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SPECIAL POINTS OF INTEREST:

- Check out our SOPhS website at www.sophs.uwaterloo.ca to keep yourself connected!
- Bring your skates for the Pharmasave-sponsored ice skating on January 10th! See page 3 for more details.

University of Waterloo
School of Pharmacy

[Pharmacy Phile]

January 4, 2009

[Issue #6]

Welcome & Welcome Back

Happy New Year Everyone!

The start of 2009 brings with it a new school year and I hope you are all ready! If not, there's no time to waste because classes kick off on Monday. I know I am not alone when I say that I'm excited to get into the new building.

I want to extend a big thank you to everyone that contributed to this issue of the newsletter. I know the holidays are such a busy time! There are some key articles I would like you to check out: namely, *Phrosh Week* on page 3. You'll find the schedule of events for both classes on this page as well. Also, be sure to check out the *From the Bench* article to find out how to complete the **Athletics Survey**.

I have some exciting things planned for the newsletter this term and look forward to your involvement! We will continue to offer a classifieds section and are going to extend the offer for **free** ads to all students. Send in your ads with a picture to get into the next issue. The *Triturating Tracks* section has been a real hit so keep sending in



your music reviews. We are also continuing the Required Reading book review section and want to hear about your favorite non-textbook reading material. I will be working to come up with new & exciting sections as well.

I also want to hear from you—students, faculty, and staff—to find out what YOU want to see. After all, this newsletter is for your benefit and you have some say about the content. Feel free to contact me any time with article ideas.

I look forward to seeing you all very soon!

Jean Cameron
Communications Director

Briefs

Make sure your finances are in order! Go to safa.uwaterloo.ca/index.html for important information regarding OSAP and other loans.

On January 19th & 20th, Canadian Blood Services will be collecting donations on the UW's main campus in Waterloo from 10 am to 4 pm. You can also donate at the permanent location (open 6 days a week) at 94 Bridgeport Rd E. Appointments are recommended- call 1-800-2DONATE to schedule yours!

For those new to Kitchener, check out www.therecord.com. This is the website for the local paper and offers all kinds of info including a weekly *Crashes, Fire & Crime* maps (how safe is your neighborhood?) and a 7-day calendar of local events.

The UW Bookstore is open for business again as of Jan 3rd. Extended hours during the first week of class are as follows: Mon-Thurs: 9am to 7pm; Fri: 9am to 5 pm. Regular hours are Mon-Fri: 9am to 5 pm; Sat: 12pm to 4pm. Check out www.bookstore.uwaterloo.ca for more details!

From the Bench

Hey Sports Fans,

The crew at UW SOPhS Athletics hopes you had a fantastic holiday season, and we assume that you all kept in shape and ate healthy to prepare yourself for the upcoming intramural season.

Getting down to business, SOPhS Athletics have prepared a special survey that we would ask you to fill out before the start of classes. It takes about 5 to 10 minutes to complete, and the earlier you can respond the better. Please only fill it out once.

You can find the survey at the UW SOPhS website, <http://www.sophs.uwaterloo.ca> under the athletics tab (scroll down below the pictures).

We currently have team captains for basketball, volleyball, indoor soccer, and hockey, but we are always looking for more. Team registration will take place during the first week of

classes. Please note that this year there will be a “no pay, no play” rule in effect, and all students wishing to participate are expected to pay their fees to team captains the first week of classes. There will be no exceptions. The last day to sign up an intramural team is Friday January 9th.

Will Heather Foley dominate the boys all season again? Will Anthony Amadio be named pharmacy male athlete of the year for the second time? Will Claude Charbonneau show off his special hockey-hair mullet for all to admire? Or will a new breed of Rx 2012 students make their name in SOPhS history? Only time will tell!

On Saturday, January 10th, SOPhS Athletics will have a gym reserved at CIF during the committee sign-up period. There will be some pick-up basketball inside and ultimate frisbee and touch football happening outside

in the snow. So bring some gym shoes and warm clothing if you want to participate. Bring your “A” game.

We look forward to reuniting with our old classmates and meeting the new kids.

Keep swinging for the fences,
Your Athletic Reps,
-Greg and Ange



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Athlete of the Month

This month we profile a UW Pharmacy student that perfectly embodies the spirit of competition, sportsmanship, and concentrated awesomeness.

