

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 53 | May & June 2014

PRESIDENT & VP'S MESSAGE

The spring term is now in full swing and our pharmacy family has been busy these last 2 months hosting some great events.

The term started out with Grad Committee hosting a night of trivia at Bobby's. Teams competed throughout the night which fostered a lot of friendly competition, laughs and lots of fun. Prizes were awarded for best team outfits and for the winning trivia team.

The graduating class had an opportunity to mingle with potential future employers at this year's Career Fair. The career fair was held in May at the Tannery. Various employers set up booths to encourage students to talk to them about the opportunities that could offer.

CPhA conference was held in Saskatoon,

SK this year. We had a number of students attend this event including our Centennial Award Winner, Sumaira Hasan. Congratulations on your award that represents strong leaderships and dedication.

CAN has been another committee that has been very busy this semester. CAN started off the semester selling homemade, delicious wonders at their bake sale. They then continued into June with an ice cream sundae sale. This semester the funds that were raised went to support the Arthritis Society. CAN had registered a team in the Walk to Fight Arthritis June 8th and contributed \$378.65 to this event.

OPA Conference was held in beautiful Niagara Falls this year, attracting numerous students from the University of Waterloo and University of Toronto as well as professionals across the province. This year's theme was Leading Practice Evolution. We heard from very influential leaders in pharmacy and health care over the weekend and were inspired by their accomplishments. The University of Waterloo School of Pharmacy's, Sarah Johnson, was presented with this year's Student of Distinction Award. Congratulations on your award that represents your commitment and leadership in advancing the profession of pharmacy. We also had Heather Foley, presented with the Outstanding New Practitioner Award. It is very inspirational to see that we have such great alumni making a difference in their practices. Congratulations Heather.

The graduation committee finished June off with the annual professor auction. The night was full of aggressive, yet friendly,

bidding wars. All the proceeds from this event are going towards graduation committee events for our Rx2014 graduates.

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July is already here and before we know it co-op will be over for the Rx2016 class and exams will be here for the Rx2014, Rx2015 and Rx2017 classes. Enjoy the rest of your month and those beautiful summer days!

Jenn MacKenzie and Sumaira Hasan

SOPhS President and SOPhS Vice President

CO-OP CHRONICLE

Sayla Ward, Rx 2016

Setting: Hospital – Grand River Hospital in Kitchener, ON

Marissa Belcamino (MB): Tell us about the roles and responsibilities you took on at Grand River Hospital.

Sayla Ward (SW): As a PDif student my role is to facilitate discharge processes by providing assessment, education and follow-up in regards to a patient's medication management. In particular, this involves screening for patients that are deemed "high risk" and that would benefit from PDif intervention. This includes patients that are admitted to the hospital for drug-induced reasons, new start anticoagulation or insulin patients, patients on more than 10 medications or those with compliance, cognitive or financial issues. Depending on the issue identified, I provide a variety of different interventions. For example, for patients starting new anticoagulation therapy like warfarin, I will educate them about the medication and help to arrange their first INR appointment post discharge. For patients with cognitive or compliance issues, I can call their pharmacy and have blister packs arranged. At times, I also check prescriptions and verify BPMH's. Overall, my job is very dynamic and is constantly changing from day to day depending on the needs of the patients that I see.

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

The biggest lesson I have learned from previous school terms that I utilize every day is how to effectively communicate with different people in the hospital, especially patients. Since I spend most of my day talking to them, I have learned the importance of developing a rapport and using open ended questions to gather as much information as possible. Since most of my patients are elderly, I also found it useful to use patient friendly language and non-verbal communication techniques such as hand gestures to communicate with them.

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

SW: Given that my last co-op term and all my pharmacy work experience prior to that was in a community pharmacy, it was a big

learning curve trying to adapt to the hospital environment. Despite this, I quickly learned that by being resourceful and asking for help made things much easier. Another aspect of this position that is challenging for me is having a lack of clinical knowledge. Seeing that I have only completed up to term 2A prior to this position, there are still a lot of things I don't know. However, I am learning so much and I feel that this co-op will help to prepare me for upcoming academic terms.

MB: What were some personal highlights?

