

PHARMACY PHILE

JANUARY & FEBRUARY 2021

UNIVERSITY OF WATERLOO
SCHOOL OF PHARMACY

ISSUE 91

SOPhS
SOCIETY OF PHARMACY STUDENTS

SOPhS COMMUNICATIONS

Welcome to a fresh new year - 2021! We hope the Rx2024's are finding their 1A term rewarding, the Rx2023's are enjoying their first co-op term, the Rx2022's are making their way through their 3A term, and the Rx2021's are doing well on their rotations. Here are some quick updates from SOPhS - Social will be postponing pharmacy apparel sales until summer term in order to expand the designs and merchandise, as well as make distribution to all the cohorts easier. SOPhS Athletics will be hosting March Madness Bracket Games, complete with prizes.

Make sure to follow us on social media to stay up to date with SOPhS Social and Athletics events as well as other SOPhS Clubs events! Visit the official SOPhS Instagram (@uw_sophs) and Facebook (@UWSOPhS) pages. Lastly, we would like to welcome Dr. Andrea Edginton as she begins her term as Hallman Director of the School of Pharmacy!

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PRESIDENT AND VP'S ADDRESS

As we approach 1 year in quarantine, we welcomed the Rx2024 cohort to our school with an exciting week of Phrosh events. While it certainly was not what any of us anticipated, we had a great showing from the Rx2024s and ran a very fun virtual Phrosh Week! A huge thank you goes out to our fantastic Phrosh Leaders and Phrosh Planning Committee members who really made this event an overwhelming success. This year, our Phrosh theme was "Netflix and Pill" with the team names based on shows that we

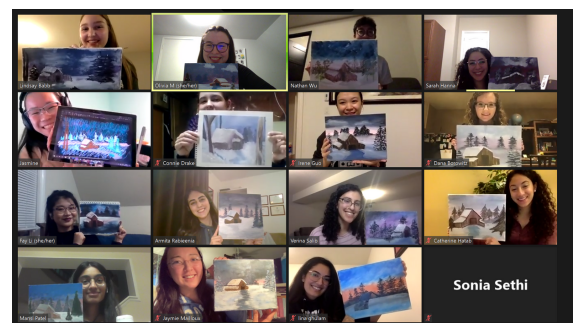
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Welcome Class of 2024! You guys are in for a wild ride over these next four years!

My Phrosh Week Schedule



might have binged during the pandemic. The event ran mostly on Zoom using the Breakout group function and was 6 days long. Some of the events included a Meet Your Team night where we introduced the Rx2024s to their Phrosh teams with icebreakers, a Jeopardy-styled trivia night, and a game night where teams played Among Us and Jackbox, among other games. We hosted a Hobbies STREAM Night where we ran two synchronous hobby sessions so the Rx2024s had a chance to meet students outside of their teams. The hobbies included yoga, travel stories, baking cookies, video games, Bob Ross paint night, and movie title mashup game sessions. We also held a Pharmacy Club Fair so the Rx2024s could learn all about the different SOPhS and Non-SOPhS clubs that they could get involved in during pharmacy school. We concluded a fun Phrosh Week with a Phrosh Awards night. Congratulations to Avamys The Last Airbender for



Bob Ross paint night on Day 2 of Phrosh Week.

winning the team spirit award (Spirited Streamers), Tigecycline King for winning trivia night (Trivia Titans), Queer Eylea for winning the Virtual Scavenger Hunt (Around Your Room in 7 Days), and to all the other individual Phrosh Awards winners! Welcome Class of 2024! You guys are in for a wild ride over these next four years! As a final note on Phrosh, we have assembled the Phrosh Swag bags and are ready to distribute them during your lab sections, so stay tuned!



The rest of January and February was a little more low-key with a few events from our various clubs. SOPhS Athletics held a Sports Trivia night, the Paediatric Pharmacy Advocacy Group (PPAG) hosted their annual Kawasaki Info Night, and RxPRN started hosting biweekly Yoga sessions. The Drug Information (DI) Club hosted a Drug Info Story Time event which had a panel of Rx2021 and Rx2022 students sharing clinical experiences where they used drug information resources during their co-op work terms. CAPSI

also hosted a coffee date evening for the Rx2024s, where they were paired with an Rx2021 or Rx2022 who could share their insights regarding hospital or industry-based co-ops.

