

Pharmacy Phile

University of Waterloo School of Pharmacy

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President and VP's Address

It was a very cold winter in Waterloo and Kitchener this January and February.

Pharmacy students at the University of Waterloo found many ways of keeping warm, however. On behalf of the entire student body, a huge welcome and congratulations goes out to the Rx 2022 class for beginning their 4 year journey to becoming pharmacists.

Winter finally came as January kicked off with phrosh week for the Rx 2022 class. There were fantastic events co-ordinated including a scavenger hunt, dodgeball tournament, trivia night, and formal, amongst many other smaller fun events. We hope the Rx 2022 classes felt extremely welcomed and had a great time meeting their phamily for the next 4 years. There was also the annual

SOPhS clubs fair which saw many students show interest in the variety of clubs that are run at the pharmacy school. Judging from the number of quality applicants for club positions, we are all excited for the Rx 2022s to make their mark.

SOPhS social and athletics had a joint social event at ACE Ping Pong bar as well as Chainsaw. This saw many upper year students come together after their co-op terms to catch up with each other, as well as gave the first years a chance to meet the rest of the

student body. We hope everyone had a fantastic time meeting new faces, having fun, and eating good food before the term began.

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President and VP's Address (cont.)

With March and April being just around the corner, the Ontario Pharmacy Student Integrative Summit (OPSIS) is rapidly approaching as well. This is a joint conference between UofT and UW for student leaders to come together to challenge themselves and make long lasting friendships with each other. "Expand your horizons" is the theme and we are excited for the great speakers and discussions to be had at the summit. Congratulations to the Rx 2019 class for completing their in-



class portion of pharmacy school. We will miss you all and wish you the best of luck with your rotations. We all have no doubt you will all be the catalysts of change you are destined to be. Goodluck to the Rx 2020 and Rx 2022 classes who are ap-

proaching their midterm season rapidly. We hope that the Rx 2021 class is enjoying their co-op experience and looking forward to being back at the school this summer.

*- Tarun Fernandez and Alice Xu,
President and Vice President*



CAPSI Corner

Hey Pharmacy!

We're in the home stretch of the term- only one month left! This term we saw many great CAPSI events (with lots more to come, as we wrap up the month of March), including Waterloo's Next Top Pharmacist, local elementary school presentations, a new social media challenge, and



other exciting events during PAM.

This year's WNTP was hosted at Maxwell's- thanks to everyone who came out and supported their classmates and made the night one to remember. With food, drinks, and raffle tickets in hand, we watched as our classmates and friends dazzled us

with their singing and dancing. Along with their talents, our participants this year also showed us their acting prowess in minor ailment charades and had us all rolling with their sexy CTMA readings. Special thanks to Alex Wong and Matt Conti from Rx 2020 for being such great hosts for the night, and congrats again to Krista Jones from Rx 2020 for taking home the crown this year with her impeccable pharmacy knowledge and dazzling Irish dancing!

As the term comes to a close, UW CAPSI would like to welcome our newest CAPSI council members:

Nastaran Keshmiri for the position of Finance Officer

Divy Kochar for the position of Rx2022 Class Rep

Mirabella Chan and **Alexandra Goldstein** for the position of Co-Junior Fundraising Coordinators

Caitlyn Lovick for the position of Junior IPSF



Coordinator

Andy Kwok and **Joyce Jose** for the position of Co- Junior Education and Outreach Coordinators

Mara Faggioni for the position of PAM Chair

Jace Hui for the position of Secretary

Congrats to all- we can't wait to work with you all, and we're sure you'll do a spectacular job!

That's all for this issue of CAPSI Corner- good luck to everyone on exams!

- **Larry Sheng, UW CAPSI Communications/CAPSIL Director**

**Photos by: Larry Sheng (Rx2020)*



OPA Update: Queen's Park Day

The Ontario Pharmacists Association descended on Queen's Park for a day of lobbying on March 7, 2019 where Board members and senior leadership within the Association met with MPPs (new and old), various Ministers and government staff to create awareness of the role pharmacists can play in delivering on the Quadruple Aim of Healthcare:

- Driving better patient outcomes,
- Generating system efficiencies and value for money invested by the government,
- Optimizing the patient's experience by leveraging pharmacists' skills, expertise and accessibility, and
- Increasing provider satisfaction by allowing pharmacists to practise in accordance with their training and to their full scope, regardless of their practice setting.

