

PHARMACY PHILE

SEPTEMBER & OCTOBER 2021

UNIVERSITY OF WATERLOO
SCHOOL OF PHARMACY

ISSUE 95

SOPhS
SOCIETY OF PHARMACY STUDENTS

SOPhS COMMUNICATIONS

The beginning of a new term always brings fresh experiences and initiatives at the School of Pharmacy. With the Rx2024's and Rx2022's going back to more in-person classes, we are excited to see what's in store for pharmacy student life outside of the classroom.

This issue, Angad & Kevin (PVP) will catch us up on the events that SOPhS has hosted these past 2 months. OPhIG also makes its PharmacyPhile debut with a debrief on their Light the Night event. We get to know Dr. Wong a little better in his Faculty Spotlight, and hear about Bradley Grightmire's (Rx2021) patient care rotation experience in the Niagara region.

Lastly, Communications is excited to welcome in our new Junior Communications Director, Doris Hung (Rx2024)! With that, Camille Huo is moving onto the Senior Communications Director role. Look out for more SOPhS Council 2021/22 Introductions on our social media to meet the rest of the team!

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PRESIDENT AND VP'S ADDRESS

The Fall semester is upon us. It is a time for change as we see the leaves and weather change, and as we also see cohorts moving into their new terms whether that be on a co-op work term or a school study term. It's also a very busy time for SOPhS and its affiliated clubs because not only are there numerous events that are run, but the Fall term also signifies election season. Most of our positions are filled during the Fall term, and we are excited to welcome all of the new and returning candidates. We want to give a special congratulations to Kia Moazzami and Reema Bhardwaj who are the new President and Vice-President Elects of SOPhS! We are excited to see the new heights you plan to lead SOPhS to when you both start in May.

This term saw the first time the Collecting Km's from Coast to Coast Strava running challenge was held. This was a national competition where 7 Pharmacy schools from across the country competed to collect the highest number of kilometres by either walking, running or biking. There were 110 total participants, out of which 32 were Waterloo athletes contributing Km's to Waterloo's total. Not only was this event a great way to get active, but it also raised money for

charity for which a whopping \$1233.72 was donated! Huge congrats to everyone that competed and to Steven Huynh, Mousa Gawanmeh and Ethan Foster on SOPhS Athletics as well as D'Arcy Arends for helping make this event possible.



Table showing the results of the Collecting Km's From Coast to Coast Strava running challenge for Week 2 (October 4 to 10). The table lists the top 7 teams and their total points.

Rank	Team	Points
1	Toronto	122.19 pts
2	UBC	115.02 pts
3	Manitoba	106.29 pts
4	Dalhousie	72.81 pts
5	Memorial	72.40 pts
6	Waterloo	61.98 pts
7	Montreal	58.39 pts

AVERAGED BASED ON POINTS PER ATHLETE

This term also saw the return of the Ontario Pharmacy Soccer Cup. This was an annual event that was put on hold last year due to the pandemic, but was able to run this year due to restrictions being lifted. It was a very close game which was tied after full time and went on to penalties. However, after some goal keeping heroics, team MVP David Stewart ensured a 3-0 defeat on penalties, and after a 4 year drought, Waterloo was able to take home the cup and raise the trophy. Shoutout to Team Captain Jacob Luba for organizing the team and deploying such a great game strategy.



Congrats to the Waterloo Pharmacy Soccer Team who won the Ontario Pharmacy Soccer Cup on October 30th!

These past months have also seen lots of social media contests put on by clubs such as Community Action Now and their contest on Indigenous Health, Pediatric Pharmacy Advocacy Group and their contest on raising awareness of the Pharmacists role in Pediatric Health, and FrancoPharm who have their special French Fridays to test our French knowledge. RxPRN was similarly involved in hosting a social media contest as a kickoff to Thrive Month and building positive mental health for all. CAPSI hosted their Pharmacy Competitions including Patient Interview and OTC competitions.

In October, SOPHS was able to host an ice cream social right outside the School of Pharmacy offering 4 different flavours. Over 150 people attended from across 3 cohorts! This was a great opportunity to intermingle and meet new people, especially for the Rx2024 cohort who are on their first in person school term. We hope to continue bringing you great social events like these!

This term the Rx2023's are off on their second co-op term and both Rx2022 and Rx2024 cohorts

are in their 3B and 2A terms respectively. Special congratulations to everyone in the Rx2024 cohort for completing your very first IPFC! IPFC is a rite of passage in Pharmacy school, and getting the first one done is always a big accomplishment. Conversely, the Rx2022 cohort are starting their second last IPFC term of Pharmacy and are in their last full semester of Pharmacy school. We hope you take it all in while you're still here!

