

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students
ISSUE 60 | July & August 2015

PRESIDENT & VP'S MESSAGE

It seems that the term just started and it's already coming to a close. There have been many fun moments in July and August along with some sad ones too. We also have many congratulations in order for each class since we have all hit a milestone.

First we would like to highlight what a great sports weekend CAPSI, Social and Athletics put on. From the soccer to the barbecue to the beach volleyball, there was something fun to do for everyone. The soccer games on Saturday got plenty of sun and needed plenty of water and freezies. Volleyball on Sunday had a little less heat and was cooled off with rain but it didn't affect the spirits of the players. Thanks to all players and organizers for making such a fun weekend. And thanks to Social for putting out all the leftover chips and ice cream sandwiches at the end of the term.

We also had CAPSI host the Teva Strategic Planning Seminar at the Crowne Plaza, which taught us how to turn a simple idea into something that fixes all of our problems. Whether it's updating a shopping cart or a prescription bottle, there are always improvements to be made and we were able to see the ideas that everyone had to improve the way we dispense medication. All of this along with some good food and a look into generic drug manufacturing, it was time well spent.

To celebrate the end of lecture, Athletics and Social put on a bowling night for us. Waterloo Pharmacy had Victoria Bowl to itself to play five-pin bowling and eat all the pizza you could imagine as well as take advantage of the slushy machine. With two hours of all-you-can-bowl, we got to really see some hidden talent come out in the lanes.

Our pharmacy family lost one of its own this past month. Mere-

dith will always be remembered for her big smile, positive spirit and for all the work she did for the school in her time with us. Our thoughts are with her, her family and friends.

Saying goodbye to this term is also cause for celebration. The Rx2018 class has now finished their first year and have a full month off before starting their second year. The Rx2017s have now survived cardiology and second year of pharmacy school, halfway there is a big deal. The Rx2016s wrap up their third and last coop term this month and have only 12 months between them and graduation. And last but not least the Rx2015s graduate and leave the school of pharmacy after this month. Congratulations to you all, you made it through pharmacy school but the journey is not over. Go out there make Waterloo proud, we know you will, and don't forget to come back and visit.

We hope you all enjoy the little time you have of summer and we will see you back in fall term.

- *Luc Charlebois (SOPhS President),
Nikki Domanski (SOPhS Vice-President)*

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CAPSI CORNER

MEMBERSHIP BENEFITS

CPHA Membership Benefit Spotlight

Hello CAPSI members! As we head back to school, remember to brush up on all the benefits through the Canadian Pharmacists Association (CPhA) that are available to you as a CAPSI member!

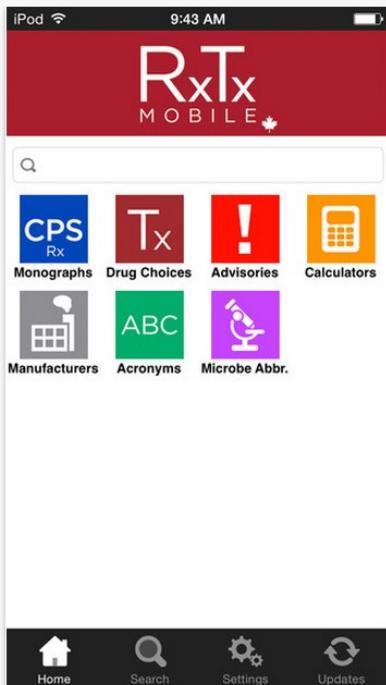
Save on Essential School Textbooks

Every year, CAPSI coordinates textbook sales through CPhA and distributes the books in the Winter term. You will receive a minimum of 20% off bulk textbooks ordered through CAPSI (and sometimes more depending on the size of the order!), free shipping and may be eligible for free access codes for online versions of the textbooks. Please keep your eyes open for our next textbook sale in October/November 2015 for great discounts and savings! Available textbooks include:

- Therapeutic Choices 7th Ed
- Therapeutic Choices for Minor Ailments
- Products for Minor Ailments
- Compendium of Pharmaceuticals and Specialties (CPS) - English/French
- Pharmacy Management in Canada

Free RxTx Mobile App

This is a great mobile tool that can save you time in your practice by checking drug-drug interactions, giving you quick access to calculation tools, and CPS drug monographs. With over 2000 Health Canada approved product monographs that are regularly up-



dated, access to therapeutic choices, and relative cost comparisons this tool can be a valuable asset to help with studying, co-op placements and clinical rotations. You can access this

Step 1: Register as a CPhA Associate to access your membership benefits! Go to <https://www.pharmacists.ca/index.cfm/function/join-us/>.

