

The background features a series of three upward-pointing arrows in light blue, medium blue, and dark blue, originating from the bottom left and extending towards the top right. Several airplane silhouettes are scattered along these arrows, suggesting growth and progress. The central text is framed by a dark grey horizontal band.

CANADIAN ASSOCIATION OF PHARMACY

# CAPSIL

STUDENTS AND INTERNS LETTERS



# President's Message

Dear CAPSI Members,

Welcome to the winter issue of the CAPSIL! What better way to unwind than to leisurely read and get inspired by what your colleagues have been up to across the country.

This past January, the University of Waterloo hosted PDW 2016 “Soaring to New Heights” and their hard work resulted in a tremendously successful conference for both delegates and CAPSI stakeholders. I hope delegates left Niagara Falls with a renewed passion to continue the positive advancements our profession has made. Thank you to the PDW 2016 planning committee for their time and efforts in organizing a fantastic conference for pharmacy students! At PDW 2016, CAPSI members voted to officially add a new executive position to National council – CAPSI Webmaster. With social media being a critical aspect of most of our lives, I foresee more awareness and CAPSI membership participation with the addition of a CAPSI National Webmaster. PDW 2016 also marked the first ever “Canada’s Next Top Pharmacist” competition which was a night full of laughs and the event received positive reviews.

Your CAPSI council has been in full swing these past few months – running CAPSI competitions, preparing and attending PDW in Niagara Falls and enthusiastically coordinating PAM events. As we wrap up this year, I encourage you to stay tuned to what your 2016-2017 CAPSI National Council has planned for next year!

It truly takes the unified efforts of motivated pharmacy students from across Canada to successfully promote awareness regarding our unique skill set and to highlight the value pharmacists bring to the health care team. Together we are making strides towards a promising future within pharmacy and CAPSI will continue to support this mission by facilitating excellence and exemplifying professionalism. This issue marks the midpoint in the school year, which reminds me of how quickly time is flying by! Make the most out of your time in pharmacy school, whether it be trying a new extracurricular activity, participating in a fundraising event or partaking in some friendly CAPSI competitions. Soak up as many experiences and memories during your time as a student or intern to get the most out of your CAPSI membership!

I also recommend following us on Twitter and Instagram at @CAPSINational, “like” our “CAPSI-ACEIP” Facebook page and your local CAPSI Facebook page to stay up to date.

Happy reading!  
Warm regards,  
Kavetha Selvathilagan  
National CAPSI President  
University of Waterloo – Class of 2017



# Editor's Message

Hello CAPSI membership!  
As pharmacists, we hear a certain phrase repeated often: that we are “the most accessible healthcare professionals”. I believe this is true and in a multicultural country like Canada, this puts us in contact with people of all races, religions, creeds, ethnicities, and socioeconomic standing. Although we all endeavour to serve all our patients equally, our own experiences often end up influencing the way that we interact with different people. Travel allows us a chance to break down some of these barriers. Experiencing another culture, another way of life, or another viewpoint allows us to cast another thread to connect ourselves more intimately with the rest of humanity.

I recently had the opportunity to spend a little over a month in Cape Town, South Africa, as part of my 4th year elective rotation. It was incredibly eye-opening for me, both on a personal and professional level. I will admit that I did not realize the rut that I had become stuck in at home; grinding away at the same schoolwork, in the same job, and seeing the same places and faces each day had placed me into a rather narrow mindset. Arriving in the Cape Town sun was, quite literally, a breath of fresh air. Stepping out of my comfort zone and meeting new people from all over the world helped me brush the cobwebs from my mind, and feel more present in each moment of my life again. I was very fortunate to be able to volunteer in a clinic in Khayelitsha, which is a very poor township within Cape Town. Although its population suffered from serious poverty, the sense of community present there was very striking to me. Seeing this camaraderie work to keep a very overburdened clinic functioning gave me new ideas and perspective into how we can bring these principles to a westernized healthcare system; group physician appointments for patients with chronic diseases, such as diabetes, is one “prototype” that comes to mind. It also helped me reaffirm my value as a pharmacist: in a region with very low health literacy, our skills and expertise are highly regarded.

As amazing as my experience in South Africa was, I firmly believe that it isn’t necessary to venture beyond Canada’s borders to broaden your perspective. Our home is a vast country, and it is a very unfortunate person who does not see the regions beyond where they grew up. Many people have a travel bucket list filled with foreign lands, but I believe that it’s equally important to see and experience your own country. From Signal Hill to the Bay of Fundy, from Chateau Frontenac to Mount Royal, from the CN Tower to Niagara Falls, from the Esplanade Riel to the prairie skies of Saskatchewan, from Banff to Stanley Park, there is so much to see within Canada. A great way to see more of Canada, while advancing your pharmacy knowledge at the same time, is to attend PDW! Alternatively, you can check out the latest rural job postings in your area. Working in a remote location shouldn’t be the “last choice” when you’re applying for jobs. It can be a once-in-a-lifetime opportunity to see a rural or northern community that you may not have a reason to see otherwise. It will be an adjustment to a different way of life, but you’ll be rewarded with a glimpse of some of Canada’s most untouched landscapes. I’m very happy to be able to theme this issue around student travel, including PDW and international exchanges. The students who made contributions to this issue have opened their world and shared their stories, and I urge you to look to them for inspiration. Whether it’s one step out of your backyard, or a flight across the world, there is an experience waiting out there for all of us. I hope you go out and find it, and let it help you grow as a person, and as a pharmacist.

Ever onwards,  
Leah Pritchett, CAPSIL Editor  
University of Manitoba, Class of 2016

## Thank You to the Translation Committee!

Elizabeth Allen  
Laurent Béchard  
Alexandre Slusarek  
Jessica El-Khoury  
Chloé Petit  
Charlotte Payette  
Verina Sieu  
Karine Pilon  
Natalie Nguyen

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Tayyaba Mawani





# STUDENT TRAVEL



## TAIWAN

**A Summer Abroad**  
Shelley Wu, University of Alberta



Participating in the IPSF Student Exchange Programme (SEP) has been on the top of my to-do list ever since receiving acceptance into pharmacy. And this summer has proved my decision right. This exchange experience is one of the most exciting and meaningful moments of my life. Not only did I have a chance to step into the Taiwanese health care environment, I also

made new friends, explored the island and learnt about Taiwanese culture. I applied for SEP during my second year in pharmacy, and was lucky to be placed in the country of my top choice. Three other exchange students and I were arranged to job-shadow in retail pharmacies and hospitals in Kaoshiung and Pingtung. We saw that there were different types of



## THE PHILIPPINES

### A Personal Encounter to Pharmacy Practice in the Philippines

Lorenzo Ledesma, University of British Columbia

My name is Lorenzo Ledesma, a second-year (B.Sc Pharm Candidate Class of 2018) student at the University of British Columbia Faculty of Pharmaceutical Sciences. I grew up in the Philippines and immigrated to Canada at the end of 2008; I am in my 4th year at UBC having completed 2 years of my undergraduate degree in Microbiology & Immunology and Psychology before deciding to start my Pharmacy education. I chose to become a pharmacist because it is the profession where I can see myself making the most impact in society and where I can build a rewarding career. I am blessed and thankful to call a beautiful city like Vancouver home and to be able to study at a world-class school. After successfully completing first year of pharmacy school, I decided to reward myself with a much-needed vacation to my first home in Manila, Philippines. While on vacation, I couldn't miss out on the opportunity to give back to the place I've called home for most of my life. I got in touch with a high school friend who is also in pharmacy school and she asked me if I wanted to join fellow pharmacy students on

a field trip... Here is my short but gratifying experience.

