

CAPSIL

CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS LETTERS

WINTER 2014



Message from the Editor



Hello CAPSIL readers!

It's a brand new year and things ahead are looking bright! I hope this semester has brought many fresh and exciting opportunities your way thus far. Whether you've started a new academic term or are out on a clinical placement – I hope you are gaining the confidence and knowledge to help guide you in your future practice!

It gives me great pleasure to release the WINTER 2014 edition of the CAPSIL. In addition to some insightful articles, this issue is filled with images and reflections about your colourful experiences at Professional Development Week (PDW) in Vancouver last month.

I am always so inspired by the energy, intelligence and camaraderie displayed by CAPSI delegates at this yearly conference. This spirit for pharmacy is clearly carried home to your local branches as seen by the passion displayed in our school showcases. In this publication, we have a spotlight on the Universities of Manitoba, Montreal and Dalhousie, as well as a feature on the Webmaster position on national council.

Please also join me in acknowledging our talented national CAPSI competition winners for their impressive achievement – keep on shining Canadian pharmacy students!

Finally, a BIG THANK YOU to all the authors, contributors, and translators who helped to bring this issue to life – your efforts are truly appreciated!

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@capsi.ca.

With warm wishes to get you through the winter months,

Danielle Paes

CAPSIL Editor 2013-2014
University of Waterloo



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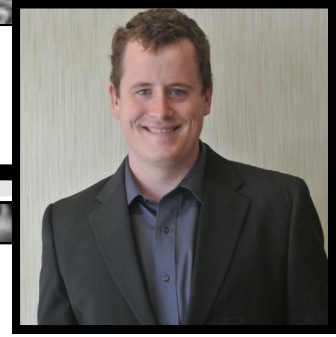
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All comments and articles are welcome at capsil@capsi.ca



Words from the President



Dear CAPSI Members,

It is hard to believe that another few months have passed since our last CAPSIL and we are now over half-way done of the 2013-2014 school year. Your CAPSI National Council has been working hard over the past semester and it is my hope that each and every member has been able to benefit from the hard work and dedication to our association that our council has shown.

PDW 2014 was an astronomical success – all of our stakeholders were absolutely satisfied with the accomplishments of the biggest pharmacy conference in Canada. The PDW planning committee put in many hard hours of work and it showed it. Thank you to each and every person responsible for this conference! During PDW our National Council conducted our Annual General Meeting and hosted our second and final in person meetings to set the strategic direction of our association over the coming months. There will be new partnerships formed to provide our membership with great benefits. Stay tuned for more details – you will be impressed!

CAPSI continues to be one of the philanthropic pharmacy associations in this country. Our members have raised tens of thousands of dollars for charity this past semester. Our participation in CIBC Run for the Cure was an absolute success, and nearly all Canadian pharmacy schools hosted a “Mr. Pharmacy Pageant”. It is with great pleasure that we will be hosting the first ever National Mr. Pharmacy Pageant at PDW 2015 in Quebec City.

All the best,

Jason Johnston

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

Congratulations to the PDW 2014 Planning Committee on its success!

*The sights, sounds and warm hospitality of our phamily in the west coast
will be remembered for years to come*



PDW2014
v a n c o u v e r

Jan 8-11, 2014

currents of change - un courant de changement

CONGRATULATIONS to the 2013 Guy Genest Award Winners

Award Description

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

University of British Columbia



Ana Von Bananović

As a student, one can only dream of braiding the pursuit of knowledge with passion and purpose, and Ana is incredibly grateful to have the chance to be involved in a discipline that facilitates such opportunities. The possibilities in pharmacy are innumerable: students are inundated with rich learning prospects, supportive professors, outstanding resources and meaningful objectives. However, despite all of the above, the galvanizing force of inspiration that drives Ana are her peers. "Seeing other bright pharmacy students challenge themselves, excel and rise to exceed expectations every day fuels my desire to join them in their ambitions." Through her dedication and commitment to our faculty, Ana has proven her passion for pharmacy and is fully deserving of the Guy Genest pharmacy award.

University of Alberta

Laura Coleman

I feel very honoured to be the recipient of the Guy Genest Award from the U of A, and I am very excited to share a little about why I am passionate about pharmacy. Pharmacy itself is this evolving, changing world that holds so much potential for innovation, growth, and positive momentum as a profession. There are many opportunities out there for us to make an impact in the health care system such as in patient care, policy development, health care system changes, and interdisciplinary collaboration. The *position* that we are in as a profession right now is what inspires me to be actively involved in the profession and I am looking forward to seeing future student leaders move our profession forwards.



University of Saskatchewan



Lindsay Chong

Always an energetic part of the CAPSI team here in Saskatchewan, Lindsay Chong is a student that we all should aspire to be like. With a smile on her face and more things on her plate in 1 semester than most people see across the whole year, she more than demonstrates her passion for our profession and her drive to promote Pharmacy in the community. Thank you, Lindsay, for everything that you do for us! We are so proud that you are representing Saskatchewan.

University of Manitoba

Jaclyn Deonarine

The University of Manitoba's Faculty of Pharmacy is pleased to honour Jaclyn Deonarine as this year's Guy Genest award recipient. Through the many twists and turns of life she finally discovered her passion - the profession of pharmacy. After learning about all the future developments in the profession across the country Jaclyn quickly got involved with CAPSI as the Manitoba Junior Representative. The organization has provided her with many opportunities such as attending national conferences across Canada and meeting innovative students and pharmacists from around the country. "Most notably, CAPSI has provided me with the tools to effectively aid in the advancement of the profession through chairing networking events, educational symposia, promotional developments and philanthropic endeavors."



University of Toronto



Michael Zhang

Through my 4 years at the University of Toronto, I have constantly looked for ways to advance the practice of pharmacy and bring about innovative changes that will help us deliver better patient-care. VeriDrug was an innovative platform that spawned out of collaboration between myself, 3 doctors at St. Michael's Hospital and 5 developers. With my experience in pharmacy practice, I saw an opportunity for pharmacists to engage their patients through this software by helping pharmacists identify patients who are at risk of ADRs prior to hospitalization and providing a platform that allows them to conduct medication reconciliation digitally. I am dedicated to driving innovation in pharmacy practice and hope to empower pharmacy students to become leaders in our healthcare system.

University of Waterloo

Sarah Johnson

The University of Waterloo could not have picked a better Guy Genest award winner this year - Sarah Johnson is the perfect embodiment of an individual who has nothing but passion for pharmacy. Sarah attends almost every event run at the University of Waterloo School of Pharmacy and not only that, she organizes most of them too! Her devotion to pharmacy through her coop placements, part-time work at a pharmacy, interprofessional committee work and immense CAPSI involvement is evident and she is the perfect recipient for this award. Congratulations Sarah!



