

Pharmacy Phile

University of Waterloo School of Pharmacy

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In this Issue

1-2 - President and VP's Address

3 - CAPSI Corner

4-5 - OPA Update

6-7 - Prof Spotlight Interview with Allison Tario

8- SOPhS Communications

President and VP's Address

It's hard to believe it, but we are halfway through the fall semester already! Although, judging by the weather lately, it's not much of fall at all. As usual, the fall term is a crazy busy time for all the students, especially Rx2022 who are going through their 2A term. With all the co-ops, extracurriculars and classes on campus, this fall term is looking to be just like any other; intense but rewarding!

First and foremost, this term was home to our annual SOPhS General Election. Candidates ran phenomenal campaigns as they stepped out of their comfort zones and promoted their clever campaign videos and sent in their applications. We're extremely happy to announce the incoming President elect, and Vice-President elect, Taher

Rehmanji and Matthew Bui respectively. We're excited for this transition and can't wait to see what the next generation of SOPhS has in store.

In early September a group of Waterloo students headed east to Toronto and joined our UofT counterparts for a night on the water for UPS' Annual Boat Cruise. The night was filled with dinner, dancing, and great views of the city. It's always rewarding when we're able to mix and mingle with our future colleagues at UofT. Our friends at Toronto have been gracious enough to allow us to join them these past few years and we hope next year will be the same!

CAPSI and WHPC also had their long-awaited Diabetes Skill Night where a dietician,

chiropracist, endocrinologist, pharmacist and optometry student all came to the school of pharmacy and gave short presentations. The speakers all gave their valuable insight and showed the importance of inter-professional collaboration throughout the night. The event concluded with a case review where groups discussed the case and worked up the patient. We look forward to more WHPC events in the future

Winter is coming, and so are some of our biggest events of all - Phrosh week and OPSIS! The phrosh committee is busy planning a Superhero themed week, and is excited for what will hopefully be another successful orientation. With a scavenger hunt, dodgeball tournament and pubcrawl planned, the

President and VP's Address (cont.)

Rx2023's have plenty to look forward too. UW is also working with UofT to plan for the annual OPSIS conference happening early in the winter term as well. The planning is still

young, but we can confirm that reservations have been made for the gorgeous Marriott on the Falls.

With such a packed few months, we can't wait for what

the rest of the term has in store.

Sincerely yours,

- Kean Sarani and Meena Shweitar, *President and Vice President*



CAPSI Corner

As we near the end of classes for the fall term, CAPSI would like to say thank you to all the students who participated in the various events we have held over the term. From competitions to fundraising, it's never a dull moment! In this CAPSI Corner, we'd like to highlight some of the major events that have happened over the past few months, and share some of our final events of the term:

IPSF HEALTH CAMPAIGN WEEK

As we navigated through truths and myths, we are grateful to have had the opportunity to raise awareness about our theme for our IPSF Health Campaign Week this year, Diabetes and Healthy Living. We hope that you were able to take something away from this week and are inspired to use your knowledge in your future practice as pharmacy professionals! As well, we'd like to give a huge thank you to the Journal Club, WHPC, UW PPAG, and CAN for collaborating with CAPSI to bring amazing events like the Diabetes Lunch & Learn, Diabetes

Skills Night, and Candy Grams to our fun-filled week. Thank you!



COMPETITIONS

After an intense competition season, we are happy to announce our winners, who will have all won money towards their PDW registration fee! Unable to participate in the competitions this time around? No worries, CAPSI competitions happen every year! Entering CAPSI competitions is a great way to practice compounding, counselling and writing skills (and the prize money for PDW is an added bonus too). Congratulations to our winners, and we can't wait for them to represent UW Pharmacy at PDW 2020!

Patient Interviewing Competition: Urooj Advani

OTC Counselling Competition: Katie Scott

Student Literary Challenge: Jamie Struthers

Advice for Life: Svetlana Litchmanova (1st place), Arielle Leone (2nd place)

Compounding Competition: Ridwaan Safi, Phong Tran, Lauren Woo, Cici Wu

HIGH-STAKES MOCK OSCE

UW CAPSI is holding our annual High Stakes Mock OSCE on November 26th and 27th from 5:30-9:30pm! The High-Stakes Mock OSCE is a great opportunity to get in some practice for the fourth-year final OSCEs, and all at a low cost of \$5. Sign-ups have been posted, and more information regarding the event will be released closer to the day of.

Thank you again to everyone for such a great term – we are always amazed at the level of passion and involvement coming from our student body. As exam season approaches, UW CAPSI would like to wish everybody good luck - you got this! See you next year!

- Charina Alducente
UW CAPSI Communications/
CAPSIL Director

OPA Update: First-ever Student Advisory Council Meeting held in Toronto

OPA holds its first meeting with its newly formed student-focused committee:
the Student Advisory Council (SAC)



Members of the Student Advisory Council from left to right: Joshua Pusong, University of Waterloo Student Chapter Vice-chair; Sera Lee, University of Toronto Student Chapter Chair; Simran Sharma, University of Toronto Student Chapter Vice-chair; George Daskalakis, University of Waterloo Student Chapter Chair; Victoria Ip, OPA Manager, Pharmacy Professional Affairs.

