

WINTER 2015

CAPSIL

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PRESIDENT'S MESSAGE

Professional Development Week (PDW) in Quebec City started 2015 off with high energy! I left the conference with vows to hold myself to higher standards, show patients how I value them, and to never leave the gym without stretching (did you see the contortionists at Mr. Pharmacy?!). It was the perfect start to the year and I left more motivated than ever before.

Now, I am a highly productive person. Usually this means that I Instagram, check out the latest post on the CAPSI - ACEIP Facebook page and catch up on *Walking Dead*, at the same time. It's okay, I tell myself, because I work best under pressure, and I can rattle off at least fifty more excuses.

It was in using my time wisely that I stumbled upon time management writing from Tim Pychyl, associate professor of psychology at Carleton University in Ottawa and author of *Solving the Procrastination Puzzle*. The solution is simple: get going!

The best way to break the procrastination cycle is to go for it! Recognize when you're wasting time you don't have. He suggests that attitude follows behaviour, and as CAPSI members, I know you're getting things right!

Right here in this CAPSIL you'll find CAPSI award recipients, students traveling across the world to learn about pharmacy and inspiring articles from your peers. As a group, CAPSI's actions truly reflect our values of unity, professionalism, advocacy, academics and excellence.

At this year's PDW, CAPSI members voted to re-instate the position of Vice President of Professional Affairs. This new addition to the CAPSI council, and all of our new and returning National Council members, will be acting on your behalf to promote the profession of pharmacy, membership benefits and learning opportunities for all CAPSI members.



The 2015-2016 CAPSI council will come together for the first time this May at the joint CPhA and OPA conference in Ottawa. I encourage you to look for ways to get involved with council, be it on the national or local level! I am looking forward to the momentum and action we will bring over the course of this year!

Together, let's reach for new heights!

Amber-lee Carrière
@CapsiNational

EDITOR'S NOTE

Hello Phamily!

It is my pleasure to share the Winter issue of the CAPSIL with you. Learn about what it takes to plan PDW, tools to make the most of PAM, what an SEP experience is really like, and what other pharmacy schools have been up to.

To the authors featured in this issue, and to those who sent in submissions, I cannot express how important your contributions are since the CAPSIL wouldn't exist without them.

I would like to send a warm thank you to all the members of the Translations Subcommittee, listed on the right, for their time, effort, and patience. This bilingual publication is only possible with your help and our doors are always open for more translators.

As always, the CAPSIL is looking for your ideas, opinions, experiences, and



creative output. Feel free to contact your local CAPSIL / CAPSI representatives or contact me directly about how you can get your thoughts published for the nation to see.

Happy reading!

Amy Lau
CAPSIL Editor 2014-2015
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CONGRATULATIONS TO THE 2014 GUY GENEST AWARD WINNERS



AWARD DESCRIPTION

This award is in honour of Mr. Guy Genest, an incredibly enthusiastic and passionate individual, whose unwavering support of pharmacy students and interprofessional healthcare practices has solidified his stature as one of the greatest friends that Canadian pharmacy students have ever had. This award is intended to recognize one individual from each Faculty/School of Pharmacy in Canada for their notable passion for, and dedication to, the profession of pharmacy.

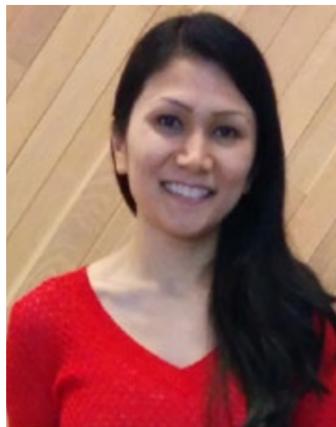
UNIVERSITY OF SASKATCHEWAN - DARREN BOGLE

The University of Saskatchewan is proud to acknowledge Darren Bogle as the Guy Genest Passion for Pharmacy Award recipient. Darren is an active advocate for pharmacy students in his college and he is also a contributing board member on the provincial advocacy and regulatory bodies. In addition to his studies, Darren works part time in a community pharmacy, he volunteers in the community, where he often has to travel across the province, and he attends and often helps to plan every social, professional and athletic event organized by the college. Darren is a positive, dedicated and well-rounded leader that aspires to influence change in pharmacy practice. With his enthusiasm and passion for the profession that spreads across our campus, we are honoured to recognize Darren with this award!



UNIVERSITY OF MANITOBA - ALEXIS WANNER

The University of Manitoba's College of Pharmacy is pleased to present Alexis Wanner as this year's Guy Genest award recipient. After her first year of the program, Alexis decided she wanted more out of being a student, and got involved with CAPSI as the Manitoba Junior Representative in her second year. She is currently the Senior Representative for Manitoba. Alexis is very passionate about the profession, and is excited to start practicing in 2016. "I am very excited to begin my career during a time that will allow me to practice in a way that impacts the public's health and take advantage of the new skills available to us. Having grown up in a rural community where a dedicated healthcare team is hard to come by, I have seen and experienced the difficulties associated with inaccessible healthcare. I believe that my drive and enthusiasm for what we can do as pharmacists will enable me to provide exceptional care for those in my community."



UNIVERSITY OF BRITISH COLUMBIA - ALIYA DAULAT

I am very honoured to receive the Guy Genest award of professionalism at the University of British Columbia. This recognition further inspires me to continue to serve the pharmacy profession while upholding the highest standards. I am also grateful to be part of the Faculty of Pharmaceutical Sciences at UBC that provides an amazing educational environment and gives me the chance to be involved in a discipline with endless opportunities. I strongly believe that there has never been a time with more career choices available for pharmacy students than now. With demands to expand scope of practice, my passion is to be involved in a career where I assist individuals and communities in achieving a better quality of life.

UNIVERSITY OF TORONTO - CHIA HUI CHUNG

Chia Hui Chung is a third-year PharmD student who is completing her second term on the University of Toronto's Undergraduate Pharmacy Society. Her main focus as Senior External Affairs Director has been to lead the procurement of external sponsorships and establish ties with organizations that are linked to the pharmacy profession. Her dedication to the role has resulted in more funding for student-run faculty events than the past three years combined. She is also one of the Founders of EVOLVE (Embracing Ventures and Orienting Leaders to Value Expanded Scope), a former CSHP Communications Student Representative and has completed an OPEN (Ontario Pharmacy Research Collaboration) research project regarding expanded scope authority.



UNIVERSITY OF ALBERTA - LEAH HODGINS

I am honoured to be the recipient of the Guy Genest Passion for Pharmacy Award from the University of Alberta this year! As pharmacy students, there are countless opportunities to get involved and move our profession forward. For myself, I found inspiration through being involved with CAPSI at the local level. My position allowed me to take part in advocacy efforts, interdisciplinary teamwork, policy development, and patient care. Our profession is constantly evolving and advancing. This in turn creates countless opportunities to make an impact on the health care system and in pharmacy. I thank you again for presenting me with this award and I look forward to being a part of the incredible things that students and pharmacists will achieve in the future.



