

Pharmacy Phile

University of Waterloo School of Pharmacy

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President and VP's Address

Welcome back to a new term! As the brisk autumn air starts to replace the scorching heat from summer, it is time to wrap up in a cozy blanket with a warm drink in our hands. This is an exciting term as it is the last one for the Rx2021 cohort before they finish their 12-month stretch of school and also one of the last full terms for the Rx2019 before they start their rotations. Of course on top of that, the fall term is known to be packed with events from the various clubs to make sure there is never a dull moment.

Every year, the election for the SOPhS council takes place in the fall term. There is generally always a good interest amongst students to join the student group but this year was one of the most intense and competitive years yet. We have never

seen so much enthusiasm from students but could not be more impressed with the amount of dedication and initiative the students have shown through their efforts. We are so excited for the new members. Welcome to the team and we cannot wait to work with you all!

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President and VP's Address (cont.)

The two months that have already elapsed have proven that this will be a term filled with events. One of the first events was the UPS Boat Cruise which happened in September. The turnout from our school was incredible, in fact it we had to increase the maximum number of students allowed and start a waitlist. It was such a hit amongst the students from both schools and hope to continue this joint collaboration in the future. The annual soccer tournament with UWaterloo facing off with UofT also took place. It was a hard fought battle between both teams, who showed fantastic skill, determination, and were true warriors on the field. UWaterloo went down to a goal in the first half on a breakaway and managed to tie it up in the last minute of the game, from a corner kick, to send the fans and team in a frenzy! Unfortunately, UofT took the win in penalties, winning 5-4. Great job to all players and thank you to all the fans who came out to cheer our team on! One of the other big events include the Phormal which was hosted by SOPhS Social. It was such a fantastic way for the students to take a night away from

their books and dress up to enjoy good food and even better company.

On top of these social events, CAPSI also planned the CAPSI competitions in preparation for PDW 2019. A job well done to all the students that competed. You were definitely put to the test through these competitions but you all rose above it!

A huge congratulations goes out to the class of 2018. October 26 marked a momentous day for them as they officially completed their journey here at the University of Waterloo School of Pharmacy and started their professional journeys as pharmacists. It was a day filled with happiness, joy, and pride as we watch our graduates celebrate their achievements thus far, surrounded with their family and friends. To the Rx2018 class,

best of luck on your PEBCs and in all your future endeavours!

Just like how we kicked off this term with a BANG, we hope to finish this term off strong. Stay tuned for more updates and events coming your way.

- Tarun Fernandez and Alixce Xu, President and Vice President



CAPSI Corner

Hey there, UW Pharm!

What a busy, and competition-filled term it's been so far. As the term winds down, both Rx 2021 and Rx 2019 are starting to see the light at the end of the tunnel; hang in there everyone!

Here's a quick recap of all the events we've seen this term:

UW CAPSI Competitions:

This term has been absolutely packed with competitions-across the last few months, a couple of the competitions we've seen include: patient interview, OTC medication, student literacy, advice for life, and of course, the famous compounding competition. Winners of these competitions have all received guaranteed registration to PDW 2019, in St. Johns Newfoundland, along with a total of \$250 (\$180 to cover registration, and \$70 spending money)! Congratulations again to all our

winners:

Compounding

1st Place: Team #3

(Svetlana Litchmanova, Mike Harris, Brad Grightmire, Saaima Hansrod)

2nd Place: Team #2

(Chris Voss, Michelle Paul, Myrèla Nakhoul, Christine Sorin)

3rd Place: Team #5

(Carmela Curcuruto, Andrew Savo, Alexa Meitz, Alexa Armstrong)

Patient Interview

1st place: Jodi Gallinger

2nd place: Michelle Paul

3rd place: Jenna Jenkins

OTC Medication

1st place: Jodi Gallinger

2nd place: Michelle Paul

3rd place: Chris Voss

IPSF Health Campaign Week – Tuberculosis:

Our IPSF Health Campaign Week focused on the topic of Tuberculosis. Throughout the fun and informative week, we saw a variety of events: an interprofessional case study

dinner & learn (in collaboration with WHPC), candy grams (in collaboration with CAN), a lunch and learn with KW TB control nurse Glenna Murray, a TB awareness poster and trivia contest, and another social media challenge! Thanks to everyone who participated in our IPSF Health Campaign week!

