

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 57 | January & February 2015

PRESIDENT & VP'S MESSAGE

Welcome Rx2018's to the School of Pharmacy. It's been a very busy few months and we all hope that you are transitioning into the program well.

We kicked January off with the 2015 Welcome Week for the Rx2018's. Phrosh Week was filled with many activities such as dodge ball, class dinner, trivia, a pub crawl and finishing up the week with the wine and cheese with the upper year students. The Rx2018 class also participated in the most notable event the first week, White Coat Ceremony. This is a very symbolic event that officially recognizes us as part of the profession upon signing and taking the Pledge of Professionalism and receiving our white coats. This is an iconic event in any pharmacy student's experience.

Many students also attended PDW 2015 in Quebec City. This was a week that the delegates got a chance to learn, and network with other pharmacy students across the country. The delegates also had the chance to explore the beautiful Quebec City.

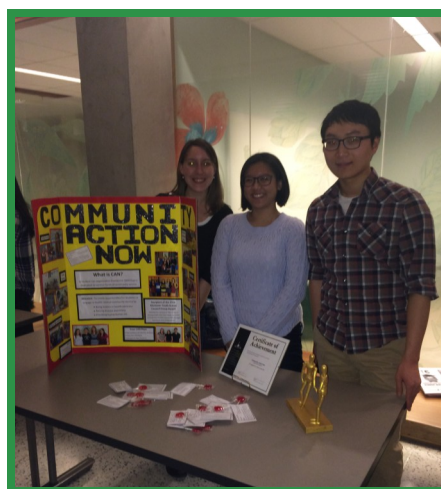
We have also added three new members to the SOPhS council from the Rx2018 class. We held application-based elections for the Rx2018 class representative, social representative and athletic representative. The results of these elections are as follows: Christina Khoury - Class Representative, Kristina Kozlovsky - Social Representative, Rani Odesh - Athletics Representative. We had a lot of really great applications and want to thank everyone that applied. It was a difficult decision to make because you all were very qualified for the positions you applied for.

SOPhS hosted our very first Club and Society Fair in January. This was a showcase of all the clubs and societies on the pharmacy campus. We showcased ways to get involved in the school and what opportunities there were for both the incoming class and upper year students. We had a great turn out and a lot of interest in our clubs and societies. Thank-you to all of you who came out to promote your clubs and to all of you who came out, it was a great success.

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OPRA RESIDENCY NIGHT

On Saturday January 31, 2015 students from the University of Waterloo (UW) and University of Toronto Pharmacy schools travelled to the Sheraton Centre in Toronto to attend the Ontario Hospital Pharmacy Residency Information Session. In previous years, the Residency Information Session was held at the UW Pharmacy School. This year the information session was held in conjunction with the Canadian Society of Hospital Pharmacists (CSHP) Professional Practice Conference. Students that attended the event had the opportunity to learn about the hospital and industry residency programs from residency coordinators, current residents and current pharmacists. Despite the distance the UW pharmacy students had to travel to the event, we still had over 40 students in attendance. As this is the first time running the event off-campus, we have received a lot of great feedback for improving next years' event. Thank-you to all of the UW Pharmacy students that took the time out of their busy "IPFC weekend" to attend the event!

Stay tuned for an Industry Residency information session, and application information session that will be held at the UW Pharmacy School in the fall.

For more information about Ontario Hospital Pharmacy Residency Programs:

<http://www.opraonline.ca>

For more information about Industrial Pharmacy Residency Programs:

<http://www.pharmacy.utoronto.ca/residency-programs/industrial-pharmacy>

<http://www.opraonline.ca/residency-programs/industry-residencies/>

- *Candice Smith*

OPRA-Rep



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SOPhS also hosted a student appreciation hot chocolate day. We handed out free hot chocolate in re-usable mugs. For those of you that received the mugs you will notice that when you use them at the dispensary you will save \$0.30 on your fill-up (although this cannot be applied on top of any promotions that the dispensary is having). We wanted to thank-you all for your continuous support and recognize that we couldn't be in our positions or doing the events we could without you.

