

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 50 | January 2014

PRESIDENT & VP'S MESSAGE

Welcome 2017's! This year we had the opportunity to welcome the very first class of PharmD students to the University of Waterloo School of Pharmacy. Since it was such a momentous occasion, we decided to make this year's Phrosh week into a fun-packed TWO weeks of excitement! It was very well received, with awesome attendance to all of the events, all with the theme of the WinteRX Games.

Thank you to the Phrosh Planning Committee, as well as all the volunteers from RX2016 who helped make this Phrosh an amazing success!

A big thank you goes out to all our sponsors, without whom we could not have had so many wonderful events for the incoming class: Teva, Scotiabank, PPC, Sobey's, Pharmascience, KW Local Shoppers Drug Mart, Remedy's RX, Septodont,



Ranbaxy, CPhA, and CAPSI.

Here's a quick recap of the events.

Sunday January 5th 2014

We started the week off with an opening WinteRX Games ceremony at the SOP. The students arrived and were quickly divided into their varying teams: Heart, Lungs, Lymph, Glands, Bones, Skin, Muscles and Stomach- all-important parts of a functioning body! After a full orientation around our beautiful campus, teams were shuttled into room 1004 for the opening ceremonies. The team leaders introduced themselves, and then we began by getting everyone comfortable with each other. How better to do this, than by getting up and doing a dance? The teams were great sports and had a chance to show off their rave moves while following the lead of Sanjida, Marissa and Sumaira. We continued and finished the night by playing various games. Thanks to Merideth for organizing a great games night!

Monday January 6th, 2014

Early the next morning, Phroshies got ready for a full day of orientation. Lunch was provided by Sobey's as a nice break between all the information overload. At the end of the day there was a Town Hall, followed by a trip to main campus. Thank you to all the leaders who braved the cold and helped orient our students around main campus!

Tuesday January 7th, 2014

Tuesday night was an eventful one, with the whole class dining together at Mongolian Grill. Teams arrived in waves, and feasted on an all you can eat buffet of stir-fry delicacies. Thank you to Jacquie for organizing a great dinner! After the teams ate their fill, they began to make their way over to the Rum Runner's Pub for a night of comedy at YukYuks! The comedians made sure to pick on a student or two, (Mark Bekhyt, Glands Team Leader to be

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precise...) with many laughs all around.

Wednesday January 8th, 2014

Phroshies who were interested in learning more about the opportunities to get involved, and how to use the LEARN and QUEST systems, were invited to an early morning of breakfast and information. Vice President Sumaira and RX2017 Athletics Rep Taelor provided a breakfast and learn presentation and answered questions regarding SOPhS, Athletics, Learn, QUEST and other clubs on campus.

Thursday January 9th, 2014

This was an important day for the Phroshies, as they were officially welcomed into the pharmacy program by the Dean, Director of Admissions, Board members of CPhA and OPA, as well as future professors. Congratulations class of 2017, your hard work has brought you so far and we look forward to hear about your many successes in the near future.

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“President and VP’s Message” continued from page 1

Friday January 10th, 2014

Friday night was filled with singing, dancing, and a whole lot of goofing around! The pub night started at Bobby O’Briens, where the teams mingled and were given their scavenger hunt bingo cards! Many phroshies took this opportunity to test their knowledge of KW and try to get every checkmark off their bingo card. The teams then proceeded to their second location, Chainsaw. Every team went up once, twice, and sometimes more, to have their 15 minutes of fame on the microphone. Karaoke was a blast, and we even had the leaders join in on the fun. The night ended with a quick walk next-door to Beta, where we danced the night away.

Saturday January 11th, 2014

For those who were able to wake up after a long night of partying, we held our annual Amazing Race the following afternoon, organized by Sumaira. Teams started at the school of pharmacy and then were running all around downtown Kitchener to their various clues and locations. It was a close race, but team Stomach overlapped a few teams and ended up on top! Congratulations! We ended the rainy race with a delicious barbeque affair, sponsored by Pillers. Thank you to Arvind and Cory for grilling up a good time!