The University of Santo Tomas' Clinical Pharmacy Society (UST-CPS) is an adjunct organization to the Clinical Pharmacy students of the faculty. Its goal is to expose the students to communities and environments where they would be able to apply their pharmaceutical skills, knowledge and at the same time provide healthcare service to people with limited healthcare resources. The organization is divided into different clinics that focus on certain diseases and special populations such as Diabetes Care, Hypertension, Pediatric, Geriatric Care, Women's Health, Men's Health, Dengue and Skin Clinics. Each clinic designs a program for a certain community to assess, provide intervention and monitor which is more effective than doing a one-shot medical mission.

I participated in UST's Clinical Pharmacy Society Hypertension Clinic for a full day, called Phase 1: "Patient Profiling of the Hypertension Clinic in Barangay San Lorenzo Ruiz" in Caloocan City, Philippines. In Phase 1, we transformed a classroom into a small clinic with different stations. We had stations for registration, patient interviewing to create their own patient profiles, checking of vital signs and a physician to do a quick consultation. Patients at risk of or with hypertension in the local community were asked to rotate around these stations for assessment. I found this brief experience both very humbling and rewarding. It served as a motivational reminder as to why I decided to study pharmacy and become a pharmacist.



Through this opportunity, I was able to compare pharmacy practice and the roles of pharmacists between Canada and the Philippines. It was fascinating to learn about the pharmacy profession from a different perspective as well as seeing similarities and differences between these two countries. I was also able to use my knowledge of pharmacy from first year and provide patient-centered health care in a real-life clinical setting. At the end of the day, I learned to appreciate and be thankful for my good health. I also realized how fortunate I was to have been given the opportunity to be of service to the community. I believe that we, as pharmacists, have a social responsibility to our patients; I am overjoyed to know that I've made a small contribution which can lead to a bigger impact in the lives of those people in the community. I am eager and excited for my future as a pharmacist, where I can really make a huge difference in the lives of people. This was truly an experience I won't forget and I would like to thank University of Santo Tomas Clinical Pharmacy Society for welcoming me to share this encounter with all of you. Thank you for reading!

pharmacies in Taiwan, such as pharmacies for Chinese traditional medicine, OTC products, prescription medications, etc. In hospitals, pharmacists mainly work in the dispensary, while a few clinical pharmacists would operate on the ward. The pharmacist takes more of a dispensing role, since Taiwan does not have pharmacist technicians. However, some hospitals

are trying to increase the pharmacist's interaction with patients and lean toward a clinical role. When we are not on our internship, we would attend some lectures, mingle with Taiwanese pharmacy students, or go sightseeing. The host students were so welcoming and supportive: from giving helpful advice, to arranging events and trips for us

to explore Taiwan as well as their school – Tajen University. There were weekend trips to the beach, game nights, neon party, night markets...and the list goes on. 2015 SEP has been such an amazing experience, and I highly recommend more students to participate in this opportunity.



# TANZANIA

## Health Promotion and Capacity Building in Tanzania

Nicola Gale, University of Alberta

Immediately after finishing the two weeks of my hospital rotation in Medicine Hat, Alberta (give or take 36 hours of air travel) I landed in Dar es Salaam at 10 PM on May 18 slightly disheveled but excited to have reached my destination. Groggily shuffling through customs led to fingers being printed and photos being taken until I was handed my resident permit and officially began my journey living and working in Tanzania for the next three months as a volunteer with the Students' International Health Association, a student run organization at the University of Alberta. Leading up to this point, I had spent the previous 8 months attending lectures about global health, local health issues, project planning and implementation, and cultural competency with a group of six other ladies who are passionate about public health. We come from diverse backgrounds (public health, nutrition, pharmacy, engineering, and neuroscience) and are a great reflection of the multi-faceted and interdisciplinary nature of health.

Travelling the 55 km into Mlandizi, the place we would call home for the next 11 weeks, was a breath of fresh air after bustling around dusty, crowded Dar for the first few days. Grassy plains, palm trees, the characteristic bright red dirt roads, and hectic markets would be the backdrop for our summer. A typical day in Mlandizi started out with ginger tea and chapati followed by a quick meeting with our In-Country Representative, Melkiory, where we would lay out a plan for the day's meetings. Once this was settled, we would fill up our campelaks with water and spend the next 30 minutes dodging potholes and pikipikis as we bicycled the 15 km into Kikongo or Mwanabwito, the two small villages where the majority of our work took place. There we would often meet with village leaders, community groups, and other NGOs with the aim of working together to find grassroots solutions to health-related issues in the villages. Depending on the project, this could entail education,

raising awareness, finding resources, connecting villagers to other groups with similar goals, or a letter to the local government.

Projects this year included maternal health seminars with Maasai women, bednet sales, evaluating biosand filter use, and capacity building with local groups dedicated to educating their communities about local health challenges such as water, sanitation and hygiene (WASH), HIV/AIDS, sexual health, and malaria. I specifically focused on the yearly bednet sales and went into the summer with the goals of increasing community ownership of the sale process and attempting to tackle long-term accessibility of bednets. New developments included connecting a local pharmacy owner with a bednet distributor in Dar es Salaam and helping him to increase his capacity to provide consistent access to bednets at affordable prices for his community.

The principles of sustainability, community engagement, multi-sectoral action, and anti-oppression that guide our projects in Tanzania are applicable to our attempts as healthcare professionals to address health challenges in Canada as well. Meaningful change takes time, connection to the community you are attempting to work in, and a lived experience of the factors that impact health.

After grabbing a quick bite of rice, beans, and kachumbari for lunch, we would finish up our meetings and head back into Mlandizi for an afternoon of writing and planning. The bike ride back often involved a race up the ominously steep Mwanabwito hill and then a quick stop at the market for fruit and vegetables. There you could find brightly patterned Kangas, mountains of shoes, ripe papaya, or a guy who knows a guy who could make you a bookshelf. A walk down the street was always accompanied by a cacophony of sounds. Everyone we passed would either strike up a conversation or amicably yell out one of the following: "Mambo!" (hello, how are you), "Habari!" (what's the news/what's



up?), or, the most popular, "Mzungu!!" (white person). We always felt incredibly welcomed into the communities and appreciated how eager everyone was to share their stories. Thinking back, one of my favourite memories from the summer was chatting with Melkiory and the translators in between meetings. We would exchange stories about Canada and Tanzania, compare Facebook photos, teach each other words in English or Swahili, or swap music. I feel like these times were a true representation of what SIHA offers both Canadian university students and Tanzanian locals alike: the exchange of ideas, culture, and skills between people interested in the health of their communities, both local or global.

The future of healthcare deserves a well-rounded and diverse perspective on health and the many factors that impact someone's ability to lead a healthy life. This is why I continue to volunteer with SIHA and hope to build this into my education as a pharmacy student in the future. A key strength of our organization is our commitment to increasing awareness within our own communities about sustainable development and how to positively engage with communities and cultures that are different from our own. By bringing together students from a wide variety of disciplines, we hope to promote collaboration and an understanding of health through a public health lens. As a pharmacy student, SIHA has been a great place to explore the topics of global and public health and get hands-on experience with health-related project planning and community engagement. To learn more about SIHA or the projects that I was specifically involved in this summer, please feel free to check out our website ([www.siha.ca](http://www.siha.ca)) or to send me an email ([gale@ualberta.ca](mailto:gale@ualberta.ca))!

## IPSF World Congress 2015: Incredible India

Venessa Liang, University of Saskatchewan

# INDIA

As soon as I attended the 30-minute information session put on by our local IPSF representatives, I knew that I was going to attend the 2015 IPSF World Congress. It was going to be in INDIA! INDIA! When would I ever have another opportunity in my lifetime to travel to India?! This seemed like the perfect reason to see the world, expand my knowledge in pharmacy on an international scale and meet (super-cool) pharmacy students from all corners of the globe.