Other events that happened in January to the middle of February were: CSHP information session, PIC information session and a social at BeerTown, Rx2016's residency night in Toronto, RxPRN games night, ApothesaurusRx information night for the Rx2018 class, Journal Club session, OPA dinner and learn regarding opioid use and withdrawal, PharmacyU Conference in Toronto, Interprofessional Geriatric Conference, TED talk with Larry Smith, Memorial Service for Rx2016's Fady Tadros, Yearbook sales, OPA Cup try-outs, FEDS elections, and CAN sold candy grams for Valentines Day and the money was donated to the Waterloo Region Food Bank.

Thank-you to all of you who participated in these events and good luck to the Rx2015's on their PharmD rotations.

- *Jennifer MacKenzie (President) & Sumaira Hasan (Vice-President)*



CAPSI CORNER

PROFESSIONAL DEVELOPMENT WEEK 2015



Professional Development Week (PDW) 2015 was held in beautiful Quebec City this past January. The theme of the conference was "All aboard towards higher standards/Tous à bord vers de plus hauts standards." Pharmacy students from across the country came to PDW to attend sessions hosted by influential speakers, participate in the health fair and network with their fellow peers through an array of events organized by the PDW 2015 planning committee.

Of the numerous events held at PDW, here are some of the highlights for me:

Motivational speaker Alexandre Bilodeau

(Two time Olympic Gold Medalist)

I enjoyed the opportunity to see Mr. Bilodeau speak about his journey and was truly motivated by his outlook on how to pursue our endeavours. His motto is - dare to dream big - which left the audience and myself with renewed motivation as we continue our schooling to become pharmacists. I also managed to get a picture with him, which was a great souvenir!

Discussion panel on ADHD/Medication

I found this event to be a thought provoking discussion on the increasing use of ADHD medications and how to optimally manage this disorder. The format of this event was quite engaging because it was a debate type of environment, which lead to interesting discussion.

CAPSI's Annual General Meeting

The AGM was an opportunity for CAPSI members to learn more about what CAPSI's executive council had been working on for the past year. It was an informative session that showcased how CAPSI is striving to support its members. I participated in the AGM and found that this event sparked interest in many members to become more involved with CAPSI and extracurricular activities while in pharmacy school.

Pharmafacts Bowl

Pharmafacts was a friendly knowledge based competition between Canada's pharmacy schools. Each school had unique T-shirts and cheered on their pharmafacts team. It was a fun (non-stressful) way to brush up on my therapeutics! I was so proud of our UW team, who came in second place!

Mr. Pharmacy Competition

This year was the first time PDW held a National Mr. Pharmacy Competition! The Mr. Pharmacy winner from each pharmacy school in Canada competed for the ultimate title of "Mr. Pharmacy." It was an entertaining night with a circus theme. The night consisted of circus performers, cotton candy, music, dances and many other unique performances. I enjoyed rooting for UW's contestant Luc Charlebois and thoroughly enjoyed the array of talent that the contestants had!

This was my first time attending PDW and I would highly recommend students to attend PDW at least once in your career as pharmacy students. PDW is organized and run by pharmacy students, therefore it's tailored with sessions that would be relevant and engaging for students. During my time at PDW I made new friends from across the country, gained insight into interesting topics, ate some delicious food and left with great memories!

I am already excited about PDW 2016. PDW 2016 is being hosted by your own University of Waterloo in Niagara Falls and has many great social and education events in store!

-Kavy Selva (CAPSI National President Elect)



CO-OP CHRONICLE

Laura Buddo
&
Minhaz Khaiser
Rx 2017

Odette Cancer Center,
Sunnybrook Hospital,
Toronto, ON

Jenn Bonneau (JB): Tell us about the roles and responsibilities you took on at Sunnybrook Health Sciences Centre.

