

PHARMACY PHILE

University of Waterloo Society of Pharmacy Students
ISSUE 70 | July & August 2017

PRESIDENT & VP'S MESSAGE



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Time flies! So many things happened these past couple of months, and we can't believe it's already September. Rest in peace summer of 2017 you will be missed.

CAPSI's Beach Volleyball tournament was a huge success! With the support of the players and spectators, CAPSI was able to raise \$1400 for the Lung Association! OTC Week was also very successful with a large number of students attending almost all of the events. The mock OSCEs were a great help in preparing Rx2019 students for their end of term OSCE in August.

Watch out for ticket sales for the annual Waterloo's Next Top Pharmacist event on September 17th! We hope to see everyone come out and support their brave friends as they battle it out for the crown. This year's contestants include:

Rx2020: Rubal Singh, Charina Alducente

Rx2019: Kelly Nguyen, Roger Ayoub

Rx2018: Megan Spence, Robert Taglione

The Rx2017 class celebrated the end of four years at the School of Pharmacy with their graduation formal "Cheers to the past four years!" at the Walper Ho-

tel. The graduation committee did an incredible job organizing the night. The food, speeches, and venue were all amazing! The Rx2017 class is the first class to graduate with the complete PharmD curriculum! We wish the Rx2017s the best of luck with their PEBCs, and we can't wait to see what they accomplish after graduating from the best pharmacy school in Canada.

At the end of August, the School of Pharmacy held the annual Golf Invitational at the Grey Silo Golf Club. All proceeds from the Golf Invitational support our Student Success Fund. This fund supports scholarships and enables students to attend professional conferences like OPA, CPhA, and PDW. We are so thankful to the Golf Invitational participants and sponsors for their generous donations.

Good luck to the Rx2018s, 2019s, and 2020s on the new term! Some of you may be stuck learning inside of a classroom and others will be out on co-op, but we hope that you all learn new skills and have a great term.

- Naushin Hooda & Pauline Bal,
SOPhS President and VP



CAPSI CORNER



C A P S I • A C E I P

Welcome back to school everyone! I hope you all had a wonderful summer break and feel recharged for the upcoming term. We will be kicking off the Fall 2017 term with our biggest event of the year: The Second Annual *Waterloo's Next Top Pharmacist*.

This year, the event will be held on Sunday, September 17th, 2017 from 5pm-9pm at the Holiday Inn in Kitchener. The event will feature two contestants from each year strutting down the catwalk in their professional wear and their own costumes. Contestants will also attempt to seduce judges while reading pieces from the CPS and CTMA. Lucky for us, our contestants aren't just intelligent and wickedly attractive, they are talented too and will be showcasing these skills at the talent show. This will be a performance that you do not want to miss!

This year's roster will feature **Charina Alducante** and **Rubal Singh** from Rx2020, **Kelly Nguyen** and **Roger Ayoub** from Rx2019, **Megan Spence** and **Robert Taglione** from Rx2018. All six contestants will battle to win the hearts of our judges and to take home the title of *Waterloo's Next Top Pharmacist*. The winner of *Waterloo's Next Top Pharmacist 2017* will represent Waterloo and battle for the title of *Canada's Next Top Pharmacist*. One of our judges for this year's event is Dani Thomas, an Rx 2018, who won the title of *Canada's Next Top Pharmacist 2017* in Winnipeg!

Tickets will be selling soon so keep your eyes and ears peeled! Your ticket includes admission as well as unlimited servings of mashed potatoes from the infamous Mashed Potato Bar so don't miss out on the legendary mashed potatoes this year!

This event is reserved for CAPSI members only. Not a member? Not a problem! Contact Blake Houle (waterloojr@capsi.ca) or Emily Cowley (waterloosr@capsi.ca) to become a member. This is our biggest and most entertaining event of the year so come out for an awesome night!

See you at the show!

