

PHARMACY PHILE

MAY & JUNE 2022

UNIVERSITY OF WATERLOO
SCHOOL OF PHARMACY

ISSUE 99

SOPhS
SOCIETY OF PHARMACY STUDENTS

SOPhS COMMUNICATIONS

Welcome back to a new and fresh Spring term! We are excited to welcome in our new SOPhS President, Kia Moazzami, and VP, Reema Bhardwaj. With our first fully in-person academic term since the pandemic first hit in 2020, it feels like the School of Pharmacy has finally come back to life. Classes are back in the lecture halls, club events are coming back in person, and friends are able to mingle in the halls and fishbowls at the School once more. In this issue, we are excited to report on all the fun SOPhS and CAPSI events that have happened so far, hear from Alice Xiao (Rx2023) about her co-op at St. Joseph's Pain Clinic, and gain insight on the Sudbury rotation site from Joshua Pusong (Rx2022). The Spring term started off on a very strong foot, and we are excited to see everything unfold!

CAMILLE HUO & DORIS HUNG
SOPhS COMMUNICATIONS DIRECTORS

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PRESIDENT AND VP'S ADDRESS

Hello everyone,

In case we have not yet had the pleasure of meeting, our names are Reema and Kia and we are your incoming Vice President and President respectively of the SOPhS Council for the 2022-2023 year. We are so excited to work with the SOPhS team for this upcoming year to plan exciting events for the entire Pharmacy Phamily!

To kick off the spring term, we hosted Welcome Back Week. We were incredibly honored to be given the task to plan one of the largest in-person events within the past 2 years at the School of Pharmacy. We started the week off with Anything But a Backpack Day, of which Jenna Vecchio in Rx2025 won the top prize for best submission by wearing a bag just about as tall as she is! We then had the opportunity to meet many of you while giving out delicious cookies from Sweet Lou's bakery on day two. Wednesday night brought out one of the largest crowds of the week at Victoria Lanes, where we booked out the entire venue for a night of free bowling! We ended the week with Movie Night, of which The Batman was screened. We hope you had the opportunity to partake in at least one event throughout the week and we are excited to continue planning more throughout our terms as Vice President and President.

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SOPhS Social Reps handing out Sweet Lou's cookies in The Dispensary during Welcome Back Week 2022.

The entire SOPhS team has many exciting events planned throughout the rest of the spring term. Beach Day is scheduled for July 16th at Grand Bend for the entire day. We hope to see your smiling faces on the bus to the event. There is also a Soccer Baseball game scheduled for July 23rd pitting Rx2025's against Rx2024's for the ultimate title. We cannot wait to see who wins the game.

As we near exam time, we are wishing Rx2024's and Rx2025's the best of luck towards their studying. Remember to take study breaks and make sure you eat balanced, nutritious meals throughout this time to support your mental health.

Warm Regards,

KIA MOAZZAMI & REEMA BHARDWAJ
SOPHS PRESIDENT & VICE PRESIDENT

CAPSI CORNER

Happy Summer Pharmacy Phriends! The semester is kicking into high gear and we have been having a blast hosting awesome virtual and in person events for the past month. We have even more in store for you for the remaining part of the semester so be sure to look out for those!

