

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 51 | February & March 2014

PRESIDENT & VP'S MESSAGE

Congratulations on an almost finished semester. February and March were cold months but that did not stop our SOPhS council, clubs and committees from putting on some really fantastic events. In addition to all these events SOPhS has also decided to alter our election process due to the implementation of the PharmD program.

At the SOPhS meeting in March a vote was held and passed about changing the election process. Now that the PharmD program is in effect our semesters will be changing. To account for this we have decided to delay this year's elections until the Fall of 2014 rather than holding them in the Spring of 2014. The elected positions in the Fall will commence at that time, with the exception of the President and Vice President position. The President and Vice President positions will commence in May 2015, giving the new President and Vice President elects time to transition into their role. The current council will be extending their roles in this transition period for an extra 4 months; however, after this transition period all positions will have a 12 month term as in the past.

February was the month of love and the Community Action Now (CAN) embraced this with the sales of Candy Grams. The candy grams were bought by and sent to students and faculty within the school. The love was spread with clever pharmacy inspired valentine notes. The proceeds from this event went towards the Heart and Stroke Foundation.

The end of February was bitter sweet. The Rx2016 class mourned the passing of a classmate Fady Tadros at a candlelight vigil, and the grad students held a fundraiser for the Lisa McLean Professional Practice Award.

The beginning of March kicked off CAPSI's Pharmacist Awareness Month. They had tons of successful events planned throughout the month to increase awareness. A few SOPhS clubs and committees contributed to CAPSI's Pharmacist Awareness Month by hosting events as well. PIC hosted 2 financial seminars this month with the topics of "Estate Planning" and "From a Woman's Perspective". Grad committee hosted an Open Rx Night at the Little Bean Café and featured the hidden talents of many of our pharmacy students. CSHP and Counselling Club both hosted



symposiums while the Interprofessional committee is finishing the month off with the Interprofessional Wine and Cheese in Waterloo.

This year the University of Waterloo School of Pharmacy had the opportunity to host the OPA Cup against U of T. Many students enjoyed the baked goods for sale at two bake sales in February and March that raised money for this event. The game was held at the Lions Arena in Kitchener where the University of Waterloo cheered their team onto a 4-1 victory against U of T. Grad committee organized a "Chuck a Puck" competition during the 2nd and 3rd periods and the money from the 50/50 event went to support The Ride to Conquer Cancer.

The Interprofessional Wine and Cheese Gala was held March 28th at the Centre for International Governance Innovation and was attended by students from medicine, pharmacy, optometry, social work and members of the healthcare student collaborative of Conestoga College. This year's Wine and Cheese was a fundraiser with all money raised going to support the Grand River Hospital Foundation.

The month ended off with OPSIS in Niagara Falls March 28th -30th. This integrative summit was attended by selected University of Waterloo and University of Toronto students. The successful delegates were chosen through an application process. Six students from each class were chosen to attend this event. OPSIS is an opportunity to collaborate with

IN THIS ISSUE

- 1 President & VP's Message
- 2 Remembering Fady Tadros
- 3 UW Pharmacy Hockey Still Rules the Universe
- 4 CAPSI Corner
- 5 CAPSI Farewell
- 6-7 Co-op Chronicle: Manjit Grewal
- 7 Pharmacy Students Invest in their Future
- 8-9 Alumni Edition: Heather Foley
- 9 Fresh from Pharm: Fresh Asparagus and Chicken Casserole
- 10 Mr. Pharmacy Photos
- 11 SOPhS Communications
- 12 SOPhS 6 Week Calendar



other students and professionals to achieve common goals. It's also a great way to network and build new skills. Congratulations to the successful delegates this year and we look forward to seeing everyone's applications next year.

Thank-you to everyone who has come out and supported our events in the months of February and March and we hope to see you at others in the future. If any one has questions or concerns about the new SOPhS elections please feel free to contact Jenn at pres@sophs.ca. Good luck studying!

Sincerely,

*Jenn MacKenzie and Sumaira Hasan
President and Vice President*

REMEMBERING FADY TADROS

It is with great sadness that we announce the passing of Fady Tadros. Fady was a charismatic person and will be sadly missed by all those who knew him. A candlelight vigil was held in his memory Tuesday February 25th and was attended by many of his Rx2016 peers and a few faculty and staff members. He was remembered by stories that were shared by these students:

"I still remember how we complained about assigns, midterms, and finals back then first year. We always talked about how unprepared we were, how screwed we were, we always said f this exam, and whined about our marks. But at the end of the day we still got through first year together. Fady, even though you're not here with us anymore, your spirit stays with us and you're always one of us. I'll never forget about the laughter you bring us. We'll never forget about you. Rest in peace "

Stephanie To

This all came so suddenly. It felt like yesterday when we first met during orientation week and we bonded over cars and studied until 3am together in the dungeon the night before exams. Fady is one of my closest peers in the class and we've been through many ups and downs together in the past year. Although I've only met Fady for a short period of time, he was a very supportive and caring friend who was always there for me when I needed a hand and I wish I could've been a better friend to him when he needed me the most. There are definitely a lot of regrets when the news about his death came so suddenly, I wish I celebrated his 22nd birthday with him and checked up on him more often to make sure everything was okay, but instead, I was so occupied with school that I neglected my good friend. This all made me realize that there is so much more to life than just school alone. I will never forget the times I spent

with Fady as I will always remember Fady as a very outgoing and optimistic individual who brings laughter and joy to everyone around him. His big smile and contagious laugh will forever be in our hearts.