University of Montreal



Andr  a H  bert-Bernier

This year's University of Montreal Guy Genest winner was Andr  a H  bert-Bernier. She is a fourth year student who is also a very passionate woman and dedicated to her profession. She was the 2013 PDW Co-chair and has been involved in various student activities throughout the years. We are very proud to have her represent our school as she always has a smile on her face and is eager to meet new people. There is never a dull moment with this young so-to-be pharmacist. Congratulations Andr  a!

University of Laval

Maxime Dub  

Leading the production of 4 short films disproving the myths about smoking cessation, is the project that demonstrates my passion for becoming a pharmacist. Indeed, debunking myths regarding tobacco, is a crucial step before any attempt can be made to persuade smokers of the destructive results of their habit. Therefore, we strived to provide Quebecers 4 highly professional footages to enlighten them about the devastating repercussions of smoking. These videos will be disseminated through social media to reach as many smokers as we can, to convince them to quit their deadly habit.



Dalhousie University



Ellen Boyd

Ellen Boyd is an incredible representative of Dalhousie's College of Pharmacy and very well deserving of the Guy Genest Passion for Pharmacy Award. Ellen has served for two years on CAPSI's National Council, as Jr. and then Sr. Representative for Dalhousie. She will be serving a third year as the Finance Officer for CAPSI National. Ellen is involved in many pharmacy projects outside of CAPSI at Dalhousie as well - volunteering for APAC 2012, participating in PAW activities, and is a sitting member of the DSPS. Always a positive person, Ellen is the perfect recipient of this award!

Memorial University of Newfoundland

Janice Coleman

Janice Coleman is a third year student at Memorial university. She has been an active advocate for the profession through her role as CAPSI junior and senior representative. She put a lot of hard work in to last year's pharmacist awareness month, including planning a public pill drop and volunteering at many of the events. She often encourages her fellow students to get involved and promote the profession and is very passionate about embracing the changes in pharmacy practice.



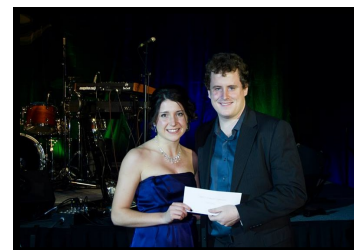
CAPSI National Competition

WINNERS 2013



Patient Interview Competition

1 st	Heidi Marschall	<i>University of Manitoba</i>
2 nd	Allison Tario	<i>University of Waterloo</i>
3 rd	Jean-Patrick Sylvain	<i>University de Montreal</i>
4 th	Shaylee Peterson	<i>University of British Columbia</i>



OTC Competition

1 st	Jean-Patrick Sylvain	<i>University de Montreal</i>
2 nd	Tania Habib	<i>University de Laval</i>
3 rd	Moataz Daoud	<i>University of Toronto</i>
4 th	Shaylee Peterson	<i>University of British Columbia</i>



Student Literary Award

1 st	Joshua Torrance	<i>University of Alberta</i>
2 nd	Amanda Harrop	<i>University of Waterloo</i>
3 rd	Tommy Barr	<i>University of Saskatchewan</i>
4 th	Katherine Koroluk	<i>University of Toronto</i>



Compounding Competition

1 st	Peter Yang, Sabina Choi, Andrew Noh, Kati Lorenz	<i>University of Alberta</i>
2 nd	Michelle Holm, Trina McFarlane, Victoria Sarnovsky, Angela Quach	<i>University of Waterloo</i>
3 rd	Jeffrey Herbert, Andrew Plishka, Alanna Hoesgen, James Khouri	<i>University of Saskatchewan</i>
4 th	Heidi Marschall, Jill James, Ashley Ewasiuk, Steven Burczynski	<i>University of Manitoba</i>



Award of Professionalism

1 st	University of Waterloo
2 nd	University of British Columbia
3 rd	University of Saskatchewan





WINTER 2014 UPDATE – CSHP NATIONAL STUDENT DELEGATE

Jaskiran Otal, University of Waterloo

Hope 2014 has started off well for everything! I'd like to congratulate the PDW 2014 Planning Committee on what was a fantastic conference in Vancouver! For those of us from within the confines of the then-Polar Vortex, the mild(er) weather was a welcomed retreat – even if it meant some rain!

CAPSI National Council continues to work hard to address issues relevant to student pharmacists. 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. Please feel free to email me at jaskiran.otal@gmail.com if you have any questions!

CSHP Winter 2014 Updates:

Check out the **STUDENT CORNER** on the CSHP website: www.cshp.ca/students

Learn about CSHP membership, summer student opportunities, residency, and much more.

CSHP-CAPSI Hospital Pharmacy Student Award

Congratulations to Erin Chung from the University of Toronto, who received this year's Hospital Pharmacy Student Award, presented at PDW 2014.

CSHP 2015 Student Competition

Thank you to all those who submitted contributions to this year's CSHP 2014 Student Competition! Your passion for the profession is evident!

CSHP Members can partake in online voting for their favourite short story and video! Sign in on the CSHP website and visit http://www.cshp.ca/cshp2015/competitions/vote/index_e.asp. You may vote once weekly until March 23rd!

Pharmacy Specialty Networks (PSNs)

As a CSHP member, you have access to Pharmacy Specialty Networks (PSNs), which connect pharmacist across the country in networks organized by specialty or interests. As a mailing list and threads based on questions posed by practitioners or the sharing of news/information, it provides valuable clinical insight for many practicing practitioners.

In an effort to re-vamp the Pharmacists-in-Training PSN for students, I invite you to join and take advantage of being able to contact students from other faculties – whether you are interested in placements there, the local scope of practice, or have questions about popular resources and how to find applicable information.

How to join a PSN:

Log into my.cshp.ca.

On the left, select "Pharmacy Specialty Networks"

Scroll down and select the PSNs you would like to join and hit save.

To view the PSNs, select "eForums"!

I wish everyone the best of luck in school and those on placements this semester!

Pharmacy Adventures Down Under

Melissa Li - University of Waterloo

This August, I was presented with the opportunity to adventure halfway across the world and head Down Under for the first time through the IPSF's Student Exchange Programme (SEP). SEP takes pharmacy students from across the world and places them with their peers in other countries to share and learn together, and experience the diverse culture within the same profession.



I left Canada immediately after writing my last exam at the beginning of August. 26 hours later, I arrived in Townsville, Australia at the end of their winter which surprisingly felt much like our summer. Between my school and co-op work terms, I could only squeeze in a three week placement. With so little time, I really appreciated having my placement and accommodations all arranged before I arrived. I was lucky to be able to stay with a student also studying Pharmacy at the local University and to be able to work at a well-established retail pharmacy within walking distance from where I was staying! The staff was amazing, friendly and very patient in teaching me. Coincidentally, they also had two pharmacy students working there who were Canadian.