As an update to the PEBC OSCE cancellations in 2020, the Rx2020s were finally able to complete their exams as of February 28th. Thank you to all the pharmacy student leaders and Rx2020s for your persistence and dedication to ensure that your colleagues would have the chance to get licensed.

We would also like to thank Scotia Wealth Management and Pollard Gagliardi Navickas LLP for their sponsorship and support of SOPhS. Financial planning after graduation can be intimidating and students may have many questions. Alex and Vivek have graciously offered to provide a free individualized 1-on-1 counselling session with students to help alleviate some of these concerns and plan finances optimally. If you are interested in this valuable session, please contact either of them directly by the following email: vivek@kwaccountants.ca or alex.hendershot@scotiawealth.com.

Lastly, we are excited to welcome Dr. Andrea Edginton into her new role as Hallman Director of the University of Waterloo School of Pharmacy. We wish her luck on her new role and we look forward to the further growth of the School under her leadership.

THANK YOU TO OUR SPONSORS!



TAHER REHMANJI & MATTHEW BUI
SOPhS President & Vice President

CAPSI CORNER

Cheers to a new year! With the end of 2020, CAPSI wishes everyone a happier 2021. Let's recap what happened in January and February 2021:

Mock OSCE's

From January 4-5, we held our annual High Stakes Mock OSCE's for 4th year students to prepare them for their final year OSCE. This year, the online event ran for 2 days, with each session lasting 3 hours. We had 42 students participate along with 14 assessors & 14 standardized patients. The 5 case topics included opioid conversion, a new diabetes prescription consult, hypothyroidism in pregnancy, an ethics case, and an allergic rhinitis case. Special thank you to Sasha Goldstein, our Junior National Rep, for organizing such a successful event!

CAPSI Awareness Week & Membership Drive

We also welcomed the Rx2024 class into their first year at the School of Pharmacy with a CAPSI Awareness Week and Membership Drive from January 11-15! In order to introduce the first years to CAPSI, we had a Zoom breakout room "booth" at the Phrosh Week Clubs Fair. We also created a Council Introduction video inspired by the Full House theme song, and an in-depth video about the benefits of being a CAPSI member. All the students who signed up to be a CAPSI member before Friday were entered into a raffle to win a free CTMA textbook! Lastly, we will be

doing monthly Instagram Takeovers by Council members in order to answer questions that first years may have about CAPSI, academics, 4th year rotations, and co-op.



CAPSI Council 2020-2021 welcoming the Rx2024 class in the Council Intro video!

Local Competitions

First, we want to acknowledge the winners of our Local Competitions. Congratulations to Emma Jane Peters for winning the Student Literary Competition (SLC), Olivia McPherson for winning the Patient Interview Competition (PIC), Pruntha Kanagasundram for winning the OTC Competition, and Kiarah Shchepanik for winning the Guy Genest Passion for Pharmacy Award!

We would also like to congratulate the Advice for Life winners, in first place was Lisa Ros-Choi and in second place was Jace Hui. Great work on some amazing presentations, ladies!

2021-2022 Council Elections

Throughout February and early March, we began the election process for the next year's CAPSI Council. The applications for Rx2024 Class Rep, Junior CAPSI Representative, and all other available positions were opened up to interested students. The new council will be announced in April and will be featured in the next issue of PharmacyPhile.

Coffee Dates

On February 22, first years in Rx2024 were paired up with an upper year from Rx2022 or Rx2021 for a virtual coffee date. This allowed students to meet new peers and ask questions about different pharmacy settings. The event was a great success and CAPSI will be planning similar events in the future, so keep an eye out!

Looking Ahead... March is PAM 2021

We are now in the midst of Pharmacy Awareness Month for March! Our PAM 2021 Chair, Celine Huab, has worked hard to gather a PAM planning

committee and organize events such as elementary school outreach presentations, social media contests, speaker events, PAM swag packages, and collabs with other clubs.



The official banner for UW CAPSI's Pharmacy Awareness Month 2021. This year's theme is "The Path Ahead".

