

CAPSIL

CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS LETTERS

FALL 2013



Message from the Editor



Hello CAPSI members,

I am thrilled to share with you the FALL 2013 edition of the CAPSIL this year. This issue is filled with many photos, reflections and fun ideas to get you excited about pharmacy today. Your friends and colleagues from across the country have come together to help me illustrate what being a Canadian pharmacy student is all about - boy are you in for a treat! Through exploring the pages of our national newsletter, I hope you are able to get a taste of the amazing work being done by our students to not only promote our profession, but to also inspire all those we meet!

We have given our newsletter a new look and feel, so I hope that you find it easy to navigate. Each issue will feature content categorized into our NEW themed sections:

CSHP Corner – Get the latest scoop on what’s going on in the world of hospital pharmacy from CSHP student liaison.

IPSF Insights – Escape with our exchange students as they share reflections about their experiences with pharmacy around the world.

School Showcase – See what your pharmacy friends at the other schools in Canada are up to as we highlight the exciting CAPSI activities and events happening at the local level.

Student Perspectives* – This section will feature a selection of articles written by students on various topics. It may include opinion pieces on important pharmacy issues, anecdotes on personal experiences or fun essays about subjects you are just passionate about!

**We are looking for a creative title for this staple CAPSIL section, so if you have any ideas please forward them along - aside from the satisfaction of knowing you helped name it, there is obviously a prize involved!*

A BIG thank you to all the authors and contributors who made this issue possible!

As always, if you are interested in getting involved with the CAPSIL publication or have any thoughts to share, I’d love to talk to you. Please feel free to contact me at capsil@capsil.ca.

Hope you enjoy the read!

Danielle Paes

CAPSIL Editor 2013-2014
University of Waterloo



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All comments and articles are welcome at capsil@capsi.ca



Words from the President



Dear CAPSI Members,

On behalf of the 2013-2014 CAPSI National Council, I would like to welcome you to a new academic year and congratulate you on being one step closer to entering the profession. No matter where you are in your degree, I encourage you to take advantage of the many opportunities that are possible at your school to grow yourself as a pharmacy student and to keep our profession moving forward. To all of the graduates of the class of 2014, enjoy the remaining time with your colleagues before you graduate and make a lasting impact in the healthcare community.

Each year the CAPSI National Council strives to provide a valuable and rewarding experience for each and every one of our members. As an Association representing students in a profession that is evolving at an unprecedented pace, we will continue to voice the interests and concerns of pharmacy students to stakeholders on a provincial, national and international level. We will work diligently to create numerous opportunities for both educational and professional development. Thank you to both CAPSI's new and returning members for your dedication and commitment to the profession of pharmacy. Your continued support and involvement are absolutely integral to the Association's success.

Our friends from the University of British Columbia will play host to CAPSI's annual PDW conference from January 8th – 11th, 2014. 700 pharmacy students will gather in Vancouver and be introduced to the conference's theme of "Currents of Change". The PDW Planning Committee has put nearly three years of preparation into the conference, so it will certainly be a memorable PDW. At the conference, elections for CAPSI National Council will also take place. If you are passionate about pharmacy, and want to make an impact with other students from across the country, I encourage you to apply for a position.

With PDW around the corner, local CAPSI competitions are underway across the country. These competitions are not only a chance to apply the skills you learn in the classroom to real world scenarios, but also the opportunity to win national accolades amongst your peers. I challenge each and every one of you to participate in a competition, apply for an award or represent your school in our infamous 'Pharmafacts Bowl'. There is no better time than now to get involved in this truly dynamic profession.

As in years past, I would like to encourage each of you to stay up-to-date with CAPSI's current events by following us on twitter @CAPSINational and 'liking' our "CAPSI – ACEIP" Facebook Page. Your local CAPSI council also has a Facebook page – be sure to add them as a friend! As always, if you have any questions or concerns, please feel free to email me at pres@caps.ca.

I would like to wish you all the best in your endeavours this upcoming year, and I look forward to seeing you in Vancouver for PDW 2014!

All the best,

Jason Johnston

CAPSI National President 2013-2014
BSc Pharm. Candidate 2014, Dalhousie University

Introducing your 2013-2104 CAPSI National Council

Executive Council



Jason Johnston - President

Hometown: Charlottetown, PEI; **School:** Dalhousie University College of Pharmacy

Hobbies and Interests: Intramurals, golf and the beach

Position Goals:

1. Help and host the best PDW
2. Continue the partnerships with our key stakeholders
3. Improve the benefits of CAPSI members

Amber-lee Carriere - President-Elect

Hometown: Sudbury, ON; **School:** University of Toronto

Hobbies and Interests: Traveling, fishing (ice or otherwise), scuba diving and intramural volleyball, basket ball and inner tube water polo.

Position Goals:

1. Learn about the function and intricacies of CAPSI
2. Improve the communication and awareness of PDW membership benefits, particularly through the www.capsi.ca website.
3. Build relationships with existing sponsors and help recruit new sponsors for the benefit of current CAPSI members



Jeff Wandzura - Past-President

Hometown: Saskatoon, SK ; **School:** University of Saskatchewan

Hobbies & Interests: Golf, Football, Snowboarding, Travel

Position Goals:

1. Provide a credible and unified voice for pharmacy students and interns across the country.
2. Give CAPSI members professional development opportunities outside the traditional classroom setting.
3. Help ensure that our clients' current and future medication therapy needs are reflected in pharmacists' expanded scope of practice across the country.

Saleema Bhaidani - Vice President, Communications

Hometown: Toronto, ON; **School:** University of Waterloo

Hobbies and Interests: Swimming, hiking, promoting our profession locally and nationally, attending pharmacy conferences across Canada and dancing!

Position Goals:

1. Maintain relationships with existing sponsors and solicit potential new sponsors
2. Brand CAPSI to the best of my ability to both CAPSI members and other stakeholders
3. Enhance CAPSI's promotional material nationally





Travis Simms - Vice President, Professional Affairs

Hometown: Brigus, NL; **School:** Memorial University of Newfoundland

Hobbies and Interests: Travelling, hiking and exploring the great outdoors, tasting different coffees and wines, boating and working with the Royal Canadian Sea Cadet Program

Position Goals:

1. Complete the interprofessional (IP) booklet to properly represent what pharmacy and all pharmacists have to offer.
2. Help increase awareness of the benefits of IP collaboration between health care professionals
3. Be a resource for the council and CAPSI members for their questions and concerns about achieving an IP environment

Stephanie Miller - Vice President, Education

Hometown: Estevan, SK; **School:** University of Saskatchewan

Hobbies and Interests: CAPSI is a pretty big hobby of mine between my position itself and helping with school events. I am also involved with campus recreation sports teams and the choir.

Position Goals:

1. To work in conjunction with the faculties of pharmacy across Canada to establish a national business plan competition.
2. To further develop the new evidence based medicine competition that was trialed last year and coordinate a nation-wide trial of the EBM competition event.
3. To work closely with local representatives to organize and promote Pharmacist Awareness Month campaigns across the country and continue to enhance the Award of Professionalism.



Jihad Abou Jamous - Finance Officer

Hometown: Montréal, QC; **School:** University of Montréal

Hobbies and Interests: Handball, judo, Habs and party!

Position Goals:

1. Take care of all the funds and securities of CAPSI
2. Keep the books of account and guide the PDW organization
3. Assure the conformity of CAPSI with Revenue Canada

Cassandra McEwan - Student Exchange Officer

Hometown: Simcoe, ON; **School:** University of Waterloo School of Pharmacy

Hobbies and Interests: hiking, yoga, travel

Position Goals:

1. Increase the number of SEP placements in Canada (target = 15 host sites)
2. Facilitate communication and interaction between inbound and outbound SEP students.
3. Continue to improve the quality of SEP placements in Canada through collaboration with Local IPSF representatives



Carly Stoneman - IPSF Liaison

Hometown: Caledonia, ON; **School:** University of Waterloo School of Pharmacy

Hobbies and Interests: Travelling, public health, snowboarding, running and yoga

Position Goals:

1. Improve awareness of IPSF activities among all CAPSI members
2. Improve participation and reporting of the Annual Health Campaign among the 10 pharmacy schools
3. Write interesting and relevant articles with an international focus for CAPSIL

2013-2104 CAPSI National Council



Danielle Paes - CAPSIL Editor

Hometown: Toronto, ON; **School:** University of Waterloo School of Pharmacy

Hobbies and Interests: Travel, photography, good music and laughing with friends. I am also a big foodie! Being a pharmacy student, my real hobbies include eating and sleeping if there's time!