During my 60 required work hours for my placement, I immediately noticed the cohesiveness of the pharmacy team and the trust that patients had for advice and recommendations that were

given to them, exactly like in Canada. I was surprised though to see the emphasis on OTCs and NHPs, the advanced scopes of practice of non-pharmacist staff, as well as the differences in the Australian prescription and drug coverage systems as compared to Ontario. The majority of OTC products are placed behind the counter in Queensland so that pharmacy staff is intrinsically more involved in product selection. This method of product placement as well as the sheer number of options really helps to promote pharmacist intervention and product control. In Townsville, most product recommendations were made by non-pharmacist staff members as compared to in Ontario where only the pharmacist can recommend products. Drug coverage is also very different.

Whereas in Australia, all patients have subsidized medications under the Pharmaceutical Benefits Scheme, in Ontario, only seniors have government coverage through the Ontario Drug Benefits plan. Even though I had learned about various international healthcare systems through lectures, it really isn't the same as actually being put right in the centre of it. What I couldn't

fully grasp before about the Australian drug system, I gained a better understanding of by seeing in person.

It was also really helpful having my placement in the same city as a pharmacy school. Everyone was very welcoming and took time from their busy schedules to introduce



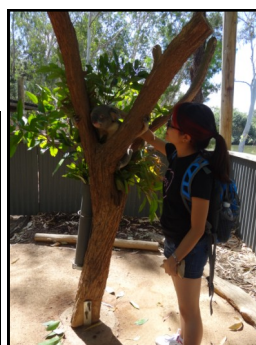
me to the charms of the city. It was interesting connecting with fellow pharmacy students and comparing differences between schooling and licensing criteria. For example, Australian students only have to spend 4 years in school to become a pharmacist, as compared to a minimum of 6 years in Ontario.

My favourite part of this experience was just having the chance to travel and immerse myself in the culture of another country. After my time at the pharmacy, I hopped onto a couple of buses and went to Cairns and Airlie Beach, two very beautiful places that I'd wished I'd had more time at. I got to



scuba dive and snorkel for the first time and witness the beauty of the Great Barrier Reef and Whitsunday Islands. I absolutely want to return on a backpacking trip around Australia because that small taste was not enough!

My SEP experience was definitely a worthwhile one. I'm glad I stepped out of my comfort zone of travelling alone, crossed an ocean and stepped into a few strangers' lives. I highly recommend SEP to all pharmacy students interested and able to go! It really puts into perspective the similarities and differences of a single profession across the world. I've caught the travel bug and I'm sure you all will too.



Slovenian Student Exchange

Jessica Adria - University of Manitoba

I had the amazing opportunity to participate in the Student Exchange Program (SEP) with IPSF in Slovenia this past July (2013), as well as, travel with my husband for 4 weeks exploring Italy, Germany and Austria.

We wandered around the Colosseum and saw glimpses into Ancient Roman life. In the mornings we sipped on the finest espressos at adorable cafes; we visited many beautiful cathedrals with ornate carved faces and amazing tiled floors. We hiked between the 5 quaint coastal villages of Cinque Terre, with breathtaking views of the blue-green Mediterranean Sea and made sure to buy the student transit pass in

Venice, so we could ride unlimited water busses through the

winding canals. In Germany we stopped at a beer garden in Munich to share a 'mas' of beer (1L) and a giant pretzel, then later in Berlin we got an insightful dose of history at the Holocaust Museum. We also wandered around Nuremberg, with it's cuckoo clocks and Christmas shops around every corner. In Innsbruck, Austria, we stayed in an out of season ski lodge, hiked up the ski hill and rode the cable car down. We even came across the quintessential Austrian cowbell adorned cows. It was then time for our overnight



train to Ljubljana, the capital of Slovenia for my Exchange.

Our host met us in the centre of town, and pointed out the best ice cream stalls

and restaurants that provided student meals. She also helped my husband and I settle into our student dorm. We were then introduced to the other Pharmacy students who would be participating in SEP with myself - they were from Poland, Serbia and Oregon! The five of us became great friends and hung out after work and went on weekend trips together. We visited the Skocjan Caves, a world heritage site, with the largest underground cavern in Europe. A weekend trip took us to Lake Bled, where we rowed a romantic swan boat to the little island in the centre of the lake and rung the wishing bell

in the church. We tried the famous kremšnita cake, a delicious vanilla cream cake famous to town, while looking up at breathtaking views of the Julian Alps rising up behind the lake.

My hospital pharmacy exchange took place at the Onkološki Institut Ljubljana, the major cancer centre in the country. The first thing I had to learn was the Slovenian word for Pharmacy. I assumed it would have some resemblance to the English word, but

I was wrong. I finally found the 'Lekarna' tucked away in the basement. (Of course!) It was much different then pharmacy practice in Canada; there were rarely technicians in the pharmacy, and it seemed like tech work was done mostly by the Pharmacists and partially by the nurses. I had the chance to gown up and go into the



sterile room for a day. I helped with microbial testing and even got to mix a bag of cytotoxic drug. There were computers inside the biological safety cabinets which outlined each step to go through, connected to scales which required the bag to be weighed after each step as a double check.

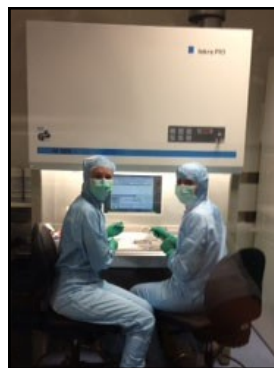
The most challenging aspect to the exchange was the language barrier. Slovene is a Slavic language, and does not have any

similarity to English or the tiny amount of French I know. Only a few pharmacists could speak English well, and the rest only knew very basic English. Everyone was incredibly friendly and very helpful, but the language barrier made for an interesting way of communicating.

I now have more hospital pharmacy experience in Slovenia than Canada. I am looking forward to experiencing future hospital rotations with a unique international perspective, and I will likely learn more about how Slovenian hospitals are different as I gain more experience at home.

Overall, I had an absolutely incredible experience with the Student Exchange Program. A bonus I was not expecting was making friendships with pharmacy students from Slovenia and from other countries around the world. I would recommend it to any student who has the slightest interest in travelling while learning more about pharmacy abroad.

A bonus I was not expecting was making friendships with pharmacy students from Slovenia and from other countries around the world.



Student Perspectives

There's No Such Thing as a Free Lunch and Why it Matters to Pharmacy

Mandy Harrop - University of Waterloo



Each of the pharmacy environments I have worked in as a pharmacy co-op student, including community, hospital, and family health team settings, have presented plenty of opportunity to attend

"lunch and learns" hosted by drug companies. These lunchtime

seminars equate to pharmaceutical companies providing a free meal to health care providers while detailing information on a new drug. As a student, I reveled at the opportunity to attend these on my lunch hour; thirsty for knowledge and hungry for a delicious meal that as a student I had neither the time nor money to provide. It seemed too good to be true. Why would a drug company provide all this for free? There has to be a catch. As the old saying goes, there's no such thing as a free lunch.

