

# PHARMACY PHILE

JULY & AUGUST 2021

UNIVERSITY OF WATERLOO  
SCHOOL OF PHARMACY

ISSUE 94

**SOPhS**  
SOCIETY OF PHARMACY STUDENTS

## SOPhS COMMUNICATIONS

The end of a summer term marks another cohort completing their final year and patient-care rotations. Congratulations Rx2021! On behalf of SOPhS and students in other cohorts, we wish you all the best in your future endeavors. A new initiative by SOPhS Communications can be found on page 9. Each PharmacyPhile, we will have students that have completed their patient-care rotations to share their experience. We encourage Rx2022s heading off to Sault Ste. Marie or students who are interested in learning about their experience to read our article.

In the fall, SOPhS Athletic's will be hosting a Canada-wide event, Collecting KM's from Coast to Coast. Pharmacy students from various institutions will face off to determine who is the most Athletic Pharmacy School in Canada! Stay tuned for more updates in our next issue.

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***PRESIDENT  
AND VP'S  
ADDRESS***

It is finally the end of a long, eventful summer term! A lot of us would describe this summer as the summer of vaccinations and this was especially true for pharmacy students. We were involved in many different areas of the vaccination process, whether it be preparing doses for mass vaccination clinics (e.g. Michael Garron Hospital, School of Pharmacy), being a part of weekend pop-up clinics (e.g. Scotiabank arena, Bingemans), or administering vaccines at community pharmacies. All these contributions were made on top of the student's usual responsibilities, whether it be Rx2023s & Rx2024s on a school term, Rx2022s during their co-op term, or Rx2021s during their clinical rotations. It wasn't uncommon to hear stories of students spending their weekends working at clinics or community pharmacies and although many students would say it was very tiring, many would also describe the experience as very rewarding, as each contribution puts us closer to the end of the pandemic. For example, a student working in the vaccination clinic at the School of Pharmacy described it as the "happiest place in the world." These contributions do not go unnoticed and we are extremely grateful to all our students who were able to contribute to this cause with their busy schedules!

The vaccination clinic at the School of Pharmacy is now closing down to welcome the Rx2022s and Rx2024s back to school! The end of one chapter means the beginning of another and we are extremely excited to transition to a "hybrid" format for the upcoming school semester where students will be in-person for part of the semester and online for others. We are hopeful that there will be more in-person interaction, such that SOPhS will be able to host in-person events to have students socialize! This will all be based on government guidelines so stay tuned, as guidelines are constantly being updated. We are also looking to make upgrades to the student lounge before the Rx2025s arrive in January, so there are many exciting projects ahead!

Lastly, we are very excited for the SOPHS elections that are coming up in September! It is always a great time when we are able to get new additions to the SOPHS family. Details will be released at the beginning of the term regarding different positions and the election process. We are looking forward to seeing all the great campaign videos!

Best of luck to the Rx2024s as they enter their last school term before their first co-op term! Three straight school terms is definitely a mental grind, but there is light at the end of the tunnel. Best of luck to the Rx2023s as they enter their second co-op term and are able to further apply their new knowledge in clinical settings! Lastly, best of luck to the Rx2022s as they enter their 3B term, which will be one of their last before going off to clinical rotations!

# CAPSI CORNER

As the days get shorter and fall approaches, we hope everyone has enjoyed their summer so far! At the end of spring term this year, UW CAPSI co-hosted one last event, and we are now gearing up to host more fun events during the fall term.

## **Congratulations, Rx 2021!**

The Rx2021 class wrapped up their rotations this August and have officially completed their time with the UW School of Pharmacy. Huge congratulations and well done to the class, and we wish you the best on the PEBCs and all your future endeavors!

## **Co-op Inf Night**

On August 18, CAPSI co-hosted a “Co-op Info Night” with SOPhS and CSHP for first-year students applying to co-op jobs in the fall. The event began with a Q&A session providing general tips and tricks for the co-op application process, ranging from resume ideas to interview advice, and we hope that the student perspectives from this portion will complement the upcoming Experiential Team’s co-op information session nicely.

