



CANADIAN ASSOCIATION OF PHARMACY

CAPSIL

STUDENTS AND INTERNS LETTERS



FALL

2016

Letter From The Editor

Welcome to the 2016 fall-edition of the CAPSIL. My name is Darren Reithmeier, and I am a second-year student from the College of Pharmacy and Nutrition at the University of Saskatchewan. I feel incredibly privileged to be serving as your CAPSIL Editor, and I look forward to sharing your stories and voicing your opinions as we journey through another school year together. Canadian Pharmacy students and professionals are a special group of people, and I am grateful for the opportunity to connect with so many wonderful souls.

Over the past few years, CAPSI has worked hard to professionalize the CAPSIL and build its reputation as a highly-respected student publication. Building on our past efforts, we will continue to advance the CAPSIL by introducing a new organizational format and publishing a wider-variety of unique feature articles throughout the year. Our aim is to create a national publication which is consistent, professionally organized and full of interesting stories that connect, inspire, teach and inform.

The CAPSIL will now be organized into five main sections, and each section will reflect one of CAPSI’s five core values (academics, advocacy, unity, professionalism and excellence). The academics section will feature articles that highlight academic success, research accomplishments, and any other stories related to the world of academia. The advocacy section features positions statements and other articles which expose Pharmacy related issues and support the interests of Pharmacy students across Canada. The unity section will showcase stories that bring Canadian Pharmacy students together to share their experiences and opinions. The professionalism section will focus on topics related to professionalism in the world of Pharmacy, and the excellence section will highlight the achievements of our CAPSI members.

This edition of the CAPSIL will introduce several new features including “Practice Makes Perfect” which features a collection of anonymous submissions that highlight some goofy or embarrassing mistakes that pharmacy students have made on the job or in the classroom. Other new features include “Day in the Life” which features first-hand accounts of life as a community pharmacist and “Coast-to-Coast” which provides a look into different pharmacy programs across the country.

We hope you enjoy these new features and all of the other inspiring content that our members submit throughout the year. Good luck with your studies and happy reading!

Darren Reithmeier
CAPSIL Editor

President’s Address

Dear CAPSI Members,

Welcome to the Fall edition of the CAPSIL! The Fall term is filled with endless possibilities and potential as it marks the beginning of another year in your pharmacy journey. As you progress through this academic year, I encourage you to challenge yourself by taking opportunities that will propel your personal and professional growth towards becoming the outstanding pharmacist you are meant to be. To the Class of 2017, enjoy this last year of your student career with your classmates before graduating and making your mark in the real world as an exceptional health care provider.

CAPSI National is proud to represent over 3800 members from coast to coast unified for excellence, advocacy and academics in pharmacy. CAPSI’s membership is imperative to the success of our organization and the future of the pharmacy profession – thank you for your continued support. Over the past few months, your CAPSI National and Local Councils have been working tirelessly to provide you with a plethora of opportunities for professional and educational development outside of the pharmacy curricula.

Over the past decade, the pharmacy profession has been evolving at a rapid pace, and the momentum does not seem to be slowing down anytime soon. CAPSI strives to advocate for Canadian pharmacy students on the provincial, national and international levels. I am pleased to say that three CAPSI National Council members took part of the Canadian Association of Pharmacists (CPhA) first Federal Lobby Day on Parliament Hill with other pharmacy leaders and Members of Parliament. This is just the beginning of many conversations that CAPSI is engaging in to ensure the voice of the student and intern is heard as pharmacy practice continues to expand. As the next generation of pharmacists, we have the ability to be catalysts for positive change in the profession by becoming involved and advocating for our future practice.

Our Manitoba colleagues will be hosting Professional Development Week (PDW) 2017 January 4th to 7th in Winnipeg, MB. Hundreds of motivated pharmacy students from across the country will gather in Winnipeg to gain knowledge and become inspired by the conference’s theme of pushing the profession “Beyond Boundaries”. The University of Manitoba’s PDW 2017 Planning Committee has been committed to planning this conference for the past three years, so I can guarantee that you are in for an unforgettable experience. During the conference, CAPSI National will be meeting to make further progress in its initiatives, hold our Annual General Meeting, CAPSI Meet and Greet, National Elections and our first CAPSI National Executive Open Meeting Session for delegates. If you’re interested in becoming a part of the CAPSI National, I highly encourage you to run for an executive position! Talk to your local representatives or contact CAPSI’s Executive Secretary secretary@capsi.ca for more information.

CAPSI has many new projects underway (including our exclusive members only portal for our website) and we are excited to reveal our work to our members in the New Year! In an effort to increase transparency to our members, CAPSI is striving to increase its social media presence. Keep up-to-date with all things CAPSI by liking ‘CAPSI – ACEIP’ on Facebook and following us on Instagram and Twitter @CAPSINational.

As you’re taking a study break to read this, I hope you also take the time to reflect on the Fall 2016 semester and find that CAPSI has added to your experience. It’s never too late to get involved; consider running for a CAPSI National position, or keep an eye out for opportunities with your local CAPSI council. Find something that motivates you and run with it – I promise it will make your student experience that much greater!

As always, if you have any questions, comments or concerns please don’t hesitate to contact your local representatives or myself at pres@capsi.ca.

All the Best,

Caitlin McGrath
National President, Canadian Association of Pharmacy Students and Interns (CAPSI)

VPPA: Reflecting on Perceptions

By: Madeleine James
Vice President of Professional Affairs
2016-2017

As part of my role as Vice President of Professional Affairs, I was able to attend the National Health Sciences Students’ Association Conference hosted by Dalhousie this past March. The theme of the conference was “Diversity and Inclusion in Health Care - Diverse Populations, Diverse Professions and Inclusive, Collaborative Care.” During the conference, we had an opportunity to hear from speakers of multiple professions about their work in improving the health and well-being of diverse populations.

The highlight of the conference for me was when we had the opportunity to take part in simulation labs in Dalhousie’s new Collaborative Health Education Building. We were given the chance to run through a mock patient care scenario with an interprofessional student group. My team consisted of students from medicine, nursing, naturopathic medicine, social work and pharmacy. The interaction was set in a hospital and our simulation focused on smoking cessation. After the scenario, we were given an opportunity to have an informal discussion about how the simulation went. This led to our group having an open and engaging discussion about interprofessional team dynamics. During this conversation, one student mentioned that she often notices other health professions have preconceived ideas about her knowledge, personality and decision making abilities which are not always true to reality. The honesty of the comment really made me evaluate the preconceived expectations we have for our fellow health professionals.

Too often, we enter collaborative groups with preconceived expectations about the roles each health profession will play. We bring in our traditional views of the role and characteristics a type of health professional has. For example, physicians are often viewed as the leader by default who other professions should refer to prior to making decisions. Nurses are seen as the patient care provider who support the realization of doctors’ orders. In our own right, pharmacists are still being seen as drug distribution experts with a somewhat limited role in clinical medication management. These traditional mindsets run the risk of bringing us back to the hierarchical structure that stifles creativity and teamwork. The reality is that each profession offers a lot more than what the archetypical perception of them might entail. In the same way, each individual professional is unique and will have different strengths and weaknesses. Before entering into a team environment, always take the time to evaluate if your judgment of a health professional is based on their merit and knowledge or if it is based on our traditional perceptions of a profession.

During our time in the simulation lab, our group discussed how interprofessional teams should try to adapt their leadership based on the task at hand. For example, if the patient has a medication related concern then this may be an excellent opportunity for the pharmacist to lead the team. On the other hand, if the patient has barriers related to the social determinants of health then it may be an optimal time for the social worker to act as the leader. This type of flexibility and shared responsibility by an interprofessional team can lead to creative and efficient health care solutions.

After taking part in this exercise it provided me with a fresh perspective on how our perceptions can create an ineffective reality. As pharmacy students, most of us have had the benefit of having education and training on effective interprofessional collaboration. That being said, it is always useful to take the time and reflect to make sure you are always continuing to develop those interprofessional skills. In this way, before entering or while working in an interprofessional team, it may be beneficial to reflect on four basic questions to promote the most collaborative environment you can.

1. What can I bring to the team?

This may seem like an easy question but many of us have trouble reflecting on our own strengths and weaknesses. We are all aware of the role of the pharmacist but not all interprofessional teams require the same services. We need to be able to identify what strengths we have that can fill gaps in the team or opportunities to support the roles of other health professionals.

2. Do I fully understand the role of each health professional?

Learning how to effectively communicate with other health professionals takes a level of understanding about what their role is on the team. If you fully understand their scopes of practice and expertise it can lead to finding new projects and ways to work together. The best information source to learn this is through the health professionals you are working with. By having open conversations directly, you move away from any preconceived role definition you have and move towards finding novel ways to work together.

3. Am I working towards the best care for the patient?

Try to set your professional ego aside and always evaluate if your motivations are personal or professional. Always try to remember that at the end of the day we are all working towards what is best for the patient. If there are conflicts or misunderstandings always reinstate that everyone is trying their absolute best to work towards providing optimal patient focused care.

4. Are we always striving to grow as a team?

There is always room for improvement. Find ways to start open and honest communication about how the interprofessional team is working together. If something isn’t working look for ways to change it. Never stop seeking out professional opportunities to learn from other health professionals. Look to support other health professionals in working to the top of their scopes and do the same in turn.

Interprofessionalism is one of the most important aspects to providing exceptional patient focused care. Each health profession plays an important role in managing a patient’s complete health and wellbeing. We all have preconceived notions of other health professions through individual experiences or the culture in which we live. Having group discussions like the one I participated in can help us challenge those ideas. Never forget to seek out these opportunities to ask questions and learn about other health professionals. The answers you receive might just surprise you.

WORLD PHARMACISTS DAY : 25 September



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CSHP CORNER- FALL 2016 UPDATE

CSHP National Student Delegate
Samantha Cunningham, BSP

Welcome to another year, CAPSI Members!

My name is Samantha Cunningham and I am starting my second year of the 2-year National Student Delegate position on CSHP Official. In this position I work with CAPSI and CSHP to find more ways to help you! Please don't hesitate to reach out to me (samantha.cunningham@usask.ca), or your local CSHP representatives, with any questions, concerns or ideas.

This edition of the CAPSIL contains the first "Spotlight on Hospital Pharmacy" article including an interview with a practicing hospital pharmacist.

NOT A CSHP STUDENT SUPPORTER?

CSHP is the organization to look to if you want more information about hospital pharmacy, want to get involved with your profession or know you want to end up in hospital practice and want opportunities to help you get there. For more information, and the benefits of being a CSHP student supporter, visit <http://www.cshp.ca/students/> or talk to your local CSHP representatives. To apply go to http://www.cshp.ca/membership/StudentSupporter_e.asp.

PHARMACY STUDENT INTERNSHIP - SUMMER 2017!

