

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

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PRESIDENT & VP'S MESSAGE



Twas a week after Christmas, when all through the school, not a creature was stirring, except for the IPFC ghoul. The students were home celebrating traditions from the decades, in hopes that Santa would bring them passing grades.

From all of us at SOPhS, we wish everyone a very happy, relaxing and safe holiday season! This time of year is always a time of reflection and gratitude, as we look back on all our accomplishments and the challenges we faced in the past year. With that being said, congratulations Rx2015 on your graduation from pharmacy school and passing PEBC's, and good luck as you navigate through this new chapter of your lives and excel in your careers as pharmacists!

Of course, another big congratulations is due for everyone in Rx2016, Rx2017 and Rx2018 for completing another year of their degree and moving one step closer to the light at the end of the tunnel - the PharmD. A special shout-out goes to Rx2018 for making it through 12 straight months of classes! We've been through it and can definitely relate to all the challenges from that year, so be sure to take a moment to appreciate everything you have achieved, and best of luck as you head out on your first co-op placement!

However, the last two months of the term had a lot of fun events, most memorably Code Blue, which was hosted by the Waterloo

Health Professions Club (WHPC) at McCabe's Irish Pub. This event brought together students from a variety of health care programs (pharmacy, optometry, medicine, social work and others) and gave them an opportunity to socialize, network, as well as learn about their academic programs and educational background. Pharmacy had a stellar representation at this event with lots of students from all three classes attending! Thank you WHPC for hosting such a fun and engaging event and we look forward to more Code Blue mixers in the future.

The term wrapped up with another social event hosted by the Pharmacy Investment Club (PIC) at McMullans Pub. With lots of delicious appetizers to go around, great company and prize drawn for those who participated in PIC's social media challenge, it was a very exciting way to relax and socialize before exams.

Behind the scenes, SOPhS council has been working hard planning Phrosh Week 2016 for new incoming group of pharmacy students. That's right; Rx2019's will be joining us on campus and starting their pharmacy journey in just a few short weeks! The theme has been chosen, the events have been set, the t-shirts have been ordered...now we are just finalizing a few more details before we welcome the First Years at our Opening Welcome Night on Sunday, Jan 3rd.

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Once again, we wish everyone all the best this holiday season! We hope that you took lots of time to binge watch your favourite shows (not that exam season isn't the perfect time to start doing that...), eat the most amazing homemade food (even though Subway really does make it just the way you like it...) and spend time with all those near and dear to your (but your other Phamily is pretty awesome too...).

Happy holidays!!

- *Luc Charlebois and Nikki Domanski,*
SOPhS President and VP



CAPSI CORNER PDW 2016

For the first time in history, the University Of Waterloo is hosting Professional Development Week (PDW). PDW is an annual conference brought to you by CAPSI. Every year, a different pharmacy school has the honour of hosting hundreds of students from all across Canada and 2016 is the year for UW!

Our PDW Planning Committee has been working hard to organize the upcoming conference. Our theme this year is "Soaring to New Heights," to address the new heights our pharmacy students will be reaching as they enter a profession that is improving patient outcomes through the provision of clinical services. We've set our conference in Canada's very own wonder of nature, Niagara Falls.

The speakers at PDW 2016 have a variety of pharmacy backgrounds. Some topics featured include healthcare technology, agent recruitment, pharmacy ownership, and medication literacy. The Keynote will be delivered by comedian, Kate Davis, where she will address work-life balance. The Motivational Talk will be presented by Paralympian, Jeff Adams, on how he rose above his barriers and challenges to become a world champion.

When the night comes, it's time for delegates to party! The conference will kick off with a bang as we welcome you to Canada's own Sin City at our opening gala. Dress in your best Vegas glam and meet us in the ballroom. Try your luck at the high stakes tables or dance the night away to the tunes of Elvis Presley.

Our Social Night will have you dancing the night away at one of Niagara Falls' hottest nightclubs, Club Se7en. Clubbing not for you? Check out some of Clifton Hill's at-

tractions just around the corner from our hotel. With haunted houses, arcade games, a wax museum, and the Niagara Skywheel, there is something to do for everyone.

