

# PHARMACY PHILE

University of Waterloo Society of Pharmacy Students  
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## PRESIDENT & VP'S MESSAGE

As the seasons have changed this term, we also witnessed a lot of change here at the school. This past month the annual election for SOPhS council was held and we were able to witness the talents and experiences of our fellow classmates as they campaigned for a variety of council positions. While most positions on council have been filled, we are still looking forward to applications for Vice-President Elect, Jr. Communications Director, Jr. Finance Director, and Jr. WATSEF Representative from the Rx2019 class. In the meantime, we would like to extend a big congratulations to all new representatives and directors on Council! Furthermore, we would like to extend a big thank you to all past members; your dedication and enthusiasm over the past year was essential to the great success we had as a Council and let us plan numerous fun events!

Speaking of congratulations, congrats to the Rx2016 class who celebrated their convocation in October! You have shown us what it takes to be great pharmacists, and you have definitely made your mark on the school. We wish you all the best as you prepare for your PEBCs and as you start your pharmacy careers! We hope that you don't forget your Waterloo phamily!

Looking back to the beginning of the term, we had the 2<sup>nd</sup> Annual Soccer Game between UW and UofT. It was a rainy September day in Toronto, but that didn't stop our Warrior fans from cheering. It was a really close game and we ended up losing 4-3 in penalty shots. Great game by all players and we can't wait to cheer you back to victory next year!

In October, CAPSI and IPSF's health campaign was focused on tobacco awareness. Along with the social media challenge, they had an information booth with a trivia challenge, an inter-professional case study, smoking cessation lunch and learn and hosted a waffle fundraiser. Pharmacy students must love waffles because the fundraiser was a HUGE success with all proceeds being donated to The Lung Association.

Looking towards November, there are plenty of events being held that you don't want to miss! Grad Committee is hosting the 6<sup>th</sup> Annual Professor Auction at Rhapsody Barrel Bar. Students will have to bid on experiences such as a professional photo shoot with Robin Andrade, climbing at Grand River Rocks with Dr. E or Dr. Beazley, a Second City comedy show with Dr. Tom McFarlane or a Raptors game with Jauher Ahmed, plus much more!

Overall it has been an 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!

*- Melanie Sanderson and  
Kristina Kozlovsky, SOPhS President  
and VP*



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# CAPSI CORNER



It was that time again, where the students tested their clinical and compounding skills in some friendly competitions. On October 15<sup>th</sup> - 16<sup>th</sup>, CAPSI hosted our annual student competitions. With a great turn out, many students took this opportunity to practice and further develop their counseling, clinical and compounding skills. This year, we had 4 separate competitions: the Student Literacy Competition, Patient Interview Competition, OTC Counseling Competition and last but not the least, Compounding Competition.

The Student Literacy Competition (SLC) allowed the students to demonstrate their command of the Eng-

lish language and write about something they feel passionate about in our profession.

In the Patient Interview competition, the students got to interact with a standardized patient in an OSCE-like setting. They interviewed the patient; identified DTPs; developed care plans, and established assessment and follow up.

Along similar lines, in the OTC Counseling Competition, the students were able to practice their SCHOLARs and HAMS, as well as their problem solving skills.

Lastly, we have the Compounding Competition. During this competition, the students worked in groups of 4 to prepare pharmaceutical preparations, develop their teamwork skills and refresh their compounding knowledge.

I would like to take this opportunity to say a huge congrats to our winners and to all of the students who participated. The winners will receive funding to attend PDW 2017 in Winnipeg and represent Waterloo in the national competitions.

Furthermore, this event would not have been possible without all of the judges who volunteered their time and shared their expertise.

Thank you also to all of the students who participated, we hope you enjoyed the event as much as we enjoyed hosting it.

UW CAPSI encourages all students to come and participate in the competitions next year. Not only are the prizes great! It also provides a great opportunity to further develop your skills as a pharmacist. If you have any questions about future competitions, feel free to ask your CAPSI class rep or directly to me.