Monday January 13th, 2014

We started our second week of Phrosh by providing a lunch and learn presentation to the students about our national and provincial associations (CPhA and OPA respectively), sponsored by CPhA. Students learned about the many reasons why becoming a member of both organizations is important, the ways to get involved in shaping the future of pharmacy, and the fun ways that CPhA and OPA provide networking to students and pharmacists.

Wednesday January 15th, 2014

The second week of January corresponds to CAPSI Awareness Week, and with that, Wednesday’s event was dedicated to students learning more about what CAPSI at UW has to offer. Over a scrumptious pizza lunch, students learned about the many opportunities that CAPSI provides students to network, supplement their education, and support their futures. Thank you to

Sarah Johnson, CAPSI SR. Representative, for organizing a great presentation!

Friday January 17th, 2014

We decided to put a twist on Friday and give phroshies with a sweet tooth a taste of Waterloo. Friday’s event was the Dessert Crawl, that took students from Vincenzo’s, to Yogurty’s, to Death Valley’s Little Brother, and gave them the opportunity to taste the many delights that up-town Waterloo has to offer. Thank you to Vincenzo’s and Yogurty’s for providing our Phroshies with discounted desserts! Phrosh teams were able to TRIPLE their points, based on their attendance and completing certain tasks while at the dessert crawl. If all tasks were completed with originality, teams were able to gain enough points to move their way up the rankings. Though Heart came out strong for all other events, after this night of triple trouble, Team Stomach and Team Muscles jumped in score, and tied with Heart!

Saturday January 18th, 2014.

Our two weeks of Phrosh were coming to an end, and to close the WinteRX Games, we held a closing ceremony wine and cheese at the Kitchener Waterloo Conference center (formerly the Delta Hotel). First years, second years, third years and fourth years arrived in style and got to mingle with each other over finger foods. But the night was not over, when we tallied the attendances of all teams; there was a complete game changer. Where Stomach was one of the top runners the previous night, they fell to second place. Now we had two other teams take a TIE for first place: Muscle and Heart! There was utter madness as President Jenn announced this to the audience. The tie-breaker had to be the most embarrassing of them all: a freestyle dance-off. The teams had a go at each other to the Phrosh theme song Work-Work by Britney Spears. At the end of the battle, the audience had to pick which side they supported more. It was a VERY close call- by a SINGLE VOTE, TEAM MUSCLE came out victorious, and were presented with their gold medals. Congratulations Team Muscles!

At the end of it all, it has been an amazing two week long Phrosh week. We hope you all enjoyed the events we planned, and have made great memories all the

Fresh from Pharm: Chocolate Covered Strawberries

Angela Quach, Rx2015

“This treat is a real winner for everyone during Valentine’s”

List of Ingredients

- 1 cup pretzel rods
- 1 cup almonds
- 3 (4-ounce) bars semisweet chocolate, melted (recommended: Valrhona chocolate)
- 8 long-stemmed strawberries

Directions

Chop pretzels and nuts and place in 2 separate bowls. Chop chocolate.

In a double boiler, melt chocolate until smooth and velvety.

Dip strawberries in chocolate and then in pretzels or nuts.

Place covered strawberries on a 1/2 sheet tray lined with waxed paper. Allow to set at room temperature and serve.



while. Though near the end it was a close call for Stomach and Heart, Muscles came out strong and took the medal home. Congratulations to all participants of Phrosh2014, we hope it was a blast! A big thank you to Arvind for organizing a great closing ceremony, and ending our two weeks of Phrosh with a bang.

Sincerely,

Jenn MacKenzie and Sumaira Hasan

President and Vice President

CAPSI CORNER

Professional Development Week 2014 – Vancouver, British Columbia

I am sure the delegates at PDW from Waterloo can agree that PDW was a great start to the New Year! Waterloo had 21 delegates travelling to Vancouver just in time to escape the -40°C temperature here in Ontario.

Despite some flight issues, all of Waterloo's delegates made it to Vancouver and to kicked off PDW with a welcome dinner. Dinner offered a great chance to catch up with fellow classmates as well as meet other pharmacy student from across Canada. During the dinner the Dancers of Damelahamid, a coastal group of Aboriginals, taught us their traditional dances in an interactive fashion allowing all of the delegates to show off their dance moves.