UNIVERSITY OF WATERLOO - HOLLY MEGINNIS

Holly's passion for pharmacy truly shines through her unbeatable school spirit and positive attitude. You can find her at every event, fundraiser, conference, or sports game proudly representing University of Waterloo's black and gold signature. As the driving force behind almost every UW CAPSI event, Holly will continue to spearhead new initiatives at the school and local community, and also be an influential figure in guiding the profession of pharmacy forward. Holly is an inspiration to those around her and is fully deserving of the Guy Genest Award. Congratulations!



UNIVERSITÉ DE MONTRÉAL - ANIS OUYAHIA

This year's Université de Montréal Guy Genest winner doesn't only have a real passion for pharmacy, he also shares it with colleagues, friends, family and mostly with the patients he meets. Anis truly believes in the importance of pharmacist in small and big communities and he strives to create a broader scope of practice and to elevate pharmacy practice to new level. He has been involved with our local student body association since his first day at the faculty and has been part of every major event since. We are incredibly proud of all of Anis' hard work for the students and are honoured to award him with this prize.

UNIVERSITÉ LAVAL - MAXIME DUBÉ

Here's the major project that demonstrated my passion for the pharmacist's role. I was in charge of a project to create four video capsules defeating myths about smoking cessation. Undoing the myths related to smoking cessation is a crucial step before attempting to persuade a smoker of the relevance of smoking cessation, so we worked in the sense to offer the population four professional video capsules. These videos have been shared through social media in order to try to reach as many smokers as possible, all with the objective to convince a maximum!



DALHOUSIE UNIVERSITY - HEATHER PHELAN

Dalhousie's College of Pharmacy is pleased to note Heather Phelan as the recipient of this year Guy Genest Award. Heather is an active member of Dalhousie's local CAPSI council and currently the fourth year CAPSI representative. Heather displays her passion for pharmacy in more than one way. Working at Target Pharmacy, Heather became an integral part of team and has a strong commitment to enhancing standards of care. Heather has worked on various projects from "Bloom"-a mental health support program, to Sleepwell-helping patients suffering from insomnia. Both programs lead to a broader scope of practice for pharmacists. Always helpful and an optimistic person-Heather is the ideal recipient of this award.

MEMORIAL UNIVERSITY OF NEWFOUNDLAND - LINDA OU

Linda Ou is a fourth year pharmacy student who is very devoted to volunteer endeavors. Through her roles as Vice President of Memorial University Pharmacy Society, Vice President Logistics of Atlantic Pharmacy Advancement Conference, and Senior Memorial Ambassador, she has shown significant leadership skills. She envisions a future where pharmacists in both hospital and community play a larger role in improving the quality of patient care. She plans to see this achieved by the implementation of more innovative patient-centered programs, resulting in reduced hospitalization and healthcare costs. Her goal is to see patients receive optimal therapy through advocating for patient access to medications. Linda wishes to practice as a pharmacist that optimizes patient outcomes and individualizes therapies.



2014 CAPSI NATIONAL COMPETITION WINNERS



PATIENT INTERVIEW COMPETITION

- 1st Leah Hodgins, University of Alberta
- 2nd Katherine Koroluk, University of Toronto
- 3rd Jessica Leavitt, University of Waterloo
- 4th Brittany Wesley, Dalhousie University



STUDENT LITERACY CHALLENGE

- 1st Amanda Harrop, University of Waterloo
- 2nd Joseph Samuel, University of Toronto
- 3rd Stacey Leek, University of Saskatchewan
- 4th Shafik Dissou, Université de Montréal



OTC COMPETITION

- 1st Christina Le, University of British Columbia
- 2nd Leah Hodgins, University of Alberta
- 3rd Nicole MacDonald, Memorial University of Newfoundland
- 4th Stéphanie Faucher, Université Laval



COMPOUNDING COMPETITION

- 1st Université Laval
Simon Marchand, Marianne Bouchard, Maude Bachand-Fournier, Michaël Tourigny
- 2nd Memorial University of Newfoundland
Jennifer Voisey, Erin Beresford, Michelle Fazio, Emily King
- 3rd University of Saskatchewan
Madison Schmidt, Darren Bogle, Jayesh Changela, Trista Kobussen
- 4th University of Waterloo
Michelle Holm, Trina McFarlane, Angela Quach, Victoria Sarnovsky



AWARD OF PROFESSIONALISM

- 1st University of Alberta
- 2nd University of Waterloo
- 3rd Memorial University of Newfoundland

CSHP CORNER - WINTER 2015 UPDATE

CSHP National Student Delegate - JASKIRAN OTAL, *University of Waterloo*



With this new year, we come to the peak of CSHP2015 and its initiatives! In working with practicing pharmacists, advocacy groups, and CSHP local representatives as well as CAPSI Council, CSHP is proud of the advancements made in hospital pharmacy practice. I have been honored to be a part of the CSHP National Board as we advocate for practice change and enhance the educational experience of CSHP members.

BRIEF UPDATES: I had the pleasure of attending PDW 2015 in beautiful Quebec City, and continued to be impressed by the professionalism and camaraderie of students from across the nation! Congratulations to Katherine Koroluk from the University of Toronto in being awarded the CSHP-CAPSI Hospital Pharmacy Student Award this year!

COMING UP: Be sure to look out for the Evidence-Based Medicine competition being held in March as a part of

Pharmacist Awareness Month – brush on your EBM skills, such as literature searches, critical appraisal, and patient case resolution, from the perspective of a hospital pharmacist! I'd also like to congratulate all students that were successful in obtaining a pharmacy residency position in this past January's residency match! As a current resident, all I can say is – get ready for a big year ahead!

WANT TO BE THE NEXT NATIONAL STUDENT DELEGATE?

As my term on the CSHP National Board nears its ends this year, CSHP is recruiting for the next Delegate! Are you a 1st, 2nd, or 3rd year student? Interested in representing the voice of pharmacy students on CSHP National while also sitting on CAPSI National as the CSHP Liaison? If you are a current CSHP Supporter, I encourage you to read the roles and responsibilities as well as application process here: <http://www.cshp.ca/students/StudentDelegateEBulletin2015.pdf>. As outlined in this link to a PDF document, the application consists of a letter of intent, a letter of support, and your curriculum vita, and will be due **March 16, 2015**.