*-Louis Zhen Wei, UW CAPSI Junior Competition Coordinator*



# CAPSI CORNER

## COMPETITION WINNERS

### Patient Interview Competition

- 1) Tayyaba Mawani
- 2) Heidi Fernandes
- 3) Minh-Thu Nguyen

### OTC

- 1) Heidi Fernandes
- 2) Amanda Dhawan
- 3) Brittany Cook

### Student Literacy Competition

- 1) Tayyaba Mawani
- 2) Heidi Fernandes
- 3) Injeong Yang

### Compounding Competition

- 1) Chris Voss, Christine Sorin,  
Michelle Paul, Myrela Nakhoul
- 2) Simarjit Bajaj, Jocelyn Wong,  
Tayyaba Mawani, Deval Mehta

# OPA Conference Reflection

## An Unforgettable Experience

When I first heard about the OPA Conference being open to pharmacy students, I was quite skeptical of attending. How could I, as a first-year pharmacy student, hope to understand the same content as pharmacists who have been in the profession for decades? The first talk that I attended on second entry biologics was enough to clear my doubts. Not only did the presenters do an exceptional job at making the content accessible to all, but they also conveyed the material in such a way as to keep both practicing pharmacists and students alike, interested and engaged.

The part of the conference that stuck in my mind the most was the panel on medical marijuana. As a future pharmacist who will be entering practice within the next couple of years, the question of how I will handle dispensing this product is one that I will definitely be faced with. This particular panel featured three pharmacists from different areas of practice, who shared their views with the conference attendees. Following this, the other members in the room were given a chance to have their opinions be heard. Listening to the views of my future colleagues served both to teach me more about this topic, and as a means through which I was able to piece together my own thoughts and solidify my views.

Apart from serving as an educational experience, the social aspect of this event should not be underemphasized. The OPA Conference brings together a large group of pharmacists from a wide variety of practice settings. As a student, I found this aspect to be of particular benefit, as it allowed me to learn about the work of pharmacists in other areas, and get an exposure to the settings that I can practice in when I graduate.

It is by opening my eyes to current issues in pharmacy practice and allowing me to meet some of my future colleagues, that what previously seemed like a daunting experience turned into one that I will remember for years to come. Being a student is the prime time to try new things and immerse yourself in new experiences. So put aside your fears of the unknown and don't be scared of trying something new; you won't regret it.

- Talia Priluka, Rx2019

# Professionalism Star

Ashley McGuire, Rx2016

Ashlie has exhibited beyond stellar behaviour in her navigation of the co-op and experiential learning aspects of our degree. She conveyed the concerns and questions of the class to the staff with grace and consideration for the feelings and abilities of both parties. She consistently provided her classmates with tools that would aid them during their experiential endeavors and co-op.

Though Ashlie received many complaints from the students, she never complained herself. She always responded in a patient and kind manner to a variety of questions.

Ashlie deserves to be recognized for her hard work over the last three years, as she had a thankless job and consistently worked hard to help her class and others at the School of Pharmacy.

Much of Ashlie's hard work has been behind the scenes and spent a significant amount of time on it to ensure success for the students. One of many examples was when she arranged housing on main campus for the summer group in 4th year. This took a significant amount of time to orchestrate, only to have the negotiations fall through as student interest waned.

The person who nominated Ashlie was quoted, "I want to say, on behalf of myself and others, that Ashlie is an amazing person and colleague. Thank you Ashlie for all your efforts!"

Congratulations Ashlie on being nominated for a professionalism star, your dedication to making a difference in the student's experience in and out of the classroom has been highly regarded by your peers.



# CSHP Roles of the Pharmacist in Palliative care

The recent law on physician-assisted death sparked a national conversation about the quality of end of life care. Older Canadians may face the fear of suffering pain and burdening loved ones, and want to learn more about making choices with dignity.

A palliative care team can help address these concerns with empathy and facilitate optimal care in a variety of settings including hospitals, hospices, and long-term care facilities. The goal is to obtain the highest quality of life for terminally-ill patients and their families by providing continuous and complete care. This individually-tailored plan of care involves pain management and medical services, symptom control, and enhancing the psychological and social wellbeing of the patient.

