

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students
ISSUE 58 | March & April 2015

PRESIDENT & VP'S MESSAGE

Hello everyone!

March and April had many events taking place, along with the end of the semester drawing near.

March brought many events, with both Pharmacists Awareness Month and SOPhS events alike. OPSIS2015 (our fifth annual conference since its inauguration), went without a hitch, as 48 talented students from both University of Toronto and Waterloo Pharmacy attended the weekend-long events. Students had the great opportunity of networking with other students, learning about important topics affecting our profession in Ontario, participating in debates, and working together to solve patient cases. Shout-out to Nikki for executing a great welcome-night ice-breaker event! Although OPSIS will not be held in 2016, it will return to its regularly scheduled time in 2017! We hope to see U of T and Waterloo continuing this great tradition again!

In March SOPhS also held the last Town Hall of the semester. The non-curriculum based issues that are being resolved are as follows:

- Microphones in IHB: The issue has been addressed and there has been an improvement in sound quality in the IHB McMaster building.
- Blinds in 1004 always getting stuck: continued to be worked on

We'd like to congratulate the Class of 2018 for successfully completing their first semester of Pharmacy School! We hope you took the time, and continue to take the time to enjoy every moment you have both in and out of the classroom. Get involved, join a team, join a committee - do whatever you enjoy! Remember that having fun and enjoying your time at school is just as important as doing your best in class. You'll be here for a while so it's always nice to have some time to have fun! Good luck on your next semester.

IN THIS ISSUE

- 1-2 President and Vice President's Message
- 2 CSHP Inter-professional Events
- 3-4 CAPSI Corner: PAM 2015
- 5 2015-2016 UW CAPSI Council
- 6 Co-op Chronicle
- 7 SOPhS Communication
- 8 SOPhS 6 Week Calendar



Continued from page 1

Congratulations to the class of 2016 on completing a great ICC competition! It's always amazing to see how creative, inventive, and driven our students are- and this competition truly brought that out of each and every one of you. Great job!

Congratulations also go out to the Class of 2017, on completing your first co-op term ever! We hope that this first term has opened your eyes to possibilities, and may your experiences working provide context to some of the therapeutics you will be learning this upcoming semester.

Finally...it's with a heavy heart that we are writing our very last Pharm-Phile of our SOPhS careers, and we wanted to end off by saying thank you! We have had the great opportunity to be your SOPhS President and Vice President for a year and a half, and it has truly been a blast. Due to the establishment of the Pharm D curriculum, there were many changes in the timeline of when students were on and off campus. As a result, SOPhS had to make big changes in the way things were run, which led to Jenn and I remaining in our positions for a whole extra semester. This carry-over has brought us many great memories, struggles, and accomplishments. We hope that the changes we've implemented and the events we've planned have helped you all to feel more at home at the School of Pharmacy. We also hope that we've inspired some of you to take part in student leadership in the future. Good luck to Luc and Nikki on your new positions, and have a great year!

- Jenn MacKenzie and Sumaira Hasan
President and Vice President SOPhS



CSHP INTER-PROFESSIONAL COLLABORATION

Interprofessional Collaboration in the Hospital Setting

It is not until you work in a hospital that you truly understand the importance of interprofessional collaboration in this setting. While on co-op, I worked at a children's rehabilitation hospital. There was a diverse range of clients at the hospital, many of which had acquired a brain injury or received orthopaedic surgery. The hospital focused on improving the lives of children living with disabilities. Patients at the hospital required care from many different professionals. This provided me with the opportunity to collaborate with the pharmacy team, as well as, with nurses, physicians, medical students, occupational therapists, physiotherapists, child life specialists, and many others. It became clear how important this holistic approach was in order to provide the best quality of care to patients. The care of patients at this hospital was complex, and having a comprehensive team was essential.

It is important to have a work culture where all health-care professionals are highly respected. Understanding each person's role on the healthcare team is essential, in order to know where you fit into the team, as well as, what resources are available through other healthcare professionals. Effective communication and teamwork are fundamental for this successful collaboration.