SW: This position is very rewarding as it allows me to help patients with their medication needs and make a difference in their lives. One scenario that stands out involves a patient that was started on warfarin in hospital and was not informed that he would need routine INR's upon discharge. When I went to speak with the patient's son, who was the primary caretaker, he had no idea that the patient was on this new medication and would need to have INR's done as an outpatient. I called the family physician to notify him of this new medication and arranged the first appointment at a nearby clinic. Had I not intervened and informed the patient and his son, he would have left the hospital and likely never gone to have INR's. This could have been very dangerous and had detrimental effects on the patient. Although this was only a matter of making a few phone calls on my end, I am sure that it helped out the patient in a big way.

MB: Does one day in particular stand out to you?

SW: I wouldn't say that there is one day in particular that stands out as every day is very different. That being said, my favourite day of the week is Wednesday because that is when drug rounds take place. Drug rounds involve collaboration between the medicine pharmacists and a geriatrician who also happens to have training in pharmacology. During the rounds we discuss the patients that the physician is seeing and focus on ways to optimize their medication. Due to the fact that physicians and pharmacists both have different things to contribute, being able to collaborate improves efficiency and enhances patient care. These rounds are also a great opportunity for us students as the physician focuses on specific drugs and teaches us about them. Since drug rounds have started taking place a few weeks ago, other physicians have also



begun to show interest in attending.

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

SW: One of the biggest lessons that I have learned from co-op is not to be afraid of failure and making mistakes. When starting a new job, it is impossible to know exactly how to do everything and the only way to learn is to try and do your best even if that means failing. When I first started this position, I lacked confidence in my abilities. However, as time progressed and as I became more comfortable in this position, I realized that the mistakes that I had made in the beginning had taught me the most.

MB: Any words of wisdom to fellow students?

SW: Don't be afraid to apply for co-op jobs that will challenge you or that are out of your comfort zone. This position was definitely out of my comfort zone as I had never worked in a hospital before and only received one semester's worth of clinical knowledge. That being said, that was exactly the reason why I took this job. I knew that it would not be easy, but instead would be an invaluable learning experience. Between clinical meetings, medication rounds and being surrounded by highly trained clinical pharmacists, I am very fortunate to have the opportunity to work here.

CAPSI CORNER

CPhA Confernece

Hi everyone! It's Elaine here, your CAPSI Junior Representative. Earlier this month, Holly, your CAPSI Senior Rep, and I, along with a handful of CAPSI National council members who also happened to be Waterloo pharmacy students, all had the opportunity to go to the Canadian Pharmacists Association Conference in Saskatoon, SK. Since we had such a great time, I wanted to share the experience with you and hopefully see you at next year's conference!

The days leading up to my flight were just a blur of work during the daytime and packing during the nighttime. As usual, I had procrastinated packing for the trip until the very last possible moment. After a sleepy five-hour early morning flight and a two-hour time difference, I was greeted with the grassy patchwork of Saskatchewan's vast landscape. I had finally made it to the province of Saskatchewan for the CPhA conference!

The city was lush, green, with warm clean air blowing over our hotel from the winding river. After settling into our hotel, we spent the evening meeting all the wonderful representatives from pharmacy schools across Canada who make up your CAPSI National Council. Before we knew it, it was time to get down to business. We attended CAPSI National meetings, where we discussed many new and exciting changes for the coming year such as Run for the Cure fundraising efforts, the IPSF Health Campaign, Pharmacist Awareness Month, Professional Development Week 2015 and CAPSIL publications. What a day!

Soon enough, pharmacists from across Canada began landing in Saskatoon and the actu-

al conference events began. The Welcome Reception featured some delicious self-serve risotto, baked brie and pan fried perogies (and trust me, I tried everything and it was all delicious!). It was a great time to dress up, mingle with students, researchers, pharmacists and make new connections.

We soon became accustomed to waking up extra early to squeeze in a few breakfast CE's on everything from hypertension guidelines to bioequivalency of generics before attending CAPSI National meetings. One breakfast I particularly remember introduced the keynote speaker for the conference, Micheal "Pinball" Clemons, the Vice-Chair for the Toronto Argonauts Football Club. He called on pharmacists to "value every member of the team to do this right", for us to become "more than a hero". After all, isn't that why we're all here? To make a difference in our patients' lives because "taking medicine is just a prescription, but making sure they understand why they need it and that it's effective is the real medicine."