We wanted to end off the President and VP's Address for this issue by talking about some exciting new changes coming to SOPHS and building on our philosophy of always innovating and evolving. We are committed to enhancing student life and advocating for our students, and that is why we have started working on several new initiatives. Some of these initiatives include working on upgrading the basement student lounge, creating more accessible SOPHS meetings, updating the constitution and reopening The Dispensary. If you would like to learn more about our advocacy efforts, feel free to reach out or attend our next SOPHS meeting.



Four All Ice Cream social was held on October 5th from 2-5pm. We hope you enjoyed your sweet treats!

ANGAD BAINS & KEVIN HUYNH
SOPHS PRESIDENT & VICE PRESIDENT

CAPSI CORNER

As the weather gets colder and snow starts to fall, we hope that everyone's school or co-op term is going well! UW CAPSI had a busy fall as always and we are glad that we hosted many events for students this term.

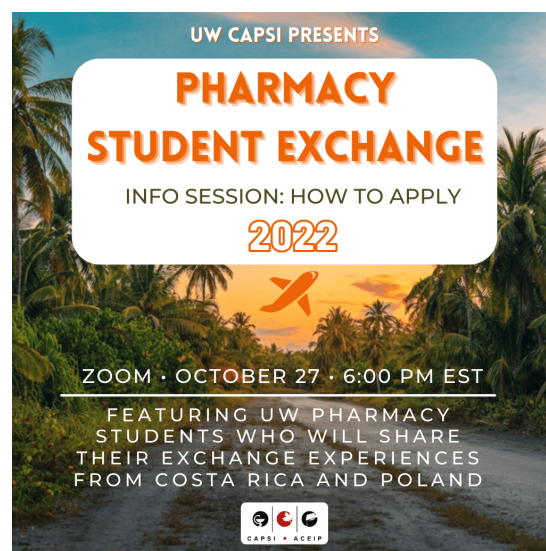
Fall Textbook Sale

We were glad to host our annual textbook sale again this year to help students save on their textbooks and drug information resources. We hope that everyone was able to purchase the books of their choice and that it serves you well in studies, OSCEs, and PEBCs! Though the main textbook sale has ended, we would like to remind everyone that the RxFiles discount code is available for use until December 1, 2021. Email waterloojr@capsi.ca to receive your CAPSI member discount - it is a great deal since the 13th Edition was just released in September of this year! Check your emails for more information about when books will be available for pick up in December at the School of Pharmacy.

Pharmacy Student Exchange Info Session

On October 27, CAPSI hosted an information session about the application process for student exchanges, for students interested in traveling and working abroad during the PharmD program. We were joined by Iryna Zhyrnova (Rx 2023) and Jacob Luba (Rx 2022) who both shared stories about their experiences during their exchanges to Costa Rica and Poland, respectively. Thank you to Iryna and Jacob for sharing your unique experiences and we hope to

see more pharmacy students going on exchanges in the future! For more information or if you have questions about exchanges, reach out to UW CAPSI on social media so that we can connect you with our IPSF Representatives, Iryna Zhyrnova (Sr.) and Kristy Wong (Jr.).



CAPSI Competitions

This year we ran 5 local CAPSI Competitions for students to practice their skills and win prizes:

- Patient Interview Competition (PIC)
- Over the Counter Competition (OTC)
- Advice for Life Competition (AFL)
- Student Literacy Challenge (SLC)
- Guy Genest Passion for Pharmacy Award

Thank you to all who participated in any of the

interactive or submission-based competitions! We will be announcing winners soon on our social media, so stay tuned! Many thanks to our CAPSI Competitions Representatives Steven Huynh (Sr.) and Jackie Nguyen (Jr.) for organizing the events, and to our many judges for helping to pick winners.

