

PHARMACY PHILE

NOVEMBER & DECEMBER 2021

UNIVERSITY OF WATERLOO
SCHOOL OF PHARMACY

ISSUE 96

SOPhS
SOCIETY OF PHARMACY STUDENTS



SOPhS COMMUNICATIONS

Happy 2022 everyone! SOPhS warmly welcomes the incoming Rx2025 class as well as the Rx2023's who are back on campus for in-person labs. We wish the Rx2024's the best of luck as they begin their first co-op terms, and the Rx2022's who are on the final stretch before their rotations begin.

In this issue, we are excited to hear from SOPhS Athletics and the President/VP about recaps from previous events in 2021 as well as new initiatives for the year of 2022. We also get a peek into Dan Stuckless' co-op #2 experience as a Research Assistant with Dr. Feng Chang at the School of Pharmacy. Stay safe and best of luck with this new term, everyone!

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PRESIDENT AND VP'S ADDRESS

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The start of the new year, once again, brings unprecedented times but our SOPhS team will be working hard to enhance the student experience as much as possible, whether that be through virtual or in-person measures!

As we head towards the end of 2021, the news dominating the world continues to be the COVID-19 pandemic and that is very devastating considering most of the semester felt like we were working towards our “new normal” with school activities cautiously returning to in-person measures. Although most classes/activities have transitioned to a virtual platform for the time-being, we hope to be able to provide in-person activities when it is safe to do so and we are hoping that will be sooner rather than later!

In more positive news, November/December of 2021 brought some exciting updates regarding the Dispensary, our Student Lounge in the basement, and our first ACE Ping Pong Night since before the pandemic in 2020! SOPhS has been working closely with WUSA and we are happy to announce the new Dispensary will consist of a self-serve model. The goal of this model is to provide more variety in products while also providing more flexibility in timing, as we were previously limited by short hours that did not cater towards those who were in the Pharmacy building later into the evening. With the new self-serve model, the Dispensary would be available 24/7 and would be open if you need a pick-me-up for those late night study sessions in the Pharmacy building! In addition, our Basement Upgrades Committee has been working hard the whole semester and we have since added the Wellness Corner, which includes beanbag chairs for students to sit/nap on to get through those long class days.



The ACE Ping Pong Night hosted by SOPhS Athletics and Social was held on November 19, 2021

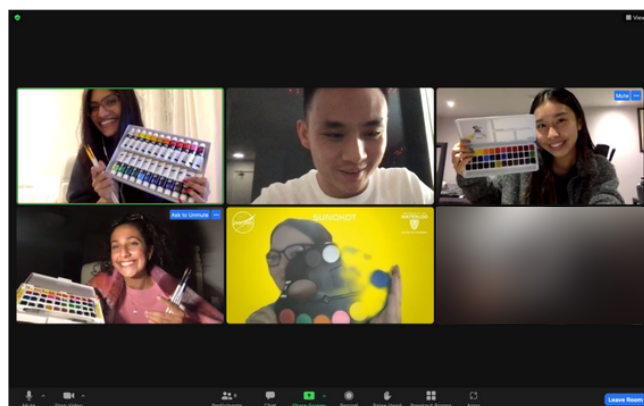
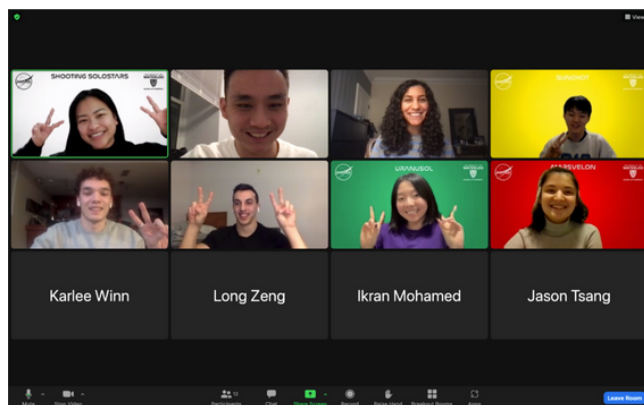
The basement is a work-in-progress so stay tuned for more updates as more additions are being made. Lastly, November brought us our first ACE Ping Pong night since Winter 2020! This was definitely a huge milestone considering we haven't held an in-person social event in a long time and we are hoping we will be able to continue with more once current restrictions are safely lifted.