Congratulations to Sarah Johnson, Rx 2014, on her exciting OPEN project presentation on 'Pharmacy Students as Immunizers'! She kept her cool in front of a full house and showed what a great impact pharmacy students can have on the profession. We look forward to being able to immunize patients on our co-ops in the near future!

Later that night, we attended the CPhA Awards ceremony where we were treated to an energetic traditional Ukrainian dance routine. Congratulations to Sumaira Hasan, Rx 2016, University of Waterloo's 2014 Centennial Award winner!

The last few days of the conference flew by! We attended a variety of sessions on minor



ailments prescribing for skin disorders, working with Doctors Without Borders, and de-prescribing guidelines for proton pump inhibitors. The highly anticipated 'Saskatchewan Fun Night' featured The Gong Show band, live dancing, the Canadian Grey Cup itself and a delicious Ukrainian inspired buffet of perogies and cabbage rolls. It was an amazing evening of fun, laughter and celebrating new friendships.

The next morning, I found myself in a taxi on the way to the airport thinking about what I could have possibly forgotten at the hotel, what projects I'd have to accomplish at work and reflecting back on the wonderful week I had spent in Saskatoon. It had been an absolute pleasure to meet and work with so many enthusiastic members on CAPSI council, and talk to pharmacists who are motivated to drive the profession forward. It was an eye-opening experience that re-ignited my passion for pharmacy and has given me a new perspective on how to tackle the current challenges in pharmacy.

I highly recommend that you all to attend next year's CPhA conference which will be held in Ottawa, ON. I hope to see you there!



CENNTENIAL LEADERSHIP AWARD



It has been an honour to be able to join the list of amazing pharmacy students as a Centennial Award Winner. The week in Saskatoon was filled with learning, networking, and excitement, which I will cherish for many years to come.

Meeting 1 student from each School of Pharmacy across the country was a memorable and insightful aspect of the award. I don't think I'd get the chance at any other event, to meet such a driven, like-minded group of pharmacy students, and get to know them as well as I did. From the first day (some would say even the first hour), we all connected on another level, beyond academics, and created a strong bond. I've definitely made some lifelong friends!

When we first landed in Saskatoon, the 10 of us met for dinner with Christine Dalglish (Manager, Membership Programs & Communications from CPhA, our guide and surrogate mom for the week), and Janet Cooper (Senior Director of Professional Membership Affairs at CPhA). It was a nice first meeting with everyone, and we quickly started to become a tight knit group.

At breakfast the next morning, we met Michelle Seaton-Gascon (Senior Manager at ScotiaBank). We chatted about ScotiaBank's involvement in pharmacy and students education. We were then taken to the 4Cats studio, where we all tested our artistic talents (which was NOT so easy!). This was followed by a visit to the Ayden Kitchen and Bar, where we were

served dishes made by the Top Chef Canada winner Dale MacKay. We were even given a quick mixology lesson, which was fun to watch.

The following day we had the opportunity to meet with the CPhA board of directors, eat breakfast with them and discuss the profession of pharmacy in general. I sat with the regional directors in Ontario and had the chance to ask about aspects of the profession and about my own future as well. This was definitely an experience I'd never get anywhere else, with great insights from the leaders of our profession.

After breakfast we were shuttled to the Wanuskewin National Heritage Park, where we learned about the lives of the natives of that region, played some cultural games and took a tour of the landscape, while learning about the history of the Wanuskewin people.

We followed lunch by going to the Wilson's Entertainment Park, where we had a great time at the golf driving range, miniputting, and go-karting at 80km/h! The night ended at our awards ceremony where all the CPhA Awards were given out.

The years of centennial awards have brought exemplary pharmacists and leaders to the world of pharmacy in Canada (for example... Dr. Edwards!). I will continue striving for excellence, and look forward to the future. Good luck to next year's applicants!

Sumaira Husan, Rx2016

Understanding Drug Information Club

The DI Club is a newly established club providing students the opportunity to learn how to use a variety of reference books in order to answer DI questions

Our goal: To teach students how to find answers to DI questions in an efficient manner when using clinical resources. The DI club will teach students how to look for information in printed books (not the electronic equivalents of text).

