

Pharmacy Phile

University of Waterloo School of Pharmacy

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President and VP's Address

The last two months of the Winter term were packed full of events with Pharmacist's Awareness Month, OPA Cup, and the OPSIS conference. We were pleased to see a number of thoughtfully planned events held by a number of our student groups. Among these events were the CAPSI Health Fair and Evidence-Based Medicine Competition, PIC/CAPSI Trivia Night, OPA Dinner & Learns, as well as the CSHP/CAPSI Symposium.

March was also a busy month with the OPA Cup, wherein Waterloo held its title as champions, and the Annual OPSIS conference held collaboratively with the University of Toronto. This year's OPSIS conference, with the theme "Ignite your Future," was one for the books! Students spent the week-

end battling each other in debates and case competitions, and enjoying interactive presentations from well-known speakers including Billy Cheung, Dean Miller, and Waterloo graduate, Saleema Bhaidani. Students left the Falls with plenty to reflect upon as they continue their mission as future leaders of our profession.

Our students enjoyed bowling and pizza at Kingpin Bowlounge as our end-of-term social before final exams. This event has continued to provide students an opportunity to enjoy a night of socializing before getting into full swing of studying for exams. Our Athletics committee planned their annual massages, and RxPRN gave our students care packages, all in preparation for students' finals. We hope the students benefited

from these events, and that they completed their academic terms with success. A special thank-you to the planners for their efforts.

Before we end this account, it is with a heavy heart that we announce that this is our final PharmaPhile entry as the President and Vice-President of SOPhS. It is hard to believe that a year has already passed since we first embarked on a mission for improvement and advancement in our school, and profession. It has been a privilege and an honour to be entrusted with such an undertaking and to serve on the student council. We would like to thank our exceptionally enthusiastic council for making our roles enjoyable.

You're all incredible team-players, and we view each of you as being a valuable member of the team. Lastly, thank you to all the students and faculty who supported our journey in our positions. During our tenure, we have witnessed a unified, passionate, and vibrant school community that will undoubtedly produce exemplary leaders in our profession.

We hope we are leaving

council in a better state than when it was found (a mission surely every President and VP have.) We have grown and learned a lot from our respective positions, and will be sure to carry the memories and lessons with us for years to come.

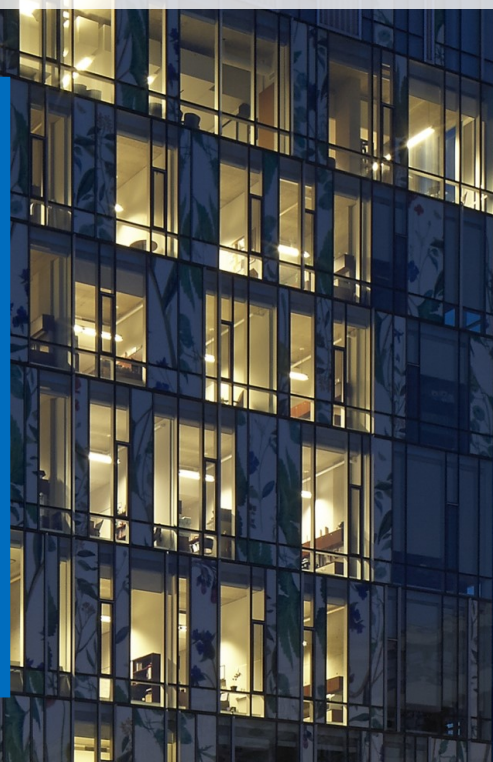
Warm wishes to the Rx2018 class as they graduate this year, the Rx2019 class as they enter into their final co-op, the Rx2020 class as they enter

their 2B term, and finally, the Rx2021 class as they enter their 1B term.

Have a wonderful summer (and remember to practice self-care!).

Warmest Regards,

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



CAPSI Corner

Every year in March, UW CAPSI alongside other UW Pharmacy clubs organize a series of exciting social, educational and community outreach events for Pharmacy Awareness Month. This year marks the 10th anniversary of our school and we wanted to celebrate the students and staff who have worked diligently to promote and advance our profession. Students had the opportunity to work with other future healthcare providers on a type 2 diabetic patient case, put their critical appraisal skills to the test and network with practicing pharmacists in the area. Our PAM Chair 2018, Julianna Gotha, made sure there was an event for every CAPSI member. We also hope you left the events a little less hungry!



members and volunteers!

With the new council starting in the Spring Term, this officially marks the end of my three-year journey on the UW CAPSI Council. I know the 2018-2019

The month of April marks the turnover period for UW CAPSI Council as we welcome our new executive members! I want to thank everyone on the 2017-2018 Council, our amazing volunteers and, of course, all our CAPSI members who came out to our events throughout my time on Council. Your eagerness and dedication to this profession is admirable.

UW CAPSI Council will be left in great hands. All UW CAPSI members should have a lot to look forward to for the upcoming year! (Who would have thought summer school could be THIS fun?)