Palliative care pharmacists have an integral position of providing medication therapy, which is the cornerstone of symptom control and patient comfort. Their scope of practice includes traditional and extended roles that have clinical, educational, and supporting functions:

## Optimizing Medication Therapy

By actively evaluating the appropriateness of medication regimens, palliative care pharmacists ensure that the patient receives safe and effective

care. The pharmacist assesses the patient's symptomatic complaints to recommend a suitable drug therapy that optimizes their level of comfort. In addition, the pharmacist advises the physician on the stability and compatibility of using multiple intravenous or subcutaneous medications. Pharmacists also perform dosage conversions between different dosage formulations or medications to improve pain management and stabilize serum concentrations to ease the patient from breakthrough pain.

Palliative care pharmacists work with the challenge of managing difficult symptoms that respond to few drug therapies. Many end of life symptoms are separate from the patient's known diseases, and so the symptomatic treatment through medications may need to be administered using treatment guidelines developed by the pharmacist.

## Education and Consultation

Through team meetings and educational sessions, pharmacists advise other palliative care members about medication therapy, such as dosage forms, cost and availability, and routes of administration. As well, pharmacists advise the team about toxicity and interactions that could potentially occur with alternative and complementary drug therapies.



Pain relief is a great decision factor for the patient to adhere to medications. However, issues may result from misunderstanding of label directions, high drug costs compelling the patient to eke out the drug supply by dividing doses, or the patient's fear of drug dependence. For example, the pharmacist may need to dispel the notion of addiction to opiate agonists to the patient and their family. Therefore, continual education and reinforcement of information on drug therapy to the patients and family members through effective communication are crucial in palliative care. Pharmacists can help eliminate health illiteracy, language barriers, and complex medication directions to decrease the risk of nonadherence and the subsequent improper management of nonadherence symptoms.

All people are deserving of good health, including those nearing the end of life. In addition to compassion, pharmacists in the palliative care team have much to offer in caring for terminally ill patients. By providing effective pharmacotherapy, palliative care pharmacists can find a rewarding endeavor in ensuring that the patient's last moments are not focused on dying, but about finding peace they could call their own.

*-Eunice Ku, UW CSHP*



# CO-OP CHRONICLE

## Rida Bukhari, Rx2018

### *The Centre for Family Medicine - Family Health Team*

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

I have been fortunate enough to have the great pleasure of working with both Dr. Jeff Nagge and Dr. David Edwards for my second co-op placement. The bulk of my time is spent conceptualizing and coordinating the first ever University of Waterloo Pharmacy Residency program. With help from the Centre for Family Medicine Family Health Team, Grand River Hospital, and McMaster Family Medicine Residency program we have been successful in launching an extremely unique pharmacy residency program that is the first of its kind in Canada. I also have the amazing opportunity to be involved in patient care activities as well. The bulk of my patient care experiences come in the form of patient consults with Dr. Jeff Nagge at his anti-hypertensive clinic. In addition, I am also involved in a research project with other healthcare professionals, which is taking place at Grand River Hospital.

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

I learned that pharmacy practice does not just consist of simple hospital and community practice. There is a plethora of opportunities out there for pharmacists. Our skills and expertise is greatly needed by our communities and we need to take the initiative to fill in those niches.

#### What were some barriers or challenges that you encountered?

Some of the challenges that I faced were in regards to creating the residency program from scratch. We didn't want to reinvent the wheel but at the same time the vision for our program was so unique that the process to bring it to fruition would be quite challenging. We were quite fortunate to have the support of an excellent team, which consisted of faculty, healthcare professionals, and various institutions that the entire process of creating the program became quite seamless in the end.

#### What were some personal highlights?

There have been various highlights throughout this co-op experience. From successfully managing patients to having the residency program up and running. Overall, I am extremely grateful for this opportunity and I cannot wait to see what else comes my way in the two months that I have left.

#### Does one day in particular stand out to you?

The day that we found out that our residency program was officially up on the CSHP website and that potential candidates could officially apply to the program through the RMS was truly a day to remember. It was the day when all the hard work that had been put into this endeavor was starting to pay off. In addition, the same day we had our first ever information night for the residency program. We were excited to see that potential applicants also shared our enthusiasm for the program.

#### Any words of wisdom to fellow students?

The best piece of advice that I can give to my fellow peers is to never be afraid of immersing yourselves into new experiences. Get out of your comfort zone and see everything that the world has to offer. If you do this, believe me, you will come to discover where your passion truly lies.



