

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students
ISSUE 61 | September & October 2015

PRESIDENT & VP'S MESSAGE



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This term as the seasons change outside, we also see lots of change happening at school. During the past month the annual elections for SOPhS Council were held and we saw a variety of talented students campaigning for the different positions. Now that the elections are all wrapped up and the turnover for most positions is complete, we'd like to extend a big congratulations and warm welcome to all the new directors and representatives on Council! Furthermore, we would like to formally thank all the past council members for their commitment and hard work! Thanks to their dedication and enthusiasm we were able to have a very successful year on council and organize numerous memorable events!

Another big congratulation is due for the Rx2015 class, which official congregated in October! You have all been leading examples of what it means to be great pharmacists and have definitely left your mark on this school. We wish you all the best as you prepare for PEBC's and hope that you'll never forget about your Waterloo phamily!

Looking further back to the beginning of the term in September, there was a very special event organized called the Good Vibes Volleyball Tournament at Bobby O'Brien's. This was a special celebration of Meredith Ivall's life, an Rx2016

pharmacy student, who passed away a bit earlier in the summer. The event was truly a memorable time and all the proceeds went towards the Strides for Melanoma Walk for Awareness in honour of Meredith.

Another event in September was the first-ever OPA soccer game between UW and UoT Pharmacy. Although the OPA hockey game is a long-standing tradition between our two schools, this inaugural event proved to be just as exciting with lots of participants and fans coming out. At the end of the day, Waterloo claimed the winning title (we had no doubt)!

The beginning of October marked the start of the CAPSI/IPSF Health Campaign, which was centred on anti-counterfeit drugs. Every day there was a special event that students could get involved in, such as an interprofessional case study, a social media challenge and much more. Of course, the waffle breakfast fundraiser was also a huge success, where your spare change could buy you a delicious banana and chocolate chip waffle. All proceeds from the breakfast went towards Plan Canada: Gifts of Hope "Stock a Pharmacy."

One of the most recent events was the 5th Annual Professor Auction, planned by the Graduation Committee. During this event, students were allowed to bid on various activities they could do with some of the School of Pharmacy's amazing professors. This year we had 10 professors/activities that were being auctioned off, including yoga with Dr. Nekkar, a Second City comedy show with Dr. McFarlane, rock climbing with Dr. Edginton and much more!

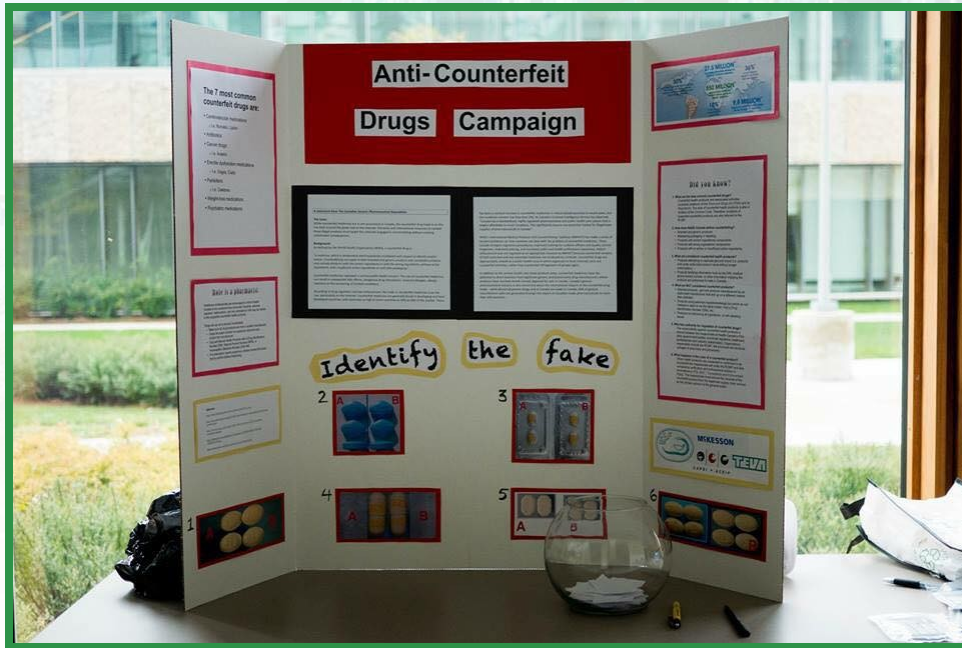
Overall it has been a really exciting and memorable term at the School of Pharmacy, with many more events to come! We want to thank everyone for their hard work planning these events and also thank all the students for coming out and making them the big successes that they were!