Our purpose is to send clear

messages to government and policy makers that pharmacists are integral players in healthcare and are among the right mix of health professionals needed to collaborate and contribute in efforts to end hallway healthcare. OPA's Queen's Park Lobby Day comprised of a series of one-on-one meetings with MPPs, Ministers and govern-



ment staff in the morning and afternoon, with an OPA-sponsored luncheon for political and bureaucratic staff.

Our messaging will focus on OPA's three key priorities:

- 1. Common Ailments:** Changes to regulations and funding to allow pharmacists to assess, and if necessary treat, up to 10 ailments that can significantly save the healthcare system time and financial re-

sources, while delivering services more efficiently.

- 2. Vaccines:** Enabling pharmacists to administer publicly funded vaccines, including but not limited to shingles and high-dose flu vaccines.
- 3. Opioids:** Enhancing patient safety and preventing addiction by enabling pharmacists to intervene when necessary on inappropriately prescribed

opioid therapy.

With a new government, there is new opportunity to advocate the important role a pharmacist plays in primary care, in acute care and in long term care. OPA will continue to ensure pharmacists are on the forefront of health policy, to better serve our patients and our community.

- Louis Wei, OPA Student Representative, Board Director

*Photos courtesy of Keith Ly (OPA)

Prof Spotlight: Brett Barrett

Interviewer: Alicia Dakins (Rx 2021)

Professor Brett Barrett started her career with the UWaterloo School of Pharmacy back in 2011 when she joined the staff as an Adjunct Clinical Assistant Professor. In January of 2019 she was appointed to the position of Clinical Lecturer and we are so excited to have her as a full time part of the phamily! She continues to consult as an infectious disease pharmacist at Grand River Hospital, is the Senior Delegate for the Ontario branch of the Canadian Society of Hospital Pharmacists and, according to her Twitter Bio, is “Obsessive about Infectious Disease Rx [and] Antimicrobial Stewardship.” So, set aside your spectra charts for a moment or two, and let’s learn a little more about Professor Barrett!

Pharmacy Phile: Tell us about your new role as a full time clinical lecturer at the school of pharmacy:

Brett Barrett: This full-time position was created to ensure that the Institutional components of the curriculum were well mapped, designed, and delivered. Therefore, while I continue to teach and coordinate the Infectious Disease content, I am now also responsible for ensuring that students have the skills and knowledge they need to be successful in institutional settings, either on rotation or in practice. In addition to my existing Advanced ID Elective and IPFC involvement, I will take on coordination of and instruction in Institutional Pharmacy Practice (PHARM252),

Advanced Pharmacotherapeutics in the Hospital Setting (PHARM474), and a new elective I will be offering in collaboration with Conestoga College’s School of Nursing, Interprofessional Case Management (PHARM462).

PP: Of the classes you teach at the school of pharmacy, which is your favourite and why?

BB: That’s a hard question! I wouldn’t say there’s a single lecture I most enjoy – in addition to the teaching I do in my own courses, I’m often asked



to do lectures here or there for other faculty, and I love talking about anything to do with antimicrobial stewardship or hospital practice! It’s also difficult to choose between which course I enjoy better, my Advanced Elective or IPFC-2, since they each have their pros and cons. If I had to pick though, I think I’d say the Advanced ID Elective is my favourite. Having a small class size means I get to know the students really well and we have the ability to engage in meaningful discussions about the ambiguity of infectious disease. With fewer students you can also do in-

teresting things like role plays, debates, and written assessments, which allow students to develop the sophisticated skills required of practice in collaborative healthcare settings!

*Photo courtesy of the University of Waterloo School of Pharmacy

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PP: What made you decide to specialize in infectious disease pharmacy?

