

PHARMACY PHILE

NOVEMBER & DECEMBER 2020

UNIVERSITY OF WATERLOO
SCHOOL OF PHARMACY

ISSUE 90

SOPhS
SOCIETY OF PHARMACY STUDENTS

SOPhS COMMUNICATIONS

2020 is finally coming to a close! This Fall Term, many clubs successfully hosted numerous events online. SOPhS Social organized the Price is Right Kahoot event, showing us how horribly we all gauge prices. SOPhS Athletics hosted Social Media Challenge 2.0 on Instagram, where students were able to showcase how they had been staying active.

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 Rx2024 who begin their studies January 2021!

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We'd like to end off the year by thanking so many of you for all your continued efforts to engage students, improve operations, and make a mark on student life. Here's to turning over a new leaf in 2021.

What a year it has been. In 2020, we, as students and future professionals were tested on our resilience and adaptability, and it has certainly been a tough run. However, as we approached November and December we saw just how far we have come in less than a year's time. Virtual events became second nature, zoom calls replaced in-person meetings, large traditional events were carried out virtually, and as always someone forgot to unmute themselves. Let's take a look at these final months together.

In early November, we joined our classmates in advocating for better handling of this year's PEBC OSCE's which were cancelled abruptly a day before the scheduled date. Additionally, zero Rx2020's were offered a seat to challenge the OSCE in November. In response, various student leaders from across UofT and UW banded together to come up with different advocacy measures. As an update to efforts made by students, key stakeholders, and faculty, OCP has now opted to submit a proposal to the Ministry of Health for emergency licensure for Pharmacy Interns from UW and UofT.

One individual who was involved in these discussions and merits a special shout-out is Dr. Dave Edwards. This was his last term with us as acting Hallman Director, and he's done a wonderful job of fostering a culture that makes students feel at home, and encouraging collaboration and teamwork. Enjoy your time off Dr. Edwards, you deserve it.

In fact, teamwork and collaborations seem to be the theme this year as we saw non-SOPhS clubs such as OPhIG run Movember-based events together with SOPhS athletics, and PVP elects. This partnership helped increase participation in events and promoted awareness for Men's Health. Another act of cooperation was showcased during the SOPhS Meet and Greet for the Rx2024's. For the first time ever, student leadership from CAPSI, OPA, and CSHP joined the presentation to provide prospective students with a first-hand look into each of these organizations. Lastly, UW CAN and faculty partnered up to raise funds for the Toasty Toes cause, which helped provide those in need with warm socks during this turbulent winter season.

As a whole, we saw events from many clubs such as OPA, DI club, RxPRN, CAPSI, MHIP, CSHP, SOPhS Athletics, and SOPhS Social.

These events were all major hits, and if you were to look into the execution, you would have noticed that while they were all virtual in nature, they were completely different. Some forms of engagement include social media, guest speakers, online trivia platforms, and case competitions. This is a testament to the level of creativity and innovation that was exhibited by SOPhS clubs during this year. We'd like to end off the year by thanking so many of you for all your continued efforts to engage students, improve operations, and make a mark on student life. Here's to turning over a new leaf in 2021.

CAPSI CORNER

Happy holidays everyone! It's been a long year but we're finally at the end of 2020. Here is a recap of the second half of Fall 2020:

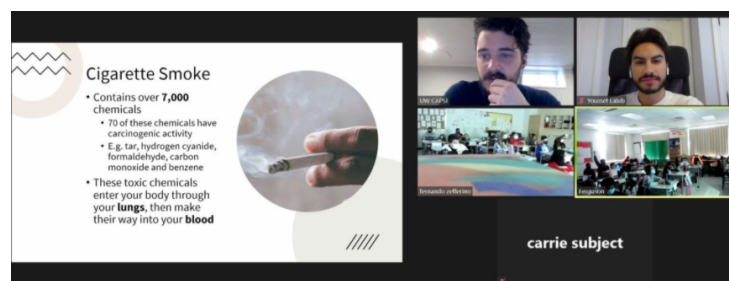
IPSF Health Week

From November 2-6, we held our annual IPSF Health Week. This year's theme was Tobacco Alert Campaign, which focused on smoking cessation as well as vaping awareness. We held a week-long social media challenge on our Instagram stories which consisted of a "Question of the Day" multiple choice. Congrats to the gift card winners of this challenge!



Throughout the week, we also held virtual Community Outreach presentations for local elementary schools. Volunteers from our pharmacy student body educated 7/8th graders about smoking/vaping awareness, then hosted a fun Kahoot trivia game. Lastly, on Wednesday, November 4, Jane Ling (RPh) and Iryna Zhyrnova (Rx2023) held a "Tobacco Addiction: Answers to Difficult Patient Questions" seminar via Zoom.