Why? Because throughout your pharmacy program, you will only have access to printed copies of clinical reference books during your OSCEs (Objective Structure Clinical Examinations)

We will teach students how to use the CPS, Therapeutic Choices, and other reference books related to special populations (Pregnancy, Paediatrics, Geriatrics etc.)

How will a typical DI Club session look like? We will introduce students to 1 clinical reference book per DI session. For the second half of the hour, students will be given a case scenario to solve using reference books. This allows students to put their Drug Information research skills into practice.

Our first DI club session this year will involve a case on the topic of seizures. If you are interested in attending, please look out for future announcements by your DI Club class representatives.

Club membership is FREE

Snacks and refreshments will be provided at DI sessions

We will provide copies of all reference books for students to work with

Marvin Ng, Rx2015

OPA CONFERENCE 2014



Conference Extraordinaire!

This year's conference took place in the very beautiful town of Niagara Falls Ontario. Over the 3-day span of the conference there were many great things to see both inside and outside the Scotiabank Convention Centre. Facebook is now packed with photos of students walking the falls and enjoying the great sunshine during breaks in the day. The weather couldn't have worked out better.

The conference kicked off with the Annual General Meeting in which OPA discussed important topics in the industry right now including things like independent billing numbers. OPA discussed the financial standing of the association, and then went into a brief description of the new 2014-2017 strategic plan. If you were able to attend the AGM then you have a good idea of what OPA is going to focus on in the next few years, if you weren't able to attend I highly recommend you check out the AGM in 2015.

Thursday night had a general welcome reception as well as a student welcome reception. These receptions went by in a blur of fun and conversation. The UW and UoT students were bombarded by many people from industry and potential employers, all of whom wanted to meet you.

Friday and Saturday mornings both started bright and early with the Breakfast and Learn sessions. An incredible keynote presentation by Bruce Poon Tip, founder of G Adventures and author of *Looptail*, followed Saturday's breakfast and was one not to be missed. Bruce showed us how a big company could give back to the community in the everyday work it did. This, along with all the other educational sessions, gave everyone something they were interested in at the conference. As always the presentations were put on by those looking to drive

change in our profession. These educational events set a great example of the passion and success that all of us aspire to.

The exhibition booth wine and cheese event was loaded with free swag and the chance to meet a lot of people. After all, networking is really the biggest highlight of the OPA Conference. Those who attended the exhibition hall left with heavy backpacks, and plenty of business cards.

Then it was time to head over to the UWaterloo student/alumni reception that UW Faculty organized. It is really great to see so many UW alumni being successful in their careers and taking the time to come back and mix it up with current students. A big thank you goes to UW Pharmacy for organizing such a fun reception.

Friday night saw everyone get casual and head to a carnival themed social event. There were games, there were prizes, and there were a lot of smiling people. OPA knows how to put on a party. Another company that knows how to socialize is Apotex and their legendary after party. To everyone who made the right choice and hit up the Apotex hospitality suite, I'm sure I don't have to remind you how much fun we had into the morning hours of Saturday.

Saturday evening saw everyone dressed to the nines and get together for the Gala event. Congratulations to Deb Saltmarche who will be taking over as Chair of OPA for the next year, and a thank you to Carlo Berardi for doing such a great job the past 12 months. Carlo, Deb, and everyone at OPA has worked so hard this past year to push for further expansions of scope and were able to get legislation promises into the PC and Liberal party platforms for the election. When parliament resumes later this summer our profession will hopefully be on the re-

ceiving end of new opportunities to have a positive impact on patient's well being.

UWaterloo pharmacy has continued its hold on the Student of Distinction award. A huge congratulations to Sarah Johnson for winning this award. SoJo's work ethic is like a force in pharmacy and I have no doubt she will be successful in the future. In general the Rx2014 class is packed with talent and you all leave big shoes to fill. Good luck to you all and I expect to see someone from your class win the Outstanding New Practitioner Award in 2-3 years. Congratulations to Heather Foley, a UW Pharmacy alumni, for winning the New Practitioner award this year. UW Pharmacy has managed to win the student of distinction award 4 years straight now, and we are doing quite well with the new practitioner award as well. Clearly the mantra of 'Why Not' at UWaterloo is helping to shape leaders.