Every time somebody asks me "so, how was India?" I reply with "it was an experience". Incredible India is really a great way of summing up my experience because India was incredibly awesome, incredibly terrifying and incredibly crazy. The congress itself was the incredibly awesome. I had the opportunity of representing Canada as one of the official delegates alongside two amazing other ladies from the University of Alberta, Leah and Cassandra. Pharmacy students from 55 different countries in the world surrounded me and it was an experience I can't adequately describe. It was unreal to be immersed in so many different cultural backgrounds at one time and additionally, so many different 'worlds' of pharmacy. As a pharmacy student from Canada, I thought I was used to a multicultural environment but this experience took it to extremes I never thought were possible. In addition to learning the ins and outs of IPSF, I had the chance to discuss with many students the differences

in their practices around the world and the challenges they face in moving the profession forward. I consider myself very lucky to be a future, practising pharmacist in Canada and I also look forward to adapting our practices to new roles and opportunities from across the globe. It was amazing to see the practise of pharmacy expanding on an international scale as future pharmacists exchanged ideas, concepts and evolving practises. What an incredible way to accelerate our profession!

Attending the World Congress was in some ways like visiting 55 different countries in 10 days. The languages, the cultures-it was all so surreal. I like to describe it as PDW on crack. International night, one of the theme nights, is by far my new favourite day of the year! (You know it must be amazing because I decided I had to devote an entire paragraph to it.) Pharmacy students represented their countries with an on stage performance, a food-filled table with delicacies from their homeland and of course, spirits and liqueurs with alcoholic percentages beyond what I ever thought was possible to be consumed by a human being. I'll admit, our Canadian "food delicacies" were a little sad as our table consisted of a carton of maple cookies and a few maple candies but we made up for it with our awesome Dollarama bought Canadian flag tattoos, a hilarious compilation of lame Canadian dance moves and some good old spiced



whiskey. It was a night to remember and a night I will never forget.

All in all, the IPSF World Congress was an experience of a lifetime combined with so many of my favourite things-pharmacy, travel, spicy food, and most importantly, great friends. I survived terrifying tuk-tuk rides, spicier food than I have ever tasted and the scariest of them all, India traffic. Days were filled with hours and hours of hard work in General Assembly and nights came the time where we ate spicy dinners and stayed up until the wee hours of the morning socializing and creating new friendships, only to wake up a few hours later and repeat it all over again. It was truly an honour representing Canada at the pharmacy front and I can't wait to do it all over again next year in Zimbabwe. I hope to see you there!





# CSHP CORNER WINTER 2016 UPDATE

## Samantha Cunningham CSHP National Student Delegate University of Saskatchewan



First of all, with the end of the 2015-2016 school year fast approaching I would like to thank the outgoing CSHP representatives at each school, as well as the outgoing CAPSI council, for a great year!

### **CSHP/CAPSI Hospital Pharmacy Student Award**

Congratulations to Lydia Cheung from the University of Alberta on being this year's winner of the CSHP/CAPSI Hospital Pharmacy Student Award. Lydia was given a reserved spot to CAPSI's Professional Development Week in January, with conference reservations and travel costs covered in addition to a cash prize!

This award is given yearly to a student who shows promise as a future hospital pharmacy practitioner. Keep an eye out in the fall to apply for next year!

### **Professional Practice Conference- Toronto, Ontario**

In February CSHP held it's annual Professional Practice Conference in Toronto, Ontario. This year's conference was a big hit with sessions in cardiology, medication safety, aboriginal health and many more!

**"PPC is a great opportunity for students to showcase research they have done to pharmacy colleagues. It is also a unique opportunity to meet world-renowned pharmacists and pharmacy residents who practice across the country"- Jason Yung, University of Toronto**

### **Summer Job Opportunities**

If you're looking for a summer job in hospital pharmacy, visit the CSHP student's corner webpage at [http://www.cshp.ca/students/index\\_e.asp](http://www.cshp.ca/students/index_e.asp) and click the link for "Summer Student Job Opportunities".

### **Residency Information**

If you're looking to apply for hospital residency it is never too early to look at your options. See [http://www.cshp.ca/programs/residencyTraining/applicants/index\\_e.asp](http://www.cshp.ca/programs/residencyTraining/applicants/index_e.asp) for frequently asked questions, a list of accredited programs, contact information for residency coordinators and more!

Best of luck with placements, summer jobs or PEBC exams!



# Scotiabank®

## Tips for financial success!

### → **Best Financial Structure for Debt Repayment**

According to the Canadian Federation of Students, average student debt is currently \$28,000 – likely a low estimate for students pursuing a graduate degree in Pharmacy. Consider these suggestions to help you manage your post-graduate debt as you get set up in your new professional career.

### → **Know Your Options**

Graduation can be a time of professional and financial uncertainty – defaulting on your student loans can have serious consequences, placing you in an unstable financial scenario just as you are starting out. These three repayment options can make things easier for you until you start earning a steady income.

### → **Interest-free period**

Canada Student Loans offer an interest free period for six months after graduation. Be sure to ask your bank if there's a grace period available for your personal student line of credit or loan too. Of course, if you can afford it, start repaying debt immediately. You can choose to make interest payments right away as a lump sum or on a monthly basis.

### → **Debt consolidation**

If you have more than one loan or line of credit, combining your debts can simplify repayment. You'll have just one payment due each month, typically at a lower monthly payment and interest rate. Consolidation can make it easier to repay your debt in the short-term, however you'll pay more interest as the repayment period will be longer.

### → **Interest Relief**

If you're unable to make payments because of dire financial circumstances, you can qualify for a 6-month interest relief period on your government student loan. Your bank may offer interest relief or reduced monthly payments until you're earning a steady income.

### → **Late Borrowing Options**

If you're in the last few years of your studies and need financial assistance, talk to your bank about a student plan. You may find that your bank can provide you with options, including more flexibility and lower rates, than a federal or provincial student loan.

The Scotia Professional Student Plan lets you borrow up to \$250,000, depending on your profession, with rates starting at prime. Over the course of a 10-year repayment period, you could save thousands in interest over a Canada Student Loan, which offers a fixed rate of prime plus 5% or a variable rate of prime plus 2.5%. And, upon graduation, the bank offers a 12-month interest only period while you get settled in your new profession.

### → **Final Tips**

Take care to maintain a good credit rating, even when finances are tight. If you need to borrow in future, you'll be able to qualify for a loan, line of credit or a mortgage, and often with better interest rates.

Learn more about the Scotia Professional® Student Plan (SPSP) by speaking to a Scotiabank Faculty Representative at your University.





## Raphaël Gagnon-Paradis Laval University

Translation: Leah Pritchett and  
Natalie Nguyen

On September 1, 2015, Université Laval awarded Dr Linda Strand, Pharmacist Emeritus, an honorary doctorate for her work over the last thirty-five years on the concept of pharmaceutical care with an international influence. Addressing the Pharm.D. graduates, she offered them:

**“You will have to decide, very soon if you haven’t already, whether you are going to fulfill a traditional role as a pharmacist or if you will join me to establish practices where you will take responsibility for managing patients’ medications alongside the physician and the nurse to solve the tremendous problem of medication related illness that exists in our societies.”**

I choose the second option.

Bill 41 was enacted on June 20, 2015, and marks a turning point in the practice of Quebec pharmacists, because it reinforces the access of the public to the clinical expertise of the profession. With this law, the Health Minister is willing to move a little bit closer to the vision of Dr Strand: encouraging optimized and shared chronic disease management. This is an efficient system for managing the medication-centred wellness of patients. Now, public healthcare coverage agrees to pay private sector pharmacists in exchange for services that are not only related to the distribution or execution of a prescription, but for pharmaceutical care as well. The opportunity is now there, it’s up to us to seize it. But if it doesn’t offer much to others, it won’t be surprising if we are asked to provide little.