Thanks again for yet another great term- best of luck to everyone on their exams!

- *Larry Sheng*

*UW CAPSI Communications/
CAPSIL Director*



OPA Update

Pharmacists' Role in Cannabis

Bill C-45, the *Cannabis Act* officially legalized cannabis in Canada on October 17, 2018. This is a landmark legislation—some may compare it to the end of alcohol prohibition back in 1927 for Ontario.

It's difficult to say what's next on the horizon in terms of drug culture in our country, but what is clear is that there will be a period of adjustment for Canadians. The impact that this new legislation will have on Canadian culture is not fully realized. This is certainly the case in the healthcare space. It is expected that many people may use cannabis for the first time, or for the first time in a long time. Regardless, as you are Ontario's most accessible healthcare providers, we expect that patients will turn to you with questions about cannabis—as they would with any other drug. You're not necessarily going to have all the answers, but as healthcare professionals you have a duty to care and a responsibility to protect the safety of your patients.

As has been the case for so many years, we will endeavour to answer patients' questions knowledgeably, carefully, and

thoughtfully.

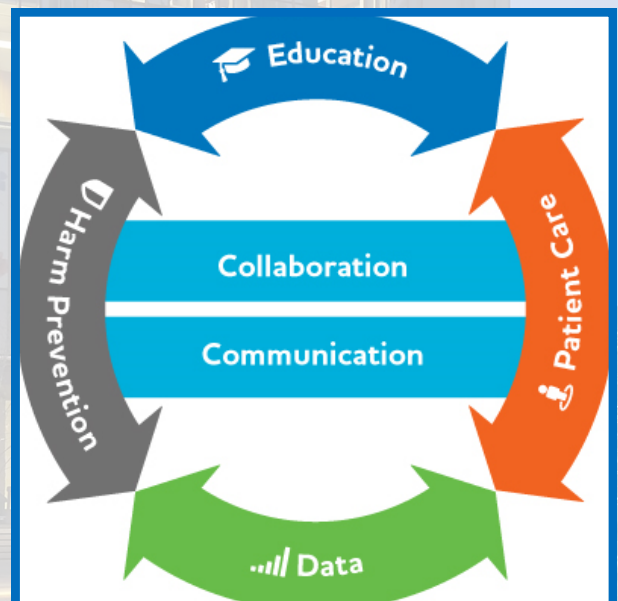
On October 11, the Ontario Pharmacists Association's Vice-Chair, Jen Baker and Executive Vice-President and Chief Pharmacy Officer, Allan Malek presented at the Ontario Government's Standing Committee on Social Policy with regards to Bill 36, *Cannabis Statute Law Amendment Act, 2018*.

While the Standing Committee was hearing remarks with respect to recreational cannabis, OPA felt that this was an opportunity to ensure that Ontarians and our Members of Provincial Parliament are aware of the gap in care that may exist once recreational cannabis is legalized on October 17, 2018.

OPA's remarks reflected the concerns pharmacists have relating to current users of medicinal cannabis and the risks posed as a result of streamlined access to recreational cannabis. Jumping from the medicinal to the recreational model of dispensing places the patient at considerable risk due to the elimination of the

pharmacist's clinical oversight. OPA delivered a very pointed message, calling for the Ontario Government to amend Bill 36 to include the provision of a licence to pharmacies for the dispensing of medicinal cannabis pursuant only to a medical order from an authorized prescriber. As an alternative to an amendment, OPA asked for a formal request to be made by the Ontario government to the federal government to enable provincial dispensing of medical cannabis by pharmacists.

Watch for more details on the role that pharmacists play in helping patients navigate this new world.



Faculty Spotlight: Robin Andrade

Interviewer: Tina Thomas, Rx2020

Working in classes and behind the scenes, Robin is responsible for the organization of the Professional Practice Labs—including many of the day to day operations. A Registered Pharmacy Technician, Robin has worked in the pharmacy field for over 18 years, in both retail and hospital pharmacy, since her graduation from the Mohawk McMaster Applied Health Sciences Pharmaceutical Technician program. I thought it would be a great idea for us students to get to know a little more about her!