Next year's conference will partner with CPhA and will take place in Ottawa in the last weekend of May. The city should still be decked out in thousands of beautiful tulips following their annual Tulip Festival. To all students, I strongly urge you to come out in 2015 and be part of this memorable event. There is no better place to make new friends in the industry than a combined CPhA-OPA conference.

Thank you to all the students who attended this year's conference and helped make it such a fun time. You are all great people; I hope you had a blast. Let's keep pushing the envelope on what can be accomplished by a pharmacist/student. Hope to see you in Ottawa next year.

Andrew Hamilton

OPA Board of Directors - Student Representative

CHSP COUNCIL 2014 - 2015

With a new year comes a new CSHP (Canadian Society of Hospital Pharmacists)! Student Council This year the students holding the council positions are:

Student Liaison: Nandita Chhaniyara (Rx 2016)

My Name is Nandita Chhaniyara, I am the CSHP Student Liaison. My goal it to increase CSHP awareness by promoting the council through educational presentation, membership drives and various other council events. CSHP is a unique organization in pharmacy that advocates for hospital pharmacists and their valuable position among pharmacists.

I have not had previous hospital pharmacy experience but I have worked on developing an antimicrobial stewardship program in my last coop in the pharmacy industry and so I hope to work in the area of infectious diseases in the near future. I think its a very good opportunity for pharmacists to take on leadership in this discipline and make effective patients care decisions that impact the patients as well as the general public at present and in the future.

One interesting fact about me: I am terrified of swallowing pills!

OB CSHP Co-Liaison: Carmilia Sun (Rx 2015)

You'll probably recognize my name from last year's CSHP Student Council where I was the Communications Committee Representative. I'm happy to return for the remainder of this year as your Co-Liaison. My goal continues to be raising CSHP awareness, making the CSHP Council more active at the School of Pharmacy. We set the bar high with our continuing education event last summer and I hope this term's will be just as amazing! I plan to have another CE next term and/or another symposium as well as an information session for first years in the winter.

The area of pharmacy I'm most interested in is, of course, hospital pharmacy, in particular primary care. I have worked in the Ambulatory Patient Pharmacy and Odette Cancer Centre at Sunnybrook Health Sciences Centre.

One interesting fact about me: I'm a member of the UW varsity badminton

team.

Membership: Vivian Bui (Rx 2017)

As the CSHP Membership Committee Student Representative, I am responsible for promoting awareness and membership for CSHP. Alongside the CSHP Student Committee, I help plan membership events and support the council in any other tasks.

Since I have only volunteered in a hospital pharmacy a few times, I still have many fields in hospital pharmacy that I would love to explore. Particularly, psychiatry has always interested me.

One interesting fact about me: Other than hospital pharmacy, I also have a passion for dance and have been dancing since I was 3 years old

Awards: Holly Meginnis (Rx 2015)

My position is the Awards Committee Student Representative. As a part of my position I review the award criteria for the Ontario Branch of CSHP. I also review the applications for the awards and to help in determining a winner for the award. In addition, I will be helping the CSHP Council with all other events they run.

When I graduate I am extremely interested in doing a residency, as I believe it is an invaluable learning experience. I have also really enjoyed my time working in Family Health Teams and being a part of that interprofessional network.

One interesting fact about me: Not sure how many people would find this interesting, but I love the show Full House and can recite every single episode start to finish (ahh....the 90's).

Communications: Sarah Mann (Rx 2017)

Position: My position is the Communications Student Representative. As the communications representative, it is my goal this semester to write informative articles about hospital pharmacy in general, the various specializations and information about hospital residencies! If anyone has any specific topics they would like me to write about feel free to send me a Facebook message or email me at se2mann@uwaterloo.ca.

Without any hospital experience it is hard to say that that is what I want to do in the future for certain, but from what I have

heard from upper years, hospital pharmacy sounds like something I would love! I have always liked microbiology so I am interested in working in infectious disease within a hospital (hopefully getting a coop in this area) and I am also interested in potentially going into research/teaching.

One interesting fact about me: I love playing hockey (goalie) and have been playing since the age of 7!

