

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students

ISSUE 63 | January & February 2016

PRESIDENT & VP'S MESSAGE



Rx2017 and Rx2018 - thank you so much for volunteering your time!

In the spirit of congratulating individuals, assistant professor Paul Spagnuolo has recently received a nutrition research award by the American Society for Nutrition. The award recognizes a young scientist for an outstanding piece of nutrition research, accomplished within ten years of their post-grad. The award is being presented to him for his cutting-edge findings on the use of avocado-derived molecules to combat acute myeloid leukaemia (AML). Congrats Dr. Spagnuolo!

Other exciting things that have unfolded this term include a beginning of term social at the Stampede Corral hosted by SOPhS social committee and Waterloo's Next Top Pharmacist hosted by CAPSI. Congratulations to Dani Thomas in Rx2018 for taking home the crown as Top Pharmacist! Dani provided the crowd with a lot of entertainment, especially when she showcased her amazing rapping talent and incredible ability to personify Magic Mike.

CAPSI has also planned numerous exciting events throughout the entire month of March, which is Pharmacist Awareness Month (PAM). PAM is an event that occurs annually that aims to raise awareness and foster passion for the pharmacy profession. The events hosted are school are designed to engage students in activities that will expand their knowledge, develop skills and give them an opportunity to speak out about the profession.

Just a few short months ago we rang in 2k16 and the beginning of a new year marks a lot of exciting moments for pharmacy students. Firstly, for the fourth year students will be the year of their graduation and January is also the beginning of clinical rotations for half of the Rx2016 cohort. For Rx2017, January represents the last time that the whole class will be together on campus in the winter. Being an Rx2017 student, I still vividly remember the first term we spent together in pharmacy school. It will never cease to amaze me how fast time goes by. For the second year students, January means freedom! Well, temporary freedom from their rigorous academic schedule and they head out to their co-op placements. Finally, the start of a New Year means that it's time to welcome 120 new students to our pharmacy "phamily".

Phrosh Week took place from January 3rd to January 9th to kick off Rx2019's induction into pharmacy school! We first met the students on Sunday night at the school for a Welcome and Games Night. A big shout-out goes to Maddie James for creating some very competitive and equally comedic "minute-to-win-it" style games. On Monday night we met everyone at the Bombshelter Pub on main campus for Class Dinner and Trivia Night. Other events run during the week included a dodgeball tournament, pub night and a wine and cheese formal at the end of the week. Another shout-out goes to GP Mutti for being Nikki's co-host during Trivia as well as organizing the dodgeball event. Overall it was a very memorable week and we received a lot of positive feedback from the students! Lastly, we could not have done it without the help of all our tremendous leaders from



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Upcoming events include a Trivia Night co-hosted by the Pharmacy Investment Club on March 10th, a Pharmacist Meet and Greet located at school, a Yoga Fundraiser, Social Media Challenges and much more!

We hope that everyone is having a great term so far and we are looking forward to seeing you at all the upcoming events!

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



CAPSI CORNER WNTP

WNTP CONTESTANTS

RX 2016

Theresa Vu & Salah Sanjar

RX 2017

Vincent Vuong & Kareen Wong

RX 2018

Dani Thomas & Jamie Dang

RX2019

Merette Shinouda & Roger Ayoub



UW CAPSI presented our first annual Waterloo's Next Top Pharmacist competition. Previously known as the Mr. Pharmacy competition, this year CAPSI opened the competition to the wonderful ladies of UW School of Pharmacy. Starring two contestants from each class, the show opened with a hilariously choreographed dance.

Contestants strutted their stuff down the catwalk in their professional wear and their best costumes. The event showcased the skills and smarts of competitors in the Pharmacy Spelling Bee. Unfortunately, using epipodophyllotoxin in a sentence does not make it any easier to spell.