I wish you all the best to all those going out on co-op and for those returning to school! I look forward to seeing all that you accomplish in your careers.

Emily Cowley
UW CAPSI Senior Representative 2017-2018

If you are interested in becoming a member of the UW CAPSI Council please keep an eye out for by-election details as the position of PAM Chair 2019 is still open. In addition, the UW CAPSI Council will be forming many sub-committees throughout the year to help run our various events. These events would not be possible if it were not for our dedicated council



OPA Update

Hello,

The UW Ontario Pharmacists' Association Student Council is supporting a letter writing campaign to persuade politicians of the increased role pharmacists can play in improving the health of Ontarians, especially in current issues like the opioid crisis and medicinal marijuana. We need your help!

Pharmacists have been receiving more prescribing rights and funding for services they can provide patients; with further government support, they can provide even better care to Ontario patients. Education and

ment allocates a portion of this fund to allow pharmacists to use their medication expertise to help address this crisis.

This campaign provides e-mail letters that anyone can send. These letters will be sent to your local MPP, the Minister of Health and Long-Term Care, and our Premier. The letters focus on areas where pharmacists can play an active role to the benefit of their patients: expanding scope of practice, medicinal cannabis, vaccinations, and the opioid crisis.

Each of us can send a letter for each of these four topics and each topic letter is sent to three politicians. That means that everyone can send twelve letters to the government! Our

challenge for everyone is to sign these letters and get at least three other family members or friends to do the same. If everyone at UW and U of T commits to this goal, our schools will send 70,000 letters to the government. To reach this goal, we NEED your help!



Sending letters is easy and takes less than 30 seconds. Please visit the Pharmacists Care website (<https://www.ontariopharmacistscare.ca/>) and chose an issue under the 'Issues' tab. Fill out the form and click 'Send Email'. Once you have done so, please share it with everyone on social media using #PharmacistsCare.

As students, we know the impact we can have on our patient's health, let's make sure that Ontario politicians know as well!

Sincerely,

George Daskalakis

Ontario Pharmacists' Association Rx2021 Representative



support in response to the opioid crisis is one example. Ontario's government has committed \$222 million dollars to tackle opioid overdose and death over the next three years. With the election just months away, we want to ensure that the govern-

CSHP - Port-A-Cath: A Drug Delivery System

By: Kelsey-Ann Prior (Rx 2020)

When considering the various methods for administering medications to patients one cannot overlook the benefits associated with the Port-a-Catheter (Port-a-Cath), a subcutaneous central venous catheter. The Port-a-Cath or Implantable Venous Port is placed on the right side of the chest allowing medications direct access to the heart. This method of drug delivery is particularly useful for patients receiving chemotherapy.

Made of plastic or a small metal disk the port is connected to a catheter that is inserted into the superior vena cava with entry to the right atrium. The insertion of a Port-a-Cath can be done under general or with local anesthesia.

The port is located under the skin and is accessed using a special needle called a Huber needle. The Huber needle is inserted into the port to administer the IV medications; this completely eliminates the need to locate veins and prevents any bruising at possible injection sites. The Port-a-Cath can also be used to draw blood.

Patients receiving chemotherapy are particularly familiar with the intravenous method. A chief complaint when receiving

chemotherapy intravenously is discomfort to the patient. Sitting for hours with a needle inserted into their vein is less than ideal. Traditional open catheters can disrupt patients' daily routines with their meticulous care. Whereas the Port-a-Cath is placed inside the body and blocked from the outside world, patients can enjoy activities such as swimming without having to worry about their port. Patients with poor venous access, renal replacement therapy, hemodynamic monitoring, chemotherapy or vasopressors benefit the most from this device.

The Port-a-Cath has many other benefits: less needle sticks, limited home care, limited restriction of activities, and easier administration of intravenous medications.

Some of the challenges associated with this drug delivery method include infections at the port site and blockages or clots to the catheter. Patients should monitor the area for any bruising, redness, or inflammation. There should be no pain at the port site. If signs of infection occur a doctor must be notified immediately.

It is important to know that the Port-a-Cath does not

eliminate all pain. Since the port is located beneath the skin, when the Huber needle is inserted the patient will still feel the stick of a needle. Local anesthetic creams are often used to numb the area. After the needle is inserted a dressing is used to cover and shield it. Medication will then move from the needle into the port, through the catheter, and into the bloodstream.

Intravascular catheters are not a new drug delivery system; they have been used since the 1950's. However with advancements in oncology, nephrology, and parenteral nutrition, strides in the improvement of intravascular catheters have come a long way. By 1982 fully implantable ports were being used for chemotherapy replacing the need for central venous catheters. This advancement allowed ports to be surgically implanted subcutaneously.

When it comes to drug delivery options the Port-a-Cath is an innovative system that allows ease as well as freedom to patients. With its many patient benefits it is clear to see that the Port-a-Cath has a large roll in the wellness and therapy of many people.