Step 2: Enter your CPhA profile using the SAME email that you used to register with CAPSI. Please email Elaine at waterloosr@capsi.ca if you're unsure which email you signed up with. Remember, it must be the same email for the two profiles to line up correctly.

Step 3: Select CAPSI as your association and set up your CPhA profile.

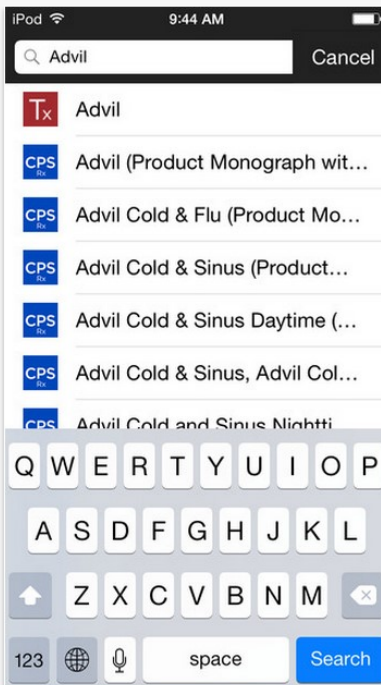
Step 4: Download the RxTx Mobile App on your Android Google Play or iTunes App Store.

Step 5: Log in to the app using your CPhA profile information. Important note: be sure to install all the app updates if you want access to the monographs!

Subscribe to the Canadian Pharmacists Journal

Receive a reduced subscription to the Canadian Pharmacists Journal for only \$10!

If you have questions about accessing your benefits, please contact Elaine at waterloosr@capsi.ca. We have a lot of exciting events planned for the fall and can't wait to see you all in the coming term. Enjoy the rest of the warm weather and hope that everyone has an excellent summer!



PROFESSIONAL DEVELOPMENT OPPORTUNITIES

1) Orientation to LTC Pharmacy. Are you considering a career in long-term care (LTC) pharmacy practice? Waterloo Pharmacy's Continuing Professional Development (CPD) division is pleased to announce the launch of a unique distance education program for pharmacy students and pharmacists interested in LTC or residential care pharmacy practice in Ontario. This program is being offered by the Ontario Pharmacists Association and was produced with the support and collaboration of Waterloo Pharmacy, including one of our faculty members, Dr. Luis Viana.

A special registration form has been created for Waterloo Pharmacy students - <https://www.opatoday.com/professional/UofW>. Please use this form when registering for the program. **N.B.** OPA members receive a substantial discount (\$100) off their registration fee.

2) Drug-Nutrient Interactions. The University of Waterloo School of Pharmacy, Dietitians of Canada, and the Waterloo Centre for Extended Learning have created a unique learning program for pharmacists, dietitians and health professions students looking to enhance their knowledge of drug-nutrient interactions. Current students are eligible for a substantial discount (use the promo code **Student40 at the time of registration**), to obtain 8 hours of CCCEP-accredited online content for only \$55 + tax. Further details and registration information is available:

<https://uwaterloo.ca/pharmacy/degrees-and-professional-development/distance-education-continuing-professional-development/drug-nutrient-interactions-continuing-education-program>.

Please don't hesitate to contact Rosemary Killeen (rosemary.killeen@uwaterloo.ca) if you need any additional information regarding these programs.

PERU EXPERIENCE



Tome una tableta ...No... Aplíquese el ungüento al... Hmm how do you say right nostril in Spanish? How I spent 2 weeks of my summer volunteering in Lima, Peru - by Sandra MacTavish

This summer I spent 2 weeks volunteering with McMaster University's Medical School and Brock University's Solidarity Experiences Abroad program running medical clinics for the people of San Juan de Miraflores in the shanty towns of Lima, Peru. The volunteer group consisted of first year medical students, family medicine residents, family physician preceptors, nursing students, pre-med students, a dental hygienist, and me in pharmacy. This was the 3rd year that this group has done this trip and the first year they had involved a pharmacy student. A group of 23 of us went on this trip each with a suitcase filled with donated medications and supplies that had been collected prior to the trip. The makeshift pharmacy consisted of a bunch of opened suitcases lined up side by side on the floor with drugs sorted in terms of drug class/groups of conditions and it all had to be set up and taken down daily as we returned from the clinics in the shanty towns to our accommodations. Armed with a CPS, a Spanish-English medical phrase book and the help of a Peruvian nurse and physician who did not speak any English, we opened up the "Farmacia" to begin dispensing medications free of charge to the people visiting the clinic.