The CSHP Official office in Ottawa hires a student intern every summer. It is a great opportunity for gaining experience in pharmacy leadership and advocacy. **Applications are due November 30, 2016.** Reflections from previous student interns can be found at <http://www.cshp.ca/students/> under "students in hospital pharmacy". More information about the position and how to apply can be found at <http://ebulletin.cshp.ca/cshp-pharmacist-intern-employment-opportunity-summer-2017scph-pharmacie-stagiaire-offre-demploi-ete-2017/>

RESIDENCY

Information about residency programs: http://www.cshp.ca/programs/residencyTraining/index_e.asp

List of accredited programs:

http://www.cshp.ca/programs/residencyTraining/accreditedPrograms/index_e.asp

Good luck to everyone applying this fall!

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



MEET THE COUNCIL



Caitlin McGrath – President
University of Saskatchewan
4th Year

Education (Prior to pharmacy school)

Two very exciting years of Biological Sciences at the University of Alberta!

Hobbies & Interests

I love spending my free time with my family and friends! You can usually find me chatting on the phone, touring Saskatoon with my grandpa, or socializing with my classmates. Winter is my favourite season and mainly because of my passion for figure skating. If I'm not on the ice myself, I'll be on the judging panel. Coffee, kayaking, spin class, and gardening are just a few of my favorite things.

Position Goals

1. Ensure CAPSI National meetings are run efficiently and effectively as we strive to accomplish our goals for the year and provide ongoing support to our CAPSI members. This will be done by continually focusing on the best interests of our members and by dedicating our meetings to honoring and fulfilling the association's vision, mission, and core values.
2. Provide full support to CAPSI council members and subcommittees. I hope to accomplish this by fostering an even stronger sense of community and respect within council and by increasing transparency to our membership.
3. Continue building on the momentum and accomplishments from previous CAPSI councils in an effort to strengthen the association.

Career Goals

I aspire to practice with a strong patient-centered focus and to the full extent of the expanded scope of pharmacy practice. I intend to continue advocating throughout my entire career for patient-centered care, inter-professional collaboration, and the pharmacy profession as a whole.



Pierre Thabet – President Elect
Dalhousie University
3rd Year

Education (Prior to pharmacy school)

I spent two years at the University of Ottawa working on my B.Sc in Biomedical Sciences.

Hobbies & Interests

In my free time I like to disconnect and spend time outdoors hiking, biking, canoeing. If I don't have enough time to escape the city, you'll find me spending with my friends and family.

Position Goals

1. Assist the current president, and rest of council, with their duties to help assure CAPSI's success and sustainability as well as learn as much as possible to favor a successful term come my turn.
2. Increase involvement of members by increasing/improving benefits and increasing social media activity.
3. Represent students from across the country in advocating for the advancement of our profession towards excellence in patient centered-care.

Career Goals

After completing my pharmacy degree, I hope to offer patient/family centered-care. I look forward to working in a setting that will allow me to accomplish this all whilst continuing my learning, contributing to the advancement of the profession, and promoting the role of the pharmacist as integral member to an inter-professional healthcare team.

MEET THE COUNCIL



Kavetha Selvathilagan – Past President
University of Waterloo
3rd Year

Education (Prior to pharmacy school)

I have a Bachelor in Medical Sciences from Western University (2014).

Hobbies & Interests

I have a large extended family that lives all over the world, so I love travelling in Europe and Asia. I've also started embracing the outdoors since starting pharmacy school. I enjoy exploring our beautiful country by biking along waterfronts and hiking in National Parks. I'm also acquiring some "basic" survival skills, so I'm learning to cook new dishes during my spare time!

Position Goals

1. Our first annual report was a success last year! I plan to continue this initiative and prepare a 2015-2016 annual report that can be viewed by all CAPSI members prior to the annual general meeting at PDW 2017. This will help our members understand what the National Executive is doing for them, and increase our transparency to Canadian pharmacy students and interns.
2. Provide explanations and historical perspectives on current CAPSI practices, as this is the primary role of the Past President.
3. Last year we implemented CAPSI's official turnover documents. This year I want to work towards improving these turnover documents for council and for PDWs. Continuity within the organization helps ease transition from year to year.

Career Goals

I'm entering the final leg of my journey in pharmacy school. I look forward to starting my clinical rotations as I prepare to enter the working world. I plan to apply for residency programs within the province of Ontario for continuing education will be a primary focus when I become a pharmacist. I also look forward to promoting our expanded scope of practice further as a pharmacy student and will continue to advocate for the profession of pharmacy in the future.



Robyn St. Croix – Executive Secretary
Memorial University of Newfoundland
4th Year

Education (Prior to pharmacy school)

Two years of Biochemistry (Nutrition) before beginning pharmacy.

Hobbies & Interests

Watching Netflix, eating sushi, doing puzzles, spending time with my friends, yoga and travelling. It's a bonus if I get to do more than one at once!

Position Goals

1. Work towards enhancing CAPSI's membership benefits through collaboration with CPhA.
2. Continue the effort undertaken in the past year to restructure and improve the current election process.
3. Ensure resources are organized and information is distributed effectively to aid in CAPSI having a successful and productive year.

Career Goals

In the future I hope to work in a collaborative environment where I can use my knowledge and expanded scope to provide the best possible care for my patients.

MEET THE COUNCIL



Sophie Châtillon – Finance Officer
University of Saskatchewan
4th Year

Education (Prior to pharmacy school)

BSc in Nutrition

Hobbies & Interests

Cooking, music and nutrition & wellness

Position Goals

1. Ensure the timely and efficient management of CAPSI's financial operations.
2. Review and update the current budget template to create a more user friendly tool to allow for continuity of work for years to come.
3. Establish a solid working relationship with all members of the Finance Committee in order to finalize our projects.

Career Goals

My goal is to become a Canadian Diabetes Educator while working in a community pharmacy in my hometown. I also aspire to one day be the owner of an independent pharmacy specializing in compounding.



Natasha Szabolcs – VP Communications
University of Waterloo
3rd Year

Education (Prior to pharmacy school)

BSc (Biology), MSc (Microbiology)

Hobbies & Interests

Tap dancing, volleyball, listening to hip hop and indie music (especially live music), and completing DIY projects.

Position Goals

1. Secure at least one new CAPSI Club membership to increase council funding.
2. Establish a feedback system for CAPSI students to ensure that they are benefitting from their membership.
3. Further develop CAPSI's promotional and advertisement materials that can be viewed by sponsors, students and the general public.

Career Goals

Future career goals: obtain a position in a hospital pharmacy practice setting, and further work towards management and teaching roles.

Current career goals: just make it through to the end of pharmacy school!

MEET THE COUNCIL



Sydney Saunders - VP Education
Memorial University of Newfoundland
4th Year

Education (Prior to pharmacy school)

I completed two years of Biochemistry (Nutrition) before starting pharmacy school.

Hobbies & Interests

I enjoy photography, travelling, baking, playing trumpet and piano, music, swimming and reading.

Position Goals

1. Use my creativity and clinical knowledge to provide educational opportunities that encourage students to think critically to improve patient outcomes.
2. Develop a template for Mock OSCEs to facilitate event organizing on a local level. This will allow locals to go to the database and select cases that are therapeutically sound and efficiently designed.
3. Offer engaging symposia ideas allowing students to obtain knowledge they would not receive in the class-room.

Career Goals

As a student entering my final year, I am open to any opportunity within the profession of pharmacy that involves interprofessional collaboration and providing quality patient care. I have an interest in expanded scope services and I am eager to advance the profession through advocacy and educating the public about the evolving role of pharmacists.



Madeleine James – VP Professional Affairs
University of Waterloo
3rd Year

Education (Prior to pharmacy school)

BSCh in Life Sciences

Hobbies and Interests

My hobbies include: pharmacy, meeting new people, hiking, eating, spending time with friends and family, watching reality television and playing sports (soccer, ringette, golf).

Position Goals

1. Continue to advocate for student pharmacists across the country.
2. Increase interprofessional collaboration between student health professionals by continuing to strengthen the interprofessional student alliance.
3. To continue to find new ways to improve and build the VPPA portfolio to enhance the role for years to come.

Career Goals

Become a licensed pharmacist and work directly with patients to improve their health outcomes.

MEET THE COUNCIL



Darren Reithmeier – CAPSIL Editor
University of Saskatchewan
2nd Year

Education (Prior to Pharmacy School)

BA Psychology from the University of Regina

Hobbies & Interests

Music, Sports, Cycling, Hiking, Writing, Graphic Design

Position Goals

1. Continue professionalizing the CAPSIL.
2. Simplify and centralize administrative processes.
3. Strengthen the CAPSIL's sponsorship value
4. Increase CAPSIL readership

Career Goals

Become the best Clinical Pharmacist that I can possibly be.



Huyee Chan - Webmaster
University of Waterloo
3rd Year

Education (Prior to pharmacy school)

Conditional Admission to Pharmacy Program at University of Waterloo

Hobbies & Interests

I dabble in too many things, but the main ones would be music (singing, guitar, bass, piano), digital art (digital paintings, and freelance graphic designer), photography, cooking, travelling, and being outdoors! And then I somehow mix these all together to make YouTube videos. (No not famous)

Position Goals

1. Develop a Members-Only Portal for CAPSI members to access more information and membership benefits.
2. Continue to improve communication with students by fully utilizing our social media accounts
3. Continue upgrading the website, developing new pages, and creating new tools to provide more information to students.

Career Goals

Amazing pharmacist by day, artist by night. (And by “amazing pharmacist”, I mean probably practicing in a clinical setting, helping patients in ways they didn’t even know we could.)

MEET THE COUNCIL



Joyce Yu – IPSF Liason
University of Waterloo
2nd Year

Education (Prior to Pharmacy)

BSc in Biomedical Sciences

Hobbies & Interests

Reading, GoT, playing piano and travelling!

Position Goals

1. Increase the number of sites available for incoming students.
2. Encourage more Canadian students to find host sites and apply for outgoing exchanges.
3. Increase IPSF awareness and presence within CAPSI and in the pharmacy student body.

Career Goals

Compounding or renal pharmacist.



Phoebe Hsu – IPSF Student Exchange Officer
University of Alberta
4th Year

Education (Prior to pharmacy school)

Pharmacology

Hobbies & Interests

Hiking, baking, music

Position Goals

1. Increase the number of host sites available in Canada so that we can send out more Canadian students through the Student Exchange Programme.
2. Build CAPSI's international presence as part of an association within IPSF.
3. Provide more support for the IPSF Liaison position.

Career Goals

To be a pharmacist that you'll remember for all the right reasons.

MEET THE COUNCIL



Jerold Chu – UBC Junior
University of British Columbia
3rd Year

Education (Prior to pharmacy school)

Four years of microbiology at the University of British Columbia.

Hobbies & Interests

I am an avid enthusiast of botany and gardening! During my free time, I can be found tending to my garden, gaming, lifting weights, or working on CAPSI related projects.

Position Goals

1. To encourage more students to get involved with CAPSI at the national level.
2. To establish mandatory CAPSI membership to all incoming students at UBC.
3. To provide more professional development opportunities for students to get involved in the profession.

Career Goals

I am still unsure about my career goals, but currently I am leaning towards either becoming an advocate for the pharmacy expanded scope of practice or becoming an independent pharmacy owner.



Stephanie Song – UBC Senior
University of British Columbia
3rd Year

Education (Prior to pharmacy school)

One year of general sciences at the University of British Columbia.