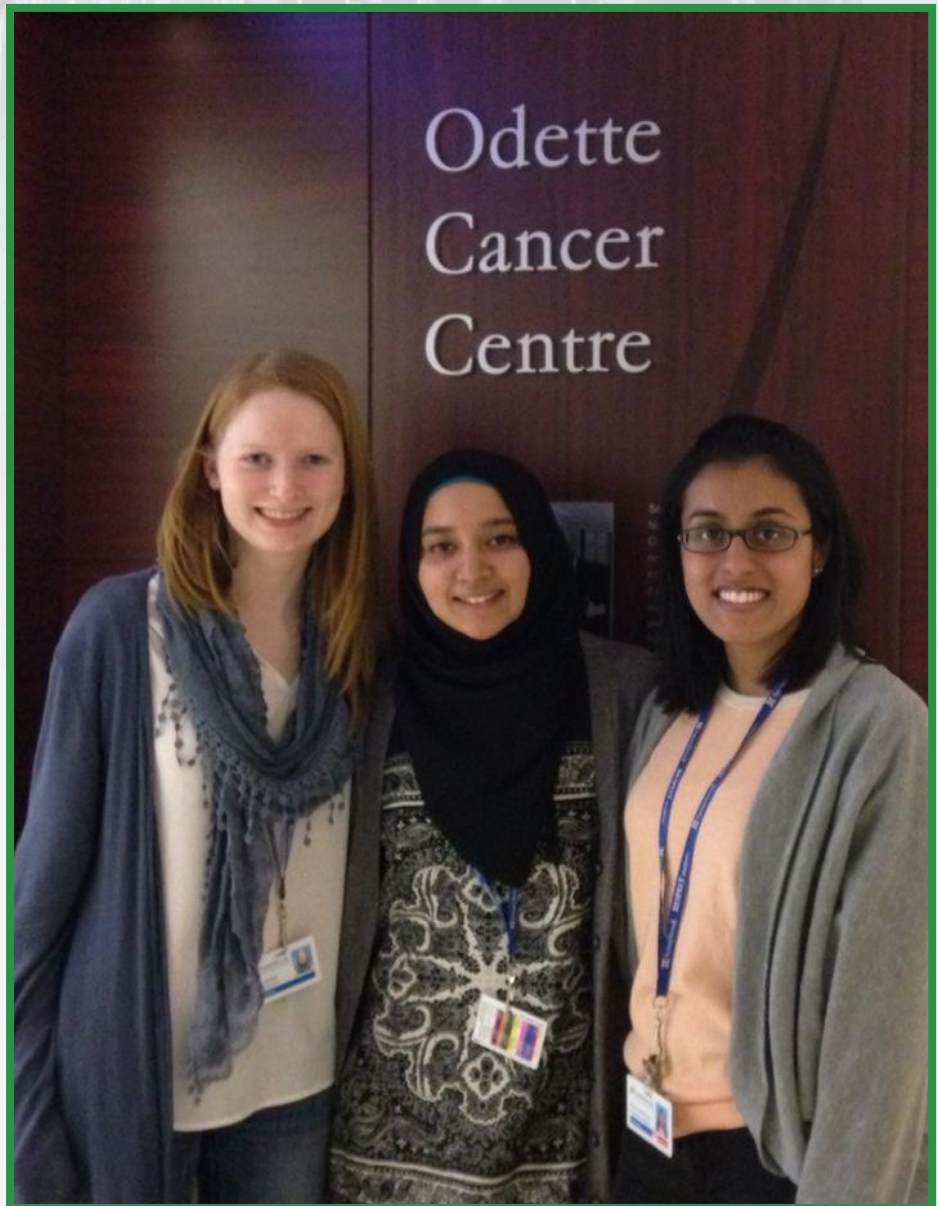
Laura Buddo (LB) & Minhaz Khaiser (MK): As research students in the pharmacy department at the Odette Cancer Centre at Sunnybrook we have a wide variety of projects and tasks we're involved in. Additionally, we get to perform medication histories (BPMHs) and answering drug information questions that we receive from different departments and patients.