Anthony Amadio

Anthony comes to us from Sault St. Marie, Ontario, but has been a staple of the University of Waterloo sporting community for several years. A former football standout at St. Mary's Highschool, Anthony took his skills to the bigtime and played for the University of Waterloo Warriors varsity football team from 2004 to 2007, during his undergrad studies. Anthony started his football career at the quarterback position and eventually put in some time at wide receiver as well.

Since starting pharmacy, Anthony has hung up his varsity cleats, but his passion for sports is still on full display. Playing hockey, softball, and outdoor soccer, Anthony managed to add UW Pharmacy Male Athlete of the Year to his already stocked trophy case. Anthony lead the softball team in home runs, carved up the ice like Gretzky, showed composure on the golf course, and made his Italian ancestors proud on the soccer pitch. He even showed some basketball skills at the odd pick-up game, despite being “vertically challenged.”

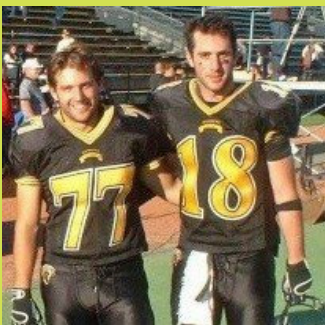
The night before an exam is a stressful time for most of us students, but Anthony would often be found playing hockey, football, or some other ridiculous activity that kept the books closed. He would still rock out exams with precision, though, showing that Anthony possesses brains as well as brawn.

In his spare time Anthony managed to



coach a UW Powderpuff football team (an outdoor girls football league), and is a regular at pharmacy social events. Anthony just finished a co-op term back home in Sault St. Marie, and likely hit the weights all fall to get ready for the upcoming intramural season.

UW SOPhS is proud to salute Anthony Amadio as December 2008's Athlete of the Month. Keep up the good work!



Phrosh Week

Dear class of 2011 and 2012,

The Orientation Committee has been hard at work putting together a great Phrosh Week. While there are still a few details to be finalized, an updated schedule is available below and on the SOPhS website. Please visit www.sophs.uwaterloo.ca to take a look at the dates, times and locations of the pharmacy orientation events. Signup sheets for various events will be available during the first week of class, so keep an eye out for those once you are back at school. Remember to bring a pair of ice skates and/or your hockey equipment up to Waterloo, as we will be skating and playing hockey on January 10th.

In addition to the events outlined in

the orientation schedule, we are hoping to have the Ontario Pharmacists Association (OPA) visit and provide an information session for both classes sometime in January. Details on this event will be available once it is confirmed.

The SOPhS Big Brothers and Sisters program is now up and running. For those of you who haven't heard about the program, the purpose is to connect each first year pharmacy student with an upper year pharmacy student, their big brother or big sister. New students will be able to look to their big brother or sister for advice and guidance, facilitating their transition to the School of Pharmacy. The goal of this program is to allow new students to get comfortable in their new surroundings as soon as possi-

ble. Additionally this program will foster a sense of belonging and camaraderie between classes further enhancing their experience at the School of Pharmacy. For those first year students who haven't yet contacted your big brother or sister, I encourage you to do so and introduce yourself as your big brother or sister you were matched with does not have your contact information. Check out your UW email account, as program and contact information may have been sent to that account.

If you have any questions, please email pharmsoc@uwaterloo.ca

Sincerely,

SOPhS

Monday January 5th	Tuesday January 6th	Wednesday January 7th	Thursday January 8th	Friday January 9th
Sobeys Lunch (Lecture Theatre, Time TBD)	CAPSI/CPhA Info Session (Lecture Theatre, 11:30 am - 1:00 pm)	White Coat Ceremony (Humanities Thea- tre, Hagey Hall, 5:00 pm - 8:00 pm)	Shoppers Meet & Greet Event (Delta Hotel Downtown Kitch- ener, 6:00 pm - 9:00 pm) Social Event (Dallas, 9:00 pm)	SOPhS Orienta- tion (All events are at CIF) - BBQ, athletic/ committee sign up (2:00 pm to 4:00 pm) - Ice skating (4:00 pm to 5:00 pm) Sponsored by Pharmasave - Pharmacy hockey game (5:00 pm to 6:00 pm)

Tuesday January 20th
Pharmasave Lunch & Learn
(Lecture theatre, 11:30 am - 1:00 pm)

****Events in yellow are for 2012 students only, while events in red are for both 2011 and 2012 students****

Meet Your SOPhS Council Members!

