

# PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 52 | April 2014

## PRESIDENT & VP'S MESSAGE

April was a quiet month, with the end of the winter semester, and exams, drawing closer. Though SOPhS did not hold any events, many clubs on campus made the final few weeks at school fly by.

Near the end of March, Athletics council put together a Toronto Football Club (FC) home game opener against DC United at the BMO field. Students enjoyed a sunny day of intense soccer rivalry, surrounded by enthusiastic fans, and ended their day with a group dinner.

The last weekend of March held the annual Ontario Pharmacy Student Integrative Summit (OPSIS) Conference, which was a great success. The conference brought together 48 bright future pharmacy leaders from both Ontario pharmacy schools, to engage in debates, case studies, networking and seminars. We look forward to future OPSIS conferences, and will continue to support in nurturing our students' innate leadership aspirations!

As a final event for the semester, Athletics and Social Representatives put together a fun trip to Dave and Busters in Toronto. Two buses filled with eager pharmacy students shuttled from Waterloo to Vaughn,

bringing the students to Dave and Busters: a giant arcade with food and drinks available too. Students enjoyed dinner with their classmates and then made their way to the fun-filled arcade arena where many games were played for tickets, and many prizes were won. Thank you to Jacqueline, Mahmood, Arvind and Taelor for a successful event and a great end to a tough semester!

As an update to some requests for fishbowls without markers- administration will be providing us with 2 whiteboard markers per fishbowl on the first floor. Please keep them IN these rooms and do not take them home, as they are for everyone to use and share! Thank you!

To everyone off on co-op, good luck! To those students returning, we hope the few weeks off provided some time to relax and reboot for the next few months of hard work.

Until next month,

*Jennifer MacKenzie and Sumaira Hasan*

*President and Vice President  
SOPhS*

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## #Loveisonyourside: The Music, The Message, The Movement

You may know pharmacy graduate students Eric Lee, Leonard Angka, and Nawaz Ahmed as your helpful and friendly teaching assistants, but outside of the school, they make up the musical trio #loveisonyourside. When asked about the origins of the group's name, they answered:

"Many people ask us why we have a hashtag in our band name. While we were in the early stages of our band, we had a deep talk about what we want our music to mean. We don't want to be people who just sing about pointless love songs, but we want to be a band that actually has a message to convey. A hashtag has become a recognized symbol in social media platforms and is used to communicate the deeper or broader meaning of a message. So instead of a name, we have a hashtag which is what we are all about. Conveying the message that love is on your side - through the good and the bad. You are never alone."

- Leonard Angka, percussionist

#loveisonyourside's musical sound is vastly diverse, ranging from folk to hip-hop genres with members often interchanging vocal and instrumental roles. Established in October 2013, #loveisonyourside aims to use their music as a means of drawing attention towards causes that they are passionate about. Since their conception, they have raised over \$1,500 in funds for local charities. In December, they hosted a charity concert at Balzac's coffee house in support of the homeless youth outreach program - Reaching Our Outdoor Friends (ROOF). In

February, they hosted their second fundraiser concert at Ceasaria to support the Lisa McLean Professional Practice Award. Most recently (April), they played at Kitch Bar in Toronto to support the Guelph-Wellington Women in Crisis Centre.

Their February fundraiser for the Lisa McLean Professional Practice Award was recently highlighted in the University of Waterloo's bulletin newsletter titled "Scientists by day, musicians by night"

(<http://www.bulletin.uwaterloo.ca//2014/apr/10th.html>). The fundraiser was a raging success, drawing over 150 people and raising \$1100. The night featured musical performances by Diemens, a Toronto-based hip-hop group, #loveisonyourside and local DJ CENEC. The event would not have been possible without the sponsorship of local businesses St. John's Music and Grab-A-Greek, as well as the many volunteers who assisted.

You can catch the trio performing next on **Thursday, May 29 at Café Pyrus** (14 Charles St. W., Kitchener) at 7PM where they will be raising funds to support Contemporary Art Forum Kitchener and Area (CAFKA), which aims to promote art education and promote contemporary art projects within the Kitchener-Waterloo region.

To support #loveisonyourside, visit and like them at:

[www.facebook.com/loveisonyourside](http://www.facebook.com/loveisonyourside).

Sarah Rota



## Scientists by Day, Musicians by Night

Pharmacy graduate students Eric Lee, Leonard Angka, and Nawaz Ahmed are budding scientists by day, however by night they go as the musical trio #loveisonyourside.