Position Goals:

1. Redesign the CAPSIL newsletter using creative and innovative ways to improve readership for both our English and French speaking members
2. Highlight the activities of our local CAPSI councils by including a yearly spotlight features
3. Identify the key interests of Canadian pharmacy students and seek new content and ideas for potential inclusion in the CAPSIL

Local Council

University of British Columbia

Stephen Huynh - Senior Representative

Hometown: Ottawa, ON

Hobbies and Interests: Music! Guitar, bass, drums, vocals, composition, arrangement

Position Goals:

1. Promote PDW 2014 in Vancouver!
2. To encourage inter-student group relationships on a local level.
3. To act as a connection between students and the profession through CAPSI on a local and national level.



Moh Kazem - Junior Representative

Hometown: Vancouver, BC

Hobbies and Interests: Running, skiing, playing basketball and watching movies.

Position Goals:

1. To promote CAPSI on a local and national level and encourage more students to become actively involved.
2. Work closely with CAPSI Nationals executive council to update students on the changes that CAPSI has created for the profession of pharmacy.
3. Encourage greater inter-professional collaboration with students of other health disciplines to emphasize the benefits of an inter-professional health care team.

University of Alberta

Leah Hodgins - Senior Representative

Hometown: Edmonton, AB

Hobbies and Interests: Traveling, soccer, scuba diving, sky diving, reading and wake boarding

Position Goals:

1. To transition from Pharmacy Awareness Week to Pharmacy Awareness Month with at least 3 new events than previous years.
2. To encourage first year pharmacy students to participate in our CAPSI Competitions, whether it be in the SLC, making a team for compounding or observing students in the PIC or OTC.
3. To make sure that students know of the presence of CAPSI at a local level during events and symposiums that CAPSI puts on or partakes in.





Dan Burton - Junior Representative

Hometown: Prince George, BC

Hobbies and Interests: Skiing, Hiking, Fishing, Hunting and the gym

Position Goals:

1. Greater community involvement in Pharmacy Awareness Month by holding events off campus
2. Attempt to gain 100% CAPSI student membership particularly amongst the first year class
3. Plan and organize a softball tournament fundraiser over the summer for the CIBC Run for the Cure 2014

University of Saskatchewan

Cooper Sinclair - Senior Representative

Hometown: Regina, SK

Hobbies and Interests: Reading; lifting heavy things and then putting them back down; hanging out with friends and family

Position Goals:

1. Promote CAPSI to our Saskatchewan students
2. Represent CAPSI professionally to the remainder of Canada
3. Have a great time, while accomplishing the other 2 goals!!



Shelby Scherbey - Junior Representative

Hometown: Ituna, SK

Hobbies and Interests: Spending time with friends and family, playing guitar, singing, and enjoying the local music scene, dance, rock climbing and playing recreational volleyball

Position Goals:

1. I want to create more awareness of CAPSI and its membership benefits, along with increasing the number of CAPSI members at USask.
2. Increase both the student and public awareness of pharmacy as a profession, the changing scope of practice and CAPSI as a professional organization
3. Reduce the financial barrier for students to attend PDW through an active fundraising team



University of Manitoba

Jaclyn Deonarine - Senior Representative

Hometown: Winnipeg, MB

Hobbies and Interests: I enjoy cooking, swimming, travelling, walking my dog, dancing and hanging out with my friends

Position Goals:

1. Improve the voice of CAPSI on campus
2. Put a Manitoba representative on the National CAPSI council
3. Create more networking opportunities for students



Alexis Wanner - Junior Representative

Hometown: Waskada, MB

Hobbies and Interests: Playing sports, especially volleyball (don't get confused, I didn't say I was good at it). I was also the yearbook editor in high school and still enjoy taking pictures.

Position Goals:

1. Promote unity amongst students in the Faculty of Pharmacy and professionals through events such as Mr. Pharmacy and Pharmacy Awareness Month.
2. Ensure that newcomers to the faculty (1st year students) are involved with organizations events.
3. Promote interest in other Canadian faculties and current events in the profession nationwide.



2013-2104 CAPSI National Council

University of Toronto



Alysha Prata - Senior Representative

Hometown: Toronto, ON

Hobbies and Interests: Canoeing, Camping, Snowboarding, Volleyball

Position Goals:

1. Get as many UofT students to attend PDW as possible!
2. Provide ongoing support to the local UofT CAPSI council
3. Organize fun and informative competitions and events for the students at UofT

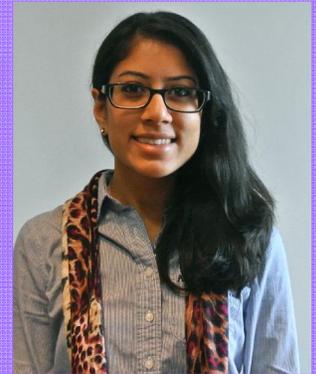
Aarti Patel - Junior Representative

Hometown: Oakville, ON

Hobbies and Interests: I love a good adventure, travelling, watching TV (especially the food network!) and spending quality time with my family and friends!

Position Goals:

1. To ensure all UofT Pharmacy students know what CAPSI does and what we can do for them
2. To bring UofT students together with other Canadian pharmacy students through participation in Professional Development Week.
3. To organize as many fun yet educational events, talks, and competitions alongside Alysha



University of Waterloo



Sarah Johnson - Senior Representative

Hometown: Embro, ON

Hobbies and Interests: Hot yoga, running, travelling and reading

Position Goals:

1. Assist UW CAPSI in running many amazing events
2. Raise awareness of CAPSI member benefits at our school
3. Assist with the development of a council to run our first ever PDW

Holly Meginnis - Junior Representative

Hometown: Aylmer, ON

Hobbies and Interests: Well there are not many things that don't interest me, except maybe stamp collecting! One thing that I do enjoy is playing intramural sports at the school (volleyball, dodgeball and slo pitch) but let's just say I play for the fun of the game!

Position Goals:

1. Raise awareness of CAPSI and what CAPSI has to offer
2. Increase CAPSI's involvement in the community
3. Increase participation in CAPSI events



University of Montreal



Camille Rayes - Senior Representative

Hometown: Saint-Laurent

Hobbies and Interests: Gym , music, travelling

Position Goals:

1. Promote CAPSI to Montreal students
2. Promote the great qualities of pharmacists to my surroundings
3. Better myself in my future profession

Stéphanie Lepage - Junior Representative

Hometown: Montréal

Hobbies and Interests: I love to travel the world to meet new people and try new foods; visit unexplored countries or simply to visit friends and family. My other great passion is classical ballet - I've studied and danced many years for one of the best dance school in Montreal.

