

Pharmacy Phile

University of Waterloo School of Pharmacy

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President and VP's Address

The past two months in the Winter term has kept us all very busy. With the weather finally starting to warm up, it's not so hard to believe that the Spring term is soon approaching.

Despite temperatures reaching record-breaking lows, our students didn't let the weather slow them down! We started off the term with our SOPhS Beginning of Term Social at Stampede Corral. We hope everyone had a great time catching up with

friends, meeting the other cohorts, and enjoying some yummy food before school work got too heavy.

SOPhS athletics has also been busy trying to keep our bodies active with fun activities like an Open Gym where students can come out and play any activities they'd like to at the PAC. Followed by a friendly basketball game between Rx2018 and Rx2019/2021. Students also had a chance to try their hand at skiing or snowboarding at Chicopee!

With March soon approaching it is also time for our annual conference between UofT and UW Schools of Pharmacy called the Ontario Pharmacy Student Integrative Summit (OPSIS). OPSIS is designed for student leaders from both schools to come together and challenge themselves

with interactive presentations, debates and case competitions. The theme for this year's OPSIS is 'Ignite our Future'. We can't wait to see everyone at the Summit!

We wish the Rx2021 and Rx2019 classes good luck as we approach midterm/exam season. We hope that the Rx2020 class is enjoying their co-op term! We also want to wish the Rx2018 class best of luck on their rotations. We hope that you all enjoy this milestone, and congrats on almost making it to the finish line!

- Naushin Hooda & Pauline Bal,
SOPhS President & Vice-President



CAPSI Corner

Hi CAPSI Members!

Where has the Winter semester gone? This past January, myself and 6 other students represented UW at the annual Professional Development Week (PDW) in Edmonton. Once we got back from the conference, we kicked off our Rx2021 membership drive with a total of **103** new members! This included a “5 Days of Giveaways” with prizes including backpacks, Teva gift bags and numerous gift cards.



February included a lunch and learn with Trudell Medical International, the makers of AeroChamber and Aerobika. Members learned about the importance of valved

holding chambers and managing lung disease. We hope you left the event with a new understanding of respiratory medical devices and a little less hungry!

March 1st marks the beginning of Pharmacist Awareness Month (PAM). For the whole month of March, CAPSI has collaborated closely with student clubs to hold a variety of events throughout the school and Kitchener-Waterloo community. All CAPSI chapters across the country will be helping to

promote the expanded role of pharmacists. PAM 2018 also marks the 10th anniversary of our School of Pharmacy. We hope you will join us as we celebrate the progress of our profession and the great contributions our alumni and faculty have made in healthcare. Upcoming events include the Conestoga Health Fair, the New

Grad Panel and a hospital pharmacy symposium. Throughout the month our wonderful student volunteers will be travelling to elementary schools in the community to educate children about proper hand-washing, smoking cessation and medication safety.

Make sure you “LIKE” and “FOLLOW” our Facebook page (@UWCAPSIPAM) to keep up to date with ALL the fun events CAPSI has planned throughout March.

- Emily Cowley, UW Senior Representative



OPA Update

OPA Cup

2018 is not only a special year for the school, as we mark the 10th anniversary of our beloved School of Pharmacy, this year is al-



so the 10th OPA Cup. On March 3rd, the University of Waterloo, School of Pharmacy welcomed our colleagues from the University of Toronto, Leslie Dan Faculty of Pharmacy at the Dom Cardillo Arena in Kitchener for the showdown. The OPA Cup is a student-organized event sponsored by the Ontario Pharmacists' Association that celebrates

collaboration and good sportsmanship between the two pharmacy schools of Ontario. We had an amazing turnout from all of the classes this year as we cheered our Warriors on. For the third year in a row, our players brought home the win with an incredible 4-2.

OPA extends a huge congratulations to all of our players and to our MVP Sam Dubinsky (Rx2019). Thank you for everyone who came and showed tremendous spirit! Go Warriors Go!

OPA Conference 2018, Connecting the Dots



Please join us this year on June 7-9th for the annual OPA conference held at the beautiful Deerhurst Resort. It is a great opportunity to network with many practising pharmacists, meet fellow students from UW and UofT, expand our knowledge about our profession and have a great time! Early bird registration ends on April 14th!