Thank you for your participation and we hope you learned more about tobacco and smoking cessation!



Youssef Labib and Dan Stuckless presenting the Smoking & Vaping Alert presentation via Zoom to elementary school students.

Competitions

This year's local annual competitions consisted of 4 different challenges with grand cash prizes. 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!

Wellness Wednesdays

We hope you've enjoyed our weekly Wellness Wednesday posts throughout the Spring and Fall 2020 terms. From healthy recipes to physical activities, study tips and mental wellness tips, we hope at least 1 thing was useful to you! All the posts have been archived on our Instagram highlight and Facebook photo album, so if you

ever need some inspiration don't forget to check them out.

Advice for Life

It's time for another competition! Now is your chance to show your passion for pharmacy and your presentation skills in the Advice for Life competition. Create a presentation on any pharmacy or healthcare topic that is intended for a community webinar, pharmacy webinar for healthcare professionals, or a refresher for pharmacy staff. Up to 2 authors may contribute to the presentation and submission; the prize amount will be split between the authors if awarded. Winners will be awarded cash prizes as follows: Local - \$400 (1st place), \$200 (2nd place); National - \$750 (1st place), \$300 (2nd place), \$250 (3rd place).

Submissions are due on February 1st, 2021 @ 11:59pm. Please email submissions to eulkusev@uwaterloo.ca. Good luck!

Looking Ahead... Winter 2021

On January 4 and 5, we will be hosting the annual High Stakes Mock OSCE's for the Rx2021 class. Please keep an eye out on your email if you have signed up to be a participant or standardized patient. We are also excited to be welcoming the Rx2024 class and look forward to the fun things we have planned for the Membership Drive, as well as Clubs Fair during Phrosh Week!

Once again, congratulations everyone for making it through a tough year. See you all in 2021!



OPA UW STUDENT CHAPTER

Two things come to mind this late fall. PEBCs and COVID-19 vaccinations. The 2020 graduates of both UW and UofT are very disappointed to hear about the last minute news for their OSCE rescheduling. On a positive note, things seem to be moving forward with this issue. OPA has released a letter to the provincial government to allow PEBCs to operate under the exemption of being a post-secondary institution. This will allow PEBCs to host the exams under safety protocols. Pfizer and Moderna have already gotten their vaccines approved and are finalizing a plan to determine how it will be distributed. AstraZeneca is in the process of having their vaccine approved. Now we await on whether pharmacies will play a role in its administration.

We also continue to celebrate our students for their work this busy flu season. Here we have Mike Harris (Rx2021) and Veronica Sison (Rx2022) working hard during this flu season.

Thank you for your efforts and we believe your work has greatly helped your pharmacies and patients. Our Student Chapter still plans to showcase the work of as many students as possible! We are continuing to collect photos of students preparing or administering flu shots. Photos can be sent to opa.uwaterloo@gmail.com with your name and year.

Lastly, we thank Brad Grightmire (Rx2021 representative) and Alma Maqbool (Rx2022) for their past work with the Student Chapter. We believe you will all have successful careers ahead of you as you all continue to be future leaders in our profession.

Stay tuned for the applications postings for our new Rx2021 and Rx2022 representatives as well as a representative for the new Rx2024 cohort. I wish everyone happy holidays!

JOSHUA PUSONG

CHAIR, OPA UW STUDENT CHAPTER (2020-PRESENT)



CO-OP CHRONICLES: MICHELLE MORIN

INTERVIEW WITH: MICHELLE MORIN

Rx2022, Pharmacy Student at Canadian Armed Forces (CAF) Health Services Centre (Ottawa, ON)

INTERVIEW BY: CHERRY CHAN

Senior Communications Director

Originally from Ottawa, Michelle grew up in a bilingual household, speaking both English and French. Prior to Pharmacy, Michelle studied for 3 years in Biopharmaceutical Sciences with a minor in Genomics at the University of Ottawa.

Information on CAF Health Services Centre:

All patients are either:

- Active Canadian Forces members themselves (Regular Force, Navy, or Air Force); or
- Foreign military members (usually UK or American) and their families.

Only family members of the foreign military are served, not our own – e.g. we'll have American soldiers' families on our roster, but not the spouses/children of Canadian Force members.

The pharmacy is opened from 0730-1530, closed on weekends/holidays. Members request refills with at least 48h notice to allow time to prepare

their prescriptions (since COVID-19, this has changed to 1 week's notice). If a patient has an urgent prescription, they may go to an outside pharmacy and fill out reimbursement forms.