Education: Rachel Lee (Rx 2017)

In my position I help work with the rest of the UW CSHP student council to help plan fun, educational CE events. I would love to be able to help educate the rest of the pharmacy students on topics they might not necessarily gain a lot of exposure to in class. Hopefully this will pique their interest and show them all the exciting opportunities available within hospital pharmacy!

I've been able spend some time working in an infectious disease ward that specialized primarily in HIV at St. Joseph's Hospital in London. I had such a great experience working with HIV patients that I would love to be able to spend more time in that type of environment. I am also really interested in oncology and would love to get some experience in that field!

One interesting fact about me: I was bitten by the travel bug at a young age with my favourite place I've travelled to being Barcelona. I hope to one day visit every country in Europe!

If anyone has any questions about CSHP or hospital pharmacy feel free to ask any of us! There will also be a CE event at the beginning of July (date to be confirmed soon), so look out for a save the date in the SOPHS weekly updates!



Pharmacy Investment Club

The University of Waterloo School of Pharmacy has been operating the Pharmacy Investment Club (PIC) since December of 2009. The Club allows the pharmacy student population to get theoretical and practical experience in the economic and financial world that they will encounter when they graduate. Becoming a member has many benefits including:

1. Monthly educational sessions sponsored and presented by Sun Life Financial and Scotia Bank
2. The annual mock stock market competition
3. The ability to vote on where the club invests its assets, including lessons on how to look up and evaluate potential investors

The monthly educational seminars sponsored by Sun Life Financial and Scotia Bank help pharmacy students get an in-depth understanding of how to make wise financial decisions with practical outcomes. Past educational seminars have been on topics relevant to students such as debt management, real estate, and Canadian investing. Important topics such as money management are revisited on occasion to give new members a brief overview of what was discussed in previous sessions; a more in-depth study of the topic ensues in order to give members more a profound understanding of the topic. Specialized topics for special populations (such as financial planning from a woman's perspective) are also discussed in PIC educational sessions.

One of PICs most engaging features for its members is the mock stock market competition. The competition takes place annually from July to October and involves the use of \$10,000 mock dollars to make a stock portfolio. The objective of the competition is to have the most successful portfolio, and the top three most successful members receive a prize. Although the money used during the competition isn't real, the financial principles learned when

participating in the competition are applicable to real financial situations. The Investment Club educational seminars in combination with many online resources provide information on how members can be savvy when dealing with the stock market.

Assets that the Pharmacy Investment Club holds are very similar to the stock competition in that they are placed on the stock market, but the outcomes from the asset decisions have real life implications. Members who pay the membership fee have voting privileges to help determine where the Investment Club places its assets. Decisions on investment opportunities require members to be diligent in researching potential investors and monitoring current investors. Below is a breakdown of the Investment Club's assets.

Most of the Club's assets at the moment are cash waiting to be invested. However, some money has already been invested into two companies. COW is a Canadian agriculture-based trust which has increased nearly 35% since the time of initial investment. RVX is a biotechnology company that is working on a molecule to treat atherosclerosis. This company has not done very well as its share price has dropped about 73% in value, showing some of the risk associated with the stock market. Fortunately, the Investment Club chose not to invest a large portion of money in RVX. Since initial investment, the club has profited over \$600 to date. More investment opportunities will be coming as the Club makes decisions on where to invest its assets.

It is clear that joining the Investment Club has many benefits. The unique life skills that PIC can provide are practical and applicable. Keep an eye open for future sessions to learn more about the Investment Club!

Jonathan Gbedemah
Social & Recruitment Director

Fresh from Pharm: Pulled Pork Slow Cooker Recipe

Angela Quach, Rx2015

Want to spend time in the sun while your food is made? Follow this easy slow cooker recipe for a wonderful outdoor meal on a hot summer's day!