Pharmacy apparel also seemed to be a hot topic in the past few months! We were able to order and distribute 172 pharmacy holiday sweaters before the holidays. In addition, 252 spirit wear orders were collected, to be distributed in February/March in 2022! We love to see the engagement in our fun pharmacy apparel and are delighted with all the social media posts featuring our wonderful apparel during the holidays.

Our Rx2025 cohort is slowly being introduced to the School of Pharmacy and their first social happened in November over Zoom! The night was kicked off by a great introductory presentation from our President/Vice President Elects, Kia & Reema, followed by icebreaker games led by our upper year volunteers. The Rx2025 cohort officially starts school in January and they will be welcomed with a virtual Phrosh Week from January 3rd to January 7th! We initially planned for our Phrosh Week to be in-person, but due to rising COVID-19 cases, we have had to transition to an online format. Since then, our team has planned a wonderful array of online activities and we hope to be able to run some of our previously planned Phrosh activities (such as ice skating and bowling) sometime during the winter semester when restrictions are lifted.



SOPhS Social organized a Spiritwear sale which included jackets, sweatpants, hoodies, and more!



Screenshots from Phrosh Week 2022 - Hobbies Night to welcome in the Rx2025 class! Travel Stories Night [top left], Cooking Class Night [top right], Bob Ross Paint Night [bottom left], Yoga Night [bottom right].

We would like to congratulate the Rx2022s for completing their last full term of school before heading onto their clinical rotations! It has been a long journey, but they are finally close to the finish line, with 4A being an 8-week term and clinical rotations planned for the last 6 months of their time in the PharmD program. The Rx2024s have completed a milestone of their own by completing their third straight school term before heading off to their first co-op term! It is definitely no easy feat being in school for 12 straight months, but the mental perseverance does not go unrecognized, considering every term has been a challenge adjusting to the changing virtual/in-person teaching styles, midterms, and assessments. Lastly, congratulations to the Rx2023s for completing their 2nd coop term! We are excited to have you back in school for the Winter 2022 semester.

The start of the new year, once again, brings unprecedented times but our SOPHS team will be working hard to enhance the student experience as much as possible, whether that be through virtual or in-person measures! We look forward to starting another new term and have many exciting things planned ahead. We hope everyone has had a safe and relaxing holiday season and are ready to start the new semester strong!

ANGAD BAINS & KEVIN HUYNH
SOPHS PRESIDENT & VICE PRESIDENT



SOPHS ATHLETICS

Collecting KMs from Coast-to-Coast: A National Pharmacy Student Look Into 150 Minutes of Weekly Exercise

Event Details

Collecting KMs from Coast-to-Coast is a national athletics competition that occurs between pharmacy schools in Canada. Each school recruits a roster of students to run, walk and bike as many kilometres as they can throughout a 3-week period (Sept 27 - Oct 17). Each km ran/walked counts for 2 points, whereas each km biked counts for 1 point. The points contribute towards a student's individual score along with the school they're affiliated with. In our inaugural year (2021), we had 110 students from 7 Canadian pharmacy schools participate!

Inspiration

Collecting KMs from Coast-to-Coast was inspired by cardiology lectures from the University of Waterloo. In all our cardio-related mini cases and counselling in clinical practice, we recommend, without hesitation, 150 minutes of weekly exercise for prevention of future cardiovascular events. However, how many of us actually know what that feels like? By motivating students to experience this type of sustained activity for








themselves, we become better educators because we can inform patients about our own experiences. For example, we have a better idea of how we prefer to split up our weekly exercise goals, what options are available to those who are beginners, how to incorporate small amounts of exercise into a busy schedule, along with many more lessons that we simply can't learn unless we try it on our own.



Steven Huynh, SOPhS Rx2023 Athletics Rep

Results
In total, 110 students from 7 schools collected 7042 km over 21 days. 4786 km were collected on foot (walked/ran) and 2255 km were collected on wheels (biked).
Congratulations to the **University of Manitoba** for winning our team challenge (most points per student). The prize for 1st-place was a plaque designed and sponsored by CAPSI National (see Manitoba team photo with the plaque below).

**FINAL SCHOOL STANDINGS
CLASSEMENT FINAL DES ÉCOLES**






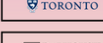




1		Manitoba	181.30 pts
2		UBC	160.65 pts
3		Toronto	142.35 pts
4		Dalhousie	106.19 pts
5		Memorial	102.05 pts
6		Waterloo	93.12 pts
7		Montreal	70.70 pts

AVERAGED BASED ON POINTS PER ATHLETE
MOYENNE BASÉE SUR LES POINTS PAR ATHLÈTE



Congratulations to **D'arcy Arends** for winning our individual challenge (most points accumulated). For her efforts, D'arcy received a customised T-shirt designed by Alice Lau (see T-shirt photo below).