Hobbies & Interests

I am a jolly morning person who loves being outdoors and staying active with pilates and Ultimate Frisbee! In my spare time I enjoy singing, blogging, and travelling.

Position Goal

1. Promote and increase student participation in all CAPSI events.
2. Connect pharmacy students with resources to network and to learn more about their profession.
3. Raise awareness about the expanded roles of pharmacy to other healthcare disciplines and the general public.

Career Goals

I envision myself becoming a compassionate and skilled pharmacist in the next three years of schooling. I am an extrovert and I enjoy fostering positive connections among people of diverse backgrounds. I want to empower my patients to take ownership of their health by providing them with all the necessary information and resources.

MEET THE COUNCIL



Hannah Kaliel – Alberta Junior
University of Alberta
2nd Year

Education (Prior to pharmacy school)

BSc in Biological and Physical Sciences (Double Major); University of Alberta 2014

Hobbies & Interests

In my free time, I love to travel to anywhere I can experience new cultures, see interesting architecture and try new foods – which is luckily pretty much anywhere! I also really enjoy cooking and spending time with my friends and family.

Position Goals

1. Enhance fundraising and health initiatives that give back to our community.
2. Promote our profession to the public and health care professionals during Pharmacists Awareness Month (PAM).
3. Provide extensive professional development opportunities to students at a local level.

Career Goals

At this early point in my Pharmacy education, I'm excited to explore all of the possibilities that are open to pharmacists today. It is a very exciting time for our profession as we see changes all across the country. I look forward to my experiences in community, hospital and other settings, where I hope to find a place where I can make the most difference in helping patients improve their health and quality of life.



Marline Aizouki – Albert Senior
University of Alberta
3rd Year

Education (Prior to pharmacy school)

Bachelor of Science in Chemistry from the University of Alberta.

Hobbies & Interests

On my free time I enjoy cooking, reading, and playing tennis. I love traveling the world to experience different cultures, sample local delicacies, and learn new languages. I also work part-time as a jewelry designer!

Position Goals

1. Improve understanding of CAPSI at a national level
2. Promote the profession to the public as well as other Health Care Professionals during PAM
3. Increase participation in many initiatives, such as fundraising for breast cancer and Movember. And provide students with many educational opportunities (lunch and learns, educational competitions etc).

Career Goals

I aspire to be directly involved in advocating for the evolving role of pharmacists in Canada, and to strengthen inter-professional relationships with other healthcare professionals. I will continue to enhance my knowledge and support the expanded scope of pharmacists to maximize patient care.

MEET THE COUNCIL



Shivani Trivedi – Sask Junior
University of Saskatchewan
2nd Year

Education (Prior to pharmacy school)

I completed two years of undergraduate degree courses in Science at the University of Winnipeg

Hobbies & Interests

I enjoy spending time with friends and family, reading, cooking, playing basketball and travelling the world.

Position Goals

1. Encourage first year students to be involved with CAPSI, and make sure that they are fully aware of their benefits as members.
2. Elevate CAPSI's presence within the community, allowing CAPSI members to spread awareness about the expanded roles of pharmacy practice to other health care professionals and the general public.
3. Advocate for students and promote health awareness and the importance of having a good school-life balance, and eventually work-life balanced lifestyle once we enter the profession of Pharmacy.

Career Goals

I am currently in my second year of the Pharmacy program and I hope to learn as much as I can in these next three years in the classroom as well through college and community involvement. I hope to experience the different fields within Pharmacy, especially through the new expanding scope of practice. I hope to enter practice as a well experienced pharmacist who loves what she does!



Kaitlyn Tress – Sask Senior
University of Saskatchewan
3rd Year

Education (Prior to pharmacy school)

2 years pre-pharmacy in the College of Kinesiology

Hobbies & Interests

I love volunteering in the community, playing volleyball, and traveling!

Position Goals

1. To continue to build upon PAM 2017 at the UofS, implementing more students and community outreach than in previous years! Though, it will be hard to beat!
2. To increase UofS student participation in CAPSI connected activities that go beyond the wall of the school. To have even more USask representation at the CAPSI National level, in IPSF activities, among other opportunities is thrilling!
3. To increase CAPSI sponsorship by reaching out to more provincial sponsors and alumni.

Career Goals

It would be thrilling to do a bit of everything! Pharmacists who choose to take paths less traveled are my inspirations!

MEET THE COUNCIL



Kelly Yeo – Manitoba Junior
University of Manitoba
2nd Year

Education (Prior to pharmacy school)

2 years of general studies/ pharmacy pre-requisites at University of Manitoba

Hobbies & Interests

- spending time with family and friends
- snapchatting with my sister
- discovering new recipes, baking and cooking
- working out and running
- learning new things

Position Goals

1. Get more involvement from both my class and the rest of the faculty in PAM and other pharmacy events
2. Bring more awareness to Pharmacists without Borders at my school and throughout the community
3. Think of new ideas to help promote pharmacy during PAM at UofM

Career Goals

First off I want to get through school while learning as much as I can and also taking every opportunity I can. After graduating I'd like to experience being a pharmacist up north and see what I could do to help the communities up there. Eventually I'd love to own a pharmacy or two. But I'm excited to see where ever this career takes me!!



Jennifer Butler – Manitoba Senior
University of Manitoba
3rd Year

Education (Prior to pharmacy school)

I did 3 years of a 4 year B.Sc. Co-operative program with a joint major in biochemistry and microbiology before being accepted into the pharmacy program at the U of M

Hobbies & Interests

I am currently obsessed with the Broadway hit, Hamilton! (I also like other musical theatre). Other than that, not too much else in terms of hobbies.

Position Goals

1. Help throw an amazing PDW in Winnipeg this January!
2. Help our local operations manager write a constitution and operating manual for our local council.
3. Create a sponsorship package for our local council to use from year to year.

Career Goals

Graduate! (preferably in 2018) I'd love to do a hospital residency. But if I'm not accepted into that, I'd like to work in an independent pharmacy (maybe even a specialty compounding pharmacy!)

MEET THE COUNCIL



Emily Cowley – Waterloo Junior
University of Waterloo
2nd Year

Education (Prior to pharmacy school)

Two Years of Honours Science at the University of Waterloo.

Hobbies & Interests

Geocaching, Watching Panda Videos, Window Shopping

Position Goals

1. Assist our national and local IPSF representatives in the Student Exchange Program and host an international student in Waterloo
2. Increase CAPSI's local presence and student engagement via social media
3. Promote Waterloo's student attendance at PDW 2017 in Manitoba

Career Goals

My future career goal is to be a Director of Pharmacy in a hospital. I want to work in an environment where I am able to participate in the education of the next generation of pharmacists!



Monique Eisa – Waterloo Senior
University of Waterloo
3rd Year

Education (Prior to pharmacy school)

2 years of Biomedical Science at University of Waterloo

Hobbies & Interests

Travelling, coffee, soccer, Harry Potter, skiing... to name a few!

Position Goals

1. Become an advocate for the pharmacy profession
2. Increase CAPSI's presence in our local community
3. Promote CAPSI events and initiatives to UW students

Career Goals

I am excited about the evolving role of pharmacists in Canada, and I appreciate that, as a pharmacist, I will be playing a vital role in the health care of Canadians. I have worked in several areas of pharmacy practice including community pharmacy, hospital pharmacy, primary care, and the pharmaceutical industry. I am particularly drawn to pharmacy practice in the hospital setting because I want to help sick patients manage complex and specialized drug regimens. I also love the prospect of being involved in the clinical research of new drugs that will lead to better patient care.

MEET THE COUNCIL



Nisha Gajaria – Toronto Junior
University of Toronto
2nd Year

Education (Prior to pharmacy school)

I completed a Bachelor of Science in Biochemistry at McMaster University

Hobbies & Interests

I love trying new foods and spending time with friends

Position Goals

1. Have more first year students involved at the local level.
2. Spread awareness about CAPSI and membership benefits.
3. Promoting PDW 2017

Career Goals

I've worked in both hospital and community pharmacy, and I enjoy both! I'm looking forward to exploring new opportunities next summer.



Maria Moreno – Toronto Senior
University of Toronto
3rd Year

Education (Prior to pharmacy school)

3 years at the University of Toronto. Double major in Human Biology and Biochemistry, Minor in Spanish.

Hobbies & Interests

Coffee, swimming, concerts, and spending time with family and friends

Position Goals

1. Raise awareness about CAPSI and what we do for students.
2. Bring pharmacy students together through events like PDW and Toronto's Next Top Pharmacist.
3. Create more opportunities for students to be involved in advocating for our profession during Pharmacy Awareness Month!

Career Goals

My goal is to continuously enhance my knowledge to become a great pharmacist. I hope to be exposed to as many different areas of pharmacy and collaborate with different health care professionals. This will allow me to better care for the needs of patients and the community

MEET THE COUNCIL



Katia Vo – Montreal Junior
Université de Montréal
2nd Year

Education (Prior to pharmacy school)

I entered university in the pharmacy program right after CEGEP!

Hobbies & Interests

Climbing, Reading, Drawing

Position Goals

1. Create a newsletter at our school to inform students about events that are organised by pharmacy students in other universities and to let them know what is discussed at the National Council
2. Increase the impact of PAM by organizing more events during the mont
3. Putting together a CAPSI local council at our school
4. Increase CAPSI membership at our school

Career Goals

In the future, I want to be a pharmacist who's a leader and is engaged in her community.



Jean-Félix Côté – Montreal Senior
Université de Montréal
3rd Year

Education (Prior to pharmacy school)

2 yrs BSc Biochemistry

Hobbies & Interests

Sailing, Climbing, Reading, Board Games, Homemade beer brewing.

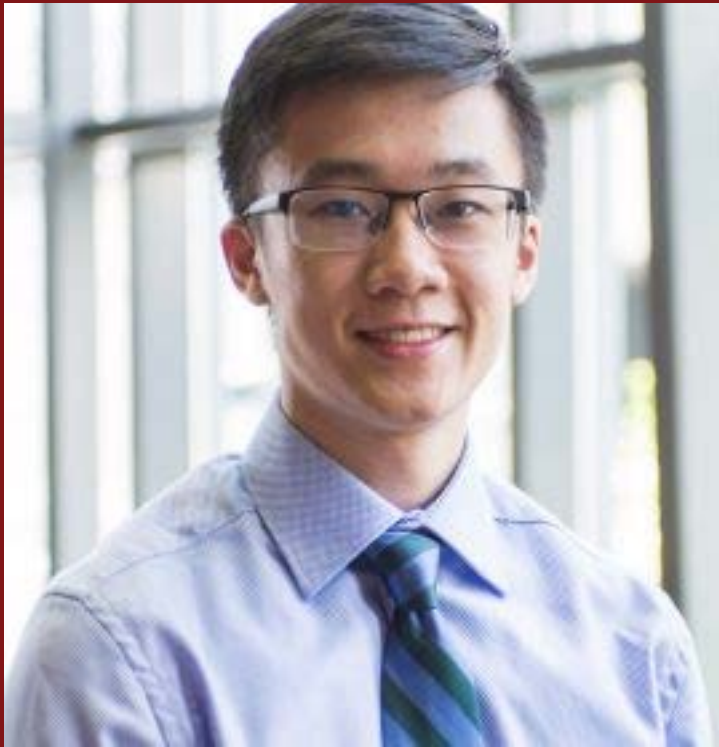
Position Goals

1. Enhance communications and involvement between English-speaking school and French-speaking school and between Montreal members through a local newsletter and new CAPSI membership opportunities. Facilitate translation of documents.
2. Form a local CAPSI committee that would help us and organize sessions to discuss current goals of CAPSI National.
3. Take Pharmacist Awareness Month to a new level in Montreal by working on more activities and most importantly reach out of school.