Vianna Pan

Since we started pharmacy school last year, we have learned a lot from the lectures and the labs and the seminars, but tonight, I want to take some time to recount some important lessons my good friend, Fady Tadros, had taught me. Those nights when we were still holed up in the dungeon studying for the next midterm, he taught me to breathe, relax, and that life is much more than the next test. When I trudged to school with a defeated face, he reminded me to always wear a smile and hold my head up high. And the best thing about Fady is, he always practised what he preached. Seldom did I see my good friend without a heart warming smile. Yes, we have learned a lot from school, but what I have learned from my friend Fady is greater than all the lectures combined. He taught me the true meaning of friendship. With his passing, I would like to encourage all of you to pause and reflect on the things you have learned from your peers, because life is fleeting. And although Fady is not here with us today, as science students, we can take comfort in understanding the 1st law of thermodynamics, where we know no energy is created and none is destroyed; and that Fady's energy will always remain with us. I have forgotten how Fady and I met, but it wasn't our beginning that was anything remarkable, but the journey we embarked on together that is worth remembering. And as we continue on our journeys ahead without our good friend, please know that he will always remain in our hearts, where his spirit never truly dies.

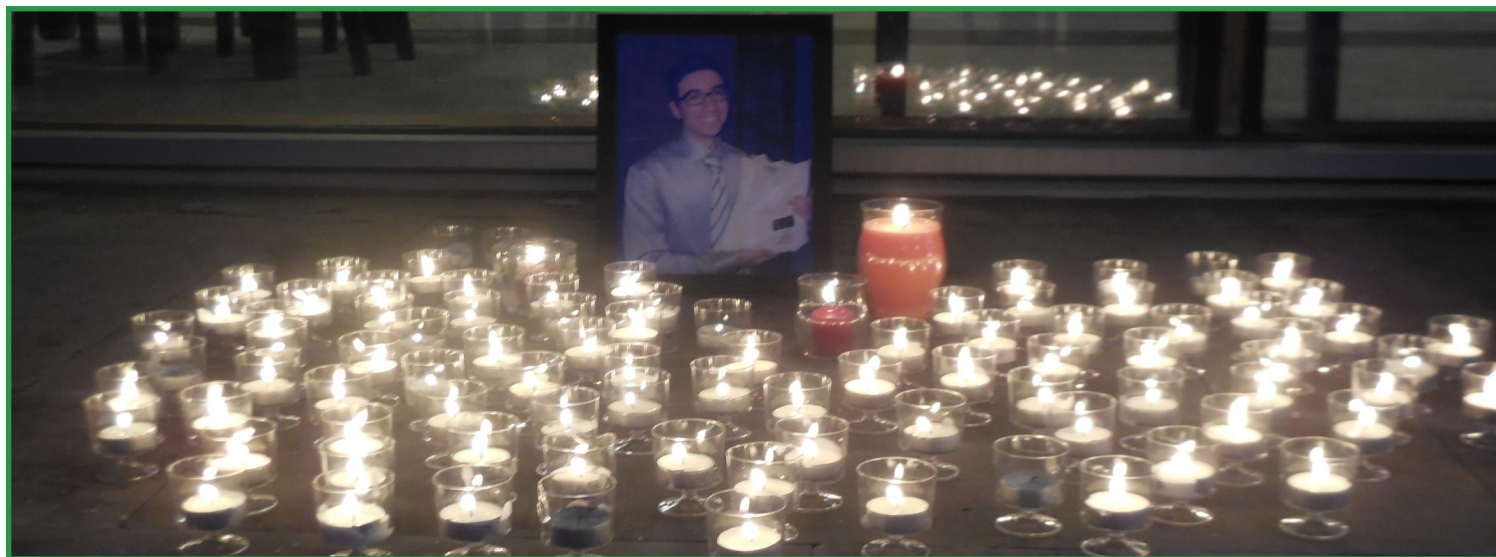
Natalle Chan

" It still hasn't really sunk in that you are gone, I am sure I am not the only one who feels like this is all surreal. You were a friend to many in this class and I am fortunate enough to have been one of those. You were a great help to me when I was running for SOPhS president. You were there to help me film, although it took what seemed to be forever. You lightened the day up and made those memories that I will never forget. Another fond memory I have of you is last Canada Day you, Caitlin and myself celebrated all day long. This is when I had the opportunity to really get to know you. You're love for cars was particularly apparent, being able to identify a car by its sound still blows me away. I am extremely saddened that you had to leave us so soon and will think of you like the Canada Day we spent together; fun, beautiful, unique, full of laughter, friendship, and unfortunately like that day ended way to soon. You meant so much to so many people. You may be gone but you will never be forgotten, may you rest in peace my friend"