Position Goals:

1. Get Université de Montréal student more involved on the national level
2. Create and build strong relationships with other students and future pharmacist from across Canada
3. Enjoy my time as a CAPSI member and take full advantage of all the benefits this great organization has to offer



University of Laval



Catherine Montminy - Senior Representative

Hometown: Quebec city, QC

Hobbies and Interests: Going to PDW and COCEP, sports, watching movies, wine tasting, ice skating and traveling

Position Goals:

1. Mr. Pharmacy
2. Raise the number of CAPSI membership
3. Raise CAPSI interest at Laval university and in the community

Karine Pilon - Junior Representative

Hometown: L'Original, ON

Hobbies and Interests: swimming, gym, skiing, kayak, spending time with friends

Position Goals:

1. Raise CAPSI interest at Laval University
2. Contribute to the organization of PDW 2015, hosted by Laval University
3. Meet and exchange with pharmacy students from across the country



2013-2104 CAPSI National Council

Dalhousie University

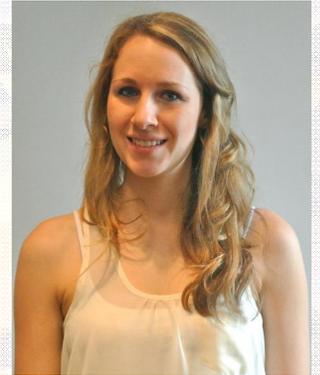
Ellen Boyd - Senior Representative

Hometown: Ottawa, ON & Saint John, NB

Hobbies and Interests: being active, reading (novels not textbooks), meeting new people/friends, cooking

Position Goals:

1. Increase awareness of IPSF at Dalhousie
2. Increase awareness of CAPSI at Dalhousie
3. Create new and exciting CAPSI Initiatives at Dalhousie



Megan Harrison - Junior Representative

Hometown: Oromocto, NB

Hobbies and Interests: I love travelling, reading, and just being with friends and family.

Position Goals:

1. Increase student awareness and interest in CAPSI events
2. Develop and execute new CAPSI activities
3. Promote student participation at PDW 2014

Memorial University of Newfoundland

Janice Coleman - Senior Representative

Hometown: Corner Brook, NL

Hobbies and Interests: Health and fitness. I love to travel and meet new people, to read (I'm probably the biggest Harry Potter nerd alive). I enjoy getting together with my Pharmily on the weekends and having a laugh to unwind from the stress of school, and I love the occasional sleep in.

Position Goals:

1. Make students at MUN more aware of CAPSI and what we do
2. Initiate educational events for students as well as more volunteering opportunities
3. Contribute in a positive way to CAPSI national



Kara O'Keefe - Junior Representative

Hometown: Portugal Cove-St. Philip's, NL

Hobbies and interests: Photography, cooking and baking, travelling to new places, learning new languages, meeting new people.

Position Goals:

1. Educate the public on the vast body of knowledge and ever-expanding role of pharmacists in our country.
2. Promote CAPSI at the MUN School of Pharmacy to make it as successful and engaging as it can be.
3. Help organize the most successful Pharmacist's Awareness Month to date!

CAPSI National Executive Council Elections



CAPSI National is now accepting applications for Executive Council positions for the 2014-2015 council year. Your Executive Council is made up of eleven positions. Eight of these positions are elected at the PDW Conference each year. The positions are as follows:

President-Elect
Executive Secretary
VP Communications
VP Education
VP Professional Affairs
Finance Officer
International Pharmacy Students' Federation (IPSF) Liaison
CAPSIL Editor

Elections proceedings will take place at **PDW 2014 in Vancouver, BC.**

If you would like further details regarding any of these positions, please contact your Senior or Junior CAPSI Representative, and he/she will help you to get in touch with the Executive member currently holding the position. Interested candidates are encouraged to consult the summary of portfolio descriptions detailed in Section 3.2 of the Operating Manual on the CAPSI website (capsi.ca).

What do I need to do?

Interested applicants are required to:

- Submit a signed nomination form (available from your local CAPSI Senior or Junior representative)
- Prepare a curriculum vitae (CV) and letter of intent detailing the candidate's qualifications, goals and reasons for seeking the position
- Deliver a five-minute speech during the Election Proceedings at PDW (any candidate that cannot attend PDW must submit a five minute videotaped speech)

All application materials must be postmarked or emailed to **Joshua Sharp secretary@capsi.ca** no later than **December 31st, 2013.**



PDW2014
v a n c o u v e r
Jan 8-11, 2014
currents of change - un courant de changement



FALL 2013 UPDATE – CSHP NATIONAL STUDENT DELEGATE

Jaskiran Otal, University of Waterloo

As the new Student Delegate on CSHP National Council, I am extremely excited to take on this role working with, and on behalf of, pharmacy students across Canada. Entering my final year at the University of Waterloo, I will have completed three co-op work terms in a hospital setting; I continue to be amazed at the passion of hospital pharmacists and the impact of exceptional pharmaceutical care in an immensely collaborative environment. As outgoing student delegate Megan Riordon continues to do amazing things in hospital pharmacy as a practicing pharmacist, I look forward to building on her work in collaboration with CSHP National, CAPSI National, CSHP local reps, and all students alike to bring the student voice to CSHP National Council.

At CSHP's Summer Educational Sessions in Calgary this past August, I heard endless praise from pharmacists across the country about the caliber of pharmacy students who are passionate about hospital pharmacy practice. The role and value of pharmacy students in advocating and sharing insight through their experiences is essential in advancing the delivery of optimal patient-centered care. Your local CSHP representatives continue to do a fantastic job of highlighting hospital pharmacy at your respective schools and bringing the student perspective to the provincial branches of CSHP. I encourage any and all to contact me directly if you have questions or suggestions on how to have pharmacy students, nation-wide, more engaged in the advocacy of pharmacy and hospital practice. Feel free to email at any time, whether about CSHP in general, ongoing initiatives or opportunities for students, or your love/hate for the Toronto Maple Leafs (go Leafs go!) at jaskiran.otal@gmail.com.

In every edition of the CAPSIL, I hope to bring forward news, updates, and relevant information from CSHP National Council through this "CSHP Corner". If you aren't yet a CSHP Student Member, I encourage you to visit www.cshp.ca or contact myself or your local CSHP student delegate for information on member benefits and how to get involved.

[Here are the Fall 2013 updates from CSHP National Council:](#)

1) CSHP2015 Student Competition – Deadline January 6, 2014, 4pm EST

Inching closer to the culmination of CSHP2015's vision, here's your chance to showcase your passion for hospital pharmacy – and win some money, with more prizes than ever!

Create a video or poster, or write a short story, to share your vision of "How CSHP2015 impacts patient care". Complete guidelines can be found by typing the following URL into your web browser: <http://www.cshp.ca/programs/cshp2015/docs/CSHP2015StudentCompetitionGuidelines2013.pdf>

Check out last year's winning videos and see how you can increase the awareness of, and interest in, the CSHP2015 initiative at: http://www.cshp.ca/programs/cshp2015/index_e.asp#videos

2) CSHP Summer 2014 Intern – Deadline November 24, 2013

Passionate about pharmacy practice and eager to learn more about careers in hospital practice? Want a role in advocating for the profession while working alongside leaders and those at the forefront of enhancing pharmacy practice?

CSHP is seeking an enthusiastic student pharmacist to provide support to CSHP members and to advocate for hospital pharmacy for 12 to 16 weeks in the summer of 2014. Check out the poster at the end of this issue or go to the CSHP website to access the job description and to learn more about how to apply for this exciting opportunity!

You can read about the experiences of previous CSHP interns by visiting www.cshp.ca/students.



An Australian IPSF Exchange Aleta Martens - University of Saskatchewan

This past August I was given the opportunity to participate in the IPSF SEP program. My placement was in the Western Australian capital of Perth at Port Kennedy Pharmacy. I have always loved travelling and this experience allowed me to meet and work with some incredible pharmacists and pharmacy students while seeing Australia!

Pharmacy Experiences

The staff at the pharmacy was great and made me feel right at home. Every day I came to work they had some sort of new Australian food for me to try. Vegemite, fairy bread, lamingtons, twisties, tim tams and bickies could always be found somewhere in the back of the store.

Generally pharmacy practice in Canada and Australia is quite similar. In both countries I feel that a large emphasis is placed on patient education and ensuring proper use of medications.

A unique aspect of the pharmacy I was placed at was the integration of pharmacy and naturopathy present in this store. Naturopaths work in the store with the pharmacists to run tests, make care plans and recommend natural products to patients. Through discussions with the Naturopaths I was able to learn about the regulatory process for natural products in Australia and gain a

greater appreciation for what they do. This unique experience helped me to understand naturopathy and recognize the role it can play in pharmacy practice.

