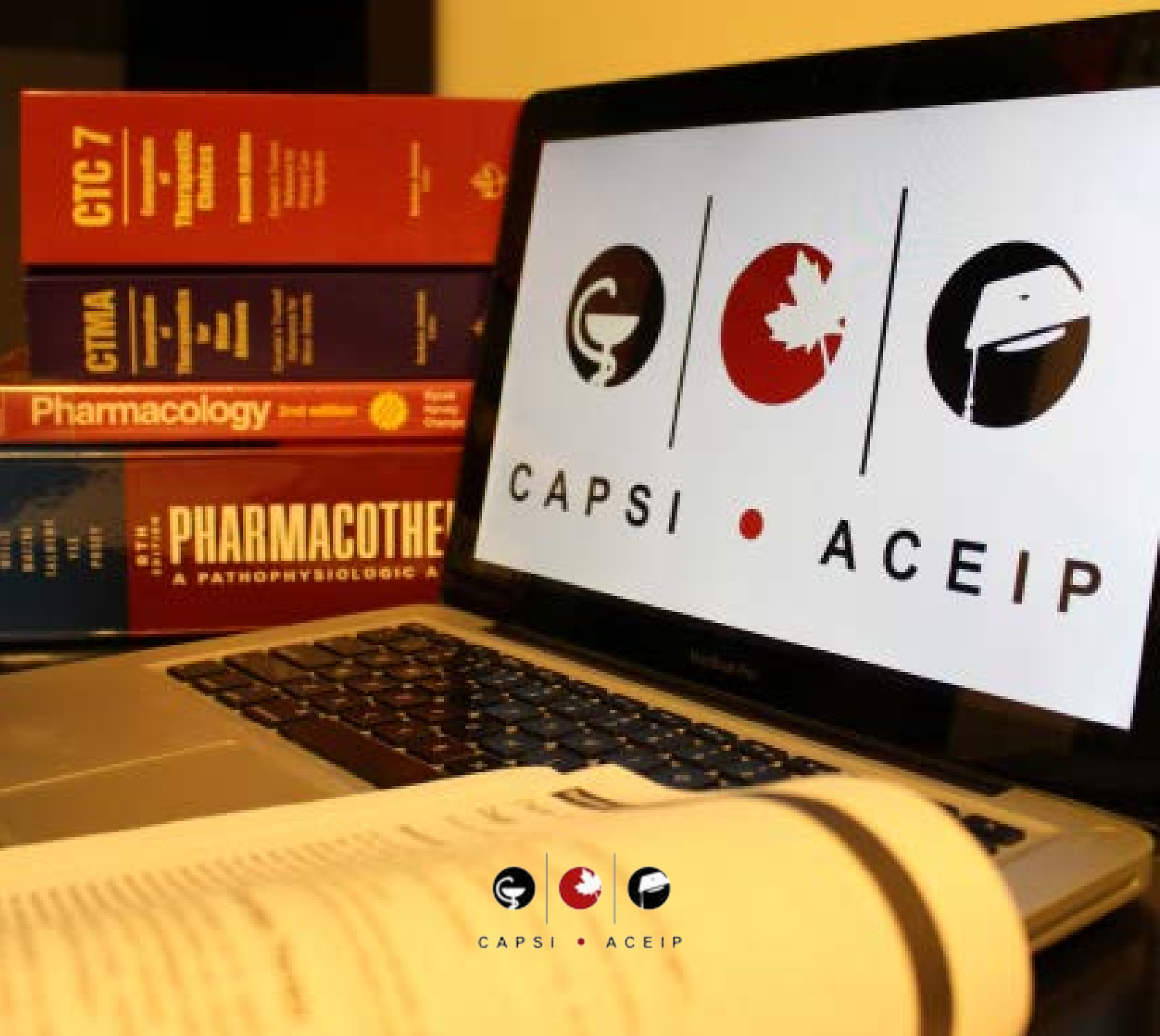


FALL 2014

# CAPSIL

CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS LETTERS



# CAPSI CLUB MEMBERS

Thank you to all the CAPSI Club Members for your sponsorship!

## PLATINUM



## GOLD



## SILVER



## CLUB



*CAPSIL is published by the Canadian Association of Pharmacy Students and Interns (CAPSI) as a service for its members*

*All published articles reflect the opinions of the authors and are not necessarily the opinions of CAPSIL, CAPSI, or its sponsors*

*All comments and articles are welcome at [capsil@capsi.ca](mailto:capsil@capsi.ca)*

## PRESIDENT'S MESSAGE

Hello, welcome, and welcome back, CAPSI members!

Here you are, in front of the Fall issue of the CAPSIL and in a(nother) year of pharmacy school. I am currently in my fourth year and since I started pharmacy school, I have heard about what a time of change we are in. I would like to counter that notion today. Pharmacy has been nothing but consistent. We are consistently striving for better education, better patient care and better facilities so we can consistently apply our knowledge. Roger Staubach once said, "in any team sport, the best teams have consistency and chemistry" and these words could not be more relevant to pharmacy.

CAPSI members are Canadian pharmacy students and interns unified for excellence in advocacy, academics, and the profession of pharmacy. CAPSI members push pharmacy education and practice forward. We challenge and better ourselves through CAPSI competitions, extracurricular learning at semi-

nars and PDW, and many are recognized through the various CAPSI awards for achieving excellence among their peers.

Your CAPSI council has been working for you, to advocate for pharmacy and ensure that you can access all of your CAPSI membership benefits. Our 2014-2015 council met face-to-face for the first time at CPhA conference this past summer in Saskatoon. The motivational speaker was another famous football player, Pinball Clemons. In closing his speech he said: "it doesn't matter how successful you are, if you don't respect what drives you, you won't win". So in closing, I would like to encourage you to reflect on how much you've already accomplished and what's driven you to this success.

Take every opportunity to learn, to volunteer and to get involved with your pharmacy team. We all have the same goals: excellent patient care and to be a consistently valuable member of the healthcare team. To get there we have to



respect the work that has come before us by pushing for personal and professional excellence.

I look forward to seeing you at PDW this January in Quebec City!

As always, if you ever have questions, comments or concerns, please contact a member of your CAPSI team or me personally at [pres@capsi.ca](mailto:pres@capsi.ca)

All the best,  
Amber-lee Carriere  
[@CapsiNational](https://twitter.com/CapsiNational)

## EDITOR'S NOTE

Hello Phamily!

It is my honour to welcome you to the first issue of the 2014-2015 CAPSIL. You've probably noticed the layout's a little different from previous years, and hopefully you like the look. The goal was to make the CAPSIL easier to read and to include more pictures.

This issue is filled with articles by your fellow pharmacy students from across the country. Their experiences, opinions, and ideas come together to sculpt the landscape of pharmacy education in Canada. I hope it is as enjoyable to read as it was for me to make.

I want to personally thank all members of the Translations Subcommittee, listed on the right, who made publishing a bilingual newsletter possible and were patient enough to deal with me and my emails.