BB: When I first started my practice, Infectious Disease Pharmacists weren't really a thing. Antimicrobial Stewardship wasn't yet a Required Organizational Practice and while there might have been some ID Pharmacists in the states, there weren't really any that I was aware of in Canada. So I didn't end up where I am because of a specific, well-organized plan. Instead, over time at the hospital I realized that the cases I found most interesting – those that I would choose to tackle first in the morning, ask the most questions about in rounds, and read up on in my spare time – were always the ones that involved infectious disease. Once I recognized that my passion was ID, I started doing everything I could to be better at managing those patients. I volunteered to sit on the committee that made decisions about antimicrobial use, I used my Continuing Education resources to attend sessions on ID, I developed and lead programs related to antibiotics, and I asked the ID physician, Dr. Ciccotelli, as many questions as I possibly could. Eventually, I became the “go-to pharmacist” for Infectious Disease at Grand River Hospital and the rest is history.

PP: What was the most interesting case you encountered during your time as an ID pharmacist at Grand River Hospital?

BB: We had a young male patient admitted with malaria who required ID consult. Malaria is uncommon to begin with in Canada, but when this patient's bloodwork came back, his viremia was unusually high given how stable he was. (With malaria, the amount of virus in the blood usually correlates with how sick a patient is. Patients who have some natural immunity to malaria, usually immigrants to Canada who return to the

place of their birth to visit friends and family, can tolerate much higher levels of viremia than malaria-naïve travelers. This patient fell into the later group, so it was shocking that he wasn't significantly sicker with the degree of viremia he had.) Turns out the patient had decided not to use the recommended malaria chemoprophylaxis, opting instead for a natural remedy that contained quinine. Quinine can treat some malaria infections, although not at the doses he was taking. We think he became infected while he was traveling, but the NHP had enough quinine to suppress the clinical symptoms and he became somewhat tolerant to the viremia. Once he returned to Canada and stopped taking the NHP, however, his viremia climbed and he became sick. We treated him with appropriate therapy and he made a full recovery.

PP: Tell us about your research interests and why you think they are important for the profession:

BB: I have two distinct research interests: how to optimize antimicrobial use and how to develop pharmacy graduates who work effectively in collaborative healthcare settings. As medication experts, pharmacists are essential in the efforts to improve the quality of antimicrobial use, prevent unintended consequences of antibiotics, and minimize the development of antibacterial resistance. As a teacher, I realize that if I am going to ask students to practice evidence-informed pharmaceutical care, I should also be striving to provide evidence-informed instruction, specifically as it relates to helping pharmacy students develop the skills and confidence needed to take a leadership role in the management of pharmacotherapy in collaborative settings.

PP: Where do you feel that pharmacists can have the biggest clinical impact on the lives of their patients?

BB: I think pharmacists who are proactive about providing holistic patient care, and who take responsibility for helping their patients achieve their goals, have the greatest clinical impact. It's not enough to wait for a problem to arise and then solve it; we need to be looking for ways to optimize our patients' health and prevent issues before they occur. It's not enough to only look at a patient's medication-related problems; we need to look at the whole patient. It's not enough to make the right recommendation; we need to follow up to ensure that our patient's goals are being met.

PP: What is your number one piece of advice for our first year students as they start their pharmacy studies?

BB: I would encourage students to look at their classmates as future colleagues and a support system. Ideally, once you're in Pharmacy school, there should be less competition for grades and more collaboration with the goal of ensuring everyone is successful. I have certainly found my colleagues to be an invaluable resource in my own continuing professional development.

PP: Just for fun, which is your favourite antibiotic and why do you say so?

BB: I think amoxicillin would be my favourite, because it's relatively narrow-spectrum, highly effective for appropriate indications, and the suspension tastes yummy!



SOPhS Communications: Welcome Rx 2022!



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	Mar 24 OP SIS 2019	25	26 IPE Day	27 Pharmacy Meet n' Greet	28 SOPhS Town Hall Winter 2019 RxPRN Therapy Dogs	29	30
Week 2	31 OPA Cup	Apr 1	2	3 Mock OSCE	4 RxPRN Yoga Session	5 Last Day of Classes	6
Week 3	7	8 Study Day	9 Study Day	10 Exams Begin	11	12	13
Week 4	14	15	16	17	18 Exams End	19 Good Friday	20
Week 5	21 Easter Sunday	22	23	24	25	26 Co-Op Term Ends	27
Week 6	28	29	30	May 1	2	3	4

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.