Jenn MacKenzie

I remember first meeting you in January 2013 when we passed by each other on my way to school with my roommates Stephanie and Natalie. Then, we realized that we were in the same class, new to the pharmacy program just like our classmates. As school progressed, I had a great time working with you on group projects and helping each other out. I will never forget the memories we've shared during the very short time we've known one another. You were a great friend whose laughter, warm smile, and cheerful demeanor brightened up everyone's day. Your spirit will remain in our hearts forever and you will be greatly missed. May you rest in peace.

Edith Ng



UW Pharmacy Hockey Still Rules the Universe

UW Pharmacy once again ruled the pharmacy hockey world this weekend. With an incredible performance from the whole team and even a hat-trick from our MVP of the game, Alex Carducci! The final score was 4-1 with UofT finally getting a goal in the last few minutes of the game. UofT pharmacy didn't really have much of an answer to the constant pressure applied by our ladies and gentlemen on the team. UofT had a few great shots early on but once UW scored they never lost the momentum. At one point it was even 5 on 3 against UW and our team held their ground quite well. Nicely done everyone.

It's great that our team held their own so well, the sound system at the arena did not fare so well. Due to some obvious technical difficulties it was impossible to properly thank our sponsors. Much needed thanks goes to the Ontario Pharmacists Association as our title sponsor. They started this great event years ago and students from both schools really do love this annual game and socialfest. Some very important thank yous need to go to SOPhS, UPS, FEDS, and Rexall for their financial contributions to the event. Furthermore we had gifts and great prizes from Remedy's Rx, AgroHealth, and UW Retail Services. Without all of the sponsors it couldn't have been nearly as much fun or as big a success. It is regrettable that we weren't able to convey this audibly to everyone at the game, but overall, we had fantastic sponsors and an amazing evening.

The afterparty was a huge hit. There were plenty of appetizers for people and our host Crabby Joes really pulled out all the stops in giving us many drink specials on top of reserving the entire venue for OPA Cup players and fans. There must have been something funny in the air at that place because I know I woke up with quite the headache Sunday morning and I'm pretty sure I wasn't the only one. That after-party was a blast and the trophy got put to some good use. Also that place was full of more Das Boot beer glasses than any other spot outside of a novelty shop.

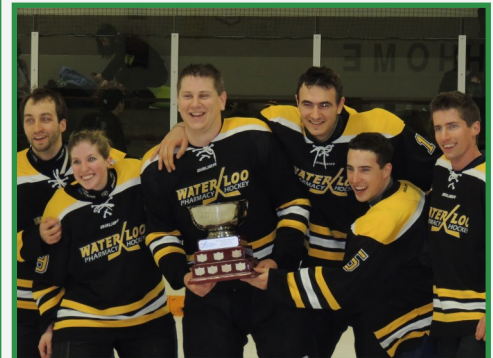
To everyone who participated in the event, I hope you had a blast. The night was a big success and the Rx2014's and Rx2016's didn't let IPFC get in the way of a great time. All UW pharmacy students are going to need to dig deep next year to field a formidable team after 10 out of 16 players from this year's team graduate. It is absolutely crucial that we continue to build on the impressive 4-peat set of victories we have

going on. Everyone on the team played fantastic, and the score at the end reflected those efforts.

I cannot say enough thanks to all the people on the OPA Cup Committee as well as the volunteers who helped out with this event. They deserve a round of applause. Without their help, had I been planning the event all on my own, we would likely have been playing pond hockey somewhere.

Thank you to all the fans. Everyone who came out was great, you did excellent cheers and the signs were creative and witty. Nice work. The fun had at this year's event will definitely be tough to match in the future. However I'm sure that we will rise to the challenge! Thanks for coming out.

*Andrew Hamilton, Rx2015
OPA Student Observer*



CAPSI CORNER

As most of you know, March was Pharmacist Awareness Month (PAM) that marks extremely fun and event filled time for CAPSI. PAM started off with Shoppers Drug Mart's 2nd Annual Mr. Pharmacy Competition.

Mr. Pharmacy was a completely sold out event that took place at the Holiday Inn on March 1, 2014. There were four judges that participated in this event they were: Dr. Edginton, Jenny Reid (CAPSI Alumni), Ben Harper (Past Mr. Pharmacy Representative) and Christine Fielding (Shoppers Drug Mart Representative) The show highlighted two guys from each pharmacy class:

Rx-2017: Luc Charlebois and Jonathan Gbedemah

Rx 2016: Jean-Luc Chouffot and Andy Li

Rx 2015: Marcus Walz and Bryce Poirier

Rx 2014: Kenny Burns and Owain Graham

The show started off with the guys showing off their moves to a great 90s choreographed dance. Following the dance the guys strut their stuff showing off their formal wear and their beachwear. I can safely say we saw another side to these guys we did not know existed! After the beachwear competition the guys showed us their talents. We heard Jonathon tickle the ivories, we could hardly even hear Luc over the laughter he created from his comedy act, we saw a wide array of guitar (and cup) playing from Andy and Jean Luc, we saw Marcuz Walz dance like a human stick man, we saw Bryce put on a puppet show that was definitely not for children, we saw Kenny win over the hearts of the women in the audience when he played bass guitar and we saw Owain multitask playing guitar and harmonica to a song he wrote himself!