Also a huge shout-out to the authors featured in this issue. Without your contributions, the CAPSIL wouldn't exist. We are always looking for more writers, more ideas, more opinions, more experiences, and more creative output, so 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  
University of Toronto  
[capsil@capsi.ca](mailto:capsil@capsi.ca)

## Translations Committee

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# MEET YOUR 2014-2015 NATIONAL COUNCIL

**PRESIDENT** Amber-Lee Carrière (University of Toronto)

**Hometown:** Estaire, Ontario

**Goals:** Revamping the website and increasing communication with our members so that they can use their CAPSI membership, and membership benefits, to their fullest potential!

**If I could be any drug, I would be** Penicillin. Despite resistance patterns, and my own personal allergy to this medication, it is clearly the original gangster of antibiotics and completely changed the face of healthcare and longevity in its time.



**FINANCE OFFICER** Ellen Boyd (Dalhousie University)

**Hometown:** Ottawa, Ontario & Saint John, New Brunswick

**Goals:** To keep the budget well organized while keeping up with all incoming and outgoing expenses. My main goal is to make sure all CAPSI membership fees are being used as wisely as possible.

**If I could be any drug, I would be** Warfarin because I like to meet (interact) with people.



**EXECUTIVE SECRETARY** Janice Coleman (Memorial University of Newfoundland and Labrador)

**Hometown:** Corner Brook, Newfoundland and Labrador

**Goals:** To develop a new method of maintaining our membership database and improve the usefulness of council's Google Drive.

**If I could be any drug, I would be** Caffeine. Sometimes I am pretty slow to start my day, and I am a chronic napper. If I was caffeine, maybe this wouldn't be so much of a problem!



**PRESIDENT-ELECT** Kavetha Selvathilagan (University of Waterloo)

**Hometown:** Mississauga, Ontario

**Goals:** To work with our website committee to have our new website up and running. I also plan to learn as much as possible about the functions of CAPSI and build CAPSI's relationship with all our sponsors.

**If I could be any drug, I would be** A corticosteroid (e.g., Anadrol) because my goal would be to highlight and build up the strengths of my peers.



**CAPSIL EDITOR** Amy Lau (University of Toronto)

**Hometown:** Markham, Ontario

**Goals:** To improve the overall appearance of the CAPSIL and transition over to InDesign and to work with the national team to continue being the voice of pharmacy students across the country.

**If I could be any drug, I would be** Adderall because I like to help others stay focused



**PAST-PRESIDENT** Jason Johnston (RPh, Murphy's Pharmacies, PEI)

**Hometown:** Charlottetown, PEI

**Goals:** Advocate for new graduates entering practice - through the education reports, student loans, and other issues that may come up. I also want to promote the continued excellence of PDW by offering my expertise in the successful planning of a conference of this magnitude.

**If I could be any drug, I would be** Metoprolol - overall I'm great, but I can be hard on the head.



**IPSF LIAISON** Cassandra Woit (University of Alberta)

**Hometown:** Thunder Bay, Ontario

**Goals:** To increase the presence of IPSF in each individual school. I would like more communication between myself and local IPSF representatives to increase the number of IPSF events held during the year.

**If I could be any drug, I would be** Ibuprofen because I'm a Jack of All Trades.



**VICE-PRESIDENT EDUCATION** Alysha Prata (University of Toronto)

**Hometown:** Toronto, Ontario

**Goals:** Continue to uphold the standard of the CAPSI competitions while simultaneously exploring options to breathe new energy into them. I hope, through the competitions, to engage pharmacy students from across Canada and show them how significant the impact of pharmacy can be on the healthcare landscape in Canada.

**If I could be any drug, I would be** Viagra - Because I spread CAPSI love wherever I go ;)



**STUDENT EXCHANGE OFFICER** Carly Stoneman (University of Waterloo)

**Hometown:** Caledonia, Ontario

**Goals:** To develop a system to allow for international students to complete their SEP in Canada in the winter months. To investigate barriers to getting liability insurance for incoming students in every province and begin to develop processes for doing so.

**If I could be any drug, I would be** A statin so I could discover its non-cardiovascular benefits (if there are any)!



**VICE-PRESIDENT COMMUNICATIONS** Stephen Huynh (University of British Columbia)

**Hometown:** Ottawa, Ontario

**Goals:** To maintain and enhance current relationships with external organizations, as well as create new relationships with other organizations who are not yet involved with CAPSI.

**If I could be any drug, I would be** St. John's Wort because I'm spontaneous (you might even say, natural?!), I like to lift peoples' moods, and I love to interact with everything (or everyone!)!!



**CSHP NATIONAL STUDENT DELEGATE** Jaskiran Otal (University of Waterloo)

**Hometown:** Brampton, Ontario

**Goals:** To help incorporate hospital-focused advocacy initiatives and events collaboratively with CAPSI reps at the local level, and to facilitate seamless communication between local chapters of both CSHP and CAPSI.

**If I could be any drug, I would be** Lorazepam because I'd love to help others wind down and relax, PRN.







**UNIVERSITY OF BRITISH COLUMBIA SENIOR REP** Moh Kazem

**Hometown:** Vancouver, British Columbia

**Goals:** To establish CAPSI as one of the main professional bodies within our faculty that advocates for professional development of students all across Canada. I also plan on encouraging more students to become actively involved with CAPSI on a local level.

**If I could be any drug, I would be** Spironolactone because it serves multiple functions (diuretic and antihypertensive agent) and it still maintains its minty scent.

**UNIVERSITY OF BRITISH COLUMBIA JUNIOR REP** Kevin Sin

**Hometown:** Edmonton, Alberta

**Goals:** To raise the profile of pharmacy students in BC while simultaneously providing them with the resources to make the best of their time and education. Today and tomorrow's pharmacists will be relied upon as leaders in healthcare and they need the opportunities to connect and network with professionals, and participate in workshops to develop their personal skills.

**If I could be any drug, I would be** Amoxicillin- well-tolerated with a pretty good safety profile and often the first-line choice in treating a problem.



**UNIVERSITY OF ALBERTA SENIOR REP** Dan Burton

**Hometown:** Prince George, British Columbia

**Goals:** To further expand the knowledge and awareness of CAPSI on a local level. Also, to promote the expanded scope of Pharmacists and show the public how we can improve their health through blood pressure and diabetes clinics in publicly-accessible locations.

**If I could be any drug, I would be** Ativan. At times when there is a lot of stress I can help take the edge off and help the people around me relax or at the very least be the one that suggests we go for a beer or two.



**UNIVERSITY OF ALBERTA JUNIOR REP** Alyssa Schmode

**Hometown:** St. Albert, Alberta

**Goals:** To increase awareness and participation in CAPSI local and national events and to better inform and engage with members of the public and other healthcare professionals in order to better educate them on the important role of the pharmacist in the health care system!

**If I could be any drug, I would be** Salbutamol inhaler, because with me on the job you can breathe easier.



**UNIVERSITY OF SASKATCHEWAN SENIOR REP** Shelby Jessica Scherbey

**Hometown:** Ituna, Saskatchewan

**Goals:** Run a successful PAM which extends further into the community. Help council to exceed the amount of last year's CAPSI USask local fundraising which was \$3465. Leave my local CAPSI council with a solid foundation for future years.