The second part of the event featured 11 breakout rooms, each hosted by a separate upper year with various co-op experiences thus far. Participants were invited to hop in and out of breakout rooms to chat with the upper years about their specific experiences and ask questions about these positions before

applications begin in the fall. Big thanks to our upper years who joined us that evening: Samantha Nganinka, Angad Bains, Marija Ilic, Celine Huab, Brittani Brown, Morgan Hopkins, Kajal Bhardwaj, Debanjali Purkayastha, Josh Pusong, Kevin Hyunh, and Kajal Mehta. We were so glad to have you share your experiences and advice with another group of students starting their co-op journeys!

Thank you to all our organizers, hosts, and participants, and we hope everyone learned new information regarding the co-op experience from this session.



*Slides from the CAPSI x SOPhS x CSHP Co-op Info Night for first year students.*

### **Fall Term Events**

Fall is a busy term for CAPSI, so keep an eye out for more details of our many events to come! To provide you with a sneak peek, here are some of the great initiatives we are planning for this fall:

- IPSF Health Week: this year will focus on HIV/AIDS, and we hope to provide you with lots of learning opportunities about this important topic
- Competitions: find a competition that suits you and enter to win some cash prizes
- Textbook sales: CAPSI sells textbooks (such as the CTMA, CTC, CPS) at discounted rates, so stay tuned to save yourself some money on these references

- High-Stakes Mock OSCEs: Rx 2022s must pass the upcoming high-stakes OSCE to graduate from the program, and CAPSI's Mock OSCEs are an excellent way to simulate the exam and get some practice in

As always, follow UW CAPSI on Facebook (Capsi Waterloo) and Instagram (@capsiuwaterloo) to get the latest details about upcoming events, competitions, textbook sales, and everything in between!

We hope everyone was able to enjoy their time in the weeks after finishing school/co-op/rotations, and we are excited to see you all again in the fall!



@CapsiWaterloo

CELINE HUAB & NICOLE BAKOWSKI  
CAPSI COMMUNICATIONS/CAPSIL DIRECTORS





# OPA UW STUDENT CHAPTER

Happy (almost) fall! We hope everyone enjoying the past semester was enjoyable whether you were on co-op, rotations, or in class. We have 2 important updates from the OPA Student Advisory Council:

## **New Structure of SAC**

Over the past several months, the Student Advisory Council (SAC) has changed its structure. Instead of having two separate branches for each respective pharmacy school, we have merged to form a unified council. All student representatives now sit on the Council along with a Co-Vice-Chair from each school. This allows for more direct interaction between students and OPA, and will create a more efficient process for the implementation of student ideas.

## **Humans of OPA**

The newest initiative being run by the OPA SAC is Humans of OPA. In late August we collected submissions highlighting pharmacy professionals that have inspired you. We received several incredible submissions! These submissions will be created into a series of social media posts that will be posted weekly throughout the next semester. We will be contacting the 3 winners of the Uber Eats discounts shortly. We are looking forward to recognizing these pharmacy professionals!

As always, any questions or ideas can be directed to your class representative!

**Upcoming campaign:  
Humans of OPA**



*Feeling Inspired*

**Calling all pharmacy students! We want to hear about a pharmacy professional (RPh, RPhT, professor, etc.) that inspires YOU. Pharmacy team members have worked tirelessly throughout the pandemic and we want to recognize them.**

**Submissions due August 27 at 11:59pm. We look forward to reading them!**

**Link in our bio.**



@StudentsofOPA

MICHELLE ASSELIN  
VICE-CHAIR, OPA UW STUDENT CHAPTER

# *CO-OP SPOTLIGHT: EZGI ULKUSEVEN*

## **INTERVIEW WITH: EZGI ULKUSEVEN**

Program Specialist, Preventative Care  
Pharmacy Services at Loblaws/Shoppers  
Drug Mart

## **INTERVIEW BY: CHERRY CHAN**

Senior Communications Director

Ezgi (Rx2022) grew up here in KW and prior to pharmacy school, she completed her undergraduate degree in Biomedical Science with a minor in Management Studies at UW. Her first co-op was at the Ontario Ministry of Health and Long-Term Care in the Exceptional Access Program and her second co-op was at Breslau Pharmacy & Wellness Centre.