Registration and more information on the conference can be found on: <https://www.eiseverywhere.com/ehome/index.php?eventid=290361&>

If you have any questions regarding the conference, feel free to contact me (louiszwei@gmail.com).

Hope to see you all there!!
- Louis Wei, OPA Student Board Director

Faculty Spotlight: Dr. Cynthia Richard

Interviewer: Tina Thomas, Rx2020

Dr. Richard first began teaching at the University of Waterloo in 2009 as an Adjunct Clinical Assistant Professor. Now, she is a Clinical Lecturer who oversees the Professional Practice Program, a set of labs that all students would agree are crucial to their future success in clinical settings. I thought it would be a great idea for us students to get to know a little more about her!

TT: As an undergraduate student, what made you choose pharmacy as your future career path?

CR: I actually decided in high school that I wanted to be a pharmacist. I knew it offered a good career path, and included math and science which were two of my favourite subjects. In my last year of high school, I did a co-op placement in a community pharmacy with a very forward-thinking pharmacist. She had been in leadership positions with provincial associations, and owned an independent pharmacy that offered lots of specialty services, like home health care and compounding. Her pharmacy even stopped selling cigarettes years before it was legally mandated, because she thought it was important to portray pharmacy as a field that promoted health rather than as a business. Working with her further inspired me to pursue pharmacy; it gave me a glimpse of where the profession was heading.

TT: What was your favourite class as a student? What (if any) was the most challenging and why?

CR: My favourite class during my first year of undergrad was definitely calculus; sometimes I wish I had continued to study math, because I really loved it! Every week when we got our cal-

culus assignments, I would rush home to do it right away; some people like crossword puzzles to stimulate their minds, but I liked calculus assignments! In pharmacy school, my favourite class was pharmacology. It was fascinating to me to know the in-depth mechanisms by which drugs exerted their effects.

My most challenging class was English – which I never took again after high school! I think the “numbers” part of my brain just works better than the “words” part! I was always pretty bad at phys ed as well.

TT: What made you choose to pursue teaching as a profession?

CR: During pharmacy school (at Dalhousie University), I had a chance to work with one of my professors two summers in a row. That introduced me to the world of academia – which I immediately loved. To me, being in academia is like still being a student - getting to constantly learn new things and make new discoveries – only you get paid for it! While working as an undergraduate research student, I attended a conference of the Association of Faculties of Pharmacy of Canada (AFPC) with my supervisor, and I really enjoyed hearing the faculty members from across Canada talk about approaches they were taking to pharmacy education. I thought to myself – I want to be one of them someday! After finishing my pharmacy degree, I started graduate studies in pharmacology, while working part-time in a community pharmacy. The emphasis was on basic science research in cancer. At that time, I knew I was interested in pursuing an academic career, but I was not sure exactly what it would look like. After finishing my PhD in

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Pharmacology at Dalhousie University, I did a post-doctoral research fellowship at the University of Guelph, where I studied vitamin D's anti-cancer effects. During that time, I also taught a course on Functional Foods and Nutraceuticals, and additionally got to know a couple people working here at the School of Pharmacy and deliver some guest lectures.

Although training up to that point focused on research, it became clear to me that teaching was actually my passion, and specifically I wanted to go back to my pharmacy roots and teach pharmacy. I started working part-time here at the School of Pharmacy as an adjunct faculty member in 2009 while finishing up my research fellowship. I taught content related to point-of-care devices, natural health products, nutrition, pharmacology, and self-care. After my first child was born, I wanted to have the flexibility to work part-time for a few years, to be home more to spend time with kids. Teaching lent itself very well to this; I was able to work part-time for the next several years.

I started my regular faculty position as a Clinical Lecturer with responsibility for oversight of the Professional Practice series in 2013, just before my daughter was born, and continued to work part-time until just a few months ago. In addition to teaching, I have enjoyed taking on some education-related administrative roles as well, such as oversight of the OSCE program and chairing the Assessment Committee. I also am involved with AFPC, and through that venue get to work with other folks who have also chosen pharmacy education as their career.



TT: Briefly describe your teaching philosophy.