I think the next generation of medical

practitioners is increasingly aware of the value we add. Although the physician-pharmacist exchange of views is frequent in healthcare institutions, the fact that Bill 41 has brought pharmaceutical care to the forefront opens the door to a significant increase in this type of exchange in the community environment. Madam pharmacist, I have diagnosed the problem with Mr Tremblay, and I want to reach the following targets... Drug therapy as determined to be suitable by the pharmacist is highest when determined within interprofessional collaboration by the doctor, but most pharmacists will do the monitoring and regular adjustment in between annual doctor office visits.

But now, the usual comfort has disappeared as pharmacies adapt to the addition of these new possibilities...in my view, the current model for community pharmacy does not allow for the best usage of our skills for the provision of care. I believe in a potential separation between the distribution and professional services portions of pharmacy. Mr Simard, who takes 13 pills, many of which result from a prescribing cascade, cannot receive a review of his profile at the corner of the counter without an appointment, when it is offered by a pharmacist who is drowning under baskets and questions. The opportunity to grow is there; it must be seized.

One day soon, we will probably see the appearance of offices for pharmaceutical services in Quebec. Specialized pharmacists will unite to provide, within the walls of an office, a private clinical service where the number one goal is to pharmaceutical care centred on the patient and family without direct drug distribution. It may not offer these services for free, as “customer service”, because these actions have value as services provided by a professional. At first, people will be willing to spend their own money to access these services. The first to offer universal access might be

private insurers who include pharmacist consultation in their coverage plan. The savings generated by the reduction in hospitalizations due to misuse of pharmaceuticals and the reduction of usage of physician time will ultimately be obvious. Our government is fond of what is economic, and will support the initiative taken by visionary pharmacists.

The distribution component will be removed, but it will still be efficient with an abundance of patients for consultation, profiles to adjust, professionals to advise, and decisions to make. The pharmacist 3.0, Roger Simard, brings a very interesting possibility: interfaced applications that can track multiple biomedical metrics, a kind of record that the patient fills in for us. Imagine that Ms Girard has captured her blood pressure and glucose readings digitally. Imagine that it has already answered several questions about her condition on a secure web platform, in the comfort of her home, the day before her appointment. When she arrives at the pharmacist’s office, the pharmacist has all her data in hand, the answers to her questions are already obtained, and the software highlights items to be monitored. The result: the pharmacist can maximize his time, and that of the client, to find a solution to the top priority issues of Ms Girard before she leaves to see her doctor, whom the pharmacist should never substitute. In the end, she leaves with answers to questions that are recorded on a digital medium.

In light of this article, there is no denying that the stage is set for a true sharing of responsibility between health professionals. The pharmacist will be called to contribute his pharmacotherapy expertise in providing extended pharmaceutical care. Future pharmacists, be proud to be the engine of change, and instill in Quebec the vision of Dr Linda Strand.

# THANK YOU TO OUR CAPSI CLUB SPONSORS

## PLATINUM



## GOLD



ASSOCIATION DES  
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DU CANADA

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PHARMACISTS  
ASSOCIATION

## SILVER



## CLUB





# Highlights From:

soaring to new heights  
**PDW2016**  
s'élancer vers de nouveaux sommets



**NIAGARA FALLS**

January 6th to 9th • 6 au 9 Janvier



## Steph Bryant, University of Manitoba

I'd like to begin with the perception I had of Professional Development Week prior to this particular PDW. For me, PDW was an opportunity to travel with my friends to a new and exciting place to make more friends. This was a socializing event to connect with other pharmacy student across Canada. Here, I would expand my mind of the profession and absorb new skills and tools to equip me for my future. I still believe these things. What changed for me is that this year I had the chance to go beyond the surface and connect with CAPSI National, understand the issues and successes that pharmacy sees in other provinces, and gain knowledge and inspiration as the host for the next PDW in Winnipeg.

Upon arrival, the energy of the conference was successfully foreshadowed by the planning committee of The University of Waterloo. The opening night provided many chances to mingle and get to know our peers and to let loose. Keynote Speaker, Kate Davis, showed us to be ourselves and laugh, to explore humor together. Overall, we were com-

fortable with each other and this carried on for the entirety of the conference to maximize our connections.

I had the chance to attend several breakout sessions to expand the knowledge of pharmacy. I truly noted the differences in provincial legislation and it caused me to pose more questions about these differences and similarities. This led me to understand the experience of my colleagues and more importantly, the experience of our Canadian patients in the national health care system. These sessions exposed some controversial issues in our field, such as natural health products, and elaborated on evidence based medicine. We were shown how to approach and frame more complex situations for our patients – example: E-cigarettes. We forever keep patient centered care at the utmost importance.

Once more, I experienced the fierce pride I have for the French language in conversing with my fellow Francophones – all of whom encouraged the development of my speech and increased

awareness of the diversity of Canadian culture. This is important for pharmacists to incorporate into practice as Canada is a proudly culturally diverse country, and here, at PDW we can take advantage of exploring this. I feel like this is the best opportunity to do so.

The University of Manitoba, College of Pharmacy is hosting the next Professional Development Week in January 2017. With this preface, I became more aware of the work and amazing outcome of executing one of the largest student ran conferences in Canada. The opportunities provided by CAPSI National became clear. It dawned upon me that this conference will continue long after we graduate as a legacy to the next generation of professional pharmacists. We come away with valuable skills to plan, lead and share in the continuous improvement and evolution of pharmacy. Every year, we visit a different province, surrounded by various people sharing the same passion. We pass the torch.

## Delegate Experiences

### Nick Rusnick, University of Manitoba

Professional Development Week 2016 was hosted by the University of Waterloo and was held in beautiful Niagara Falls, Ontario. The conference this year was spectacular in both educational and social aspects as I came away with a much greater appreciation for our profession. Each year this conference allows you to grow personally and with other student pharmacists in order to flourish in your future career. Between the competitions, speakers and social events, PDW 2016 would largely be considered a success in my books.

The speakers that were present in Niagara had amazing anecdotal stories and professional knowledge that allowed us as students to challenge ourselves and view our profession as pharmacist's in multiple ways. The keynote speaker, Kate Davis, provided us with humour, advice on how to approach certain situations, and how to improve communication and function in the workplace. The motivational speaker, Jeff Adams, who is a Paralympian gold medalist told us of his extremely difficult and powerful journey to become the person he is today, and did an excellent job of instilling passion and motivation in us. The other speakers allowed us to gain valuable knowledge about ownership and current developments in the field of pharmacy, reiterating the excitement we have to look forward to in our future careers.

Additionally, I was able to participate in the Medisca compounding competition

held at the University of Waterloo campus. The experience itself was remarkable, and I was able to appreciate the knowledge that I have learned throughout my degree thus far. Having learnt pharmaceutical skills in school and being able to put it into action, all while competing against all of the pharmacy schools in Canada, was an experience not many people get and was something that I consider very valuable in my professional development. Placing third in the competition and representing the University of Manitoba was something that was very special, and I will without a doubt remember that for the rest of my life.

Lastly, the social events that were at PDW 2016 were great. The casino night and snow ball themes enhanced the experience in a very positive way, and created an atmosphere that everybody was able to enjoy. Oktoberfest and Canada's Next Top Pharmacist were also a success and continue to make our student network unique. Each of the social events allowed us to meet other students from all across the country, have both educational and meaningful discussions and learn of how similar, yet different, the profession of pharmacy is. Professional Development Week 2016 was very enjoyable and each of the delegates were treated to valuable educational experiences, along with the beauty of Niagara Falls. I am looking forward to PDW 2017, as our university will be hosting it in amazing and professional fashion.