**If I could be any drug, I would be** Caffeine because it helps a lot of people and embraces energy and creativity (reference Starbucks)

**UNIVERSITY OF SASKATCHEWAN JUNIOR REP** Kelsey Joorisity

**Hometown:** Regina, Saskatchewan

**Goals:** To more actively promote CAPSI and its many events to the first year students in our college so they understand the value of becoming a CAPSI member throughout their four years. Also, I would like to expand CAPSI's community outreach and education to high school students in Saskatoon.

**If I could be any drug, I would be** Any kind of antidepressant because I am very optimistic, I give good advice and I do a good job at cheering up my peers and making them happy!



**UNIVERSITY OF MANITOBA SENIOR REP** Alexis Wanner

**Hometown:** Waskada, Manitoba

**Goals:** To hold a successful PAM, and to start working on an industry trip for our CAPSI members in Manitoba.

**If I could be any drug, I would be** Synthroid 88 mcg, because I like the color!



**UNIVERSITY OF MANITOBA JUNIOR REP** Alan Phung

**Hometown:** Winnipeg, Manitoba

**Goals:** To motivate and inspire other pharmacy students at the University of Manitoba to get involved with CAPSI and show that despite Manitoba being the 2nd smallest Pharmacy school in Canada that we can be contenders for the Award of Professionalism.

**If I could be any drug, I would be** Viagra, despite being wildly expensive and popular and world renowned, it is a very diverse medication that is effective with its uses! ;P



**UNIVERSITY OF TORONTO SENIOR REP** Aarti Patel

**Hometown:** Oakville, Ontario

**Goals:** Starting new initiatives with Areeba at our school that engage students from all years to get involved in advocating for our profession. I hope to make a positive impact and do CAPSI proud while running each event.

**If I could be any drug, I would be** Cipralex - because I wish we could all be happy like we used to in middle school; I wish I could bake a cake filled with rainbows and smiles and everyone would eat and be happy.

**UNIVERSITY OF TORONTO JUNIOR REP** Areeba Zaheer

**Hometown:** Ajax, Ontario

**Goals:** To achieve great things for our local chapter including starting new initiatives and increasing CAPSI awareness!!

**If I could be any drug, I would be** Metformin (or any Biguanide) because I have a huge sweet tooth and therefore I could eat any candy in the world for the rest of my life and still maintain a 'relatively' healthy glucose level. Muahahaha.





**UNIVERSITY OF WATERLOO SENIOR REP** Holly Meginnis

**Hometown:** Aylmer, Ontario

**Goals:** To increase participation in CAPSI events. This year will be the first year the University of Waterloo has three classes present for the CAPSI competitions and I would love sign ups to increase from last year!

**If I could be any drug, I would be** Warfarin, because people would (or at least should) never forget about me!



**UNIVERSITY OF WATERLOO JUNIOR REP** Elaine Dinh

**Hometown:** Ottawa, Ontario

**Goals:** To work hard at my co-op placement and enjoy the beautiful summer while it lasts.

**If I could be any drug, I would be** Vitamin D. My sunny disposition brings smiles to everyone around me.



**UNIVERSITÉ DE MONTRÉAL SENIOR REP** Stéphanie Lepage

**Hometown:** Montréal, Québec

**Goals:** To successfully organize the first ever Mr Pharmacy Montreal as well as promote the amazing CAPSI organisation so that French students can take advantage of their membership.

**If I could be any drug, I would be** Hydralyte. Whether it's because you need to work a 9am shift after PDW closing dinner or in order to stay alive in the middle of those Caribbean vacation you've been looking forward too for the past 12 months, you'll just always need me.

**UNIVERSITÉ DE MONTRÉAL JUNIOR REP** Camille Benoit

**Hometown:** Montréal, Québec

**Goals:** To promote CAPSI in my school with new activities. I also would like to encourage participation from the students in CAPSI events.

**If I could be any drug, I would be** Hydrea, because it fights cancer and because I like the colours...



**UNIVERSITÉ LAVAL SENIOR REP** Karine Pilon

**Hometown:** L'Orignal, Ontario

**Goals:** To increase CAPSI awareness at Laval so that our members can take full advantage of their benefits. I also want to help the PDWPC as much as I can, in order to make the event a success.

**If I could be any drug, I would be** Concerta, or any other psychostimulant, because I'm focused and determined.



**UNIVERSITÉ LAVAL JUNIOR REP** Sonia Chahine

**Hometown:** Trois-Rivières, Québec

**Goals:** To promote CAPSI through activities to the pharmacy students at Laval University. Also, I would like to utilize my CAPSI position to its fullest potential by organizing events that would allow the selective group of CAPSI members to understand the importance of being part of this association.

**If I could be any drug, I would be** Acetaminophen. This is an accessible and useful drug, which is present in many products. I would like to make myself available to others and be highly involved in the world of pharmacy.



**DALHOUSIE UNIVERSITY SENIOR REP** Megan Harrison

**Hometown:** Oromocto, New Brunswick

**Goals:** To improve the awareness of CAPSI at the college and increase the involvement of CAPSI in our Pharmacy Awareness Month activities at Dalhousie University.

**If I could be any drug, I would be** Isotretinoin because of my dry sense of humor

**DALHOUSIE UNIVERSITY JUNIOR REP** Sara Rehan

**Hometown:** Dartmouth, Nova Scotia

**Goals:** To promote CAPSI within the College of Pharmacy. I would like to plan various inclusive events and encourage student participation at the PDW competitions.

**If I could be any drug, I would be** Diphenhydramine so I could go to sleep and not have to play this game.



**MEMORIAL UNIVERSITY OF NEWFOUNDLAND SENIOR REP** Kara O'Keefe

**Hometown:** Portugal Cove-St. Philip's, Newfoundland and Labrador

**Goals:** To further increase CAPSI Awareness at MUN, offer more benefits to our members at a local level, and to build on the success we had during PAM 2014! On a personal level, I hope to somewhat figure out what I'd like to do with my career in pharmacy.

**If I could be any drug, I would be** Advil Cold & Sinus. This is because it's been saving me from the woes of my many head colds for years now. Not to mention, it has two of recommended ingredients for common colds with post-nasal drip - a first generation antihistamine and a decongestant.



**MEMORIAL UNIVERSITY OF NEWFOUNDLAND JUNIOR REP** Sydney Saunders

**Hometown:** Florenceville, New Brunswick

**Goals:** To organize a successful PAM, educate the public about the expanding role of the pharmacist and to create interprofessional collaboration events with students from other faculties at MUN to prepare for working as a health care team.

**If I could be any drug, I would be** Sinemet because it is amazing how the different components work together in the body to overcome barriers and create a pathway to provide the brain with dopamine.



