredible experience. I'm not writing this article to brag about how famous and hilarious the four of us are (though I'm not denying it either)... I simply want to tell you about this experience in hopes that you will see the value in putting down your books for a moment and getting involved with things outside of school.

The Commitment to Care & Service Awards Gala recognizes pharmacists all over Canada for their innovative ventures, collaborative efforts, and dedication to the profession. Attending this gala gave us the amazing opportunity to witness what the best of the best in the pharmacy profession are doing, which really is inspiring.

This year, we were indulged by the efforts of pharmacists succeeding in a number of ways. To describe just a few of the incredible award recipients, the Collaborative Team Initiative award went to a pharma-

cist who works with several other health professionals (occupational and physiotherapists, physicians, nurses, ect.) to provide a unique clinic specialized for arthritis. The Outstanding Pharmacy Owner/Manager went to four gentleman who were not only able to maintain their independent pharmacies through these challenging times, but were able to prosper and open additional stores! The Charitable Work award was given to a pharmacist who has gone above and beyond to help those with HIV/AIDS his entire career. And last, but most definitely not least, the Student Leadership award went to our very own Danielle Paes for her outstanding ambition and dedication to utilize every opportunity in pharmacy to better the lives of her patients.

While observing the awards ceremony was an incredible experience, it was not the only benefit to attending this gala. It also gave us the unique opportunity to network with these outstanding pharmacy professionals. We were able to mingle and chat with others before and after the awards ceremony. This not only gave us the chance to congratulate those who deserved it, but also allowed us to meet potential future employers and discuss the

possibility of internship positions!

I also won a door prize! This isn't a main point or the highlight to the night, but as students I think we can all appreciate a free basket of goodies.

All in all, attending this gala was incredible, and would never have been possible if those three friends and I never picked up the camera to enter a contest. When we made our first video, the idea that it would somehow allow us to grow our professional networks and even provide us with potential job opportunities never crossed our minds, yet here we are. With that, I encourage you all to get involved! You never know where these extra curriculums will take you, or who you'll meet by getting involved, but I can guarantee of this are almost zero if you never put down the books and put yourself out there. Pharmacy is a wonderful profession to be a part of! There's so much more to it than just the scholastics, so get out, get involved, and make the most of it! You never know what doors may open for you, who you may meet, or how famous you'll become.

*-Kacie Lunn, Rx2014*







## 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 49 | November &**  
**December 2013**

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)**

10A Victoria Street  
Kitchener, Ontario N2G 1C5  
[www.sophs.ca](http://www.sophs.ca)



# SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break	22	23	24	25 Merry Christmas!	26 Boxing Day	27	28
	29	30	31	Jan 1 Happy New Year!	2	3	4
Week 1	5 Phrosh Week	6 Co-op Begins First day of classes Phrosh Week	7 Phrosh Week	8 PDW 2014, Vancouver Phrosh Week	9 PDW 2014, Vancouver Phrosh Week	10 PDW 2014, Vancouver Phrosh Week	11 PDW 2014, Vancouver Phrosh Week
	12 Phrosh Week	13 CAPSI Awareness Phrosh Week	14 CAPSI Awareness Phrosh Week	15 CAPSI Awareness Phrosh Week	16 CAPSI Awareness Phrosh Week	17 CAPSI Awareness Phrosh Week	18
Week 2	19	20	21	22	23	24	25
Week 3	26	27	28	29	30	31	Feb 1
Week 4							

## SOPhS Calendar Notes

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