While dispensing prescriptions I learned about the eScript scanning program (once you scan the prescription most of the fields are auto populated which really speeds up dispensing) and government drug coverage. Since drug coverage varies widely between countries this was the largest learning curve for me. In Australia there are a couple of main types of drug coverage for patients through the PBS (Pharmaceutical Benefits Scheme).

Patients on concession coverage pay either \$36.50/prescription or \$5.60/prescription depending on their income. Once patients reach a safety net threshold of money spent on prescriptions the amount they pay per prescription goes down. I was

also given the opportunity to counsel patients on both OTC and prescription medications. The way the pharmacy was set up meant that in order to access the OTC medications patients needed to talk to a pharmacy staff member. This facilitated great patient interaction and made educating patients very easy. I enjoyed counseling patients and a few of them even told me that I had a nice accent.



Down Time Down Under

Besides spending time in the pharmacy I had the opportunity to tour around Western Australia. In the Perth area I was able to experience Kings Park, Perth City Centre, Caversham Wildlife Park, Fremantle and Warnbro Beach. I was also able to take a day trip North of Perth to visit the monastery town of New Norcia and experience the Pinnacles at Nambung National Park. One of the weekends when I was on exchange I attended the WAPSA (Western Australian Pharmacy Students' Association). It was a great evening full of good conversation, dancing and laughter with other pharmacy students. The next few days were spent in the Margaret River wine region in Southern Western Australia.

I enjoyed all the time I spent with my host family. They made sure that I got to the pharmacy and also gave me suggestions about how to use my free time. I especially enjoyed the beach that was about a fifteen minute walk away. Even though it was technically winter in Australia I got a few beach days in. My host family made sure I had a thorough education on Australian Sports (Aussie Rule Football and Cricket), Australian music and life in Western Australia. This was a great experience and I would highly recommend getting involved with

IPSF and doing an exchange!





My experience in Germany, where pharmacy meets science!

Anissa Capilnean - University of Montreal

Last summer, I was chosen to take part in one of the most exciting journeys ever, the SEP experience. Since my first year of pharmacy, I was interested in SEP but I did not dare to apply because I thought I might need more experience. But that is completely untrue! SEP is for anyone, no matter how far you are in your pharmacy studies, because pharmacy practice is so different from one country to another.

My experience was a real journey from the beginning to the end. I received my acceptance around the middle of January and was waiting with a lot of anticipation for a response from my host country: Germany. It took for about 2 months of waiting till I finally got a position at the University Hospital of Heidelberg. My first choice was a hospital and I was curious about clinical advances in Europe. In fact, I had not been to Europe in the last ten years, so it was an opportunity for me to travel as well. Heidelberg is considered one of the most beautiful cities in Germany. It is a small, but very elegant and touristic city, surrounded by hills and hiding a medieval castle in its center, that makes everything even more magical. Heidelberg was at an hour away from Frankfurt am Main, one of the biggest airports in Europe.



I finally arrived at the beginning of July, after further changes in the program. But it was definitely worth the waiting and the whole application process! I stayed at the apartment of a friend and the hospital was 15 minutes by bike. On my first day of internship, I was overwhelmed. In fact, I did not know what to expect and how to act, but the crew on the Clinical Pharmacology and Pharmacoepidemiology department was amazing, just like a family. It was a research department, one-of-a-kind in Germany, where doctors, pharmacists,

they were leading. Some was confidential, like phase I clinical trials, where I would go collect blood samples of healthy participants and assist doctors in writing their research protocols. I also spent time with the clinical crew socializing at parties and group meetings. The departments' policy was: professional life goes with personal life. That really rocked!



On a more clinical basis, I had the chance to visit 5 community pharmacies taking part in a research based on prescribing electronically. Before I arrived, all doctors working for the University Hospital of Heidelberg were trained by pharmacists to prescribe medication electronically. I was part of the committee in charge of gathering data and assessing re-

I was very happy and fortunate to have met so many interesting and intelligent people, which are now friends for life.

sults. The main outcome of this study was to prove that prescribing electronically leads to fewer mistakes like name of the doctor missing, patient information, coverage, etc. Interesting fact in Germany, regarding insurance, most of the population is under governmental coverage, which means that they only pay 5 Euros for any prescription.

On a more international scale, I have been asked to take part in a project called Electronic Medication Plan, which mainly focused on the CPOE (Computerized physician order entry) and the CDSS (Clinical decision support system) in 13 countries worldwide, including Canada. Most of the time, I did a lot of translation from German to English and French, but I learned a lot about different health care systems and what type of drug safety programs are available in each country. For example, Germany would like the government to implement a CPOE system in order to improve patient care and communication between professionals.

Along the same line, I assisted a focus group of doctors and pharmacist discussing the relevance of a shared patient file on

the Internet where every health care professional and the patient himself could have access. I later was included in the transcription team, where I learned how transcription works and all the rules related to it and to research protocols.

Basically my experience was not based on clinical interventions with patients, but more on research. I did assist different journal clubs with PhD pharmacy students and doctors, a ward round and some patient counseling meetings, which were very exciting. I learned that in Germany doctors' decisions are very strongly evidence-based. Also, patient counseling is most of the time done by doctors, while pharmacists have a very little role to play. This is why, pharmacists do not have their rightful place yet in the clinical team, but they are working very hard and have many projects going on. They go on rota-

tions, but there are no pharmacists on wards, only at the central pharmacy, where they answer questions when asked and go on wards if they are needed as consultants. Interesting fact is that hospitals there have their own supplies of medication and produce most of it themselves. This allows them to support other local pharmacies, which is great.

My experience in Germany made me realize how fortunate I am to be a pharmacist here in Canada, how much more we can do for our patients and how advanced our clinical practice is. By the end of my four-week internship, I also gave a presentation on Canada's health care system and pharmacy practice. The reaction of the audience was very amazed and curious. I was very happy and fortunate to have met so many interesting and intelligent people, which are now friends for life. Now that I am an IPSF-local Rep at the University of Montreal, I can not wait to share this experience with other students and help them take advantage of this program with the international pharmacy students federation, IPSF. If you are curious about pharmacy abroad, then SEP is a great investment and a travel opportunity, worth every minute spend away from home!



Student Perspectives

Advocating for the Advancement of Healthcare

Kaetan Waghmare – Memorial University of Newfoundland



As pharmacy students, we are taught the various roles pharmacists play in order to meet their patient's needs. One not often seen is that of advocate.

Recently I was able to see this on display when I spent an afternoon at the Adult Cystic Fibrosis (CF) Clinic with Dr. John Hawboldt, his patients and his team. What struck me was how debilitating the disease is. – from birth, each day, these patients' therapies are very time consuming. Whether airway clearance therapy or taking everyday medications, it requires time. All of this is just to maintain "normal" health. Patients go to school and have jobs, just like the rest of us; they have homework, laundry, cooking and cleaning like everyone, plus up to 3 hours of required daily therapies. As a result, adherence to medication is affected and disease progression may be accelerated.

A new medication (TOBI Podhaler®) available helps decrease administration time for one of the inhalation therapies completed by CF patients. The Podhaler costs ~\$18,000 per year. In Newfound-

land and Labrador, there are approximately 25 CF patients who need medications such as TOBI®, TOBI Podhaler® or Cayston®. Dr. Hawboldt has accessed these medications to 17 of these patients via their private insurance. The remaining 8 do not have private insurance and therefore must use IV tobramycin, which is then nebulized. This takes about 45minutes, including preparation time.

Our provincial government is refusing to pay for TOBI® or the TOBI Podhaler®, claiming that there is no evidence to say it is better than IV Tobramycin, which is 1/3 the cost. They base this on cost-minimization strategy that is derived from inaccurate information. In fact, there is poor to no evidence for IV tobramycin inhaled; tobramycin IV takes longer to nebulize (45min) than TOBI® (22 min) or TOBI Podhaler® (5min); and tobramycin IV was not designed for inhalation and is poorly tolerated. In Ontario, IV tobramycin and TOBI® are not considered interchangeable when inhaled.