(LB): I recruit and interview patients for clinical research on oral chemotherapy adherence. I prepare protocols for new studies that we want to start. I have also been involved in data collection, analyzing data and writing results to be presented or published.

(MK): I get to perform a variety of roles in my research position. I am currently working in an interprofessional team to create a patient information binder for the promotion of better oral chemotherapy safety throughout the centre. This includes creating tools for patients to track and manage any adverse symptoms during their treatment regimen, and creating specific medication information sheets.

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

LB & MK: On a first co-op term there is no way you will know all the therapeutic information that you would need, so the process of knowing where to look and efficiently find reliable information has been very important. We are trained well in school on how to use the different resources to search and compile information for the different types of questions asked of pharma-



cists. We found that to be particularly useful since we get a lot of questions that require searching the literature to come up with well-supported answers. Also, it has been useful to apply the processes of interviewing patients to identifying ailments or drug therapy problems. Having practiced mock patient interviews at school it was easier to apply those skills and get into the flow of asking questions when performing BPMHs.

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

LB & MK: Cancer disease states and chemotherapy medications are brand new to us and this is a big learning

curve. When talking to patients you have to know enough about the different chemotherapy regimens, their side effects and supportive medications, such as antiemetics, to be able to ask the right questions. There's a lot to learn but there's also a lot of support so it's definitely manageable.

LB: Research is also new to me and figuring out Excel for data collection and analysis can be a puzzle sometimes.

MK: I have also found that creating tools for patients that capture the most important information for healthcare providers, yet, are simple and patient friendly, to be a slightly challenging process.

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CO-OP CHRONICLE CONTINUED...

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JB: What were some personal highlights?

LB: One highlight is getting to attend a variety of different sessions over the lunch hour. This has included talks on new research in cancer treatments, rounds with the healthcare team to discuss treatment plans for difficult cancer cases or clinical pharmacology lectures on a wide variety of topics.

MK: One of my personal highlights is getting to work with different professionals such as doctors, nurses and pharmacists. At meetings it is very interesting to see their teamwork and how each professional is able to give their input based on their own specialty.

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

LB: Everyday is different and interesting, it's always nice feeling when you're able to help a patient with questions they had or side effects they'd been experiencing, they're really thankful for the time you spent with them and your genuine effort to help them. Completing projects is always a satisfying feeling too.

MK: One day in particular that stands out is when I performed my first BPMH - the day I was a big ball of nervousness and excitement. The patient and her family were some of the most kind and positive people I have had the pleasure to meet. They were sincerely very thankful for me having taken the time out to speak with them. It is a special sentiment I want to keep with me for all future roles I take up as a pharmacist as I realize that everything we do well in any capacity has a positive impact on the patient.

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

LB: Having evidence is so important in all of the decisions we make. I've learned a lot more about the role that pharmacists (and students!) can have in organizing research projects and publishing or presenting their findings. Not all studies have to be huge with practice changing results. The more we study, the more knowledge we have to base our decisions off of and this helps us provide the best care to patients.

MK: I learned that I am in a profession where learning is an everyday matter. There is no way you can know everything, but there are methods to finding all the information you need. Our end goal is that the patient receives best care and for that to happen regardless of the position or setting you are in you need to go through the learning process and develop skills and expertise to do the best job you can.

JB: Any words of wisdom to fellow students?

LB: 1. It's okay to be out of your comfort zone, you're in an environment where you have all the support you need, and co-op is one of best learning experiences you can have if you take advantage of it. 2. Keep track of all the things you're learning on a daily or weekly basis, it'll make it easier to jog your memory if it comes up again. 3. Don't assume anything, take the time to look it up and be sure.