After the talent competition there was a short intermission for the guest and competitors to enjoy the delicious mashed potato bar and grab a drink or two. After intermission the guys were paired up to face off in the pharmafacts competition. Dr. Edginton pulled out the final bonus question for pharmafacts that featured everyone's favorite popstar - Justin Beiber! After the pharmafacts competi-



tion the judges selected one member from each class to move on to the final round of the competition. Kenny, Bryce, Jean Luc and Jonathon all moved on to the final round, which was the Miss Universe style questions. The competitors gave us some very heart felt responses about world peace as well as women always being right! It was a really tough decision but after much deliberation the judges announced the winner of Mr. Pharmacy to be Kenny Burns from Rx2014! All of the Rx2014s in the audience gave Kenny a standing ovation for his winning performance.



All in all, Mr. Pharmacy was a huge success and CAPSI wants to thank all of you who came out to support the event. Thanks to your support CAPSI was able to donate \$1,300 to the charity of Kenny's choice, which was the Ride to Conquer Cancer. CAPSI would also like to thank all of the judges, Mr. Pharmacy Planning Committee members and of course the contestants for putting together a hilarious show! Most importantly we would like to thank Shoppers Drug Mart for making this event possible. CAPSI is already looking forward Mr. Pharmacy next year and we encourage you all to start thinking about the two guys you want to represent your class in Mr. Pharmacy next year!

-Sarah Johnson, Holly Meginnis and Elaine Dinh



CAPSI FAREWELL

For the last four years, I have had the opportunity to work with the Canadian Association of Pharmacy Students and Interns (CAPSI) as the local Education and Outreach Coordinator, UW Junior Representative, and Senior Representative. April marks the end of this journey, and I wanted to take this chance to say thank you and reflect on the tremendous experience.

Through this position, I had the chance to work with so many students leaders on local CAPSI Council, CAPSI National and the Society of Pharmacy Students (SOPhS). This was one of the many perks of the job, because these people are the most inspiring people you could ever meet! Pharmacy students from across the country are doing amazing things, and we were able to showcase the many events from UW on a national stage.

Another cherished memory from CAPSI is the various conferences I was able to attend. Professional Development Week (PDW), the national pharmacy student conference, and Canadian Pharmacists Association (CPhA) Conference were some of the most memorable experiences of pharmacy school. Just when I thought I couldn't write another IPFC exam, I came back refreshed from a CAPSI event or conference and was able to keep pushing through.

First of all, I would like to thank the 2013-2014 UW CAPSI council for all of their great work this year. It was another successful year between the very popular Mr. Pharmacy, Run for the Cure and Pharmacists Awareness Month events. We also focussed on new Education and Outreach events this year such as CAPSI-DM and the Kids and

National Jr. Representative	Holly Meginnis
Secretary	Lisa Sunstrum
Finance Co-ordinator	Arpita Desai
Jr Fundraising Representative	Elaine Dinh
Sr Fundraising Representative	Rusana Moorji
PAW Chair	King Chen
Communications and CAPSIL Rep	Kacie Lunn
Sr. Education and Outreach Co-ordinator	Jonathan Potvin
Jr. Education and Outreach Co-ordinator	Marz Tepczynska
Sr. Competitions Co-ordinator	Ludmilla Tan
Jr. Competitions Co-ordinator	Christie Hockin
Jr. IPSF Representative	Carli Gurney
Sr. IPSF Representative	Karthi Chandrakumaran
Rx 2016 Representative	Heather Wren

Medicine Presentations. See the table for some of the superstars that contributed to these events.

I would like to congratulate and send well wishes to the PDW 2016 Planning Committee. The co-chairs, Nandita Chhaniyara and Sumaira Hasan, have been working extremely hard to make sure everything will run smoothly for this event in Niagara Falls. I am sure all of the CAPSI alumni will be trying to sneak into this event come January 2016.

I would also like to congratulate the new members of UW CAPSI and CAPSI National Council for the year of 2014-2015. Congrat-

ulations to Kavetha Selva for being elected as CAPSI National President Elect. Especially, I would like to congratulate Holly Meginnis and Elaine Dinh for taking over as the new UW Representatives. I know CAPSI will have many great events planned for 2014-2015 to help pharmacy students stay engaged in the profession.