The first week we were partnering with the Policlinico Sagrada Familia, an established medical clinic within the shanty towns, providing us with their facilities and some staff who had volunteered their time to our clinics. The start of the week was of course chaos, on the first day we had set up a nice pharmacy in a large room and within an hour were told to move across the hall into a tiny little space (the size of a consult room in the PPL lab) where all 23 suitcases were piled on top of one another making locating medications a challenge. It didn't help that we were short on translators that first day as the Peruvian medical students, acting as our translators, had their final OSCE's that day. One of the Canadian pre-med students, who quickly picked up the role of a pharmacy assistant, and I worked tirelessly that first day dispensing medications to an anxious crowd of

patients waiting for their prescriptions. We became very good at charades to try and communicate with the volunteering Peruvian clinic staff who were helping us in the pharmacy to counsel patients on their medications. As the week progressed, things ran more smoothly and by the end of the 2 weeks we had a very functional pharmacy.

The people

The patients we were seeing had worked long hard lives of physical labour and had a lot of pain and musculoskeletal injuries. The community leaders with whom we met on the first day all wanted us to focus on the health of the children, and ways to improve their lives. The children were often anemic requiring iron supplementation and multivitamins. Tape worms were a big problem and most patients and families coming through were treated. Infections were prevalent, fungal skin infections were also very common. Poverty is not conducive to healthy balanced diets and patients often presented with diabetes, high cholesterol and hypertension etc. The one thing I really admired was that the people, despite all their hardships had high spirits, were motivated to work hard and improve their living conditions and were truly grateful for the care they received.

Medication Safety

A big learning curve on this trip was medication safety practices. Coming from a Canadian culture where most physicians are used to prescribing and pharmacists are used to dispensing 3 month supplies at a time, this was something we had to adjust to reflect cultural practices in Peru. The patient population we were serving live in the poorest areas of town, the shanty towns of Lima. To paint a picture for you, the shanty towns are built in desert land on the outskirts of town where the people have migrated down from the Andes Mountains to escape terrorism, in hopes of employment and a better life. Housing is a work in progress as many people can only afford small amounts of construction materials at a time resulting in shacks that are pieced together bit by bit. Houses themselves are not that secure, windows are open with no glass, doors do not have locks, roofs often are pieces of corrugated steel propped overtop of a structure. Needless to say medication storage is not that secure. Not only is there a fear of children getting into medications, others within the house or people within the neighbourhood could also easily get their hands on the wrong medications. We quickly learned that Peruvian practice was to dispense a 3-4 day supply of medications. A specific example we had was a patient who had a hemoglobin level of 87 g/L and was prescribed a minimum of 3 months of iron supplementation treatment; we were only able to dispense a month's

supply for medication safety purposes and write additional prescriptions for our patient to fill at a later date. Our team had to adjust prescribing and dispensing practices to make sure we weren't giving out too much medication that could become dangerous if someone got into.

Antimicrobial Stewardship

In Peru, many antibiotics can be bought over the counter as we quickly learned through numerous patients who had never seen a physician yet had been on multiple courses of antibiotics. We were fortunate to have a Peruvian gynecologist volunteer her time to see patients at our clinic free of charge. Peruvian prescribing practices for vaginal infections followed much of a shotgun approach as each patient who saw the gynecologist for a vaginal infection would leave with a course of Septra, metronidazole, vaginal clotrimazole ovules or clotrimazole cream as well as hydrocortisone cream. They would also leave with a course of Septra, metronidazole and hydrocortisone cream for their partner. As Canadian healthcare practitioners we try and use antibiotics judiciously and implement antimicrobial stewardship practices. Not having seen any of the antibiograms, nor treatment guidelines in Peru, I was astounded by this "kill anything and everything" approach to treating vaginal infections. One of the very real challenges with this particular patient population is that patients often can't afford medications, are limited in their ability to access care for themselves and their partners either by distance or inability to take time off work for fear of losing their jobs, which may all contribute to Peruvian prescribing patterns. With antibiotics being available over the counter in many different countries and different cultural prescribing practices, it makes you wonder how we will ever win against antimicrobial resistance.