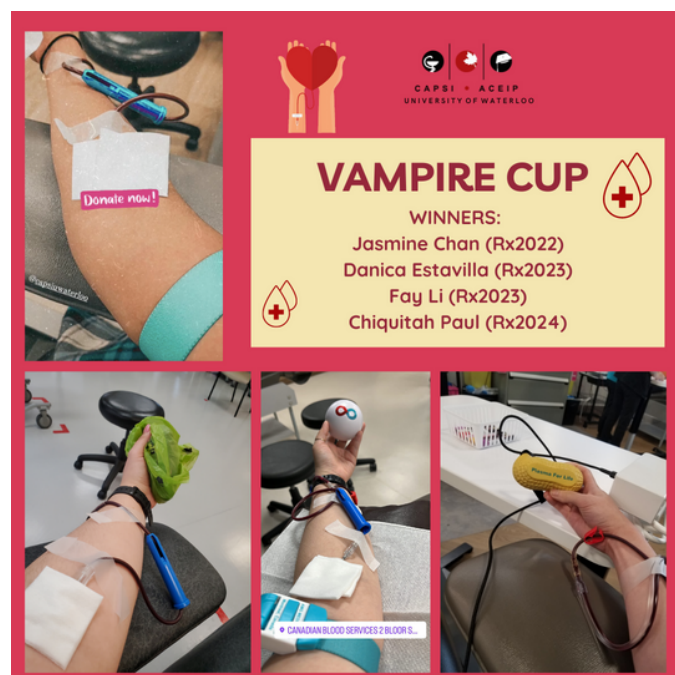
Vampire Cup

For the past year, CAPSI has been running the Vampire Cup blood drive in support of the Canadian Blood Services. Despite the fact that 1 in 2 Canadians are eligible to donate blood only about 1 in 81 actually do. To help with the current shortage of blood, CAPSI has continued on with our new tradition started last year by running this month-long event to encourage pharmacy students to join our team and donate. UW CAPSI has been competing against the other pharmacy schools to try to become the school with the most donations.

Thank you to everyone who participated and donated blood. Your donation will make a huge difference in the lives of others. As a token of our appreciation, donors were entered into a weekly raffle for Canadian Blood services swag. Congratulations to Chiquitah Paul, Jasmine Chan, Danica Estavillo, and Fay Li for winning the raffle!

CPhA Conference

Earlier in June, UW CAPSI's National Junior and Senior Reps, Camille Huo (Rx2023) and Stephanie



Congrats to our 4 Vampire Cup raffle winners!

Lo (Rx2024) attended the Canadian Pharmacists Association Conference in Ottawa where they got to meet the rest of the CAPSI National Council to discuss plans and events for the next year. This year, we are so proud to also have three of UW's students, Kevin Huynh (Rx2023), Steven Huynh (Rx2023) and Nicole Bakowski (Rx2023) on the National Council. The CPhA conference was an amazing opportunity for students to network with other pharmacists and pharmacy students, as well as to learn more about our profession. We are excited for a return to an in person conference and we hope to see you there for the 2023 conference!



CAPSI National Council (left) and our own UW Students that are a part of the 2022-2023 Council (right).

IPSF x PSF Showcase

On June 16, we had our annual International Pharmaceutical Student's Federation x Pharmacists Without Borders showcase, where we were able to learn more about amazing travel opportunities for pharmacists and pharmacy students. We were happy to have our PSF student rep, Caitlin Lovick (Rx2022) speak more about the opportunities that are available around the world. Pharmacists Without Borders is an organization that provides pharmacists and pharmacy students with volunteer experiences globally, where you can learn and help others attain quality healthcare. As students we are encouraged to get involved and membership is free!

As well, we had our IPSF representatives Kristy Wong (Sr., Rx2024) & Lindsay Zhao (Jr., Rx2025) present on IPSF and the Student Exchange Programme (SEP). IPSF is an international organization for pharmaceutical students that encourages advocacy, health promotion, education, networking and so much more. Perks include participating in the Americas conference,

PARS, and the international IPSF World Congress, as well as the Student Exchange Programme (SEP). SEP allows for students to travel to other countries in the world to learn more about pharmacy practice in other nations, as well as an opportunity to network and make international friends!

By becoming a CAPSI member, you automatically become an IPSF member for the rest of your time at pharmacy school as well as up to four years after you graduate. If you want to learn more about IPSF or SEP, be sure to contact our local representatives Kristy and Lindsay.



IPSF x PSF Showcase with our speakers Caitlin Lovick, Lindsay Zhao and Kristy Wong

Summer Drink Dates

On June 22, CAPSI ran our third Summer Drink Dates event, and in person for the first time! This is a wonderful opportunity for first years to meet and talk with upper years to learn more about the pharmacy program as well as ask any questions they have always wanted answered. This is also a great chance for upper year students to pass on their wisdom and knowledge to the first years and, of course, get to know new friends! We were able to run two rounds of conversations, so that all first year students were able to hear a variety of experiences that may provide valuable information as they prepare to enter their second year and first co-op interview cycle.

This was our first fully in person event and we are overwhelmed by the amount of students that came out and joined us. Thank you to Chatime for providing us with the drinks for our event! Thank you to our first year representative, Tiffany Lin (Rx2025) for helping to host this event and making it such a success. We are already looking forward to our next Summer Drink Mates and we hope that you will continue to join us.



Students enjoying some Chatime bubble tea and chatting with other pharmacy students at Summer Drink Dates .