It would be naive to think the pharmaceutical giants are providing doctors, pharmacists and other health care professionals across the country with free lunches and other gifts out of the goodness of their heart. It would be equally foolish to hold that one could receive these freebies and information from drug reps and not

have it influence their individual prescribing and beliefs. Yet individuals feel that by being aware of the potential bias and exerting good judgment,

they are unaffected by the marketing efforts. A survey of medical residents that appeared in the

American Journal of Medicine showed 61% of respondents believed pharmaceutical industry promotions did not influence their own prescribing, but only 16% held the belief that other physicians were similarly unaffected.¹ Reasons cited why they felt immune from the influence of the drug reps included they had sufficient clinical knowledge and an ability to ignore the reps while enjoying the promotions.¹

Drug companies spend a significant amount of money on marketing efforts. In Canada

over \$1.7 billion per year is spent on promoting products to physicians.² They would only spend that kind of money if it got results, and the evidence shows it does.

Some statistics indicate for every \$1 the pharmaceutical industry spends on

As a student, I reveled at the opportunity to attend these on my lunch hour; thirsty for knowledge and hungry for a delicious meal ...

...They would only spend that kind of money if it got results, and the evidence shows it does.

sponsoring medical education and professional meetings gives a \$3.50 return.³ Studies also show prescriber detailing increases the number of prescriptions issued for that particular medication.³ A case control study showed physicians who had requested additions to the hospital formulary were more likely to have previously accepted money from drug companies to attend or speak at a conference.⁴ The physicians were more likely to request additions of drugs from the companies of the drug reps they had met with.⁴ Another survey showed that physician prescribing of the sponsoring pharmaceutical company's drug increased after a continuing medical education (CME) event.⁵

While evidence is mounting of the influence of

the pharmaceutical industry, there has yet to be a study that shows this influence results in better prescribing.²

Continued on page 14....

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Student Perspectives

...continued from pg 13

The focus of interactions between the pharmaceutical industry and health care professionals has typically been on physicians. It is now becoming increasingly relevant to the field of pharmacy. Pharmacists are the drug information

experts, whose cognitive skills are being

used more and more as the pharmacy scope of practice in Canada continues to evolve and include prescribing rights in some provinces. It is vital the pharmacist's knowledge is based on appropriate appraisal of the evidence and free of influence from the biased pharmaceutical industry. Pharmacists are in a fiduciary position of determining optimal medication therapy for a patient and have continually been voted as one of the most trusted professionals in Canada.⁶ This assessment could be in jeopardy if pharmacists were known to routinely accept free lunches and rely on information from drug companies.

Organizations such as "No Free Lunch", have taken a stand against the barrage of marketing launched at

health care professionals by the pharmaceutical industry.⁷ This organization challenges health professionals to pledge not to accept any gifts from the pharmaceutical industry and to seek unbiased sources of information.⁷ A guide specific for Canadian pharmacists navigating this ethical issue is not

easily found. It could be argued this topic falls under the Ontario College of Pharmacists code of ethics; "Principle Five: Each member acts with honesty

and integrity".⁸ The American College of Clinical Pharmacists has a position statement for ethical interactions between pharmacy and the industry.⁹ It states any gift that may influence clinical judgement poses a conflict of interest.⁹ It recognizes that studies have demonstrated the acceptance of a gift,

even as small as a pen, creates a feeling of obligation to reciprocate.⁹ The position statement recognizes interactions between pharmacists and the industry are unavoidable and can sometimes be beneficial, but the relationship must remain within the appropriate boundaries.⁹ Information provided by a drug rep can be helpful, but should be interpreted with caution. It

has been reported that 11% of statements made by drug reps were inaccurate and physicians generally failed to recognize the false information.¹⁰

Our health care system could not survive without the pharmaceutical industry which brings lifesaving drugs to market, but ultimately it is a business out to make a profit. This puts the onus on health care professionals to discern when interactions with the industry pose a conflict of interest. As interactions between pharmacists and the drug industry become increasingly common, the ethical considerations of this issue needs to be raised as one of the hot topics of pharmacy today. Turning down a free lunch is not an easy task, especially when it can be tempting to justify it is

...11% of statements made by drug reps were inaccurate and physicians generally failed to recognize the false information.¹⁰

deserved with all the hard work and long hours health care profes-

sionals put in. However, it is not a matter of whether we deserve it, but that our patients deserve better.

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Student Perspectives

The WISH Clinic

Stephanie Gautron - University of Manitoba

During my first year as a pharmacy student, I had the opportunity to volunteer at the WISH Clinic. WISH is a student run clinic that was founded in 2009 in the Point Douglas area of Winnipeg, Manitoba. Point Douglas was identified as having a population with the poorest overall health and lowest average family household income in Winnipeg. WISH stands for “Winnipeg Interdisciplinary Student-run Health” and strives to address the health needs of the Point Douglas community in an unbiased, socially responsible way, while providing an inter-professional learning environment for students. The WISH clinic runs on Sunday afternoons and requires a minimum of 12 students from various health professions such as pharmacy, nutrition, medicine, social work and occupational therapy.



A typical Sunday begins with setting up and cutting fresh fruits and vegetables. When the doors open, students greet clients and they are served drinks, fruits and

vegetables. There is often a physician and other mentors such as pharmacists that volunteer their time to offer care to the clients. When a client has a health related concern, two students from different health faculties are paired to interview the patient. After the interview, the students share the major findings with their mentor. Afterwards, the two students go back to see the patient with their mentor and discuss a therapeutic plan with the patient. From my personal experience, I found these clinical cases extremely valuable and educational. Having the opportunity to interact with patients helped develop my interpersonal skills. Furthermore, participating in clinical cases helped me develop interest for various medical topics. For example, my pharmacy faculty organized a “Smoking Cessation” educational day last year at the WISH clinic where I was involved with developing a therapeutic plan for a patient that was ready to quit smoking. Although I did not know much about smoking cessation at the time, my mentor was a pharmacist who had just recently graduated from the University of Manitoba. I was privileged to observe my mentor make a thorough assessment and decide the best therapeutic plan for the patient.



The following week, I observed my mentor counsel the patient on Champix. As a result of this experience, smoking cessation became a topic that is meaningful to me and I am now motivated

to learn more about smoking cessation throughout my degree.

Volunteering at the WISH clinic also provides students with the opportunity to providing patient-centered care from an interprofessional approach. WISH is an excellent model that shows how interprofessionalism between healthcare professionals is a crucial part of meeting patients needs. For example, a physician was able to offer therapy for a specific health related concern, but a social worker was also needed in the therapeutic plan due to the very poor living conditions that was negatively affecting the health of the patient and her chil-

WISH is an excellent model that shows how interprofessionalism between healthcare professionals is a crucial part of meeting patients needs.

dren. The WISH clinic provides students with a better understanding and appreciation of other health care professions. Interprofessional care is a sustainable approach that meets patients’ needs. The WISH clinic providing an excellent model for a pharmacist’s role within the healthcare team.

