

PHARMACY PHILE

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UNIVERSITY OF WATERLOO
SCHOOL OF PHARMACY

ISSUE 97

SOPhS
SOCIETY OF PHARMACY STUDENTS



SOPhS COMMUNICATIONS

Happy Pharmacy Appreciation Month! The winter term is off to an exciting start with Phrosh 2022, warmly welcoming our Rx2025s to their very first term as pharmacy students. We are looking forward to seeing more transitions to in-person experiences outside of the classroom as Rx2025s and Rx2023s return on-campus for classes, including the reopening of study spaces and the Caffeine Dispensary Café. In this issue, Angad & Kevin will give us recap on past & upcoming events planned for winter term. We will also be hearing from Kiarah Shchepanik about her patient care rotations in Oshawa & Peterborough. Look out for more in-person SOPhS events coming up this term on our social media & we wish you all the best for this term!

IN THIS ISSUE:

02 **PRESIDENT
AND VP'S
ADDRESS**

05 **CAPSI CORNER**

08 **PATIENT CARE
ROTATIONS:
OSHAWA/
PETERBOROUGH**

10 **SOPhS
CALENDAR**

PRESIDENT AND VP'S ADDRESS

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We want to wish everyone the best of luck on the start of their new beginnings! We hope the new year is full of happiness and success for all our Pharmacy students!

Welcome to a new year at the School of Pharmacy! The start of the year marks the beginning of many new journeys; the Rx2022's are beginning the end of their Pharmacy schooling and their last semester at the School of Pharmacy. The Rx2023's are prepping to go back to full time in-person instruction for the first time since March 2020. The Rx2024's are beginning their very first co-op term of Pharmacy School. Finally, we want to extend a warm welcome to the Rx2025's who are beginning a brand-new journey altogether as they embark on the start of their Pharmacy life. SOPhS is beyond excited to be welcoming in the new cohort to the Pharmacy Phamily!

One of the very first events of the year was Phrosh Week for our newest cohort. While plans for an in-person Phrosh had to be moved online, the event was still a big hit. This year's Phrosh took on the theme of Outer Space which resulted in some very creative team names. The weeks' worth of events were kicked off with an Icebreaker Night where new students had a chance to meet each other in their Phrosh Groups and participate in orientation classics like 'Hot Seat', 'MTV Cribz' and '30 Seconds or Less'.

The rest of the week saw various themed nights such as Hobbies Night which had various stations that participants could attend including yoga, travel stories, a music guessing game, Bob Ross painting and cooking. This was followed by the Club's Fair where new incoming student could learn from SOPhS club representatives about different ways to get involved at the School of Pharmacy.



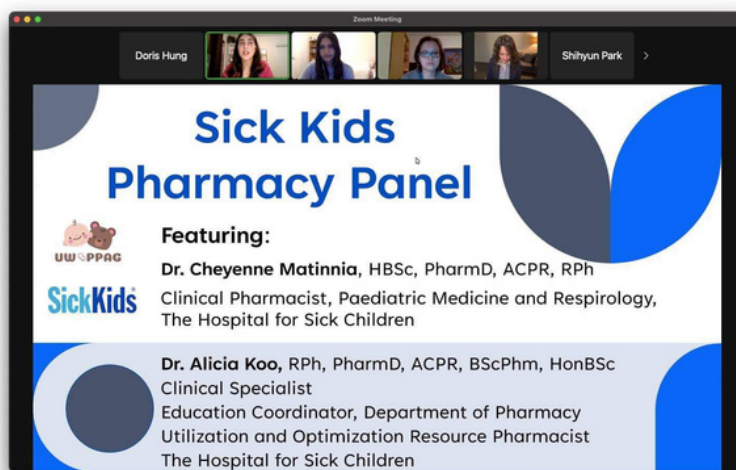
Screenshot taken of the Cooking Class held on Hobbies Night during Phrosh 2022.

There was also a Phamily Pheud Trivia Night inspired by the famous game show of the same name (but evidently different spelling), which saw each Phrosh teams split in half to compete to win gift cards. Congratulations to Phrosh teams, Earthromycin and Shooting Solostars, for winning Phamily Pheud Trivia Night! Finally, the last day of Phrosh week was dedicated to wrapping up a week-long event that was an online Scavenger Hunt in which teams were competing against one another and against the clock. It was a close race, but congratulations to Marsvelon for winning this year's Phrosh Scavenger Hunt!

We wanted to take this time to extend a big thank you to all the upper year volunteers that gave their time to be Phrosh leaders and help with orientation activities. In addition, thank you to all of the Rx2025's students who attended our Phrosh week events. We hope that you enjoyed your introduction to Pharmacy school.