As a result, Dr. Hawboldt has been communicating with the Government for 3 years regarding this issue. Not receiving proper therapy leads to sickness and hospital admissions. Each admission can cost \$900-\$1000 per night for a CF patient, which the government pays. For 25% of CF

patients, any deterioration in lung function is permanent. Why not treat patients with appropriate therapies and prevent hospital admissions? That way they are healthy, happy and contributing to society. They deserve

As professionals, I believe advocating for the advancement of healthcare is a critical factor we must all embrace, and pharmacists have a perfect position to do this.

the best treatment available and should have it covered by our healthcare system.

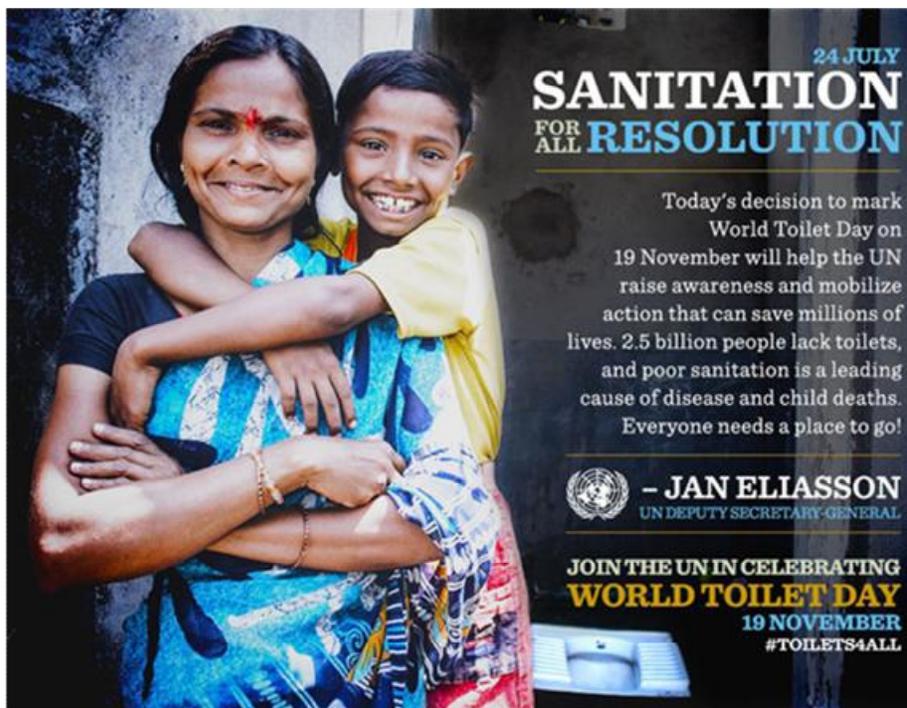
As professionals, I believe advocating for the advancement of healthcare is a critical factor we must all embrace, and pharmacists have a perfect position to do this. Dr. Hawboldt left me with some words in regards to being a pharmacist advocate: "Never give up. Authorities that oppose your change are waiting for you to give up so they can just move on. Don't stop."

What struck me was how debilitating the disease is from birth, each day, these patients' therapies are very time consuming

Student Perspectives

For the Love of Lavatory

Amber-lee Carriere – University of Toronto



Whether the last time you gave serious thought to your toilet was after your morning coffee, or while unwinding the mystery behind Moaning Myrtle, give the Loo a little love on November 19th.

By virtue of the fact that you are reading this article, you are not likely to be one of the 2.5 billion people who currently lack access to a toilet. This is a serious problem that encompasses more than the public health issues associated with public defecation; it touches on hygiene, basic sanitation, sewage and wastewater treatment and integrated water management¹.

Diarrhea, cholera, dysentery, typhoid and hepatitis A can all be transmitted

by contaminated water, and are major health concerns in low and middle income countries. Diarrhea is the second leading cause of death among children under the age of 5, and second only to pneumonia².

Unfortunately, proper sanitation would mitigate many of these deaths. The problem with disposal of waste is not basic understanding of how; even basic-looking latrines can be hygienic if they are carefully sited and properly maintained³. It's complicated by poverty, politics and prejudice. However, the outlook is not bleak!

Sanitation, which is tied to #toilets4all (the official hash tag of World Toilet Day), has been a pipeline to development and the rise of cities throughout history².

The history of the toilet as we know it dates back to 1596, when England delved into modern sanitation as Sir John Harrington described a new kind of “water closet”. Lucky for us, we are living 417 years beyond this invention. It wasn't until 200 years after the water closet that Alexander Cummings thought to use an S-pipe to keep odour out⁴ and poo-pourie is still a novel product.

Water is truly the foundation of the social and economic well-being of societies⁵, so for 0.27% of this year, let us recognize and appreciate the technology of the toilet – it wouldn't be a waste!

If ever people build cities in space, they will have to deal with the human waste problem. The biggest challenge is weightlessness; without gravity a conventional toilet would allow human waste to escape into the air. This toilet, designed for use on the now retired U.S. space shuttle, relied on fans to pull urine and feces into secure containers.

NASA¹

FYI...⁶

1. <http://www.un.org/millenniumgoals/pdf/GA%20Sanitation%20for%20All%20resolution%2024%20July.pdf>
2. <http://www.scientificamerican.com/article.cfm?id=health-brief-history-of-toilet>
3. The National Library of Medicine <http://www.scientificamerican.com/slideshow.cfm?id=health-brief-history-of-toilet#4>
4. <http://content.time.com/time/health/article/0,8599,1940525,00.html>
5. <http://davidsuzuki.org/blogs/panther-lounge/2012/11/what-is-water-worth/>
6. <http://www.scientificamerican.com/slideshow.cfm?id=health-brief-history-of-toilet#4>

Student Perspectives

Top 5 Reasons I Joined CPhA in my 1st Year And Why You Should, Too!

Michael Kani - University of Waterloo



Another fall semester has begun. Though it's already past mid-term, I know that for many of us it still feels like it just started! As we embark on this new academic year, I'd like to extend an earnest welcome to all the new students who have chosen pharmacy and joined the rest of us in this exciting pursuit. You've made the right decision. For those of you who may not know me, my name is Michael Kani and I am a fourth-year pharmacy student at the University of Waterloo School of Pharmacy. As the Student Representative on the Canadian Pharmacists Association's (CPhA) Board of Directors, I'd like to take this opportunity to thank every student who's already joined CPhA to make a difference. My job is to represent all of you on the Board, so I'd like to hear from you whether you have feedback, questions or complaints. Please do not hesitate to email me at mikekani@gmail.com anytime.

In this edition of CAPSIL, I'd like to explore my top five top reasons for joining CPhA back in my first year of pharmacy, and why I think you should too.

Reason #1: Advocacy and support

First, the best way to support your profession is by joining your professional association. Like your provincial pharmacy associations, CPhA advocates for the profession of pharmacy, but at a national level. Given the ever-expanding scope of pharmacist practice across Canada, a uniform voice to represent the profession is becoming even more important—that's what CPhA does. Developing and maintaining relationships with governments, provincial associations, regulatory bodies and other health care professionals ensures ongoing oversight and advocacy for the profession. With their recent work with the Council of Federation (a group made up of Canada's provincial and territorial premiers), CPhA is working hard to shape and promote a profession we can all be proud of. As well, having professional association memberships listed on your resume indicates that you are already in touch and engaged with your chosen profession.

Reason #2: Networking with MyCPhA

As a young professional, networking is a key part of building and growing your career. Last year, CPhA launched MyCPhA, a secure, dedicated online networking site for pharmacy professionals across Canada to connect, collaborate, communicate, voice opinions and share information. By registering for your free account, you can have your own personalized profile, connect with friends, colleagues and other members to share ideas, tips and information, stay in touch and learn from each other. In addition, you can also read industry news, voice your opinion, participate in discussion forums and post your own pharmacy stories. MyCPhA also serves as a professional and educational resource where you can set up communities to support class work or turn for ideas on how to implement a new service during a work term. You can also search and post valuable teaching aides, patient guides or links to other resources. You can learn more about MyCPhA and join the conversation at www.pharmacists.ca/joinmycpha.