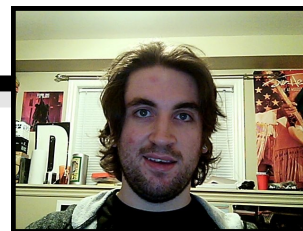
To sign up to volunteer at the WISH clinic is simple, a few forms need to be filled in and attendance to an orientation session. Students have the freedom to choose which Sundays they would like to volunteer by signing up online on a Doodle spreadsheet. I encourage students to consider volunteering at the WISH clinic as there are Sundays every year that are cancelled due to shortage of volunteers.



For students located outside of Manitoba, there are many organizations similar to the WISH clinic such as Edmonton (SHINE), Vancouver (CHIUS), and Saskatoon (SWITCH). I strongly recommend pharmacy students to get more involved with their local organizations as it is an excellent learning opportunity while providing care to people in need.

Student Perspectives

Stigma Dave Ropson - Memorial University of Newfoundland



Stigma can be a very damaging thing. As we progress through our education as pharmacy students we are taught to move past stereotypes and into facts. We learn to treat people fairly and approach every situation with a clean slate; which is indeed the proper way to handle everything.

One often darkened corner of practice is methadone therapy. It is easy to class this demographic of patients apart from others due to the assumed nature of their treatment. Whether we like to admit it or not most people (either openly or, equally as inappropriate, secretly) have preconceptions about these patients long before they meet face to face or have any notable interaction with them. I will openly say that I was

hesitant to begin work at a pharmacy with a fairly large methadone patient base for my area (almost 50). I was nervous about how to interact with these patients, how to act, how to greet them, and even

how to deal with methadone prescriptions. I

was genuinely nervous and felt that I was over my head.

Looking back I couldn't be happier that I started at the store! I have learned that these patients are rewarding to work with. They are exactly the same as every other group; the vast majority truly want help and know that we are there for that

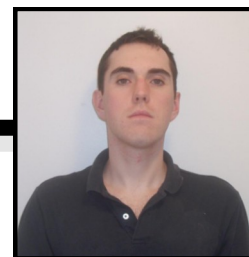
"To interject our own misperception can wrongly alter their care, and that is the last thing I'd ever want to do"

purpose. They are patients that need our knowledge and skills to recover, sometimes worse than other patients. To interject our own misperceptions can wrongly alter their care, and that is the last thing I'd ever want to do. I find working with these patients to be very satisfying and have enjoyed getting to know them more than any other patient!

To truly experience life in a pharmacy I feel handling methadone to be a crucial element. I feel it truly embodies what it means to help our patients.

Position Spotlight WEBMASTER

Patrick Monaghan



As the CAPSI webmaster, I maintain the website www.capsi.ca and email accounts for all national CAPSI delegates. It required me to learn the basics of html coding to make changes to the site via wordpress. Information on the site needs periodic updating for new PDW info, new counsel profiles, new sponsors, and other changing information.

One cool site I maintain is www.capsi.ca/scope, an interactive map of Canada that shows the scope of practice for pharmacists in each province. I update it as soon as new expanded scope practice becomes implemented in a province, to try to save students the trouble of checking each provinces' pharmacy association website for details.

A lot of the technical parts of the webmaster position are not directly applicable to pharmacy, but considering how much pharmacists rely on web-based resources in practice, I like to have a working knowledge on how those resources are set up. I also brought the skills I learned here to a project with Canada Health Infoway: Me and 4 other pharmacy students helped develop a nationwide course for pharmacy students on information technology (check it out at <http://afpc-education.info/moodle/>).

I had a great webmaster before me, Franky Liu, who set up the website well and taught me the ropes. Another cool thing about being webmaster is the networking. You get to work closely with CAPSI members from across the country, helping set up their profiles and emails and their personal contributions to the website. Information technology will only improve in the future and will likely have an increasing role in direct patient care and I would recommend learning some type of programming language, HTML coding, or whatever computer science concentration that interests you.

Some pharmacy positions involving IT include: making/improving pharmacy software, province wide drug information systems, pharmacy benefit analysis for insurance companies and government, and maintaining online resources like e-cps.

A background in IT will certainly help the ambitious pharmacy student in an uncertain future job market, what are you waiting for?

What's Holding Pharmacists Back?

By: Joshua Torrance *University of Alberta*



INTRODUCTION

Much has been written about the scope of pharmacy practice in Canada over the past decade. The health and cost benefits of pharmacists in the primary care team are well documented, as are the reasons why community pharmacists have yet to widely adopt this new role.¹⁻³ Common self-reported barriers by pharmacists generally involve issues of time, money, training, and lack of support from patients and other healthcare professionals.⁴⁻⁶ Despite these self-perceived barriers, expectations of pharmacists continue to grow, as does support and funding, particularly in Alberta.

Alberta, a worldwide leader in pharmacy practice, has given pharmacists one of the largest scopes of practice and amount of financial support in the world. Despite this, uptake of pharmacy services still remains largely superficial. Pharmacists in Alberta are able to prescribe and adapt medications, administer medications by injection, and develop patient care plans, but average less than two services per pharmacy per day.⁷⁻⁹

The continued support for pharmacy services in Alberta brings into question whether or not the aforementioned barriers are the only issues holding back pharmacists. Indeed, evidence suggests that removing self-reported barriers is not sufficient to promote practice change.⁵ Rosenthal et al. has provided a unique explanation on this poor uptake of clinical services. They hypothesized that pharmacists themselves are holding back practice change, by undervaluing their own training and being unable to apply their knowledge in the novel ways expected from a primary care clinician.¹⁰ I believe the ideas suggested by Rosenthal et al. are likely a major contributor to the lack of uptake of practice change, but also believe the issue comes back to a more basic problem: pharmacists do not perceive the necessity of change.

THE PROCESS OF CHANGE

The changes being implemented in pharmacy are similar to those seen in any major organization. As such, one would anticipate the success of change to depend on similar factors. Kotter's *8-Step Process of Change* gives insight into how successful practice change may occur (Figure 1).^{11,12} Of key importance is "establishing a sense of urgency". Without the perceived need for change, individuals will not make the efforts that are required for change to be successful. I propose that pharmacists themselves do not see the need to change because they already view themselves as patient-focused and essential to the healthcare system.

SELF-PERCEPTION OF CURRENT ROLE

Another study by Rosenthal et al. examined pharmacists' first response when asked "in one or two sentences could you please tell me 'What does a pharmacist do?'" 45% of pharmacists gave a product-focused definition of their role, compared with only 29% who gave a patient-centered answer (Table 1).^{13,14} This seemingly contrasts with a 2009 study on Canadian community pharmacists' perception of their role potential in primary care. This study surveyed pharmacists about tasks they felt were important for them to complete. There was an overwhelming support for expanded tasks, such as medication selection and monitoring drug therapy.¹⁵ I believe this can be explained by the specifics of how pharmacists currently practice.