Co-op Chronicle

By: Alisa Zhang (Rx 2020)

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

As a Pharmacy Student at the Outpatient Pharmacy at Sunnybrook Hospital, my main role was drug distribution. I rotated around three stations—manual fill, autofill, and pick-up. The manual fill station is your classic counting, pouring, weighing, licking (not literally) and sticking. The autofill station is this great kind of organized chaos where all the baskets, prescriptions and discharges are coming to you and you have to sort them properly then pass them on unless you're filling that basket yourself. At pick-up, you scan patients' prescriptions out and have them line up to be counselled by a pharmacist if needed.

In terms of clinical pharmacy work, I was able to counsel on medications and discharges. I participated in a clinic day about bone health and educated many passersby and patients. My second last week—after weeks of information gathering and assessing journals—I

gave a 40-minute presentation to the group of pharmacists I worked with about alopecia areata.

What lessons were you able to take from the previous school term and utilize while on co-op?

A variety of courses at school were beneficial to me as a pharmacy student. For example, the professional practice series were especially good for information gathering and counselling, which is so much easier when you have a mental checklist. It also familiarized OTCs and what to ask and look for when making a recommendation or referring to a doctor. The drug information course was also very useful, since I was on Lexi-Comp, RxTx and Micromedex often. Even when a computer wasn't available, using the hard copies wasn't difficult due to having used it many times in the lab.

What were some personal highlights?

Getting to shadow the thromboembolism team on the inpatient side for a day. A pharmacist at the thromboembolism clinic invited me up and it was easily one of the best days I've had. Working with a doctor, we made rounds seeing patients to decide on proper anticoagulation therapy--or maybe not even initiate at all. We also factored in risks we learned about theoretically in IPFC, like heparin-induced thrombocytopenia to choose the best therapy for that patient. It was such an enriching day, getting to ask so many questions.

And a personal highlight is that they call dabigatran "dabi" up there. I thought that was really cute!



Sunnybrook
HEALTH SCIENCES CENTRE

Continued on next page...

What were some barriers or challenges that you encountered?

Being on the first co-op term, I often felt uncertain when responding to inquiries. Insurance, rebilling, therapeutics... there's always so much more to know. It all goes to show how important continuous learning is.

I feel that as I progress through pharmacy school and future co-op rotations, I will have more confidence in my work.

Does one day in particular stand out to you?

Monday, April 23rd. I was sitting in the cafeteria at lunch, catching up with news when an announcement stating that ER was shut down rang through the hospital. Before that, a code orange (mass casu-

alties/external crisis) and code omega (life-threatening blood loss) was announced. At the time, news of the van incident at Yonge and Finch was scarce, and details were just starting to come out.

Code Oranges aren't common, but Sunnybrook Health Sciences was prepared to handle such a crisis. Despite the chaos, staff of all professions worked well together to provide excellent care for the patients. It really highlights how important good interprofessional collaboration and teamwork is.

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

Pay attention to details and always ask questions. Pharmacists are ultimately responsible for what goes out to patients, and students like me are starting to realize that huge respon-

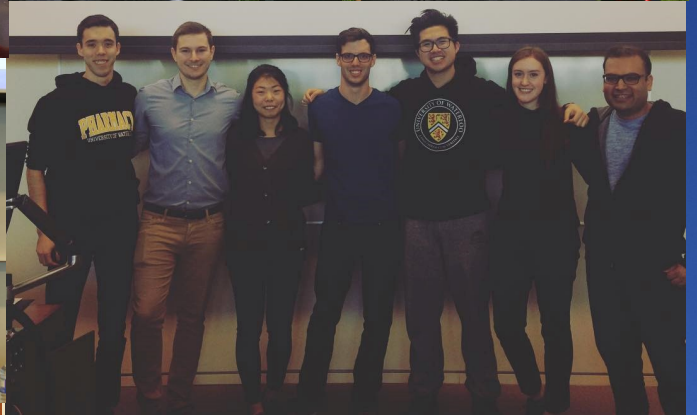
sibility. We all want the best for the patient and to avoid error and harm, so always paying attention to details and questioning things that don't look right is extremely important.

Any words of wisdom to future students who have your current placement in the future?

Always take initiative to ask for more things to do and finding more learning opportunities. Sunnybrook Health Sciences is unique in that because it's in a hospital, there are often pharmacology, medical, cardio rounds (just to name a few) for the staff to further their—and your—learning. You could wake up early one morning to sit in on a presentation on the new guidelines for heart failure, or spend your lunch learning about neonatal dosing in the NICU. With this plethora of opportunity, it's up to you to take advantage of it.



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 May 7	8	9	10	11	12	13
Week 2 14	15	16	17	18	19	20
Week 3 21 Victoria Day	22	23	24	25	26	27
Week 4 28	29	30	31	June 1	2	3
Week 5 4	5	6	7	8	9	10
Week 6 11	12	13	14	15	16	17

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.