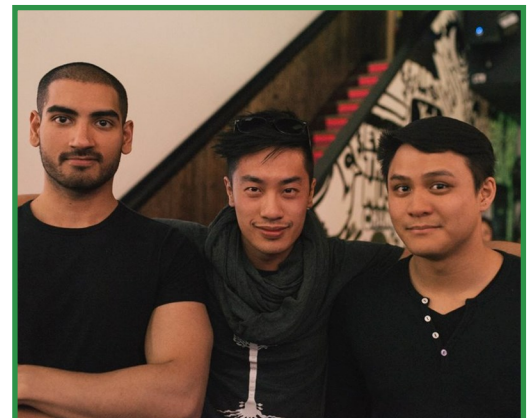
These students combine their musical talents for enjoyment as well as a way to draw attention and support for projects that they care about. Earlier this term, the trio hosted a fundraising concert at Ceasaria to raise money for the Lisa McLean Professional Practice Award. Lisa was a beloved and vibrant staff member of the School of Pharmacy who passed away in late 2013. She impacted the lives of many. Lisa's joyful spirit, capacity to nurture and her memory are being honoured with this special award.

"We thought that a concert would be a great way to remember and raise funds for the Lisa McLean award as she had been a part of our lives throughout our grad school studies," said Leonard Angka. "Her lab was right next to our office and she would frequently just drop in to say hello."

The event was a great success, drawing over 150 people and raising \$1100 for the award. These funds, in addition to the donations, received from colleagues and students have raised the total to over \$15,000. The first Lisa McLean Professional Practice Award will be given out this spring.

This is the second fundraising concert hosted by the trio, their first was for local charity, R.O.O.F (Reaching Our Outdoor Friends).

Mary Stanley





# CO-OP CHRONICLE

## Christie Hockin, Rx 2015

### Setting: Hospital – Chatham Kent Health Alliance in Chatham Ontario

**Trina McFarlane (TM): Tell us about the roles and responsibilities you took on at Chatham Kent Health Alliance.**

Christie Hockin (CH): My role and responsibilities during this co-op placement was discharge medication reconciliation and medication reconciliation while in the hospital. Patients are our hospital get a med rec done in Emerg (by another pharmacy student during working hours, or nurses during off hours) but those missed or not properly done, I follow up on them the next day for the medical floor.

My primary role is discharge medication reconciliation. This can only be done if we properly do medication reconciliation at admission, hence why I help with these also. At our hospital we are able to print discharge prescriptions which list all of the medications the patient is taking currently in the hospital. I ensure everything looks okay, and that any medications stopped at admission or during the patient's hospital stay have been addressed by the physician. Then, once the physician has decided what medications the patient should be sent home on, I create an easy a chart which shows the medications the patient should take and when, what medications to stop, and highlights which medications are new. The goal of this is to empower the patient with knowledge on their medications, understand why they take certain medications and to ensure they don't take incorrect meds. This chart is faxed to the patient's family physician as well as their pharmacy, this flags the pharmacy of any changes and they too can do a meds check with the patient to ensure their files and bottles are correct and up to date. This program also aims to decrease readmissions to hospital, especially those related to adverse drug reactions.

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

CH: Since studying anticoagulation and cardiac I am better informed to talk to the patients about their new medications they will be taking since having a stroke, or diagnosis of atrial fibrillation. I am also better able to follow along with warfarin dosing that many of the pharmacists at the hospital dose for patients. They are also involved in DVT prophylaxis for all patients, unless contraindications, and after studying this I am also better able to

answer questions nurses or patients may have about these medications and suggest medications or changes.

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

CH: Some personal highlights were seeing the difference I made in the patient's life when they thank you, teaching patients on proper inhaler technique and use, catching an important medication error or omission and following along with a pharmacist in their vancomycin monitoring for example. Many small victories in my personal career happened this coop. The increase in visibility of pharmacy in the discharge process is good for the profession of pharmacy. It is only through showing patients and other health care professionals what we are knowledgeable about and can help with that we will truly be able to use our expanded scope and be appreciated and considered a cornerstone in the health care world. The hospital where I worked is also a great place to be a pharmacist as the hospitalists and other physicians and nurses are very receptive to pharmacy and their knowledge, they seek their knowledge and suggestions for many things, and also allow medical directives for following warfarin, vancomycin, changing antibiotics, etc.

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

CH: The biggest lesson I learned from coop wasn't patient related, but more learning related. I realized the more you ask to learn things from fellow coworkers and are interested in their job and how they do their job, the more they teach you and the more you take out of day. I also learn more by doing or researching rather than being told about it in class and studying. So by following warfarin dosing, vancomycin monitoring, heparin drip protocols etc., alongside a pharmacist, I feel I have a better grasp of the information than just learning about it in class.