The contestants showed off their hidden "PharmD Inventory of Skills" during the amazing talent show proving there's more to being Waterloo's Next Top Pharmacist than just good looks. Audience members were brought back to high school with a beautiful lip-synced rendition of "Start of Something New" with pharmacy's own Troy and Gabriella. Rx 2018 and Rx 2017 contestants promised a LEGEN - wait for it - DARY night as audience members witnessed an epic rap and breakdance battle, respectively.

Last but certainly not least, the top four contestants ended the night by answering Miss Universe beauty pageant questions to determine the winner of the title Waterloo's Next Top Pharmacist!

Congratulations to our winner, Dani Thomas from Rx 2018! UW CAPSI will be donating the proceeds to the United Nations Refugee Agency on Dani's behalf.

- Emily Cowley, UW CAPSI Co-Junior Educational & Outreach Coordinator



CAPSI CORNER PAM

Pharmacist Awareness Month (PAM) is an annual month-long event in March, where students across campus can join in celebrating the profession of pharmacy and to learn more about the roles pharmacists play in health care. This year, UW CAPSI's theme is Pharmacy: The Next Generation.

PAM Kicked-Off bright and early with a free breakfast sponsored by Feds. Students also got to fill out an entry about their own vision for the pharmacy profession, which will be placed in a time "capsule" and stored for years to come. CAPSI and CSHP partnered together to bring students a symposium by Sheri DiGiovanni on emergency medicine and hospital pharmacy practice.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PAM Kick-Off Breakfast 8:00, Lobby	2 CAPSI & CSHP Symposium 12:30, PHR 1008	3	4	5
6	7 I ♥ My Pharmacist March 7-11	8 T-Shirt Sales	9	10 CAPSI & PIC Trivia Night 19:00, Cobby Joe's	11 OPA Cup Pop Rally	12 Conestoga Mall Health Fair 10:00-14:00
13 OPA Cup 13:00, Moses Springer Arena	14 SOPHS Raptors Game	15	16 Pharmacist Meet & Greet 18:45, PHR Lobby	17	18	19
20	21 RxPRN "True Stories" Submissions Due	22 New Grad Panel 18:30, PHR 1008	23 CAPSI & WHPC Case Study 18:30, PHR 1004	24	25 Good Friday	26
27 Social Media Challenge March 28-April 1	28 Cauld	29 CAPSI & SOPHS Yoga Fundraiser 18:00, PHR 2024	30 Evidence Based Medicine Competition 18:30, PHR 2026	31		

PAM EVENTS

From **March 7-11th**, make sure you pick up one of our signature I ♥ My Pharmacist T-Shirts and pharmacy buttons!

Give your brain a workout and test your knowledge about pharmacy practice, business, pop culture and sports! CAPSI/PIC is hosting a trivia night on **March 10th at 7pm** at the Firkin. Prizes and bragging rights will be awarded to the winning team!

March 12th - Volunteers will be hosting an educational booth at Conestoga Mall. Let's spread awareness and show the public just how much a pharmacist can do for them!

March 16th - Pharmacist Meet & Greet is a chance for you to meet pharmacists from all areas of the profession!

What is life like after graduation? A panel of grads from Rx 2014 will be here to answer all of your questions. On **March 22nd**, here from representatives from community, long-term care, hospital, a family health team and industry practice.

On **March 21st** make sure you send in your submissions for "Rxperiences"!

Throughout the **month of March**, don't forget to sign-up for our outreach events and visit local elementary schools. Topics include: Kids and Medicine, Operation: Wash-up and Operation: Butt-Out.

CAPSI and the Waterloo Health Professions Committee have put together an interprofessional case study. On **March 23rd**, pharmacy students will have an opportunity to collaborate with students from different healthcare professions.

March 28th - CAPSI and Community Action Now will be building a prescription vial using only canned food. All food proceeds will be donated to the Waterloo Food Bank!

March 28 - April 1st - Don't forget to post your answers to the PAM Social Media Challenge to be entered into a draw for prizes!