-Sarah Yang,

UW CAPSI Communications and CAPSIL Director

The Second Annual Waterloo's Next Top Pharmacist

Date: September 17th, 2017 (Sunday)

Time: 5pm to 9pm

Cost: \$15 (Also includes the infamous Mashed Potato Bar)

Location: Holiday Inn Kitchener, 30 Fairway Road South, Kitchener ON

PHRESH FROM THE PHARM

Butternut Squash Soup

Ingredients:

2 TBSP Butter

1 Small Chopped Onion

1 Stalk of Chopped Celery

1 Medium Chopped Carrot

2 Cubed Medium Potatoes

1 Medium Butternut Squash (Peeled, Seeded, Cubed)

32 OZ Chicken Stock

Salt & Pepper to Taste


Instructions:

- 1) Melt the butter in a large pot
- 2) Cook the onion, celery, carrot, potatoes, and squash for 5 minutes in the pot, or until lightly browned
- 3) Pour in enough of the chicken stock to cover vegetables.
- 4) Bring to a boil
- 5) Reduce heat to low, cover pot
- 6) Simmer 40 minutes, or until all vegetables are tender
- 7) Transfer the soup to a blender
- 8) Blend until smooth
- 9) Return to pot, and mix in any remaining stock to attain desired consistency
- 10) Season with salt and pepper.

<http://allrecipes.com/recipe/77981/butternut-squash-soup-ii/>



CSHP Pharmacy Involvement in Medical Assistance in Dying



Medical Assistance in Dying (MAiD)
An Enormous Change in Canadian Social Policy



Over a year has passed since Medical Assistance in Dying (MAiD) came into effect in Canada. To be eligible, a person must suffer from a grievous condition in an advanced state of irreversible decline. The person must provide informed and written consent, and confirm after a ten-day period before MAiD is initiated. The service can only be given by physicians and nurses, while pharmacists and technicians provide pharmaceutical support. Although pharmacists aren't directly involved in patient care, it's crucial to know the obligations and roles in this process to be prepped for support to the patient and care team.

Once the patient requests for the service, MAiD protocol is initiated via EMR consult order. The pharmacist collaborates with the physician or nurse as soon as possible, to ensure that the eligible patient can access the medications and supplies needed in a timely manner. The pharmacist should discuss the selected protocol, the scheduled time of administration, and procedure for safe disposal of unused drugs to the pharmacy. Then, he or she confirms and documents that the procedure requirements

are met by OCP and hospital policies. Pharmacists with conscientious objection to MAiD due to religious or moral grounds must timely refer to another non-objecting and competent provider, as per OCP.

After reviewing the patient's information, the pharmacist assesses and verifies the MAiD medication order for therapeutic effectiveness as per usual practice. Additional security is placed by double-checking the measurement of each substance and dispensing the substances on the date of MAiD administration. The pharmacist may not adapt the prescription; however, if a need for adjustment is determined, the recommendation is made to the MAiD physician who ultimately makes the decision. Lastly, the pharmacist provides education regarding stability, storage, and disposal of the medications.

It's important to understand what the pharmacist is *not* responsible for. That is, the pharmacist must practice only within their limits, and refrain from actions that potentiate harm to patients - non-maleficence. Once the MAiD request is received, the pharmacist

shouldn't perform any activity that may imply that they are leading MAiD. Pharmacists *can* support patients by providing information about the hospital's process for initiating a request for MAiD. However, all MAiD inquiries, discussions, and engagements should be referred to a medical practitioner. It is a crime to give information to a person that would enable them to directly take their own life, such as counselling, advising, or influencing a person in any way to seek MAiD. Pharmacists are also exempt from assessing the patient's eligibility or documenting consent or request for MAiD.

Although MAiD can be performed in facilities outside of the hospital, this might not be reality for some individuals, such as patients in nursing homes without the required administration policies. If the time should come for the pharmacist to answer the call, he or she should consider the patient's relief of suffering and help ensure it is met with dignity and compassion within a place away from home. .

-Eunice Ku, UW CSHP

CO-OP CHRONICLE

Kristina Kozlovsky, Rx2018

Sanofi Pasteur



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

I suspect that because this was the first industry co-op placement for Waterloo pharmacy students, and that students don't necessarily learn a lot specifically about industry in our program, that some background may facilitate understanding my role.