About the meeting

On October 18th, 2019, student pharmacy leaders from the University of Waterloo and University of Toronto met at the OPA head office in downtown Toronto.

The gathering marks the first official meeting of the newly created Student Advisory Council (SAC). This council, created as per the motions passed by Rx2021s George Daskalakis and Bradley Grightmire, is replacing the previous model of student engagement in which one student from each school sat on the board of directors of the OPA.

The Student Advisory Council (SAC) is tasked first and foremost with creating more opportunities for pharmacy students to engage with the OPA. Additionally, it is working to make it easier for students to push forward student advocacy initiatives (e.g. videos, letter campaigns) by facilitating the process in which these ideas are heard and subsequently supported by the OPA.

The SAC is also actively looking at options to have students engage with OPA through other means such as shadowing of OPA leaders and supporting further coop opportunities.

In November, expect the outcomes of this meeting to become more apparent. The University of Waterloo OPA student chapter will be holding its first meeting in which OPA staff will be in attend-

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OPA Update: Deliberating with the Ministry of Health and Long Term Care

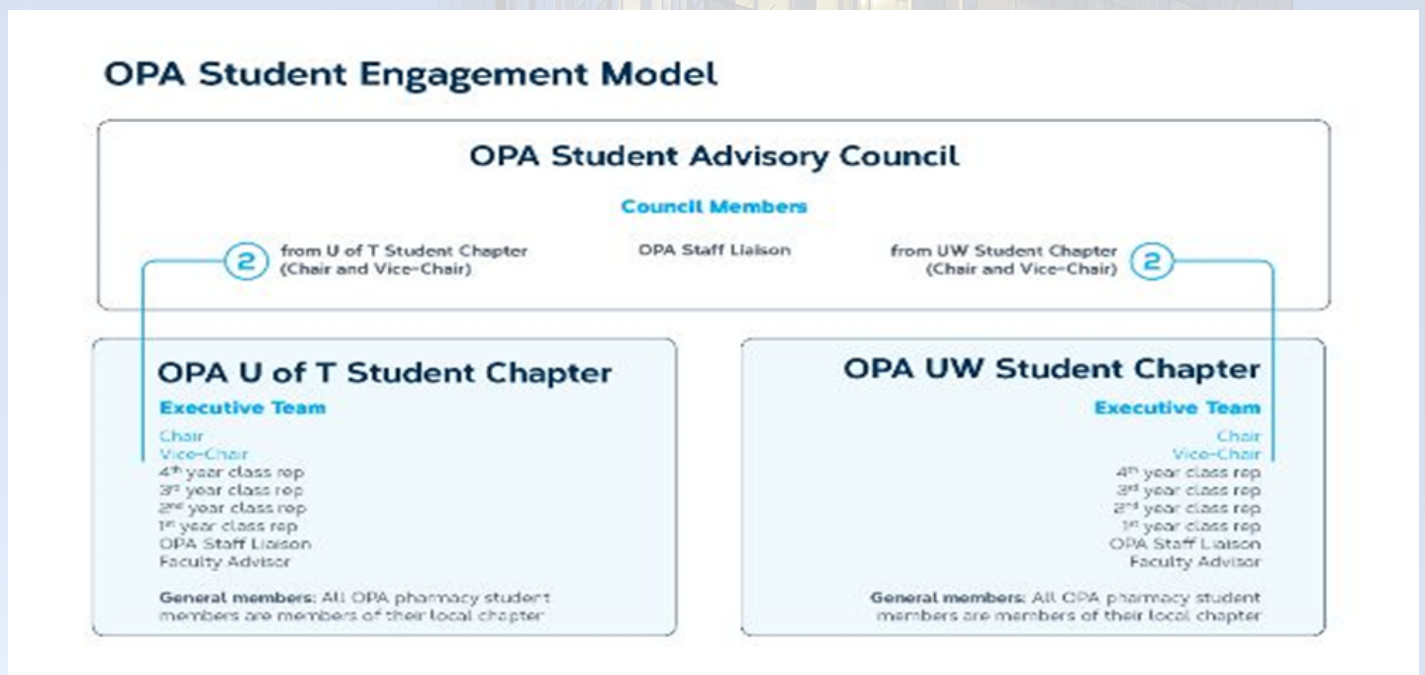
ance. Moreover, the University of Waterloo School of Pharmacy is expecting to hold an open forum in which OPA executives will be present to speak to students, similar to the event in July with Mike Cavanagh.

About the new OPA student structure

The new model of student engagement creates multiple opportunities for students to get involved. At the school level is the University of Waterloo OPA Student Chapter. While there are official positions, *any student OPA member is automatically a member of this chapter.*

The Chair and Vice Chair of the chapter represent the school on the SAC which is part of OPA.