## Kiana Gozda University of Manitoba

PDW is a very amazing and unique experience. As a first year pharmacy student, attending the conference provided me with an introduction to the pharmacy profession and a chance to network with my future colleagues from across Canada, which is such an invaluable opportunity.

Waterloo planned a fantastic event filled with many dynamic and engaging speakers. My personal favourite was one I saw on the second day of the event, Phil Embury. He spoke about the problem of addiction and focused on the abuse of prescription medication, and spoke about the pharmacists' role in the prevention and management of addiction and prescription drug diversion. My SPEG volunteer placement is done at the M.I.N.E program (Methadone Intervention and Needle Exchange), which is an arm of the Addictions Foundation of Manitoba, so I felt that his talk pertained greatly to the volunteer work I was doing there. At the M.I.N.E program, I primarily work with nurses, so I found it especially

beneficial to learn about the pharmacist's specific role in addiction prevention and management, which is knowledge I feel I can bring into practice when I graduate. As well, I was lucky enough to be selected as the Manitoba delegate to participate in the first ever PDW debates. The topic was on specialty pharmacies, and we had to prepare arguments for and against the subject, and we found out minutes before we had to get up to the microphone what our stance on the topic was. What's more, we had only met our team hours before the debate. Overall, I feel that the debates was a great new inclusion and fits well with the other events going on at PDW. It allowed me a chance to interact on a more personal level with students from other universities. While the audience wasn't very big this year, I could see it as a chance for the different schools to come together, as the 10 delegates were divided into two teams. While I found most other events at PDW to keep the schools segregated, this was a

great way to bring them together to work for a common goal. Furthermore, the topic selected was one that students had to research no matter what their year in pharmacy, which as a first year I was thankful for. By the end of the stay in Niagara Falls, I felt I had accomplished a lot more than I thought I would! It was excellent bonding time for students from the University of Manitoba, as well as a great opportunity to get to know students from other parts of Canada. I spoke with many different company representatives and learned about the many opportunities available to pharmacy students both before and after graduation, as well as gathered up a solid handful of free products to try! Last, but not least, I greatly enjoyed the location of the conference: the beautiful view of the falls and the abundance of fun things to do close by our hotel. In all, the knowledge you gain and the people you meet make PDW an experience that I highly recommend for every pharmacy student to attend.

## Taylor McVannel University of Manitoba

At the beginning of January, I had the opportunity to attend the 2016 Professional Development Week (PDW) for Pharmacy students in Niagara Falls. This was my second time attending PDW and my expectations were greatly surpassed again. I am an advocate for PDW and truly believe that everyone should attend PDW at least once as it provides numerous opportunities to discover new strengths, expand your knowledge, and build lifelong friendships. It was a surreal atmosphere being surrounded by 600 of your peers from across the Nation and the energy was contagious from the moment you walked through the doors at the opening night gala. There were many dynamic evening events including dinners, Mr. Pharmacy pageant and Pharmafacts bowl. These events facilitated meeting new people from different universities, building relationships with your classmates, networking with important national CAPSI representatives and working on communication skills. Everyone was so welcoming and friendly, it was an environment that supported person-

al growth and development and a chance to celebrate our differences which will make us stronger when we unite to face the challenges of the future. The presentations at the conference were enlightening. There were incredible speaker's who had expertise in different aspects of the health profession realm. These including motivation speaker, Jeff Adams, and countless notable speakers, including keynote speaker Kate Davis. Delegates could choose speakers based on interest and lectures styles included debates and panel discussions to cater to different learning styles. The speakers were very passionate about their topics, provoking much thought. This year, I also had the opportunity to represent the University of Manitoba in the national Patient Interview Competition (PIC). Competitors were shuttled to the University of Waterloo's Pharmacy facility which is the newest in Canada. I have participated in mock scenarios in the past but this competition pushed me out of my comfort zone as it involved new evaluators, new standardized

patients and a different environment. Even though I didn't place in the top four, it challenged me to adapt to new situations and was great practice for the PEBC licensing exams. I felt a tremendous amount of pride representing Manitoba and it renewed my motivated to be involved in PDW 2017 and the competitions next year! Finally, an unexpected gain from PDW was a drive to become more involved in the field of Pharmacy. Being surrounded by students going through familiar struggles made me realize that being in a professional faculty is challenging but the impact we can have as health professionals makes all the long hours of schooling worthwhile. Pharmacist's scope of practice is expanding every year and I have no doubt that the next generation of Pharmacists in Canada at the PDW conference will push the limits even farther. I left the conference with the reassurance that I had chosen the right career path and the passion to explore the question, "what will I do to impact the Profession of Pharmacy?"

# PDW in Photos

*Photo credits: Studio 95 Photography*









# Competition ————— Winners

## Student Literary Competition - Sponsored by the Canadian Pharmacists Journal



**1st: Louise Lau, University of British Columbia**

2nd: Carolyn MacKinnon, Dalhousie University

3rd: Kristina Kozlovsky, University of Waterloo

4th: Taylor Raiche, University of Saskatchewan

## Compounding Competition - Sponsored by Medisca



**1st: University of Saskatchewan - Darren Bogle, Trista Zacharias, Madison Schmidt, Jayesh Changela**

2nd: Memorial University of Newfoundland - Erin Beresford, Jennifer Voisey, Michelle Fazio, Emily King

3rd: University of Manitoba - Raveen Boparai, Scott Van, Brett Roeland, Nick Rusnick

4th: University of Toronto - Kevin Tang, Amy Su, Jennifer Wang, Bea Annika Laset

## OTC Competition - Sponsored by Pfizer Consumer Healthcare



**1st: Erin Cicinelli, University of Toronto**

2nd: Daniel Leung, University of Alberta

3rd: Candice Smith, University of Waterloo

4th: Charles Monaghan-Sevigny, Laval University

## CSHP-CAPSI Hospital Pharmacy Student Award



**Lydia Cheung**

**University of Alberta**

## Patient Interview Competition



**1st: Audrey Champagne, Laval University**

2nd: Ryan Lee, Dalhousie University

3rd: Sarah Mann, University of Waterloo

4th: Philippe Arbour, University of Montréal

## CAPSI-Pfizer Consumer Healthcare Guy Genest Passion for Pharmacy Award

Memorial University of Newfoundland:

Kara O'Keefe

Dalhousie University: Carolyn MacKinnon

Laval University: Kelly Lessard

University of Montréal: Mathieu Norbert

University of Toronto: Tiana Tilli

University of Waterloo: Sumaira Hasan

University of Manitoba: Alan Phung

University of Saskatchewan: Jayesh Changela

University of Alberta: Phoebe Hsu

University of British Columbia: Jason Kim



# Spotlight on • • • • • Green Pharmacy

## Filling a greener prescription: a movement towards environmentally sustainable pharmacy practice

Louise Lau, University of British Columbia

Winner of the Student Literary Competition, sponsored by CPJ

Environmental health and pharmacy practice may appear to be two fields that lack an obvious connection. However, as terms such as climate change, resource depletion, environmental degradation and contamination creep up in newspaper headlines, we should begin to question how our profession is associated to such topics and events. Traditional pharmacy practice is not known to be very “green”. In some cases, urban myths that health care providers cannot be environmentally friendly in order to provide safe and effective care for our patients seem to justify our lack of concern for the environment. For instance, although re-using is a sustainable concept that is encouraged, it is often not an option in pharmacies due to safety regulations. However, a fine balance may exist between providing safe and effective care for patients and being environmentally conscious. There are numerous avenues through which we can minimize our environmental impact without jeopardizing the care we provide to our patients.