Total time: 8 hours

List of Ingredients

2 medium onions, chopped

4 medium garlic cloves, crushed

½ cup chicken stock or low-sodium chicken broth

1 tablespoon chili powder

1/4 teaspoon ground cinnamon

1 4-5 pound boneless or bone-in pork shoulder

Directions

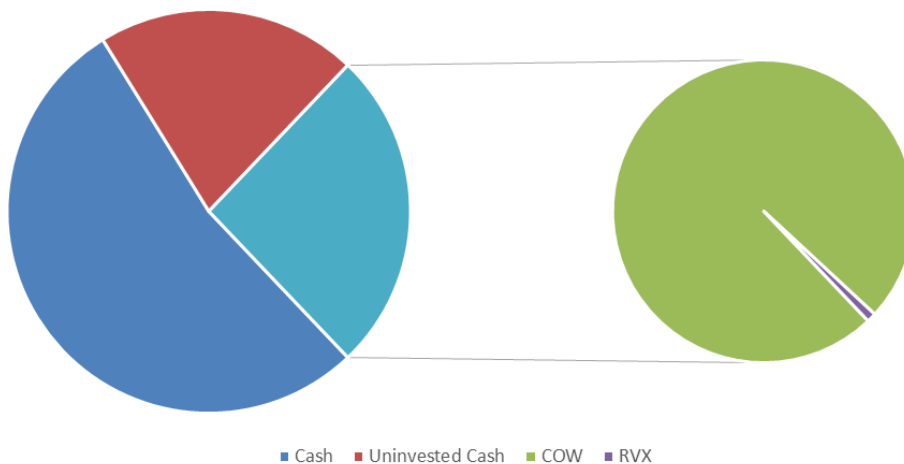
2 cups of your favourite barbecue sauce- Place the onions on an ever layer at the bottom of the slow cooker, and slowly pour in the stock or broth. Combine the garlic, chili powder, and cinnamon. Pat the pork dry with paper towels. Rub the spice mixture all over the pork and place meat on top of the onions. Pour the barbecue sauce all over on top of the pork. Set slow cooker to low heat, an cook for 8 hours at this setting.

Once the pork has cooked for 8 hours, remove the lid and start "pulling the pork" apart with a fork into small shredded pieces.

Place a good portion of pulled pork on a Kaiser bun, and serve with some garnish of your choice, and an extra squirt of barbecue sauce.



Pharmacy Investment Club - Assets



CONFERENCE FUN





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.

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Blueprint for Pharmacy Prize for Student Leadership

(1st place receives a \$400 Amazon.ca gift card, 2nd place receives a \$200 gift card)

Attention all pharmacy students! The Blueprint for Pharmacy is holding its 3rd annual pharmacy student competition, the **Blueprint for Pharmacy Prize for Student Leadership**. You know the Vision for Pharmacy: Optimal drug therapy outcomes for Canadians through patient-centred care. Show us how you live it! Until **October 1, 2014**, we're calling for individual or team

submissions demonstrating how you embody the Vision for Pharmacy in your student or professional life.

Did you contribute to implementing innovative patient care services during a co-op placement, summer job or volunteer position? Have you participated in an initiative to lead practice change or enhance the value of pharmacy services and patient-centred care? Show us how you achieved this! Submission format is at your discretion and creativity is paramount. You could create a blog, website, video, or even write an essay documenting your experiences. The possibilities are endless!

For more details and submission instructions, please visit:

<http://blueprintforpharmacy.ca/news/news-story/2014/06/18/blueprint-for-pharmacy-student-competition>

LIVING THE VISION
STUDENT BLUEPRINT
COMPETITION

WIN A \$400 GIFT CARD TO
AMAZON.CA

DEADLINE:
WEDNESDAY, OCTOBER 1, 2014

FIND OUT MORE!



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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www.sophs.ca



SOPhS 6 WEEK CALENDAR

|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------|----------------------------------|---------|--|----------|--|----------|
| Week 13 | 27 | 28 | 29 | 30 Last SOPhS Meeting of the Semester @ 7:00 pm | 31 | August 1 CHSP Case Study Competition Submissions Due @ Midnight | 2 |
| | 3 Civic Holiday! | 4 Exams Begin Good Luck!!! | 5 | 6 | 7 | 8 | 9 |
| Exam Period | 10 | 11 | 12 | 13 | 14 | 15 Last Day of Exams! | 16 |
| Exam Period | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Break | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Break | 31 | 1 | 2 | 3 | 4 | 5 | 6 |

SOPhS Calendar Notes

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

You may also find this information on the class calendars on the SOPhS website (www.sophs.ca) class. It is our hope that these calendars will provide you with all of the event and deadline information you need during each term. If you would like to add an event to the SOPhS calendar please email the SOPhS Secretary at secretary@sophs.ca.