### **Cherry Chan: Tell us about a typical day on the job**

Ezgi Ulkuseven: On a typical day, I'd wake up and make a cup of coffee before logging onto my computer to start the workday at 8 am. I would look at my calendar, go through any new emails, and plan my day accordingly. My days involved meetings, research, analyzing information, writing memos to stores, preparing presentations, and communicating with other teams. I always had a variety of ongoing projects and responsibilities to keep me busy throughout the day.

**CC: What led you to decide to work at Loblaws/  
Shoppers Drug Mart?**

EU: I completed a minor in Management Studies in my undergraduate degree, which is where I first developed an interest for business. Non-traditional pharmacy careers have always fascinated me, so I knew I wanted to experience working in a corporate setting for one of my co-op work terms. This position seemed like a natural fit for me because it combined my passion for pharmacy and my interest in business. I loved that I would be able to impact patient care on a national level by working at the head office of the country's largest pharmacy chain.



**CC:** What is unique about your position in comparison to traditional pharmacy roles?

**EU:** My position was an office-based role, which was different from my previous experiences in community pharmacies and clinics. I was able to learn the key elements of working in a corporate setting. Although I didn't work directly with patients in my position, I was able to improve a multitude of patient lives on a very meaningful level. It was very rewarding to be involved in making impactful decisions and leading important projects for pharmacies across the country.

**CC:** What was the most interesting project you participated in this term?

**EU:** I was able to work on a lot of interesting projects throughout the term. One really exciting project I completed was creating a new 7-day program on the PC Health app to teach people about adult vaccinations. I also had the opportunity to create a bagstuffer (flyer) for stores that advertise routine vaccines recommended for adults. It's in all Loblaw and Shoppers Drug Mart stores across Canada now - which I think is pretty amazing!

**CC:** What other types of teams did you interact with frequently? How does it differ from collaborating with health care professionals?

**EU:** I interacted with a variety of teams on a day-to-day basis, including marketing, store operations, professional development, digital health, etc. I was also able to work very closely and collaborate with the Primary Care Pharmacy Services team. Working in a business setting can be a little different than collaborating with healthcare professionals because you may have to adjust the language you use to effectively

communicate topics to those who don't have a science background. As a pharmacy student, I was able to contribute my clinical expertise and pharmacy experience to help lead many projects with other teams. I also learned a lot about the business language that's used to communicate in a corporate setting.

**CC:** What advice do you have for students preparing to work remotely for the first time?

**EU:** If you're able to work in a room that isn't your bedroom, I would recommend that, but it wasn't an option for me. Being in the same room all day can feel exhausting and impact your mood in a negative way. Go on walks as often as you can, especially after you're done working for the day to clear your mind. I would recommend investing in an external monitor, because it would have been really hard for me to get work done with only one screen. I also purchased a wireless mouse and keyboard so my set up could be more ergonomic, and rearranged my room so I could look out my window while working. Working remotely can feel lonely and isolating sometimes, so I recommend hanging out with your friends or family, and relaxing as much as you can whenever you're not working.

**CC:** What was the most interesting project you participated in this term?

**EU:** spent a lot of my spare time administering COVID-19 vaccines, both at the Health Sciences Campus Clinic and at a Shoppers Drug Mart pharmacy. On the weekends, I hung out with friends, went out to patios and to the beach. I tried to spend a lot of time outside to enjoy the warm weather. I also read a lot of books!



