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SPECIAL POINTS OF INTEREST:

- Your newsletter had a color makeover! The new palate is meant to co-ordinate with the website; check it out at: www.sophs.uwaterloo.ca

University of Waterloo
School of Pharmacy

[Pharmacy Phile]

September 29, 2008

[Issue #4]

Happy Fall Everyone!

I would like to start by sending out two long over-due congratulations: first, congrats to the class of 2011 for completing our first year of pharmacy; second, congrats to the class of 2012 for their acceptance to the program amid intense competition.

By now, all 2011 pharmers should be settled into our co-op positions and working like little pharmacy bees. I hope that you are all having a fantastic experience and taking advantage of the opportunity to apply what we've learned (and learn more of course). A couple things to watch for: the first reflective assignment is coming up (due October 31). Check ACE for all the gory details.

As promised, the Pharmacy Phile is continuing this fall. We've put together a great issue that I hope you'll enjoy. I want to thank all of the authors who contributed articles. I also want to encourage others to contribute! If you haven't already, don't be surprised if you get an email from me asking you to write something for an upcoming issue. If any students from the 2012



class have something they would like to include please feel free to send articles to pharm-soc@uwaterloo.ca or to me directly at jean.cameron@yahoo.com.

Many of you have left Kitchener-Waterloo this fall and are unable to see the progress on our new building. You will find pictures throughout the newsletter to update you on the construction status (from the outside at least). These were taken on September 21st. I'm guessing the bigger changes are taking place on the inside and you will be happy to know that lights were on inside for the first time!

Jean Cameron
Communications Director

Briefs

CSHP-OB: Annual General Meeting & Education Session is being held in Toronto on Nov 14 & 15. Visit www.cshpontario.ca for more info.

Check out the Sept 2008 Co-op Capsule that has been sent to co-op employers. It is available through the community group on ACE and will be posted on the School of Pharmacy website soon.

Kitchener Waterloo Oktoberfest is coming up. Events run from Oct 10th to 18th. Be sure to get your tickets early for your favorite festhallen. Check out www.oktoberfest.ca for full details. Ziggy zaggy ziggy zaggy hoi hoi hoi!

Halloween lands on a Friday this year! By now we are all much too old for trick-or-treating, but that doesn't mean we can't dress up and celebrate!

Yearbook update: the yearbook committee is working hard to create a book that the vanguard class will remember forever. Everything appears to be on target, so look forward to receiving your books come January.

From the Bench- Fall Edition

Hello sports fans! We at the athletics department hope everybody is enjoying their first co-op terms and that our future first year students are preparing for the onslaught of homework that awaits them in January. First off we would like to thank our fans who showed up at all the intramural games and showed off their school spirit. We might not always have the best teams, but all season long we had the best fans by far.

There isn't too much happening right now in the world of Pharmacy Athletics. There are limited numbers in the K-W area right now, so intramural teams were a no-go. Unfortunately the Softball season had to be cancelled due to the construction of the new football "stadium."

To the class of 2012: Angela Hummel and I (Greg Becotte) are the athletic reps for the UW Society of Pharmacy Students. We basically run things for intramurals and anything to do with sports, the events surround them, and of course writing this newsletter (a.k.a. correcting Angela's spelling mistakes). If there are any of you who are going to be Waterloo students this fall, please send me an e-mail message if you are interested in any sort of athletic activity, or if you would be down for getting together just to hit the gyms for some pick-up sports, or to just hang out and watch some football. It is a great way to get to meet people and it's a lot of fun. Looking to get in a house or men's/women's league for some particular sport? Gym memberships? Open

gym times? Pick-up basketball? Or do you have an idea for us? Send us an e-mail and we'll gladly do our best to help out and get people involved.

For those interested, take a gander at the campus rec website: www.campusrec.uwaterloo.ca

Later this term some sort of survey will be sent around to determine the general level of interest in athletics for the January semester. Our goal is to have more than one team in each sport in the different difficulty levels.

Keep swinging for the fences!

Peace out from your Athletic Reps,
-Greg and Ange

[Issue #4]

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Athlete of the Month By Greg Becotte

This is a new section that will feature an athlete that Ange and I deem worthy of being called Athlete of the Month. This person could be someone belonging to, or has some sort of relation with the UW Pharmacy program...or whatever we feel like writing about. So without further delay, the very first UW SOPhS Athlete of the Month is...

Chris Hartman

When I first thought about naming somebody SOPhS athlete of the month, I had a tough decision between our very own Chris Hartman and USA Olympic hero Michael Phelps. Remember that thing that happened in Beijing? Phelps managed to win 8 gold medals, almost all of which with new world records, and is now the most decorated Olympic athlete in the history of



the games. However, Hartman was named most valuable player for the pharmacy softball AND soccer teams. Clearly this tipped the scales in his favour. Top that, Phelps!