Finally, I would like to make a call for all pharmacy students to become engaged in the profession whether that is through CAPSI, SOPhS, CPhA, CSHP, OPA...or the many other opportunities! I can vouch that the experiences you can gain from leadership roles can be your competitive advantage in the work place, and will help you develop skills unable to be taught in the classroom. All the best you all and your future endeavors :-)

Sarah Johnson



CO-OP CHRONICLE

Manjit Grewal, Rx2015

Setting: Renal Pharmacy, Grand River Hospital

Trina McFarlane (TM): Tell us about the roles and responsibilities you took on at Grand River Hospital?

Manjit Grewal (MG): As a renal pharmacy student at Grand River Hospital I had the privilege of working with a multi-disciplinary team consisting of nephrologists, nurses, dieticians, social workers, and clinical pharmacists. Together our goals are to prevent disease progression and manage the patient's co-morbid conditions. At the initial appointment the patient meets with various members of the team. The clinical pharmacist conducts a medication review to compile an accurate list of all of the medications the patient is currently taking including any supplements, and OTC products as well as gathers an allergy history. Obtaining an accurate med list is important for any patient but it becomes especially important in renal patients as many medications require dosage adjustments once a patient is on dialysis, other medications may be nephrotoxic and may need to be discontinued and many OTC products are not safe in patients on dialysis. We do medication reviews every 6 months and it's a collaborative process between the nursing staff, the renal pharmacists and the pharmacy students. In addition, we conduct educational sessions with patients in which we discuss the various medications to avoid in order to preserve kidney function, blood pressure control, cholesterol management, diabetes, anemia, renal bone disease, the importance of calcium, phosphorus, vitamin D, and parathyroid hormone, vaccinations, and smoking cessation. The renal pharmacist continually assesses the appropriateness of the dose and the medications based on laboratory results. For example, anemia is a comorbidity that is commonly managed by the renal pharmacist and it requires laboratory monitoring. We look at the patient's TSAT and ferritin levels as well as their haemoglobin and hematocrit. Anemia in dialysis patients is commonly treated with IV/PO iron and/or erythropoietin stimulating agents. The pharmacist also must continually assess whether or not the drug therapy is efficacious and is not resulting in adverse events using laboratory results, results of physical examinations performed by the nephrologists during clinic visits, and

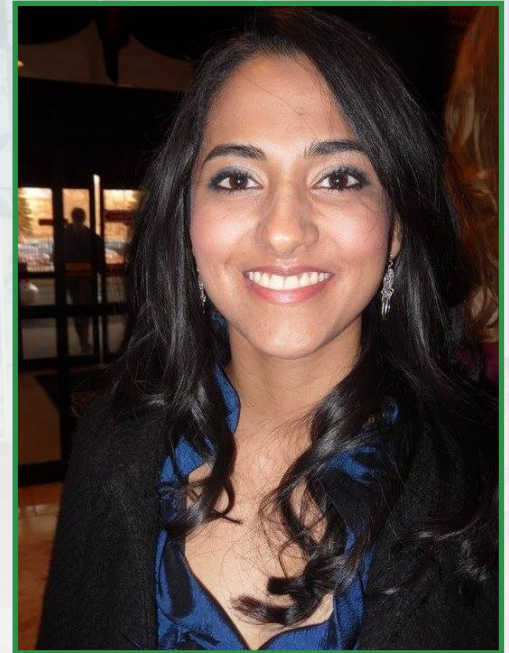
information obtained through conversations with patients. The main areas of focus for renal pharmacists are management of anemia, monitoring for hypertension, reduction of cardiovascular risk, adjusting doses for drugs that are eliminated renally, and ensuring patient has appropriate drug coverage through EAP. Finally, the renal pharmacist also must deal with drug information questions from other team members

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

MG: The previous co-op term covered a lot of the topics that I encountered with the renal patients. Many of these patients have multiple co-morbidities such as diabetes, hypertension, cardiovascular disease and dyslipidemia. So in many ways, this co-op term required me to integrate all of the knowledge I had learned from school and apply it to my patients. Of course in real life you are always surprised by the complexity of the patients you are faced with. The patients in the mini-cases are nowhere near as complicated! I had to keep reminding myself that I was working with dialysis patients and this changes many aspects of treatment especially dosing of many medications and the safety and efficacy of medications.

TM: Have you learned about any interesting drugs?

Yes I have! In renal patients we use erythropoietin agents such as Eprex and Aranesp to treat anemia. Erythropoietin is a hormone produced by the kidneys that controls red blood cell production. When kidney function declines, so does the production of EPO. This medication can be given by a needle just under the skin which the patient can inject themselves at home but more commonly the nurse provides it through the dialysis machine. Other interesting medications used in renal patients include phosphate binders which include: calcium carbonate (TUMS), aluminum hydroxide (amphojel), sevelamer (renagel), lanthanum (fosrenol). These medications are taken tid with the first bite of every meal. They work by combining with the phosphorus from your food in your stomach and small intestine. High levels of phosphorus can cause symptoms such as tiredness, itchiness, red eyes, restless legs and bone pain. More importantly uncontrolled phosphorus levels over many months and years can increase your chances of having heart



disease, hardening of your arteries, joint pain, bone fractures and poorly healing wounds. Other drugs include activated Vitamin D: Calcitriol (Rocaltrol), Alfacalcidol (One-Alpha). These are used to treat high parathyroid hormone levels. Cinacalcet (Sensipar) is a calcimimetic that is also used when parathyroid hormones are severely elevated. Midodrine is given intradialytically to patients that develop hypotension during dialysis. Finally, I have seen intravenous pamidronate being used to treat hypercalcemia due to excessive bone resorption for hemodialysis patients secondary to multiple myeloma.