**TM: Having been in community pharmacy before, how would you compare being in hospital pharmacy now?**

CH: My particular job doing medication reconciliation at discharge, I am directly involved with patients a fair amount. However, hospital pharmacists are not as often in direct contact with patients as they are in community. In the hospital, there is a different kind of clinical knowledge required. Knowledge of medications not used in community very often, such as IV antibiotics, is required, as well as numerous questions from physicians and nurses for which they must know the answer or be able to find the information. In community, the majority of questions come from patients. It is also interesting to realize just



how much pharmacists are involved in patient care for inpatients, although they aren't seen by patients very often, nor are patients aware, pharmacists screen their orders, make suggestions on medications and are involved a number of aspects of their care. Hospital pharmacists also have more clinical information at their disposal than in community. Hospital pharmacists have patients' culture sensitivity results, transcripts on their history and physical, and all the information available for physicians, this enables them to do many clinical things including decreasing antibiotic coverage based on the culture results.

**TM: Have you made up your mind about where you want to work after school, after now almost finishing this last co-op placement?**

CH: I am still undecided. I really enjoy hospital and I also really enjoy community, so it's a toss up between the two! Each have their own aspects that really appeal to me. We shall see what the future holds later on in 2015!

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

CH: Don't be afraid to try a new city (even a small city or town) and different coop settings. Ultimately, your coop is what you make of it, so if you make the best of it and are eager to learn, all the people I have met in pharmacy, and I've been in the pharmacy world for 9 years, are always willing to help and teach. Pharmacy is also a small network of people and you never know when a connection you've made in the past will lead to something great!



# CAPSI CORNER

## The Pharmacist is in! Pharmacist Awareness Month 2014

The Pharmacist Is In ... for a RIDE! From Mr. Pharmacy to educational symposiums to outreach events, the journey to increase the public's pharmacy awareness of Pharmacists during Pharmacist Awareness Month (PAM) was a success! Fasten your seatbelts as we take you through the adventure of PAM, 2014.



### Mr. Pharmacy

Two representatives from each pharmacy class engaged each other in a friendly Battle Royale, showing each other what they are capable of. Congratulations to Kenny Burns of Rx2014 who was crowned Mr. Pharmacy. For more information on the event please see the March Pharmphile.

### Breakfast Wish Tree

The first Monday of PAM started off with one of our most popular events. CAPSI asked pharmacy students to write out their wishes for the pharmacy profession onto a piece of paper, which was then hung onto our wish tree. After students shared their thoughts, they were treated with free breakfast. There were two recurrent themes pharmacy students

wished for. The first one was being recognized and acknowledged by the public for the pharmacy services that pharmacists are able to provide. The second wish was for expanded pharmacist scope of practice such that we have more prescriptive authority. These two wishes not only symbolizes pharmacy students' desires to increase public's awareness of pharmacy services, but also that students are ready to take on a greater responsibility and to increase patient care to another level.

### CAPSI Announced PAM on Rogers Daytime

Promoting the role of the pharmacists to the KW community was one of our goals of PAM this year. Sarah and Kacie from Rx2014 had the chance to talk to the host of Rogers Daytime about expanded scope, pharmacists training, and PAM activities for the public. If you missed this broadcast, check it out at:

<http://rogerstv.com/page.aspx?lid=237&rid=54&gid=203869>

*Holly Meginnis and Elaine Dinh*

### CAPSI Senior and Junior Reps



## SOCIAL MEDIA CHALLENGE

What an amazing Social Media Challenge we had during Pharmacist Awareness Month (PAM)! Thanks again to everyone who participated - it's fantastic to see all of your passion shared through social media! Here are just a few of the awesome responses we had in this term's challenge:

*Day 1: Describe a way that pharmacists can promote their role in health care to patients, not only during PAM, but all year long.*

Caitlin Holt - "By being more active in the community! We can set up booths at community events to promote our services and screen for diseases"

Sarah Johnson - "Pharmacists can promote their role by doing pharmacy practice research!! By publishing articles and research on how pharmacists impact patient care will make the health care and patient community increase their awareness of pharmacist roles."

*Day 2: Now that PAM is officially over, tell us about your favourite part!*

Danielle Paes - "I loved seeing the CAPSI PAM tree when I entered school each morning - it was filled with inspiration and a great way to start the day!"

Jas Otal - "My #PAM2014 highlight was 100% the Kids & Medicine talks! Why? 1) so adorable 2) med safety is key 3) educating tmw's generation!"

*Day 3: What do you look for in a mentor / have appreciated in a past mentor?*

Elaine Dinh - "...A good mentor lets you find your own path and learn things at your own pace, while giving the structure needed to build up your confidence."

*Continued on page 5*





“Social Media Challenge” Continue from page 4

Kelsey Georgia - “... A mentor is one who inspires you to be understanding of others and to be open to learning through the many ways pharmacists do (through books, experience, and interactions).”