This role is a wonderful opportunity to network and learn about leadership in the profession through the CSHP Board, and be able to engage with other student pharmacist leaders through CAPSI Council. As always, should you have any ideas, questions, or concerns, please do not hesitate to contact me (jaskiran.otal@gmail.com), or your local CSHP student representatives.



“Like” CSHP on Facebook or follow @CSHP_SCPH on Twitter for up-to-date info!



INDUSTRIAL PHARMACY RESIDENCY PROGRAM

Original application forms, letters of reference and transcripts for the one-year Industrial Pharmacy Residency Program, sponsored by the Leslie Dan Faculty of Pharmacy, University of Toronto, in cooperation with the participating companies, should be sent to the coordinator of the program 144 College Street, Toronto, ON. M5S 3M2 during the period of September 1, 2015 to October 1, 2015. The participating companies for the 2016-2017 term are expected to be Apotex Inc., Astellas Pharma Canada Inc., Biogen Idec Canada Inc., Eli Lilly Canada Inc., GlaxoSmithKline Inc., Hoffmann-LaRoche Ltd., Sanofi Pasteur.

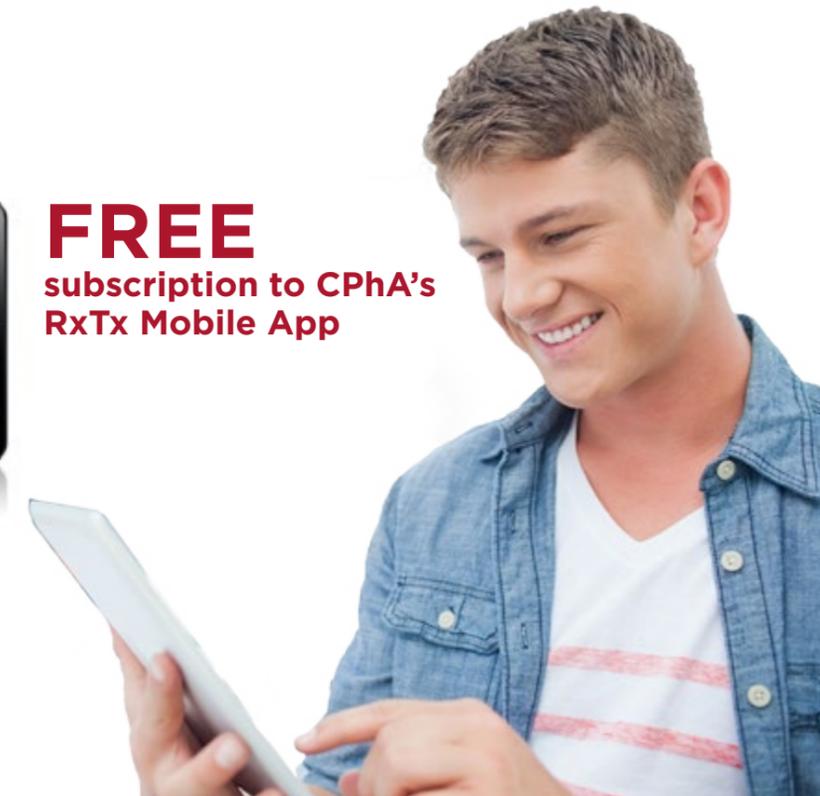
For further information, please contact the coordinator, Dr. Ping I. Lee at 416-946-0606 or the executive assistant, Diana Becevello at 416-978-2880. Full information is provided at the website www.pharmacy.utoronto.ca.

Welcome to the new CPhA

CPhA is pleased to welcome CAPSI as an Organizational Affiliate. CAPSI Members can now become CPhA Associates for free, giving you access to:



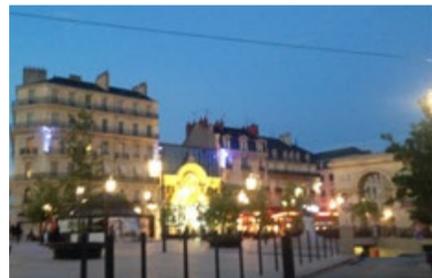
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THOUGHTS AND EXPERIENCES IN SPAIN

By JAYESH CHANGELA,
University of Saskatchewan

IT IS SAFE to say that during my exchange through July this past summer, I had one of the most eye-opening, educational, and valuable experiences of my pharmacy education thus far. Whether it was gauging community practice, appreciating the pharmacist's role in primary care, or endeavoring in the ongoing process that is clinical research, my time spent in Spain was spent learning and making memories I shall never forget.

I was very fortunate to have been placed with the clinical research department at the University of Barcelona. I worked in conjunction with Dr. Pilar Madamio (seen left with myself) researching the prevalence of use of biologics in Canada and North America, as compared to use in Spain and the rest of Europe. I paid attention specifically to infliximab use, analyzing off-label uses and clinical indications in both regions respectively. As I continued to investigate, my research led me to compare and contrast the drug regulatory bodies and their respective guidelines, drawing comparisons between the Food and Drug Administration, Health Canada, and the European Medicines Association with regards to biologics.



Not only was I involved in research during my stay, arguably the most valuable aspect of this exchange program was having the opportunity to truly see and perceive the role of a pharmacist in a vast variety of health care settings. Whether it was seeing a locally owned community pharmacy, understanding the role of a hospital pharmacist at an oncology center, or taking a tour of the main FedPharma® (Spain's main drug distributor) distribution plant, it was easy to appreciate the integral role that pharmacists play in communities worldwide. Spain's region of Catalonia had an absolutely astonishing health care system and a truly patient-centered care model, whose health care model in many facets is years ahead of the systems we have in place today in Canada. Being able to recognize the various ways in which their health care system enabled pharmacists to play a leading role in providing quality primary care was an engaging and eye-opening experience. These experiences showed me

how pharmacists can make a difference in ways that I did not realize before and those revelations are invaluable.

Lastly but certainly not least, I was able to share these experiences with other pharmacy students from all across the world. There over fifteen international students, who were placed in Barcelona alongside myself at various sites during that same time in July. We were not only able to reflect on our experiences in Spain, but also discuss how pharmacy practice is at our own home countries. It makes me proud to say that Canada is one of the leaders in innovative pharmacy practice, but it was also a valuable learning experience to learn about the countless roles pharmacists play in other countries throughout the world. The Student Exchange Program was an incredible and memorable experience, one that I will not only never forget, but be able to actively build on throughout my ongoing pharmacy education.

SUMMER SEP IN DIJON

By ELLEN BOYD,
Dalhousie University

THIS SUMMER I had the opportunity to take part in the International Pharmaceutical Student Federation's Student Exchange Program. I was placed in a community pharmacy in Dijon, France where I had an unforgettable experience.