TM: What were some barriers or challenges that you encountered at GRH?

MG: One of the biggest barriers that I have encountered was tracking down the nephrologists in a timely manner in order to discuss important patient issues. My previous co-op was at a family health team and I found it much easier to reach the physicians there. A hospital environment is very different. I usually had to page the nephrologists and wait for them to return my call. At times this was frustrating because I felt like some of the patient issues were not being resolved in a timely manner. It is at times like these where it is important to take a deep breath and to be patient. After shadowing a nephrologist for a few days I began to appreciate what a great work load they have and the complexity of the patients that they have to deal with on a daily basis.

Continued on page 6

The patients they are looking after are often very ill with multiple co-morbidities. So if I couldn't immediately reach the nephrologists then I would often consult with the clinical pharmacists to determine the best course of action for the patient in the interim and we would practice our clinical judgement.

TM: What were some personal highlights?

MG: I know this is not really a personal highlight but I just wanted to mention that I had the honour of working with a Waterloo Pharmacy grad, Keith Miller. I learned a great deal from him. He is an incredible teacher! I really enjoy observing his interactions with his patients. He has a natural gift with building rapport with both his patients and colleagues. The nephrologists often consult him because he is very thorough with his work and research. It is so great to see how successful Waterloo grads have been out in the real world!

TM: Was there a time when you made a significant impact on a patient's health?

MG: There was a patient that the nurses were trying to conduct a medication review with but were unable to do so because he did not speak a word of English. The renal clinic has a diverse patient population and linguistic and cultural barriers are actually a common challenge that the team faces. I happened to walk by and observe the encounter. It just so happened that I spoke the patient's native language, Punjabi. I informed the nurse that I spoke the patient's language. She was quite relieved and allowed me to speak to the patient. The patient was hard of hearing and we both collectively decided that it would be best if we came to his home and did a medication review/education with both him and his family members. The renal pharmacist Keith and I had the pleasure of conducting this home visit. During our home visit we learned a great deal about the patient including medications he was taking that were not safe for a dialysis patient. It also gave us a chance to build a better relationship with the patient as well as his family. The family was thrilled to have us and were very appreciative. We helped ease a lot of the anxiety that they were facing.

TM: What was the biggest lesson you learned from GRH?

MG: We can learn a great deal from our patients, they are our best teachers. You can learn more about a medical condition often from a patient than by attending a medical conference or reading about it in a medical journal. I find that reading about a

Pharmacy students invest in their future

Waterloo's innovative Pharmacy Investment Club gives students real-world experience for careers in industry and beyond

By Bob Burt

Marketing and Strategic Communications

A Pharmacy Investment Club (PIC) at the University of Waterloo is preparing students for careers in an evolving profession that may not always include working at the community pharmacy.

“The club is based in reality and deals with business aspects of pharmacy that can't be handled in the regular course,” says Roderick Slavcev, an assistant professor in pharmaceutical science and club advisor. “Students use their own money, and develop real risk profiles and real strategies and make their own investments.”

Pharmacy grads embrace opportunities in industry

Slavcev wants graduates to have solid management skills so they can embrace new opportunities as executives and administrators in hospitals or businesses that deliver pharmacy services.

The investment club is the only one of its kind in Canada that is run solely by pharmacy students.

About 90 pharmacy students and 40 alumni have about \$9,000 in assets, part of which is invested in a portfolio developed by the club members. Members pay \$100 for a share to belong to the club.

“The main reason for the club is education, but having some money invested makes it real and makes it fun,” says club president Nabil Kanji.

Kanji said the club tends to have a moderate or low-risk strategy and that's reflected by the five per cent return that the club earned over the last three years.

The club, which started in 2009, provides an extracurricular component to the comprehensive business curriculum at the school, says Slavcev.

It arranges for frequent presentations and seminars with professionals in the business and is sponsored by Sun Life and Scotia Bank.



condition in a textbook never really helped me remember it. It only really sinks in when you see the patient experience it. I always thank my patients for that. When I tell them I am learning more from them than from any textbook I ever picked up during Pharmacy school they often smile and are glad to be a part of my training as a pharmacist.

TM: Any words of wisdom to fellow students?