# *PATIENT-CARE ROTATIONS: SAULT STE. MARIE*

## **JESSICA LA**

Sault Ste. Marie, Rx 2021

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

Sault Ste Marie's proximity to nature was one of my favourite things about the region. I'm from downtown Toronto. I couldn't have been more of a city person before moving to Sault Ste Marie (AKA the Soo) but that didn't stop me from enjoying all of the nature in and around the Algoma region, where the Soo is situated in. The nearby provincial parks had breathtaking hikes, white sand beaches, and the clearest waters to swim in.



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

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

My first rotation was with the Sault Area Hospital (SAH) on their general medicine floor where I had experienced the day-to-day life of a hospital pharmacist. I completed medication reconciliations, reviewed antibiotics regimens, and answered drug information questions from other healthcare professionals on the floor. I came back to SAH for my third rotation with the Algoma District Cancer Program (ADCP) and with the out-patient ICCare Pharmacy. Both ADCP and ICCare are conveniently located within the hospital, which meant I could easily catch patients in out-patient pharmacy and when they are inside the chemotherapy suites, allowing for me to do long-term follow-ups with patients throughout my entire rotation. While in that third rotation, I reviewed oral and intravenous chemotherapy regimens, provided counseling on oral chemotherapy and chemotherapy pre-medications, and participated in interprofessional .

patient-education sessions. The SAH site is a modern compact hospital that is easy to navigate. My second rotation was with The Medicine Shoppe on Great Northern Road. The pharmacy featured dedicated blister-pack making and compounding spaces, which helped streamline the process for providing those services. This pharmacy was the ideal placement if you are interested in mental health. My day-to-day activities involved dispensing methadone and suboxone, clinically assessing blister packs (oftentimes for patients with complex mental health conditions), and a mix of typical community pharmacy activities. The close-knit team was the real highlight of the rotation as there was never a dull moment in Manuel's Medicine Shoppe.

### **What skills/knowledge did you gain from your patient care rotations experience?**

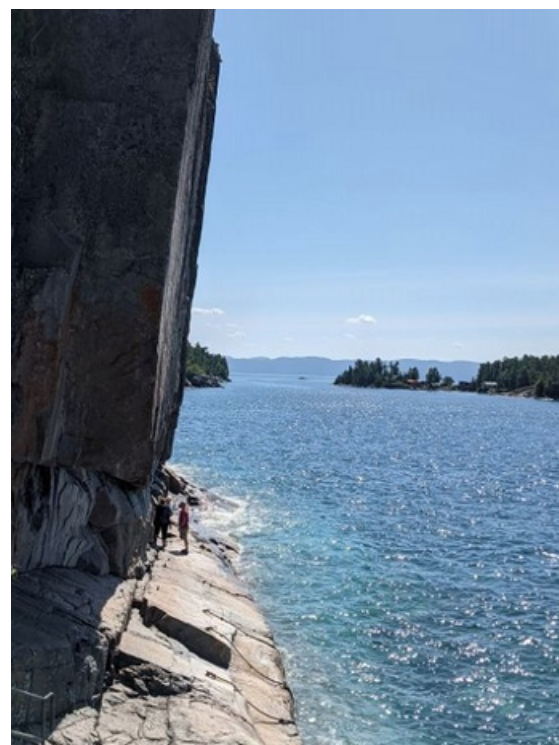
A skill that I felt like I really developed while on rotation was my confidence in making clinical decisions. The main difference between my co-operative education work terms and patient care rotations was that the preceptors helped facilitate making clinical decisions in a collaborative manner, as opposed to being an authoritative figure like during co-op terms. As a student pharmacist, I was given a lot of tasks to do independently, which helped me gain exposure to a variety of situations one might encounter as a pharmacist and helped me build my confidence.

### **Did you have any hobbies while in the region? What did you do during your free time?**

While in the Soo, I spent the majority of my free time outside with the other students in the region. We enjoyed hiking a variety of trails, star gazing, and swimming at many of the beautiful beaches in the area. Otherwise, I enjoyed spending my time after work experimenting with cooking and baking.