When not dominating the Pharmacy Athletics circuit, Chris is the only pharmacy student to be on an active UW varsity sports team (Angela Hummel and Anthony Amadio are former varsity athletes in basketball and football, respectively). This semester Chris is racing for the Cross Country running team, and spent most of his varsity career racing for Queens University. That's right, on any given race day you will see Hartman stomping the competition all while wearing tight shorts. Recently at the New Balance Griffon



Open (Guelph, Ontario), Chris was the top Warrior in the race and placed 5th among all OUA athletes. Somebody better check the narcotics cabinet for some missing anabolic steroids. Drugged up or all natural, UW SOPhS salutes Chris Hartman as September-October's Athlete of the Month.

Have somebody you think should be athlete of the month? Let me know! Feel free to e-mail me your opinions at greg-beaks@hotmail.com. We have to show the rest of the planet that we are not always a bunch of nerds all the time.

Where are you now?

If you are like me, you are curious about what your classmates are up to during their co-op term. What better way to find out than to hear from your peers themselves! I am recruiting students and encouraging everyone to contribute a brief article about their co-op experience. The articles are very simple to write and basically include where your co-op is, what your job involves, and then any particular story or experi-

ence you would like to share. Please take a few minutes to share your own experience and email it to pharmsoc@uwaterloo.ca. If you've got any pictures be sure to send those along to accompany the article. I look forward to hearing from everyone!



[Pharmacy Phile]

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Sabrina Haq

Throughout the duration of the second semester of my studies at the Pharmacy program here at the University of Waterloo, I heard a lot of talk about coop placements; where everybody would be placed, what they would be doing, how excited they were. I was no different. It's now been passed a month since I have been in my coop placement, and while my excitement has not diminished; my expectations were shattered with experience.

Let me first explain to you what and where it is that I have placed myself for my coop term. I am working with one of the largest, most influential hospitals in Dhaka, the capital of Bangladesh. While the program is based with the hospital itself, a majority of the work does not occur within its walls. The purpose of the program is to provide medical treatment and health education to rural areas of Bangladesh, where it is minimal at best and non-existent in most cases.

The problem with the health care system in Bangladesh is not a shortage of doctors, in actuality there is a surplus. The problem lies in ac-

cessibility to these doctors for those without the ability to pay for their services. I work with a team of local and international health care professionals and social workers to fulfill the modus operandi. My specific role involves, running the health education component, and aid in various medical treatments with the other health care professionals. Most of the medical ailments I come into contact with, understandably, are vastly different then the ailments I would experience had I been volunteering for the same type of project within Canada. A majority of the cases I come across on a daily basis generally include: dengue and typhoid fever, cholera, and diarrhea/dysentery. Additionally, the general population has no knowledge about medication.

The expectations that were shattered do not revolve around my role within the project, as they remain consistent with the job description. What has shattered, instead, are my views of aid given by organizations and programs such as the one I am involved with and the type of impact they make. I have no doubt in my mind the good that our project team accomplishes on a daily basis.

While it is just that, good, a sense of helplessness has slowly been creeping up on me; and it is this feeling that has shattered all my expectations. I expected to feel great about the work I do by impacting the lives of individuals in a positive and lasting manner. While I have no doubt that they will surely remember the footsteps our program has left in their lives, I wonder what will happen to them after we leave. Nobody will stay to ensure they will continue to receive medical treatment. No cure will be left to ensure that they never have to worry about such health ailments. Instead, they will wait, like a stranded castaway looking in earnest for a ship's sails, until another program like ours comes along. And like that rescue ship, these programs are far and few in between.

So, while I am enjoying my coop term placement and learning so much more than I would have ever imagined, I cannot help feeling that perhaps participation in this program has and will continue to affect me on a far longer term than the individuals I have helped.

Jason Budzinski (UW Pharmacy Class of 2011)

News from the co-op front...

I entered the pharmacy program at the University of Waterloo with what I consider to be a fair amount of experience, having already spent many years studying and conducting research at a university and even working for a short time for Health Canada. But unlike many of my classmates, I had absolutely no prior experience working in a pharmacy, and in essence had no real practical knowledge of the career I am now pursuing.