Sanofi Pasteur is the vaccines division of Sanofi, and has one of its Production and Research & Development sites in Toronto. During my co-op at Sanofi Pasteur, I was part of the Medical Affairs team, which functions as the interface between the company and the external medical community. Quoting from a presentation done by Sanofi Pasteur: "Medical Affairs is involved in developing and sharing medical and public health expertise, leading medical and scientific communication activities, engaging and exchanging with external experts, as well as managing lifecycle evidence generation plans to address market access gaps. We bring customer insights of unmet medical and public health needs to the internal Sanofi community in order to develop strategies to enhance the value of existing products and to facilitate the innovative development and delivery of future products".

If you're still not entirely sure what Medical Affairs is, don't feel bad. It took me actually doing the job to understand. Essentially Medical Affairs consists of professionals (generally PhDs, PharmDs, or MDs) who help to support the company with their scientific background and knowledge. This could be through synthesizing and interpreting the scientific information being published (such as through clinical trials) or perhaps by gathering or generating statistics and evidence through primary literature or by sponsoring or informing researchers in academia. Ultimately, Medical Affairs is responsible for communicating the science behind Sanofi Pasteur products to the medical community and supporting market access to the vaccines, among many other roles that I can't really delve into in this article.

My role was supporting the Medical Affairs team's efforts, mostly in a project-based fashion. I read scientific literature to understand, summarize, and disseminate the clinical trial and real-world evidence being generated about Sanofi Pasteur products to the team. I performed literature searches and compiled summaries of the current clinical data landscape for Sanofi Pasteur and competitors' products (what was referred to as competitive intelligence) and then communicated the impact of this to the Commercial Operations team to inform strategic planning. I also worked on a project that would help the team ensure compliance with internal and external policies. I had the chance to sit on meetings and contribute to the team's work as their needs evolved over time.

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

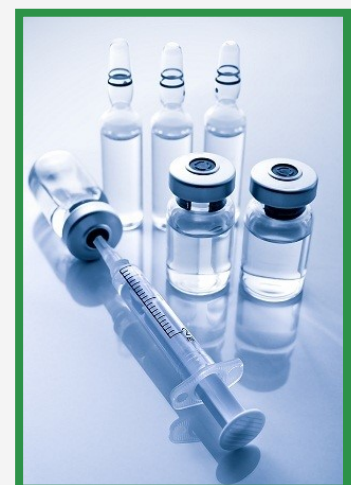
Personally, one of the biggest lessons I learned from this co-op placement was how many career possibilities there are for pharmacists, both within a directly pharmacy-related role or not. With industry, you can start your career in a more science or pharmacy-based role, but opportunities to delve into other areas definitely exist. Clinically, I learned many lessons about immunology, vaccines, vaccine research and clinical

trials, the processes involved in getting medications publicly funded, and how industry functions day-to-day. I also gained a lot of lessons in business.

What were some barriers or challenges that you encountered?

One challenge for me was familiarizing myself with more advanced immunology and vaccine science and then beyond that, understanding how pharmaceutical companies not only bring vaccines (or drugs) to market, but also then into the public health care system in Canada. Whenever I was given a project, I spent a fairly significant amount of time doing background reading in order to feel like I could effectively complete a project and complete something that was useful for the team. A second challenge was learning how to go from very scientific and clinical thinking to a more business-oriented mindset. It was definitely important to not only bring your scientific expertise to your work, but also to take this work and apply it to the business and public health sides of industry operations. My supervisor, Bruce Seet had his PhD, MBA, and many years of experience in industry and was able to teach me a lot about how to do this. I was also guided an immense amount by the other team members, including the pharmacy resident students, who I partly owe my success in overcoming these challenges to.

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CO-OP CHRONICLE

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What were some personal highlights?

One of the biggest highlights for me was making a presentation with a colleague to the Commercial Operations team, which was eventually passed on to a higher-level executive in the U.S. The presentation involved informing the team about a potential competitor company and product, which helps inform strategic planning of products to ensure we continue advancing the public health value of our own products.

Does one day in particular stand out to you?

I had the opportunity during my first week on the job to fly with some of the team to the U.S. Sanofi Pasteur site in Swiftwater, Pennsylvania for two nights. It was an incredible opportunity to get to know my fellow colleagues on a more personal level and learn a little about the pharmaceutical industry in the U.S.