The new year always brings such an exciting and busy time with CAPSI. Let's continue to grow and change together as a community of pharmacy students! Good luck with the rest of the Winter 2021 term, whether you are in school, on co-op, or starting rotations.





OPA UW STUDENT CHAPTER

The year 2021 has just begun and yet, lots of exciting news has already been released! Firstly, we are happy to announce that the ministry will allow the PEBCs to proceed this February. We thank the Ontario Pharmacists Association, the Ontario College of Pharmacists and the PEBCs; however, the greatest amount of credit should be given to the pharmacy student leaders from the graduating classes of 2020 from both Ontario pharmacy schools. Their sheer will, persistence and determination has ensured that future cohorts will not be at risk of delayed exams. However, there is still much work to be done as discussions continue regarding conditional licensing.

Other exciting news includes the announcement of the COVID-19 vaccination plan by our provincial government. It is amazing to think that just last year was the very beginning of what has felt like a long pandemic. Pharmacy has shown its value during the pandemic by continuing to care for its patients and by remaining accessible and open for patient care. Having shown our resilience during the busy flu season, we have been chosen to help administer the COVID-19 vaccines to our communities!

PAM is also around the corner and this March will be a little different. PAM has traditionally stood for Pharmacy Awareness Month; however, it will

be changed to Pharmacy Appreciation Month. This is to recognize the hard work of pharmacy professionals during the pandemic. The UW Student Chapter is happy to support UW CAPSI's initiative to run PAM at our school. We are excited to announce several events by OPA for the students.



On March 9, OPA will be collaborating with CAPSI to host a COVID-19 Vaccine Workshop by Dr. Kelly Grindrod. On March 11, we have our OPA Student Open Forum where students can have a candid conversation with Justin Bates (CEO, OPA) and Jen Baker (Chair of the Board, OPA) about student advocacy. Additionally, on March 25 we are hosting a webinar called "Treating Opioid Use Disorder: A Physician's Perspective."



Lastly, we welcome our new student chapter executives to our team:

Rosa Chen, Rx2024 Class Representative

Caitlin Lovick, Rx2022 Class Representative

Alexa Armstrong, Rx2021 Class Representative

We are excited for our new team members and look forward to working with them this year!

As always, please reach out to our social media for any questions or concerns. We wish everyone a happy winter 2021 term!



@StudentsofOPA

JOSHUA PUSONG
CHAIR, OPA UW STUDENT CHAPTER (2020-PRESENT)

UW TECHNOLOGY IN PHARMACY (TIP)

UWTIP Overview

UWTIPN is super excited to join the SOPHs community! UW Technology in Pharmacy Network is a new club within SOPhS focusing on integrating technology in healthcare and reshaping the pharmacy field towards a more technologically oriented profession. In addition, UWTIP have a vision of becoming a premier multi-disciplinary collaboration group that strives to develop, discuss, and implement cutting-edge advancements in pharmacy technology.

Current Events

HackRx2021

For the first time ever, the UW Technology in Pharmacy Network presents a virtual hackathon aiming to improve the continuity of care within the healthcare system. As future pharmacists, interprofessional collaborations with professionals from other disciplines is crucial. HackRx is a place where students can explore options to innovate healthcare using technology by addressing various limitations within the pharmacy practice and push the boundaries of the pharmacy practice. HackRx2021 aims to engage and empower students of all experience levels by providing the resources to turn pharmacy or healthcare related ideas and solutions into real products with the use of technology.

The main theme for this year Improving the Continuity of Care Within the Healthcare System, and the event will focus on finding novel ways to improve communication between pharmacists and other healthcare providers, between pharmacists, and between pharmacists and patients.



There will be numerous opportunities for networking and mentorship as UWTIP invites speakers from various fields including pharmacy, industry and technology. Additionally, there are cash prizes of varying amounts to be won by 1st, 2nd and 3rd place winners! Registration is now live and interested individuals may join solo or as a team of no more than 5 individuals.

HackRx encourages students from diverse disciplines to participate, including pharmacy, medicine, engineering, science, mathematics, computer science, and more. If you are a keen problem-solver with a passion for health and technology, we would love to see you at HackRx2021!