But all that has changed. What did I want to experience during the first pharmacy co-op term out in the real world? A busy retail pharmacy environment... and that is exactly what I got, working at my Costco. I say *my* Costco because it is the location that I have been shopping at for years, located 10 minutes from my home in Ottawa, although I never thought I'd be on the other side of the counter. And what magic occurs behind that counter! Or at least it seems that way to the untrained eye: customers at the window dropping off prescriptions, technicians running around in the background grabbing brightly coloured bottles off of narrow shelves, seemingly in a random manner, and placing them into colour-coded baskets, pharmacists checking and double-checking filled prescriptions, pharmacists counselling patients to ensure that they understand their medications, and other staff members serving customers picking up their prescriptions as fast as possible, all occurring simultaneously with great precision! Of course I haven't even mentioned unpacking the daily drug shipments, helping customers find OTC products both behind the pharmacy counter and on the warehouse floor, answering phone calls from patients, and tracking down physicians who's writing none of the staff can

decipher! With all of this chaos, no wonder it seems magical that somehow everything runs so smoothly.

But of course it's not magic. I have discovered it is the collective pharmacy staff's teamwork, knowledge, attitude, competence, and lots of patience that makes everything run so efficiently, the same qualities that have been bringing me up-to-speed with all of the pharmacy's operations. I have been helped, guided, and coached by a truly awesome group of pharmacy technicians: Melissa, Tammy, Lindsay, Megan, Milana, Nathalie, and Marc; and pharmacists: Richard (also the pharmacy manager), Diana, Mohamed, Mandana (currently studying as an intern), and Marc (regular relief pharmacist). Although it has been a mere few weeks since the co-op work term began, it is because of the people at my Costco pharmacy that I feel so well-adjusted to my new busy learning environment, and am absorbing lots of new information daily.

Speaking of learning, this brings me to an important question: Has 2 semesters of first year pharmacy studies at the University of Waterloo really given the students adequate skills to work in a pharmacy? You bet it has! I can think of a few concrete personal examples:

Pharmaceutics: Those compounding skills have come in handy as I have had to prepare several topical cream and ointment preparations for customers.

Dispensing: Although I am still a little clumsy using the current dispensing software (T-Rex), having used Kroll in dispensing lab certainly gave me a little advanced understanding about entering prescriptions into a computer-based system. These skills will be a larger factor in October, once my Costco pharmacy upgrades the dispensing software to... you guessed



it... Kroll! (Everyone in the pharmacy is excited with anticipation for its arrival).

Medicinal Chemistry: My Costco pharmacy keeps the most commonly filled drugs in front of the filling area rather than back on the main shelves. The 'top 14' as I like to call it consists of an antibiotic, 2 antidepressants, and several drugs used in diabetes management. I am currently learning the pharmacology of the 'top 14', studying at home and drawing on all of our pharmacology training to-date.

Professional Practice and Jurisprudence: This area is being refined daily, from learning about how to properly check a filled prescription (at Costco they use a sequential 7 point check) to verifying prescription information with physicians and learning about billing and drug plans.

Patient Counselling: One of the shifts at my Costco pharmacy is called a 'roaming shift', whereby a pharmacy staff member ventures out into the warehouse to help customers find specific products and direct them to the pharmacist for counselling where needed. I have been able to draw on my experiences and knowledge to answer some basic questions for customers, like explaining the differences between 'brand name' and generic OTC products.

And all of this in three weeks! By the way, did I mention that my Costco pharmacy is a busy retail pharmacy environment? It is exactly what I wanted.

Where are you now? Continued...

Ashley Renaud

So we're all a couple weeks into our first work term and it's probably just starting to feel comfortable or maybe just a little less chaotic. This is just a little bit about the company I am working for and about my work term in a community pharmacy.

My job is with a company called Dell Chemists. This smaller company operates community pharmacies in Southern Ontario. They have sixteen locations in Hamilton, Ancaster, Stoney Creek, Beamsville, Brantford, Dunnville, Smithville, St. Catharines Burlington and Welland.

For the past three weeks I have been working at the Dell Pharmacy location on Parkdale Avenue in the east end of Hamilton. This area of Hamilton is home to people of a wide range of cultural and socio-

economic backgrounds. The diversity of the patients at this pharmacy makes every day at work unique and interesting - always keeping me on my toes. It has become apparent in the first couple weeks that Dell has a focus on fulfilling the dispensing and home health care needs of its patients. There is a front-shop area to each store with the standard drug-store items but this is a minor component of the business.