The most obvious key to achieving sustainability is through reduction. Waste production, particularly plastics, is a major environmental concern. The plastics we send to landfills remain there for centuries since they do not degrade, posing a serious environmental hazard. Plastic packaging alone makes up a bulk of the waste on a typical day at community pharmacies. Although sometimes necessary, more often than not, the amount of packaging used is excessive. Pharmacists can make a difference by being environmentally conscious when ordering stock. For example, the simple decision of ordering one bottle of 500 tablets instead of five bottles of 100 tablets can help prevent unnecessary plastic waste. Furthermore, pharmacy owners can seek out recycling depots that accept used pill bottles, prescription vials, and other plastics. Very few pharmacies currently recycle plastic waste

but if everyone were required to, then the amount of plastic we can divert from the landfills will have an unimaginable impact. The fact that pharmaceutical drugs are a major source of contamination in our environment should be of no surprise to anyone. Their presence has been detected in water supplies from sources such as human excretion and improper disposal of drugs. They affect natural ecosystems and pose a threat to living organisms. Although as pharmacists, we may feel as if we have no control over what happens to the drugs after they leave the pharmacy, we are actually in the perfect position to help determine their fate. First and foremost, educating patients on safe and effective medication practices not only optimizes drug therapy outcomes, but it can also have strong environmental implications as well. We can counsel our patients to use certain pharmaceutical products only when necessary and to use the minimum effective dose to limit the amount that enters the environment via physiological excretion. Another important point is to remind patients to return unused or expired medication to pharmacies for proper disposal. British Columbia was one of the first provinces to regulate pharmaceutical wastes through the Recycling Regulation under the Environmental Management Act as an extended producer responsibility mandate. We should emphasize this convenient service to patients and encourage them to be diligent when managing their pharmaceutical wastes. Finally, communication with pharmaceutical manufacturers plays an integral role in a movement towards more sustainable practice. Many manufacturers have gone to great lengths to decrease their environmental impact. However, they ought to continually strive for more sustainable options such

as developed

opinion  
eco-friendly packaging.

Working on the front lines, we are in the best position to make recommendations on what is necessary and what is not. Moreover, we can advocate for the health of our environment by urging drug companies to conduct more extensive research on the risks of their drugs to ecological systems and the environment, which may be overlooked during drug development. Environmental concern will only continue to grow resulting in an increasing number of patients who will request for such information. As drug experts, we

Eco-friendly pharmacy is an emerging concept in Quebec. But why should pharmacies worry if they are particularly eco-friendly?

According to the World Health Organization,

a healthier environment in developed countries contributes to the significantly reduced incidence of many common diseases, such as asthma. For their part, pharmacists have an ethical duty to protect and promote the health of their patients. Thus, since the health of the population is intimately connected to the health of the planet, pharmacists should rise to the challenge of the important environmental role they play.

According to Marc-André Mailhot, president and founder of Green Link (a sustainable development company specializing in the field of pharmacy), a green pharmacy is one that reviews its business activities, its impact in the community, and its ecological impact in order to adhere to the principles of sustainable development. In pharmacy, it's the combination of many small changes that can make a big difference in the amount of wasted material and environmental impact. Recycling all materials that can be reused to reduce waste is an important first step towards eco-responsibility. In addition, during the construction of new pharmacies, we can think about green development. For example, choosing a white roof significantly decreases the temperature inside the building. But does all this have a real impact on the health of the planet?

The following data is from Sebastien Aubin and Nadine LaCasse's pharmacy, located in Wakefield. These pharmacy owners have

need to be prepared to provide them with answers.

The environment is the air that we breathe, the water that we drink and the beauty that surrounds us. As inhabitants of our planet, we have an obligation to leave it in better shape than which we found it and preserve what we have for future generations to come. In Al Gore's wise words, “We can believe in the future and work to achieve it and preserve it, or we can whirl blindly on, behaving as if one day there will be no chil-

dren to inherit our legacy. The choice is ours; the earth is in balance.” As numerous other professions are changing their practice to becoming more sustainable, our profession must not lag behind. It is important to bear in mind that we always have an option to be environmentally conscious. Environmental sustainability is everyone's responsibility and we are no exception. Together, we can transition towards a greener profession by integrating simple environmental initiatives in our everyday practice.

## Green pharmacies: bringing together people, health, and the environment

Green Committee, CIÉPUL

Translated by Brad Wong and Leah Pritchett

transformed their establishment into an environmentally responsible pharmacy via several measures, through a collaboration with Green Link.

A pharmacy that throws everything into the trash generates 45 tonnes of waste per year, of which 70% is cardboard. A green pharmacy recycles up to 90% of its waste, which means a recovery of about 40 tonnes per year! This recovery reduces the ecological footprint of the pharmacy, since it prevents liquid waste from entering and contaminating soil and waterways. In addition, the decomposition of waste in landfills produces greenhouse gases, such as carbon dioxide, which is responsible for global warming. Also, the pharmacy made efforts to reduce paper consumption, and use environmentally responsible paper. This can, annually, save 20 trees, 75000 litres of water, 1 tonne of waste, and 3 tonnes of carbon dioxide! With the new measures implemented, this eco-friendly pharmacy decreased its carbon dioxide production by 10 tonnes per year, which corresponds to one airplane flight around the world!

In sum, as individuals, but also as future pharmacists, we are concerned about the environment. Therefore, it is our duty to take action to preserve it.

*The data discussed in this article was provided by Green Link: Eco + Pharmacy program manager at S. Aubin and N. LaCasse Pharmacy.*

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# Update on: Interprofessional Alliance

Dan Burton, Vice President Professional Affairs



Dear CAPSI Members,

As the Vice President of Professional Affairs, I was tasked with the duty to create and re-establish relationships with our fellow national health care professional student associations. These associations include the Canadian Federation of Medical Students and the Canadian Nursing Students Association. I am very pleased to report that we have made substantial headway in our collaborative efforts. We have laid the groundwork for an alliance between our national organizations. An alliance such as this will be imperative to the future of the pharmacy profession and the future of our healthcare system. Below is an excerpt from a declaration that outlines an introduction to our alliance and the importance of collaboration. Our respective organizations will aim to sign this declaration as proof of our commitment to this alliance and our future collaborative efforts on an national level.

## Declaration:

Thomas Clement 'Tommy' Douglas was the leader of the Saskatchewan Co-operative Commonwealth Federation (CCF) party from 1944-1961. He and his party implemented the very first universal healthcare program in North America, Medicare. This would become the basis for the Canadian Healthcare system as we know it today, under the legislation of the Canadian Health Act. Medicare has become a part of Canada's identity and is an icon in Canadian politics. The five main principles of the Canada Health Act are: Public Administration, Comprehensiveness, Universality, Portability, and Accessibility. However, it is becoming increasingly more difficult for federal and provincial governments to maintain these five principles and to ensure that all Canadians have equal access to

healthcare services. The increasing number of issues within our healthcare system are due to a multitude of reasons. However, two overarching reasons that are coming to the forefront include our aging population and the increasing complexity of the medical sciences.

The 'baby boomers' are beginning to retire at an exceedingly increased rate. As they age, their health care demands will increase and the level and type of care they require will become increasingly more complex. With advances in medical sciences and Canada's aging population, provinces are spending approximately \$6,000 on any individual aged 65 to 69. These costs increase with the age of the individual. In fact, spending will reach about \$12,000 for an individual aged 75 to 79 and \$24,000 for someone aged 85 to 89, according to the data of Canada Health Institute's 2013. Unfortunately, this is only the beginning. Our healthcare system needs to adapt in order to meet our patient needs. Without an innovative approach to the way we deliver care, we will be unable to sustain our healthcare system and the five main principles that it is built upon. This requires all healthcare professionals, each an expert in their respective field, to expand their levels of collaboration and management of Canadians' health, together.