Pharmacists traditionally have served an unofficial role in recommending and monitoring drug therapy through suggestions to prescribers. The expanding scope of practice largely permits pharmacists the authority and responsibility to manage those decisions independent of a prescriber. As noted by Rosenthal et al. this would move pharmacists to the forefront of primary care, and force pharmacists to risk more judgement from both the patient and physician.¹⁰ This puts pharmacists in an area they are generally uncomfortable to be in. Pharmacists may feel they already are practicing in an expanded capacity and thus it makes little sense to support additional changes that would only increase the potential risks to themselves, with no foreseeable benefit to the healthcare system or their practice. Ultimately, there is no perceived sense of urgency to promote practice change and pharmacists have remained resistant to the changes within their profession.



Figure 1: Kotter's 8-Step Process for Leading Change

Continued on page 18....

What's Holding Pharmacists Back?

Continued from page 17....

Table 1: Definitions of dispensing and patient-focused care as per The Blueprint for Pharmacy: Implementation Plan

Dispensing (Product-Focused)	Interpretation and evaluation of a prescription, selection and manipulation or compounding of a pharmaceutical product, labelling and supply of the product in an appropriate container according to legal and regulatory requirements, and the provision of information and instructions by a pharmacist, or under the supervision of a pharmacist, to ensure the safe and effective use by the patient.
Patient-Focused Care	The merging of several models of healthcare practice including patient education, self-care, and evidence based care into four broad areas of intervention: communication with patients, partnership with patients, health promotion, and delivery of care.

WILL PHARMACISTS ALWAYS BE ESSENTIAL?

There is also the self-perceived essentialness of pharmacists in the dispensing process. Pharmacists pride themselves on being able to provide information to patients to ensure safe and effective prescription use and view themselves as drug experts who can provide meaningful and relevant drug information to patients and other healthcare providers. While this is an important role in healthcare, nearly half of pharmacists have made it their primary concern over patient-focused activities.¹⁵ The reality is that new technologies and procedures are increasingly reducing the need for pharmacists in the dispensing process and basic drug information purposes. Technician regulation in Alberta has granted a large portion of the dispensing process to technicians.¹⁶ Technologies such as electronic health records and telehealth, along with registered technicians, are currently used in Albertan hospitals to permit assessment of prescriptions by only a few pharmacists within a remote dispensary for hundreds of patients. It is not unlikely that community pharmacies will adopt a similar model if it proves cost effective. Additionally, improved technology is providing other healthcare providers access to easy-to-use drug information and interaction checks, which again reduces the necessity of pharmacists in these areas. Many pharmacists mistakenly believe that dispensing and drug information will provide a reliable and stable future, and it is this belief that contributes to the difficulties many pharmacists have in accepting the risks of their expanded scope.

GOING FORWARD – EMBRACING CHANGES AND NEW FUTURES

Much research has been done to determine what pharmacists believe is holding back their profession, but more is needed to truly discern the role pharmacists have in this. I believe the current views, that pharmacists are already

fulfilling their expanded role in healthcare and that their current positions are essential, have led many pharmacists to view change as unnecessary. Without the belief of necessity the likelihood of a successful change process will be greatly reduced. However, there are already a growing proportion of pharmacists who view their role as patient-focused and have taken the steps to advance their practice. Enrollment in Alberta's Additional Prescribing Authorization continues to grow and now over 5% of pharmacists have obtained APA.⁸ This hopefully signals that pharmacists are becoming aware of the necessity of their expanded scope and will embrace their new position in the primary care system.

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March is Pharmacist Awareness Month! Are you ready?



The pharmacist is in! Our role is changing to help you better manage your health.

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

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

CPhA was proud to sponsor the 2013-2014 CAPSI Award of Professionalism. Awarded each year to the three faculties who execute the best PAM campaigns, this award highlights the creativity and passion that pharmacy students show for their profession, their patients and their communities. The 2013 winners were announced at PDW 2014 in Vancouver in January. Congratulations to:

First place: University of Waterloo

Second place: University of British Columbia

Third place: University of Saskatchewan

For PAM 2014, CPhA and the Blueprint for Pharmacy have developed a wide range of free tools and resources, including posters and handouts, newsletter and news release templates, logos, website banners, social media content and word games. Try some out at www.pharmacists.ca/pam.



If you're looking for some new ideas for PAM 2014, CPhA has several free resources that can be easily incorporated into your campaign:

Kids & Medicine

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

Continued on page 20....



...Continued from page 19



CANRISK

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

PharmaCheck

Another simple tool to use in a pharmacy or clinic is PharmaCheck, a practice tool developed to quickly identify common medication issues in adults on chronic medications. Centered on a plain language Patient Screening Tool, PharmaCheck is a great resource for you to use to help develop communication and patient assessment skills. PharmaCheck is free for CPhA members. Learn more at www.pharmacists.ca/pharmacheck.

This March, make sure your community and your patients know that the pharmacist is in! Watch for details from your CAPSI rep on the 2014 Award of Professionalism and submit your application.

***We're looking forward to seeing how pharmacy students are making a difference.
Happy Pharmacist Awareness Month!***



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

—Sumaria Hasan, University of Waterloo Rx2016

West Coast, Best Coast

By: Stéphanie Lepage



It's early November. You can hear anxious pharmacy students across the country talking and hoping for one thing: they want to go to PDW 2014 in Vancouver.

It's January 8th. You can hear students mingling with each other in hallways and feel electricity in the air. We're finally here! After spending several hours in an airplane or waiting for a delayed or cancelled flight, almost everyone has made it and is ready to enjoy the next four days in British Columbia. PDW is an opportunity like no other to meet students from all over the country and learn about pharmacy practice in each province. Here is an overview of this year's Professional Development Week hosted by University of British Columbia.

Welcome

PDW started off with an evening filled with traditional dancing from both professional dancers and pharmacy students! After an amazing performance, dancers invited students on stage to learn a couple of moves. We now understand why so many of us chose pharmacy over a brilliant dance career... ! That being said, everyone enjoyed their first night in Vancouver and met students from coast to coast.



And during PDW, you can always tell people are having a good time when you start hearing French from a west coast student! And we heard a lot of French during our stay!

The first day started with a BANG! Dr. Kishor Wasan, keynote speaker, gave a truly inspirational talk about helping those in need and focusing on world health rather than profit. Typical topic one might say. Yes, but Dr. Wasan's words and enthusiasm came from the heart and were able to touch every single one of us. The day contin-



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The first day started with a BANG! Dr. Kishor Wasan, keynote speaker, gave a truly inspirational talk about helping those in need and focusing on world health rather than profit. Typical topic one might say. Yes, but Dr. Wasan's words and enthusiasm came from the heart and were able to touch every single one of us. The day continued with many other interesting talks on antibiotic resistance, formulation, child obesity and much more! One great moment from that day was the patient panel discussion where three patients with mental illnesses shared their experience with the health system and the story of their disease. This hour and half was both heart breaking and highly educational. We could finally hear what it's like to be on the other side of the white counter. In the meantime, competitions were held at the outstanding UBC Pharmaceutical Science building where students from each province competed against each other. Being from Montreal, I have to give a special congratulation to the OTC winner, Jean-Patrick Sylvain! We finished off the first day with a night of epic dancing at Gossip Night Club, already looking forward to day two.