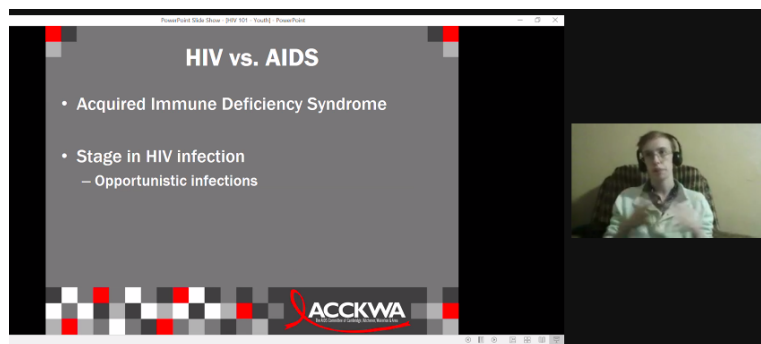
IPSF Health Week - HIV/AIDS Awareness Week

From November 1-5, UW CAPSI hosted HIV/AIDS Awareness Week, which was the chosen theme for the annual IPSF Health Week, and we had many events and activities for students to learn more about supporting people living with HIV/AIDS. Our social media initiatives included a week-long Scavenger Hunt, where students had to find objects related to HIV/AIDS awareness, treatment, and resources, and a Counseling Challenge, where students had to explain an HIV diagnosis in patient-friendly language.

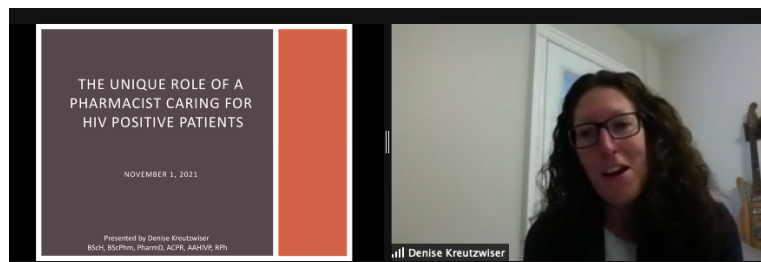
It was a jam-packed week of presentations, and we hosted the following educational events for students:

- November 1: Specialization Opportunities: HIV and Beyond with Denise Kretzswiser, RPh, ACPR, AAHIVP and Lecturer at the School of Pharmacy
- November 3: HIV 101 with Erin and Jack from ACCKWA (AIDS Committee of Cambridge, Kitchener, Waterloo & Area)
- November 4: PrEP 101 with Dr. Andrea Chittle, MD and Sanguen Health PrEP Clinic Physician

We hope students learned more about how to support people living with HIV/AIDS in their community from attending these valuable presentations, and got a refresher or head start on HIV therapeutics!



Erin from ACCKWA explaining the difference between HIV & AIDS.



Denise Kretzswiser, RPh speaking about her pharmacy journey including a specialization in HIV.

We would especially like to thank ACCKWA for their involvement in HIV/AIDS Awareness Week. ACCKWA has provided students with amazing patient-friendly resources covering several aspects of HIV/AIDS care that can be found [at this link](#) (also linked in the @capsiuwaterloo Instagram bio) or in the School of Pharmacy basement, near the bulletin boards.

UW CAPSI has also made a \$100 donation to ACCKWA to help in their mission to provide HIV/AIDS support to the local KW community. A huge thank you again to Iryna and Kristy for organizing the



Vampire Cup

UW CAPSI is excited to announce a new year-long competition called the Vampire Cup! We are inviting students to donate blood as part of the UW School of Pharmacy team. To participate, visit blood.ca to book your appointment, then select PARTNERS and join our local team (University of Waterloo School of Pharmacy). Each time you donate blood, this will be linked with your account.

As a bonus, in collaboration with the Canadian Blood Services, we will be offering a free taxi service once a month! To arrange your free taxi, email gina.leyva@blood.ca.

The first date for blood donations with the free taxi service was Tuesday, November 16th. Follow us on social media to find out about future blood donation days! Please message UW CAPSI on social media with any questions.



High-Stakes Mock OSCE

Our last event of the term will be our High-Stakes Mock OSCE on November 27-28, which is a chance for Rx 2022 students to practice for the Milestone OSCE at the end of this year. Thank you in advance to our National Jr. Representative Camille Huo for helping to plan the event and collect cases, to our various assessors, and to our standardized patient volunteers in Rx 2023 and Rx 2024. Rx 2022s, check your emails for the dates and times and good luck on both the Mock OSCE and Milestone OSCE!

Follow UW CAPSI on Instagram (@capsiuwaterloo) and Facebook (Capsi Waterloo) to stay up to date with our events. Whether you are in school on co-op we hope you have been enjoying the fall colours and staying warm!



Sarah Fallis (PAM 2022 Chair) and Sasha Goldstein (Sr. National Representative) donating blood together on November 16th.