The pharmacy only deals with Blue Cross insurance as every patient is covered federally. Of the ~15k patients, none have to pay for anything that's covered by the CAF drug benefit list. This includes over-the-counter products.

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

Michelle Morin: On a perfect day (pre-COVID-19), the pharmacy has about 7-8 pharmacists and about as many assistants/technicians. Every morning we have team huddles, where we allocate jobs for the day – e.g. intake counter pharmacist, pick-up counter pharmacist, refill counter pharmacist, “problems” pharmacist, and so on. These positions rotated at the very least on a weekly basis, so that all pharmacists can share days of standing versus sitting; direct patient care versus computer work; etc. I rotated between these positions, although I also spent some days doing prescription entry and other technical roles because of staff shortages.

CC: Why did you decide to complete your placement in the military?

MM: I don't have any immediate family or friends in the military, but I have always considered myself to be very patriarchal; I am proud of our country and the freedoms we're given every day because of sacrifices made by our Armed Forces. I thought it would be a good opportunity to give back to the people who sacrifice for us, and also an opportunity to learn more about the inner-workings of the military itself and its people. I also like working in a bilingual setting, I speak close to no French while in school and don't want to lose my proficiency. Nearly half the patients there are French since we are so close to the Quebec border.

CC: What was the most interesting experience you had on the job during the term?

MM: Working with the Canadian military has helped me to find my passion for mental health work. I have always had an interest in mental health, but working directly with PTSD patients opened my eyes to struggles I never understood before coming here. I never realized how all-encompassing PTSD really is, and just how many people struggle with it on a daily basis. Some examples include drugs for treating PTSD nightmares, drugs used to ease symptoms of motion sickness (fighter pilots flying under high G-forces) or seasickness (new Navy recruits), etc.

There is a book my preceptor recommended called "The Body Keeps the Score", by Bessel van der kolk. It talks about different kinds of trauma, and how these experiences impact the development

and functioning of the body and brain. I never understood trauma until I read this book - it deeply impacted how I see my patients and what they go through in order to lead a somewhat "normal" life. I would recommend it to any and all healthcare workers who hope to understand trauma and mental health.

No doubt I learned a lot about drug therapy for treating mental health disorders, but my mentors and I had a very open dialect about non-pharmacological, cognitive behavioural therapy, psychotherapy, etc. It is so important for patients to be actively involved in treating their mental health struggles at their core... meaning, it is better to address traumas head-on with psychotherapy (perhaps in addition to drug therapy) than to resort to drug-therapy on its own.



CC: How was COVID-19 affected your co-op experience?

MM: I never thought I would spend my first two pharmacy school placements in a pandemic setting. It's definitely added to the stress and workload. Since we have such a large team of people in the pharmacy, it is easy for one person's exposure to impact the entire team. We had a lot of staff shortages these past few months that made for some long and stressful days. I was lucky to work with such a flexible group of people who could depend on one another without hesitation. There was one instance where I was exposed to a covid patient at an outside setting (I was giving flu shots on the side), so had to isolate for two weeks. The day before I was due back to the CAF, more than half of the staff were sent into isolation because of a separate exposure. Those two weeks were hard. Luckily our patients were patient with us and very understanding of the delays.



CC: How would you compare working in the military as a pharmacist vs a traditional setting such as in the community or hospital?

MM: Working in the military exposes you to a very unique clientele of patients. It is largely dominated by young, male, physically healthy patients. There is no geriatric work and close to no pediatric work. Since military members are given medical release if they don't meet certain health criteria for the Forces, they are mostly (physically) healthy individuals. A lot of the pharmacist work revolves around mental health, self-care and minor ailments, pain management, preparations for deployments, and antimicrobial stewardship.

CC: What did you do on your spare time when not on the job?

MM: During the flu shot craziness, I worked at a local community pharmacy on the side to help out. I would go in a couple of times a week and on weekends solely to give flu shots. We booked people back-to-back, in 5-minute increments, so it was a crazy time. I gave hundreds of flu shots over those few weeks. Once the flu season settled down I stopped going in - namely to prevent burnout since I was still working full-time (and then some) at the CAF.

SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Jan 17	18	19	20	21	22	23 IPE Racism in Healthcare @2PM
	24	25 Rx2022 Co-op Rankings Open @ 2PM	26 IPE Primary Care Rounds @ 7:30PM	27 Rx2022 Co-op Rankings Close @ 2PM	28	29	30
Week 2	31	Feb 1	2	3	4	5	6 IPE Primary Care Indigenous Peoples @ 8AM
	7	8	9	10	11	12	13
Week 3	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
Week 4							
	21	22	23	24	25	26	27
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.