Pharmacy Talks & the Health Fair

Then Friday already came. The second day was again filled with amazing talks as well as the famous PDW Health Fair. Hundreds of students walked through sta-

...Continued from page 21

The Final Day

And there it was, our last day in Vancouver. Friendships were now strongly established, west coast students had spoken French more often than not, PDW was already a great success. However, everyone was more than ready to spend a last day together. We started the day laughing with motivational speaker Mr. David Granirer who spoke to us about the importance of laughter. After tossing around a plastic chicken and throwing hundreds of paper balls at each other, we walked out the room feeling happy about ourselves and our career choice, which helped everyone get ready for the big afternoon coming ahead: Pharmafacts Bowl. The one and only competition that differentiates boys from men and crowns one school with the coveted trophy and more importantly the bragging rights to be the best school in Canada! Unfortunately for us Montrealers, we had to hand our trophy to University of Saskatchewan, 2014 Pharmafacts Bowl winners!



Saskatchewan, enjoy your title while it lasts, because Montreal wants it back next year! As you might have heard, a couple of questions got lost in translation and I would like to share probably the best one with you. One possible answer about Plan B went like this, in English:

"A single dose used within 24 hours of unprotected intercourse prevents 95% of expected pregnancies."

Now, I have translated in English the French sentence our teams received:

"A single dose prevents 95% of fatties."

We definitely had a good laugh! That being said we would like to thank the PDW Planning Committee for making sure everything was accessible for the French students throughout this conference.

Closing Gala Masquerade

Then, only one event was left: the closing gala. We could feel the excitement, hear the girls talking about their outfits and the boys asking their girlfriends to tie their neckties. A couple of hours later, we were ready. Masks on, glass in hand and smile on our faces, we were celebrating the end of another amazing PDW. Saying goodbye to our new friends, sharing experiences and thoughts on the different speakers and dancing the night away, not thinking about the many hours of traveling waiting for the majority of us the next morning.



All I have to add is one great big thank you and congratulation to the Planning Committee and every one who made this experience possible. I can't wait to see all of you next year in Quebec City!

PDW 2014 Reflections University of Alberta

By: Joshua Simpson

University of Alberta – 1st year

There were many things I learned while on this conference and I feel there was not a moment I was not enjoying myself and I think I managed to spend the entire time learning. The most important thing I took away from the conference would be making friends and meeting fellow pharmacy students from the other schools. During the social events and our “down-time” it was easy to meet and converse with like-minded individuals many of whom I found shared similar interests and was therefore able to talk about both conference relevant information (such as the talks and our specific pharmacy programs) but also just chat about things I liked to do and plans (possibly including PDW 2015). I also learned from this conference as I believe was its goal. While I found most of the talks really informative the ones I appreciated most would have to be the one which related to compounding practice and the one which referenced the new Pharmacy Clinic at the University of Alberta. The one about compounding was definitely my favorite talk of the conference and I am sure in some way was directly related to the speaker who managed to mix his energy with his message so neither overpowered the other. I have never thought of compounding pharmacy as interesting as I didn’t fully understand the need for these specifically made compounds when big pharmaceutical manufacturers produced large-scale cheap medicine by the millions. However, seeing how he has been able to tailor the specific medications to his patients and hear about the patient experiences from himself and his colleague has me considering a future in compounding pharmacy. This interest was only furthered seeing picture evidence of the benefit that one of his patient specific compounds had on the leg wound of that specific patient.

This second talk, while not as energetic, caught my attention from an academic standpoint. Firstly, the Pharmacy Clinic (which only provides clinical services) is sure to serve as a wake-up to those individuals (patients and other health care practitioners alike) that the role (and benefit to patient care) of a pharmacist within today’s society has expanded (and in my opinion improved) from simply the distribution based profession. Secondly, this on campus pharmacy clinic seems to serve a great benefit to the students who are able to experience a little more of a real-world experience (compared to mock patients) while still having the safety next of an educator present. Finally, from a purely logical standpoint I see this idea as a source of revenue for the department (albeit I am unclear how billing would work). This seems to be a business as much as any Shoppers Drug Mart or London

Drugs and therefore would be able to bill for the clinical services they provide, whether that be med reviews or injections or whatever other service provided. As this would be run out of the University it would then have to pay for its location and for supplying the students to come in and work with the patients.

By: Hedy Fu

University of Alberta – 4th year

As a fourth year student attending PDW for the first time in a beautiful city, I had an amazing time connecting with students from other schools and touring around Vancouver. The speakers with diverse background certainly contributed to the positive experience.

My personal favorite speaker is Dr. James McCormack, who gave an uplifting talk about incorporating relevant evidence into shared and informed decision making for common conditions seen in primary care. The most memorable and influential message I took is that healthy skepticism and basic critical appraisal skills are essential for practitioners. Often times our judgment is clouded by sugarcoated data and other’s perceptions and recommendations. When patients inquire about certain drugs or products, not many pharmacists provide patients with tailored data and purely assist with patient’s decision-making process. Community pharmacy is still a profitable business. A lot of the times we might subconsciously promote products that do not have solid evidence. Many efficacies rely on surrogate outcomes. To be a trustworthy healthcare professional, I should act in the interest of my patients; master the necessary skills of critical appraisal and encourage informed decision-making.



PDW 2014 Reflections University of Waterloo



The thing I loved most about PDW 2014 was the atmosphere; every single student was so excited to meet delegates from other schools - it wasn't hard to make new friends at all! I met a number of truly amazing people, and we've even managed to keep in touch since! As a fourth year, it's a bitter sweet end to my PDW experiences - while I'm sad that I won't be able to see all my new friends next year in Laval at PDW2015, I'm so happy to have met them.

- Kacie Lunn
Rx2014

I've had the pleasure of attending every PDW I can as a student, and this year I had the unique opportunity to see the conference from another angle: that as a member of CAPSI National Council. It's remarkable how quickly you can bond with students from other schools every year - I look forward to our annual reunions with friends of years past; however, to experience the conference with leaders from other schools and hearing of their experiences with helping to change the face of pharmacy or motivating their peers to do the same at the local level, was both inspirational in its own right and just straight up phun.

- Jaskiran Otal Rx2014



Having been my first experience at PDW, I can't say enough about how amazing the whole trip was! The entire atmosphere was

incredible. Meeting students from across Canada, and exploring downtown Vancouver were my favourite parts. I was also part of a group of 4 students who got selected from University of Waterloo to compete in the CAPSI National Compounding Competition. That, in itself, was an amazing experience also. Going to UBC, and facing our competitors was a little nerve racking. Once it was over we all felt relieved and accomplished! Then at the final closing gala, we awaited to hear the results. It was after the fourth and third calling, that we started feeling a bit discouraged. Our eyes light up so brightly when we heard "2nd place goes to...University of Waterloo!" What a great way to end our PDW experience!