Career Goals

1. Graduating and obtaining my pharmacist's licence. (or multiples? PEBC, NAPLEX, who knows?)
2. Being involved in my community and charities around me
3. Consider the Master in hospital practice

MEET THE COUNCIL



Ryan Hui – Laval Junior
Université Laval
2nd Year

Education (Prior to pharmacy school)

Entered the PharmD program after applying from CEGEP

Hobbies & Interests

I enjoy piano and badminton as well as learning new languages.

Position Goals

1. Make CAPSI members more aware of how their membership can benefit them.
2. Collaborate with local committees to organize events for PAM.
3. Give more opportunities to students to get involved in the profession

Career Goals

In the future I'd like to become a pharmacist that is involved in the community.



Kevin Youssefian – Laval Senior
Université Laval
3rd Year

Education (Prior to pharmacy school)

BSc in Physical Therapy @ McGill

Hobbies & Interests

Soccer, Hockey, Reading

Position Goals

1. Secure financing for the ULaval delegation for the travel to PDW in Winnipeg.
2. Present new conferences in collaboration with IPSF and local council.
3. Finance PAM (Pharmacy Awareness Month) activities in collaboration with the CIEPUL.

Career Goals

As of now, my goal is to be a competent pharmacist. I do not have anything specific in mind as I'm keeping all my options open (community pharmacist, hospital pharmacist or working for a pharmaceutical company).

MEET THE COUNCIL



Carolanne Caron – Dalhousie Junior
Dalhousie University
2nd Year

Education (Prior to pharmacy school)

BSc Biology with Honours

Hobbies & Interests

Reading, hiking, running, playing guitar or piano (poorly), driving and singing loudly (again, quite poorly!), traveling abroad or to visit family across Canada. While doing most of these, I have a coffee in hand and am usually trying to balance 5 things at once.

Position Goals

1. I would like to get our student body at Dalhousie more implicated with CAPSI. This would mean getting the students more implicated with events, as well as having them plan events with help from the council.
2. I would like to help students find host sites for the IPSF Student Exchange Program to help increase the number of students able to participate in SEPs.
3. To truly seek out and understand the CAPSI members at Dalhousie's opinions and help represent them on a more national scale.

Career Goals

As I am still new to the program, I aim to learn more about the different avenues I can take as a pharmacist. I am currently interested in either pursuing a hospital residency or becoming a member of the Canadian Forces as a Pharmacy Officer. I would also like to become a compounding pharmacist and eventually specialize in veterinary pharmacy.



Natalie Scholten – Dalhousie Senior
Dalhousie University
4th Year

Education (Prior to pharmacy school)

I completed three years of a BSc majoring in biology at the University of New Brunswick Saint John before being accepted into pharmacy

Hobbies & Interests

Snowboarding, Rock climbing, Photography, Reading

Position Goals

1. I would like to make “Dalhousie's Next Top Pharmacist” a bigger event at the school, so students will look forward to it each year.
2. I would like to work with our local IPSF reps to increase the presence of IPSF at our school and potentially find host sites for exchanges.
3. I would like to continue working to make CAPSI at Dalhousie a sustainable organisation that provides valuable events and benefits to our membership.

Career Goals

I want to work in community pharmacy in New Brunswick, and I would like to have the opportunity to further my education by becoming certified in Diabetes education, travel medicine, and veterinary medicine.

MEET THE COUNCIL



Rachel Ward – MUN Junior
Memorial University of Newfoundland
2nd Year

Education (Prior to pharmacy school)

Two years of Behavioural Neuroscience at Memorial prior to acceptance into the School of Pharmacy

Hobbies & Interests

Hiking, biking, reading, sports.

Position Goals

1. Increase student membership and participation in CAPSI events at MUN
2. Introduce new events to Pharmacist Awareness Month
3. Promote CAPSI's values at our school

Career Goals

Use the expanding scope of pharmacists to have an innovative pharmacy practice, in order to provide the best health care for my patients.



Kyia Hynes – MUN Senior
Memorial University of Newfoundland
3rd Year

Education (Prior to pharmacy school)

B.Sc. (Honours) Chemistry

Hobbies & Interests

Golfing, reading, traveling and going to the gym.

Position Goals

1. Find a SEP host site in Newfoundland
2. Increase student membership
3. Provide more interprofessional activities for our members.

Career Goals

I want to continue to be an advocate for the profession and push the boundaries with expanded scope initiatives.



CSHP Student Delegate
University of Saskatchewan
Graduate
Pharmacy Resident

Education (Prior to pharmacy school)

1 year of Arts and Science at the University of Saskatchewan

Hobbies & Interests

Horseback riding, playing with my german shepherd puppy, reading and travelling.

Position Goals

1. Improve CSHP communication with students through social media
2. Increase access to and awareness of CSHP student supporter benefits
3. Increase communication between provincial CSHP student representatives across the country to facilitate the development of events and programs to benefit CSHP student supporters



CAPSI NATIONAL EXECUTIVE COUNCIL ELECTIONS

CAPSI National is now accepting applications for
the following Executive Council positions:

**PRESIDENT ELECT
EXECUTIVE SECRETARY
VICE-PRESIDENT COMMUNICATIONS
VICE-PRESIDENT EDUCATION
FINANCE OFFICER
INTERNATIONAL PHARMACY STUDENTS' FEDERATION LIASON
WEBMASTER
CAPSIL EDITOR**

Election proceedings will take place at PDW 2017 in Winnipeg, MB

WHAT DO I NEED TO DO?

1. Speak with your Local CAPSI Representative
2. Consult the CAPSI National Election Checklist
3. Submit a signed nomination form (available from Local CAPSI reps)
4. Prepare a curriculum vitae and letter of intent detailing your qualifications, goals and reasons for seeking the position
5. Deliver a five-minute speech at PDW 2017 or submit a five-minute video-taped speech (only for those who cannot attend PDW)



Signed nomination form, CV, letter of intent, and video-recorded speech should be emailed to **Robyn St.Croix at **secretary@capsi.ca** by **8am** on **January 6th, 2017****

François Gendron, apothecary without frontiers in 1643

François Gendron, surgeon and apothecary, member of the Jesuites in Nouvelle France (1643-1650) was taking care of the Hurons (Ouendats) and the French living at the fortified mission of Sainte-Marie des Hurons when the war with the Iroquois was its peak. In 1648, one fifth of the French population in Nouvelle-France lived there.

He was the first Health Care professional to live in Ontario (Midland), called at that time Huronia (Wendake), a rich land enticing the French due to the fantastic potential for fur trade. According to the testimony of Paul Ragueneau, Superior of the Jesuites, François Gendron "helped the French and the native people with much charity... always lived a life of great edification...without any wages (donné) or profit, but purely for the love of God".

Today, we can see the reconstitution of the old fortified mission on the bank of the Wye River in Midland. Of great interest for us is the hospital, the garden of the apothecary and the apothecary. The hospital is small in proportion and was heated with a foyer, as were the French houses in the 17th century. A few wood beds made by French carpenters living there completed the corner of the apothecary where a table served as a laboratory surrounded by plants hanging on the wall. In spite of his great devotion for his Wendat patients, there was no success in treating the infectious diseases that were disseminated by the Europeans. The native people were decimated and the shamans were no better to treat those new sicknesses.



In his apothecary garden, mint, thyme, sage and Achillea millefollium were growing. Like Louis Hébert before him, his pharmacopeia was mostly French and Wendat as the Hurons shared their knowledge of the native healing plants. All the plants were stored and dried in the apothecary.

He spent 7 years in Huronia and then left the hospital after the total destruction of the mission as the Iroquois had succeeded in ruining Huronia and the infectious diseases multiplied the loss of lives among the Wendats. After 30 days of canoeing and 50 portages, he finally arrived in Quebec City to go back to France. He took with him an ointment, which was used for fistulas, stubborn ulcers and cancers. Its base was a powder made from stones that he had discovered on the shores of Lake Erie and which he called "Erie Stones". This ointment made his fortune in France and in 1664, this ointment allowed him to receive the honour of treating Queen Mother Anne of Austria, who suffered from breast cancer.

In France, he was ordained a priest and worked as doctor for the poor. He was famous in all the country where he travelled extensively and he studied many cases of cancer. He never forgot his early years. François Gendron sent Paul Ragueneau 200 louis (French currency in the 17th century) every year to support the missions of the Jesuites in Nouvelle France.

Mrs. Marie Caron

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Spotlight on Hospital Pharmacy

Spotlight on Hospital Pharmacy

PROFESSIONALISM

PROFESSIONALISM

1. What hospital or health region do you work for?

I work for the Regina Qu'Appelle Health Region (RQHR).

2. What is your current position or practice area?

I am a staff pharmacist within the Internal Medicine Team.

3. How did you achieve your current position?

Following my Bachelor of Health Sciences Degree from Western University, I attended the University of Saskatchewan for Pharmacy. Promptly after graduating with my Bachelor of Science in Pharmacy, I completed a Hospital Residency with RQHR, where I am now employed.

4. Have you worked in any other areas of pharmacy practice?

I had one other pharmacy-related job while I was still in school. I held the student position with RxFiles based out of City Hospital in Saskatoon.\

5. Why did you choose to work in hospital pharmacy?

Honestly, in my last year of pharmacy at the U of S I was still unsure whether to pursue a career in hospital or community pharmacy. I still felt quite "green" and wasn't sure which environment would suit me best. It wasn't until I interviewed for a pharmacy residency position in Regina that I truly felt that hospital pharmacy was the direction for me. I was motivated by the impact that I could have on patients at a point when they are vulnerable. I was confident that pharmacists could enhance the care patients received, and wanted to be a part of this

6. Describe what a typical day in hospital pharmacy involves?

My work days vary depending on which shift I am working at the hospital. Essentially I am either scheduled to work a ward shift or a main shift - either assigned specifically to a ward or working out of the main pharmacy department providing services for all the wards that don't have their own pharmacist. In each role I am responsible for ensuring that the right patient is receiving the right medication, at the right time, by the right route. The process for maintaining this standard of care varies depending on the scenario, but often involves contacting nurses, physicians, and other members of the health care team. This interdisciplinary action is much easier to facilitate when I am on a ward. Here, instead of contacting people by phone I am often able to talk to the care team in person, as well as the patient. In addition, I provide enhanced care to patients, typically targeting COPD, HF, anticoagulants, and antimicrobials. An example of an enhanced care task would be completing a medication review for a patient diagnosed with COPD in order to optimize inhalers, minimize risk factors associated with COPD progression (e.g., smoking), and educate on inhaler technique.