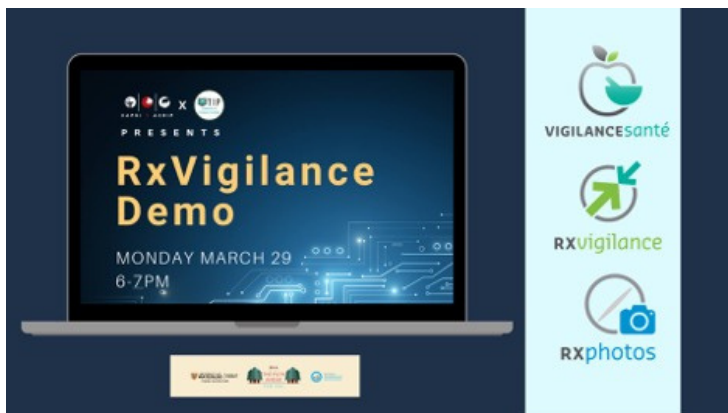
Location: Accelevents Online Platform,
Time and Date: April 30 to May 2, 2021
Register NOW at: bit.ly/HackRxRegister
Follow our event on Instagram! IG: [@hackRx2021](https://www.instagram.com/hackRx2021)

CAPSI x UW TIP: RxVigilance & RxPhotos Demo

As we wrap up Pharmacy Appreciation Month 2021, we would like to invite you to join us on Monday, March 29th at 6pm for a 1-hour demo of the RxVigilance and RxPhotos drug information softwares presented by VigilanceSante.

ALL participants will receive a 30-day free trial of this program. This demo will allow you to get comfortable with these drug information systems as you may see them on co-op or in practice in the future.

Registration is now live for the event via Google Forms and receive a 30-day free trial for RxVigilance after registration!



Past Projects



UWTIP have hosted a variety of events in the past including networking events, Dinner & Learns, virtual cafes, and more! UWTIP always strives to bring new perspectives and spread awareness on emerging innovations of healthcare.



@uwTIP

KATE LIM
VICE PRESIDENT OF EVENTS, CHAIR OF HACKRX, CO-FOUNDER

Our Team



GEORGE ELIAS DASKALAKIS

President and Co-Founder



ANGAD BAINS

Executive Vice President



KATE LIM

Vice President of Events, Chair of HackRx, and Co-Founder



MICHELLE LIANG

Vice President of External Affairs



BRITTANI BROWN

Vice President of Finance



SVETLANA LITCHMANOVA

Vice President of Outreach



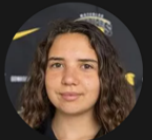
HASSIN SALEH

Director of Internal Affairs



CATHERINE DENG

Director of Communications and Social Media



ANNA KIS

Computer Science Representative



REHAN AHMED

UW Pharmacy
Rx2021 Representative



MAX KISIL

UW Pharmacy
Rx2022 Representative



BRENT CHOI

UW Pharmacy
Rx2023 Representative



KIA MOAZZAMI

UW Pharmacy Rx2024 Representative

FACULTY SPOTLIGHT: DR. ANDREA EDGINTON

INTERVIEW WITH: DR. ANDREA EDGINTON

Hallman Director, Professor, Associate Dean

INTERVIEW BY: CAMILLE HUO AND CHERRY CHAN

Junior and Senior Communications Director

Dr. Andrea Edginton has been an important part of the UW School of Pharmacy since 2008, when it all began. Throughout her time here, she has been a researcher in physiologically-based pharmacokinetic modelling, the Associate Director of Graduate Studies & Research, a member of the Executive leadership team, and a Professor for PHARM 220, 224, 608A, and 609. She recently began her role as Hallman Director this January 2021.

Camille Huo: Tell us about your new role as Hallman Director at the School of Pharmacy!