After learning about some of the Vancouver culture the previous night, Thursday brought about many more learning opportunities for the delegates. The first speaker to start off PDW 2014 was extremely motivational encouraging us to explore the humanitarian side of pharmacy. If you would like to learn more about the amazing work Dr. Wasan is doing please check out Neglected Global Diseases Initiatives. After the motivational speaker delegates attended many other speakers ranging from veterinary pharmacy to personalized medicine to re-designing a community pharmacy in order to transition towards a more clinical role. After a day of inspirational and informative learning the delegates were given some time to explore the rainy, but extremely beautiful city of Vancouver. From Stanley Park to Granville Island the delegates had lots to explore. After exploring the city, the delegates were shuttled to Gossip nightclub in downtown Vancouver where they got to socialize with delegates from other pharmacy schools all across the country.

Friday brought about some more rain but also more amazing speakers as well as the health fair. There were many booths at the health fair and delegates enjoyed spending their time learning from all of the different representatives at the booths. Friday night provided more time

to explore Vancouver and taste some of the local cuisine before the comedy show. The comedy show featured David Grenier who is the founder of "Stand Up For Mental Health" which is an organization of individuals with mental illnesses who are trained to perform stand up comedy. These individuals were hilarious and more importantly, inspirational.

Finally, PDW 2014 ended with a bang on Saturday. Saturday started off with some sunshine and a motivational speech from David Grenier about the importance of laughter in the workplace. Saturday afternoon brought about a chance to show University of Waterloo pride during the Pharmafacts Bowl. To end off the conference all of the delegates attended a masquerade ball. Everyone was keeping their identity hidden behind their masks and made their way to the grand ballroom for dinner. During dinner it was hard to conceal the identity of University of Waterloo Delegates as they were constantly being called to the podium to accept awards! Award winners are as follows:

Student Leadership in Practice Change Award: 2nd Place - David Mancini

Student Literacy Competition Award: 2nd Place - Amanda Harrop

Patient Interview Competition Award: 2nd Place - Allison Tario

Compounding Competition Award: 2nd Place - Michelle Holm, Victoria Sarnovsky, Angela Quach and Trina McFarlane

Guy Genest Award: Sarah Johnson

IPSF Health Campaign Award: 2nd Place - University of Waterloo CAPSI

Pharmacist Awareness Week Award: 1st Place - University of Waterloo CAPSI

With all this winning under our belt, UW delegates danced the night away until their flight out of Vancouver the following day. PDW 2014 was a huge successful for UW Pharmacy delegates and UW CAPSI encourages all University of Waterloo Pharmacy students to consider attending PDW 2015 in beautiful Quebec City! Watch for more details in fall 2014!

Sarah Johnson and Holly Meginnis



PDW 2014 EXPERIENCES

Professional Development Week 2014 took place in Vancouver, British Columbia from January 8-11, 2014. Here you will find what our University of Waterloo Pharmacy Students have said about the conference.

“The thing I loved most about PDW 2014 was the atmosphere; every single student was so excited to meet delegates from other schools - it wasn't hard to make new friends at all! I met a number of truly amazing people, and we've even managed to keep in touch since! As a fourth year, it's a bitter sweet end to my PDW experiences - while I'm sad that I won't be able to see all my new friends next year in Laval at PDW2015, I'm so happy to have met them.”

- Kacie Lunn, Rx2014

“PDW Vancouver was full of inspirational and educational moments and endless opportunities to meet like-minded students from across the country. Participating in the patient interview competition was a great experience! I was honoured to represent Waterloo on a national level and it made me realize how well our school prepares us to be among the best pharmacy students in the country!”

- Allison Tarjo, Rx2014

“I've had the pleasure of attending every PDW I can as a student, and this year I had the unique opportunity to see the conference from another angle: that as a member of CAPSI National Council. It's remarkable how quickly you can bond with stu-

dents from other schools every year - I look forward to our annual reunions with friends of years past; however, to experience the conference with leaders from other schools and hearing of their experiences with helping to change the face of pharmacy or motivating their peers to do the same at the local level, was both inspirational in its own right and just straight up phun.”