7. What do you enjoy about working in hospital pharmacy?

Hospital pharmacy provides a dynamic work environment. Each day presents a new challenge and learning opportunity. I also enjoy working closely with, and learning from other health care professionals. Ultimately, I find patient interaction to be most rewarding! It is in these conversations and visits that I learn the most about how to provide pharmaceutical care.

8. What challenges do you face while working in hospital pharmacy?

It is quite a learning curve jumping into hospital pharmacy. RQHR provides initial training for new hires in order to facilitate a more streamline transition. My colleagues that have moved from community to hospital pharmacy have excelled in this practice environment. Completing a residency also helps to gain familiarity with the hospital pharmacy care model and process. This job, like any, can be very stressful, so it is important to become aware of the support systems available (e.g., colleagues, managers, online references, education opportunities).

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PROFESSIONALISM

PROFESSIONALISM

9. For you, what are the major advantages to working in hospital pharmacy as opposed to community pharmacy? Any disadvantages?

The main advantage in hospital pharmacy is having access to the patient’s past medical history. Having the past and current information pertaining to the patient’s medical care allows for decisions that are comprehensive, and informed. A disadvantage I see is the lack of continuity between hospital and community pharmacies. It is one of my dreams to see this gap narrowed in the coming years.

10. Do you think the role of the hospital pharmacist will change as the profession evolves over time? How so?

I am sure that the role of the hospital pharmacist will change as our profession evolves. As our processes change, so will our job description (e.g., computerized physician order entry). This is exciting! The exact outline of where we are headed hasn’t been established, but I know that opportunities exist for pharmacists to continue expanding the boundaries of pharmaceutical care. There is room for innovation in pharmacy, both in the community and the hospital setting.

11. What advice would you give to students who wish to pursue a career in hospital pharmacy?

I would give the same advice to students looking to pursue a career in community or hospital pharmacy – explore why you’re doing what you’re doing. Discover what it is that motivates you in pharmacy. Take time to reflect on what is important to you. Ask questions of people (e.g., friends, family, and other pharmacists). From the information that you gather, develop a personal mission statement. Doing this exercise will help you identify a practice environment that will highlight your strengths and still allow for growth. I had the opportunity to do this in my Hospital Pharmacy elective during my forth year as a student and I refer back to it often. No

Last June, I had the chance to attend to the Canadian Pharmacists Conference 2016 in Calgary with nine other pharmacy students, one from each faculty of pharmacy across Canada.

I was pretty amazed to realize that even if we live in different provinces and practice in different environments, we have the same issues. We all care for our patients with the same limitations, but also with the same proud to be the health professional at the first line. We all manage the way we practice in order to give the best care we can, and I truly believe we really make a change in our patient’s life. “Taking care of others is a privilege” and pharmacists are part of it. Let the collaboration across Canadian pharmacists be a priority. We would raise the profession to another level.

Laurence Guay
Pharmacy student
Laval University



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Day In The Life: Community Pharmacist

Day In The Life: Community Pharmacist

Name: Alexis Wanner

What Pharmacy do you work for?

SuperThrifty

What is your current position?

Full time pharmacist

Why did you choose to work in community pharmacy?

I chose to work in community because I felt that I would have a much larger opportunity to make an impact with the public. Being able to talk directly with people and actually get to know their history and what is important to them is a huge draw.

Describe what a typical day in community pharmacy involves?

I do not work in a large city centre, so a lot of my job involves not only preparing medications and educating patients about them, but also helping people contact the resources they need. My pharmacies also give vaccines and minor ailment prescriptions.

What do you enjoy about working in community pharmacy?

The people I help, and also the people I work with. I am fortunate to work in a smaller setting so the team aspect is really strong.

What challenges do you face while working in community pharmacy?

Definitely communication with other professionals. It's really frustrating when someone is relying on you to get them what they need, but you have to clarify something with the prescriber but they don't accept faxes/aren't able to answer the phone. Especially in a rural area where health care providers are in short supply.

Are there any myths about community pharmacy that you wish to dispel?

Myth #1 – community pharmacy is not clinical. This is so so wrong – any job is as clinical as you make it, regardless of the setting. If you take the initiative, community can be just as clinical, or more so, than the hospital.

Myth 2 – community pharmacy is the “easier” setting. I get so frustrated with this perception – my job is not ‘easy’. I stand 8 hours a day, I speak with people who are tired/angry/upset/sick/confused and try to make sense of their specific health related issues. Community pharmacists work a lot of overtime hours, whether its doing deliveries, or staying late for someone who can't come in to get their medications during work hours, or coming in on the weekend when your closed because someone didn't realize they were running out. I have to make decisions about my patients health without access to their most current lab values or kidney function, and often times without getting to speak to another health care professional who knows about the patients history. I need to have clinical knowledge so I'm prepared to answer questions from health care providers, but also have the ability to speak to patients in a way they understand (not to mention all the OTC's). It is definitely not easy.

Myth 3 – I'm in it for the money. This is just completely wrong. I am not a part of 'Big-Pharma', and I'm not trying to rip anyone off. I went into this career because I wanted to do something that I thought would make a difference to someone. Plain and simple.

What advice would you give to students who wish to pursue a career in community pharmacy?

I would say you need to be flexible. In community, you can be pulled in various directions at once, and you see a lot of different people with a lot of different problems, but that is part of what makes it so rewarding as well.

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Day In The Life: Community Pharmacist

Day In The Life: Community Pharmacist

Name: Paraag Trivedi

What Pharmacy do you work for?

Shoppers Drug Mart #425, Regina SK

What is your current position?

Staff Pharmacist

Why did you choose to work in community pharmacy?

This is where I can make a difference. The store I work at a high volume store that sees many patients in a day, as well as those from the many nearby walk in / family doctor clinics in the area, as well as the several assisted living homes nearby. With this I have an opportunity to serve many different populations in a clinical manner. No two days are alike, and this matches my people person philosophy. With the expanded scope of practice in Saskatchewan, I am also able to provide services ranging from med assessments, immunizations, as well as prescribe for a number of minor ailments.

Describe what a typical day in community pharmacy involves?

The store I work at is open 24 hours, so each shift is different. I typically work afternoons and evenings, so I usually get lots of patients from the local clinics, and many consults about over the counter products. With flu season around the corner, we will also be running our flu clinic soon. My typical day starts around noon, and apart from the aforementioned I also do visit local doctors offices to preform medication assessments during clinic visits, a great opportunity to provide interprofessional care. Towards the end of my day, I usually will deal with any hospital discharge patients we receive. This will allow us time to prepare larger orders, as well as time for myself or another pharmacist to sit down with patients / and their families about any medication changes / conditions.

What challenges do you face while working in community pharmacy?

As with most professions, you will have to deal with people who are not in a good mood, but thankfully, the majority of people I've had to deal with are great.

What do you enjoy about working in community pharmacy?

The people. I work with an excellent team that has mentored me as I finished my education and became a pharmacist. Everyone is very friendly and always willing to help. I also love our customers, as you do connect with your regular clientele, and they trust you with their health, so it shows an important level of faith that they have in you. Finally, all of the local physicians in the area are always willing to chat. That is a great asset to have! I've only been practicing as a pharmacist for about 3-4 months but I have had many patients and families come back and thank us for the work we do. That's the best thing about this job. You can see the difference we make every day!

Do you think community pharmacy will change in the future? How so?

Absolutely. Saskatchewan has been on the leading edge of expanded scope and I imagine this trend will continue with more minor ailments prescribing as well as the coming ability to order and interpret lab tests

Are there any myths about community pharmacy that you wish to dispel?

Community pharmacy is not "fast food pharmacy" where we just count, label and bag prescriptions. We have an incredible ability to correspond with other healthcare professions, while delivering important services and information to the public. We're the most trusted healthcare profession and absolutely the most accessible, much of our days are spent answering questions that people may walk in with.

What advice would you give to students who wish to pursue a career in community pharmacy?

Get as much experience in different types of stores as you can. Get involved, and always ask questions. I have been lucky to have great mentors throughout my education who have always been willing to hear out my questions, and have always being willing to have me bounce ideas off of. Its truly a great time for pharmacy and community pharmacy is a place that can make a difference in many many lives

Anything else you wish to add?

If anyone has any questions, please email me (ppt901@gmail.com)

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Day In The Life: Community Pharmacist

Day In The Life: Community Pharmacist

PROFESSIONALISM

PROFESSIONALISM

Name: Patrick Monaghan

What pharmacy do you work for?

Loblaws in Yellowknife

What is your current position?

Staff Pharmacist

Why did you choose to work in community pharmacy?

Love the fast paced, on your feet atmosphere. It makes the day go by faster and is more fun than the prolonged sitting that I found with hospital jobs.

Describe what a typical day in community pharmacy involves:

Trying to manage your time, determining when to deal with time sensitive matters like billing issues and trying to fit into your normal workflow of Rx fills. Professional services like medication reviews and immunizations are not available in the territories, so the focus is on dispensing and counselling.

What do you enjoy about working in a community pharmacy?

You are the most accessible healthcare provider and become a trusted source of information in your community. You are always active and ready for the next challenge, whatever it may be as every day is different.

What challenges do you face while working in community pharmacy?

A large amount of your time will be focused on billing issues, its just a reality to face that patients are very noncompliant with medication that they have trouble affording.

Do you think community pharmacy will change in the future? How so?

Perhaps more services like blood tests that are now done mostly in the hospital could be offered in a community pharmacy setting as technology improves. Some pharmacies are already offering services like Inr testing and cholesterol screening.

Are there any myths about community pharmacy that you wish to dispel?

That its more like working in fast food than health care. Some days it feels that way, especially in a part of the country without expanded scope, but not one day goes by where you feel you haven't made a difference in someone's life.

What advice would you give students who wish to pursue a career in community pharmacy?

Works as a technician or at least a volunteer in a pharmacy first. If possible, check out a few different community pharmacy settings. A career at an independent, long-term care or any other speciality pharmacy will be very different from a chain store, as you may find out in your practicum.

Anything else you wish to add?

Community pharmacy is a career like no other. Its not for everybody, and not all of your patients will appreciate your efforts, but you should always strive for good patient care no matter what. It can be a very professional satisfying and a lot of fun!

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Day In The Life: Community Pharmacist

Name: Shelby Scherby

What Pharmacy do you work for?

Pharmasave 405 in Langenburg SK—We are a Rubicon Pharmacies Store

What is your current position?

Staff Pharmacist

Why did you choose to work in community pharmacy?

As a student, I tried my best to get experience in many areas- both rural and urban, hospital and community practice, as well as interning with our local advocacy body. It wasn't until my last year of pharmacy school that I was drawn towards community pharmacy. I learned that with our ever increasing expanded scope of practice, it opens many doors and opportunities for professional development as well as job satisfaction.

Describe what a typical day in community pharmacy involves?