Andrea Edginton: That's a big question! (laughs) I've been at the school since 2008, close to the beginning with the very first cohort, no building, and very few faculty. Over the last 12 years, I have done many jobs in the school and have been involved in different aspects of the rollout of our programs. I knew I wanted to do more in administration - I think it's interesting, and I'm decent at it. The role of Hallman Director is

certainly very interesting to me because in this role I can support faculty, students and staff by breaking down whatever barriers they have in their path to fulfilling their goals. And this is exciting for me because I'm a problem-solver - when there's a problem, I get energized by helping people maneuver through it with a positive outcome. My role is to provide an environment where delivering an innovative, state-of-the-art PharmD program is possible.

Cherry Chan: Since you mentioned being innovative, do you have any big or new ideas for the School of Pharmacy?

AE: The School of Pharmacy is the most innovative pharmacy school in Canada with a highlight on the co-op program for early experiential. That didn't



Dr. Andrea Edginton began her new role as the Hallman Director of the UW School of Pharmacy in January 2021.

come easily though, it was something we had to sell. But now I think that students, faculty, and the pharmacy community can all agree that the program as a whole has created competent, worldly students who, when faced with varying challenges, are able to navigate. My job is to make sure that instructors have the space, time, and resources to ensure that the program continues to be innovative.

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...the program as a whole has created competent, worldly students who, when faced with varying challenges, are able to navigate.

work, and make sure they have the supports to bring their ideas out to the world. Entrepreneurship is a big deal for me. I have a consulting company where I gain a lot of knowledge that I take back into my own research and the classroom, so it benefits everyone! I'm interested in supporting PharmD students, graduate students, and faculty to move their ideas from their minds into something tangible, applicable, and potentially commercializable. For example, have you seen the big warehouse behind the School of Pharmacy? It will become the Innovation Arena, a space for Velocity, the Small

I'm also a researcher and I come to this role with a good sized research team who have an interest in innovation and commercialization. For the School as a whole, the goal is to elevate our researchers, who are doing some incredible



A rendering of the future Innovation Arena behind the School of Pharmacy.

Centre for Waterloo Region, and startup companies. You can read more about it [here!](#)

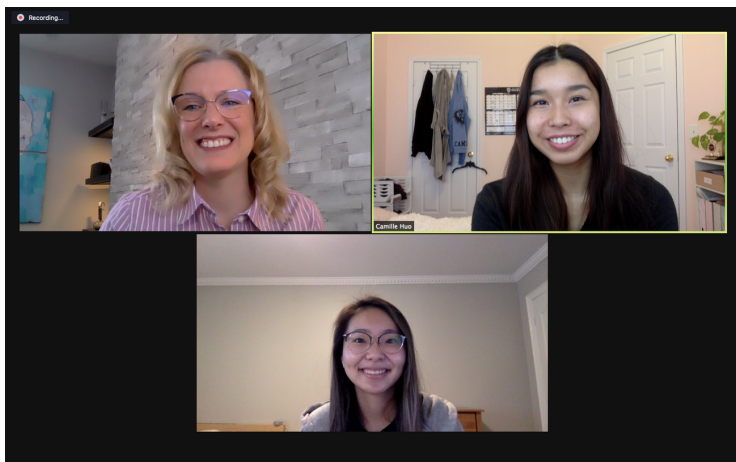
CC: How is this role different from your previous position as an Associate Director?

AE: The research side is not different, but in terms of administration I am much more involved in activities outside of the School of Pharmacy than I have been before. In my new role as Hallman Director, I am involved with the Ontario Pharmacists Association (OPA), the Ontario College of Pharmacists (OCP), the Pharmacy Examining Board of Canada (PEBC), and I get to liaise with the heads of other pharmacy schools across Canada. In this role I get to have a clearer view of how the University makes decisions and carries on its business; I'm loving it! I'm a student of human behaviour - I'm fascinated with group dynamics and culture, and how that drives the process of decision-making. Every group I'm involved in has a different culture, which gives me an opportunity to observe different processes.

CH: On the topic of COVID-19, how has faculty been making decisions on in-person vs. online learning? Do you think this new format has hindered or enhanced the students' learning in any way?

AE: COVID is a difficult time... but with challenges come opportunities. You will be able to look back

on this and say, we were in school during the pandemic and this is how we had to pivot. No one else will be able to say that! Firstly, the experiential components with rotations and co-op presented as a major challenge because no one had experience working in a pandemic before. Open communication between experiential sites, co-op employers, students, and faculty was key during the beginning, and Dr. Dave Edwards expertly navigated that. He made sure we were all rowing on the same boat!