- Jaskiran Otal, Rx2014

“Having been my first experience at PDW, I can't say enough about how amazing the whole trip was! The entire atmosphere was incredible. Meeting students from across Canada, and exploring downtown Vancouver were my favourite parts. I was also part of a group of 4 students who got selected from University of Waterloo to compete in the CAPSI National Compounding Competition. That, in itself, was an amazing experience also. Going to UBC, and facing our competitors was a little nerve racking. Once it was over we all felt relieved and accomplished! Then at the final closing gala, we awaited to hear the results. It was after the fourth and third calling, that we started feeling a bit discouraged. Our eyes light up so brightly when we heard '2nd place goes to... University of Waterloo!' What a great way to end our PDW experience!”

- Trina McFarlane, Rx2015



FACULTY SPOTLIGHT: JOSIE ORSO SIMON

If I had to phone a friend about making a compound, I've heard I'd be a fool to not make that call to Josie Simon. Josie has been at the School of Pharmacy for 5 years now and I thought it would be great for us students to get to know a little more about her.

Trina McFarlane (TM): Tell us a little bit about your pharmacy background - where did you earn your pharmacy degree? Aside from imparting knowledge to students at the School, where else do you currently practice pharmacy?

Josie Simon (JS): I graduated with a bachelor of Pharmaceutics Sciences with an Industrial Pharmacy specialization in 2000 from the Federal University of Rio Grande do Sul, in Porto Alegre, Brazil. That department is over 115 years old! I am not a licensed pharmacist in Canada, I've always worked at the University. I have worked as a licensed pharmacist in Brazil in a compounding pharmacy specialized in dermatologic prescriptions from 1998 to 2000, and also did a short internship in a pharmaceutical industry that prepared injectable products. I immigrated to Canada in 2001 and decided to do a Master of Science in Chemistry here at UW from 2002 to 2004. After my graduation in 2004 I accepted a position as Organic Chemistry laboratory instructor at UW until moving to the School of Pharmacy in December 2008.

TM: Briefly describe your teaching philosophy.

JS: The courses that I teach are different from most of what my students had before. In addition to that, every student is different. My approach to teaching is to engage and motivate each individual student, deliver the theoretical background and assure the learning objective in the lab have been achieved by every individual. I like to give the students opportunity to learn concepts exploring with the wide variety of experiments in the lab. As the experiments range from basics to more advanced, the students grow in knowledge and skills. It is immensely rewarding to see how well they progress through each course finishing the term with confidence. I feel very privileged working with such talented group of stu-



dents.

TM: Pharm 124/125 labs (Pharmaceutics I and II) can be fun, but also frustrating if compounded products do not turn out as planned. Do you have any special advice for new students coming into the program? Do you also have advice for the rest of us as we go out into the "real world"?

JS: Experience comes with practice, so you have to try many times sometimes to get it right. Background theory and perseverance are the key. Also use all your background skills from first year general chemistry labs, biochemistry, organic chemistry, etc. Always be curious if something is not working at the moment, you may have to give some time to make it work. Be creative. Practice your skills at home when you are cooking or baking too. One time I weighed every single meatball I was preparing to make sure they were grouped into 3 accurate and precise sizes (50g, 75 and 100g each). There were 6 dozens of meatballs. I do not do that anymore!

TM: I heard you were the Organic Chemistry Lab Instructor for 4 years at in the Department of Chemistry at the University of Waterloo. This was a course many of us students took in our undergraduate programs before phar-

macy school. What did you enjoy most about this position?

JS: During my Master in Chemistry I had to be a teaching assistant for the undergrad organic labs. When I graduated in 2004, the position became available and I apply for it. I really enjoyed the wet chemistry lab and I liked the interaction with the students. Organic chemistry is a hard subject, but during the lab I always tried to keep the concepts easy to understand. Whatever the lab subject is, Organic chemistry or Pharmaceutics, it always amazes me the transformation when you combine two or more substances to create something new or with different characteristics with useful applications later on.

TM: What was your favourite class as a student? (I'm going to guess Pharmaceutics or Organic Chemistry). What (if any) was the most challenging and why?