On a typical day, I will get to work in the morning, check the fax machine for new prescriptions and also check if there are any notes from other pharmacists/technicians or issues that weren't solved on the previous day. I check my schedule that I've made for professional services as we always have appointments booked for Medication Assessments or follow ups for that and our Minor Ailment services. Throughout the day I will check and counsel on prescriptions as well as helping anyone that comes in with questions regarding medical conditions or OTC products. Sometimes we will also help to prepare prescriptions as well, although we have two amazing technicians at our store that are always working hard behind the scenes to make our jobs A LOT easier. A typical day may also involve assessing and preparing orders for the nursing home, and compliance packaging for our regular clientele. We also have regular communication with physicians, home care and/or nursing staff.

What do you enjoy about working in community pharmacy?

I work in rural pharmacy practice and absolutely LOVE my job! In rural practice, you are able to develop better relationships with your patients and fellow healthcare professionals. One of my favourite things to do are medication assessments because pharmacists have the potential to have HUGE impacts on a patient's care. Patients have been very receptive to this service!

Day In The Life: Community Pharmacist

What challenges do you face while working in community pharmacy?

It is often difficult to focus on our wonderful professional services unless you have adequate staffing in your store. As well there are also a lot of things pharmacists do that patients are not aware of. Advocacy bodies across Canada always do their best to promote the profession, especially during times such as Pharmacy Awareness Month. However, it takes time to change people's attitudes and knowledge towards our rapidly changing profession.

Do you think community pharmacy will change in the future? How so?

I have no doubt that our practice will continue to change. I am a new grad and have already seen changes in therapeutics, from things we learned just a year or two ago. Demands for healthcare are always going to be increasing, so I can definitely see our scope of practice continuing to grow.

Are there any myths about community pharmacy that you wish to dispel?

Community pharmacy is not "less prestigious" than hospital pharmacy. A lot of pharmacy students and pharmacists refer to community pharmacy as their "back up plan", or what they will "settle with" if they don't find a job in the hospital sector. I think both are equally important as community pharmacy is a continuum of care from patients' hospital visit. You often have a large impact in a patient's life as their community pharmacist in regards to medication reconciliation, and their day to day health. In many cases, especially in rural community pharmacy, where a doctor isn't always available, you are a patient's first line healthcare professional.

What advice would you give to students who wish to pursue a career in community pharmacy?

I know you've probably heard though your entire pharmacy education "you get out what you put in", but this quote absolutely follows you into practice. If you want to be a lazy pharmacist, you likely won't enjoy your job and some of the mundane tasks that come with it. If you are ambitious and truly dedicated to making your practice patient centered, you can have a lot of variation to your routine, and feel like you are making a difference for your patients.

Anything else you wish to add?

CAPSI LOVE. Keep up the great work advocating for our profession!

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CPhA Lobby Day

CPhA Lobby Day

The profession of pharmacy is undergoing constant change to provide better, more accessible, care to our patients. From within the profession, to pharmacists and pharmacy students, changes to our scope of practice often seem evident. However, for many not directly involved with pharmacy, it is difficult to relate to the changes that our profession is constantly undergoing.

This October, the Canadian Pharmacist Association (CPhA) had its first lobby day on Parliament Hill – Ottawa. The main purpose of this event was to inform and educate members of parliament, senators, and other policy makers about pharmacy, our role in the healthcare system and the changes that pharmacy has recently undergone. This being CPhA's first formal lobby day, the main agenda was to educate government about pharmacy, what we do, how this helps healthcare, what we envisage for the future of our health care system and distinguish ourselves from "Pharma", and even "farmers" as was misunderstood by one staffer. To this end, the CPhA board, representatives from pharmacy associations nation wide, and CAPSI were invited to represent and advocate for the profession of pharmacy. CAPSI's very own Caitlin McGrath – President, Maddie James – VP Professional Affairs, and Pierre Thabet – President Elect, had the privilege of representing pharmacy students to members of parliament from across the country. Between the three of us, pharmacy students were represented to Andy Fillmore – Halifax, Xavier Barsalou-Duval – Montreal South Shore (Verchères), Gabriel Ste-Marie – Joliette, Brad Trost – Saskatoon University, Raj Saini – Kitchener, Kevin Kenneth Ogilvie – Senator, Pana Merchant – Senator, and many more.

The timing of CPhA's lobby could not have been more appropriate with the Health Accord meetings taking place the same week. Many hot topic issues arose during discussions with parliamentarians, including the value of pharmacists and their expanding scopes of practice, the impact of pharmacists' accessibility on the healthcare system, the opioid drug crisis, medical marijuana policy and much more. CPhA's chair, Alistair Bursey, stood before the Standing Committee on Health in response to the ongoing opioid crisis and outlined priorities for tackling opioid misuse and the key role pharmacists play prevention, education and treating addiction.

Whilst on parliament hill, we were able to show the value of pharmacist's and their expanding scopes of practice. All provinces now allow and promote the role of the pharmacist in the administration of flu shots, and flu shot rates have risen steadily in most provinces, effectively demonstrating the value of further involving pharmacists in patient care. However, only certain provinces allow pharmacists to order and interpret and order lab tests or have an electronic medication record system (such as the Drug Information System – DIS, in NS). These differences in practice across provinces were highlighted during meetings to show worth of new practices and innovation in early adopting provinces versus those still awaiting change.

CAPSI was privileged to be invited to attend this event and represent Canadian pharmacy students to our government on a national level. Pharmacists and pharmacy students were seen to be of tremendous value to the healthcare system and those we met with were happy to embrace and promote the growing role of pharmacist. This day spent on parliament hill was yet another meaningful step forward in promoting the most accessible healthcare professionals' services and leading our profession to fulfill the expectations of patients and its future pharmacists.

Pierre Thabet



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Simulator Time

We approach the next station after the group ahead clears out. A quick glance at the timer confirms they were slow to leave and almost a minute has already expired. There's only eight left now. I'm anxious, nerves dancing beneath my lab coat. The plastic cover of the patient's history sheet is cool, matching the temperature in the rest of the lab.

This patient is like the rest before her, and lies supine on the work bench. Her mouth is open and thankfully her eyes are closed. Despite having worked almost half-a-dozen times with these practice patients, the simulators with blinkable eyes are still unnerving. A thin white cotton blanket covers her up to her stomach, and underneath she wears a blue hospital dressing gown. Both her arms lie face up, ready for pulse or blood pressure to be taken.

"I named the last one, so it's your turn," I inform my partner. "Her first initial is a B." She takes a moment to read the case over. The lines on her face are exhausted, pulled tight around her eyes in pain. She's waiting until we switch tutorials to take painkillers as there's no liquids allowed in the simulator lab. A single spill could cost the life of one of the expensive practice patients.

It's been an exhausting week. Her usually perfect hair is frazzled, sticking out at odd angles from the braid that runs half-way down her back. The black stethoscope clamped tightly around her neck most likely isn't helping with her headache.

"Barbara," she decides and turns to the patient. "Hello my name is Alex and I'm a student pharmacist working here at UBC. May I confirm your name and date of birth?"

We pause awkwardly at the side of the simulator, waiting the approximate time it would take a human patient to reply. As we wait the machine's breathing glides in and out of a false set of lungs, escaping through the painted lips of her mouth. I notice her eyelashes and eyebrows have also been painstakingly coloured in.

"Perfect. So Barbara today my colleague and I will be taking a look at your breathing and your heart rate, just so we can get a better idea of how well your medications are working for you. Have you taken any of your inhalers today?"

Simulator Time

As she pauses I listen carefully, running the checklist through my mind. The entire page is slowly starting to become second nature. Dozens of questions and ordered steps, and most importantly how we need to phrase certain subjects is starting to sink in.

"And have you had your heart rate or breathing rate ever taken before? Oh really. May I ask what they were?"

At the station beside us both girls are already taking measurements on their patient. I glance again quickly at the timer and cringe at how little time we have left. As Alex continues inquiring about the patient's health history I start to sanitize my hands. The gel slides effortlessly over my palms, melting into the skin like butter. As my hands are still air drying I slide the stethoscope off my neck and begin to wipe it down with an alcohol swab.

"Alright Barbara, to take these measurements my colleague and I are going to have to touch you gently on your—" Alex stops short and sighs.

"Gently place—" I start but she cuts me off.

"I know. Sorry." She presses the center of her forehead and squeezes her eyes shut.

"I know. Place our hands gently on your arm and our stethoscopes on your chest. If ever at any point you are uncomfortable, just let us know and we'll stop."

She sighs again, and reaches for the hand sanitizer. Like we have with the stations before us, we switch in and out of the speaking role. I toss the used alcohol wipe before approaching our prone, lifeless mechanical patient. The strands of Barbara's chestnut brown hair are carved into the surface of her polymer skin.

"So Barbara, for the rest of the measurements we'll ask that you continue lying relaxed like you are now. Breathe normally through your mouth, and no speaking please. You can... imagine you're on a beach somewhere."

"Like California." Alex comments.

"This time of year?"

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Simulator Time

“Any time of year.”

“But what if she doesn’t like the States?” I turn back to the simulator, “Do you like travelling to California?”

“Ah,” Alex pipes up, “She’s enjoys Florida more. Has a condo down there.”

The adjacent station pauses to glance at us with bewildered expressions. I ignore them and continue on, “I’m envious of your extravagant lifestyle. Now Barbara, no more talking please. I’m going to be listening to the sounds inside your chest. Keep breathing normally and like I said before, if this makes you uncomfortable just let me know.”

As I slide the ear pieces into place, prongs pointing forward, Alex slides over to an exposed arm.

“And I’m going to be placing two fingers just below your wrist to take your pulse.”

We slip into place and like the rest of the lab fall into silence, concentrating on our task at hand. My eyes glance back at the timer for the class, counting breaths during a thirty second interval. The knot between my shoulders begins to loosen as Barbara breathes beneath my stethoscope. Her breaths are smooth coming in, but finish with a cascade of tiny bursting bubbles. I make a mental note to check the other lobes for crackles. Judging from the amount of time left, we’ll be able to finish everything if we coordinate. After multiplying the number of breaths by two in my head, I move on to the next step of auscultation.

Monique Theriault
UBC PharmD Candidate 2019

Simple Trick To Get More Out Of Your Rotations And Internships

Internships are a great time to delve into subject matter and apply concepts that may not have been previously mastered.

I know that being a community pharmacist has its constraints and what I am about to describe will be unfeasible for a pharmacist to do in his everyday practice, but as a student on unpaid internship it should be possible to make time to do it.

The trick is simple: Follow up/ Call up as many patients as possible during your internship to see how their new treatment is going.

I have found there to be 2 major benefits of calling up ALMOST ALL of my patients for a follow up to verify the proper efficiency, tolerability and adherence for all new prescriptions, dose changes or problems.

Firstly, by making sure you are well prepared for the call, you ask yourself the following questions:

What side effects am I looking for in this medication?

What type of efficiency are we looking for? How am I going to measure it on the phone?

Has the patient been taking it long enough for the full effect to take place?

How should I react if the patient tells me that they have not been taking their medication?