MK: Its important to go into any position with an open mind and an eagerness to learn. In any setting you have the 'student' card so make sure to take the opportunity in co-op to learn as much as possible while putting yourself in uncomfortable situations. The people you work under now will be your colleagues in the future so don't be afraid of being graded, be respectful at the workplace, get to know those around you, ask questions, shadow people in different roles and it'll make for a great experience!

PHRESH FROM THE FARM: PICO DE GALLO

Study Break Necessity

Ingredients:

- 4 plum tomatoes
- 1-2 tbsp garlic olive oil
- ½ white onion
- ½ lime - squeezed
- 2 tbsps cilantro
- salt to taste

Directions:

Chop all ingredients and stir gently with fork. Serve with your favourite tortillas or on pita bread.



INTERPROFESSIONAL EVENTS

Interprofessional Geriatrics Conference

On Saturday February 7, 2015, pharmacy, medicine and optometry students gathered at Winston Park LTC facility to learn about how to care for elderly patients with an interprofessional team. The day started off with professionals chatting over breakfast. The first keynote speaker of the day was Dr. Didyk, a geriatrician, who spoke about communicating with the geriatric population. She gave insight on how communicating with elderly patients is different than other age groups and spoke about technologies, which can be useful tools to assist in communicating with geriatric patients. Next, Dr. Leat spoke about driving and elderly people. She discussed the difference between certain vision impairments and how this affects driving ability. After these keynote speakers, interprofessional groups were formed to discuss two cases. The students discussed how each profession viewed the cases and problems that they identified. Then, a panel of working professionals discussed the cases and addressed any questions that students had. Students were then paired up with a resident of Winston Park to take for lunch. This gave the students an opportunity to interact with an elderly person and put to use the communication skills discussed earlier in the day. In the afternoon there were four workshops of which students could attend two. Marilyn White-Campbell spoke about geriatric addictions and provided booklets of best practices. Dr. Sarah MacIver discussed glaucoma and hypertension, Dr. Tammy Labreche spoke about communicating through aphasia and other challenges, and Cathleen Adams discussed the social work perspective of issues in the assessment of older adults. We would like to thank everyone who attended the conference, as well as our guest speakers and panel members for making the Geriatrics Conference a successful event.

Interprofessional Wine and Cheese

The Waterloo Health Professions Committee held this year's Interprofessional Wine and Cheese Friday February 27, 2015 at the Tannery. This event was aimed to get health care students from across Kitchener/Waterloo to come out and enjoy wine, cheese and make connections with other professions. As well, this event was a fundraiser for the Grand River Hospital Foundation (GRHF). The night started with some mingling over drinks and viewing of raffle prizes. Approximately 20 raffle prizes were available for attendees to win. The proceeds of these donated raffle prizes will be going to the GRHF to help pay for necessary tools and equipment for patients. There was a buffet of cheese, crackers and fruit set out later in the night. Overall, it was a successful night of networking and raising money for a great organization that helps so many people. We would like to thank all the sponsors who graciously donated to the event and to the GRHF! Waterloo Health Professions Committee will be hosting another Interprofessional Case Study later this term in March so stay tuned!

- Denise Keller

Interprofessional Representative



CANADIAN SOCIETY OF HOSPITAL PHARMACISTS

CSHP is the national voice of pharmacists and is committed to advancing safe, effective medication use and patient care in hospitals, as well as, other related health care settings. Hospital pharmacy is an amazing setting to work in, as you are able to specialize in a particular area, can work in a multidisciplinary team, and also have a lot of responsibility. Hospital pharmacy allows for comprehensive pharmaceutical care, which can include direct patient care, drug information, quality assurance, research, and many other important areas.