Kitchener-Waterloo is host to the largest Oktoberfest outside of Germany. You will get to experience the K-W culture as we bring Oktoberfest to Niagara Falls for our Culture Night. Fill your stein, sit back and enjoy this year's Canada's Next Top Pharmacist competition, Oktoberfest-style. One contestant from each pharmacy school will battle it out to see who will claim the coveted title.

We will end the week at PDW 2016's Snow Ball. Dress to impress for our winter wonderland-themed farewell gala and celebrate in style for one last time with your new friends!

We can't wait for all of you to join us at Niagara Falls, see you at PDW 2016!

- Heidi Fernandes, PDW 2016 Marketing & Communications Director



CAPSI MOCK OSCEs

With high-stakes OSCEs around the corner, UW CAPSI organized our annual Mock OSCE event for the Rx2016 class. The Mock OSCEs were held from 6 - 10 pm on both November 16th and 17th at the School of Pharmacy. We were blown away by the amount of interest in this event with more than half of the Rx2016 class electing to participate!

Students were assigned a one-hour time slot and had the opportunity to participate in four stations. These stations included two therapeutic cases, an ethical case with a complex patient, and a technical checking case. Students had the chance to interact with both standardized patients and standardized physicians alike. There was also time allotted at each station for feedback from the evaluator.

We received great feedback after the event as many students felt that the opportunity to practice for the high-stakes OSCEs was extremely valuable. We look forward to continually improving this event and to hosting another Mock OSCE night for the Rx2017 class next November.

To our standardized patients and evaluators - a big thank you for helping to make this event a success! We could not have pulled this off without you. And to the Rx2016 class - all the best on your OSCE exam!



The banner features a decorative background with blue and purple wavy lines and swirls on the left. In the center, the text reads "soaring to new heights PDW2016 s'élancer vers de nouveaux sommets". Below this is the CAPSI and ACEIP logo, followed by "NIAGARA FALLS" and "January 6th to 9th • 6 au 9 Janvier". On the right side, there is a black silhouette of a goose in flight.

CO-OP CHRONICLE

STEPHANIE KIM, RX2017



Melissa Bartlett (Pharmacist), Stephanie Kim (Pharmacy Student), Robyn McArthur

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

My primary responsibilities consisted of completing and auditing BPMHs, a component of Admission Med Rec, for patients in the Emergency Department (ED) at Grand River Hospital. I also had projects assigned by the department such as implementing intravenous iron use in the ED and promoting cost saving strategies such as intravenous to oral antibiotic step down therapy.

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

As this was my first exposure to the hospital environment and patients of a more acute nature, I learned how important it is to separate yourself from your patients while remaining empathetic. It can be emotionally exhausting if you invest yourself too heavily in each case. I was always reminded to keep a sense of humor and stay lighthearted especially with the constant exposure of severe and sometimes discouraging cases. As healthcare practitioners, we should provide care within our scope and limits.

What were some barriers or challenges that you encountered?

One of the challenges that I encountered was the fact that some patients simply did/could not talk about their medications. There were patients who were not possible to interview (due to CVA, confusion and crisis) and others who could not completely describe their medication regimen. When your most important source of information is unreliable, it can make the BPMH process quite difficult at times.

What were some personal highlights?

Some highlights of my position included:

- Encountering very kind patients and having interesting cases to work up
- Working with a fantastic team of health care providers - the ED physicians, nurses and pharmacists were all great and very kind practitioners (with a sense of humor)
- Presenting to the ED physicians about IV to PO antibiotic step down therapy
- Able to observe trauma cases and the pharmacists' role in the care of critical patients

Does one day in particular stand out to you?