JS: My favourite class, you have guessed it right, was Pharmaceutics but in my undergrad program it was called Pharmaceutical Technology and Cosmetology. The course had 16 hours/week being 10-hour lecture and 6-hour lab and this was during the 4th year. It was intense but I loved it! Compounding pharmacy is widespread in Brazil and that course taught all fundamentals for those wanting to pursue this route. The most challenging course in my undergrad: Surprisingly, it was Organic Chemistry!

TM: If you weren't a pharmacist and professor, you would be...

JS: I always wanted to be a veterinarian... I had so many pets growing up in Brazil. At one point I had 7 cats, a dog and a parrot. I really enjoyed taking care of them, but when it came the time to make a decision and I had to think about caring for larger animals such as cows or pigs, I realized was not for me!

TM: Any words of wisdom or advice for UW students?

JS: I know that being a student can be stressful sometimes, but you should make every possible effort to enjoy it because you may miss those moments later in life!

ALUMNI EDITION: KATIE POREDOS

Katie Poredos is University of Waterloo School of Pharmacy alumnus who graduated in 2012. She is a Chatham, ON native and has returned home to work as a clinical pharmacist at the Chatham-Kent Health Alliance (CKHA), a community hospital. Her bubbly personality, her consistent desire to help others and her growing expertise have made her an important member of the interdisciplinary team at the hospital. After just a year of work at the hospital, she fits in so seamlessly and we're proud to call her one of our own

Riam Jamal (RJ): Tell us a bit about your time at UW Pharmacy (your co-ops, your extra curriculars, what you thought of the program).

Katie Poredos (KP): My time at UW Pharmacy was enlightening, busy, stressful, fun and flew by. As the second graduating class, it was a green program, but the school has made leaps and bounds of improvements making it the top-notch school it is today. The co-op placements are an exceptional and unique part of UW, and I would not have wanted to graduate from anywhere else.

My co-op placements included:

Rexall Long Term Care Speciality Pharmacy in London

Tilbury Shoppers Drug Mart as MedsChek Co-ordinator

Two placements at Chatham-Kent Health Alliance with a focus on the initial stages and expansion of our medication reconciliation program

My attempt at keeping a work-life balance was being involved with extra-curricular sport teams at the main campus. Being a member of the indoor volleyball, slo-pitch and beach volleyball pharmacy teams kept us busy when battling the season's game schedule and pharmacy schedule, but it was also what helped to keep our stress levels at bay, not to mention some of our sanity!

RJ: What are you doing now? Describe a typical day at work. How did your co-ops, time at UW help or hinder you at your job?

KP: I am currently working as a clinical pharmacist at Chatham-Kent Health Alliance. The units I am primarily responsible for consist of a Medicine unit (general medicine) and the inpatient psychiatry unit.

Two basic parts of my day consist of checking orders and clinical work. I spend a portion of my day at a computer analyzing orders and the technical aspects of computerized MARs that we print, and the other por-

tion is up on the unit, speaking to patients, nurses and doctors, as well as reviewing guidelines, journals and other resources for specific patient cases, reading charts to review the patient's situation, and writing progress notes.

Simply put, co-op and my time at UW obviously helped me at my job. The in-class terms at UW, created the pharmacy foundation that every pharmacist needs, but there is no better way to learn than to experience it yourself, which is why UW Pharmacy's co-op program is such a vital part of our education.

In addition to my daily tasks, myself and another pharmacist started up a MedTalk program on our psychiatry inpatient unit, which runs every other Friday, providing group and one-on-one time for the patients with the pharmacist. We speak generally about psychiatric medications and challenges they may come across in a group, encouraging discussion, and then speak more specifically regarding concerns or expectations of their medications on a tailored level for individuals. With all of the presentations we had to do in front of our pharmacy class, I can honestly say it has helped me feel more comfortable and confident teaching and putting things in layman terms for a crowd of patients, especially now that I am doing it a few times a month!

RJ: What is your favourite part about your job?

KP: Getting to work so closely with doctors and nursing. I have the flexibility to work in my office or right at the unit/nursing desk and not a day goes by where physicians and nursing don't sit down to ask for help/advice/recommendations. It is incredibly satisfying to have your work and suggestions inputted into a patient's care plan and follow the results.

RJ: What advice do you have for 1st, 2nd, 3rd, and 4th year students?

KP: Looking back there are probably two main things I would stress.