MG: Never ever skip breakfast! Get a good night's rest and take up a new hobby during co-op. I find that the more well-rounded

you are in your personal life, the better you perform in your professional life! Yes you are only a pharmacy student but never undermine the important role that you can play in a patient's life! You may not always be finding DRPs or solving medication related problems but that does not mean you are not having a productive or interesting day! You have other soft skills that you can practice; compassion and kindness to name a few. A quote by Desmond Tutu comes to mind: “Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”

ALUMNI EDITION: HEATHER FOLEY

Heather Foley is a University of Waterloo School of Pharmacy alumnus who was a member of the Vanguard class (boy are we thankful to them!). The epitome of a multi-tasker, in the last 3 years, she has managed to gain employment at more places than any graduate could dream of! She is a great mentor to students and now hires uWaterloo co-op students to work at the Leamington District Memorial Hospital. She is a forward-thinking pharmacist who is definitely going to make her mark on the pharmacy landscape.

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).

Heather Foley (HF): My 4-year experience at uWaterloo was a very busy adventure! Aside from every second Sunday night, I loved every minute of it. I especially loved being able to play so many sports! My body is definitely missing all of those intramurals!

Being a guinea pig... I mean Vanguard... was definitely a unique experience, and one that I wouldn't trade for the world. I found that by being involved with many different initiatives, from intramural sports to different school committees to social events (such as the most epic party on earth... the 1976 Olympics throwback party), it opened the doors to resources that help you to succeed. I highly recommend focusing some energy on things away from your books, and in areas that are a bit out of your comfort zone. It helps to make you more well-rounded, which in turn can help you to be a more empathetic health care practitioner.

A quick snapshot of my co-op placements includes 4-months at St. Joseph's Health Care in London (see PharmPhile Nov 2008 for more details), 4-months of MedChecks at SDM in Tilbury and 8-months in the Emerg at Chatham Kent Health Alliance. Although different settings, these placements were similar in that they all involved taking med histories and helping patients through transitions of care, which is an area of practice that I am now heavily involved with. The really neat thing is that each preceptor has remained a very important mentor in my life to this day, and I have heard the same echoed from my classmates. I can not imagine entering

the real world without the support from the pharmacists who I met during my co-op experiences. Maintaining connections to these previous employers was particularly important for me as I am a northern girl (born and raised in New Liskeard, about 2 hours north of North Bay) living in a southern world... and truly didn't know a soul when I started my practice in Windsor (1000km from home!).

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?

HF: There is absolutely nothing 'typical' for me when it comes to work! Right now, I wear many different hats. My 'home-base' is at the Leamington District Memorial Hospital (LDMH). This is a tiny 55-bed hospital, so on many days I am the only pharmacist on site. I have many different responsibilities, from ensuring the dispensing functions are complete (verifying prescriptions, checking IVs and TNAs, etc) to clinical work on the floors, which includes taking med histories and responding to consults (antibiotic recommendations, pain control, benzo tapers, etc) to sitting on different committees such as our Medication Management committee at the hospital and the regional P&T committee. I have also been extremely fortunate at LDMH to receive funding for a uWaterloo student - what a difference it has made to our little hospital! I've enjoyed having Jessica Karam and Nancy Wheeler around the hospital so much!

My newest adventure is with the Chatham Kent Family Health Team (CK-FHT). I started here one-day per week in late October 2013. During co-op, I discovered that I have quite a passion for helping patients through the transitions of care and have seen some opportunity to improve the system from home to hospital and then back to home. Through the FHT, I am actively working with different stakeholders (the local hospital, CCAC, Health Quality Ontario, the LHIN, HealthLinks and community pharmacists) to develop a streamlined discharge process with the goal of reducing 30-day hospital readmissions... with a key focus, of course, on clinical pharmacist intervention. When I'm not meeting and planning with said stakeholders, I do home visits for our FHT patients who have just been discharged from

hospital. I am really excited already with the progress we are making and am excited to see where the program will head.

When I am not at LDMH or the CK-FHT, I can be found at Windsor Regional Hospital (WRH). After finishing my residency at WRH in 2012, I have kept strong ties and work there on a casual basis. I am also doing some relief and consultant work for local community pharmacies through my business, Foley PharmaCare. I completed my co-op #2 at the SDM in Tilbury and still take quite a few shifts there. These are often clinical days, such as home visit days around the county or in-store diabetes clinic days.

Outside of 'work', I try to stay busy professionally with other volunteer initiatives. I am the secretary for the Essex County Pharmacists Association board of directors. I regularly attend CE programs in the area... regardless of the topic it's always a great night out with friends and there is never a bad meal! I keep close ties with the school from an Alumni perspective. We are working on a couple of projects that we hope will connect current students to practicing uWaterloo pharmacists. And recently, I received an invitation from ISMP to sit on an expert panel for the pharmacists role in medication safety in home care. I am so pumped for this opportunity!

RJ: What is your favourite part about your job? Your least favourite part?