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Student Perspectives

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Reason #3: Learning opportunities with e-Therapeutics Highlights

There's always more to learn, and CPhA's e-Therapeutics Highlights CE breaks down some of that knowledge into short, easily digestible chunks. Exclusively for CPhA members and affiliates, these weekly emails deliver practical information directly to your inbox, giving you access to a full chapter from e-Therapeutics for review. While students don't earn CEUs until after graduation, this regular update is an excellent study resource (especially for PEBCs!) and helps you stay on top of relevant Canadian drug and therapeutic information.

Reason #4: Discounts on stuff you need

The fourth reason to join CPhA as a student? It'll save you some money! You'll receive discounts on CPhA-published textbooks that you'll need in the classroom and out, including *Therapeutic Choices* and *Therapeutic Choices for Minor Ailments*. If you aren't yet familiar with these books, you soon will be ... and belonging to CPhA means you save 20% when you buy them! As an added bonus, CPhA is currently running a students-only promotion offering their new mobile app bundle, which includes all the CPS monographs and the drug tables from *Therapeutic Choices*, for only **\$25**. (There's an ad with details hidden somewhere in this issue of CAPSIL... see if you can find it!) Students also receive heavily discounted registration rates for CPhA's national conference, which is another phenomenal networking opportunity. The 2014 conference, jointly hosted by CPhA, the Association of Faculties of Pharmacy of Canada and the Pharmacists' Association of Saskatchewan, will be held May 31–June 3 in Saskatoon, SK.

Reason #5: It's FREE!

Finally, and closely related to reason #4, it's FREE! As a pharmacy student, you can join CPhA as an affiliate at absolutely no cost. Belonging to CPhA means you have access to CPhA's suite of member benefits, including practice tools to use while you're on rotations, up-to-date news and information by email and incredible networking opportunities. You can get a look at the full list of student affiliate benefits and join quickly and easily online at www.pharmacists.ca/student.

Whether you're just starting, mid-way through or nearly finished your pharmacy degree, we're at a critical point in our profession and it's essential that we stand united. I'd like to extend my sincere wishes for progress, growth and academic achievement to each of you. I encourage you to get involved and stay engaged in your profession as it continues to change. One African proverb goes like this: "If you want to go fast, go alone. If you want to go far, go together." Our profession wants to go far and needs us all to stand strong and go together! I invite you to join us. Have a great rest of term!

Michael Kani

Student Representative, CPhA Board of Directors
B.Sc.|MSc.|B.Sc. Pharm RX2014
University of Waterloo School of Pharmacy

Student Perspectives

A Summer Seminar in Japan

Alysa Pompeo, UBC

The first annual Pharmaceutical Sciences Summer Seminar (PSSS) of the University of Hokkaido took place in Sapporo, Japan from August 8th to 13th, 2013. Orchestrated by Kana Koseki, a 6th year student highly involved in international pharmacy relations throughout the course of her degree, the seminar sought to introduce international students to the basic scientific and cultural tenets of pharmacy practice in Japan. Spots were limited to 10, selected from universities across the globe, although scheduling and funding issues forced 7 of the 10 selected international students to withdraw days before the commencement. This left 3 students from the University of British Columbia and roughly 10 students from universities across Sapporo as attendees. My co-authors and I were fortunate enough to be amongst the three international students enough to experience what would be a week of unparalleled hospitality, pharmaceutical skill-testing and career-altering insight into the importance of the pharmacist's role as a healthcare practitioner. From the meticulousness underlying every facet of Japanese culture (including pharmacy) to the uncanny ability of their professionals to seemingly balance work and play effortlessly, there was something to be learned at every turn, and we hope to impart some of what we have learned onto you. And so...

We live in the age of buzzfeed lists, internet memes and TV catch phrases. While it's somewhat ironic that the generation advocating so adamantly for the acceptance of diversity has resorted to the most basally standardized way of inciting dialogue ever seen by the mass media, it's also undeniably effective. And so, when three UBC students came back from a career-changing week-long pharmacy seminar in Japan wanting to share their experience with their peers, what better way could there be than to use the voice that has already captivated so many? Without further ado, and in the full spirit of professionalism, I present to you:

18 Lessons I Learned about Pharmacy at a Summer Seminar in Japan

By: Alysa Pompeo, Grace Chan & Simon Shin

1. Do not fear research

Almost half of pharmacy program graduates continue on into research. This came as a surprise, given that the University of Hokkaido's curriculum is nearly identical to UBC's where only a small percentage of graduates continue on to research-based careers. Another fun fact: of those who practice as pharmacists, 70% are employed in Hospital.

2. Language is not an insurmountable barrier

In a multi-cultural metropolis like Vancouver, it is not a question of if but of when you will encounter a patient who cannot converse in English (or any other language you might speak). While not ideal, there are always ways to circumvent this. Though you might not be able to counsel them in their native tongue, you have to be comfortable using hand-gestures, body language and props to help your patient feel at ease while you search for someone able to convey the essentials to them! Simon was forged two life-long friendships with individuals who shared barely a word of common language with him, a reminder to us all just how simple it is to bond with another human being when you align your goals. Which brings me to...

3. Common goals unite people

Whether it be uniting friends with friends, patients to pharmacist or pharmacist to pharmacist, common goals, hopes, or dreams, bring people together. This has been stressed time and time again throughout our education, but there's nothing like seeing it first hand, to drive the point home. In order for the summer seminar to be a success, attendees and organizers have to align their goals of learning about pharmacy in Japan and building lasting friendships. Had one of use simply showed up with the intent of touring a foreign country and doing our own thing, neither

organizers nor attendees would have been able to benefit from what the seminar had to offer. The same is true of patient-pharmacist relationships; if we, as healthcare professionals, cannot communicate our goals and take the time to understand the goals of our patient, neither of us will get to where we need to be.

Talk to your patient and figure out a common endpoint that means something to you both; only then can you work towards it and get there together.



18 Lessons I Learned about Pharmacy at a Summer Seminar in Japan

By: Alysa Pompeo, Grace Chan & Simon Shin

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4. Dress to impress
5. Respect your space
6. Be thorough
7. Treat your colleagues like family

8. Culture is inseparable from healthcare

Sapporo is a beautiful city for many reasons; for starters, like Vancouver it is one of those metropolises that unite natural beauty with vibrant city-life. But most striking of all was how *clean* it was. In a city of 2 million people, you expect the occasional sighting of graffiti on the walls or garbage on the floor; they were absolutely nowhere to be found. We thought this might be explained by the city's annual "cleaning day" in which citizens get together and clean the city at large. Our guides laughed and told that day was little more than a chance to get to know your neighbor because, even on that one day, *there is nothing to clean*. It seems that taking care of your space is an integral part of Japanese culture and one that I think we can learn from as Canadians. No matter how tiny your apartment is, no matter how run-down you think your school or pharmacy is, treat it with respect and others will do the same. We saw this time and again in pharmacies where, for instance, shoes are not permitted (slippers only). Furthermore, forget about bottles of pills. No vials are dispensed in Japan; everything is either blister packed or dispensed in foil packaging as we commonly see with birth control pills in North America. Only on the rare occasion that powder is dispensed will you receive sachets, but even those are individually dosed. In line with this is the Japanese distinction between drug stores and pharmacies. Places that sell cosmetics or other non-drug products *do not* dispense prescription medication. Drug stores are not considered good environments in which to develop a therapeutic relationship with patients and as such, Japanese pharmacies tend to be small establishments adjacent to hospitals. This also ties into another tenet of Japanese culture; your guests, be they patients or colleagues, are to be treated like family. Take the time to appreciate them for who they are, and don't try to force them to be who you want them to be. Each patient will have their own barriers to overcome, as did each of us as attendees at this seminar, be it shyness, illness or a language barrier. If you can identify an individual's strengths and use them to bring out the best in them, you are on the right track.