What I learned

This trip was such a great experience that I highly recommend! As I enter my 4th year, and will be working alone as a pharmacist in a year and a half, this was such a great opportunity that felt kind of like taking off the training wheels as I was running a pharmacy on my own. It forced me to become confident with drug dosing, checking prescriptions and problem solving to find suitable alternatives when we ran out of medications. It was a great learning environment with the support of the supervising physicians for anything I was unsure of, and one of the family medicine residents was also a licensed pharmacist who was more than happy to help answer any questions I had.

McMaster is interested in partnering with the School of Pharmacy to take 3rd year students on this trip annually so if anyone is interested in volunteering next year or has any questions feel free to contact me (smactavi@uwaterloo.ca).

- Sandra MacTavish, Rx2016

PERU EXPERIENCE



The whole volunteer group on our last day of clinic.

PHRESH FROM PHARM: THE RULE OF THREES

Ingredients:

- 3 Mars bars
- 3 tbsp butter
- 3 cups Rice Krispies

Directions:

Melt butter and mars bars in a sauce pan then add Rice Krispies. Allow to cool - it's super easy, marshmallow free Rice Krispie squares!



CAN: SPRING INTO ACTION!



It's been busy for CAN this term: we commenced the term with a collaboration with Canadian Blood Services; we held a Salvation Army clothing drive; and lastly, we concluded the term with a delicious ice cream sundae sale fundraiser for the Food Bank of Waterloo Region.

Canadian blood services very generously volunteered their time on Tuesday, June 2nd to visit us at the pharmacy school. They tested students'

blood types and booked appointments for those interested in becoming blood donors. In addition to this, students had the option to become registered bone marrow/stem cell donors by opting to have a simple mouth swab test. Taking place shortly after the 2018's covered the blood types topic in their anatomy class, the timing of this event couldn't have been better!

Our first fundraiser of the term, the clothing drive, ran for a week beginning on Monday, July 20th; and although we named our event a 'clothing drive' we were accepting accessories, shoes, bags, books, bedding, curtains, and toys in addition to women's and men's clothing. With the event being held so close to the end of the term move-outs, and with everyone's incredible generosity, it was no surprise that we were able to collect all that we did (as can be seen in the picture)!

We wrapped up the term on a sweet note with a cool ice cream sundae sale

on Tuesday, July 21st and, due to popular demand, again the following Thursday.

Students expressed their creativity by mixing vanilla ice cream with a variety of delicious toppings and dressings! In short, the event ran as beautifully as the weather that week.

This term has been hugely successful - CAN would like to thank all of you for volunteering and participating in our events; they *can* only be successful with your help!

- Areen Duqoum, UW Rx2018 (CAN Student Rep)





Shanty towns of Lima, Peru.



One of the highlights of the trip, playing tourist on a day trip to Machu Picchu (Left), and Peruvian women in the Traditional Andes Mountain dress in Cuzco, Peru (Right).

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)

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



SOPhS 6 WEEK CALENDAR

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---------------------------------------|--|---|---|---|
|  Week 1 | September 13 | 14 Classes Begin Graduation Committee Meeting @ 3pm (Rm 2024) Industrial Pharmacy Residency Presentation @ | 15 | 16 | 17 | 18 | 19 Good Vibes Only Volleyball Tournament @ 5pm (Bingemans) |
| Week 2 | 20 Pharmacy Soccer Cup vs. UofT @ 6pm (Woodside Park) | 21 OPA Dinner and Learn Session 1 @ 6-7:30pm (Rm 1004) UHN Residency Open House @ | 22 GlaxoSmithKline Tour @ 9am-12pm | 23 | 24 St. Joseph's Healthcare Hamilton Residency Open House @ 6-8pm | 25 Patient Care Rotations Orientation Workshop @ 1:30-3:00pm (Rm 1004) | 26 |
| Week 3 | 27 | 28 Rx2016- Privacy Session #1 @ 3-4:30pm (Rm 1008) | 29 | 30 Rx2016— Deadline for RxPreceptor Documents to be uploaded St. Michael's Hospital Residency Open House @ 5-7pm | October 1 Windsor Regional Hospital Open House @ 2-4pm | 2 Hamilton Health Sciences Residency Open House @ 5:30-8pm (University of Toronto) | 3 |
| Week 4 | 4 | 5 OPA Dinner and Learn Session 2 @ 6-7:30pm (Rm 1004) Rx2016- Privacy Session #2 @ 3-4:30pm (Rm | 6 | 7 | 8 | 9 | 10 |
| Week 5 | 11 | 12 Thanksgiving Day School Holiday | 13 | 14 | 15 | 16 | 17 |
| Week 6 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |

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