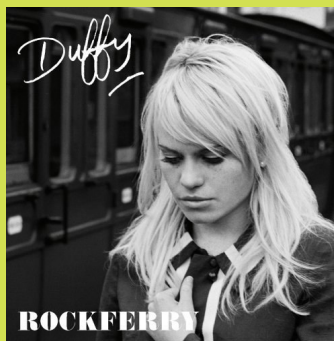
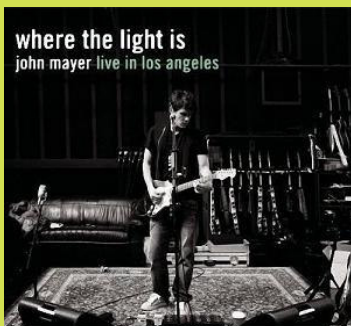
I was hired to work as a pharmacy technician which was a comfortable role for me at this point. However, my very first day, and week for that matter, was very overwhelming. I have worked in a community pharmacy in the past but I was not prepared for this experience. I reported for work on the Tuesday after Labour Day, which turned out to be the pharmacy's busiest day of the year to date. I felt absolutely

useless that first day, everything seemed to be happening around me with or without my participation. After the first week, the pace of work slowed slightly and I was able to ask more questions and really get involved without feeling like I was slowing things down. In just three weeks I feel like I've gained a lot of insight into the dispensing operations and gained invaluable skills - I can finally read prescriptions in illegible penmanship! Over the next three months, I will be rotating between other locations within the company. This will give me an opportunity to become exposed to some of the specialty services that are offered including home health care, compounding, and herbal counseling. I am really looking forward to the next couple months before it's time to get back to the classroom again.

Triturating Tracks

Where The Light Is : John Mayer Live in Los Angeles

A mix of acoustic and electric songs which show Mayer's true guitar ability. Bluesy *Good Love Is On The Way* and a cover of Tom Petty's *Free Falling* are highlights (A DVD is also available with additional tracks and backstage footage).



Rockferry : Duffy

Duffy is hot in the UK debuting at #1 with her album *Rockferry*, and she is gaining popularity in North America with her unique yet catchy sound - different than today's staple pop princesses. Her songs have been played on *Sex and the City*, *ER* and

Grey's Anatomy. Highlights are *Rockferry*, *Mercy*, and *Syrup and Honey*.

Other songs certain to exert sympathomimetic effects:

Time of Your Life - Matt Mays and El Torpedo

Here I Come - The Roots

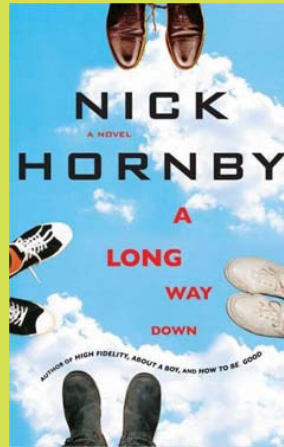
Required Reading

A Long Way Down

Author: Nick Hornby (also wrote *High Fidelity*, *About a Boy*, and *How to be Good*)

New Years Eve is the most popular night for people to commit suicide (followed by Valentine’s Day). In *A Long Way Down*, four very different individuals climb to the top a building in London, England and are prepared to jump; the only problem is that they all bump into one another and interrupt each others’ plans. The story is told from alternating perspectives of the four main characters. They come from varied backgrounds and each has a different reason for wanting to end his or her life.

In the face of such a dark concept, *A Long Way Down* still manages humour and is less about suicide and more about what happens when you don’t kill yourself. This New York Times Bestseller is an easy read that is fast-paced and contemporary. If you have some time on your lunch breaks or after a long day at the pharmacy, this book is a great way to kick back.



What are you Thankful For?

October is coming up quickly and with it comes another Thanksgiving (on October 13th). Each year we get a day off on the second Monday in October, but what do we do to celebrate besides gorging on turkey (or tofu-turkey for my fellow vegetarians)? In elementary school we always took the time to make a list of things that we were thankful for; we then, of course, crafted that list into a construction paper masterpiece. Has this traditional act of thanks been lost from this yearly holiday? How many of you take the time to answer the question: what are you thankful for?

This year, when we are enjoying our day off, I propose that we all take the time to make a quick list. I then propose we go a step further and express our thanks. Are you thankful for your parents’ support? Tell them! Are you thankful for your friends, spouse, girlfriend, or boyfriend? Tell them!! Are you thankful for your line of credit from Reinhard? Tell him... well, maybe not, but you get my point. Let’s put the ‘thanks’ back in thanksgiving!

“You shouldn’t believe what you don’t understand. You should understand what you believe.”

-Melmouth. *Three Bags Full*.