ONCOLOGY PHARMACY INTEREST GROUP (OPHIG)

In October, the Oncology Pharmacy Interest Group held their annual Light the Night fundraiser and walk for the Leukemia and Lymphoma Society of Canada (LLSC). As a team, a total of \$360 was collected through donations and a Krispy Kreme sale at the School of Pharmacy. The donuts sold out fast and were a big hit among faculty and students! Proceeds will go to key LLSC initiatives, such as disease-related research and resources for patients and loved ones. To celebrate the funds raised while continuing to raise awareness and show support to LLSC, the executive team held a lantern walk around the main UW campus.

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We were so thankful for the support and engagement from the community at the school. We look forward to the day we can gather the whole Pharmacy family to walk together in support of LLSC's amazing work!



@uw.ophig

MARINA ROBIN
OPHIG PRESIDENT

FACULTY SPOTLIGHT: WILLIAM WONG

INTERVIEW WITH: WILLIAM WONG

Associate Professor at the University of Waterloo School of Pharmacy

INTERVIEW BY: CAMILLE HUO

Senior Communications Director

William W.L. Wong, PhD, is an Associate Professor at the School of Pharmacy, University of Waterloo. He was also appointed as a member of the Ontario Health Technology Advisory committee (OHTAC) by Ontario Health (Quality). He specifies, develops and maintains decision models for health technologies assessment, cost-effectiveness analysis, and pharmacoeconomics evaluation studies.

At the School of Pharmacy, Dr. Wong teaches Foundation and Application of Health Informatics (PHARM 151) and Applied Health Economics and Pharmacoeconomics (PHARM 618).

Camille Huo: Tell us about your current role at the School of Pharmacy!

William Wong: I joined the School of Pharmacy in 2016 as an Assistant Professor. Unlike most of the other professors that you have met in the School, I am not a pharmacist, instead I am a computer scientist by training. At the school, I taught the 1st year informatics course and various

pharmacoeconomics lectures throughout the curriculum. Beside teaching, most of my other time was spent on various research projects involving pharmacoeconomics. I also supervise PharmD students, graduate students and postdoctoral students who are interested in pursuing their careers in pharmacoeconomics.

CH: Tell us about your research interests and why you think they are important for the profession.

WW: My main research interest is pharmacoeconomics and health technology assessment (HTA). HTA and pharmacoeconomics



plays a very important role in drug plan reimbursement, especially in Canada. Government agencies often use evidence generated by HTA and pharmacoeconomics research to make optimal decision making regarding which new drug or new technology should be publicly funded.

CH: I saw that you were recently involved in an article, “Chronic hepatitis C is expensive for Ontario patients and caregivers.” What inspired you to research this topic specifically?

WW: It all started from a reimbursement recommendation process that I was involved with the Canadian Agency for Drugs and Technologies in Health (CADTH) a couple years ago. During the discussion process with other experts, we identified that there exist some knowledge gaps in terms of health-related quality of life and patient borne cost for chronic hepatitis C patients. So, I decided to address the knowledge gap by conducting research in this area.

Government agencies often use evidence generated by HTA and pharmacoeconomics research to make optimal decision making regarding which new drug or new technology should be publicly funded.

CH: What is your favourite memory while working here at the School of Pharmacy?

WW: The School offers me so many great memories. We have so many great staff, faculty and students to work and collaborate with. As for my favourite memory, probably is hearing about successful stories from our students. For example, last year, I heard from a PharmD student that I supervised before. He was accepted as a pharmacy resident in a big pharmaceutical company, and he thought that the pharmacoeconomics knowledge that he learned had played a very important role in his application.

CH: What advice would you offer to students hoping to pursue careers in pharmacoeconomics and health technology?

WW: Talk to me early. I can arrange an independent study in the 3A or 3B term for those who are interested in pharmacoeconomics. It is a great opportunity for pharmacy students to further explore the topics and figure out their career direction.

CH: Just for fun, what is your favourite drug and why?

WW: I would say it is Ledipasvir/sofosbuvir, a combination of drugs used to treat adults with chronic hepatitis C. It is my favourite because I was heavily involved in the reimbursement recommendation process. Further, it is one of the drugs that have transformed chronic hepatitis C treatment, offering high cure rates with excellent tolerability, that can provide us a rare opportunity to eliminate an infectious disease.

PATIENT-CARE ROTATIONS: NIAGARA REGION

BRADLEY GRIGHTMIRE

Niagara, Rx 2021

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

I thoroughly enjoyed completing my patient care rotations in Niagara region. Niagara itself is a beautiful region, and I was fortunate to be there with an amazing group of students. I had excellent preceptors at each of my sites, which was really beneficial for my learning experience.