**FINAL INDIVIDUAL STANDINGS
CLASSEMENT FINAL PAR INDIVIDU**

1		D'Arcy Arends	673.52 pts
2		Mel Tsai	387.88 pts
3		Sam Kinahan	357.00 pts
4		Jonald Chan	347.20 pts
5		Brittany Cross	299.52 pts
6		Matthew Exner	288.42 pts
7		Linda Kang	287.76 pts
8		Annie Li	280.66 pts
9		Tori Hubbard	254.32 pts
10		Kelvin Wong	253.60 pts



Other individual accomplishments we recognized include (see Honourable Mentions photos the right):

- Fastest 3k, 5k and 10k run
- Fastest 10k bike
- Longest run, bike and walk

HONOURABLE MENTIONS			
FASTEST 3K RUN	TIME (MIN)	FASTEST 10K BIKE	TIME (MIN)
Matt Kinahan	11:05	Eleni V	27:21
Brittany King	11:50		
Joey Gamba	11:59		
		LONGEST BIKE	DISTANCE (KM)
FASTEST 5K RUN	TIME (MIN)	Courtney Ng	55.57
Brittany King	19:22	Cameron Prouse	54.61
Vincent Liang	22:56	Eleni V	31.75
Kevin Huynh	23:43	Camille Huo	25.47
Steven Huynh	24:36		
Joey Gamba	26:41		
		LONGEST WALK	DISTANCE (KM)
FASTEST 10K RUN	TIME (MIN)	Briana Kops	20.09
Sam Kinahan	31:27	Joey Gamba	19.51
Matt Kinahan	42:05	Julie Lac	17.75
Kelvin Wong	43:54	Mel Tsai	13.32
Annie Li	46:34	Valerie Tremblay	13.31
Vincent Liang	48:33	Layne Liberty	13.14
		Matt Kinahan	13.14
		<i>*walk = average above 7min/km*</i>	
LONGEST RUN	DISTANCE (KM)	GREAT WORK EVERYONE! THANK YOU TO ALL WHO PARTICIPATED AND HELPED ORGANIZE THIS EVENT!	
Kelvin Wong	25.14		
Sam Kinahan	23.32		
Vincent Liang	21.42		
Brittany King	15.01		
		<i>*run = average below 7min/km*</i>	

MENTIONS HONORABLES			
LA PLUS RAPIDE DES COURSES DE 3 KM	TEMPS (MIN)	LA PLUS RAPIDE DES COURSES À VÉLO DE 10 KM	TEMPS (MIN)
Matt Kinahan	11:05	Eleni V	27:21
Brittany King	11:50		
Joey Gamba	11:59		
LA PLUS RAPIDE DES COURSES DE 5 KM	TEMPS (MIN)	LA PLUS LONGUE DISTANCE INDIVIDUELLE EN VÉLO	DISTANCE (KM)
Brittany King	19:22	Courtney Ng	55,57
Vincent Liang	22:56	Cameron Prouse	54,61
Kevin Huynh	23:43	Eleni V	31,75
Steven Huynh	24:36	Camille Huo	25,47
Joey Gamba	26:41		
LA PLUS RAPIDE DES COURSES DE 10 KM	TEMPS (MIN)	LA PLUS LONGUE DISTANCE MARCHÉE	DISTANCE (KM)
Sam Kinahan	31:27	Briana Kops	20,09
Matt Kinahan	42:05	Joey Gamba	19,51
Kelvin Wong	43:54	Julie Lac	17,75
Annie Li	46:34	Mel Tsai	13,32
Vincent Liang	48:33	Valerie Tremblay	13,31
		Layne Liberty	13,14
		Matt Kinahan	13,14
		<i>*marcher = moins vite que 7 min/km*</i>	
LA PLUS LONGUE COURSE	DISTANCE (KM)	SUPER TRAVAIL À TOUS! MERCI À TOUS CEUX QUI ONT PARTICIPÉ ET AIDÉ À ORGANISER CET ÉVÈNEMENT!	
Kelvin Wong	25,14		
Sam Kinahan	23,32		
Vincent Liang	21,42		
Brittany King	15,01		
		<i>*courir = plus vite que 7 min/km*</i>	

Charity Work

Each participant was asked to download a phone app called “Charity Miles” which prompts the user to choose a non-profit organization that they would like to raise money for. Charity Miles tracks each user’s activity and donates 25 cents for each mile walked/ran and 10 cents for each mile biked.