A good example of an interprofessional document is the medication reconciliation form. Many healthcare professionals in the hospital use this document, and therefore it is important for it to be filled out accurately. This process is a collaboration of health professionals. For example, the admission medication history (BPMH) can be performed by a pharmacy student, but can also be carried out by physicians, medical students, nurses, etc. Taking this history also involves collaboration with the patient/family. Physicians then review the medication reconciliation form and write medication orders. Following this a pharmacy technician, pharmacist, or pharmacy student compares the BPMH to the medication orders in order to

identify or verify discrepancies. This process involves the efforts of many professions and leads to better patient care.

Another example of interprofessional collaboration can be seen in the management of pain. Pain can be a complex and difficult issue to manage, as it is subjective and it does not always present in the same way. Each person experiences pain differently and also expresses their pain in different ways. Therefore, in order to best manage pain it is important to work together with multiple health professionals. As we know, pharmacists are able to manage the medication side of pain, but there are also physical and psychological aspects to managing pain. This can include non-pharmacological measures, such as humour or distraction. For example, in a children's hospital, you could collaborate with therapeutic clowns in order to help divert the child's attention from their pain. It is also important to collaborate with physiotherapists to determine if medication is required prior to a physiotherapy session, and with nurses in order to ensure the medication gets administered.

Collaboration in a hospital setting emphasizes the importance of teamwork and shared decision-making to improve patient-care. Working effectively within a team, and having a good understanding your role, as well as the role of other healthcare professionals, will lead to successful collaboration.

Canada Interprofessional Health Collaboration. A National Interprofessional competency framework. February 2010. Presented June 2010 at the Association of Faculties of Pharmacy of Canada. Available at http://www.cihc.ca/files/CIHC_IPCompetencies_Feb1210.pdf. Accessed June 15, 2014.

- CSHP Communications Committee Student Representative

CAPSI CORNER

PHARMACIST AWARENESS MONTH 2015



Every year in March, UW CAPSI organizes a series of exciting social, educational and community outreach events for Pharmacist Awareness Month (PAM). This year, we embraced CPhA's PAM theme, "*Pharmacists: Trusted care when and where you need it*" to celebrate how pharmacists are highly accessible and trusted health care providers. Here's a highlight of the many events UW CAPSI organized for PAM sponsored by RemedysRx:

Mr. Pharmacy

One month isn't enough to celebrate PAM, so at the University of Waterloo Pharmacy School we started PAM on Feb. 28 with our third annual Mr. Pharmacy pageant! This year, we had two very talented guys from each pharmacy class. The contestants included

Rx 2018:

Robert Taglione and Hersy Haji-Dayib

Rx 2017:

Michael Lam and Scott Shaw

Rx 2016:

Steve Crone and Yan Li

Rx 2015:

Spencer Uniac and Zach Thompson

Our four amazing judges, Dr. Praveen Nekkar Rao, Dr. Andrea Edginton, Luc Charlebois (Rx2017, and past Mr. Pharmacy competitor) and Jaskiran Ota (Rx2014 alumni) provided endless laughs and great feedback to the competitors throughout the talent show, formal wear, and beachwear competitions. One of the biggest changes in this year's pageant was the addition of a Family Feud game, where the guys teamed up and tried to guess the most popular audience answers to hilarious questions like "What traffic sign best describes your love life?". During the break, attendees had the opportunity to grab some delicious mashed potatoes in a martini glass, mingle over refreshments, and donate gently used items of clothing to the Diabetes Clothesline Foundation in exchange for a raffle ticket.

At the end of this fun-filled night, the judges announced the winner of Mr. Pharmacy to be Yan Li! As this year's crowned Mr. Pharmacy, Yan won \$250 towards competing at the National Mr. Pharmacy Pageant at PDW 2016. UW CAPSI also very generously donated proceeds of the pageant to Yan's charities of choice - Special Olympics Ontario and the Canadian Cancer Society (Relay for Life)!