### **Describe your experience with your Regional Clinical Coordinator.**

Tracy was a fantastic resource and support during rotations. Her commitment to ensuring that we students had unique pharmacy experiences resulted in very memorable rotations. We had the opportunity to describe what topics interested us and rank the different types of sites available in the region. She made sure that we all had been matched to sites that interested us and support our professional growth as developing pharmacists. Tracy also made an effort to organize regular meetings for us to share our experiences in our individual sites. Sault Ste Marie is the ideal site rotation region because Tracy is dedicated to ensuring that each student's rotation experience is diverse and beneficial to each students' professional development.



**Describe any resources you used for support.**

I personally relied heavily on the support from the other students in the region. Moving so far north can be a daunting task, but knowing that there were three other students in the same boat made me feel more comfortable. Other resources for support include Tracy, our region coordinator, and reaching out to preceptors. Everyone was very understanding about how overwhelming rotations can feel, especially when you're away from your normal support system.

**Describe the housing/transit in the region.**

I was the only student in the area without a car. I found that Sault Ste Marie's transit system is fairly robust and easy to navigate. I had to make some arrangements with my preceptors in advance as the buses do not run as frequently as they would in larger cities. However, it was very manageable to rely on the transit system. The other option includes becoming good friends with the students who had a car!

Housing was slightly more difficult to arrange. I found a rental property for us through Airbnb. Other options include looking through Facebook Marketplace and Kijiji. We just made sure to keep an eye out on options early on as there can be difficult to find housing for multiple students for 6 months. I did find that there was plenty of one-bedroom apartments in the region.

**Was this region your 1st choice or in your top 3 choices? If not, would you have changed your rankings after having experienced 6 months in this region?**

This region was not in my top three choices but I would definitely change it to be in my top three after spending time in the Soo. The combination of our region coordinator's dedication to creating unique rotation experiences and the beauty of Algoma nature created a perfect rotation experience. With only four students in the region, it was a guarantee that we all had personalized experiences. I felt like we were pushed to excel, but not left feeling overwhelmed. I truly believe that I had the best rotation experience possible.

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

Embrace change and new environments! Going outside of your comfort zone is the only way you can grow. This mindset helped me embrace the Soo and all the learning experiences that came with rotations. It's scary to start with, but the more you challenge yourself with new experiences, the more confident you become. And confidence is key, for both professional and personal growth.

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

Things to bring to the Soo include sunscreen, bug spray, a good pair of shoes, and an open mind.

**ANDREW SAVO**

Sault Ste. Marie, Rx 2021

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

The variety and quality of rotations, as well as the infinite amount of places to go adventuring!

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

1. Renal program at SAH. Worked closely with other healthcare professionals, especially the dietitians. Did med workups with patients on hemodialysis (often rather complex, way harder than MedsChecks in community), helped dose Aranesp and Eprex, and did a lot of medication teaching.

2. Medicine unit at SAH. Worked very closely with the hospitalists and nurses, but also the dietitian and other pharmacists. Lots of following-up on labs and effectiveness/safety of medications, some teaching about medications, speaking to patients wishing to talk about their meds and alternatives. Able to make lots of recommendations to prescribers. At SAH, pharmacists have a very good reputation because they do the most with their knowledge and scope.

3. Rome's (Loblaws) pharmacy. Regular community pharmacy, but this pharmacy does a little of everything, including methadone and clozapine. The two pharmacists who work there are incredible at their jobs, and know how to push you to be your best. I honestly don't think I could have gotten a better community placement anywhere in Ontario. Was able to do as much as I wanted with a high level of independence.

What skills/knowledge did you gain from your patient care rotations experience?

I gained skills in communicating with other healthcare professionals, therapeutic knowledge, and probably most importantly, real-life experience working with medications. Learning meds in school is one thing, but putting that into practice in the real world is another. In the real world, we have to deal with backorders, hospital formulary restrictions, cost to patients, nonadherence, ever-changing labs, and patients who just don't seem to be getting better even when we would expect them too. Another great skill I learned was about following up, as we often don't get that experience in school.