# CAPSI NATIONAL EXECUTIVE COUNCIL ELECTIONS



CAPSI National is now accepting applications for Executive Council positions for the 2015-2016 council year. Your Executive Council is made up of ten positions. Seven of these positions are elected at the PDW Conference each year. The positions are as follows:

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

**Election proceedings will take place at PDW 2015 in Québec City, Québec.**

If you would like further details regarding any of these positions, please contact your Senior or Junior CAPSI Representative. 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 applicantss are required to:

- ☐ Submit a signed nomination form (available from your local CAPSI Representatives)
- ☐ Prepare a curriculum vitae (CV) and letter of intent detailing your qualifications, goals, and reasons for seeking the posiiton
- ☐ Deliver a five-minute speech during the Election Proceedings at PDW (any candidate unable to attend PDW must submit a 5 minute videotaped speech)

Signed nomination form, CV, letter of intent, and video-recorded speeches are encouraged to be emailed to **Janice Coleman at secretary@capsi.ca by December 31, 2014.**

**All material must be submitted to Janice 24 hours prior to election proceedings at PDW.**



# CSHP CORNER - FALL 2014 UPDATE

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



With a new school year upon us, CAPSI and CSHP are working hard to bring you all educational and networking events to enhance your pharmacy school experience! As always, should you have any ideas, questions, or concerns, please do not hesitate to contact me ([jaskiran.otal@gmail.com](mailto:jaskiran.otal@gmail.com)), or your local CSHP student representatives.

This past spring was busy for both CAPSI National Council at the Canadian Pharmacists' Association conference in Saskatoon, SK, and the CSHP National Board. In August, I was able to attend CSHP's Summer Educational Sessions (SES) in beautiful St. John's, NL. On behalf of CAPSI National, a recommendation was put forth at our CSHP National Board Meetings for CSHP support of an Evidence-Based Medicine competition during Pharmacist Awareness Month, and was passed. Be sure to keep an eye out in the winter semester with details on how brush up on skills such as literature searches, critical appraisal, and patient case resolution, from the perspective of a hospital pharmacist!

### ARE YOU A CSHP STUDENT SUPPORTER? IF NOT, JOIN NOW!

Contact your local CSHP student representative for information on how to join CSHP – further information on membership and benefits can be found on the CSHP website: <http://www.cshp.ca/students/>. Keep an eye out for the CSHP-CAPSI Student Symposium and other events at your local chapter!

### STUDENT PHARMACIST INTERNSHIP, CSHP NATIONAL OFFICE - SUMMER 2015!

This past summer, AJ Havlicek (University of Saskatchewan, Class of 2016), had the unique opportunity to work as the student intern at the CSHP National Office in Ottawa, ON – read about his experience at <http://ebulletin.cshp.ca/?p=358#sthash.fS2PscPd.b32zQfQs.dpbs>! I encourage anyone interested in gaining experience in pharmacy leadership and advocacy to apply for the 2015 student pharmacist internship position; the **deadline is November 30<sup>th</sup>**. Details on the application process can be found online: [http://www.cshp.ca/aboutUs/employment\\_e.asp](http://www.cshp.ca/aboutUs/employment_e.asp).

### RESIDENCY

Good luck to all those seeking residency positions this Fall! For information on residency programs, please visit: [http://www.cshp.ca/programs/residencyTraining/index\\_e.asp](http://www.cshp.ca/programs/residencyTraining/index_e.asp). For a list of accredited programs, visit: [http://www.cshp.ca/programs/residencyTraining/accreditedPrograms/index\\_e.asp](http://www.cshp.ca/programs/residencyTraining/accreditedPrograms/index_e.asp).

**Hope to see many of you at PDW 2015 in Quebec City!**  
**Be sure to drop by the CSHP National booth at the Health Fair.**



**"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](http://www.pharmacy.utoronto.ca).





# BARCELONA, A CITY TO EXPLORE!

By ARIANE LEWIS, *University of Saskatchewan*

STILL SOAKED FROM riding the wave of finishing up 4th year pharmacy, PEBCs and graduation this past summer, I welcomed the opportunity to transition into community practice

in Canada by participating in the IPSF SEP to Barcelona, Spain in the month of July 2014. My motivation for requesting Spain as my top choice was that I had never traveled to Europe, I was eager to

practice the Spanish language skills that I had acquired through travel and academics and I was drawn to Spain's rich history. Plus c'mon, July in Barcelona(!).

Pharmacy plays an undeniably important function in patient care, and I was fortunate to be able to compare pharmaceutical practice in Spain with that in Canada. As a product of this experience, I have gained an understanding of international pharmacy practice and its integral role in health care worldwide. I was especially interested to learn the role of the pharmacist so I was happy to be placed in a charming community pharmacy owned by four generations of pharmacists.

Farmacia Antiga de Les Corts is owned and operated by the Oller family, a mother-father-daughter-son team. It is located in a quaint square or plaza in the heart of an affluent Catalan community in Barcelona. The pharmacy team welcomed me into their store and patiently showed me the ropes of Spanish pharmacy practice. Prior to arriving in Barcelona, I didn't realize my Spanish language skills would not serve me as well as I would have hoped, as the majority of the demographic spoke Catalan preferably over Castellano (the Spanish language). Consequently, my role in the pharmacy was limited to technical aspects such as

receiving orders and organizing product labels. I did however become quite proficient at greeting patients with bon dia and bidding them farewell with adéu, Catalan for "good day" and "goodbye" respectively. All other communication was acknowledged with a confused look with me immediately explaining both verbally and through body language that I had no Catalan language skills whatsoever. No entiendo, soy de Canadá.

Spanish community pharmacy differs significantly than that in Canada. The pharmacies are much smaller and you can find one on nearly every corner, easily identified by a universal cross. All prescriptions are given in pre-manufactured boxes, and there are no prescription labels. It is an incredibly streamlined, integrated system. A physician will authorize a prescription using an online program. Once the prescription is in hand, the pharmacist only needs to scan a bar code which links the patient to that specific script. The pharmacist would then grab boxes of whichever medications were required. There are no ten-, twenty-, minute-long waits while the prescription is entered, counted, labeled, and checked. I felt that in this system the pharmacist's interaction with the patient was more fluid. I was impressed with this "leaner" approach to pharmacy practice.

Barcelona is a vibrant, dynamic, fun city. It's also awfully hot in July. Nevertheless my newfound exchange student friends and I explored it at every opportunity.

I became mesmerized by Antoni Gaudí's influential architecture pieces which are national treasures and can be found throughout the city. The most famous of these is the masterpiece Sagrada Família church which is the most-visited tourist destination in Spain. Heading to the beach was at least a bi-weekly excursion for us students. Daily forecasts of sunny skies and 30+ degree temperatures should be taken advantage of! Other highlights included visiting the Picasso art museum, strolling through Parc de la Ciutadella and a steep afternoon climb up to Montjuïc, which boasts breathtaking panoramic views of the city, botanical gardens, constructions from the 1992 Olympics and an impressive fortress. Of course my experiences throughout the month were greatly enhanced by Spanish food and drink. My personal favorites were tapas, or small portioned appetizers, such as pan con tomate (tomato bread) and seafood paella, a delicious array of mussels, shrimp and clams amongst vibrant saffron rice. ¡Qué rico!