Outdoor Movie Night

On July 4, CAPSI hosted an outdoor movie night for students. The movie we had was ‘Uncharted’ and we had lots of snacks for everyone to enjoy the film with. This was a really fun event hosted by our fundraising team, Susan Ha (Sr., Rx2024), Selina Cao (Jr., Rx2025) and Cassandra Van Drunen- LaChanse (Jr., Rx2025). Students enjoyed the opportunity to have some free time and spend it outdoors with other students. We are excited for this to become a new tradition for us and we hope you loved the event as much as we did planning it! Thank you to BeaverTails and Thunderstorm Productions for making this movie night such a great time!



Thank you to the Council for helping out with running our first Outdoor Movie Night!



Students enjoying the warm weather and the movie "Uncharted" in the green space beside the School.

Upcoming Events

We are just getting started with our planned events for the summer! From July 11-15, UW CAPSI will be hosting OTC week with both virtual and in-person events. We will be hosting an in-person OTC trivia night at McCabe's Irish Pub, give you the opportunity to get some professional headshots done, have mock OSCE's to put your current knowledge to the test, and have dinner and learn courtesy of GSK. Be sure to tune in for our social media contest that will happen all week long for the chance to win some awesome prizes. This will be a jam-packed week so be sure to come out for some amazing events. Follow our social media to keep up with the latest updates.

Later in August, we will also be hosting a Co-op Info Night in collaboration with SoPhS and CSHP to give students who will be applying in the fall cycle with all the details they have wanted to know about the co-op process as well as talk to other students about the co-op positions that they have had.

Follow UW CAPSI on Facebook (Capsi Waterloo), Instagram (@capsiuwaterloo), and Twitter (@UWCAPSI) to stay up to date with everything that CAPSI is doing. We hope you are having an amazing summer so far. Be sure to take study breaks and enjoy the warm weather!



@CapsiWaterloo

FARAH ALAM & VICTORIA MIKHNOVSKAYA
CAPSI COMMUNICATIONS/CAPSI DIRECTORS

CO-OP SPOTLIGHT: ALICE XIAO

INTERVIEW WITH: ALICE XIAO

Rx2023, Pain Clinic Pharmacy Student at St. Joseph's Hospital

INTERVIEW BY: CAMILLE HUO

Rx2023, Senior Communications Director

Camille Huo: Tell us about a typical day on the job.

Alice Xiao: I show up bright and early to my office by 8AM to start off my day. The Pain Clinic shares its space with the Heart Failure Clinic, so I share my office space with the cardiac rehabilitation clinical psychologist! If I end up bringing breakfast, I end up munching on and sipping on my coffee as I check my emails and Jabber (kind of like a work MSN) good morning to my preceptor. Sometimes I end up going straight to my preceptor's first thing in the morning and we chat about the plans for the rest of the day. My day-to-day tasks vary as I have a mix of project work that involves creating patient education materials (e.g., fact sheet handouts, booklets, presentations) and sometimes seeing/speaking with patients in-person or over the phone. Occasionally, I facilitate the Pain Clinic's orientation presentation for patients who are unable/have difficulty accessing the recording online. There are days that I do not see patients, however, now that the fourth year rotation student has left the clinic for their other



placement, my preceptor and I expect I will be getting more patients (exciting!). When my preceptor books a patient appointment I can participate in, I start off by reading patient chart notes to get a sense of their medical history. Each patient's plan looks very different, but we always go back to the basics of is the medication indicated, is the patient getting any benefit, and is it safe. Many cases with patients taking opioids

we end up with a (cross-)tapering regimen due to concerns about hyperalgesia and/or opioid tolerance. Documenting is always necessary in pharmacy profession, but that is especially the case as a medico-legal perspective working at the Pain Clinic. After every patient encounter I am involved with, I am assigned the task of drafting the patient chart note which has proved great for improving my writing skills. I get to learn lots about various drug classes, on top of analgesics, such as sleeping aids, mental health medications, as psychological distress and comorbidities are heavily intertwined with chronic pain. In addition to this, some antidepressants are borrowed for their analgesic properties! It is not uncommon for my preceptor to receive drug information questions from patients, Pain Clinic physicians, general practitioners, and community pharmacists. I am usually involved in helping to research and answer their questions.

CH: What is something unique about working in your position at the St. Joseph's Pain Clinic?

AX: For me, it would be a person! I think having my preceptor pharmacist not only being a rotation student educator, but also being an IPFC guest lecturer is pretty cool. I really appreciate the safe learning environment she creates, and how she suggests and involves me in countless opportunities. My preceptor is a natural when it comes to educating and being a mentor. I admire her strong communication skills in answering drug information questions, recommendations in a care plan, writing chart notes, and providing feedback, etc. I hope to take away some of the amazing qualities of being an excellent educator and leader while working with my preceptor.