Take advantage of all the opportunities given to you during co-op, even if you have to seek them out.

This is the only time in your life you can say "I'm a student". Ask a ton of questions (even if they may seem trivial), if you can shadow someone- do it, and attend events, meetings, and rounds that may be offered. This is going to provide you with a broad spectrum of experiences and may open up more opportunities and invites for you to become edu-

cated. It shows people you are motivated and interested in continued learning while increasing your networking opportunities. In some co-op jobs, it is sometimes too easy to sit back and let the semester slip by without expanding on some of the skills/roles you are already involved with, don't let that happen, you will regret it after school.

Don't make school the only thing you do for the four years.

Although school should be the priority in those four years, if it is the only thing you accomplish, you may look back and wish you took advantage of what else KW, the school, and being a student had to offer. What I mean by this is:

Take time to get involved in a club, sport, volunteering opportunity, etc. that you are interested in. This will look good on a resume, get your mind off your stressors, allow you to meet people in and outside of pharmacy and enrich your time in KW.

Go do things with friends. Travel, roadtrips, nights out, dinners out, movie nights or the opportunities UW emails to you to attend (ie. Bus trip to a Raptor game). Getting to see friends that much on a regular basis can get tough after "real-life" starts. Take advantage of the friends, time, and opportunities that come up to make some fun memories.

RJ: Can you share with us a patient success story?

KP: Antibiotic stewardship is one of my main focuses on our medicine floor. We had an 89 year old man with a quite complicated history, who had been in our ER for over 24 hours, waiting on a bed to be admitted for sepsis (likely urine source, but not confirmed), and started on empiric antibiotic therapy. His leukocytes and lactic acid were continuing to rise while waiting.

By taking some time to look into his complex history, I pulled together all previous cultures from previous admissions and realized there are a few bacteria we were not covering that had grown in this patient before (significant for *E.faecalis* and *Pseudomonas*). The current broad spectrum antibiotic ER put him on was listed as resistant on the previous cultures, and would likely still be resistant. I spoke with the physician taking over on my medicine unit to change the empiric therapy to cover at least both *E.faecalis*, *Pseudomonas*, and to an antibiotic that was previously susceptible.

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*“Alumni Edition: Katie Poredos” continued
from page 6*

In less than a day, his leukocytes dramatically decreased, was afebrile and a day or two later the culture grew out *E. Faecalis* and *Pseudomonas*, susceptible to the antibiotic the patient was now on, but still resistant to the one he was initially put on in ER, making the change successful. He was discharged a couple days after. So remember to make use of old cultures to guide empiric therapy when considering which bacteria may be growing, and susceptibilities (if you're lucky enough to have them, and in this case multiples of them).

Katie (third from the left in the first row) with the pharmacy department at CKHA



Top 5 Reasons I Joined CPhA in my 1st Year And Why You Should, Too!

Another winter semester has begun and as we embark on this new academic year, I'd like to extend an earnest welcome to our 1st year students who have chosen pharmacy as a career 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 fourth-year pharmacy student here. As the Student Representative on the Canadian Pharmacists Association's (CPhA) Board of Directors, I'd like to take this opportunity to thank every student who's already joined CPhA to make a difference. My job is to represent all of you on the Board, so I'd like to hear from you whether you have feedback, questions or complaints. Please do not hesitate to email me at mikekani@gmail.com anytime.

In this edition of Pharmacy Phile, I'd like to explore my top five top reasons for joining CPhA back in my first year of pharmacy, and why I think you should too.

Reason #1: Advocacy and support

First, the best way to support your profession is by joining your professional association. Like your provincial pharmacy associations, CPhA advocates for the profession of pharmacy, but at a national level. Given the ever-expanding scope of pharmacist practice across Canada, a uniform voice to represent the profession is becoming even more important—that's what CPhA does. Developing and maintaining relationships with governments, provincial associations, regulatory bodies and other health care professionals ensures ongoing oversight and advocacy for the profession. With their recent work with the Council of Federation (a group made up of Canada's provincial and territorial premiers), CPhA is working hard to shape and promote a profession we can all be proud of. As well, having professional association memberships listed on your resume indicates that you are already in touch and engaged with your chosen profession.