*The Centre for Family Medicine*

**Family Health Team**

# CSL Spotlight

## Meagan McGill, Rx2018

In May 2015, I started volunteering with the Alzheimer Society Waterloo-Wellington for their Volunteer Companion Program. For two hours each week, I visited an 83-year-old gentleman named Reg who lived at home with his wife and primary caretaker, Lorraine. During my visits, Reg and I spent time enjoying conversation, as well as listening to music and watching some of his favourite old TV shows. Although communicating with Reg was challenging at times, I gradually learned how to keep our conversations fun and stress free for him. A couple of my strategies were to keep my questions and responses as clear as possible, and to offer reassurance and encouragement if Reg became frustrated or was having trouble finding a word. As pharmacists, many of us will have the opportunity to work with patients living with Alzheimer's and as we know, communication is one of the biggest challenges that presents itself. From my experience with the Alzheimer's population, it's important not to define these people by their disease or to direct all conversation to their caretaker. Instead, we can engage them in conversation and to involve them in decision making whenever possible, keeping an open mind as every situation is unique.



I also learned that the community support the Alzheimer Society provides is almost as important for the caretaker as it is for the person living with Alzheimer's disease. My visits gave Lorraine a chance to run errands or just relax, and I know from my family's experiences with my grandfather that having a strong support network can make the Alzheimer's journey easier for everyone involved. People living with Alzheimer's can experience increasing social isolation as the disease progresses, so it's important to alleviate that feeling and to ensure that they never feel as though they are a burden on their loved ones.

One moment that stood out to me while I was volunteering was something Lorraine said after I'd been visiting Reg for about a month. She told me that Reg had started asking her when "that girl" would be stopping by again. As simple as this sounds, it made me realize that I was truly making a difference in Reg's life, and I think he really came to value our friendship, as did I. Sadly, Reg passed away in December 2015, shortly before my last scheduled visit with him before starting co-op. At his funeral, Lorraine thanked me for being her "angel" for the last few months of Reg's life and gave me an angel Christmas tree ornament. For me, this brought some clarity to the experience and made it that much more rewarding.

If you're interested in volunteering with the Alzheimer Society Waterloo-Wellington, contact Barb Eastman-Lewin at 519-742-8518 ext. 2019 or [barbeastmanlewin@alzheimerww.ca](mailto:barbeastmanlewin@alzheimerww.ca) or visit <http://www.alzheimer.ca/en/ww/Volunteering>.



## PHRESH FROM THE PHARM

### Fettuccini with Sausage & Kale

#### Ingredients:

1 lb fettuccine

1 lb spicy italian sausage  
(removed from casing)

1/2 cup heavy cream

1 large kale bunch

(trimmed and coarsely chopped)

1/2 cup grated parmesan

- 1) Cook pasta till al dente in a large pot of boiling water.
- 2) Drain pasta
- 3) Cook sausage on medium-low heat till browned. Approximately 7 minutes.
- 4) Add kale. Toss until wilted.
- 5) Remove from heat.
- 6) Toss in the pasta.
- 7) Sprinkle with parmesan.





## 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](mailto: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](mailto: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   | November 13 | 14<br>OPA Methadone Session          | 15  | 16   | 17                                  | 18                                   | 19                  |
|  | 20          | 21<br>Rx2017 Career Fair<br>Townhall | 22  | 23   | 24                                  | 25                                   | 26                  |
| Week 3   | 27          | 28                                   | 29  | 30   | December 1                          | 2                                    | 3                   |
|  | 4           | 5<br>Last Day of Class               | 6   | 7  | 8<br>PHARM324 Exam<br>PHARM221 Exam | 9<br>PHARM330 Exam                   | 10                  |
| Week 5   | 1           | 12<br>PHARM228 OSCE<br>PHARM475 Exam | 13<br>PHARM227 Exam<br>PHARM353 Exam<br>PHARM351 Exam | 14<br>PHARM401 Exam<br>PHARM76 Exam<br>PHARM224 Exam | 15<br>4th Year OSCE                 | 16<br>PHARM472 Exam<br>PHARM232 Exam | 17                  |
|  | 18          | 19                                   | 20  | 21   | 22                                  | 23                                   | 24<br>Christmas Eve |
| 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/jo3awk7>). 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](mailto:secretary@sophs.ca).