As a student, what made you decide to pursue the pharmacy field?

I had just graduated from Photography school, and I was offered a job at my friend's dad's pharmacy while I was trying to figure out my next steps. I started at cash, then quickly moved to the dispensary, and all of a sudden, the pharmacy process really resonated with me, which I wasn't expecting – I thought I was destined to be a photographer! But it all went from there. Back to school, and I couldn't be happier with my decision.

What was your favourite class as a pharmacy technician student? What (if any) was the most challenging and why?

All of my classes were challenging, as I was coming from a completely different profession/field. I remember doing math equations at the kitchen table with my dad (who's a physicist and engineer), learning how to complete pharmacy math, which ended up being very enjoyable, and a memorable bonding experience. I also thrived in Pharmacology, and the respective pathophysiol-

ogy. I was fascinated that medicine knew where to go in our body, and how to resolve an issue, or assist with overall quality of life.

What made you choose to pursue teaching as a profession?

When the Pharmacy school opened, I knew I wanted to be working there in some capacity if I could, specifically assisting in the labs. I didn't know I wanted to teach until more opportunities arose for me at the school. The more I worked as a teaching assistant, the more I realized how much I connected with being up in front of students, and also learning from them. I never chose teaching as a profession, it grew and grew, and eventually chose me.

Briefly describe your teaching philosophy.

My teaching philosophy includes both lecture and applied activities. I learn by doing, as do many of our students. I make sure to explain exactly what we are doing, but then always give you the opportunity to watch me perform all the steps I just explained. This process is longer and takes up more lab time, but I always find the students gain more from the opportunity

The Professional Practice Labs require students to pull their theoretical knowledge taught in lectures and apply it in clinical settings. How do you feel is the best way to approach and succeed in the PPL labs?

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Professional Practice is just that. To be able to practice your profession. Embrace all the skills you are learning in the labs throughout your 4 years, make your mistakes, learn from your peers, and celebrate your success. Walk into the lab with confidence, and walk out with even more, even if you feel uneasy about your performance that day. Don't apologize for asking "too many questions", as each lab is taught by incredible, passionate instructors (ahem!), and seeing that light go off when students start making the connection from lecture to lab is irreplaceable. Also, bringing me coffee and/or candy doesn't hurt either.

Where do you feel pharmacy has the biggest potential to make a clinical impact on the lives of patients

Prevention. Not only are we a profession that assists the patient in controlling their condition and symptoms of an illness, we are also a profession that can inform and teach our patients tools to keep healthy. Tools such as vaccines and flu shots, self care, handwashing, regular blood pressure monitoring, smoking cessation, and many more, can potentially catch or stop an issue before it begins which may leave the patient in worse health. Information gathering, taking the time to complete a BPMH, and working within your full scope can

greatly benefit your patients.

If you weren't a pharmacy technician and instructor, you would be... As I said, photography is a big passion of mine, and I am happy shooting architecture, my kids and cats, but I also really enjoy interior and graphic design. Definitely something in the design field, which is pretty much the opposite of what I do now!



SOPhS Communications




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 18	19	20 PPAG Pediatric Mental Health Case Study	21	22 GSK Lunch & Learn Town Hall Meeting	23	24
Week 2 25	26 High Stakes Mock OSCE	27 OPA Dinner & Learn	28 Career Fair	29 PPAG OTC Trivia Night with Dr. Nakhla	30	Dec 1
Week 3 2	3 Lectures/Classes end at Waterloo	4 Pre-examination study days	5 Pre-examination study days	6 On-Campus Final Examination period begins	7	8
Week 4 9	10	11	12	13	14	15
Week 5 16	17	18	19	20	21 Co-Op Work Term Ends On-Campus Final Examination period ends	22
Week 6 23	24 University Holiday Closure	25 University Holiday Closure	26 University Holiday Closure	27 University Holiday Closure	28 University Holiday Closure	29 University Holiday Closure

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.