In total, everybody raised \$883.72 from Charity Miles in just 21 days! In addition, each of the seven participating schools agreed to pool together \$50 each for a \$350 donation to a charity of the winning school’s choice. To go along with CAPSI’s HIV theme, the University of Manitoba students decided to direct the \$350 donation to Nine Circles Community Health Centre, a clinic in the heart of Winnipeg that specializes in the treatment of HIV, hepatitis C and other sexually transmitted diseases.



A summary of all the stats from the Collecting Km's from Coast to Coast event

The Organizing Committee

Special shoutout to everybody involved in the planning process, the daily operations, and the design work for the social media posts and prizes!

Planning Team

- Founder/Coordinator: Steven Huynh (Waterloo)
- Operations: D'arcy Arends (Waterloo)

School Reps

- Dalhousie: Nolan Barkhouse
- Manitoba: Matthew Glass
- Montreal: Maude Bourgault
- MUN: Josh Griffin
- Toronto: Cindy Tran, Jonathan Platt
- UBC: Sunny Singh, Owen Li, Chris Xi
- Waterloo: Mousa Gawanmeh, Ethan Foster

Design team

- Social media posts: Camille Huo (Waterloo)
- French translations: Kyla Agtarap (Waterloo)
- Winner's T-shirt: Alice Lau (Waterloo)
- Winner's plaque: CAPSI National



STEVEN HUYNH
SOPHS RX2023 ATHLETICS REP

CAPSI CORNER

Happy 2022! We wish everyone a happy and healthy start to the New Year despite these difficult times. Let's take a look at some of the events CAPSI has planned for January, February and March.

Clubs Fair

As the Winter term begins, we want to extend a warm welcome to the Rx2025's starting their first year of pharmacy school! On January 5th, CAPSI council will be hosting a zoom breakout room during Club's fair for Phrosh Week to introduce CAPSI to the incoming class. We are looking forward to meeting you Rx2025!



The slide is titled 'Why Join?' and lists several benefits and events. It also includes a 'Who Are We?' section, 'Learn More' about CAPSI Awareness Week, and 'Socials' with social media handles. The slide is branded with the CAPSI logo and the text 'Canadian Association of Pharmacy Students & Interns'.

Why Join?

- Discount on pharmacy textbooks & resources
- 20% discount on Agro iMCQ for PEBC preparation
- MANY initiatives and events:
 - Competitions
 - Lunch & Learns
 - Conferences
 - Mock OSCEs
 - Pharmacy Appreciation Month
- FREE prizes & gear (i.e. notebooks, backpacks)

Who Are We?

- A national organization
- We advocate for the interests of Canadian pharmacy students & interns
- CAPSI is membership-based

Learn More

CAPSI Awareness Week
January 10th to 14th

Socials

- @capsiuwaterloo
- Capsi Waterloo
- @UWCAPSI

Canadian Association of Pharmacy Students & Interns
CAPSI

CAPSI's intro slide from Clubs Fair

CAPSI Awareness Week

January 9 to 15 is CAPSI awareness week and we are excited to share all things CAPSI on our social media! We will be having IG takeovers, hosting Q&A sessions to answer any of your questions and providing information about how

to sign up for CAPSI (word on the street is all students who sign up before January 14 will get entered into a draw to win a CTMA or 1 of 3 CAPSI backpacks). The CAPSI executive council has also put together TikToks to communicate our core values and explore the benefits of becoming a CAPSI member, so stay tuned!

2022-2023 Elections

Beginning in February, we begin the process for electing the next CAPSI council members. We will be posting applications for Rx2025 Class Rep, various Junior positions and more to the class Facebook groups. We will be introducing our new council in April, and check out the next Pharmacy Phile to see our updated Council group photo!

PAM - March 2022

Pharmacy Appreciation Month is coming up this March, and our PAM chair Sarah Fallis is hard at work planning some awesome events. We will be hosting social media challenges, giveaways and pharmacist speakers! Keep an eye out as well for our collabs with other clubs.

Goodluck to everyone with the rest of their semester and anyone on co-op! Don't forget to follow us on social media to keep up during this busy winter term!