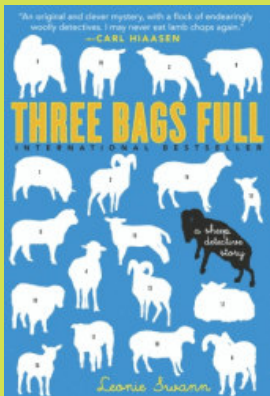
Three Bags Full: A Sheep Detective Story

Author: Leonie Swann

If you’ve ever wondered what goes on in a sheep’s mind, *Three Bags Full* has the answer. This international bestseller is anything but your typical who-done-it mystery tale. It is told from the perspective of a flock of sheep who awake one morning to find their beloved shepherd murdered. The sheep take on the case

and vow to reveal their shepherd’s killer. Sound impossible? This book will teach you to never underestimate the profound intelligence below a sheep’s woolly exterior and the simplicity of their thought process.

The loveable animals in *Three Bags Full* have such personality that anyone reading this book is sure to be drawn into the wonderful world of sheep and feel like part of the flock. Each character is unique and has his or her own special talent that is put to use to help solve the case. Laced with humour, this book is a light read that will make you see your lamb chops in a new light!



And now, a word from the president

Attention Waterloo!

I hope the 2011's are enjoying their time on coop, learning and doing the "real deal"! As for the 2012's, I hope you are able to enjoy the extra time off by travelling, working or lazing around. Take advantage of it! As for me, I'm located in Sudbury, Ontario and I'm working at the Regional Hospital. It's been a great experience as they've given me two projects, one concerning diabetes and the other medication reconciliation. The personnel there have been very welcoming and seem to always find something for me to do!

I wanted to take this opportunity to update you on some news. Most recently, Ben Austin (your Vice President) and I had the opportunity to represent you, the students of the University of Waterloo School of Pharmacy, at this year's OPA Conference. We arrived Friday at the Fallsview Casino in Niagara Falls and were warmly welcomed by the OPA staff. We received bags and handouts in addition to several other items and then proceeded to follow the schedule of seminars we had selected for that day. The seminars or lectures are an hour long and feature some high quality speakers discussing a variety of subjects from anticoagulation to herbals. There's a break between lectures in addition to a "lunch and learn" lecture. Later that evening we participated in an exhibition wine and cheese which featured all the big names in the drug industry. Aside from the collection of pens and notepads we ended up with, we also had the chance to experience the pitches presented by many of the companies. Although they were aware we were still students, they didn't mind indulging our curiosity. That night Apotex sponsored a social evening that had a western theme. Saturday went much the same as Friday, beginning with breakfast and keynote speaker Rex Murphy followed by lectures into the afternoon. Saturday night capped off the weekend with a big Gala where awards were presented and dinner was served. We were extremely fortunate this year as we were not only privileged to many great speeches but our own Director, Jake Thiessen, was given the distinguished Mortar and Pestle Award of Merit for "individual outstanding achievement in the field of pharmacy". We also had the opportunity to meet several members of the Leslie Dan Faculty from the University of Toronto. The OPA Conference is educational and provides numerous opportunities to network and meet our colleagues who are out in the field. Additionally, I have to remark that there is quite a buzz surrounding Waterloo's School of Pharmacy and the support and interest of OPA members is extremely encouraging. Lastly, it was very validating for us the students as several of the subjects broached in class this year were brought up during seminars. That's an extremely abbreviated version of our weekend and Ben and I highly encourage students to attend next year. We'd love to bring a huge contingent, especially with it situated in Toronto.

I wanted to let everyone know to expect some updates on our website where you always find past copies of the Pharm Phile Newsletters. Currently, your council is hard at work devising ways to kick off the start of classes come January! We're excited about doing it all for the first time and we're looking for anyone who is willing to lend a hand in making it happen! You can reach us at pharmsoc@uwaterloo.ca. Lastly, I'm certain you're all wondering about our building and after speaking with the administration this weekend, they are confident we'll be moving into new digs in January! That's it for now but look out for updates on any new developments as they happen on our website or through FB! Finally, if you have any questions, regardless of topic, you can reach me at crcharbo@uwaterloo.ca.

Stay classy,

Claude R. Charbonneau
President



Represent Waterloo's Vanguard Class at the National Competition for PDW!



Compounding Competition

A team of 4 students make 4 prescriptions in 1 hour

OTC Competition

Recommend an appropriate OTC treatment for a patient

Student Literary Challenge

Write an article about a current topic related to pharmacy, the national winner will have their article published in CAPSIL



When: November 22nd and 23rd

Where: UW campus

Contact Bridget (bridget_braceland@hotmail.com) or Patricia (patriciaghung@gmail.com) for more information or if you are interested in participating, deadline for registration is Wednesday October 15th, 2008

Prizes include free registration and a travel subsidy to PDW, CPhA textbooks, and a chance to compete for cash at PDW!