Pharmacy practice in France has many similarities to Canadian practice however, there are far more differences. There are no chain community pharmacies in France (ie. Shoppers Drug Mart or Loblaws) so all pharmacies are independent. The front store of the pharmacy where I did my placement displayed OTC medications, some beauty products, homeopathic medicine, and self-

care products (ie. toothbrushes, shampoo, and hand cream etc.). The drug schedules are similar in France from those in Canada. For example, atorvastatin requires a prescription in France as well as in Canada and acetaminophen is OTC in both countries.

In France they do not count or label medications for patients. The pharmacist receives the prescription, gathers boxes of medications according to the amount prescribed (if the physician prescribes 28 pills the pharmacist will give a box of 30), enters the information in the computer system to document the encounter, prints this information on the back of the prescription, scans the prescription into the computer, and gives the hardcopy of the prescription back to the patient. There is talk of controlling the number of medications dispensed in France but at this time the only medications they control and count out the exact amount of are narcotics.

When I was not at the community pharmacy, I would spend time with the other international students in the city for SEP as well as French pharmacy students (SEP organizers and friends). We explored the city, travelled to different cities, prepared dinners from our respective countries, and indulged in French culture and cuisine together. The French SEO, Jeanne, had initiated a SEP weekend in Paris which most students who were doing their exchange in France at the time participated in. These experiences made my exchange in France even more beneficial. Not only did I learn about pharmacy practice in France but I also learned about pharmacy practice in Slovakia, Turkey, Portugal, Poland, USA, Hungary, Romania, Slovenia, and Serbia. Every country has differences but there are also many similarities we could bond over. I made so many new friends and colleagues in the month I spent in France. I will never forget this past summer and the experiences I had with some of the greatest people on this planet.

CONGRATULATIONS TO THE PDW 2015 PLANNING COMMITTEE ON ITS SUCCESS!



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PDW 2015 BEHIND THE SCENES



HERE'S A QUICK OVERVIEW of what's been going on at Université Laval in the past few years in preparation for the PDW.

For most PDW delegates, preparations for attending PDW mainly consists of finding the perfect outfits for all the social events; searching for that perfect dress, suit or accessory to make your outfit stand out. For the PDW planning committee, the preparations started much earlier, and their main concerns revolved around speakers confirmation, power point translation, sponsors research, web site updating, cheque sign-

ing, meal orders and decoration selection. It's not the same game.

Two years ago: First year students on the committee have just survived their first semester of pharmacy school and experienced their first PDW, in Montréal. The second year students already have the beat of pharmacy school and the conferences that go along. The PDW 2015 co-chairs had already been elected and they had just finalized the rest of the committee. All of us, nine students in total, had no idea of the extent of the project that we were getting ourselves into.

Months went by, the venue was selected, tagline and logo were confirmed, the promotional video was filmed, ideas for themed nights were being decided and things were starting to fall into place.

PDW Vancouver 2014: An excellent event and now in less than a year, it will be our turn to welcome hundreds of pharmacy students from around Canada to Québec City for PDW 2015. There is still a lot of work to do but we are ready for it.

Back to school, September 2014: This is getting real, the event is approaching faster than you could imagine. A semester has never gone by so quickly. Registration is ongoing, boxes of promotional items are being shipped to our local student association room, final meals and t-shirts orders have been placed, and booklets and nametags have been sent to the printers.

Holidays 2014: The final countdown has begun. While others are probably relaxing at home, watching Home Alone and Charlie Brown Christmas, sipping on eggnog and catching up with family,

the PDWPC is wondering why they decided to take on shifts at the pharmacy while managing last minute preparation details; sponsor requests, volunteer schedules, last minute translations, shuttle schedule, and slideshow preparations.

PDW 2015: Time to shine! With the event on its way, there's no time to fool around. You've probably seen one of us running around with one of those big black walkie-talkies or presenting awards. Four days of conference where we didn't sleep much but where we gave the opportunity for pharmacy students

from across the country to meet up and interact with each other.

Looking back on what we have accomplished, we couldn't be more proud of ourselves. It's been a long road but so rewarding at the same time. We now pass on the challenge to the universities that will be hosting PDW in the years to come; Waterloo, Manitoba, Alberta, may your planning be as fun and gratifying as it has been for us.

PDW 2015 Planning Committee

THE VALUE OF LAB VALUES: A COMMUNITY PHARMACY PERSPECTIVE

By AMANDA HARROP, *University of Waterloo*

AS THE DATE of my graduation and subsequent entry into the Ontario pharmacy workforce draws near, I can't help but think the grass is greener on the other side when it comes to the community pharmacy landscape in neighbouring provinces. In Alberta, Manitoba, New Brunswick, Nova Scotia and PEI it is within the pharmacist's expanded scope to order and interpret lab tests.¹ While similar authority in Ontario is currently pending, change can't come soon enough as I eagerly look forward to enter practice and provide patients with optimal pharmaceutical care.¹ Integrating patient lab values has been an important component of developing the pharmaceutical care plan during my experiences on previous co-op placements and pharmacy school education. My hope is that in the future, the ability to incorporate lab values into practice in a community pharmacy will be a reality across Canada.



My most recent co-op placement was at an anti-coagulation clinic in a family health team, where I had access to the electronic medical record and patient lab values. This information was instrumental to completing my daily tasks. Many of our patients were taking one of the new oral anticoagulants (e.g. rivaroxaban), the dosage of which depends on the patient's renal status. There were certainly multiple occasions during my placement when the dose was decreased or a switch to an alternative agent was necessary due to a patient's renal function. On that same co-op placement, an influenza preparedness project I was involved with consisted of pre-determining the dosage of prophylaxis Tami-flu for each of the residents of a retirement home. The majority of patients required a dosage adjustment. Another assignment I completed involved compiling a list of drugs requiring dosage adjustment in renal impairment. On this list there were a significant number of commonly prescribed medications, from diabetic medications such as glyburide

and metformin, to antibiotics such as ciprofloxacin to bisphosphonates such as alendronate. From my limited experience in practice as a pharmacy student, I came across many instances where patient lab values were a vital factor in determining the safe dose for a patient.

In school we are taught the pharmaceutical care process of ensuring medications are indicated, effective, safe and the patient is able to comply with the regimen. The patient cases we work-up in class almost always provide lab values to aid in assessing the patient. Without key lab information, such as a creatinine clearance, it would be difficult to confidently assess the safety of certain medications. Similarly, access to certain lab values, such as thyroid function tests or A1C would be beneficial for a pharmacist to determine effectiveness of a given medication. Coming from a co-op setting where lab information was readily available, it would feel to me as if I was "going in blind", without key information to do my job in a community phar-

macy. However, legislative and practice changes are not based on anecdotal stories or feelings; there needs to be evidence to back it up. The available literature does just that and points to supporting pharmacists accessing lab values in providing pharmaceutical care.