9. Remember there is more than one right way of doing things

Pharmacy practice in Japan is very different than pharmacy practice in Canada. Of course, there are important similarities, such as the thought process behind therapeutic counseling (I was surprised to see SOAP counseling sheets in Japan!). However, there were also key differences. For instance, there is not equivalent to PharmaNet, the online interface that allows pharmacies across a province or territory to view a patient's medication history. Instead, this is the responsibility of the patient themselves; upon arriving at the pharmacy, they must present an "Okusuri Techou", something akin to the vaccination booklets children of the 80s and 90s might be familiar with. This booklet contains the entirety of that patient's medication taking history, and is indispensable to the pharmacist in checking for interactions and potential drug therapy problems. This booklet is updated by the patient's physician on a regular basis as no refills are given in Japan – a maximum of a month's worth of medication is dispensed at a time, after which the patient must return to the hospital to receive a new prescription. This is why the majority of pharmacies in Japan are located adjacent to hospitals. Japan also dispenses many of their drugs as powders in individual sachets. Often, this is equivalent to our dispensing of suspensions, which are not dispensed in Japan.

10. Be courageous in the face of disaster

11. Be selfless

12. Do not treat for the sake of body alone, but for the mind and the spirit as well.

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18 Lessons I Learned about Pharmacy at a Summer Seminar in Japan

By: Alysa Pompeo, Grace Chan & Simon Shin

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13. You are a healthcare professional first and a pharmacist second

I often hear the phrase “this is a doctor’s/nurse’s/physiotherapist’s responsibility” being tossed around the workplace. While I sympathize with the sentiment – even if you would care to undertake roles that technically fall outside our responsibilities, there just isn’t *time* as a pharmacist – I cannot support it. As healthcare professionals, it is important to remember that you are, above all else, responsible for ensuring that a patient obtains the best care they can. Sometimes that will mean getting that care from *you*, even if you are not the most qualified individual to administer it. I am referring specifically to times of disaster. To contextualize this, on our final day in Sapporo we were entertained by a guest lecturer from Hokkaido Pharmaceutical University School of Pharmacy on the topic of pharmacists in disaster relief. He recounted the story of his involvement as a pharmacist in the relief efforts of Ishinomaki city, post-311 (March 11th, 2011, when a large tsunami hit the north-eastern coast of Japan, resulting in the meltdown of several nuclear reactors). His role was enormous, from aiding in the acquisition of emergency supplies (*knowing what your need* is an invaluable skill in times of crisis) to helping set up destroyed hospitals, to *covering for doctors* when they were overburdened. Professor Norose recounted a particular story in which the doctors at the relief center where he was volunteering packed up and left after two weeks of work. They said it was time for them to leave to repair their own clinics. This left him to do all he could not only to treat patients but to diagnose them if need be. We asked him if he resented the doctors for stranding him like that to which he replied no; he was a healthcare professional, and this was a time of need. Although it was difficult to manage, he understood that it was important for them to get their clinics running again if the city was ever to recover. That is to me, the very essence of professionalism.

Professionalism also comes out in little details; the drugs at the relief center in Ishinomaki were blister-packed to ensure adherence. Professor Norose recruited high school students to write “Take Care and Many Blessings” across each pack prior to dispensing it to his patients. It was evident that pharmacists have an enormous respect for their patients, and that respect is returned in kind; although the people of Ishinomaki had lost most of their worldly possessions, they had all turned up at the shelter with their “Okusuri Techou”.

14. Taking professionalism seriously means remembering to make time for fun

Being a professional does not mean being serious 24-7. It’s ok to laugh with you patients, and take the time to get to know your colleagues! Our first day in Japan was spent eating and visiting the city. And trust me – that made the subsequent 10-hour days in hospitals and pharmacies much more enjoyable, because we were among friends.

15. There is no embarrassment in trying. Put your heart and your best into everything you do.

It is one thing to do something, it is another thing to put your utmost passion and purpose into something to achieve the best result possible. Pharmacists are not afraid to counsel for 20-minutes if there is the need.

16. Innovate where you see the need for innovation

I visited a pharmacy in a lower-income area where people have trouble affording OTC medications. The pharmacist there had decided to compound his own OTC medications to sell to his patients at a more affordable rate.

17. Listen with an open heart

18. Self-education is just as important as school education

We left Japan feeling ready to revolutionize our practice. Our hosts could not have been more gracious, and we learned a great deal about how to improve our practice in small but significant ways.



Student Perspectives



“Purple Day”

Julie Woods - Dalhousie College of Pharmacy

As a person living with epilepsy, as well as a pharmacy student, I decided to become an ambassador of purple day at the Dalhousie College of Pharmacy. I became involved with the Nova Scotia Epilepsy Association shortly after being diagnosed in my second year of pharmacy. In 2012, on March 26th, I hosted the first “Purple Day” at the College. I invited everyone to wear purple and to come to my by-donation bake-sale, featuring purple treats as well as purple ribbons, bracelets, and wallet cards with seizure first aid. My entire class donned purple that day and we were able to get a wonderful class picture in front of the college. I was overwhelmed by the support shown by my peers, and raised over \$100 for the NSEA in a few

In 2013 Purple Day grew beyond my expectations; I handed out hundreds of first aid cards, ribbons and bracelets and my bake-sale raised over \$250 in less than an hour.

In 2013 Purple Day grew beyond my expectations; I handed out hundreds of first aid cards, ribbons and bracelets and my bake-sale raised over \$250 in less than an hour. I extended the invitation to the entire college to meet up for a purple picture. Once again I was moved by the sea of purple that materialized in front of the college. I also spoke to my third year class about my personal experiences with epilepsy during that unit in school. I received great feedback and was pleased to learn it helped my peers feel more comfortable counseling epileptic patients; I was also told they would feel better able to help in the occasion that someone had a seizure in front of them. I look forward to continuing to spread awareness about epilepsy and to raising money for such a wonderful and important cause and invite other pharmacy students to do the same.



School Showcase **University of British Columbia**

The CAPSI UBC IPSF Golf Tournament

This fundraiser took place on September 11th, 2013. We were fortunate it landed on a beautiful Wednesday afternoon and went off without a hitch. Located at the lovely University Gold Club, students were able to drive to their hearts content. A huge success!



Launch of UBC's Pharmaceutical Sciences Student journal

The 2nd issue of UBC's Pharmaceutical Sciences Student journal was launched on September 23rd! PSSJ is Canada's only student-run pharmacy publication, founded in 2012. This year's theme was "broadening horizons", with several articles related to pharmacy's expanding scope of practice and advances being made in the drug world. To coincide with the release of their latest issue, a launch was held, featuring a key-



note address by Dean Coughtrie, followed by refreshments and perusal of abstracts. This issue also featured submission from a broader audience, including a submission from a student of the University of Dalhousie as well as a research submission conducted at École Polytechnique de Montréal. You can check out the latest issue online at <http://ubcpssj.org>

Run for the Cure

UBC Pharmacy participated in the national CIBC Run for the Cure on Sunday October 6th. The run, organized by CAPSI Junior Representative Moh Kazem, took place at Concord Pacific Place to an outstanding turnout (see group photo). Unlike last year's rainy day, Vancouver was all sun for the run. The team completely smashed their goal of raising \$1,500 for breast cancer, raising just shy of \$4000! Congratulations to all participants and volunteers. You have demonstrated your professionalism by engaging in healthy living and coming together in support of individuals

who will one day be your patients, and that's what CAPSI is all about.



Careers Avenue

Careers Avenue took place on October 7th, 2013. Organized by Tony Seet with the aid of CAPSI, among other organizations, Careers avenue welcomes over 20 prospective employers to host booths that students can visit to enquire about career options. Shoppers Drug Mart, London Drugs, BC Cancer Agency, the Canadian Society of Hospital Pharmacists and the British Columbia Drug and Poisoning Information center were among the many attendees. Over 100 students attend this event each year and, in addition to being an excellent networking opportunity, it's become famous for its seemingly endless abundance of freebies (no Careers Avenue attendee shall ever have to purchase a highlighter).