PAM Breakfast/Wish Tree & Facebook Challenge

On March 2, CAPSI hosted the PAM breakfast event, where students were invited to write positive messages about the pharmacy profession on leaves to be hung on our Pharmacy Wish Tree. After filling our wish tree, students enjoyed a complimentary breakfast and had the opportunity to participate in our new Facebook challenge. For the challenge, we asked students to write a whiteboard message about what pharmacists can do, take a picture, and share it on Facebook to compete for the most "Likes". Our winner was Paul Malik from Rx2016, who had an astounding 111 Likes by the end of the week!

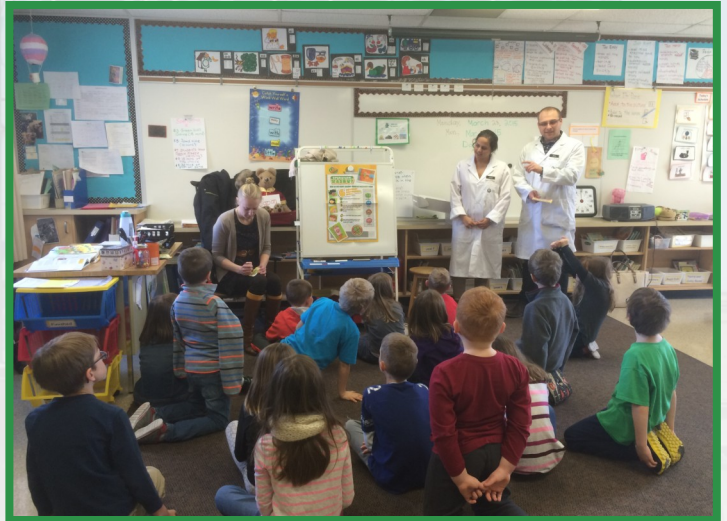
Firkin Pharmacy Trivia Night

After a long day of class and midterms, students hopped across Victoria St. to Firkin at the Tannery to enjoy some free appetizers and compete in some friendly pharmacy trivia! This event was a lot of fun and encouraged collaboration between the different pharmacy classes to solve the questions. We'd love to make this kind of event again in the future...perhaps with some tricky questions on PK or jurisprudence? ;)

Continued on page 4

CAPSI CORNER

PHARMACIST AWARENESS MONTH 2015



Elementary School Presentations

Many wonderful pharmacy student volunteers traveled to elementary schools across Kitchener-Waterloo and Cambridge to put on presentations for over 200 children. We organized two different presentations this year for the schools. The CPhA Kids and Medicine presentations helped kids understand how to take medications safely, and TEVA's Operation: Washup taught children all about germs and the importance of proper hand-washing. The volunteers had a lot of fun doing these educational outreach activities and the kids were eager to learn!

Conestoga Health Fair

On Saturday March 21, CAPSI and some great pharmacy student volunteers hosted a PAM booth at Conestoga Mall. This booth gave the community a chance to learn about all the different services pharmacists can offer, like medication reviews, blood pressure monitoring, smoking cessation and chronic disease management. We even had fun posters and germ plushies to help teach kids as well! It's very important for us as future pharmacists to help others realize that we do so much more than dispense medications, and we are happy that we could reach out to the community in this way. Thank you to Remedy'sRx who generously donated materials to make this booth successful.

Lunches and Learning!

What better way to celebrate PAM than with free lunch and great guest speakers? This year, we hosted two symposiums at the pharmacy school. The CAPSI-DM/CSHP symposium featured a unique and inspiring talk about diabetes management by Colleen Cameron, a pharmacist from Grand River Hospital. Later in the month, CAPSI organized a Young Leaders in Pharmacy Symposium. We were lucky to have Nick Malian, a graduate of the Rx2013 class, return to the School of Pharmacy and share his insights and advice through his perspective as a new pharmacist.

Pharmacist Meet and Greet

In this speed-dating style event, students went room to room at the school of pharmacy to chat with pharmacists from many different fields of practice. This small scale networking event allowed students to learn more about possible career paths in pharmacy while making great connections with the pharmacists. CAPSI would like to thank The Ontario Pharmacists Association for generously sponsoring this event and Allan Malek from OPA for taking the time to come to our school for Meet and Greet. Another thank you goes to Will Schill for coming and representing PAM's title sponsor, Remedy'sRx. The event was a huge success and well-received by the students - we definitely want to continue the tradition in future PAMs!