What an incredible experience I had this past summer! As I reflect, I am so appreciative of the opportunity I had to spend an entire month in Barcelona. My passion for travel and pharmacy is greater than ever and I am so excited to begin my practice as a community pharmacist in Canada.

Bottom line: Go on a SEP exchange! Explore the world and take advantage of every travel opportunity available! Not only will you become a more compassionate and empathetic person (which is essential to becoming a successful pharmacist, right?), you will learn a little bit about yourself along the way. Now that I'm in the working world, I'm thinking I should have extended my 7 week European adventure to 7 months. Seems only fair after taking 5 long years to finish a pharmacy degree.





## A SUMMER IN KENYA

By ERICA TRAN,  
University of Alberta

LAST YEAR, I did the IPSF Student Exchange Program in Kenya. I did an industrial rotation at Lab and Allied Pharmaceuticals Ltd. and a hospital rotation at the Kenyatta National Referral Hospital. I worked in 7 of the hospital's pharmacies, attended ward rounds and even prepared infusions and boluses for chemotherapy medications and anti-emetics.

This year, I did an internship with the University of Nairobi Faculty of Clinical Medicine and Therapeutics under CRISSP (Central Province Response Integration Strengthening and Sustainability Project). It is a partnership between the United States Centers for Disease Control and Prevention, University of Nairobi School of Medicine, Uni-

versity of Maryland Baltimore School of Medicine, Future Group International and the Ministry of Health Kenya to provide HIV and AIDS support to health facilities and communities in Kiambu and Kirinyaga Counties. Some of the activities I got to do included interacting with patients in the comprehensive care center, dispensing prescriptions, and distributing drugs to the wards. During my stay, I was educated on the different antiretroviral regimens for children, adolescents, and adults; how to counsel these patients, when to change therapy, what to do when there is co-infection with tuberculosis, lab monitoring, use of viral load, post exposure prophylaxis and so much more!



## TOOLS TO KEEP UP TO DATE WITH EVIDENCE AS A PHARMACIST

By JASON JOHNSTON, *Past-President CAPSI*

ONE OF THE BIGGEST components of my pharmacy education was our Critical Appraisal Series at Dalhousie University. Featuring three years of evidence based appraisal, the CAS series was an integral component of my education. One of the biggest problems practitioners face with appraisal is the overwhelming amount of evidence that becomes available, and the time component require to evaluate it. I want to share some easy ways to read about current evidence.

**1) CPhA E-Therapeutics Highlights.** Each week CPhA sends out a highlight of a therapeutic topic and discusses the evidence around it. This weekly email takes a mere minute or two to read the highlighted section and summary statement and is a great way to receive an email regarding a therapeutic topic of relevance. To sign up you must be a CPhA Student Affiliate - easy to do, ask your local CAPSI Rep.

**2) Alberta College of Physicians Tools for Practice.** Every month the Alberta College of Physicians puts out a therapeutic topic. They do an incredible synthesis of the evidence to answer common practice questions. Their version of a review is not more than a few paragraphs but more impressive is that they do provide a quick and easy commentary/summary statement on the clinical question. You can also review past pieces too - they are available on their website. Just google this and it will take you to a sign up - free for students and great appraisal by experts on the topics.

**3) New England Journal of Medicine Journal Watch.** This is the newest tool I was shown and is incredible. You get to choose the topic emails and frequency you want to receive them from. As phar-

macists this may be the best tool going forward because of the frequency and the assortment of topics. These appraisal and commentary are often on primary literature, but the free appraisal is a great way to stay on top of the evidence and showcases hot papers coming off the press. As one of the most reputable journals in North America, NEJM Journal Watch is a must have.

Critical appraisal takes time but will make you a more effective practitioner. By staying on top of what evidence is coming out is an easy way to excel in your field in the future. As students - this is a great way to review old learnings or to prepare for what's coming. While critical appraisal can be scary, you can use these tools to help yourself now and into the future.



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## FLOWING AS ONE

By JUNE CHEN, *University of Alberta*

“THE WINNING TEAM of the University of Alberta’s first Health Care Team Challenge™ is ‘We Have a Plan for that!’” – and it was that congratulatory remark that sent four healthcare professional students, including myself, to the All Together Better Health (ATBH) interprofessional conference in Pittsburgh, Pennsylvania.

Our first glimpse of Pittsburgh attested its nickname as the “City of Bridges”. As the city emerged at the end of the Mount Washington Transit Tunnel, numerous bridges could be seen embellishing Pittsburgh’s three rivers.

Despite initially different paths, three rivers, the Allegheny, Monongahela, and Ohio, meet in downtown Pittsburgh. Likewise, individuals from around the world came together at ATBH to promote and advance interprofessional education (IPE) and practice (IPP).

Amid the University of Pittsburgh’s beautiful campus with its Cathedral of Learning, Heinz Memorial Chapel, and ballrooms, ATBH increased my awareness of the importance of IPE and IPP in improving patient care, of common

barriers and challenges to their implementation, and of some key components to their success.

As healthcare strives to personalize medicine, the focus should be the quality of patient care services. Dr. William Mayo eloquently expressed that “the best interest of the patient is the only interest to be considered, and in order that the sick may have the benefit of advancing knowledge, union of forces is necessary”. It is through IPP and the development of new patient-centered models of team care that healthcare providers can enrich patients’ medical experiences. High-functioning healthcare teams have consistently shown positive outcomes in patient care because team members unite “for the good of the patient, each assisting in elucidation of the problem at hand, and each dependent upon the other for support”.

Despite the well-researched benefits of IPE and IPP, there are barriers to their implementation in educational and healthcare institutions. Whether it be due to the ambiguity of professions’ scopes of practice, attitudes of institutions and students, lack of resources,

or disorganized coordination of efforts, such barriers can result in the reluctance to implement IPE and IPP.

Because early experiences significantly influence one’s values and identities, the success of IPE and IPP lies within students. Students need to learn together in order to eventually practice together. The connection students have with others contributes to the development of their personal, then professional, and finally, interprofessional identities. To augment the maturation of



interprofessional identities, IPE should be integrated into students’ academic curriculums before students succumb to preconceived hierarchies or discipline-specific asylums. Educational institutions have explored various approaches to IPE, including an interdisciplinary Top Chef Competition, and interprofessional teaching clinics and hospital units. Institutions have found that students prefer and gain more from IPE that facilitates the practical application of interprofessional competencies.

ATBH made me realize the important role students have in the future of IPP. Like the confluence of Pittsburgh’s rivers, healthcare students need to flow as one and embrace IPP in order to streamline and enhance patient care. As students, we can lead the way in the future’s interprofessional healthcare.



## IT’S NOT JUST ABOUT COMMUNITY PHARMACY

By THOMAS BOYANG HUANG, *University of Toronto*

LIKE MANY OF YOU, I, too, am allergic to September. I am sure many of you are already sick of school by now. I often find myself daydreaming about the glorious days where I look forward waking up working at Drug Trading, McKesson Canada. “Drug Trading? What/who is that?” you ask. Drug Trading (DT) is a pharmacy banner group responsible for the pharmacy services and operations of the I.D.A./Guardian pharmacies and many independent pharmacies. The entire experience was amazing and I would 10/10 do it again.