You get to verify your knowledge at the moment when the medication is dispensed when you educate the patient and secondly when you call to follow up. Another advantage to calling the patient is that you have more control over the situation and it has, at least for me, given me more confidence.

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Simple Trick To Get More Out Of Your Rotations And Internships

Secondly, the patients love it. They will be so happy that you took the time to make sure they are doing well.

"Oh wow! Since when do pharmacists call patients!?"

"Some pharmacists are helpful, but you go the extra mile!"

Pharmacy tech: "A patient that only wants to talk to you on line 2 Mathieu."

"I've not been taking my Elavil regularly because it was causing me too much fatigue... Oh really? I can change the time when I take it? I'll try that, thank you."

I believe that knowing you are making a difference will add value to your personal experience.

By having a proactive follow up with patients you are also changing the way patients see pharmacists. To be viewed by the general public as clinicians as opposed to pill counters or uniquely dispensers should be our goal as the profession continually evolves. I believe that convincing the population that we are the experts on pharmacotherapy, will hopefully lead to a prosperous future for all pharmacists.

Written by Mathieu Nobert
Student at l'Université de Montréal



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Going the Extra Mile

From experiences at school, working at community and hospital pharmacies, and keeping up with pharmacists around the country, there is no doubt that the role of a Pharmacist as a health care professional is increasing and we have extended opportunities to offer patient-centered care. This summer, I decided I also wanted to be a part of the pharmacy advancement and implement a program at the pharmacy in Stephenville, NL in which I was working. Hence, I developed a “Fall Prevention” information clinic. I noticed that a large percentage of patients at our pharmacy were seniors; many with multiple health conditions, concern for their health, and using many medications with side effect profiles of dizziness and drowsiness- a risk factor for falls. Many patients also asked for assistance in picking out walking canes, walkers, and vitamin supplements for clearer vision. “Fall Prevention” shifted the focus from dispensing and shed awareness on proactive health and injury prevention- an aspect of health care that can be missed, especially in a community pharmacy setting! I educated patients on taking control of their own health, maintaining their independence, and preventing serious injuries like hip-fractures, all which aim to increase their quality of life.



Going the Extra Mile

Outside work hours, I researched online, read guidelines for strength exercises, and compiled fall prevention strategies into patient friendly language. After reviewing the information with another local pharmacist, I designed an original brochure to hand out to each patient on the day of the clinic and took pictures of myself performing the exercises to demonstrate correct positions. I even created a back-board display with colored, easy-to-read font.

From 9:00 am to 5:00 pm, I set up the “Fall Prevention” display next to the dispensary. I was open to answering patient concerns, offer suggestions in improving strength and balance with specific exercises, and encourage a safe home environment to prevent falls. I also discussed what they should do if they experience a fall as this is essential to prevent further injury. Along with providing brochures to reinforce the information for those who attended, I extended the service beyond the set-up by stapling brochures to each prescription bag during those hours. This way, family members and friends of patients who could not attend would be educated at home. I further collaborated with a physician to distribute my brochures to patients at their clinic and set up my board at the senior citizens’ home.

Overall, I felt that this clinic was rewarding for my patients and myself. I interacted one-on-one with patients about a topic that was not frequently addressed by their health care providers yet had serious implications on their health. One woman mentioned that she recently bought a bath mat that had little grip and did not think much of it until I discussed the risk factors for falls and the chance of injury with her. She mentioned that she will be replacing the mat in concern for her and her husband’s safety. Promoting a proactive approach in health management is what I strive for in this profession!

SONALI VERMA
MEMORIAL UNIVERSITY
CLASS OF 2018

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Practice Makes Perfect

“I almost mixed up medications for two patients. Their names were exactly the same but for one letter. Always remember to verify patients by birthday day or HSN to prevent potentially dangerous mistakes”

“Remember to zero your ointment containers with the lid off! It will save you a massive headache!”

“Never assume things about your patients. I mistakenly believed a patient of mine was pregnant and I complimented her on how good she looked for a pregnant woman. Did not end well!”

“Don’t yell at hard-of-hearing patients!”

“Avoid spilling the narcotics!!”

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Pan AMERICAN REGIONAL SYMPOSIUM

Can you provide some background information on PARS? What is the purpose of the event?

The Pan American Regional Symposium (PARS) is the biggest event held by the Pan American Regional Office (PARO) which was established in 2002 to unify Canada, North and South America in IPSF's vision. PARO members include: Full Members (Argentina, Canada, Costa Rica, United States of America), Members in Association (Brazil, Colombia, Peru, Mexico, El Salvador) and potential members (Chile).

Thus, PARS has a great worldwide impact as it gathers students and professionals from different countries, educates the attendees about pharmacy practice within our region, promoting both academic and personal development. It is also the venue for the PARO Regional Working Group to host its Regional Assembly. The first PARS was held in 2013 in Columbia, and since then the host countries have included Brazil (2014), Argentina (2015), and Colombia (2016).

Where and when is the event being held?

PARS is scheduled to be held at the Shaw Conference Centre in Ottawa next year from July 2-July 8, 2017. We are also hoping to host a Pre-Symposium Tour travelling from Montreal to Ottawa from June 27-July 1 to celebrate the 150th Anniversary of Canada in the Nation's capital. We are hoping to host a total of 250 students for the symposium, and 40 for the pre-symposium tour.

Can you highlight some of the main features of the event?

The event spans six days and is made up of interactive workshops, a scientific symposium and an educational symposium. Additional events include the 13th Regional Assembly for the PARO Regional Working Group, a public health campaign, an excursion day and evening social programs.

Pan AMERICAN REGIONAL SYMPOSIUM

Why do you think Pharmacy students should be involved with PARS? How will they benefit from the experience?

PARS brings together students from the Pan American region, which can increase their knowledge of pharmacy practices and issues in their regions. They would also be making new friends and connections across the Pan American region, which can open up new experiences for all attending.

What costs must the attending delegates plan to cover?

The registration cost is 270 euro (the official currency of IPSF). Once our budget is approved we will have a solid number in Canadian dollars. This registration fee includes accommodation, meals, and entrance to all events.

Have you attended PARS in the past? Do you have any interesting or unique stories to share from your experience?

I attended the 9th PARS in Argentina in 2015. It was an amazing experience. All the students that I met have been fast friends, and I was able to reconnect with some at this year's World Congress. The students in PARO are very passionate about pharmacy and love to share this passion with other students. A unique experience I had was hearing about those that participated in the public health campaign. They set up a booth to talk about smoking cessation with the public. Instead of the public avoiding their booth, like many would in Canada, since smoking cessation is such a highly advertised subject, the public in Argentina were approaching the booth in awe that pharmacists could help them quit smoking. Learning about public health issues from different countries is one thing attendees can learn by attending PARS in Ottawa.

Anything else you feel our members should know about PARS?

We are getting ready to launch our Facebook page and website so keep your eyes peeled for updates! Email pars@paro.ipsf.org for more information!

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IGNITE, INNOVATE, IMPLEMENT: MY INTERNATIONAL EXPERIENCE AT THE 2016 IPSF WORLD CONGRESS IN HARARE, ZIMBABWE

I’ve always liked to take advantage of learning outside the classroom, and adore traveling, so attending the 61st IPSF World Congress in Harare, Zimbabwe, was an obvious choice. I had high expectations after hearing about all the great times had in India during the 60th IPSF World Congress, but I was met with countless opportunities that I didn’t expect while attending the conference. I’ve checked numerous experiences off of my bucket list, but added so many more prospective items – the result of a fantastic trip!

At the end of July, my carry-on size suitcase and I set out from Saskatoon in what would be a 32 hour transit to Harare, Zimbabwe. I am thankful that I was able to travel alongside Cassandra Voit (Outgoing SEO 2015-16), who had been to two World Congresses previously, and provided me with insight as to what to expect. Upon arrival, we were bussed to the University of Harare, where we stayed in the dorms for the duration of the conference. I had already managed to make two new “ph”riends from around the world waiting in the Harare airport, and immediately it seemed that I had 150 others.

I spent the majority of the conference participating in the General Assembly meetings, where I participated in discussions regarding the operations of IPSF on behalf of Canada. I have quite a bit of experience taking part in councils throughout my university students’ union and with CAPSI local and national, but the General Assembly proceedings were challenged me to take on a new perspective. I would have considered myself culturally competent before attending the conference, but I became more aware of the differences between each country by listening to each delegation. my awareness for the differences between the listening and expression styles of each country was increased. Although each country may be different in education systems and pharmacists’ roles, the passion between all countries was most evident to me.



Patriotism was a hallmark during the conference’s International Night – representatives brought food, knick-knacks, and beverages from their country, and dressed up in traditional outfits to provide others with an around the world experience for one night! To fulfill the dress requirements, I proudly wore a Canadian hockey jersey for the evening. International Night has me ecstatic for Folklorama at PDW 2017 – I hope to see you all there!

I was also provided with an exciting opportunity to act as a patient for the junior counselling competition finals. Three students from Sweden and Indonesia counselled me on the proper use of a vaginal cream. At home, during an OSCE in second year, I counselled on the same product and was able to compare differences between the technique of mine and the three students. It was a learning experience both for myself and the others.

At the conclusion of the conference, I chose to spend an extra week in Zimbabwe to tour around the country with many of the other attendees. I enjoyed spending time with animals on safaris and trying unique foods, but the most fun I had was taking part in three daring cable jumps alongside Victoria Falls. Staying for the post-congress tour is essential to be completely immersed in the culture of the World Congress host country!

Adding one more “I” to the title of my entry is necessary – INSPIRED is how I feel after returning from this international pharmacy experience. I can assure you that I will be attending World Congress 2017, in Taipei, Taiwan, and encourage all pharmacy students and interns in Canada to talk to your IPSF liaisons about joining me. Canadian pharmacists have so much to offer to the world, and equally as much to gain from these global opportunities!

Kaitlyn Tress

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UNITY

UNITY

Coast-To-Coast: U Manitoba

When was your program founded?

Pharmacy education began in 1899 with the creation of the College of Pharmacy in Manitoba. In 1902 the program became part of the University of Manitoba.
How many students are admitted into the program each year?
Approximately 55 students are admitted each year.

What are your student’s academic backgrounds?

They are required to have 1 year of university (30 credit hours) which includes specific pre-requisite courses such as Chemistry, Biology, Calculus and a written English requirement. However many of our students have taken two or more years of university, and some have already completed a degree.

Is your program PharmD? If yes, for how long?

No.

Can you provide a yearly overview of your curriculum?

First Year

Human Anatomy
Organic Chemistry
Intermediate Biochemistry I
Intermediate Biochemistry II
Microbiology I (or MBIO 2100)
Fundamentals of Medical Physiology
Introduction to Pharmacy
Pharmacy Skills Lab 1 (PSL-1)
Fundamentals of Pharmaceutics
Applied Pathophysiology
Structured Experiential Program 1

Coast-To-Coast: U Manitoba

Second Year

Nutrition for Health Professionals
Mechanisms of Microbial Disease
Pharmacology
Pharmacy Skills Lab 2 (PSL-2)
Medicinal Chemistry
Pharmaceutics/Biopharmaceutics
Pharmacokinetics
Clinical Pharmacy 1
Structured Experiential Program 2

Third Year

Pharmacy Skills Lab 3 (PSL-3)
Principles of Professional Practice
Clinical Pharmacy 2
Pharmaceutical Analysis Lab
Natural Products
Clinical Pharmacokinetics
Principles of Scientific Literature
Principles of Biotechnology
Structured Experiential Program 3

Fourth Year

Pharmacy Practice Management
Clinical Pharmacy 3
Toxicology
Current Topics
Structured Experiential Program 4
Electives Program

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Coast-To-Coast: U Manitoba

What areas of research do your faculty members explore?