Did you have any hobbies while in the region? What did you do during your free time?

I did a lot of hiking, as there are lots of nearby places to go, eg. hiking trails, waterfalls to climb, beaches to go see. We went camping, played frisbee outside, and ordered wings every Friday! Lots of great places to eat. Often you can cross the border to the US, but during the pandemic that was not an option.





Describe your experience with your Regional Clinical Coordinator.

Our RCC was also my first preceptor. She was in contact with us the perfect amount, and it was very clear that she cared about us getting quality placements where we wanted to go. She has great connections, so pretty much no matter what kind of rotation you want, she'll be able to give it to you.

Describe any resources you used for support.

The UW pharmacy library was the biggest support, allowing me to use Lexicomp, the CPS, and other resources.

Describe the housing/transit in the region.

Housing was easy to find, and there are lots of bus stops. All my rotations were within 10 minutes of driving, and one was within walking distance.

Was this region your 1st choice or in your top 3 choices? If not, would you have changed your rankings after having experienced 6 months in this region?

Nope - I think it was 8th! I would absolutely have changed it to first, as it was just such an incredible experience.

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

The drive is literally the worst part about the Soo. Bring lots of sunscreen, bug spray, and a good pair of hiking shoes!

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

Great variety of rotations, incredible preceptors that will push you to practice like a pharmacist should, and if you feel like going somewhere new with a few friends, you're probably going to all get it (because honestly, the Soo is vastly underrated so nobody ranks it #1).





**TEGAN ODLAND**

Sault Ste. Marie, Rx 2021

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

There was so much to like about Sault Ste. Marie. First and foremost, each of my rotations was a great learning experience. All three rotations were very clinical and I now feel so much more prepared to work independently as a pharmacist in whatever setting I choose.



I also loved living in the Algoma region. There

were so many beautiful hikes and places to see within a short drive from Sault Ste. Marie. Once it was warm enough, my classmates and I got to explore new places almost every weekend. I honestly could have spent another 6 months in the Soo just exploring everything the region had to offer.

I also found that Sault Ste. Marie was a great city for clinical rotations. It wasn't rural, but also wasn't big enough to feel overwhelming. The cost of living was low and there was a minimal commute to each of my rotations. The city was easy to navigate and provided everything we needed while also allowing easy access to outdoor adventures.

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

My first rotation was in community pharmacy at Group Health Centre Pharmacy. This pharmacy is located in the same building as many local family doctors' offices. Pharmacists have access to an internal messaging system with these physicians which allowed for great interprofessional collaboration. I was provided opportunities to practice to my full scope including conducting MedsChecks, adapting and renewing prescriptions, working up complex patients, and administering injections.

My second rotation was in the renal ambulatory clinic located in Sault Area Hospital. Some of my main responsibilities here were providing epoetin alfa education and monitoring, completing pharmacotherapy work-ups of hemodialysis patients, and answering drug information and clinical questions from the renal team. My interprofessional colleagues included nephrologists, nurses, dietitians, and a social worker.

My third rotation was in two medical inpatient units at Sault Area Hospital. Here, my role included medication reconciliation, pharmacotherapy work-ups, and solving specific drug therapy problems as requested by physicians or as discovered by pharmacy staff. I played a role in vancomycin monitoring, VTE

prophylaxis, discharge counselling, and coordinating care with community pharmacists. In this rotation, I worked closely with hospital physicians and nurses. I communicated almost daily with physicians to make recommendations and I found that they were very receptive to my suggestions.

### **What skills/knowledge did you gain from your patient care rotations experience?**

Where to begin? I developed so many essential skills while on rotations in Sault Ste. Marie. One of the most important was clinical decision-making. My rotations presented me with so many different patients and clinical problems, allowing me to repeatedly practice using all available information and resources to make the best possible decision. I learned to navigate within more difficult and unclear scenarios involving complex topics such as QTc prolongation risk. The ability to make clinical decisions independently is something that will be extremely valuable in my career as a pharmacist. Other skills that I developed on rotations include the ability to independently communicate with other healthcare providers, to complete therapeutic prescription checking, to answer drug information questions, and to complete full pharmacotherapy work-ups of complex patients.