The day that stood out the most for me was when I was involved in a pediatric trauma case. The team was working tirelessly for hours until the patient could be safely transferred to another site after intubation. The child was an oncology patient with sepsis and the critical nature of the situation was very real and emotional as the parents were also present. I observed the care that the patient was provided with a lot of help provided by the pharmacist (such as confirming which antibiotics were compatible and efficiently preparing medications). The family and other health care providers were profoundly grateful for pharmacy involvement as it allowed for better administration of care. I was very moved by the determination of the team and how much pharmacists were able to help in such an acute case.

Any words of wisdom to fellow students?

- Always try to find the answer yourself before asking questions.
- Be confident in your recommendations.
- Communicate with your team and patients effectively

PHARMACY PHORMAL

As the semester came to a close, the SOPhS Social Committee hosted this year's Pharmacy Formal. The yearly event, taking place at the Crowne Plaza, hosted a party of over 120 guests to a carnival themed evening clad with carnival décor, music and a three-course dinner.

The night began with the MC's of the night, social representatives Arvind and Erika welcoming guests and announcing the winners of the Annual Formal Awards given to the students who make the best duo in the pharmacy school, who finish exams the fastest, among other categories voted by their classmates. This was followed by a slide show of videos and photos submitted by students, looking back at their past year at the School of Pharmacy. The pharmacy students and their accompanied guests then spent the night dancing to requested songs, and enjoying carnival add-ons including a concession stand, a ring toss station, a popcorn and cotton candy machine, and a kissing booth. The soirée was a success, bringing students together for a great night with their friends and classmates, in a different light than the classroom and library.

Special thanks to Arvind Singh and Kristina Kozlovsky for their time and effort in putting together this successful event.

- Erika Martire, Rx2018 Social Rep

Photo Credit to Ayat Amin





PHRESH FROM THE PHARM

Shrimp Rigatoni

Olive oil

4 cloves garlic, minced

¼ tsp red pepper flakes (+/-)

1 zucchini, sliced

Shrimp, uncooked and peeled

1 pint cherry tomatoes, halved

Fresh basil leaves, torn into pieces (or 1 tsp dried basil)

450 g rigatoni (or spaghetti)

Parmesan cheese, grated

Heat a good amount of olive oil in a pan. Add garlic (and red pepper flakes) and cook for 1 minute. Add zucchini and cook until al dente. Add shrimp and tomatoes and cook until shrimp is pink. Serve over hot rigatoni and toss with grated parmesan and basil leaves.

PROFESSIONALISM STARS



Name: Sajal Chopra

Class: Rx2016

Sajal has been nominated for a professionalism star due to his selflessness actions. His actions have been aimed at aiding his fellow classmates and trying to help everyone succeed. This semester Sajal created two very helpful study tools, which he then shared with not only his close friends, but all of his classmates. He went above and beyond to find the information for these study tools and then shared it with the entire class. The study tools that he created included a weight gain chart for the Professional Practice course and a comprehensive document for antipsychotics. Sajal sent the completed weight gain chart to our professional practice professor and asked her to

distribute them to the class all while wanting to remain anonymous. He wanted the class to have these resources but wished to be unnamed, showing a humble, professional and considerate manner that is a valuable trait to have in our profession. The student who nominated Sajal stated, "His actions are considered stellar because he expects nothing in return. It is clear that his intent is simply to help his classmates succeed." Sajal has shown an exemplary professional behaviour. His actions are those of a true leader and deserved to be recognized with our first professionalism star. Congratulations Sajal, your fellow colleagues value you and your kindness.



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.

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November & December 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.




Society of Pharmacy Students (SOPhS)

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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	Jan 3	4 First Day of Classes	5	6 PDW 2016	7	8	9
	Phrosh Week						
Week 3	10	11	12	13	14 CSHP Info Session @9am	15	16
	17	18	19	20	21	22	23
Week 4	24	25	26	27	28	29	30 CSHP Professional Practice Conference
	31	February 1	2	3	4	5	6
Week 5	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Week 6	21	22	23	24	25	26	27
	28	29	30	31	1	2	3
Week 7	4	5	6	7	8	9	10
	11	12	13	14	15	16	17

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.