FB: Capsi Waterloo | IG: @capsiuwaterloo

NICOLE BAKOWSKI & CELINE HUAB
UW CAPSI COMMUNICATIONS/CAPSIL DIRECTOR

CO-OP CHRONICLES: DAN STUCKLESS

INTERVIEW WITH: DAN STUCKLESS

Rx2023, Research Assistant with Dr. Feng Chang at the University of Waterloo

INTERVIEW BY: CAMILLE HUO

Rx2023, Senior Communications Director

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

Dan Stuckless: I got up pretty well whenever I wanted to - the hours were very flexible provided I met deadlines and attended meetings. I make breakfast and catch up on any emails I received overnight. I attend the team meeting at 11am, provide my update and hear what other research team members have been working on. After the meeting, I work on developing resources for a COVID-19 vaccine outreach program. At 1pm I facilitate a group discussion on vaccines for people in rural Southwestern Ontario who have questions about vaccines. I'm able to connect them to good resources and discuss the benefits and risks of vaccination in a patient friendly and patient centered fashion. A good deal of my day is tied up in advertising for these sessions and educating community volunteers in these skills so that they can have these conversations with vaccine hesitant members of the community. Afterwards, I work on abstract screening for a



Dan Stuckless at his White Coat Ceremony.

systematic review on opioid de-prescribing in older adults. I meet with my fellow reviewer later on and go through any conflicts we have regarding inclusion/exclusion of the paper in the systematic review. Around 5 o'clock I finish up work for the day, have dinner and go to the gym.

CH: What is something unique about working in a research position with the School of Pharmacy faculty?

DS: I worked on a wide variety of projects this term that meant I had to use skills I've never been really tested on before. Project management being the largest one - I had to coordinate with community partners, volunteers, participants, public health and media in getting the word out and building confidence in the COVID outreach program.



Gateway Centre of Excellence in Rural Health is a not-for-profit corporation located in Goderich, Ontario, that aims to improve the health and quality of life of rural residents.

CH: What was your favorite project or experience from your placement?

DS: The systematic review on opioid de-prescribing in older adults has been the most rewarding. I'm continuing to work on that this term as part of a 401.

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

DS: Courses we took on critically interpreting literature were extremely useful in combating

vaccine hesitancy - many of the reasons for vaccine hesitancy are based on real scientific literature. The problem with much of it is how low quality and questionable the methods are or when people misinterpret it. Being able to explain this to people with questions about vaccination in a way that they could understand was a crucial part of my job. Some things that we take for granted (ex. relative risk vs. absolute risk, statistical significance) are likely to be misinterpreted by the general public, so being able to explain what studies are actually saying in patient friendly language was really helpful. It also helped with the systematic review, as being able to actually understand how studies were conducted was very helpful in including/excluding them from the final paper.

Another key lesson was always being patient centred when discussing the vaccines with patients. Listening to their particular concerns instead of just assuming they have certain beliefs was important, as was highlighting the benefits of vaccination that were more likely to be relevant to them. It also meant being realistic about the risks/benefits of vaccination in a way that didn't minimize their concerns.

CH: How has COVID-19 affected your co-op experience? What were some pros and cons of working a remote / work-from-home position?

DS: Pros were that I could set my own schedule as long as I hit my deadlines. This meant I didn't have to feel guilty about sleeping in. If I wanted to mix things up, I could go to a library, a coffee shop or main campus and do my work. I also saved a lot



An interview with London CTV where Dan spoke about his experience working with vaccine-hesitant rural residents. Find the video [here](#).

of money on gas and wasn't tired from standing all day. Cons would be having a bit of a disconnect from the rest of the workplace. This was my first work from home job ever - where before I could have easily asked a question to a coworker in another room, now I had to rely on email which had a much longer delay before getting a response. This kind of isolation from coworkers was difficult at times, but as time went on I became more comfortable with the situation.

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

DS: Alprostadil.

SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Jan 16	17	18	19	20	21 PHARM 320 Midterm #1	22
	23	24 Residency Info Night @ 6:30- 8:30pm	25 Residency Info Night @ 6:30- 8:30pm	26 Bell Let's Talk Day	27 PHARM 466 Midterm #1 PHARM 129 Jurisprudence Exam	28	29
Week 2	30	31	Feb 1	2	3	4 PHARM 320 Midterm #2	5
	6	7	8	9	10	11	12
Week 3	13	14	15	16	17 PHARM 466 Midterm #2 PHARM 378 Midterm PHARM 129 Midterm	18	19
	20	21	22	23	24	25	26
Week 4	← Reading Week →						

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.