Orientation/ CAPSI Lunch and Learn 2013

Orientation 2013 was a ton of fun! Introducing the fresh batch of students to the faculty was an exciting experience. This year our local student council organized a scavenger hunt, which entailed a number of stations around campus that the students had to visit. There were also some brain teasers and a Run for the Cure obstacle course that got the students thinking and moving. A few weeks later we held a very informative CAPSI Lunch and Learn. We had just about the entire Class of 2017 attend and we have nearly achieved 100% CAPSI membership!

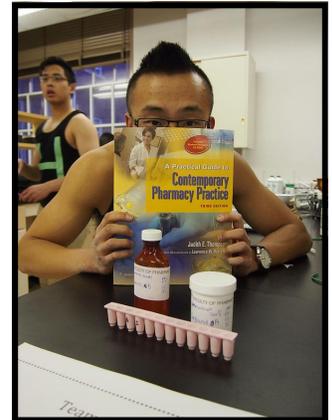
Run for the Cure 2013

The CIBC Run for the Cure 2013 was a huge success! Our University of Alberta Pharmacy Team raised over \$24,000! We were one of the top post secondary fundraising teams in the country, and two of our students including our CAPSI Sr. Leah Hodgins won a scholarship in the post-secondary challenge for personally raising over \$5000!



CAPSI Competitions

Currently our CAPSI Competitions are underway! We held an exciting and competitive Compounding competition this past Friday. The competition included ten teams and nearly everyone was dressed up in the Halloween Spirit! Congratulations in order for the winning team HAMorrhoids, who managed to compound their way to the top! Our Patient Interview and Over-the-Counter student competitions will be taking place next.



School Showcase University of Waterloo

Mr. Pharmacy

In June 2013, UW CAPSI hosted our first ever Mr. Pharmacy! Competitions included a wonderfully executed choreographed dance, a suave formal fashion show, a flashy talent show and an intriguing beachwear fashion show.



Judges included UW Faculty- Dr. Andrea Edginton, Waterloo Roche Rep-Paul Ewart, Shoppers Drug Mart Recruitment Director- Christine Fielding and CAPSI Alumni- Jill Grocholsky. The event was a huge success, as we were able to donate \$900 to the winner's charity of choice, Relay for Life.



Congratulations to UW's first ever Mr. Pharmacy, Julian Ellis!

Run for the Cure 2013

Waterloo joined CAPSI members from across the country in the Canadian Breast Cancer Foundation CIBC Run for the Cure on October 6, 2013. All students contributed by participating in

the *Run for the Cure Sports Day* and the annual Bake Sale. The *Run for the Cure Sports Day* was the largest contributor to our success, which had pharmacy students participating in soccer, volleyball and slo-pitch. Overall, we raised close to \$3000 toward ground-breaking research, education, awareness and advocacy initiatives of breast cancer.



Run for the Cure Sports Day

In July 2013, UW CAPSI teamed up with UW Pharmacy's student society, SOPhS, to put on a sports fundraiser for Run for the Cure! Mother nature was on our side and donated a beautiful day full of sunshine! We started the day with a slo-pitch game between the 2013 and 2014 classes, followed by a soccer game between the 2013 and 2016 classes, and ended with a beach volleyball tournament with teams from all classes. It was a great day spent being active and raising money for a great cause.



Social Media Challenge

Each term, UW CAPSI has held a Social Media Challenge whereby students answer questions regarding the profession of pharmacy using Facebook or Twitter. Not only does this allow our students to demonstrate their pride for their profession, but it also allows us to learn from each other. The responses to each of the challenges



have been incredible and really illustrate the positive impact our students will have as we enter the workforce!

CAPSI Clubs Fair

During PHROSH week, CAPSI was present at the student clubs fair and ready to introduce all the new 1T7's to the world of CAPSI. We also handed out membership benefits including backpacks, water bottles and agendas!



CAPSI Candy Gram Sale

We sold pill bottle candy grams containing sweet treats and hand delivered them to pharmacy students. They were well received by the students and we were able to raise \$200 for the CIBC Run for the Cure!



CAPSI Capture the Flag Game

As another fundraiser we held was a capture the flag game outside our pharmacy building. The first year class (1T7's) had a great turn out and we pitted their class against the remaining three! All of the students had a great time and it was a deserved break from a busy week of classes!



Over the month of September we were able to raise approximately \$1,250 and had many students participate in the actual run held October 6th.





Pharmacien stagiaire en pharmacie

Vision 2015: CSHP is the leading influence on the advancement of hospital pharmacy practice in Canada: Equipping pharmacists to practice to their full scope • Advocating for the profession • Collaborating with critical stakeholders • Fostering engagement and networking amongst our

The Canadian Society of Hospital Pharmacists (CSHP) is the national voluntary organization of pharmacists committed to patient care through the advancement of safe, effective medication use in hospitals and other collaborative healthcare settings.

CSHP supports its members through advocacy, education, information sharing, development of standards, facilitation of research and recognition of excellence.

CSHP is seeking an enthusiastic student pharmacist to provide support to CSHP members and to advocate for hospital pharmacy for 12 to 16 weeks in the summer of 2014. The full job description for this position is posted on [CSHP's website](#). You can learn about the experiences of previous pharmacist interns at www.cshp.ca/students/index.

As an ideal candidate for this position, you are a student pharmacist enrolled in an accredited Canadian undergraduate pharmacy program, are considering a career in hospital pharmacy practice, and are a member of CSHP and the Canadian Association of Pharmacy Students and Interns. Your excellent communication and interpersonal skills are key as you network with CSHP members and volunteers. Fluency in both official languages would be considered an asset. A relocation allowance will be considered upon request.

Interested individuals should apply in writing before **November 24th, 2013**. Please direct enquiries and send cover letter and curriculum vitae to the Operations Manager.

Vision 2015: La SCPH est le principal agent d'influence des progrès de la pratique en pharmacie hospitalière au Canada : en outillant les pharmaciens pour le plein exercice de leurs compétences • en valorisant la profession • en collaborant avec les parties prenantes essentielles • en favorisant la mobilisation des membres et leur réseautage.

La Société canadienne des pharmaciens d'hôpitaux (SCPH) est une organisation nationale à adhésion volontaire de pharmaciens qui se consacrent aux soins des patients en favorisant l'avancement de l'utilisation sécuritaire et efficace des médicaments dans les établissements de santé et dans d'autres milieux de soins de santé en collaboration.

La SCPH apporte un soutien à ses membres au moyen de la représentation, de la formation, du partage de l'information, de l'élaboration de normes, de l'appui à la recherche et de la reconnaissance de l'excellence.

La SCPH recherche un étudiant en pharmacie enthousiaste pour fournir du soutien aux membres de la SCPH et pour faire valoir la pharmacie hospitalière durant 12 à 16 semaines à l'été 2014. La description de tâches complète pour ce poste est affichée sur le [site Web de la SCPH](#). Pour connaître les expériences vécues par les précédents stagiaires en pharmacie, consultez le: www.cshp.ca/students/index

Le candidat idéal pour ce poste est actuellement inscrit à un programme en pharmacie canadien agréé, considère l'exercice de la pharmacie hospitalière comme carrière et est membre de la SCPH et de l'Association canadienne des étudiants et internes en pharmacie. D'excellentes aptitudes interpersonnelles et de communication sont essentielles pour réseauter avec les membres et les volontaires de la SCPH. L'aisance dans les deux langues officielles sera considérée comme un atout. Une prime de relogement sera considérée sur demande.

Les personnes intéressées doivent poser leur candidature par écrit avant le **24 novembre 2013**. Veuillez soumettre toutes questions et faire parvenir votre lettre d'accompagnement et votre curriculum vitae à la Gérante des opérations.

Desarae Davidson

Interim Operations Manager/ Gérante des opérations par intérim

Canadian Society of Hospital Pharmacists/Société canadienne des pharmaciens d'hôpitaux

30 impasse Concourse Gate, Unit/unité 3

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