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

I completed my rotations at Boggio & Edwards Ridgeway IDA, Niagara Health St., Catharines General Hospital, and Shoppers Drug Mart Lundy's Lane. In all my rotations, I worked very closely with pharmacists and other healthcare professionals.

At Boggio & Edwards, I was fortunate to work in the same building as an optometrist. I also gained insight of the responsibilities of a pharmacy technician, including the important work involved with compliance packaging. I counselled patients on their medications, performed therapeutic checks on new prescriptions, and made recommendations to physicians through the Pharmaceutical Opinion Program.

At the St. Catharines General Hospital, I worked with physicians, nurses, pharmacy technicians, and dieticians, which really exemplified the importance of collaborative care. I completed Best Possible Medication History's for patients and performed patient workups. Additionally, I worked with the infectious disease team learning about treating patients with antibiotics as well as antimicrobial stewardship in the hospital setting. At Shoppers Drug Mart Lundy's Lane, I worked alongside a pharmacist at all times and learned a lot of valuable information through clinical discussions.



I participated in COVID-19 vaccinations and learned about testing protocols. Overall, my experiences were unique at each site, which allowed me to continue learning and growing as a future pharmacist.

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

My patient care rotations allowed me to continue developing my clinical and interpersonal skills as the importance of collaborating with others was highlighted during these experiences. My rotations also led me to improve on many of the valuable traits that a pharmacist needs including humility, empathy, and patience.



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

There are many great attractions in the Niagara region. There are plenty of beautiful wineries to visit in the Niagara-On-The-Lake area as well as great golf courses in the region. There is also the opportunity to experience a fun and exciting downtown area with many restaurants and cafés on St. Paul Street in St. Catharines. Also, Niagara Falls is an incredible sightseeing spot, due to the famous waterfalls and parks surrounding them.

Describe your experience with your Regional Clinical Coordinator.

My Regional Clinical Coordinator, Donnie Edwards, was fantastic in all aspects. Donnie hosted multiple educational events to help with our clinical learning. Donnie orchestrated a community service event that involved helping the homeless population of Niagara by administering COVID-19 vaccinations. Donnie recommended excellent activities to take part in throughout the region. Donnie was supportive throughout the entirety of our clinical rotations by responding to questions and helping to facilitate our interprofessional requirements. Donnie worked tirelessly to ensure the students of the Niagara region had a tremendous experience, and he undoubtedly succeeded!

Describe any resources you used for support.

I primarily used the electronic Compendium of Pharmaceuticals and Specialties, UpToDate, and Pyrls as my resources for support.

Describe the housing/transit in the region.

There are plenty of housing options in the region - especially in the St. Catharines and Thorold areas, which have many student housing options due to the proximity to Brock University

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 my 2nd choice. I do believe my rankings would have changed after experiencing 6 months in the Niagara region because of the great connections I have made in the region.

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

I would advise future students to not be afraid of stepping out of their comfort zone and moving to a new region that they are unfamiliar with.

Adventuring out is a great way to make new connections throughout the pharmacy profession.

Is there anything else you would like future students to know about patient care rotations in the region? Enjoy every moment of your patient care rotations! Although it is important to dedicate some time to learning to gain the most out of your rotations, remember to build connections with your peers and enjoy the experience.



SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Nov 21	22	23 CSHP: BPMH Workshop @ 7pm	24	25 DI Club Event @ 7pm	26 MHIP: Patient Care Panel	27 CAPSI: High Stakes Mock OSCE
	28 CAPSI: High Stakes Mock OSCE	29	30	Dec 1	2 SOPhS Meeting @ 7pm	3	4
Week 2	5	6	7	8	9 Rx2022: 336 Final Exam Rx2024: 221 Final Exam	10 Rx2022: 330 Final Exam Rx2024: 228 Final OSCE	11
	12	13 Rx2022: 351 Final Exam Rx2024: 224 Final Exam	14 Rx2022: 401 Final Exam Online & 464 Final Exam	15 Rx2022: 361 Final Exam & 474 Final Exam Online Rx2024: 232 Final Exam	16 Rx2022: 330 Final OSCE	17 Rx2022: 377 Final Exam Rx2024: 227 Final Exam	18
Week 3	19	20 Rx2022: 324 Final Exam Online	21	22	23	24 Christmas Eve 	25 Christmas Day 
	26	27	28	29	30	31 New Year's Eve 	Jan 1 New Year's Day 
Week 4							
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 (<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.