- Luc Charlebois and Nikki Domanski, SOPhS President and VP



CAPSI CORNER

IPSF: ANTI-COUNTERFEIT DRUGS CAMPAIGN



Day 4: Our waffle fundraiser was a huge success! Students enjoyed freshly-made gourmet waffles while supporting a great cause - all donations for the event went towards supporting Plan Canada to help lift children out of poverty in countries across the world.

Every day of the campaign, we hosted a Social Media Challenge where students could respond to daily challenges on Facebook or Twitter to be entered in a draw for a prize. Congratulations to Ashlie McGuire in Rx2016 for winning the social media challenge! Everyone's responses were wonderful and show passionate our future pharmacists are about combatting counterfeit drug use.

Thanks again for participating in the 2015 IPSF Health Campaign, and thank you to our sponsors TEVA and McKesson Canada for helping make campaign such a huge success.

Thank you to everyone for participating in our Anti-Counterfeit Drugs Campaign! The events helped raise awareness in our pharmacy student community about the global implications of counterfeit drugs. Here's a summary of the campaign:

Day 1: We kicked things off by hosting a booth to raise awareness about counterfeit drugs. The booth had a challenging trivia game where students compared pictures and figure out which ones were of real medications vs. their lookalike counterfeits. Congratulations to Erika Martire in Rx2018 for participating at the booth and winning a prize!

Day 2: Dr. Beazley presented a fantastic and interesting talk on designer drugs and the risks of impurities in the production of illicit drugs. We learned about local case reports of illicit drug products being laced with fentanyl, which raised awareness of what we should be watching for in the community as healthcare providers.

Day 3: The interprofessional case - "Hypertension: A Practical Example of Anti-Counterfeit Drugs" - was a great success as students from pharmacy, optometry, social work and medicine all came out to participate. Students were

first gathered for the introduction and pizza dinner, then divided into small groups to discuss the case. It ended with everyone coming together as a big group again debriefing the case and the discussions that took place in small groups. This event provided a great opportunity for interprofessional collaboration and learning about other roles of other healthcare professions.



CAPSI CORNER

UW 2015 CAPSI COMPETITIONS

Throughout the third week of October, CAPSI hosted various competitions which tested the students' clinical and practical knowledge that we had gained through pharmacy school.

The CAPSI competitions took place on the weekend of October 17-18th and there was a great turn out of participants from all three pharmacy classes. Everyone had a great deal of fun and we gained an invaluable practical experience that we would need in our pharmacy profession.

The Student Literacy Competition (SLC) and Wicked Stories Competition provided students an opportunity to write about a hot topic in pharmacy and their experiences as a pharmacy student in a written format.

The Patient Interview Competition (PIC) and the Over-The-Counter Competition (OTC) were a great way for students to practice their patient interviewing and problem solving skills with a standardized patient.

Finally, the Compounding Competition was a great way for the students to freshen up their compounding skills from our first year pharmaceuticals lab.

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Competition Winners:

SLC

- 1st place: Kristina Kozlovsky (Rx 2018)
- 2nd place: Rida Bukhari (Rx 2018)
- 3rd place: Stephanie Kim (Rx 2017)



PIC

- 1st place : Sarah Mann (Rx 2017)
- 2nd place : Marz Tepczynska (Rx 2016)
- 3rd place: Deep Shah (Rx 2016)



SAVE THE DATE!

WHAT: OPA Cup 2016

WHEN: March 13, 2016 from 1-4pm

Mark your calendars!

University of Waterloo School of Pharmacy is hosting this year.

CAPSI CORNER

UW 2015 CAPSI COMPETITIONS

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OTC

- 1st place : Candice Smith (Rx 2016)
- 2nd place : Jennifer Sparks (Rx 2016)
- 3rd place: Cindy Wang (Rx 2017)



Compounding

- 1st place: Jennifer Sparks, Ashlie Mcguire, Alyssa Wilson, Steven Crone (Rx 2016)
- 2nd place: Samantha Dias, Meagan McGill, Akriti Agrawal, Joyce Yu (Rx 2018)
- 3rd place: Angel Deng, Joanna Leake, Jennifer Boivin, Paulina Bajorek (Rx 2018)



Wicked Stories Competition

1st place: Kelvin Yam (Rx 2018)



All of the competition winners have received funding to attend PDW 2016 in Waterloo and will be competing nationally at the conference. Good luck to all of our competitors!

A large thank you goes out to the sponsor of our UW CAPSI Competitions, McKesson. A big thank you also goes out to all of the judges who shared their expertise and made the event possible.

UW CAPSI encourages all students to come out next October for CAPSI competitions!