Interprofessional collaboration is not a brand new concept; however, its place in the Canadian healthcare system has never been more important. Medicine has become a very complex practice and the field expands daily as new breakthroughs are made and new technologies are discovered. Health is comprised of multiple facets: biological, social, and psychological dimensions. Each facet has a role in pa-

tients' wellbeing and overall quality of life. Medicine requires a holistic and patient centered approach that can no longer be efficiently accomplished by a single healthcare professional. As students, we have the opportunity to be the drivers of change and implement education, training, and strategies that can help mitigate the issues. Students have continuously demonstrated their ability and the power they possess when it comes to advocacy and driving change. As professional healthcare students, we will soon be entering the workforce and joining our predecessors. Until now, our respective student associations have been working admirably as individual entities to prepare our own students for their future interprofessional practices. However, only so much can be accomplished as individual silos. Therefore, the main purpose of this declaration is to unite our individual national student associations. With a synergistic alliance, our collaborative efforts towards development of interprofessional education, advocating with government, and supporting the public and our patients, will be far more powerful than any of our own individual efforts. As future healthcare professionals we can bring about an era of change with our own respective professions and the Canadian healthcare system. Through our collaboration we can help manage the stresses of the Canadian healthcare system; but most importantly, we can ensure that we provide the best possible care to all Canadians.

In March 2015, the idea for our student alliance was born at the National Health Sciences Student Association's National Conference in Kingston, Ontario, Canada. Allied healthcare students from Medicine, Pharmacy, and Nursing converged at this conference with the purpose of uniting all allied national healthcare professional stu-

-dent organizations. As our collaboration continues, we will recruit national student representatives from all healthcare professions to join our alliance. We will strive to promote unity and collaboration between our respective professions in order to advance our individual practices, strengthen our impact at the national level, work towards a more collaborative healthcare system, and ultimately better the health of all Canadians.

On March 5, 2016 we presented our interprofessional alliance at the NaHSSA National Conference in Halifax, Nova Scotia in order to gather feedback from all of our stakeholders. Today, I ask for your insight and feedback:

**What would be the value and benefits of a national interprofessional collaboration?**

**How do you envision this interprofessional alliance being organized and structured?**

**What initiatives do you think could or should be accomplished by this collaborative alliance?**

**With respect to your own campus, how could inter-professional collaboration be improved?**

Check out our Facebook page for more information and to review our Mission and Vision: <https://www.facebook.com/Canadian-Interprofessional-Healthcare-Student-Association-Collaboration-187763664934080/>

Please do not hesitate to contact me if you have any feedback, questions or would like more information. Your input is valuable and will help shape the direction of this alliance!

I look forward to hearing from you,

Dan Burton  
Vice President of Professional Affairs  
[vppa@capsi.ca](mailto:vppa@capsi.ca)

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**UNIVERSITY OF TORONTO**  
**LESLIE DAN FACULTY OF PHARMACY**

**INDUSTRIAL PHARMACY  
RESIDENCY PROGRAM**

Original application forms, letters of reference and transcripts for the one-year Industrial Pharmacy Residency Program, sponsored by the Leslie Dan Faculty of Pharmacy, University of Toronto, in cooperation with the participating companies, should be sent to the coordinator of the program 144 College Street, Toronto, ON. M5S 3M2 during the period of September 1, 2016 to October 1, 2016. The participating companies for the 2017-2018 term are expected to be Allergan Inc., Apotex Inc., Astellas Pharma Canada Inc., Biogen Idec Canada Inc., Eli Lilly Canada Inc., GlaxoSmithKline Inc., Hoffmann-LaRoche Ltd., Sanofi Pasteur. For further information, please contact the coordinator, Dr. Ping I. Lee at 416-946-0606 or the executive assistant, Diana Becevello at 416-978-2880. Full information is provided at the website: [www.pharmacy.utoronto.ca/residency-programs/industrial-pharmacy](http://www.pharmacy.utoronto.ca/residency-programs/industrial-pharmacy).



# A Run to Remember:

## University of Alberta's Run for the Cure

### Alyssa Aco, University of Alberta

At age nine, I was getting ready for our school play when I found out my aunt had died of breast cancer. At first I was not fazed by this, I was more focused on not screwing up my part as the jumping toad. My parents tried to keep their cool, but about 5 minutes later, my mother ran out the auditorium with tears in her eyes. And then I realized I had tears in mine too.

And that was who I was running for. I was running for her.

1 in 9 Canadian women will get breast cancer in their lifetime. Everyone has been affected by the horrific disease – and that is why the University of Alberta Pharmacy students, led by our local CAPSI Representatives, Alyssa Schmode and Marline Aizouki, geared up for a month of fundraising for CIBC Run for the Cure 2015. The spirit of community was evident, as students worked together to raise funds and increase breast cancer awareness.

The Breast Fundraiser Ever drew in crowds at the Rack on Whyte, where students socialized over cocktails and chatter. The greater University community was very supportive at the event, with students from other faculties coming together for the fundraiser. "It's great to see students come out, have fun and raise money for breast cancer at the same time." Alyssa Schmode, CAPSI Sr. Rep, says "We were lucky to get students from other faculties too."

Saving Second Base Softball Tourna-

ment was another success this year, raising over \$ 1,500. Teams of students and peers gathered to play a game of ball and talk about the issue at hand. "We wanted to engage other people in the community, get the public involved," Schmode says "We got a really good response from everyone."

This year was particularly energized with zest and vigor as Pharmacy students raised funds in refreshing, creative ways. A shopping center of blazers, yoga pants and blouses was created in the halls of campus as a student sold her unused clothes for the cause. Baking connoisseurs made key lime mousse, Nutella smores and cookie cups with ice cream and sold them in classrooms as well.

Meanwhile a few students reached out into the community and had a hot dog stand! "Getting out into the community was important to us," Tiffany Tse, 3rd year Pharmacy student, says "This

isn't just a student project, it's a project for everyone." Auctions for a back-to-school package filled with pens, notebooks, highlighters and sticky notes were also held, showing the ingenuity of the students with a cause. "I was very touched by everyone's efforts to contribute," Schmode says "They all really stepped up."

After the month of fundraising, The University of Alberta Pharmacy Team had raised over \$17,500 and won the Top Post Secondary Team award for the 2nd year in a row! Through a variety of fundraising efforts, the student body showed how a community can create change. Over 40 Pharmacy students - donned in pink - dominated downtown Edmonton on October 4, running for our mothers, sisters and friends. We are all running for somebody. It sure helps to turn around and see that you are not running alone.



# SCHOOL SHOWCASE

Translated by: Leah Pritchett  
and Pierre Thabet

## LAVAL



At Laval University, student life is very hectic: noon lectures, graduation parties, social outings, sports activities, student performances, and symposia are, among other things, on the menu for students! This year, in light of this, we've boosted CAPSI activities on the local level.

### Several small and large achievements

#### Referendum

Last spring, a referendum was held on the topic of the inclusion of CAPSI membership fees within tuition. It is with great pleasure that, starting from Autumn 2015, all students in the Laval University PharmD program became CAPSI members, thus making ULaval the university with the second-highest number of CAPSI members in the country!

#### Laval University Pharmacy Students' Information Committee (CIÉPUL)

In addition, in order to give more services to its members, CAPSI officially partnered with CIÉPUL. This is a dynamic student committee which has over 350 members, and informs our peers and the public on various topics related to health.

#### Participation and victory at PDW 2016

Finally, this year, we saw a higher turnout for the CAPSI academic competitions than in past years. That probably helped us a lot in achieving 1st, 2nd, and 4th place at PDW 2016 in the OTC competition, Pharmafacts Bowl, and patient interview competition, respectively. Our passion for pharmacy is definitely evident along with more and more enthusiasm on the part of our students. We would also like to congratulate the 11 ULaval students for their commitment and excellent work with the CAPSI Translation Committee.