When I look at where my career is today, my favourite parts are definitely the flexibility and variety. Because I work part-time and casually (although full-time hours), it is relatively easy for me to book off a day here and there. I also never get bored, and am meeting so many interesting and inspiring people every day. What I like least about what I am doing right now is that I miss out on much of that important follow-up that creates a rewarding career. I learned long ago from Linda Strand that in order to actually *care* for patients, you *have* to follow-up. Looking at the near future, I think I would like to gain some consistency so that I am able to see the outcomes for interventions that I make. Oh ya... and weekends... I really hate working weekends.

Continued on page 8

"Alumni Edition: Heather Foley" continued from page 7

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

HF: Over the past couple of years, I have been privy to some great advice that I would like to share with you all:

1. Always put the patient first. You are a pharmacist and your role is to care for patients. No matter what you advocate for, be it the removal of an unsafe medication from market, a change in hospital policy, better wages, expanded scope... if you do these things with truly the best interest of the patient, you can never be wrong.

2. Intentionally make time to exercise. Make it a priority. I've heard that exercise will reduce your need to take medication down the road... ;-)

3. Start creating your own Personal Board of Directors. Find people in your life who are better than you at things (finances, housework, being positive, etc) and let them help you. And that being said... If a mentor of yours suggests that you should meet a particular individual... then *you should meet said individual!* Find that persons email from google if you have to, and send them an out-of-the-blue note to say hello. I can think of 4 examples from the past year that this has worked out in my favour.

4. Buy the book "Failing Forward" by John Maxwell.

5. Don't forget that in the very near future, your profs will be your colleagues :-)

Wishing you all the best of health and happiness as you make your way through your time at uWaterloo and into the 'real world'. I look forward to meeting with you all at some point down the road :-)



Heather Foley and Jessica Karam accepting the Patient Safety Award on behalf of the pharmacy department



Heather Foley, Yvette Tetzlaff (Shoppers associate), Jessica Karam and Carmen Loucks (Rx2013) at Shoppers Drug Mart in Tilbury, ON.



Nancy Wheeler (Heather's current co-op student) lives in the hospital's student rental and her furnace broke during the winter!



The proud uWaterloo group (Dr. Edwards, Victor Boran (Rx 2012), Heather Foley, Jessica Karam and Riam Jamil) at a COPD CE in Windsor, ON.

Fresh from Pharm: Fresh Asparagus and Chicken Casserole

Angela Quach, Rx2015

"Great in the spring when asparagus first comes in!"

List of Ingredients

- 1 package (8 ounce) egg noodles
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cups of chopped, cooked chicken meat
- 1 red bell pepper, chopped
- 1 cup chicken stock
- 1 can of cream of chicken
- 1/2 cup of sour cream
- 1 teaspoon dried oregano
- 1 teaspoon garlic, minced
- 1 teaspoon basil
- 1 pound fresh asparagus, trimmed and cut into 2 inch pieces
- 6 tablespoons grated parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook noodles in a large pot of boiling water for 5 minutes, or until almost tender. Drain, and rinse under cold water.

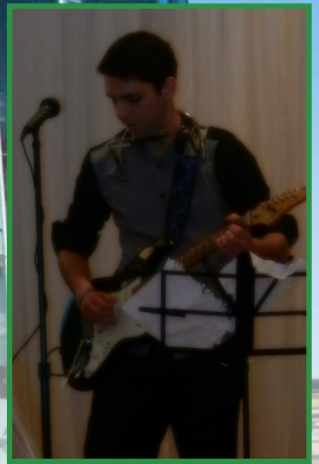
Heat the olive oil in a heavy skillet over medium heat. Cook garlic onion for 4 to 5 minutes, stirring frequently. Add oregano, chicken, red bell pepper, cream of chicken and chicken stock. Bring to a boil, and simmer for 5 minutes. Stir in sour cream.

Spread half of the chicken mixture with the noodles into the prepared dish. Arrange the asparagus, and top with 4 tablespoons of Parmesan cheese. Cover with the remaining chicken mixture. Sprinkle with the reserved Parmesan cheese and basil.

Bake 30 minutes in the preheated oven, until lightly brown.



MR PHARMACY PHOTOS



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
ISSUE 51 | February & March
2014



Please check out the calendar on the next page, or the weekly SOPhS Updates, for information about all of our events. If you have an event coming up that you would like to inform students about, please submit an article for a SOPhS Update to pharmsoc@uwaterloo.ca using the guidelines available on the SOPhS website (Communications, under Student Resources).



Society of Pharmacy Students (SOPhS)

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



SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exam Period	April 13	14	15	16	17	18 Good Friday	19
	20	21 Easter Monday	22	23 Sochi Olympics- Medical Anti Doping talk	24	25 Winter co-op term ends	26
Off	27	28	29	30 Deadline to apply for the CAPSI Design Agenda	May 1	2	3
	4	5 First day of lec- tures Spring co-op term begins	6 Residency night	7	8	9	10
Week 1	11	12	13	14	15	16	17
Week 2	18	19 Victoria Day	20	21	22	23	24
Week 3							

SOPhS Calendar Notes

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