*Day 4: How can pharmacists get involved with the media (online, news, etc.) to portray a positive image of our profession?*

Arpita Desai - “...Pharmacists can start blogs or even write articles for local newspapers (i.e the Toronto Metro - many commuters read this newspaper).”

Tayyaba Mawani - “The public needs to know about our focus on patient care and expanded scope. Commercials from OPA, CPhA, etc would help!”

*Day 5: What's one thing you want all of your future patients to know that you, as their pharmacist, do for them?*

Stacey Kocher - “I want my patients to know that we are medication experts and we are there to ensure that the medication they receive is indicated, effective, safe, and convenient. We contact their doctor for changes regarding DTPs, are able to provide advice, and can work together to optimize their health and QOL.”

Holly Meginnis - “I want patients to know that pharmacists are a great and accessible resource. Patients can ask us anything regarding their health and we can try and answer or direct patients as to where to find the answer!”

Thanks, again, to everyone who participated! I'd also like to congratulate Sarah Johnson and Caitlin Holt on winning the draw - they each walked away with \$50 in gift card goodness all because they took a few minutes to share their passion via social media! Make sure to keep an eye out next term for the next Social Media Challenge.

*Kacie Lunn, Rx 2014*

**I ♥ MY  
PHARMACIST**

## Fresh from Pharm: Lemon Glazed Poppy seed Loaf

*Roshni Patel, Rx2015*

The beginning of May marks the start of the summer term, but more importantly the need to bake a wonderful loaf full of flavour! This recipe, is quick, easy to make and tastes amazing that you could complete while studying for a midterm or catching up on a television show after a long day at co-op! Here's what you need to do.

### List of Ingredients

- 1 1/2 cup flour
- 1 1/4 cup sugar
- 1/2 tsp. salt
- 1 tsp. baking powder
- 1 tbsp. poppy seeds
- 3/4 cup milk
- 1/2 cup + 1 tbsp. vegetable oil
- 2 large eggs, slightly beaten
- 1 tsp. pure vanilla extract
- 1 1/2 tsp. almond extract
- 2 tbsp. freshly grated lemon zest

### Directions

1. Preheat the oven to 350°F and spray two loaf pans with cooking spray. This recipe makes enough to make two loaves. If you don't have a second pan, just cover your completed mixture with wrap and place it in the fridge while the other loaf is cooking. Once it's done, you can clean out the pan, spray it again and cook the remaining batch.
2. In a large bowl, combine flour, sugar, salt, baking powder and poppy seeds.
3. In a medium bowl combine milk, vegetable oil, eggs, vanilla, almond extract and lemon zest.
4. Slowly incorporate the wet ingredients into the dry ingredients, while having your mixer on the slow setting. A hand held mixer works just fine!
5. Pour the batter into the loaf pans and bake for 45 to 50 minutes.

### Lemon Glaze

#### List of Ingredients

- 1/3 cup sugar
- 2 tbsp. freshly squeezed lemon juice
- 1/4 tsp. pure vanilla extract
- 1/4 tsp. almond extract
- 1/2 tbsp. unsalted butter, melted and slightly cooled

#### Directions

1. In a small bowl combine all the ingredients and whisk until the glaze is incorporated.
2. Once the bread is baked, brush the glaze on the top. This will allow the glaze to soak into the bread, giving it great flavour!

Allow the bread to cool for 20 minutes and then remove it from the pan. Running a knife around the edges helps if your bread is stuck. This is a great treat to make for yourself and to share with your friends! It also doesn't take long to prepare. Hope you enjoy!

Recipe from:

<http://joannagoddard.blogspot.ca/2013/09/the-best-lemon-poppy-seed-bread.html>





#loveisonyourside fundraiser concert at Ceasaria to support the Lisa McLean Professional Practice Award

brodievisser

## SOPhS Communications

Have an opinion about our expanded scope of practice? Experience something on co-op that you'd like to share?

SOPhS encourages you to submit an article for the **Pharm Phile newsletter!** Submissions can be sent to [pharmsoc@uwaterloo.ca](mailto:pharmsoc@uwaterloo.ca) by the end of every month for inclusion in the next edition!

If you have any interest in becoming involved with the SOPhS Communications Committee please send an email our way! We are especially looking for individuals interested in helping out with the SOPhS website.

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




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# SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	18	19 Victoria Day	20	21 WHPC Teaching Session: Transgender Health Care	22 OPA Student Town Hall	23 Grad Committee Trivia Night	24
Week 4	25	26	27	28 PharmD Regional Showcase  CAPSI-DM Event	29	30	31 CPhA Conference in Saskatoon
Week 5	June 1	2	3	4	5	6	7
Week 6	8	9	10	11	12	13	14
Week 7	15	16	17	18	19 OPA Conference in Niagara Falls	20	21
Week 8	22	23	24	25	26	27	28

## SOPhS Calendar Notes

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