There are many benefits to becoming a CSHP member. CSHP has many continuing education events that students can be a part of it. It also has Pharmacy Specialty Networks (PSN) allowing those with like interests to communicate and network, including a pharmacist-in-training PSN. Other benefits of joining include free access to RxFiles online, reduced conference rates including the CSHP Annual General Meeting in November, and a CSHP hospital pharmacy student award.

Here at Waterloo we have a CSHP council as part of the Ontario branch. We would like to introduce you to our CSHP team. Feel free to contact us if you have further questions.

See page 7 for a complete listing of information for the University of Waterloo Canadian Society of Hospital Pharmacists council members for 2015.

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INTRODUCTION TO CSHP COUNCIL

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CSHP Education Committee Student Representative - Rachel Lee

Year: Rx2017

Hometown: London, ON

Position Description: As the Education Rep I work hard alongside the rest of the CSHP Student Council to bring you great events that both promote the profession of hospital pharmacy and give students a taste of what's out there. Year round I also work with the Ontario Branch of CSHP to plan the CSHP Annual General Meeting in November, which is a full day of education workshops and seminars with a big dinner and awards ceremony in the evening.

Hospital interests/experience: I currently am on co-op at London Health Sciences Centre working in the Pre-Admission Clinic where I do BPMH's for all the patients who will be staying for several days to recovery in the hospital post-surgery. I also help out in the Mental Health ward as well. Oncology and Infectious Diseases are other key interests of mine and I would love to be able to spend some time on those floors!

Favourite Quote: *"Please believe that things are good with me, and even when they're not, they will be soon enough. And I will always believe the same about you."* - Stephen Chbosky, *The Perks of Being a Wallflower*

CSHP OB Co-Liaison - Lexie O'Neill

Year: Rx2017

Hometown: Windsor

Position Description: I act as a liaison between the CSHP students and the council. I also attend monthly SOPhS meetings when the liaison is unable to do so.

Hospital interests/experience: Still figuring that out.

Favourite Quote: *"If you tell the truth, you don't have to remember anything"* - Oscar Wilde

CSHP Awards Committee Student Representative - Heather Black

Year: Rx2017

Hometown: Sarnia, ON

Position Description: I sit on the CSHP Awards Committee where I bring a student perspective to help decide the winners of different prestigious CSHP awards.

Hospital interests/experience: Not sure yet :P

Favourite Quote: *"You don't remember what happened. What you remember becomes what happened."* - John Green

CSHP Communications Committee Student Representative - Carly Diamond

Year: Rx2016

Hometown: Toronto

Position Description: As the Communications Rep I will be writing pharmaceutical article's each month and helping out with other council events. If there is a CSHP or hospital pharmacy topic you would like me to write about, please e-mail me at carlydiamond@mac.com. Thanks!

Hospital interests/experience: I am very interested in many areas of hospital pharmacy and hope to do a residency after graduation. I particularly enjoy activities involving direct patient care and interprofessional collaboration within the hospital setting. I loved my experience working at Holland Bloorview Kids Rehabilitation hospital during co-op, and hope to continue to explore new areas of hospital pharmacy in the future.

Favourite Quote: *"When life gets you down do you wanna know what you've gotta do? Just keep swimming!"* - Dory, *Finding Nemo*

CSHP OB Liaison - Michael Hum

Year: Rx2017

Hometown: Toronto, ON

Position Description: I act as a liaison between the Waterloo Pharmacy student body and the local CSHP Council. I work together with the student council to create CSHP events and increase awareness for the practice of hospital pharmacy.

Hospital interests/experience: I currently work in internal medicine on medication reconciliation and facilitating safe patient discharge. I would love the opportunity to work in cardiology or critical care in the future.

Favourite Quote: *"The world is your oyster. It's up to you to find the pearls."* - Will Smith, *The Pursuit of Happyness*

CSHP Membership Committee Student Representative - Vivian Bui

Year: Rx2017

Hometown: Caledonia, Ontario

Position Description: I participate in CSHP local and national membership meetings as well as promote awareness for CSHP.