In this section you will find brief descriptions of some of the members of the SOPhS Council. This will give you a better idea of the roles of each individual. It might also give you an idea of any committees that you'd like to join on January 10th at CIF.

You are encouraged to contact these individuals with any questions or concerns you might have. For contact information check out our website: www.sophs.uwaterloo.ca



Yearbook Editor- Emily Lamantia

Hi! I'm the yearbook editor for the Pharmacy School. The yearbook committee is in charge of documenting/photographing the various events that the School and students put on. At the end of the year we then compile the pictures and create the School's yearbook via an online program. As the yearbook editor, I was also responsible for creating the end of term slide show that was shown at the formal.

I'm looking for students from both classes to be on the committee and participate in taking pictures, and creating the yearbook. No prior yearbook experience is needed; a workshop will take place that will teach you all you need to know. If interested in being a part of the committee, stop by our table in CIF on January 10th to sign up.

Communications Director- Jean Cameron

As the communications director my main responsibility is as it sounds: communication. I look after the society email address (pharmsoc@uwaterloo.ca) by receiving and responding to any emails. I am also responsible for sending mass emails to students, faculty, and staff on behalf of SOPhS. Another main responsibility I have is to put together the newsletter. This requires recruitment and collection of articles, which I then format into the newsletter that reaches you! I am also the chair of the Communications Committee and a member of

the Student Issues Committee and the Marketing Committee.

I will be looking for students interested in helping with the newsletter. The Communications Committee will ultimately have a representative from each class, so I am going to be looking for a member of the 2012 class to get involved. If you would like to hear more, come speak to me on January 10th in CIF.

Social Director- Aliya Kassamali

I would first like to take this opportunity to welcome the new class of 2012! I hope the year brings lots of fun and excitement and gives you an opportunity to meet new people. Without a doubt, the school year will bring forth lots of challenges, but it is still important to have fun and relax! My role as the social director is to help plan events for all the students in the faculty. However, this is something that cannot be done alone. Volunteering as part of the social committee will enable you to meet lots of people, help plan events, work as a team, think of creative new ideas and have lots of fun! We welcome everyone to be a part of this team! There will be a sign up sheet on January 10 at CIF for whoever is interested in helping out in any way. Feel free to approach me with any questions or share any ideas you have for upcoming events (maybe a ski trip or a joint event with the U of T pharmacy students?!) either in person or by email: social@sophs.uwaterloo.ca.

I look forward to meeting you guys on January 10th and hope everyone has a great New Year!

Executive Secretary- Jesse MacKinnon

The Executive Secretary records the minutes of every Council and Executive Council meeting. He/she then prepares a good copy of the minutes, to be kept as the official record of that meeting. The Executive Secretary is a voting member of the Council and the Executive Council. The Executive secretary is also in charge of assuring that the procedures of each meeting follows Robert's Rules of Order. This involves assuring that each Council member is up to date on Robert's Rules, and also involves monitoring each meeting in real time to assure that that Robert's Rules are being adopted correctly.

SOPhS Webmaster- Marc-André Gravel

Hi! My name is Marc-André Gravel and I am the webmaster for the SOPhS website. My duties are to make sure the content of the site is always up to date. I keep in touch with other council members to post information about what they are doing for you. That way, you can always know what's happening and you will never miss an event! I am always looking for some extra help or your comments, so don't hesitate to email me at webmaster@sophs.uwaterloo.ca.

Meet Your SOPhS Council Members Continued...

Senior Finance Director- Krystyna Edwards

As finance director, I am in charge of all of SOPhS finances. I work on our yearly budget so that the social committee can host great events. I have the responsibility of monitoring our bank activities and ensuring that our money is divided equally to all committees involved with SOPhS. In the future, there will be a junior finance director with who I will share these responsibilities. The science society fee is given to us to ensure we can host great events, take part in intramurals and be there as your representatives to the rest of the University of Waterloo. Wishing everyone the best with the upcoming semester!

Male & Female Athletic Representatives- Greg Becotte & Angela Puim

The athletic reps are involved in the organization of sports teams and sporting events in conjunction with the social committee. They also strive to enrich student life outside the classroom. This endeavour re-

quires more than two people to make it a reality; if you're interested in getting involved and contributing come and meet us at CIF on Saturday, January 10th.