I also solidified my knowledge in many different clinical areas. I was especially grateful for the opportunity to build familiarity with more difficult topics such as IV antibiotics, VTE prophylaxis, and interpreting lab values.

One final asset that I gained from my patient care rotations was confidence in all of the knowledge and skills that I just discussed. I worked closely with very supportive preceptors who helped me reach the point of feeling ready to practice independently as a pharmacist.

### **Did you have any hobbies while in the region? What did you do during your free time?**

Because of the pandemic, our options were somewhat limited. However, I love hiking and spending time in the outdoors, and Sault Ste. Marie provided plenty of opportunities to do so. My classmates and I spent many weekends exploring the Algoma Region, visiting beautiful places such as Lake Superior Provincial Park, Pancake Bay, Bathtub Island, and Aubrey Falls.



**Describe your experience with your Regional Clinical Coordinator.**

I had a great experience with my RCC. Tracy took the time to speak with us in order to match us to rotations that best suited our interests. I ended up with great experiences in three very different settings (hospital, primary care, and community).

Tracy checked in with us frequently to ensure that our rotations were going well. She encouraged us to make the most out of each rotation, and organized virtual meetings for the group where we could share advice with one another. I also really appreciated that Tracy advocated for us to receive our COVID-19 vaccines along with other front-line hospital staff.

Even before rotations, Tracy supported us by sending material to prepare us for our hospital placements and by helping us to find housing. Throughout our rotations, Tracy was accessible and willing to support us in any way necessary. She also provided some helpful suggestions for great restaurants and hikes in the Soo!

**Describe the housing/transit in the region.**

Housing in Sault Ste. Marie was very affordable. Two of my classmates and I ended up renting out an entire house for the full 6 months of rotations. Apartments were also available for rent. Since there are a few post-secondary institutions in the city, there were also opportunities to rent a room and live with students attending those schools.

I had a car while I lived in Sault Ste. Marie, so I didn't really use public transit. However, one of my classmates often took the bus and found it easy to travel between her different rotations. Sault Ste. Marie provided the advantage of having rotations very close together – all 3 of my rotations were within a 10-minute commute of my house.

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

First of all, you know more than you think you do! I was really nervous about starting rotations, but quickly discovered that I was prepared than I felt. And when I didn't know something, I found that my preceptors were very supportive and helpful. I think it's important to remember that you don't need to know everything before starting rotations – you always have access to library resources to find any information you might need.

One of my biggest suggestions would be to be willing to work independently. Try to solve a problem or answer a question on your own first, then run your plan or answer by your preceptor as a double check. This really helped me to become more confident in working on my own, especially when my preceptors came up with the same solution that I did!

Finally, make the most of your last 6 months of university! Take the time to get to know the other students in the region – our adventures were so much more fun together. And be willing to take some time off studying to see everything your region has to offer!

Is there anything else you would like future students to know about patient care rotations in the region? I would encourage students to consider taking the leap to doing their rotations a little further away from home because I had such a great experience in Sault Ste. Marie! Six months goes by much faster than you'd think. My rotations taught me so much more than I expected, and I really enjoyed exploring this beautiful region!

# SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Sept 19	20	21	22	23	24	25
	26	28	28	29 FrancoPharm Club Event @7:30PM	30	Oct 1	2
Week 2	3	4	5 SOPhS Social: Four All Ice Cream @2PM	6	7	8	9
	10	11 Thanksgiving Day	12	13	14	15	16
Week 3	17	18	19	20	21 UW CAPSI: Patient Interview Competition	22 UW CAPSI: OTC Competition	23
	24	25	26	27	28	29	30
Week 4	24	25	26	27	28	29	30
	24	25	26	27	28	29	30

**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](mailto:secretary@sophs.ca).