A systematic review evaluating enhanced pharmacist care of patients with dyslipidemia demonstrated a lower mean LDL level, lower mean total cholesterol and higher likelihood of achieving lipid targets.² Studies included in the review involved pharmacist care delivered independently or as part of a collaborative setting and a number of the studies took place in a community pharmacy.² Interventions by the pharmacist included lab tests ordered, patient education, adherence assessment, and drug therapy recommendations; it could be argued the latter aspects depend on or are enhanced by knowledge of the patient's lab test results.²

A study conducted in the community pharmacy setting looking at patients over 65 years on three or more medications with renal impairment (defined as CrCl <60 mL/min) found the baseline level of dosing inadequacy and drug related problems to be significant.³ Pharmacist intervention had a demonstrable effect in improving dosing and addressing drug related problems.³ The study concluded there is a need to check renal function in the elderly attending community pharmacies.³ The Institute for Safe Medication Practices (ISMP) reports a case where a patient received dabigatran at a dose too high for the patient's renal function resulting in a massive GI bleed.⁴ The ISMP acknowledges that community pharmacists are disadvantaged to catch these errors due to the limited sharing of laboratory data between doctors' offices and community

pharmacies.⁴ These examples illustrate there is a case to be made for pharmacist access to lab values to improve safety and resolving drug related problems.

A survey of recently graduated family physicians indicated an overall willingness to collaborate with community pharmacists; including acknowledging the importance of the pharmacist being aware of changes to the patients' creatinine clearance.⁵ Survey respondents also were open to sharing responsibility for adjustment of treatment in certain conditions.⁵ A 2008 report on the sharing of electronic medical records, including lab results, between physicians and community pharmacists in Sault Ste. Marie found that patients were quite comfortable with this sharing of health information and many patients had thought pharmacists already had the ability to access such information.⁶

There was once a time in pharmacy, in the 1950s, when pharmacists could only dispense the medication as written by the doctor and provide directions for use.⁷ Discussing the name of the drug, indication, potential side effects or management of the health condition were forbidden.⁷ Looking back from where the pharmacy profession is now, the concept of not being able to discuss important information regarding medications with the patient seems absurd. I hope we can look back to say how absurd it was for community pharmacists to assess the appropriateness and safety of a medication without patient lab values. Reports and experiences show pharmacists access to lab values improves patient care, while new physicians and patients are open to the sharing of this information. I think it's time this becomes standard to community pharmacy practice across the country.

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Walmart Pharmacy

New Year, New Career

The New Year is a time for resolutions and new beginnings.

Do you have a passion for people and commitment to customer service?

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CHANGIN' DA GAME: AN INSIDE LOOK AT THE SHOPPERS DRUG MART STUDENT CONTEST

By RAJ BHARADIA,
University of Alberta



THIS PAST SUMMER, Shoppers Drug Mart (SDM) sent out an email about a student competition for an all-expenses paid spot at their pharmacist conference this year. The conference is held annually for all full-time pharmacists that work for SDM. The focus is on continuing education and new innovations in pharmacy practice. This year, the theme of the conference was “Game Changers”. Fittingly, the question that was asked of the student competition was: “what have you done that makes you a pharmacy game changer?”

The first thing that popped into my head when I saw the contest was that I should make a rap video. So I did... eventually... I may have had to be reminded numerous times to actually do it. OK, more than numerous – A LOT of times. Somehow, I did manage to complete it, and in September I received an email saying I was one of the students from Western Canada selected to go to the Calgary SDM Conference. Morgan Basiuk and Katie Swan also made it in for their respective poetry and story-writing skills. U of A represent! SDM selected 10 students from Western Canada to attend the Calgary conference and 10 from Eastern Canada to attend the Toronto conference.

Some days later, I received an excit-

ing call from James Ying, Pharmacy Category Manager at SDM Headquarters in Toronto. He asked if I would be interested in performing the rap LIVE at the Toronto Conference in front of 1400 attendees. I also learned that I may be collaborating with Ted Bisailion, a stand-up comedian who runs his own business entertaining at conferences for a variety of corporations across North America and Europe; he has been MC'ing SDM conferences for 15+ years! Despite the two looming midterms following the conference weekend, I knew this was an opportunity I just couldn't pass up! Over the next while I felt like Ari from Entourage, since I was basically acting as my own agent – constantly answering phone calls and emails about my rap debut. The decisions had been made for me to attend and perform at both conferences (on consecutive weekends). The day finally came for me to fly out to TO and bust some rhymes.

Onboard the plane, I soon realized that my attempt to read neurology notes was anything but successful. DRP: additional therapy required for severe ADHD. I was taken straight to the Toronto Congress Centre once I landed. The other students had arrived earlier that morning and I then joined them for the student reception. The student reception was a fantastic networking op-

portunity. I was star struck as I met some of the Presidents and Vice Presidents of SDM. Fast forward to a delicious dinner and the best dessert I've ever had. Let's just say it involved a lot of caramel AND chocolate pop rocks... can't get better than that! To finish off an exhilarating day was cocktails and the entertaining Michael and Amy Dueling Piano Show. After more mingling with pharmacists and corporate leaders as well as some time on the dance floor, I was definitely ready for bed.

In the morning I met Ted for dress rehearsal and boy was he fun to work with! I'd say he's basically a younger (maybe) version of Will Ferrell. We then spent the majority of the afternoon sorting out the performance and I may or may not have read some neuro notes backstage. At lunch they had reserved a spot for me the corporate table (you read right – THE CORPORATE TABLE!) and I was able to talk more with the influential leaders of the company. About halfway through my lunch, I realized I was pretty darn nervous...IBS for days! Once I got that out of the way, I prepared backstage



with Ted. I overheard some of the excellent speeches and presentations on the evolution of pharmacy practice. Jeanette Wang, SVP professional Affairs and Services and Dr. Dorian Lo, EVP, Pharmacy & Healthcare were some of many inspiring speakers that afternoon. Before I knew it, it was time to perform... and we CRRRUSHED IT. Right after the performance, I caught a cab straight to the airport like a true rock star, ready to do it all again the following weekend in Calgary.

The Calgary conference was another terrific experience. Morgan, Katie and I were able to chat with some pharmacists and meet the other students from BC, Manitoba and Saskatchewan. It was really interesting discussing the different scopes of practice pharmacists have in each of the provinces. We then attended “Becoming Partners in Health” by a familiar speaker – Dr. Lisa Guirguis where she discussed her research and expanded on the communications skills and tools we were taught in First Year. Next we browsed the Product Fair exhibits from various companies where we got TONS OF FREE STUFF and received some samples... I loved trying my new oral hemorrhoid NHP – so far I'm hemorrhoid free! We also went to a continuing education talk by Jamie Kellar, from



the University of Toronto and Centre for Addiction and Mental Health, about “Making and Owning Clinical Decisions.” It was fascinating to see the differing opinions surrounding the course of action to take in the clinical scenarios we discussed, since the attendees varied in age, experience and province they practiced in. It was impressive listening to the presentations, including Morgan's poetry reading, at the student reception – it was obvious that I was not the only game changer in the room. After another night of fun, morning of dress rehearsals and certified gangster performance, we were on a plane back to the real world in Edmonton.