Hospital interests/experience: I currently work on the medicine and stroke floors facilitating safe patient discharges. I would love to have the opportunity to work in the ICU in the future as a pharmacist.

Favourite Quote: *"Sometimes it's the people no one expects anything from who do the things no one expects."* - *The Imitation Game*

AN UPDATE FROM OPA

MY TWO CENTS –

A SNAPSHOT OF A FEW INITIATIVES OPA IS WORKING ON RIGHT NOW

The Ontario Pharmacists Association (OPA) is our association. By becoming a member you are choosing to become a part of the driving force for change. The Association works very diligently all year with the intention of improving patient care by enabling pharmacists to get more involved and offer new services. On top of the advocacy work that OPA engages in every day, they also strive to recognize excellence by publishing success stories of pharmacists, and by giving awards to several of these commendable people each year during the Gala at the conference. Of course on top of these activities, OPA is also famous for its top quality educational and insurance products that are utilized by a large amount of pharmacists every year.

The purpose of this article is to share information about a few initiatives that OPA is currently aggressively pursuing on our behalf. So to everyone who is reading these words I'd like to first thank you for taking an interest in the ongoing activities of the Ontario Pharmacists Association, and encourage you to keep reading and then email or message me (or the Association itself) with any feedback or questions that you have. As your student representative on the OPA board, I am all ears and always available.

Here are just a few of the many things that keep OPA's CEO and his team extremely busy:

- Independent Billing Number Task Force— After a motion was made at the 2013 Annual General Meeting (AGM) in Toronto, OPA committed to striking up a task force to investigate



the different billing arrangement possibilities that currently exist and ones that could be enabled if pharmacists were able to bill the government directly for expanded services instead of billing through their pharmacy. This task force was headed up by the very capable Dean Miller and conducted some truly great research across the industry; the information was then used to make a very detailed survey to pharmacists in Ontario. The results of that survey were presented at the 2014 conference in Niagara Falls and were followed by a panel discussion on the topic, which was by far the best-attended educational/informative event at the conference this year. After further efforts, the Billing Number Task Force, with the approval of the OPA Board of Directors and the Owners Advisory Council, are going to release all of their research, results, and conclusions in the form of a white paper. This document will be available to all practicing pharmacists within and outside the province. Pharmacists (as

well as technicians and students) can then use this report to negotiate with their employer and settle on a mutually agreeable arrangement that allows them to deliver quality services to patients in this great province.

- OPA is currently working with the support and collaboration of the Ontario College of Pharmacists (OCP) to pave the way toward bringing a minor ailments service to pharmacies in Ontario. Of course to get this done the approval has to come from Premier Kathleen Wynne and the Liberal government, but OPA (with the support of OCP) has been working very hard at this for the past several years and the efforts appear to be paying off. While the government has not yet committed to bringing a minor ailments program to Ontario, Premier Wynne did include specific instructions to the Minister of Health and Long-Term Care, Dr. Eric Hoskins, that part of the Liberal's strategy to improve healthcare is through better utilizing the pharmacist. We are optimistic that this service will be approved in the near future and we believe that it will be based around the successful model currently being employed in Saskatchewan. This would help bring the scope of practice in Ontario closer to those of other provinces like Alberta, Saskatchewan, New Brunswick, and Nova Scotia - all of which currently have a minor ailments program - as well as other areas of scope that OPA continues to lobby hard to see approved right here in Ontario.

AN UPDATE FROM OPA CONTINUED...

Continued from Page 8

As part of the government reaction to the chemotherapy drug preparation issue of 2013, the Ministry of Health and Long-Term Care is in the process of changing the practice standards around the preparation of aseptic pharmaceutical products. The Ontario Pharmacists Association and the Canadian Society of Hospital Pharmacists (CSHP) have teamed up to prepare and distribute an educational curriculum for a sterile compounding certificate program. This marks an exciting new direction as CSHP and OPA have come together on this project and will unveil it as a joint collaboration.