As the term comes to an end, on **March 29th** de-stress and enjoy a yoga session! Donations will kindly be accepted at the door and proceeds will be going to Plan Canada.

On **March 30th** put your evidence-based medicine skills to work with a team of students as you solve a case and develop a drug regimen for a patient. You will also receive feedback from our pharmacist judges, Dr. Jeff Nagge, Dr. Sherilyn Houle and Dr. Certina Ho!

Don't forget to add: #PAM2016, #TheNextGen, #Pharmacists to your posts on Social Media!



CO-OP CHRONICLE

JOANNA LEAKE, RX2018

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

I'm working in a Costco pharmacy during this placement. My roles are to help with all aspects of a community pharmacy, as well as counsel patients about their prescription and OTC medications. In addition, once a week, I shadow a pharmacist at a diabetes clinic.

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

Working at the diabetes clinic has taught me a lot about talking to patients about their illness. I found that it's important to not only be informative when speaking to them about diabetes, but to also be empathetic. When I am understanding, they are more likely to open up about possibly factors in their life that are affecting their blood sugars.

What were some barriers or challenges that you encountered?

I found it difficult counselling patients at first. We practice this in school, but it took some getting used to in the real world.

What were some personal highlights?

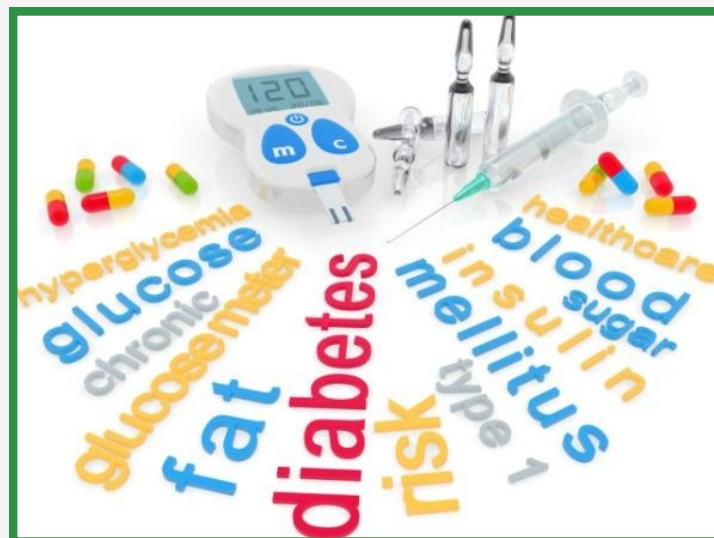
I really enjoy forming relationships with the patients who attend the diabetes clinic. As they feel more comfortable with me, they are more open and candid when speaking about their diabetes.

Does one day in particular stand out to you?

My most memorable day was at the diabetes clinic when I spoke to a patient as she was waiting for her appointment. We spoke freely for a while, and she was in good spirits during her appointment. Afterwards, my preceptor told me that this patient is extremely shy and does not normally share that much. He said that I made her feel comfortable that day, which stood out to me.

Any words of wisdom to fellow students?

Try as much as you can to go outside your comfort zone and do things that scare you. It's intimidating, but a great way to learn!



CSHP THE MANY ROLES OF STUDENTS IN HOSPITAL PHARMACY

There are a variety of roles that you can take on as a pharmacy student when working in hospital. These roles change depending on the setting, such as ambulatory vs inpatient and pediatric vs geriatric. Here are some key areas of hospital pharmacy in which you may be involved in:

Drug Distribution

Pharmacy students may help manage the flow of the pharmacy by preparing and distributing medications. For example, you may prepare medications for medication carts, which then goes onto the floors of each department. Each hospital will use a different process and will have varying levels of technology in place in order to achieve this.

Patient Care

Often, pharmacy students learn how to perform Best Possible Medication Histories. This involves obtaining a precise 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, in which orders are compared to the medication history to ensure accuracy.