OB-CSHP (Hospital Pharmacy)- Pawel Przeracki

What is OB-CSHP? It is the Ontario Branch for the Canadian Society of Hospital Pharmacists. They are the influential voice for hospital pharmacists in Ontario. Through their relationships with various organizations including OCP and the Ministry of Health the branch works to review legislation, policy and developments that will impact on hospital practice.

My role as the OB-CSHP student liaison is to attend branch meetings and voice the opinion of us the students on issues related to hospital practice. If you have any questions or comments please come see me on the 10th!



Marketing Director- Anthony Amadio

The marketing director is responsible for working with external organizations and facilitating connections between SOPhS members and these organizations. He also works in conjunction with the Vice President on many initiatives.

If you are interested in the "business side" of the society, come and talk to Anthony on January 10th.

FEDS Representative- Heather Foley

The FEDS Representative is a liaison between the School of Pharmacy campus and the main campus. Additionally, she is charged with promoting FEDS and the services they provide. For more information on FEDS check out: feds.ca and come talk to Heather on the 10th!



YOUR local CAPSI council
Co-Reps: Marian Gurguis & Jeannine Oliver
Secretary: Ashley Gubbels
IPSF Reps: Naomi Dore & Rosalyn Fleites
Competition Coordinators: Bridget Braceland & Patricia Hung
CAPSIL Rep: Heather Foley

What is CAPSI?
 CAPSI is the national student organization that represents the voices and interests of Canadian pharmacy students and interns from the nine

Faculties of Pharmacy across Canada.

Mission
 To unify pharmacy students and interns across Canada.
 To provide its members with opportunities to strengthen their commitment to professionalism.
 To promote and represent the interests of its members before organized bodies in pharmacy, other professions, government and industries.

What does CAPSI do for YOU?
 Provides a strong voice for Canadian pharmacy students in issues that concern both its members and the profession as a whole.

Provides opportunities for professional growth through educational programs.
 Promotes peer interaction and exchange of ideas through conferences and symposia.

How can YOU get involved?
 Become a CAPSI member.
 Attend PDW (this year we have 6 students representing Waterloo in St. John's).
 Participate in CAPSI-sponsored events.
 Write for CAPSIL, our national newsletter.
 Join your local CAPSI council
 Become a member of the CAPSI National Executive

Website Update

Hi everyone! As most of you are probably aware, SOPhS has a spot of its own on the internet. The website, which can be found at www.sophs.uwaterloo.ca, is used to keep UW Pharmacy students up-to-date with events going on with their Student Body. Upcoming activities, important news or contact information can all be found at the same place. Several links will also provide you with the latest local news, daily updates about Canadian Health news and even the weather forecast! Don't miss anything, visit the site often or even better, make it your homepage! The website is continuously evolving and therefore, all ideas and suggestions are welcome!

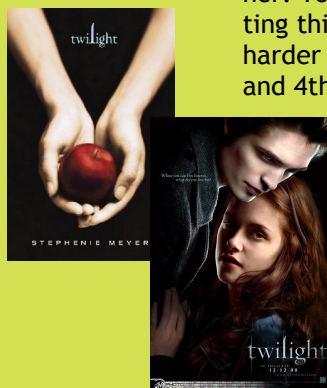
Do you have any HTML skills? Graphic Design talents? Contact me at webmaster@sophs.uwaterloo.ca.

Marc-André Gravel
SOPhS Webmaster

Yearbook Update

The Yearbooks Have Arrived!!! If you have pre-ordered a yearbook I will be distributing them during the first week back in January. And the good news is due to the success of the ads there will be no additional charge for the yearbook! If you did not pre-order a yearbook and are interested in purchasing a copy, they will be on sale for \$25.

Advance purchasing of the 2009 Yearbook will take place in late February/ early March.



Required Reading

Twilight

Author: Stephenie Meyer

You should really find out for yourself what all the buzz is about. The first in a series of four, *Twilight* is the story of an average teenage girl who falls in love with a vampire. As you can imagine, this creates some potentially lethal consequences for her. You will have a hard time putting this book down and an even harder time resisting the 2nd, 3rd, and 4th books that continue the story. I would not suggest starting this book when you get swamped with school!

Remember: The books are almost always better than the movies!

Triturating Tracks

BAND OF HORSES

I came across this band through one of the TV shows that I watch, and instantly wanted to hear more. I would classify their sound as indie-rock, and very easy to listen to. It's a fresh sound and called of the best indie bands of 2006. If you're a fan of indie music check it out! I'd personally recommend their 2007 CD 'Cease To Begin'.