To begin the story, I should start from my time at Ontario Pharmacists Association (OPA). I spent my entire reading week promoting and educating pharmacies about the Drug Information and Resources Centre (DIRC) service to Ontario pharmacies. Some of you may not know, DIRC is a telephone service provided by OPA to help pharmacists or other healthcare professionals. DIRC assists in answering some tough pharmacy related questions that would require time and resources on large databases. The week was short-lived, but I think the time spent there, working with all the fantastic individuals at OPA, allowed me to gain new opportunities.

Fast forward to this summer. I interviewed for the summer position at DT where my role at OPA likely helped me get the position. And so, I spent the majority of my summer at DT. Working at DT was full of excitement! I was hired for the summer to help with promoting

the participation of pharmacies in the upcoming flu season. Also, I wrote two guidelines, one on Medication Review across the provinces and the other on Smoking Cessation program.

When introduced to the idea that I was going to be part of an integrated team of extraordinary individuals trying to make a difference in patient’s lives from a macro-picture, I was ecstatic. I was included in weekly board meetings with Directors of Operations, Marketing, Pharmacy Services and Regional District Managers—one of them being Dean Miller (also part of OPA Pharmacy Council as a Corporate Representative). I was fortunate enough to be exposed to a whole new world behind pharmacy operations. Initially I was stunned by the amount of work that was required from everyone to make sure all of the operations are running smoothly and that deadlines are being met. The meetings were structured and organized. The amount of detail in operations and the attention given to marketing and logistics was just absolutely incredible to witness. The first few weeks went by rather fast, with little contribution from my end.

Over time, as I worked on the projects assigned, I grew more confident, especially with the amazing mentoring of my bosses—Kiron and Dean. As my confidence grew, I began to contribute more to these board meetings. To my surprise, these Directors respected me and more shockingly, they respected my opinions.

I was/am an equal to them.

The work ethics at the office was also an eye opener for me. I thought the corporate life was going to be very strict and intimidating. It was the opposite. Meetings were done over a cup of tea or coffee with laughter, jokes and a good share of personal stories. But at the end of the day, everyone produced quality work and got the job done. The environment of the meetings was productive and friendly. Feedback was constantly being asked from one another about how to improve and how to be more efficient. At DT, there was also a heavy emphasis on teamwork and team building. There was a consistent stream of employee social events. We had golf tournaments, boat cruises, and social barbecue events, just to name a few (did I mention you were paid to go to all of them?). Life was fantastic.

In the end, we doubled the participation of pharmacies in the flu shot season, and completed drafts of the two guidelines. The biggest accomplishment was not finishing the projects in my opinion for the summer, but rather, the people I met at DT and the personal growth I gained this summer. Before, when people ask me what I want to do after pharmacy school, I would often respond with I don’t know. Now I know. While I am slowly accepting that fall is here and that school is about to get really hectic, I can’t help but to reflect on some of the good times and the laughs shared in and out of the office.



WELCOME TO UBC! September is always a special time of year, as it is when we welcome our newest members to the pharmacy. CAPSI has been on the front lines prepping, primping and prodding students into readiness.

The prep kicked off with CAPSI's student book sale, in which over 500 UBC students were able to obtain their required textbooks for the year at the best available prices. For many students, this was their introduction to CAPSI as an organization bent on supporting and assisting students into their professional careers. During and prior to textbook distribution, students were able to sign up for CAPSI membership, and receive their school-ready swag.

In early September, the CAPSI team assembled at the beautiful Cheakamus Center in Squamish, BC for its Executive Planning Retreat, where the year's events were laid out. First on the agenda was plans for Clubs Night, which took place on the 10th of September, in collaboration with the other pharmacy clubs of UBC. Over 100 students attended – the majority being first years – and heard from CAPSI executives about CAPSI's overarching goals and plans for the year. Over 80 new members were recruited to CAPSI, making for a hugely successful evening!

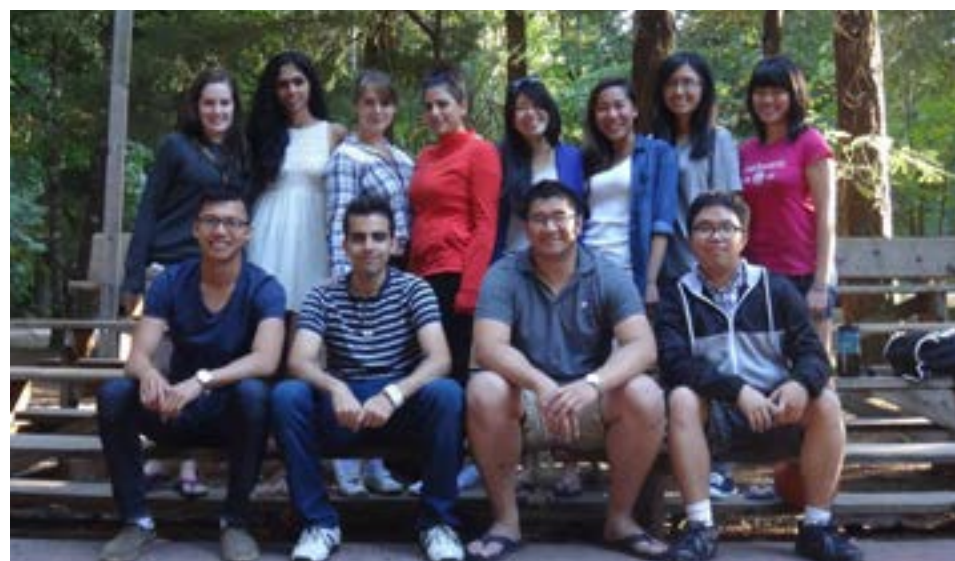
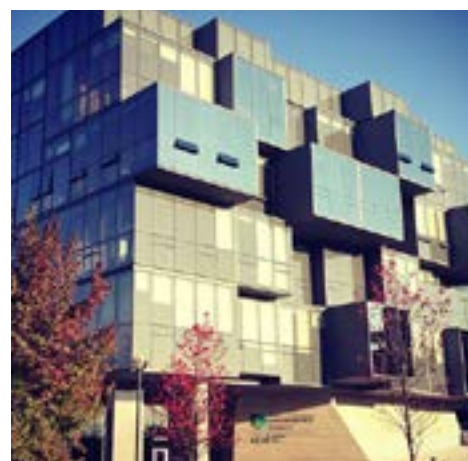
Our follow-up event was an Ice Cream Social which gave students a chance to interact with council, ask questions and bond over a round of pharmacy themed jeopardy.

UBC's annual IPSF Golf Fundraiser took place on the rainy afternoon of September 17th at the University Golf Club. Despite "Raincouver's" gloomy temperament, enthusiastic supporters brought their A-game to the range, making for a fun-filled afternoon.