- Max Chong, CAPSI Junior Competition Coordinator



PHRESH FROM THE PHARM

Broccoli and Chicken Spaghetti Squash



Ingredients:

- 1 Spaghetti Squash
- Garlic Olive Oil
- Salt & Pepper
- 1 Head Broccoli, cut into florets
- 2 Cloves Garlic, finely grated
- 3 Chicken Breasts
- 1-2 Tablespoons Italian dressing

Preheat oven to 375° F and line a baking sheet with foil.

Half the squash lengthwise, brush with garlic olive oil and season with salt & pepper. Place on the baking sheet cut side down. Bake for 10 minutes.

Add the broccoli to the baking sheet, drizzle with olive oil, toss with the garlic and season with salt and pepper. Coat the chicken with Italian dressing and season with salt, pepper. Place on baking sheet and return to oven. Bake another 25-30 minutes or until the chicken is cooked and the squash is soft.

Scrape the spaghetti squash out into a large bowl. Chop the chicken and add it to the bowl along with the broccoli. Toss to combine.

Serves: 4

UPDATES FROM CSHP

The many roles for students in hospital pharmacy

When working in hospital, there are many roles that a pharmacy student can have. These can vary depending on the setting e.g. ambulatory vs. inpatient, pediatric vs. geriatric, etc. Below are some key areas of hospital pharmacy, which you may be involved in as a student:

Drug distribution

As a pharmacy student you may be involved in the preparation and distribution of medications. For example, you may prepare medications for the medication cart, which then goes onto the floors of each department. Each hospital will use a different process and will have different amounts of technology in place in order to achieve this.

Patient care

Often as a pharmacy student, you learn how to perform Best Possible Medication Histories. This involves obtaining an accurate list of current medications from the patient. By performing this first hand you learn how to effectively interview patients. This list can then be used for medication reconciliation, where orders are compared to the medication history to ensure correctness.

Another aspect of patient care is patient education, including counseling on medications. This will vary a lot depending on the setting where you work, but often involves reviewing how to take medications and the side effects that may occur. If there are a large number of medications or if the regimen is complex, you may be involved in creating calendars to assist patients in understanding how to take their medications. Educating the patient may also involve demonstrating how to use a device or how to give an injection.

You may also learn how to develop therapeutic plans, as well as, identify and solve drug therapy problems. This also involves learning what resources are most beneficial for a specific problem.

Drug information

This involves learning a thought process for solving drug information questions that arise. These can include questions from health professionals or from patients/caregivers. Again, this involves using appropriate resources.

Presentations

It is common for students to present, both formally and informally while working in hospital. For example, this could include presenting a patient case to the pharmacy team or could be an interprofessional presentation to educate other members of the healthcare team.

Management

You may gain exposure to pharmacy and hospital management, by learning how your hospital and department is run and by attending staff meetings.

Patient Safety and Drug Use Evaluation

Pharmacy students may also be involved in a number of other projects within the hospital.

There are endless roles for students in hospital pharmacy. What will your role be?

- *UW CSHP Communications Representative*

COMING SOON!



Student Professionalism Recognition Committee (SPRC)

“Professionalism Stars”

SPRC is a peer run committee recognizing professional and unprofessional behaviour. Pharmacy is a self-governed profession and all too often we hear about the negative and unprofessional behaviours. It's time we put a positive spin on self-governance. The goal of the “Professionalism Stars” page is to make a positive impact on the University of Waterloo's student image by showing professional behaviour by example. We have a number of students who go above and beyond expectations that exude professionalism. It is our goal to shine light on these great examples of professional behaviour and recognize those people in each issue of the PharmPhile. Keep your eyes out for the next issue to see the students who have been nominated by their peers.

To nominate a student as a “Professionalism Star” visit the following link: <https://docs.google.com/forms/d/1DETfIk2ZkEeDT1UpjhOTAarZD4YvgVbYrjmOJ7KhI2E/viewform>



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 pharm-soc@uwaterloo.ca by the end of every month for inclusion in the next edition!

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

Pharmacy Phile

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




Society of Pharmacy Students (SOPhS)

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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	15	16	17	18 CSHP Symposium @7pm	19	20 WHPC Code Blue @7pm	21
Week 3	22	23 Rx2016 Career Fair @4pm	24	25	26	27	28
Week 4	29 Raptors Trip @4pm	30	Dec 1	2	3	4 Last Day of Classes	5
Week 5	6	7	8 Exams Begin	9	10	11	12
Week 6	13	14	15	16	17	18	19
Week 7	20	21	22	23	24	25	26

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/nhrhl58>). 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.