Another aspect of patient care is patient education, including counseling on medications. This will vary 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 numerous medications or if the regimen is complex, you may create 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. Through this role, you can learn what resources are most beneficial for a specific problem.

Drug information

This involves learning the systematic 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 instance, you may present a patient case to the pharmacy team, or provide an inter-professional 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?

- Carly Diamond, UW CSHP Communications Representative

PHRESH FROM THE PHARM

Banana Shake

- 1 Banana
- 1 Orange
- 1/2 Glass Greek Yogurt
- 1 TBSP Coconut Oil
- 1/4 TBSP Ginger Powder
- 2 TBSP Flax Seed
- 2 TBSP Whey Powder

Mix everything in the blender, blend and pour in a glass. Makes a great breakfast drink!

Feel free to mix up the ingredients. Leave out or add anything that you like.



PROFESSIONALISM STARS

We have 2 exceptional students who were nominated for their professional actions for this PharmPhile edition. Both students are leaders in their own ways and have stood out in the minds of their peers. Congratulations to Robert Taglione from Rx2018 and Sidra Satti from Rx2019 who are this PharmPhile's Professionalism Stars.



Robert Taglione

Robert Taglione Rx2018

Robert demonstrates a profound passion for pharmacy, student leadership, and respect for speakers and conference delegates alike at CAPSI's Professional Development Week 2016.

Robert was a model delegate who demonstrated his passion for CAPSI throughout Professional Development Week 2016 conference. Robert's professionalism goes above and beyond in his friendliness, approachable manner with his fellow delegates, punctuality to seminars and respect for speakers during evening events. His attentiveness and active participation in the Annual General Meeting, as well as insight during the elections are especially remarkable. Robert's positive attitude and genuine passion for pharmacy were evident every single day of the conference.

He was truly able to thrive in a professional networking and educational environment. He was an exemplary delegate, and demonstrated stellar professionalism throughout the conference. Overall, Robert's enthusiasm for the profession and for CAPSI definitely showcased a genuine Waterloo attitude.

Sidra Satti Rx2019

Sidra demonstrates a passion for helping other members of her class, and is dedicated to sharing her knowledge so everyone can succeed. This selfless act is why she was nominated for the professionalism star.

Sidra's classmates recognized her dedication to learning and helping others in anatomy lab. Some of the students in this lab find it very uncomfortable due to the nature of the specimens being observed. She lends a helping hand to those students and goes above and beyond. Instead of just finding anatomical structures, she shows and then proceeds to explain them to other students. Sidra spends the time not only helping with the uncomfortable situation but she also demonstrates leadership and devotion to enhancing her fellow classmates' learning experience.

It's great to see students sharing their knowledge and helping other students succeed. As a result, this is why Sidra's enthusiasm for learning and helping others has gained her the recognition as a professionalism star. These are the qualities that make a true leader and will continue to make Sidra a leader in this profession.



Sidra Satti



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.




Society of Pharmacy Students (SOPhS)

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SOPhS 6 WEEK CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	March 13 OPA Cup	14	15 CSHP & UofT Joint Event	16	17	18	19
	20	21	22 Pediatric Phar- macy Info Night New Grad Panel	23 WHPC & CAPSI Interprofessional Case Study	24	25	26
Week 3	27	28 CAN Build	29	30 Regional Show- case for RX2017 Evidence Based Medicine Compe- tition	31	April 1	2
	3	4 Last Day of Clas- ses	5	6	7	8 EXAMS PHARM 321 PHARM 127	9
Week 5	10	11 EXAMS PHARM 401 PHARM 124	12 EXAMS PHARM 329 PHARM 120	13 EXAMS PHARM 129	14 EXAMS PHARM 473 PHARM 366 PHARM 361 PHARM 126	15 EXAMS PHARM 329 PHARM 110	16
	17	18 EXAMS PHARM 110	19	20	21	22	23
Week 6							

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.