Reason #2: Networking with MyCPhA

As a young professional, networking is a key part of building and growing your career. Last year, CPhA launched MyCPhA, a secure, dedicated online networking site for pharmacy professionals across Canada to connect, collaborate, communicate, voice opinions and share information. By registering for your free account, you can have your own personalized profile, connect with friends, colleagues and other members to share ideas, tips and information, stay in touch and learn from each other. In addition, you can also read industry news, voice your opinion, participate in discussion forums and post your own pharmacy stories. MyCPhA also serves as a professional and educational resource where you can set up communities to support class work or turn for ideas on how to implement a new service during a work term. You can also search and post valuable teaching aides, patient guides or links to other resources. You can learn more about MyCPhA and join the conversation at www.pharmacists.ca/joinmycpha.

Reason #3: Learning opportunities with e-Therapeutics Highlights

There's always more to learn, and CPhA's e-Therapeutics Highlights CE breaks down some of that knowledge into short, easily digestible chunks. Exclusively for CPhA members and affiliates, these weekly emails deliver practical information directly to your inbox, giving you access to a full chapter from e-Therapeutics for review. While students don't earn CEUs until after graduation, this regular update is an excellent study resource (especially for PEBCs!) and helps you stay on top of relevant Canadian drug and therapeutic information.

Reason #4: Discounts on stuff you need

The fourth reason to join CPhA as a student? It'll save you some money! You'll receive discounts on CPhA-published textbooks that you'll need in the classroom and out, including *Therapeutic Choices* and *Therapeutic Choices for Minor Ailments*. If you aren't yet familiar with

these books, you soon will be ... and belonging to CPhA means you save 20% when you buy them! As an added bonus, CPhA is currently running a students-only promotion offering their new mobile app bundle, which includes all the CPS monographs and the drug tables from *Therapeutic Choices*, for only \$25. Students also receive heavily discounted registration rates for CPhA's national conference, which is another phenomenal networking opportunity. The 2014 conference, jointly hosted by CPhA, the Association of Faculties of Pharmacy of Canada and the Pharmacists' Association of Saskatchewan, will be held May 31-June 3 in Saskatoon, SK.

Reason #5: It's FREE!

Finally, and closely related to reason #4, it's FREE! As a pharmacy student, you can join CPhA as an affiliate at absolutely no cost. Belonging to CPhA means you have access to CPhA's suite of member benefits, including practice tools to use while you're on rotations, up-to-date news and information by email and incredible networking opportunities. You can get a look at the full list of student affiliate benefits and join quickly and easily online at www.pharmacists.ca/student.

Whether you're just starting, mid-way through or nearly finished your pharmacy degree, we're at a critical point in our profession and it's essential that we stand united. I'd like to extend my sincere wishes for progress, growth and academic achievement everyone. I encourage you to get involved and stay engaged in your profession as it continues to change. One African proverb goes like this: "If you want to go fast, go alone. If you want to go far, go together." Our profession wants to go far and needs us all to stand strong and go together! I invite you to join us. Have a great rest of term.

Michael Kani, Rx2014

Student Representative, CPhA Board of Directors

PHROSH WEEK PHOTOS



SOPHS Executive Council Closing Ceremonies



Team Heart showin' some love



Team Muscles flashin' their guns



Night out at Beta



Wine and Cheese



Wine and Cheese



Wine and Cheese



Team Heart Pub Crawlin'



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.

Pharmacy Phile
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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)

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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6	Feb 9	10	11	12	13	14 Happy Valentine's Day	15
Week 7	16	17 Reading Week	18 Reading Week	19 Reading Week Jurisprudence Exam (Rx2015's)	20 Reading Week	21 Reading Week	22
Week 8	23	24	25	26	27	28 Fundraiser for the Lisa McLean professional practice award: 9pm at Caesaria	Mar 1 Mr. Pharmacy
Week 9	2	3 CAPSI Breakfast Tree	4	5	6 Pharmacist Meet n' Greet hosted by CAPSI	7	8 OPA Cup: UW vs. UofT
Week 10	9	10	11	12	13	14	15
Week 11	16	17	18	19	20	21	22

SOPhS Calendar Notes

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