I am grateful for the opportunities that Shoppers' has provided me, both working as a pharmacy student and attending these two conferences. I was able to see a whole new side of the pharmacy world and meet some inspirational individuals. Technically, I can say that I was “on tour” since I had more than one show. That's baller status right there if you ask me. I feel lucky to be able to do almost solely clinical work at the Shoppers I currently work at, as it has been a great learning experience and confidence builder for when I go out into practice. Overall, I had a blast and I wish “the tour” wasn't over. Wait! Actually, it isn't. I recently found out that I will be going to the SDM Associate and Front Store Manager's Conference in Orlando, Florida this coming January to perform my next single. Another rap video will be in the making soon...if I am able to make it out of the ID final alive! The journey continues!

Music Video: <http://goo.gl/mr8q5Z>
Live Performance: <http://goo.gl/ORhebl>

“CHANGIN' DA GAME” LYRICS:

I said I'm fresh....I'm fresh like the mint smell of spironolactone out the bottle, dawg...

Hey yo my main man Mike, got me up on the scene, he let me job shadow with his shoppers pharmacy team Before I knew it, I was getting mad experience, now I'm proud to represent: Shoppers 306!

Must've done something right cause almost 4 years have gone fast, been filling counseling bookin' med reviews like I got 10 hands I'm gonna outlast, pharmacy's changing fast, it ain't like the past cause if u ain't first man, you're last!

CHORUS:

I'm tryna change the game so my patients all win, gonna put my heart and soul into this pharmacy biz I got 99 adjudications waiting for me...no problems though, cause pharmacy makes me feel free

I'm never gonna stop tryna' make a difference First step: win a trip to the Shoppers conference I'm gonna bring my A-game to this whole career... Started from the bottom? Nah Drake, we at the top here!

D-R-P C-A-C-P S-M-M-A, Diabetes education eh? We got it all on lock, I take it all the way, I'll get my APA before you say wait!

So here I go, switch the flow, pharm school year three, yo my mentors help me learn every day and we keep it real yo! If there's one thing to know about me, my passion gets it right I'm never gonna stop like I'm constantly drinkin' COLYTE

Got a passion for this profession that is like no other, I strive to improve the lives of everybody's grandmothers! Patient centered care yo, that's goal number one... And pharmacy ain't nothin' if you don't make it FUN!

I said I'm tryna' change the game so my patients all win, gonna put my heart and soul into this pharmacy biz I got 99 adjudications waiting for me... no problems though, cause pharmacy makes me feel free



A DAY IN THE LIFE: MARIE FROEHLICH

PHARMACY ASSISTANT, MEDICINE
HAT REGIONAL HOSPITAL

Questions By MORGAN BASIUK
University of Alberta

tants promote the smooth flow of medication distribution in an efficient and safe manner.

Writer's Note: At the MHRH, assistants pick, prepare and deliver the 24h inpatient medications, deliver interim doses and narcotics to wards, utilize the Pacmed® machine to prepare unit doses for patients, prepare liquid doses for patients, fill wardstock and dispose of expired stock. As you can tell, Marie was not exaggerating when she said their job is busy!

HAS YOUR ROLE CHANGED THROUGHOUT THE YEARS?

“At the MHRH, a new role that the assistants have taken on is the issuing of narcotics to the wards from Monday to Friday.” Marie explained that “taking on this new responsibility of working with controlled substances requires accuracy and knowledge.”

Writer's Note: Just as the pharmacist's role is expanding and changing, the roles of the other members in the team are no exception! Marie looks at change as a good thing and declares “change is inevitable, so embrace it!”

TELL ME MORE ABOUT YOUR ROLE IN BOW ISLAND?

MHRH prepares and checks medications for rural satellite pharmacies including acute and long-term care in Bow Island, Brooks, Bassano and Oyen. Marie has been working at the Bow Island Hospital for the past while to assist with wardstock and help with the changes that are currently being implemented to make hospital pharmacies more consistent province-wide.

WHAT ARE SOME CHALLENGES IN YOUR JOB?

Marie says that “staying on top of the constant changes in pharmacy” is one challenge, but as you can tell she is someone who embraces and thrives in a continuously changing environment.

“Even in a matter of weeks things change quite a bit” (new drugs are on the market, drugs are discontinued, drugs are added to formulary etc.). It requires a strong team that can work together and inform each other of changes and Marie explained that they have just that here in Medicine Hat.

Writers Note: I too have noticed that the environment at the MHRH is very supportive and adaptable and they encourage you to ask any question you may have!

WHAT IS YOUR FAVOURITE FLOOR AT THE MHRH? WHY?

Marie has known many of the ICU staff for over 30 years and truly appreciates the way they are able to work in some of the most intense situations and stay so positive and fun-loving. Marie really enjoys working with the diversity and special talent each floor brings and states that “every ward has its complexities.”

WHAT IS YOUR ADVICE TO FUTURE PHARMACISTS?

She hopes that all future pharmacists get time to work with and learn from the assistants and technicians. Here at the MHRH, as a newly hired pharmacist, you train with the assistants initially. Since pharmacy students get less hands-on in school, it is very important to get training with the assistants. “At 2 am on a Sunday morning, they are calling you (the pharmacist). You need to know where things are and what the procedures are. Having time with the pharmacy assistants gives you the understanding of the whole system so that you can be confident as you enter your career.” Marie explained a situation when a pharmacist had missed their narcotic training day with the pharmacy assistants. This pharmacist took the time to make sure he spent a morning with Marie. After that, he had a deeper understanding and felt much more confident about the narcotic vault and how what he would be doing as a pharmacist would affect the other members of the pharmacy team.

Writer's Note: I think as future pharmacists, even if it is not part of your training as a newly hired hospital pharmacist, it is so important to take the time to learn the entire system and what each person's role in the pharmacy is!