- Trina McFarlane Rx2015

PDW Vancouver was full of inspirational and educational moments and endless opportunities to meet like-minded students from across the country. Participating in the patient interview competition was a great experience! I was honoured to represent Waterloo on a national level and it made me realize how well our school prepares us to be among the best pharmacy students in the country!

- Allison Tario
Rx2014



PDW 2014 Reflections University of Saskatchewan



PDW 2014 in Vancouver was excellent. The theme “currents of change” was very appropriate providing the extensive changes taking place within our profession. These changes are exciting, but also somewhat scary! Listening to experts talk about how to deal with these changes effectively and the opportunities that accompany these changes helped me to become more motivated and excited about the future of our profession!

- Jennifer Holmes, BSP 2015



PDW was a great way to explore many different aspects of pharmacy in a social setting, through interesting speakers and student involvement, not only with peers from your own college, but with students from across Canada.

- Chantel Martin , BSP 2016

Professional Development Week 2014 was a very positive experience for me. As a first year pharmacy student, I did not think this conference would be very beneficial, due to my minimal level of education in the profession. However, I was greatly surprised to see that the conference focused on pharmacy students as a whole, allowing myself to gain important knowledge from it. I was inspired by many of the speakers, particularly Sebastian Denison, and look forward to the numerous opportunities available for current pharmacy students. I was able to collaborate with pharmacy students from all over Canada, as well as interact with key practitioners in the pharmaceutical world. PDW turned out to be a fantastic experience for me, and I look forward to attending the conference again in the upcoming years.

- Carissa Isinger, BSP 2017



The Dalhousie College of Pharmacy has just surpassed its 100-year anniversary, but don't be fooled by its old age. The college is more active than ever, both within the university community and city of Halifax. Here is a look at a few of Dal Pharmacy's choice events each year:

MR. PHARMACY



A popular event at pharmacy schools across Canada, Dal Pharmacy has just hosted our first Mr. Pharmacy competition in over 5 years in support of a local shelter, Metro Turning Point. 2 brave pharmacy gentlemen were selected from each class to compete in the grueling competition hosted at Dalhousie's very own campus pub, *The Grawood*. Favorite sections of the evening included a swimwear pageant, and a highlight of each competitor's talent of choice. It was a great turnout from our student population, and over \$2000 was raised for the worthy cause.

PROFESSORS AUCTION

This dinner and auction is an annual fundraiser for local charity, and is held at Dalhousie's University Club, where pharmacy stu-



dents and faculty dine and donate for a worthy cause. Some hot auction items in the past have included a "games-night" evening with the Skill's Lab professors, and a dinner prepared by our very own director of the College of Pharmacy.



OPEN MIC

Each year, the graduating class organizes multiple open-mic events for pharmacy students to showcase their talent. Dalhousie's other campus bar, *The T-room*, hosts our talented performers, and proceeds are put towards events during grad week.

SKIT NIGHT

Skit night has been an annual event for as long as anyone can remember, and may debatably take the title for the "biggest night of the year" to most students at the College. For this competition, each class presents a 30-minute skit beginning with the first years. Each skit is judged by a panel made up of faculty and sponsors of the evening. The event also highlights student talent, with intermission musical performances by peers at the College. All proceeds from skit night go to a different charity each year. Last year, \$3250 was donated to the Schizophrenia Society of Nova Scotia.



Mr. Pharmacy



Our second annual Mr. Pharmacy Pageant was once again organized in conjunction with our faculty Christmas party. It was a huge success! Held at the classiest venue in Winnipeg, the Metropolitan Centre, the elegant supper was followed by outstanding performances by our eight nominees which included everything from a Brave Heart soliloquy to beat boxing to unicycling. Needless to say these boys were impressive! Overall the night established a new level of grandeur for the event. Most importantly, congrats to Louis Chute, University of Manitoba's Mr. Pharmacy 2013!!



CAPSI Bowling Night



This is our annual CAPSI Welcome to the Faculty event. It provided an opportunity to mingle with the incoming first years and other students from the faculty.

CAPSI Competitions

Our competitions were all held in October and they produced some pretty fierce competitors with our PIC winner, Heidi Marschall taking home first place at PDW, and our Compounding team placing fourth! Toba Pride!



Run for the Cure 2013



This year we raised over 2500 dollars for the Canadian Breast Cancer Foundation and had over 30 members on U of M's Team Pharmacy. Some of our fundraising efforts included the Saving Second Base Softball Tournament held in the summer and our Kiss for the Cure event held in September. The softball tournament drew in 8 teams and was followed by a social (it's a Manitoba thing) that evening. At Kiss for the Cure we handed candy kisses, and maybe even a few real ones for the special people ;), in exchange for a donation towards our fundraising efforts. We also encouraged the faculty to wear pink on this day.

Symposium – How to Market Yourself

For our symposium we hosted local pharmacy entrepreneur, University of Manitoba alumnus, and former CAPSI President, Carey Lai, to discuss his endeavors as a pharmacy owner. This down to earth and forthright presentation provided students with pertinent and real life advice for the current competitive pharmacy market.

School Showcase **University of Montreal**



This year, like every other year, the University of Montreal's Pharmacy students have been busy! From organizing a symposium on the future of pharmacy to skiing in Charlevoix, here is a little overview of our year outside of class!

We started hosting an annual symposium on the future of pharmacy three years ago and we are now planning our fourth one. During this day, pharmacy students or any University of Montreal student has the chance to attend several talks by influent Quebec health care professionals and the day wraps up with a discussion panel on a specific subject. This year the symposium will cover topics related to open science and « e-health ».



We always start our school year with our traditional welcoming barbecue where we crown our frosh week winning team. This year the Antidepressants won after a tight race against the Narcotics!

There are six frosh week teams here at University of Montreal: the Antidepressants, the Narcotics, the Analgesics, the Suppositories, the Vitamins and the Generics!



In October, we held our annual wine & cheese. This event is by far one of the most popular! Each year, over 800 students (and a couple of graduated students that just can't say goodbye to this fabulous event) attend this elegant night of music and dancing!



In late January or early February, University of Montreal teams up with Université Laval to plan a skip trip to Massif ski station located in Petite-Rivière-Saint-François. Around 150 students from both schools drive four hours (or only an hour from Quebec!) to play or cheer for our

Coming soon for Province of Quebec's students is COCEP 2014! This annual pharmacy conference reunites 700 students from both schools. COCEP is three-day conference filled with academic competitions, sports, an epic hockey game, a Pharmafact competition, a health fair, many talks and obviously fabulous parties! This year's has for its theme « Super-Pharmacists, stars of tomorrow » and will take place in Montreal.

We will finish off the school year with our famous Pharmacy Talent Show! This event is always organized by our first year students and is the last occasion to spend time with our classmates before everyone is off to their vacation or their rotations. Students from every year have the opportunity to showcase their talents from dancing, to singing to juggling (yes Université de Montréal has one amazing juggler!).



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