Overall, Pharmacist Awareness Month 2015 was a fantastic experience at UW School of Pharmacy. Everyone was very supportive throughout the month by attending events and posting great things about pharmacy practice on social media. CAPSI would like to thank Remedy'sRx for being the title sponsor of PAM and OPA for sponsoring the speed meet and greet. We're already excited for next year's PAM and are thinking of ideas for future events. If you have any suggestions, we would love to hear from you too!

- Heather Wren, PAM Chair



CAPSI CORNER

2015-2016 UW CAPSI COUNCIL



While the month of March marks Pharmacy Awareness, the month of April marks CAPSI Council turnover. I want to start off by thanking everyone on the UW CAPSI 2014-2015 Council. The 2014-2015 council year was a great success and it was all thanks to your hard work!

If you are interested in becoming a member of the UW CAPSI Council please keep an eye out for by-election details as the Sr. Competitions Coordinator is still available. In addition, the UW CAPSI council will be forming many subcommittees throughout the year to help run various events. If you are interested in helping out joining a sub-committee would be a great idea!

With the new council in place this officially marks the end of my three year journey on the CAPSI Council. I started out as the Jr. Competitions Coordinator and then moved to the Jr. Representative position and then Sr. Representative position. Being a part of the UW CAPSI council and the National CAPSI Council has been a great experience. I have learned so much about CAPSI and other pharmacy schools all across Canada. It has been truly rewarding to be able to advocate for the profession as well as organize many great social and educational events for the University of Waterloo Pharmacy School CAPSI members.

I know the 2015-2016 UW CAPSI Council is left in great hands. The 2015-2016 UW CAPSI year is already looking bright as there are many returning events planned and also new events in the making. All UW CAPSI members have a lot to look forward to for this upcoming year!

- Holly Meginnis, UW CAPSI Sr. Representative

This March the UW CAPSI Council received numerous great applications for spots on the 2015-2016 UW CAPSI Council. It was a tough job choosing the new council as there were so many exemplary applications. After much debate UW CAPSI is pleased to announce successful candidates for the 2015-2016 UW CAPSI Council are as follows:

National Sr. Representative	Sr. Education and Outreach Coordinator
Elaine Dinh	Minh Thu Nguyen
National Jr. Representative	Co - Jr. Education and Outreach Coordinator
Monique Eisa	Emily Cowely
Secretary	Co - Jr. Education and Outreach Coordinator
Joanna Leake	Melika Bozorgi
Finance Director	Jr. Competitions Coordinator
Deep Shah	Max Chong
Sr. Fundraising Coordinator	Sr. IPSF Coordinator
Natasha Szabolcs	Cindy Wang
Co - Jr. Fundraising Coordinator	Jr. IPSF Coordinator
Robert Taglione	Joyce Yu
Co - Jr. Fundraising Coordinator	Rx 2018 Representative
Melanie Sanderson	Kelvin Yam
PAM Chair	
Heidi Fernandes	
Communications/CAPSIL Director	
Heather Wren	

CO-OP CHRONICLE

Tell us about the roles and responsibilities you took on in your co-op placement.

During my co-op placement at St. Mary's General Hospital (SMGH) my responsibilities were split into two different IV roles known as IV8 and IV9. These two roles are also referred to as "batching" and "refill" respectively. As IV8, my job was to prepare the IVs that we always kept in stock. This included products such as IV antibiotics, epidurals, and palliative care cassettes. As IV9, my job was to prepare all the patient specific IVs, which included antibiotics, chemotherapy syringes, and total nutrition admixture bags. In addition to my role as the IV Room Pharmacy Student, I contributed to the pharmacy department by helping out with inventory counts, prepacking, and various projects as needed.