THE BLAME GAME

By SANDRA WOOD, University of Toronto

CONSIDER THE FOLLOWING CASE:

A middle-aged woman has rheumatoid arthritis. Upon visiting her doctor, he prescribed her with methotrexate. She takes her script to the pharmacy and while receiving her counselling, the pharmacist tells her to take six pills of methotrexate, 2.5mg per tablet, at bedtime every day for 8 weeks. The woman was astonished by how many pills she would have to take! She couldn't recall the doctor saying to take the medication that frequently, but the pharmacist assured her that this was appropriate. A couple of weeks later, she started feeling chest pains and was developing painful mouth ulcers. She went to see her doctor. Upon evaluation, it was determined her dosing was wrong. She was supposed to be taking six pills at bedtime once weekly, not daily! When the pharmacist was confronted, although apologetic, she reviewed the script and stated that the script was not explicit enough with the directions. The woman was at a loss and frustrated with how her health was mismanaged...

This unfortunate story is not of the fictitious kind...it actually happened to

the mother of a good friend of mine this past summer. Her mouth ulcers worsened to the point that she was actually admitted to the hospital to be monitored. While she was recovering, I visited her and it was apparent she was disappointed with how healthcare professionals could have allowed this to happen.

Her frustration stemmed from one of the most surprising aspects of this troublesome experience: how the pharmacist acted after the error was identified. The pharmacist took action to release the blame from herself by redirecting it towards the doctor by filing a report against him. This seems valid since this all could have been prevented with a legible script. However, the responsibility of the pharmacist still remains. An aspect of our job is to review prescriptions thoroughly and locate medication errors. If there was any doubt, the dosing should have been investigated; the fact that the patient vocalized her concern with the frequency of dosing should have prompted re-evaluation of the prescription. In addition, even through counselling and conducting a medical history, it would have revealed that the dosing



was too high for her condition. When I spoke to my friend and his mother, they expressed disappointment towards the pharmacist. They commented that the pharmacist insisted they return the original vials back to the pharmacy to be disposed of; interestingly, if one files a report against a pharmacist, the Ontario College of Pharmacists may request for the original vials to reinforce the claim. My friend and his mother felt the pharmacist was dismissing her responsibility to protect her career, and thus, any remorse seemed insincere.

As a pharmacy student, hearing this unfortunate event authenticated teachings during various lectures in our curriculum about medication errors. It demonstrated that if one is not meticulous and careful, this can lead to mistakes which can potentially harm our patients. Our profession demands us to be proficient multi-taskers, but as humans, perfecting this expectation is virtually impossible. Therefore, it is important to develop systematic ways in our practice to identify errors before any harm is inflicted on our patients; this could include implementing “triple-checks” or integrating automated dispensing technology when processing orders. However, more importantly, when errors have evaded detection, we must take responsibility. We must acknowledge our shortcomings, identify how to improve our ways to prevent recurrent errors, and express genuine regret to our patients who were harmed.

As my final comment, I wanted to share this story, and I obtained permission to do so. I hope this provides encouragement to you, as future pharmacists, to take the extra time and care into your practice. Our patients are counting on us.





SECOND ANNUAL SAVING SECOND BASE SLO-PITCH TOURNAMENT

Our second annual slo-pitch tournament was held in July this year to raise money for CIBC's Run for the Cure. Six teams participated, and a social was held that night. We were able to raise over \$1400 for donate to the cause. We're already looking forward to next year!



CAPSI AWARENESS WEEK

Our second week of September was jam-packed with events to promote awareness and recruit members. We had our CPHA Lunch n' Learn and membership drive, our CAPSI bowling night, and a Pink Day and Kiss for the Cure booth to raise awareness for breast cancer research. Our local college social also raised money for Juvenile Diabetes.

CAPSI COMPETITIONS

Our CAPSI competitions were held throughout the month of March for the chance to guarantee a spot at PDW 2015.

SYMPOSIUM

This year we were able to have two speakers share their inter-professional experiences with the student body. Carey Lai spoke about his involvement and impact in a psychiatric health setting, and Kristine Petrasko presented about her role as coordinator for the Winnipeg Regional Health Authority's Pulmonary Rehabilitation Program.

MR. PHARMACY

Our Mr. Pharmacy College Christmas Party was held on November 22nd at Winnipeg's Metropolitan Centre. Eight contestants showed off their talents and pharmacy expertise throughout the night for an audience of 374 guests. A fourth year student, Joel Hart, was crowned as the winner. The runner up, third year student Michael Wiebe, represented the University of Manitoba at PDW 2015. The contestants all put on a great show, awesome job guys!



CAPSI COMPETITIONS

The month of October was jam packed with our CAPSI Competitions. With PDW 2015 being so close to us every competition filled up fast with students from every year. We started the month with our OTC and Patient Interview Competitions, and finished things off with the Compounding Competition, SLC, and the Guy Genest Award. It was a busy month, and we saw some excellent skills from our students. Congratulations to our winners Heather Phelan (Guy Genest Award), Kelsey McTiernan (OTC), Brittany Wesley (PIC), Brady McKenna, Shawn Smith, Stephen Doyle, and Patrick Holland (Compounding), and KC Schwarz (SLC). Good luck to all of you at PDW 2015!

SCAVENGER HUNT AND TRIVIA NIGHT

CAPSI Dalhousie started off the school year with our annual Orientation Scavenger Hunt and Trivia Night. This year teams were given clues that led them to various places around campus and the city. At each location teams would collect Monopoly money if they arrived 1st, 2nd, or 3rd. Upon returning to the College of Pharmacy, their money was counted and the winner was revealed. While enjoying some pizza, these teams then competed in three rounds of trivia that covered topics ranging from CAPSI and pharmacy to pretty much anything else. This event provides an opportunity for our first year students to get to know the city, the campus, and each other!



MR. PHARMACY

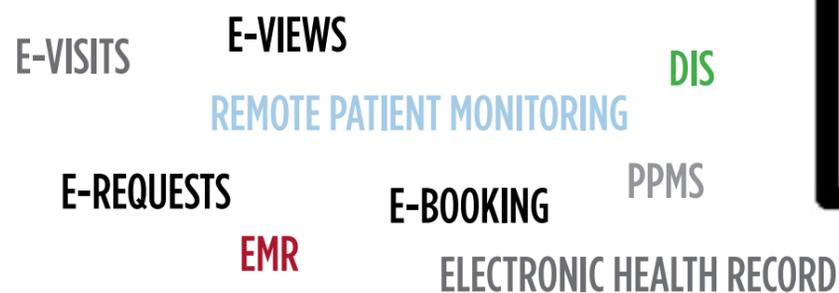
In November we hosted our second annual Mr. Pharmacy event. This evening was full of laughs, amazing talents, and some stylish apparel. Everyone had a great time, and the competitors put up a fierce fight for a great cause. Congratulations to our winner Chad Purcell. We are also happy to announce that we were able to raise \$1,140 for the Regional Residential Services Society, which provides services and support for adults with disabilities. Good luck to Brent Campbell who will be representing Dalhousie in the Mr. Pharmacy event at PDW 2015!