Dr. E, Camille, and Cherry meeting over Zoom for a fun yet enlightening interview.

In terms of the academic component, the School of Pharmacy must follow the University of Waterloo's guidelines, so everything had to switch online. When December came along and the Ontario government allowed pharmacy programs to increase the in-person limit for exams and labs, that gave us more flexibility. Throughout the whole thing, we have implemented safety plans for all activities and people involved.

I think the pandemic has changed what people thought was possible and acceptable. We certainly understand the importance of face-to-face interaction, but faculty has learned how to elevate online teaching with support from the University's Centre for Teaching Excellence. In the

“We have all been challenged to self-reflect on how we react to changing situations.”

future, there may be some online aspects in specific, useful places, but we WILL go back to the classroom. We energize one another in the classroom, which is an important piece in education. Everyone has learned a bit about themselves too, including time management, motivation, and initiative. Some people thrive and some struggle. We have all been challenged to self-reflect on how we react to changing situations.

CC: As you're probably aware, the PEBCs may be cancelled again for the second time. How do you feel about this situation?

AE: The potential cancellation caused a lot of anxiety and frustration for students, which also caused me to have those same feelings. Through the process to lobby the government for a regulatory change allowing health professional licensing exams to move forward, I have gotten to know all the groups involved - the Rx2020's, PEBC, OPA, which has been wonderful. Luckily, we have had a positive outcome and all of our efforts were not in vain. Our graduates, who could not write in November 2020, now could write their exam in February 2021. The change in regulations from the government will also allow students to write in May 2021.

CH: What do you like to do in your spare time when you're not busy at the School of Pharmacy?

AE: I have my little family - my husband, my daughter Emma (who's 10), and my son Mathieu (who's 13) - and they are my support system, my fun, and my quarantine buddies. In my spare time, my husband and I love to cook elaborate meals together and then eat them! My best recent dish would have to be chicken shawarma. We do a lot of online cooking classes with the Culinary Studio and create some wonderful meals. Cooking is very much our home life!



Dr. E's favourite dish to cook at home - chicken shawarma!

They have worked so hard to get to the end, which is really just the beginning, and I know that their education has set them up for success in life.

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CC: Lastly, what has been your favourite memory at the School of Pharmacy so far?

AE: Seeing students succeed. Whether it's my graduate students convocating, or PharmD students graduating, I absolutely burst with pride. They have worked so hard to get to the end, which is really just the beginning, and I know that their education has set them up for success in life. For me to even be a small part of that makes me so happy (I'm tearing up a bit now)! I know what students have achieved, before and throughout the program, and seeing them land their dream job and embark on a whole new life makes me so proud.

SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Feb 28	Mar 1 MHIP Social Media Contest	2 CAN Women's Health Dinner & Learn @ 6pm	3	4 Geriatric Pharmacy Club: IPE Event @ 6:30pm	5	6
	7	8 CAPSI Social Media Contest	9 CAPSI x OPA COVID Vaccine Workshop @ 6pm RxPRN Yoga @ 7pm	10	11 OPA Student Open Forum @ 7pm	12	13
Week 2	14	15 CAPSI Social Media Contest	16	17 CAPSI x CSHP Lessons Learned from COVID Panel @ 7pm	18 OSCE Prep Club Mock OSCE's @ 5:30pm	19	20 IPE Primary Care Indigenous Peoples @ 8AM
	21	22	23 RxPRN Yoga @ 7pm	24 MHIP x PPAG Pediatric Mental Health IPE Event @ 6pm	25 OPA Methadone Webinar @ 7pm CAPSI x OPhIG IPE Event @ 7pm	26 ←	27 OPSIS Conference
Week 3	28 →	29 CAPSI x TIP RxVigilance Demo @ 7pm	30	31 CAPSI: A First Nation's Health Perspective @ 7pm	Apr 1	2	3
	4	5	6	7	8	9	10
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>). If you would like to add an event to the SOPhS calendar please email the SOPhS secretary at secretary@sophs.ca.