Career's Avenue exposed first to fourth year students to pharmacy professionals of all kinds - from hospital, to community, to international aid pharmacists and beyond. Hosted in collaboration with the UBC Pharmacy Alumni Association, the event was a huge success and saw attendance of hundreds!

Continuing full speed ahead, CAPSI ran in the annual CIBC Run for the Cure on October 5th, raising just under \$1500 for breast Cancer. Go team!

As the year rolls on, CAPSI looks forward to many of the amazing events yet to come, including Mr. Pharmacist and the many PDW competitions. Most of all we look forward to interacting with fellow CAPSI members, charging up the school spirit and working towards being worthy pharmacists of the future.



## ORIENTATION

We welcomed the Class of 2018 to our Faculty with grace and style! We kicked off with orientation which involved a full day of exploration and fun. We then officially welcomed the first years at our Welcome Reception where the results of the First Year Class Rep and First Year Social Rep elections were announced. Congratulations to Karlson Kennedy and James Tao!



## WELCOME BACK VOLLEYBALL TOURNAMENT AND BBQ

Every September as a way to welcome back our students for another fun-filled year of pharmacy we host our Beach Volleyball Tournament/BBQ! Students from all years duke it out on the court for all the glory, share a hot dog or two with friends and of course collect some free swag that is provided by Shoppers Drug Mart!

## SAVING SECOND BASE SLO-PITCH TOURNAMENT AND THE BREAST FUNDRAISER EVER

We held our first annual Saving Second Base Slo-pitch tournament this year to raise money for Breast Cancer Research! It was a beautiful Saturday for playing ball and we managed to raise \$2500 in this tournament alone. There were 6 teams in total that played for the title Slo-pitch Champions, but it was a team from the Class of 2016 captained by Marcus Ang that came out on top! Not only did they win the tournament, they also raised over \$500! Great job guys!



After the tournament everyone headed out to a local bar and did a little celebrating at the Breast Fundraiser Ever! Here we were able to raise another \$800 for the CIBC Run for the Cure! It was the perfect way to socialize and relax after a long day of slo-pitch.

## CIBC RUN FOR THE CURE

University of Alberta Pharmacy students spent the morning of Sunday October 6th running, walking, and in some cases crawling in the CIBC Run for the Cure! In total we raised \$17,566 for Breast Cancer research! We placed as one of the top four teams in the Edmonton area and we were also awarded the prize for the most money raised in the Edmonton Post-Secondary Institution Challenge! We would like to thank all of our supporters as this run would not be possible without your contributions! Also a big congratulations to the U of A Pharmacy students that participated in the run, you continue to amaze us with your hard work, and determination!

## #UOFAMAMMING!

We also held a social media challenge called 'uofamamming' in order to help increase awareness about breast cancer and help take the awkwardness out of getting your mammogram done!





**CAPSI-DM**

CAPSI-DM is a series start by Sarah Johnson, a past UW CAPSI Sr. Representative. Sarah knew that it is hard to cover everything regarding diabetes in class time so she started this initiative to help University of Waterloo Pharmacy students learn even more about diabetes. The CAPSI-DM series involves 1-2 symposiums per term where speakers are invited to present a talk about diabetes-related topics.

Some past topics included:

- July 2013: How to Become a CDE
- May 2014: Hyperglycemic Emergencies
- July 2014: Initiating Insulin Therapy
- October 2014: Incorporating Diabetes Clinics into Your Community Pharmacy

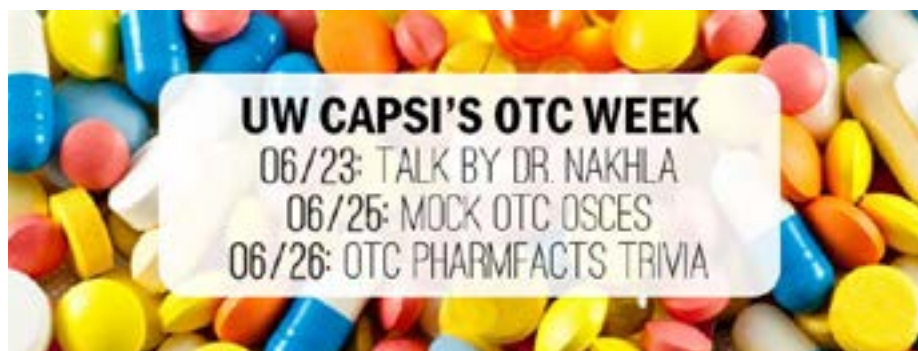
We look forward to continuing this tradition and UW CAPSI is excited to continue to bring on amazing speakers that offer such unique insights on such a complex disease!

**OTC WEEK**

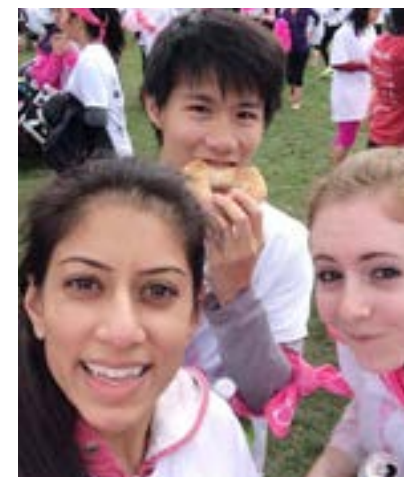
Part of University of Waterloo Pharmacy School's first year curriculum is focused on the products and services that pharmacists can provide in the OTC aisle. Therefore, we've geared OTC week events toward first year students. This past year, OTC week was held in June and consisted of a symposium on cough and cold medications, an OTC trivia night at a local pub and mock OTC OSCE's. OTC week is always very fun and well attended, not only by the first years, but also by the upper years who are looking to brush up on their OTC knowledge!

**MR. PHARMACY**

During the first week of PAM 2014, UW CAPSI presented our second annual Mr. Pharmacy competition. Starring two contestants from each class, the show started out with a hilariously choreographed dance to some classic 90's tunes. Then, the contestants strutted their stuff down the catwalk in formal wear and beachwear before proving that there's more to being Mr. Pharmacy than just good looks. They duked it out in an amazing talent show and PharmaFacts competitions to determine the winner of the title of Mr. Pharmacy! Congratulations to our winner, Kenny Burns, who was able to donate over \$1200 to the Ride to Conquer Cancer!

**CAPSI PHROSH ICE CREAM SOCIAL**

During our Phrosh, CAPSI was ready to welcome the incoming Class of 2018 with open arms and ice cream! We held a social where the first year students could pick up some of their membership benefits (Apotex backpacks, Teva water bottles, and CAPSI agendas) and textbooks while enjoying a sweet treat!

**CAPSI'S CIBC RUN FOR THE CURE TEAM**

This year we tried a different approach to fundraising by having students donate to get their nails painted pink at our "Manicure for a Cure" event! We also held a bake sale and passed jars around each class to collect money for breast cancer research.

Our team this year did a great job in collecting over \$1152 for the cause, and had a great time running the 5 km on October 5th.