Our main research areas are Drug Disposition and Discovery, Antibiotic Resistance, and Drug Use and Effectiveness.

What are the most unique features of your college?

An elective program that is a project-based course that can be completed locally, nationally or internationally.

Many of our faculty members are also practicing pharmacists in local hospitals and in our community.

Our Performance Based Assessment Program occurs in the 1st, 2nd and 3rd years of the program with each year utilizing Standardized Patients from the College of Medicine.

There is a focus on the inter-professional nature of the Pharmacy profession. Guest lecturers on course topics provide students with a variety of perspectives.

What do you believe are the strengths of your program?

Small class sizes, excellent faculty members, state of the art facilities.

Any plans to enhance your program in the future?

We are in the process of submitting a proposal for a Pharm.D. entry to practice degree, that will be subject to University and Ministry of Advanced Learning approval.

Anything else you feel our members should know about your college?

Our program is one of the top-ranked Pharmacy programs in Canada.

School Showcase: University of Laval

2016/2017 CAPSI LAVAL

Kevin Youssefian - Senior CAPSI Representative

Ryan Hui - Junior CAPSI Representative

Important affiliations with other student groups on campus

Our affiliation with the CIÉPUL allows for optimal MSTP activities. The CIÉPUL is a public information committee based with pharmacy students. They organize activities that allow for general education in different systems of the human body and of the role of the pharmacist in our society.

Major initiatives/campaigns that CAPSI USASK has undertaken this year

Insulin pen conference for the students

Inhaler/Turbuhaler conference for the students

MSTP activities in different pavilions of the campus to educate students of the role of the pharmacist in our society.



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School Showcase: University of Saskatchewan

2016/2017 CAPSI USASK

Kaitlyn Tress (Third Year) - CAPSI Senior Rep
Shivani Trivedi (Second Year) - CAPSI Junior Rep
Kelsey Joorisity (Fourth Year) – 4th Year Rep
Roya Nabi (Third Year) - IPSF Senior Rep
Ruth Fayomi (Second Year) - IPSF Junior Rep
Jessica Landstad (Third Year) – Secretary
Kristin Arguin (Second Year) - Promotions Coordinator
Tara Sanders (Second Year) – Fundraising Chair
Sarah Cooper (Second Year) - Finance Officer
Cynthia Wong (Third Year) – Webmaster
Hersh Shukla (First Year) - 1st Year Rep
Palima Shrestha (First Year)- 1st Year Rep



Saskatchewan Pharmacy and Nutrition Students Society (SPNSS): The CAPSI Junior and Senior sit on the SPNSS to liaise between the two groups. SPNSS supports CAPSI PAM activities and the sponsorship of the Juniors' PDW conference fees. The SPNSS also offers great opportunities for interprofessional collaboration between pharmacy and nutrition.

Health Sciences Students Association (HSSA): The HSSA and CAPSI will be liaising during the 2016-17 school year to develop an interprofessional activity during PAM. Student Wellness Initiative Toward Community Health (SWITCH): CAPSI's secretary liaisons with the college SWITCH council to ensure that students are aware of the volunteering opportunities at Saskatoon's student-run clinic.



University of Saskatchewan Pre-Pharmacy Club: CAPSI and the Pre-Pharm Club collaborate during PAM for our Admissions Night event.

Canadian Society of Hospital Pharmacists' Student Liaisons (CSHP): CAPSI and the CSHP student representatives hold the EBM competition together each year. CAPSI also promotes the CSHP Provincial AGM to students using our large social media presence.

Important affiliations with other student groups on campus

Dietitians of Canada (DC) / Nutrition Professional Enhancement Club (NPEC): We partner with the DC student representatives for our Mentorship Night in PAM each year! It's always a favourite event!

University of Saskatchewan Students Union (USSU): The USSU provides CAPSI with ratification and funding for some of school events, such as Mr. Pharmacy. The USSU also provides outlets for promoting student groups, such as a radio show and student newspaper in which CAPSI takes advantage of.



School Showcase: University of Saskatchewan

Major initiatives/campaigns that CAPSI USASK has undertaken this year:

With each year, USask tries to improve on the previous year’s events and develop new ones attractive to our members. Our philanthropic initiatives, eye-catching fundraisers, and exciting events are the pride of our college. USask local has entered a team into Run for the Cure since 2014. Students from both the pharmacy and nutrition sides of the college, faculty and staff, friends, and family come out for the chilly October morning. Over the last year, CAPSI local integrated Bowl, Bat, and Bump for Boobies 50/50 that coincided nicely with the college Welcome Week events – women’s health promotion and a nice cheque for a lucky student was a great combination!

Our IPSF Local Senior and Junior representatives ensure that the international potential for pharmacy students is made aware to students at the local level. The Anti-Counterfeit Drug Campaign over the 2015-16 year featured a bake sale with themed stickers, a symposium speaker, and a social media contest.

Antibiotics Awareness Week is developed by the First Year Representatives on the CAPSI local council each year in November. Social media outlets around the university are utilized, in addition to a range of different events throughout the week. Last year, the local council posed for photos holding antibiotic facts that were posted on both personal Facebook pages, and the CAPSI USask Facebook page. Antibiotics Awareness Jeopardy took place at the end of the week for members to come and demonstrate what they had learned.



Teaming up with the males of the college to raise awareness and funds for Movember Canada was an initiative that began in 2015. Males of the college who wanted to participate were asked to take a photo each week and post it to our social media page, along with a fact about men’s health and the link to their Movember donation page. At the end of the month, the member with the most likes and funds raised received a gift basket, including a coupon for a hot shave!



Taking the meaning of the CAPSI value “UNITY” to a different context, CAPSI USask organizes a Sports Night at a local playing space in the second term. CAPSI members, nutrition students, and friends in the community come out to take part in dodgeball, kickball, and volleyball games. The most fun comes from choosing what theme to dress up in with your team!

Each coming March is another opportunity for more events to take place and more members to be involved than previous years. The PAM Kickoff Ribbon Cutting, Admissions Night, Mentorship Night, and Community Outreach initiatives are seen every year, in addition to symposiums for the members. The most anticipated event is Mr. Pharmacy- a mock pageant which was later taken on at the national level, can credit its roots to CAPSI USask. In 2016, over 100 members reached out to lead or help out in the numerous initiatives.

A little more about us

We are a domain of the College of Pharmacy and Nutrition at the University of Saskatchewan! Interdisciplinary opportunities with our up and coming Register Dietitian counterparts encourages the professional collaboration that our patients will see benefit from as we develop into our roles in health care.

The year 2016 is the last year that our college will be admitting BSPs! In 2017, our first PharmD class will be entering the college.

Since 2014, USask has sent student(s) to do an SEP exchange and to World Congress each year. During the 2015-17 school terms, USask has the largest representation, or is tied for the largest representation on the CAPSI National Council. We are passionate about advocacy!

School Showcase: MUN

2016/2017 CAPSI MUN

CAPSI Jr – Rachel Ward, 2nd year
CAPSI Sr – Kyia Hynes, 3rd year
CAPSI Advisor – Sydney Saunders, 4th year
CAPSI First Year Liaison – Ameila Clarke, 1st year
CAPSI Finance Officer – Stuart Bursey, 3rd year
CAPSIL Liaison – Kelsey Maidment, 4th year
IPSF Sr. – Meiling Lu, 3rd year
CAPSI National Secretary – Robyn St. Croix, 4th year

Important affiliations with other student groups on campus

MUN CAPSI works with the Memorial University Pharmacy Society (MUPS) on a daily basis. Selected MUN CAPSI members attend MUPS meetings weekly to have their input on school activities and to work together to create various events for students of the school.



Major initiatives/campaigns that CAPSI USASK has undertaken this year

Newfoundland and Labrador's Next Top Pharmacist (NLNTP) - Following PDW 2016, it was decided to make Mr. Pharmacy more gender neutral locally at MUN and NLNTP was born! The first NLNTP was held at the Breezeway Bar at Memorial University on March 5th. Students voted on who they wanted to see take part in the event. There was a contestant voted in for each year and a wildcard decided on by the entire school.

The contestants were: • 1st year: Christina Tran • 2nd year: Jay Warford • 3rd year: Michael Lidstone • Wildcard: Chelsea King



Contestants participated in several different showcases: • White coat fashion show • Drug name spelling bee • Talent show • Mock-mock OSCEs

It was a tough decision for the judges, but at the end of the night Newfoundland and Labrador's Next Top Pharmacist was crowned Chelsea King! The runner up was Michael Lidstone.

Interesting fact: Both the winner and runner up are members of the Class of 2017. This makes it the third consecutive year that someone from the class taken home the NLNTP/Mr. Pharmacy crown.

Pharmacist's Awareness Month – various events took place throughout the month of March to promote PAM. These events took place within the School of Pharmacy, on the MUN campus, and throughout the community. Some events included: Radio ad Campaign with 99.1 Hits FM & 97.5 KRock, NLs Next Top Pharmacist, Blood Pressure Monitoring at Kenmount Bingo, Trivia at Bitter's Pub, PAM Booth at the Avalon Mall, Various high school and elementary school presentations, Trans Health Symposium, Public Pill Drop in collaboration with the Royal Newfoundland Constabulary, Baking at Ronald McDonald House, School of Pharmacy Faculty & Staff Appreciation Day, Lip Gloss Compounding with various Girl Guide groups, Run for the Cure, 2nd annual "Saving Second Base" Softball tournament, Bake sale – raised \$451



School Showcase: MUN

2nd Annual CAPSI Awareness Week- It was geared at getting new students interested in becoming a part of CAPSI. The week consisted of: Lunch and Learn with CAPSI, CPhA and PANL representatives, Run for the Cure Bake Sale in the HSC foyer, Resume Building Session, 17th Annual CAPSI Career Fair in the HSC Foyer, 2nd annual "Saving Second Base" Softball Tournament Fundraiser for the Run for the Cure at Wyatt Park Field in St. John's, Medicine Shoppe Lunch and Learn

Our Fall Symposium took place on Thursday, October 13th from 5-6pm. The topic was Anti-microbial Stewardship presented by Dr, Micheal Welsh. Pizza and drinks were provided and we had a great turnout!

Our PDW Competitions are taking place the week of October 16th-22nd which include: the Student Literary Contest, Compounding Competition, OTC Competition, and Patient Interview Competition.

A little more about us

We are currently in the process of selecting the co-chairs and committee for the planning of PDW 2019. MUN is super excited to bring PDW back to St. John's!



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