CR: I have been very inspired by one of my close colleagues, Elaine Lillie, who encouraged me early on to create a safe space and positive environment for students for learning. I don't view teaching as being a model where an expert dumps knowledge into the brains of learners (despite some of my "content dump" lectures!); instead it is about creating a variety of activities with an appropriate level of complexity that build over time and give students a chance to

learn and develop their skills. I find this easiest to do in courses with a lab component, and I have been able to work with the other Professional Practice instructors do intentionally design activities that build in complexity as the series progresses from year 1 to 4.

I think the best instructors are learners themselves, and as such I don't hesitate to admit the limitations to my knowledge. As much as possible, I also try to be as fair (even with penalties!), consistent, transparent, clear, and collegial with students as I can so that students know what to expect. As described below, feedback is very important to me, both in terms of giving it and also receiving it. I try to check in with groups of students often to see how things are going, often in an informal way, to see if there is anything I might be able to change to make courses better for them. And finally, having a genuinely caring attitude, sense of humour, and flexible approach can go a long way when it comes to teaching

TT: The Professional Practice Labs require students to pull their theoretical knowledge taught in lectures and apply it in clinical settings. How do you feel is the best way to approach and succeed in the PPL labs?

CR: Practice practice practice! Also be open to as much feedback as possible. Our labs often provide the opportunity for feedback from multiple sources – instructors, TAs, standardized patients, peers, and in some cases even video recordings. You can learn so much from each of these sources. Students should not be discouraged if they don't do well in first year labs; many of the skills develop over time. Also, come prepared to lab. For example, if it is a lab where you are practicing OTC counseling, review the suggested chapters in advance. You will get much more out of it that way.

TT: Where do you feel pharmacy has the biggest potential to make a clinical impact on the lives of patients?

CR: I think pharmacists need to start thinking more about drug monitoring for efficacy and safety. When patients start new medications, they look to the pharmacist for education on how to use the drug, which is great, but pharmacists have a key role in make sure the drug is working and is safe as the patient continues to use it. Setting up appropriate parameters for monitoring and follow-up is very important. This will be easier when pharmacists gain more access to lab values.

TT: Currently, the job market is a bit crowded for pharmacists. How/where would you suggest students find opportunities?

CR: I think many of our students have benefited from the relationships they built on co-op or clinical rotations; that has opened a lot of doors for future jobs after graduation. I would also en-

courage students to be open to placements in geographical areas they may not have considered before. It seems the GTA area is particularly saturated, so perhaps checking out cities/towns that are west or north of here may be worthwhile. Spending a few months in a location for co-op will give you a good sense of whether it is somewhere you would like to live.

TT: If you weren't a pharmacist and professor, you would be...

CR: Something math-related, although I don't know exactly what! Lately I've been thinking I'd like to be a psychometrician – you can look up what that is J. I would also love to have more time to be home with my family and to volunteer at my kids' school and at my church. Having said all that, I really love my job here at the UW School of Pharmacy – in no small part because of the awesome students and colleagues here – and I can't imagine doing anything else!



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!

SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	March 11 CAPSI: Health Fair, Conestoga Mall, 11:30 am	12	13 CAN/CAPSI: Blood Drive Event CSHP: Symp- soium, 6 pm	14 WHPC: Case SStudy, 6:30 pm	15 SOPhS: Meet- ing, 6 pm	16 OPSIS: Con- ference	17 OPSIS: Con- ference
Week 2	18 OPSIS: Conference	19 CAPSI: PAM Social Media Week	20 CAPSI: PAM Social Media Week	21 CAPSI: PAM Social Media Week CAPSI? OPHIG: On- cology IPE Case Study, 6:30 pm	22 CAPSI: PAM Social Media Week Townhall Meeting, 6 pm	23 CAPSI: PAM Social Media Week	24 CAPSI: PAM Social Media Week
Week 3	25 CAPSI: PAM Social Media Week	26	27 EBM Compe- tition, 6 pm	28 OPA: Lunch and Learn with Allan Malek, 12:30 pm PIC/CAPSI: Trivia Night, 6:30 pm	29	30 Good Friday	31
Week 4	April 1	2	3 Mock OSCE, 6:30 pm	4 Lectures/ Classes End	5	6	7
Week 5	8	9 uWaterloo Examinations Begin	10	11	12	13	14
Week 6	15	16	17	18	19	20	21

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>). If you would like to add an event to the SOPhS calendar please email the SOPhS secretary at secretary@sophs.ca.