- The Canadian Pharmacists Association (CPhA) underwent a huge structural change during 2014. It is no longer possible for individuals to join CPhA directly but instead they become members by joining their provincial advocacy association. In this case that association is OPA. Therefore, starting in 2015, CPhA membership as well as all of its member benefits are included in one's OPA membership. CPhA has transformed from an autonomous organization separate from the provincial associations, to a model where CPhA is a federation of pharmacy associations. The board of directors of the new CPhA are, for the most part, representatives selected by the provincial associations. CPhA will be ideally situated to advocate for pan-Canadian initiatives like a National Pharmacare program.

Speaking on the topic of National Pharmacare, to date there has been much discussion regarding a federal drug coverage program, including from our Minister of

Health and Long-Term Care Dr Eric Hoskins. So far however, as far as I'm aware neither the federal or provincial governments have stipulated whether they would consider an income-based model, an age-based model, or some kind of new/hybrid model. To date, OPA has committed publicly that it supports a National Pharmacare program, but has not yet taken a stance on what kind of model it believes would be best. I'd personally love to hear your feedback on what kind of model you believe would work best and would balance the needs of Canadians with the economic realities of the federal budget and Canada's sluggish recovery.

- My final point for discussion today will revolve around the shift toward more member-only services. In a recent survey of Ontario pharmacists, 73 per cent of respondents said they would be interested in seeing OPA roll out continuing education offerings that were available only to members. Currently all education programs are available to members and non-members (although the price is discounted for members). The Ontario Pharmacists Association is rolling out a number of new initiatives like business support services, audit assistance programs and more through its Drug Information and Resource Centre (DIRC). Another of these programs is particularly exciting for pharmacists who intend to pick up relief shifts at various pharmacies. Next month OPA is going to roll out their Shift Assist™ program. This program will allow pharmacy owners to post relief shifts that can be applied to by any OPA member who is interested. This service will

come with many screening tools and provides quite a bit of utility to both owners and staff pharmacists - at absolutely no cost.

Overall, OPA has been, and continues to be extremely busy advocating on our behalf with key industry stakeholders, lobbying to expand our scope of practice, developing new educational and professional service offerings, and more. The topics I've mentioned above are but a very small piece of the ongoing projects that OPA is tackling. As always, I highly encourage you to keep up with OPA's initiatives by perusing the weekly e-Blasts, the Ontario Pharmacist magazine, and following the Association on Twitter and Facebook. All of the information is also available online at www.opatoday.com.

The Association is membership driven and its priorities follow the popular support of its voting members. Please continue to look for opportunities to engage with our profession. Thank you for reading. I look forward to receiving some feedback and ideas if you have comments. I truly hope that you found the information here to be of interest. I wish you all the best!

- Andrew Hamilton

UW Rx2015

OPA Student Rep

Hamiltona450@gmail.com





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



Society of Pharmacy Students (SOPhS)

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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	8	9	10 PAM Pharmacy Trivia Night 6pm	11 OPA Cup Bake Sale 10am PIC Investment Planning 11:30am Evidence-Based Medicine Competition 5:30pm	12	13 OPA Cup Pep Rally 7pm	14 OPA Cup @ UofT 3pm
	15 RxPRN SafeTALK Workshop 1pm	16	17	18 PAM Young Leaders in Pharmacy 11:30am	19 OPA Speed Meet and Greet 6:45pm	20	21 Conestoga Mall Health Fair 10am
Week 4	22	23	24 Town Hall Meeting 5:30pm	25	26	27	28
	29	30	31	April 1	2	3	4
Week 6	5	6	7	8	9	10 Final Exams Begin	11
	12	13	14	15	16	17	18
Week 7							

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 SOPhS Google Calendar (<http://tinyurl.com/nhrh158>). It is our hope that this calendar 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.