Below is a diagram showcasing the new model:



Please do not hesitate to contact any executive to learn how you can join us in advancing the profession.

Sincerely

- George Daskalakis, OPA Student Representative

Prof Spotlight: Allison Tario

Interviewer: Alicia Dakins (Rx 2021)

PP: Tell us about your role at the school:

AT: I've been around the School of Pharmacy since 2011 when I started as a student in the BSc Pharmacy program. I graduated in the class of Rx2014 and shortly after graduation started working as a TA in some of the professional practice courses. That transitioned into a sessional instructor role and now and position as an Adjunct Clinical Assistant Professor. I teach in both the professional practice and communications courses, and am currently coordinating Pharm 330- Professional Practice 6. I've been enjoying the opportunity so far to teach multiple courses and also still help out as a TA in courses I've been involved in for a number of years. I love that my role here keeps my knowledge fresh, I can bring my practical experience to my courses and it's inspiring to work with such great students here.

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

AT: It's hard to pick a favourite! I really enjoy Professional Practice 6, because it has many different topics that keep it interesting for me to teach (and hopefully for everyone to learn!). It includes lots of practical cases and honest discussions about how you can make "best practice" your "real practice". In my first few years of practice as a pharmacist, I remember thinking back to when I took this course myself and found it very useful and practical; it's fun for me to be able to give some of that back to the school and current students.

PP: Why did you decide to specialize in community pharmacy?

AT: I pursued a career in community pharmacy because I find it so rewarding to build long-term relationships with patients and their families. I like the continuity and helping to facilitate care for patients in a community system that often has gaps that pharmacists are well-positioned to fill. I also love the challenge of community pharmacy; you have to be an expert in a little bit of everything, because you never know exactly what might walk in the door.

PP: What is the most interesting case you've encountered so far?

AT: I think I should write a book some day with all of the interesting cases I've encountered (or at least the interesting (read: funny) stories I've accumulated). One particular case that comes to mind is an elderly patient who called me one day saying they had been bitten by 10 scorpions all at once(!). This turned into a trusting relationship with a patient who was struggling with alcoholism and dementia and was in and out of the hospital often due to paranoid delusions. I visited her at home a few times when she needed support with managing her medications and while she didn't take many, she always made for interesting stories and challenges with managing her complex needs.

PP: What advice would you give to students with an interest in teaching Pharmacy students someday?

AT: Start now, by participating in things like mock OSCEs, etc and get some practice assessing and giving feedback to other students. After graduation, seek out opportunities to volunteer with OSCEs, PEBC exams, even pharmacy tech-

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nician programs or continuing education groups in your local area. Consider further education with a Masters or PhD degree if you want to further pursue academia. Stay in touch with your current teachers and let them know you are interested in teaching some day; there are always new opportunities in this growing area.

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

AT: As a community pharmacist, I think we have a tremendous impact in patient education and empowerment. We are integrated into the heart of our communities and are trusted and relied on in so many ways. I think one of the biggest “clinical” impacts is with home visits for patients, and the opportunity to help patients manage their own medications safely and with confidence.

PP: What is your number one piece of advice for our final year students as they prepare to head out on rotations?

AT: Take advantage of the learning opportunities you have now while you’re still a student; use the guidance and mentorship of those around you (including each other) to fine tune your skills and figure out who you want to be as a pharmacist.

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

AT: Naloxone! We have a lot of drugs in this world that do a lot of good, but there are only a few that we can say will actually save your life and are safe enough for anyone to use without thinking twice about it

“We have the skills, passion, and opportunity to push the profession of pharmacy to the best it can be for Canadian patients.”



SOPhS Communications: Congratulation to the Class of 2019!



Have an opinion about our expanded scope of practice? Experience something on co-op that you'd like to share?

SOPhS encourages you to submit an article for the Pharm Phile newsletter! Submissions can be sent to pharmsoc@uwaterloo.ca by the end of every month for inclusion in the next edition!

If you have any interest in becoming involved with the SOPhS Communications Committee please send an email our way!

SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Nov 24	25 OPA Open Forum 6 pm	26 High Stakes Mock OSCE	27 High Stakes Mock OSCE	28 Rx 2020 Career Fair	29	30
Week 2	Dec 1	2	3	4	5 SOPhS Meeting 6 pm	6 Exams Begin	7
Week 3	8	9	10	11	12	13	14
Week 4	15	16	17	18	19	20 Co-op ends	21 Exams End
Week 5	22	23	24	25	26	27	28
Week 6	29	30	31	Jan 1, 2020	2	3	4

SOPhS Calendar Notes: Please note that event dates may be subject to change Contact SOPhS if you are unsure of an event date. You may also find this information on the SOPhS Google Calendar (<http://tinyurl.com/jo3awk7>). If you would like to add an event to the SOPhS calendar please email the SOPhS secretary at secretary@sophs.ca.