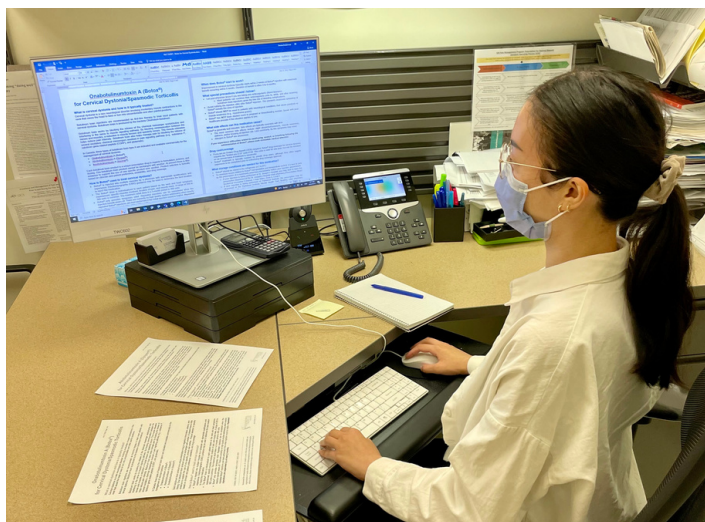
CH: What lessons from pharmacy school were you able to put into practice while on your co-op?

AX: The different courses that the School of Pharmacy offers such as professional practice, IPFC, and even IPE, are all important to foster our/my abilities to make connections from learned clinical material and applying that knowledge to make individualised care plans on co-op. For example, how does the increased risk of e.g. seizures and serotonin syndrome from drug interactions translate to the patient in front of us? It is one thing to read and regurgitate the safety profile and interaction caution details to patients and healthcare providers, but it is understanding the impact and clinical significance of the data for our patients that is important. The communication, critical thinking, and critical appraisal skills we have honed during our pharmacy schooling helps to phrase answers carefully and suggest patient-centred recommendations based on literature. Whether they're self reflections, OSCEs, or mini cases etc., they serve as crucial experiences for



One of Alice's day-to-day tasks can include speaking with patients about their medication plans.

us to learn and practise our application skills so that we can provide realistic pharmacotherapy risks and benefits.



Alice working on creating patient education materials and presentations at the St. Joseph's Pain Clinic

CH: What is the most challenging part of your job?

AX: I find charting pretty challenging. It is not just documenting or administrative work, but is a vital process to provide smooth continual and transition of patient care. In addition, every chart note serves as an important piece for the advocacy of pharmacists and what we can do for the care team. Each crafted note needs to be comprehensive and accurate of what was discussed during the patient/healthcare provider encounter, but at the same time it needs to be concise. In the setting of chronic pain, it is also especially important to carefully chart from a medico-legal perspective, since opioid use can be a sensitive matter, etc. All of these factors add additional layers of complexity in creating notes and at this time, I do take some time to draft one note. That being said, I recognize charting is a skill that requires time and practice to become proficient and comfortable in.

CH: What has been your favourite project so far?

AX: I had the wonderful opportunity of being a manuscript reviewer for a journal with a high impact factor. I was able to learn about management for a pain syndrome not covered in lecture, while applying my critical thinking and summarising skills. It was an honour to take part of this reviewing project and hopefully, our pharmacy team (preceptor, rotation student, and I) was able to provide helpful input for furtherment of medical field knowledge.

CH: Just for fun - if you had to describe yourself as a drug, what would you be and why?

AX: Spironolactone. It may be a lame superficial answer, but I love the pill's minty smell and so makes it memorable when dispensing. Aesthetics are important! I actually had this question as one of the co-op interview questions and my preceptor/interviewer had a good laugh with my answer.



Alice with her wonderful preceptor, Denise Kreutzweiser

PATIENT-CARE ROTATIONS: SUDBURY

JOSHUA PUSONG

Sudbury, Rx 2022

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

The quality of the rotations in Sudbury are A-1. You realize the community of northern Ontario has unmet healthcare needs different than what we may see in southern Ontario. This provides opportunities for pharmacists to play a major role in addressing these healthcare gaps. I also love how nature is just on the doorstep of Sudbury. What normally would be a 4-hour drive from the GTA to Killarney provincial park is under an hour from town.