### ULaval's Next Top Pharmacist

On February 25th, we held ULaval's Next Top Pharmacist competition along with the Pharmaide student fashion show in benefit of Pharmacists Without Borders (Pharmaciens Sans Frontières). Our competitors delivered a stunning performance, whether it was the

white coat catwalk, role-playing scenarios, the pharmaceutical skills and knowledge competition, or during their talent show. The event brought together sixty volunteer students and faculty members, and raised over \$8000 in donations.

### Pharmacist Awareness Month (PAM)

Since last fall, CAPSI, in collaboration with CIÉPUL and the local branch of IPSF, has worked very hard so that Laval University is heavily involved with PAM. Several enrichment activities are planned for students during the month of March. In addition, we have planned a campaign about the work of a pharmacist to be held online, on the university campus, and in public places. Stay tuned for our activities on social networks with #MSTP2016, #PAM2016, or #CAPSI.





# SCHOOL SHOWCASE

## SASKATCHEWAN

Cold prairie weather may slow others down, but at the University of Saskatchewan is always hot to go with activities that exemplify the CAPSI values. Health campaigns, community involvement and collaboration, and taking advantage of CAPSI benefits have busied the BSPs' since the start of the school year!

We welcomed over 80 new CAPSI members to the college with a CAPSI Lunch and Learn in September. Backpacks and fresh opportunities gave lots for the new members to look forward to over the school year. Both existing members and new ones had the opportunity to participate in CAPSI competitions held over October, in order to clench a spot at PDW 2016 Niagara Falls, for which a presentation occurred earlier in the month. Competitions were of high interest to our members, especially the new inter-year Pharmafacts competition which was an original local addition this year. Our IPSF Representatives alerted all members of SEP and World Congress opportunities with a presentation and social media outlets.

CAPSI Local's health campaigns have caught the attention of our members and the rest of the university. For the second year during November, council conducted an Antibiotics Awareness Week involving a social media campaign, a Jeopardy style competition, and collaboration with our local Health Sciences Student Association to increase AAW knowledge at a speakers' event. Local council changed their Facebook profile to

pictures of them holding signs of antibiotic facts, and advertisements and facts were displayed on monitors throughout the university.

November Mondays took place as a new initiative during November to promote Men's Health. The males of the college self-nominated into a competition which involved posting weekly progress of their facial hair in addition to a men's health fact to an album on our CAPSI Facebook page. We kept score of who was in the lead based on the number of likes of the photos and the number of dollars raised online. A winner was selected at the end of the month and received a gift basket, with a much needed hot shave coupon for the local barber!

IPSF representatives did a fine job with the Anti-Counterfeit Drug Campaign! A bake sale held in November featured delicious goodies and creative napkin stickers to which profits went to fund a pharmacy for Plan Canada! A social media featured a contest involving articles and meaningful videos on the topic in November, and a speaker educated in the area of substance abuse spoke to numerous attentive members in January.

Community involvement and collaboration has been a demonstrated value of our local council as well. October began with entering a team for CIBC's Run for the Cure, where we welcomed members from Pharmacy and our sister college, Nutrition, to join us for a Sunday in the rain. We were able to partner with our provincial association, PAS, for another year to provide an evening of education as per how pharmacy is changing in our province in November, as well as plan our Evidence Based Medicine Competition during the same month alongside our CSHP representatives.

With PAM right around the corner, we have high anticipations for the successes of our events, symposia, and community outreach initiatives. CAPSI Sports Night occurred at the end of February, and brought out members to an evening of friendly competition before a month of OSCEs and final preparations begins! Local council turnover will take place near the end of the month, and we are thrilled to be welcoming in hard working members with brilliant ideas!

Follow up us on Instagram (capsiusask) or check out our website (www.capsiusask.ca) for updates year-round!



# SCHOOL SHOWCASE

## NEWFOUNDLAND



### CAPSI Awareness Week

This year we held our first CAPSI Awareness Week to recruit new members and provide exciting, educational opportunities for our members. We hosted our Annual Career Fair, a CPhA/PANL Lunch & Learn, and hosted the CAPSI/CSHP Evidence Based Practice Competition. We also hosted our first annual Saving Second Base softball tournament as a fundraiser for the CIBC Run for the Cure. We had five teams participate in the tournament, one from each class, and team of faculty and staff members. CAPSI also organized a team for Run for the Cure and we were awarded the Post-Secondary Team Challenge Award as top post-secondary fundraiser.

### New CAPSI Local Council

Over the past year, MUN CAPSI has grown from a Junior and Senior Representative to a complete MUN CAPSI Council with nine members. The council is comprised of the Senior and Junior Representatives, IPSF Junior and Senior representatives, a Social Media Coordinator, a Finance Officer, a First Year CAPSI Liaison, a CAPSI Advisor and a CAPSI Liaison. We adapted a local CAPSI constitution, restructured our membership fees and implemented turnover documents to ensure future success and growth of CAPSI at MUN.

### CAPSI Symposia

In October we hosted a symposium about "Innovations in Rural Practice" with Dr. Janet Giddy and Dr. Steve Reid who spoke about practicing medicine in rural South Africa and the importance of adapting to change. We plan to host another symposium on the "Pharmacist's Role in Disease Screening and Management" as part of Pharmacist Awareness Month with Dr. Deborah Kelly and Dr. Jason Kielly, faculty members at the School of Pharmacy, about their roles in cardiovascular risk screening and HIV point of care testing.



### Newfoundland and Labrador's Next Top Pharmacist

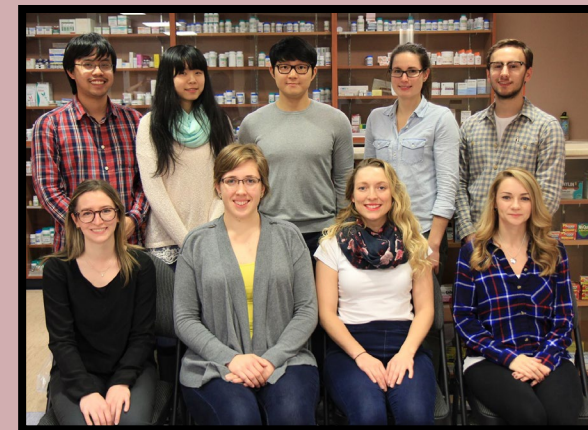
This year the decision was made to make our local Mr. Pharmacy a gender-inclusive event. As such, we have changed the name to reflect this. The competition will be held on March 5th with both male and female contestants participating! The evening will be comprised of a white coat fashion show, a drug name spelling bee, a talent portion and our favorite, mock-mock OSCEs that contain an entertaining twist.

### Pharmacist Awareness Month

Planning is well under way for this year's Pharmacist Awareness Month campaign. After winning the Award of Professionalism for our efforts last year, we look forward to raising awareness of the profession within the community. We have events planned for students within the school as well as the general public such as a Public Pill Drop, presentations at local schools, Blood Pressure Monitoring clinics, and much more. We are working closely with our provincial advocacy body, PANL, to develop radio ads and advocate for the profession.

### New PDW Fund

MUN CAPSI is in the process of developing a PDW Award to help students attend future Professional Development Week Conferences. This endowed award will be given annually starting and will live on for years to come to benefit future CAPSI members.





# WE MAKE MEDICINE SO THEY CAN MAKE MORE MEMORIES

**Save time answering questions  
about generic drugs with resources  
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The pharmacy team plays a crucial role in helping patients and physicians understand that generic drugs are a safe, effective and affordable option. [TevaMakesMedicines.ca](http://TevaMakesMedicines.ca) is an online resource dedicated to answering their questions about why they can trust generic medications.

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\*IMS Compuscript MAT January 2016.



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