It is an exciting time, but it will be over before you know it, so we hope that you cherish your time at the School of Pharmacy and make the most of every moment. SOPhS will be here at every step of the way to support you, advocate for you and ensure that your time here at the School of Pharmacy is memorable!

The rest of January was a transition time for our SOPhS clubs as we were online for most of the month, however there was hope at the end of the tunnel as in-person events were beginning to be permitted in February. This was a fairly quiet time for SOPhS clubs as they were gearing up for in-person events, however we did see a few online events, one notably from the Pediatric Pharmacy Advocacy Group (PPAG) who organized a SickKids panel event to highlight the role of Pharmacists at SickKids.



Screenshot of UW PPAG's SickKids Pharmacy Panel event, featuring guest speakers Dr. Cheyenne Matinnia & Dr. Alicia Koo.



An inside look into the reopening of The Dispensary with 24/7 self-serve beverages & food.

In addition, SOPhS Athletics organized intramural sports for our cohorts which saw Pharmacy students participating in soccer, volleyball, ultimate frisbee and basketball intramurals. SOPhS Social organized spirit wear for our cohorts which saw some fresh new items for our students.

Moreover, a special event that occurred this term in early February was that SOPhS was able to have its first in-person meeting since March 2020. All SOPhS meetings and activities had been moved online, however with things starting to shift back in person, we were able to start to have members attend the meeting in-person. Another special event that will be occurring this term is the eagerly awaited re-opening of The Dispensary, which is our very own Pharmacy café. This source of coffee, snacks and sandwiches was also shut down in March 2020, however it is set to re-open in a revamped self-serve style. We know that both students and faculty can't wait for The Dispensary to make its long-awaited return.

We want to wish everyone the best of luck on the start of their new beginnings! We hope the new year is full of happiness and success for all our Pharmacy students!

CAPSI CORNER

Happy Pharmacy Appreciation Month, also known as PAM! It is a time we celebrate and appreciate the pharmacy profession! The theme this year is “Light at the End of the Tunnel” as we acknowledge the stress and burnout experienced by our pharmacy teams and recognize the new opportunities that await for pharmacists after the pandemic. We started off March 1st with an in-person PAM Kick-off with breakfast treats, a wonderful opening speech by our PAM chair, Sarah Fallis, and an inspiring message by Jen Belcher from OPA.



Photos taken at the PAM Kick-Off Breakfast on March 1, 2022.



Later this month we have exciting events coming up such as the Geriatric Panel in collaboration with CAN and the Geriatric Club, the Ancient Indigenous Medicines Symposium, and Heart Failure IPE event!

We are grateful to the PAM Executive Planning Committee for making all of these events possible and to local businesses who have donated items for our prize baskets.



Screenshot taken at a PAM 2022 Executive Planning Committee meeting.

Stay up to date with PAM 2022 by following @capsiuwaterloo on Instagram, bookmarking the PAM Calendar (which is updated regularly with links to events and initiatives), and following the PAM 2022 Facebook page!

CAPSI Awareness Week/Membership Drive

To welcome the class of Rx2025, we hosted a CAPSI awareness week from January 9-15 featuring Instagram takeovers by our Junior and Senior CAPSI Representatives, Q&A sessions, and a CTMA and CAPSI backpack giveaway. Last but not least, a series of TikTok videos were made by Council to introduce what CAPSI is all about, our core values and the benefits of a membership!

You can watch our take on TikTok trends on the CAPSI Instagram page!



Screenshot of CAPSI Awareness Week TikToks, created by CAPSI council. Check out @capsiuwaterloo for more!

Succulent Sale

Early February we had a Mystery Succulent Sale, the first since before the pandemic, and sold 20 plants total! CAPSI members could order a succulent and pick it up from the School, with lots of variety to choose from. Just another perk of being a CAPSI member ;)



CAPSI members with their succulent purchases.

Vampire Cup

The year-long Vampire Cup Competition has been a success and so far, we have had two donation this term with the next happening on March 21st. You can join the Vampire Cup competition by visiting blood.ca to book your appointment and selecting the University of Waterloo School of Pharmacy to join our local team. Email gina.levya@blood.ca to arrange your free taxi ride on March 21st. Additionally, participating this month will cross off a square on the PAM bingo card and gets you one step closer to winning one of our prize baskets! We hope to see you there :)

2022-2023 Council

In February, we began the process of electing positions for the next CAPSI Council, starting off with the Rx2025 Class Representative as we are excited to welcome Tiffany Lin! Our May issue will feature a picture of our 2022-2023 Council with all the new position holders.



Sarah Fallis (PAM chair) donating blood.