Any words of wisdom to fellow students?

Similar to Sonya's advice in the last Co-op Chronicle, I advise students, specifically those who aren't sure about the kind of career they want to have yet, to explore a variety of co-op placements. The reality is that not everyone will find their passion in clinical pharmacy, or perhaps even pharmacy at all, but a Doctor of Pharmacy can still be an important credential that will open up opportunities that you can take advantage of. If you enjoy project-based work, frequent changes in your work (day-to-day or even jobs), working closely with people on a team, and using your scientific knowledge in a business setting, I would highly suggest experiencing industry if the opportunity presents itself.

Peru Mission Trip Reflection

Earlier this year the Rx2018 class was introduced to the opportunity to help in medical clinic in Peru during the summer. This caught my attention because I have always been interested in doing a global mission trip. Plus, this was a way utilizing my pharmacy skills in a new way.

This was the first time that more than one pharmacy student was invited on this trip. In the past two trips, only one pharmacy was on the trip because there was only one clinic being run at a time. This year, there were two simultaneous clinics and a greater focus on tracking the inventory. Hence, there were three pharmacy students on the trip this year: Loran, Saptha and I. We learned how to work together and created everlasting bonds of friendship.

On a typical day, we worked in the clinic from 9am to 3pm. Saptha and I were in the same clinics. Loran worked in the shantytowns. We ran the pharmacy for the clinic. This meant receiving prescriptions, dispensing medications, and then instructing our translator on how to counsel. Other activities that we were involved with were: managing the medical supplies, administering blood glucose tests, and handing out souvenirs/vitamins/dental supplies. During the day, Saptha and I would keep track of what we dispensed so that we could do an inventory count at the end of the day. I wish I spent more practicing Spanish before the trip. Not knowing the language of the area made it difficult to connect with the people we were serving.

On the trip, there were also first year medical students from McMaster University, Brock University undergraduate students, physicians, and a pharmacist. The medical students did consultations with the assistance of Peruvian medical students, which also acted as translators. Then physicians would review each consultation. After that, patients presented their prescriptions to the pharmacy. We typically dispensed pain relievers, vitamins, an-



tibiotics, anti-parasitic medications, and stomach acid reducers. Having the pharmacist there was useful in ensuring that the substitutions that we suggested were valid. I'm glad that Saptha brought her RxFiles book with her. We relied heavily on that resource.

It was moving to see how much individuals appreciated the care the clinic provided them. Due to the way the healthcare system is organized in Peru, reaching healthcare providers is difficult for the population we served. It was eye-opening to see how handing out simple products like multivitamins, toothpaste, or even eye drops brought wide smiles. I think this mission trip did a great job in providing care to individuals that did not have access to care. In this environment, it was so clear to see the impact of the social determinants of health. The population was lacking many of the factors involved with health, but their sense of community was strong. The resilience they get from being a grateful and connected community is inspiring. It makes me want to connect on a deeper level to those that I meet in my day-to-day life. That is the lesson that I learned from this trip that will impact how I act towards others and my pharmacy practice.

-Sonya Dhanjal, Rx2018



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	September 10	11	12	13	14 CSHP Co-Op Info Night	15	16
	17 Waterloo's Next Top Pharmacist	18	19 Round 1 Co-Op Apps Available for Employers to Review	20	21	22	23
Week 2	24	25	26 Round 1 Co-Op Job Interviews	27	28	29	30
	October 1	2 Round 1 Co-Op Rankings Open Industrial Residency Apps Due	3	4 Round 1 Co-Op Rankings Due	5 Round 1 Co-Op Matches	6	7
Week 3	8	9	10	11 Round 2 Co-Op Apps Available for Employers to Review	12	13	14 SOPhS Formal
	15	16 Hospital Residency Apps Due 12am	17 Round 2 Co-Op Job Interviews	18	19 Round 2 Co-Op Rankings Open	20 Round 2 Co-Op Rankings Due Round 2 Co-Op Matches	21
Week 4							
Week 5							
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.