SMASHING PUMPKINS - SIAMESE DREAM

Back in the glory days of alternative rock, Smashing Pumpkins released Siamese Dream in the summer of 1993. Following an impressive debut album, *Gish*, released in 1991, *Siamese Dream* is a masterpiece of progressive rock that touted the Pumpkins as a major force in mainstream rock music.

The album was recorded during troubled times for the band. Drummer Jimmy Chamberlain was battling a drug addiction, bassist D'Arcy Wretzky and guitarist James Iha just ended a troubled relationship, and frontman Billy Corgan (when he still had hair) was going through depression and anxiety problems.



The end result was an album that took the music world by storm, and went platinum 6 times. It spawned four hit singles (Cherub Rock, Today, Disarm, and Rocket), and also boasts "epic" 90's rock songs like

Soma and Geek U.S.A.

Rolling Stone lists *Siamese Dream* in its top 500 albums of all time, and also has Billy Corgan's guitar work on *Soma* as one of the best guitar solos of all time.

If you have any nostalgia left for music of the 1990's, give *Siamese Dream* a listen. It is one of the best albums of the decade from one of the biggest bands of that era.

Where are you now?

Claude R. Charbonneau

Employer: Sudbury Regional Hospital (HRSRH)

Position: Pharmacy Student

Sudbury (population 158 000) is tucked away some four and a half hours north of Kitchener. This past semester I had the opportunity to work with pharmacists in my hometown. More specifically I was employed at Sudbury's Regional hospital, a four site hospital, two of which I worked from. To my delight a second UW School of Pharmacy student worked as my colleague, Mat Demarco. Though we didn't always work together, we did have the opportunity to share experiences, shadow each other and discuss the pharmacists' role in hospital during our coop.

These last four months exceeded all of my expectations. Following my orientation I spent close to a week reading about medication reconciliation, diabetes and statins in order to understand the projects I was to take on. My crash course continued the next week where I dispensed medication in a traditional setting. Learning medication generic/trade names and shapes/colors proved to be extremely valuable during my coop.

At HRSRH, diabetic patients are treated with an insulin sliding scale; this aims to control a pa-

tient's blood glucose, depending on his or her current reading, in a reactionary fashion. A second therapy available makes use of both short and long acting insulin in an attempt to maintain a more consistent blood glucose level and avoid those hyper/hypoglycaemic events. Using Meditech's Electronic Medical Records (EMRs) I was able to compile information on 89 patients that will be used in a pre-post study evaluating the benefits of changing over from a sliding scale to basal/bolus therapy in hospital. The results of this study will be used as an argument to any suggested change to the present therapy.

I was also occupied by daily antibiotic reviews using several resources for bugs and drugs, creatinine clearances and antibiotic dosing regimens. This is done in order to evaluate prescribed antibiotics appropriateness against a patient's microbiology report, his or her kidney function and interactions with any additionally ordered antibiotics. Issues were then reviewed with the pharmacist who really helped break down the whole reasoning behind the prescriptions and any recommendations. It goes without saying that it was extremely satisfying to compare notes with the pharmacist and find out I'd come up with the same conclusions!

Earlier I mentioned that I did some extensive reading on medication reconciliation. This was done to prepare me for the responsibility of implementing medication reconciliation from scratch at HRSRH. Among other things I created a training module and participated in writing a job posting for an individual who will re-

place me. Additionally I co-authored an implementation plan for hospital-wide rollout, created a best possible medication history form and recorded the number of patients reconciled against the units' admissions. The best part of my coop was interviewing patients on a daily basis. I would gather information from a variety of sources - including the patient - to create a best possible medication history. Afterwards I would identify any discrepancies between what the patient was taking at home and what the hospital had on record. The pharmacist and I would then discuss any interactions, untherapeutic doses, duplicate therapies and adverse effects. This really helped me to begin developing some clinical knowledge.

Additionally I contributed as a member of several committees and delivered presentations to administrators. I really could go on and on. Moreover HRSRH offered Mat Demarco the opportunity to help at an anticoagulation clinic, deliver coumadin teachings and work on an IV pump program. I encourage you all to approach him for a briefing and/or to convince him to write one of these articles! It is my sincerest hope that this article encourages some of you to pursue a coop in Sudbury or other outlying areas. That's all from me at this time, I wish you all Happy Holidays and of course a Happy New Year!

Cheers,

Claude R. Charbonneau