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

My first rotation was at the Health Science North Sudbury Outpatient Center. I spent Mondays and

Tuesdays at HAVEN, an HIV outpatient clinic servicing northern Ontario. Wednesdays to Fridays were dedicated to the Integrated Chronic Pain Program. At Haven, I performed work ups to identify and address drug therapy programs for our patients being seen on Tuesday clinics. On Tuesdays, I attended morning case reviews to discuss patient cases with more complexity. I spent the rest of the day providing support to the team such as addressing drug information requests, recommending modifications for HIV regimens, and addressing questions from HIV treatment naïve patients new to antiviral treatment. The HIV clinic is an interprofessional team consisting of a dietician, pharmacist, social worker, nurses, and an infectious disease specialist. At the Integrated Chronic Pain Program, I had appointments where I interviewed patients to obtain medical histories and identified drug therapy problems. From there, I used this information to discuss opportunities to optimize their pain medication regimens. The pain clinic is also an interprofessional team not limited to anaesthetists, nurses, case managers, a pharmacist, social worker,





and recreation therapist. My preceptor was very hands off and so I had the amazing opportunity to decide how much I wanted to get out of this rotation and dictate my role on how I would contribute to the clinics.

For my second rotation, I worked in the intensive care unit at Health Sciences North. I attended bedside rounds with intensivists, nurses, dietitians, respiratory therapists, and physiotherapists. I formulated care plans, would provide recommendations during rounds and regular follow-ups with our patients. I had the opportunity to hone my knowledge in infectious diseases and to apply the principles of antimicrobial stewardship with antibiotic use. Towards the later stages of this placement, I was following all the patients on the floor. There were so many interesting cases and diseases that I encountered for the first time. This was one of the most valuable learning experiences in my career as a future pharmacist and has made me realize how much I enjoyed critical care medicine.

For my last rotation, I worked at Lakeside Pharmacy Remedy's Rx, an independent community pharmacy in Sudbury. I had the opportunity to do almost anything you can think of that would fall under pharmacist responsibilities not limited to independently checking prescriptions, collaborating with primary care providers to optimize patient medications, and counselling on prescriptions and OTC products. My preceptor allowed me to decide my role in the pharmacy which enabled me to develop my skills as an independent practitioner. I truly felt more confident in my skills as I begin transition to independent practice after I graduate.

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

Overall, my rotations provided me the opportunity to utilize all the steps in the pharmacotherapy patient care process from start to finish as an independent practitioner. From evaluating and assessing drug regimens, creating, and carrying out care plans, and planning follow-ups, I now feel better prepared to practice following graduation and licensure. I also gained the experience to address complex patients and to work with other healthcare professionals in multidisciplinary settings. I have learned to tailor my communication when speaking to patients and healthcare providers of different backgrounds.

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

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

Northern Ontario during summer is very beautiful



Joshua enjoying the beautiful nature in Northern Ontario

[Read Joshua's full article HERE!](#)

The town is surrounded by nature and is close to some of Ontario's most popular provincial parks. I spent weekends going camping, hiking, and canoeing at parks such as Killarney. There are still so many spots I wish to visit. I hope to eventually visit Manitoulin Island, about an hour and half drive from town and a recommendation consistently brought up by some of the locals. On weekdays, I would go to the gym. A bubble tea shop just recently opened in Sudbury which has made me super excited as it was one of the things that I did miss from home in the Greater Toronto Area.

What advice would you give to future students going to Sudbury?

Don't be afraid to step out of your comfort zone. Seek opportunities that you might not ever get to encounter once you graduate.

SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	July 24	25 Journal Club: Critical Appraisal Event 	26	27 Study Days	28 Study Days	29 EXAMS BEGIN Rx2025: PHARM 111 Practical Rx2024: PHARM 223 Final	30
	Week 2	31	Aug 1 CIVIC DAY	2 Rx2025: PHARM 130 Final Rx2024: PHARM 229 Final	3 Rx2025: PHARM 155 Final	4 Rx2024: PHARM 229 OSCE	5 Rx2025: PHARM 141 Final Rx2024: PHARM 252 Final
Week 3		7	8 Rx2025: PHARM 111 Final	9 Rx2025: PHARM 151 Final	10 Rx2025: PHARM 125 Final	11	12
	Week 4	14	15 CAPSI x SOPhS x CSHP: Co-op Panel Night @ 7-8pm	16	17	18	19 Rx2023: Last Day of Co-op 
Week 5		21	22 	23 	24 	25 	26
	Week 6	28	29	30	31	Sept 1	2

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.