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

The professional practice lab for PHARM 228 definitely helped a lot with the drug distribution aspects on this co-op. Having learned the basics in our sterile compounding lab during PHARM 228 fostered a smooth transition into this co-op. The prescription checking activities also helped me during my delegation process at SMGH.

What were some personal highlights?

My personal highlight was completing the IV delegation process at SMGH. Similar to how registered pharmacy technicians must correctly check 500 prescriptions to obtain their license, I was put through a same process on a much smaller scale. I had to correctly check 15 IV batches and 50 IV refills in order to successfully complete delegation. Once I completed this process I was allowed to independently check the final IV products.

In addition, coming every day to work was truly a pleasure! I would say our daily lunch and coffee breaks were somewhat legendary over at SMGH and led to many personal highlights. The pharmacy team at SMGH is comprised of an amazing group of people who are funny, smart, and caring. It was never a dull moment here!



Heidi Fernandes

Rx 2017

**IV Room Pharmacy Student
St. Mary's Hospital,
Kitchener, ON**

Does one day in particular stand out to you?

Monday February 9th, 2015. I remember it like it was yesterday. I arrived to work just like any other day only to be stopped at the main entrance by a security guard checking employee IDs. While I thought it was strange, I dismissed it and carried on. While walking towards our department in the basement I took the shortcut through the cafe and found that the entire basement floor had dehumidifiers set up everywhere. When I walked into the department, my co-worker had let me know that last night there was a flood at SMGH. A water main broke which led to the flooding of the entire basement floor. The sterilization room, cafeteria, and pharmacy department were all hit hard, not to mention the elevators were also out of service as a result. A code orange (external disaster) was issued throughout the hospital and visitor access was restricted. It was that day that I realized the rest of my co-op would be changed forever.

What were some barriers or challenges that you encountered?

The aftermath of the flood was a significant barrier during this co-op. The IV room and our narcotic vault were luckily undamaged by the flood. However the rest of the pharmacy department had to relocate to the eight floor while the basement was being repaired. I had just gotten used to where everything is kept and then we had to suddenly move! Having our pharmacy split between two floors was definitely a challenge for everyone as we would have to frequently travel up and down 8 floors to access the drugs and other various items we needed. While the struggle was quite real after the flood, it was remarkable to see how well we pulled through as a team and handled the situation. I know that having a flood is not anyone's ideal co-op situation but I couldn't imagine going through a crisis like this without anybody else besides the pharmacy team at SMGH.

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

The biggest lesson I learned from co-op was understanding and appreciating the role of the RPhT in the profession of pharmacy. Every day on co-op I was working very closely with the pharmacy technicians at SMGH. While we learned in school how the role of the technician is evolving, it was very humbling to see it right before me. The RPhTs at SMGH do a lot of problem-solving and behind the scenes work to make our department run smoothly. They even do order-entry, which frees up our pharmacists to focus on more clinical roles in the hospital. Having this glimpse into the daily role of the RPhT was very insightful and I look forward to working with RPhTs in my future practice.

Any words of wisdom to fellow students?

Don't be afraid to stay in KW for co-op! While it is very tempting to go home for co-op, don't let it be the deciding factor during your job search. I had the choice between going home for co-op (fyi: home for me is BC) or staying in Kitchener. The memories and experiences I had with the pharmacy team at SMGH were truly irreplaceable. It's crazy to think how much I would have missed if I had chosen my other offer to go home.



SOPhS Communications

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

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

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

Pharmacy Phile
ISSUE 58 | March & April
2015



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



Society of Pharmacy Students (SOPhS)

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



SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	10	11	12 5:30 CSHP BBQ 6:30 SOPhS meeting	13 8:30pm Beginning of Term Social: McMullan's	14	15	16
	17	18 Victoria Day	19	20	21	22 2017 Co-op Interviews	23
Week 4	24	25	26 12pm PIC Presents: Investment Tutorial	27	28 OPA-CPhA Conference	29	30
	31 →	June 1	2	3	4	5	6
Week 6	7	8	9	10	11	12	13
	14	15	16 12-1 Social Committee BBQ	17	18	19	20

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.