**CAPSI COMPETITIONS**

Our CAPSI competitions are currently underway. We are looking forward to seeing who will be representing UofT at PDW 2015 this year! We are expecting large turnouts due to the excitement and anticipation around getting a reserved spot (and money) for PDW!







## A NEW PERSPECTIVE

By SHELBY SCHERBEY, *University of Saskatchewan*

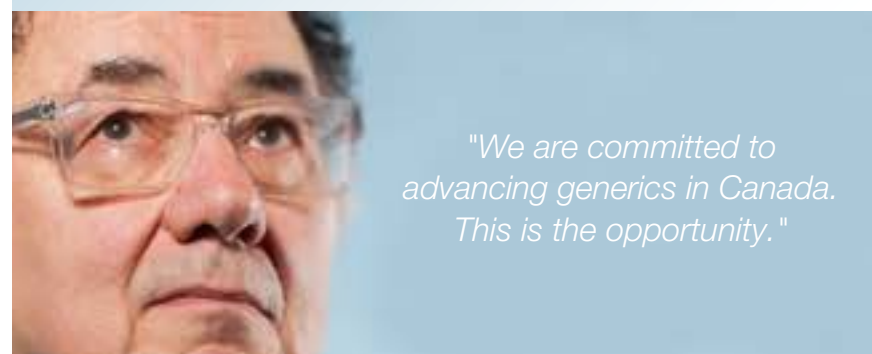
THIS SUMMER, CAPSI National and friends travelled to Saskatoon, Saskatchewan for the Canadian Pharmacists Association Conference. It was an awesome experience to show off my home province and opened my eyes to what I have been a part of for the past four years.

The University of Saskatchewan College of Pharmacy and Nutrition celebrated a milestone this past year, its 100th Anniversary! We are currently in the process of transitioning into a new building with other health science colleges. This new set up will allow for more inter-professional collaboration for students, faculty and researchers.

CAPSI National took a little tour of the University of Saskatchewan and these new facilities and had nothing but positive opinions. Their comments really got me thinking about my appreciation for the opportunities I have been given at the U of S. We are always excited to travel to different places and often take our home provinces for granted. Seeing our campus through the eyes of students from across Canada gave me a whole new outlook and definitely boosted my Saskatchewan pride!

It is an honour to have a national conference held in your own province. After attending multiple PDW and CPhA conferences, the phrase I've heard many times, "You get out what you put in" definitely applies. If you make an effort to meet new people and try new things, whether it's through the engaging speakers and CAPSI events, or travelling around a new city with a bunch of newfound pharmacy friends, you will be rewarded with valuable experiences and connections you wouldn't otherwise have!

Sometimes all it takes is a new perspective. We need to take advantage of this and the knowledge that blossoms from our cross-Canada conferences. Being open to new things is what helps us grow in a dynamic and ever changing profession such as ours!



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# CAPSI & CPhA: WELCOME TO THE NEW CPhA

## A STRONGER NATIONAL VOICE FOR PHARMACY

As you may have already heard, the Canadian Pharmacists Association (CPhA) has adopted a new governance and membership model that will improve the ability of provincial and national pharmacist associations to work together in the best interests of the profession.

## WHY THE NEW MODEL?

The profession of pharmacy is changing rapidly. Scopes of practice and funding models are evolving across the country and pharmacists are doing more every day. Yet, there remain huge differences between provinces and the level of care pharmacists are providing to enhance drug therapy outcomes for their patients. As well, Canada's Premiers and Health Ministers, through the Health Care Innovation Working Group, are making decisions regarding health care delivery and drug pricing reforms.

CPhA recognized the need to strengthen the voice of pharmacy in Canada and felt that a new model, where provincial and national pharmacist associations work together in the best interests of the profession as a whole, would be more effective and efficient. Collectively we will have a stronger pan-Canadian advocacy voice and the profession, CPhA and its member organizations will be stronger and more able to respond quickly to the changes affecting our profession and the health care system.

## HOW DOES MEMBERSHIP WORK?

Membership in CPhA is now comprised of provincial pharmacist associations (PPAs) and national pharmacist associations (NPAs). Each association has a representative on the Board of Directors, which also includes six skill-based individual directors.

## IS CAPSI A MEMBER OF CPhA?

CAPSI has joined CPhA as an Organizational Affiliate. This means that all pharmacy student CAPSI members can become CPhA Associates, entitled to the same benefits as practising pharmacist associates. CAPSI is not a member of the CPhA Board of Directors, however there will be opportunities for CAPSI to serve on committees. CAPSI will continue to meet regularly with CPhA representatives at official Joint Officers Meetings during the CPhA conference and/or PDW. Pharmacy students must belong to either CAPSI or their provincial pharmacist association to belong to CPhA.

CPhA has waived all fees associated with membership for CAPSI members.

## ARE ALL CAPSI MEMBERS AUTOMATICALLY CPhA ASSOCIATES?

No. All CAPSI members are ELIGIBLE to become CPhA Associates. For CAPSI members who were previous members of CPhA, your membership will be automatically converted to your new status and you don't need to do anything at this time. If you were not previously a CPhA member, you'll receive instructions soon on how to register as a CPhA Associate.

## I'M NOT SURE IF I WAS A CPhA MEMBER. HOW CAN I FIND OUT?

The easiest way to know if you were a CPhA member is to check your inbox. If you're receiving e-Therapeutics Highlights CE emails from CPhA then you were a student member and you don't need to do anything else.



## WHAT ARE THE BENEFITS OF THE CAPSI BECOMING A MEMBER OF THE "NEW" CPhA?

The greatest benefit is advocacy for the profession: a strong pan-Canadian voice to provide collaborative advocacy and strong leadership for the entire profession.

In addition, members of CAPSI now have access to:

- FREE subscription to CPhA's RxTx Mobile app. Details to follow. Watch your inbox!
- Reduced annual subscription rate on the Canadian Pharmacists Journal, the oldest continuously published periodical in Canada. CPhA Associates can subscribe to CPJ (6 print issues per year plus 24/7 online access) for just \$10/year (retail price \$110).
- Opportunities to stay up to date with the latest in evidence-based treatment with CPhA's e-Therapeutics Highlights CE, a weekly email highlighting content from e-Therapeutics+ Complete.
- Updates and information via CPhA email newsletters and bulletins.
- Exclusive access to practical practice tools and resources
- Access to national and international research and reports that CPhA is involved in.
- Significant discounts on continuing professional development programs and national conference registration rates.

We are thrilled that CAPSI is a part of the new CPhA. As students, you are the future of our profession and your passion and dedication is critical to our success. Please feel free to reach out to us at any time with your thoughts and ideas on moving forward in the health care system of the future.



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- Monographs from the *Compendium of Pharmaceuticals and Specialties (CPS)*
- Over 2000 Health Canada-approved product monographs
- Fully integrated with Drug Choices (Tx) providing seamless search results for drug and therapeutic information

### Drug Choices (Tx)

- Drug tables from CPhA's *Compendium of Therapeutic Choices*
- Over 200 primary care conditions
- Doses, adverse effects, drug interactions and relative cost for over 2200 drugs



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