STUDENT EXCHANGE PROGRAM NIGHT

We were fortunate this past summer to have sent three Dalhousie students on the Student Exchange Program (SEP). Ellen Boyd, Nicole Hunter, and Ellen Dawson all spent time in a community or hospital pharmacy in France. During our SEP Night event students got to hear about the experiences that these students had, and ask questions regarding the SEP program. During a follow-up event our IPSF Representatives went through the application process for SEP, and spoke to students about World Congress.



HOW'S YOUR E-HEALTH IQ??



HOW FAMILIAR ARE YOU WITH THE ABOVE TERMS? They refer to functionality and systems that are becoming increasingly prevalent and important in today's digital health world. During your training and after completing your pharmacy degree, you will encounter many of these aspects.

If you are not familiar with some or all of those terms, you may want to **Boost your e-Health IQ!** One great way to do that is through the **Informatics for Pharmacy Students – e-Resource!** Through the e-Resource, you will be actively engaged in a comprehensive foundational treatment of informatics, using media-rich material with innovative learning approaches, including gamification, virtual patients, polls, and self-assessment quizzes!

The Informatics for Pharmacy Students – e-Resource was written by a collective of Canadian pharmacy faculty members, informaticians, and clinicians - with upper year pharmacy students actively engaged in each stage of development. It is intended to prepare pharmacy students for digital pharmacy practice in the 21st century, using information and communication technologies responsibly and effectively in the provision of patient care.

DID YOU KNOW....?

- The e-Resource has **5 Domains with 32 topics** across those domains! Here's a listing of the domains and sample topics:

Domain 1 - Concepts and Context in Pharmacy Informatics (Pharmacist's Role & Informatics, Patient Records, e-Health, Trends & Influences)

Domain 2 - Information Management & Technology (Information in Healthcare, Computational Thinking, Pharmacy Practice Management Systems)

Domain 3 - Knowledge Management & Technology (Electronic Resources, Documentation, Automation, CPOE & e-Prescribing)

Domain 4 - Privacy, Security & Confidentiality (Legal, Ethical & Regulatory Frameworks: Theory and Application)

Domain 5 - Consumer Health Informatics (Health Literacy, Social Media, Self Care)

- There are **13 Virtual Patients** throughout the e-Resource! Three more will be developed in early 2015 (focusing on Minor Ailments and Digital Health Technologies).
- Each school of Pharmacy has a lead faculty member championing integration of the e-Resource into various courses. Learn more about the Faculty lead at your school and the various integration projects at <http://www.afpc.info/system/files/public/PEPLN%20newsletter%20-%20Dec%202014-Final.pdf>
- The e-Resource is **available to all pharmacy students!** You will need an enrollment key for your school – available from your faculty lead member (see link above to learn about your Faculty lead). If you haven't already done so, check out the e-Resource at <http://afpc-education.info/moodle/index.php>.
- Both the e-Resource and faculty integration projects are part of the Pharmacists-in-Training initiative, launched jointly by the Association of Faculties of Pharmacy of Canada (AFPC) and Canada Health Infoway.

For more information about the Informatics for Pharmacy Students – e-Resource and How to improve your e-Health IQ, contact the Faculty Lead at your school or Donna Pipa (AFPC Project Manager) at pipa@telus.net.

MARCH IS PHARMACIST AWARENESS MONTH! ARE YOU READY?



EACH MARCH, pharmacists and pharmacy students across Canada celebrate Pharmacist Awareness Month (PAM). It's a time for us to speak to the public about the many ways we can help them maintain good health. This message is crucial as our role continues to evolve and we take on greater roles as part of the health care team. This year's PAM theme, Pharmacists: **Trusted Care When and Where You Need It**, tells our patients that we're always here and we're always available to help.

Pharmacy students consistently put together some of the most innovative, imaginative and interactive PAM campaigns in the country. Each year we're amazed at the breadth of information and activities held for patients in their communities.

CPhA was proud to sponsor the 2014 CAPSI Award of Professionalism. Awarded each year to the three faculties who execute the best PAM campaigns, this award highlights the creativity and passion that pharmacy students show for their profession, their patients and their communities. The 2014 winners were announced at PDW 2015 in Quebec City in January. Congratulations to:

- 1st University of Alberta
- 2nd University of Waterloo
- 3rd Memorial University of Newfoundland

For PAM 2015, CPhA and the Blueprint for Pharmacy have developed a wide range of free tools and resources, including posters and handouts, newsletter and news release templates, logos, website banners, social media content and word games. Try some out at www.pharmacists.ca/pam.



If you're looking for some new ideas for PAM 2015, CPhA has free resources that can be easily incorporated into your campaign:

KIDS & MEDICINE

CPhA's Kids & Medicine helps you bring simple messages about medication safety to kids in your community. Ideal for kindergarten to grade 3 classes, this interactive program can be fully customized with engaging demonstrations and experiments. This year, CPhA has provided free Kids and Medicine kits to each faculty of pharmacy. Each kit contains a guide with sample lesson plans and ideas, posters to use in the classroom and colouring books and pamphlets for children to take home. Speak to your CAPSI rep to get yours! Learn more about the program at www.pharmacists.ca/kidsandmedicine.

CANRISK

CANRISK is a simple diabetes risk assessment tool. If you're working in a community pharmacy or clinic this March, consider speaking to your preceptor about implementing the CANRISK program. Hand out the screening tool while patients are waiting for prescriptions, and then discuss the results before they leave to help identify patients at greater risk of developing diabetes. You could also use the CANRISK tools to run a diabetes screening clinic at a mall or other public location. The CANRISK program includes a simple patient assessment form, patient and pharmacist guides, and is available in 13 languages. You can learn more about CANRISK and take a free online CE on how to implement the program, at www.pharmacists.ca/CANRISK.

This March, make sure your community and your patients know that the pharmacist is in! Watch for details from your CAPSI rep on the 2015 Award of Professionalism and submit your application. We're looking forward to seeing how pharmacy students are making a difference. Happy Pharmacist Awareness Month!

"Being able to teach and interact with such a vulnerable and important population regarding safety and proper medication use really made me feel like I was making a difference in the community. Seeing their eyes light up with interest and excitement really takes home the fact that no matter the age, safe medication use is something that all patients should be educated about. Being a pharmacist and pharmacy student puts us in the ideal position to provide this information to the public, and Kids and Medicine is the perfect tool to help us with the task."

- Sumaria Hasan, University of Waterloo

WE MAKE MEDICINE SO THEY CAN MAKE MORE MEMORIES

Save time answering questions about generic drugs with resources from TevaMakesMedicines.ca.

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At Teva Canada, our medications fill nearly 200,000 prescriptions in Canada every day.*

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*IMS Compuscript MAT December 2014.



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