Competitions

We also want to recognize the winners of all our competitions! Congratulations to Randilynne Urslak for winning the Student Literacy Challenge (SLC) and placing second nationally, Steven Huynh for winning the Guy Genest Passion for Pharmacy Award, Maria Anton for winning the OTC Competition and placing fourth nationally, Bhawani Jain for winning the Patient Interview Competition (PIC), and Victoria Mikhnosvkaya for winning 1st place in the Advice for Life Competition (AFL) and Jacob Luba placing 2nd. You all did an amazing job!

That's it for now, make sure to like us on facebook, follow our PAM page and Instagram to keep up to date with PAM and future CAPSI events!



PATIENT-CARE ROTATIONS: OSHAWA/PETERBOROUGH

KIARAH SHCHEPANIK

Oshawa/Peterborough, Rx 2021

What did you like about the region where you complete patient care rotations?

Oshawa / Peterborough had a great variety of rotation sites including hospital, LTC, family health team, independent and chain community pharmacies. It's close to Toronto but also has lots of outdoor activities to enjoy during the summer months.

Describe the sites where you completed your rotations including your team members and the work performed.

My first rotation was at Medical Pharmacies Group Ltd [now called CareRx] where I worked with a LTC Clinical Consulting Pharmacist. She managed approximately 20 LTC homes in our region and together we conducted medication reviews on residents and worked to solve DTPs alongside the nursing team and physicians.

My second rotation was at Ontario Shores Centre for Mental Health Sciences where I worked with my preceptor on a general adult psychiatric ward. I participated on daily rounds and worked closely with the psychiatrists, social workers, physician assistants and nursing team to care for our admitted patients.

My final rotation was at Pharmacy Associates of Port Perry which is an independent community pharmacy in a small town. Here I helped to run the COVID vaccine clinic as well as other professional services within the pharmacy. We serviced a neighbouring hospice and I aided in educating nursing staff on narcotic handling, destruction and documentation practices. Additionally, the pharmacy had a partnership with a local retirement home and once a week I would go there and conduct meds checks for residents.



Describe your experience with your Regional Clinical Coordinator.

Unfortunately, due to COVID we were not able to get together as a group in person last year. Our RCC was great at checking in with us all individually multiple times via MS Teams throughout the 6 months.

Additionally, we met as a group on MS Teams at least once every rotation to catch up, hear about each others experiences and ask questions.

Describe any resources you used for support.

The usual pharmacy resources were helpful during rotations (ie. Lexicomp, UpToDate, eCPS). During my time at Ontario Shores, I used SwitchRx quite a bit for transitioning between antidepressants and antipsychotics. While in community, I spent time reviewing Med Sask Minor Ailments Guidelines.



Pharmacy Associates of Port Perry

June 29, 2021 · 🌐

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Say "hello" to our new clinical student from the University of Waterloo School of Pharmacy, Kiarah Shcchepanik! She'll be with us through the summer helping us provide outstanding care to patients. Welcome, Kiarah!



What advice would you give to future students as they prepare for rotations?

Go into each rotation with an open mind and ready to learn at every opportunity that is presented to you. Email your preceptor 2-3 weeks in advance of starting your rotation and ask about where to meet the first day, dress code, readings, etc. They are very busy and can often take a little while to get back to you.

Is there anything else you would like future students to know about patient care rotations in the region?

Reach out to previous students who did their placement at your rotation site. Find out what they liked and what they wished they could change. See what opportunities they had so that you can go in and suggest those same opportunities for yourself.

SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Mar 27 OP SIS Conference	28 SOPhS Social x RxPRN: Paint & Pastry Night 	29 CAPSI: Heart Failure IPE Event @ 6 PM SOPhS Meeting @ 8 PM	30	31 Rx2023: Town Hall @ 4 PM The Role of Pharm Technicians in Vaccination Services @ 7 PM	Apr 1	2
	Week 2	3	4 Rx2025: 124 Take-Home Exam Rx2023: Regional Showcase @ 7 PM	5 Last day of classes! 	6	7	8 Rx2023: 321 Final Exam Rx2025: 110 Practical
Week 3		10	11 Rx2023: 362 Final Exam Rx2025: 110 Theory Exam	12 Rx2025: 127 Final Exam	13 Rx2023: 329 OSCE Rx2024: Inventory of Skills Eval due for Students	14 Rx2023: 329 Theory Exam Rx2025: 124 Final Exam	15 Rx2024: Inventory of Skills Eval due for Employers
	Week 4	17	18 Rx2025: 129 Final Exam	19	20	21	22 Rx2024: Student Feedback of Site & Supervisor due Rx2024: Final Co-op Student Performance Eval due
Week 5		24	25	26	27 Grades start to appear on Quest	28	29
	Week 6	May 1 Geriatric Refresher Conference	2	3	4	5	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 (<https://bit.ly/3ncqTSb>). If you would like to add an event to the SOPhS calendar please email the SOPhS secretary at secretary@sophs.ca.