

CANADIAN ASSOCIATION OF PHARMACY

CAPSIL

STUDENTS AND INTERNS LETTERS



Summer

2017

Letter from the Editor

Welcome to the summer edition of the CAPSIL. This edition marks the end of the 2016/2017 CAPSI National Council, so for many of us this is a time for reflection and an opportunity to gaze into the future as a new council takes the wheel. With that in mind, this edition will be one that centers on the idea of reflection in hopes of sharing the good and the bad from this past year with all of you.

Before you dive into this newest edition, I want you all to know how thankful I am for the opportunity to serve as your CAPSIL Editor. You are all incredibly talented and caring people, and I truly enjoyed reading your countless stories and articles. It was a pleasure to bring your stories to life and share them with our members, and I look forward to reading your stories for many years to come!

I wish you all the best in your future endeavors. There is no doubt that in my mind that you will all be amazing professionals who work hard to drive our profession forward. Good luck to you all and I hope to see you again soon!

Your truly,
Darren Reithmeier

The TEVA logo is located in the top right corner of the image. It consists of the word "TEVA" in a stylized, teal-colored font with a white outline, set against a white background.A man with short dark hair and glasses, wearing a white lab coat over a blue and white checkered shirt and a red tie, is smiling slightly. He is holding a yellow pill bottle in his right hand. The background is a blurred pharmacy setting with shelves of medicine.

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Reflections

As my term with CAPSI National comes to a close, I can't help but reflect on the year that has been. Although this was a turbulent year for our council, we managed to forge ahead in the face of constant adversity. You can't do that without a great deal of camaraderie and sacrifice, and this amazing group of people exuded these qualities on a daily basis. It wasn't all an uphill battle though, we also shared many fond memories of our time together as a team. Despite the challenges, we will all look back on the year that was with a sense of warmth, pride and accomplishment. On that note, I asked the council to reflect on this past year to give you a sense of what it was like to serve on the CAPSI National council.

Our fondest memories from the past year

Our council looked fondly upon many things, but certain memories certainly stuck out over others. The most common responses include: putting together PDW 2017 and watching it become a reality, meeting passionate students from across the country and hearing their stories and experiences, advocating on behalf of our members at Parliament Hill, and being inspired by talented and hard-working students from across Canada.

Our proudest moments

PDW 2017 once again took the spotlight, and rightfully so. It was an incredibly successful event that brought students from across the country together to celebrate, learn, and advocate for our profession. In addition, this year's event offered fresh transparency through open meetings countless opportunities to interact with council members. There were of course many other sources of pride including: the opportunity to represent their school on a national level, learning to balance extra-curricular projects with the rest of their busy lives, and our commitment to achieving financial sustainability without severely compromising member benefits.

The biggest challenges we faced this year

Not surprisingly, the deficit was at the top of mind for many council members. Outside of the financial struggles, council members also reflected on the challenges associated with student apathy, finding convenient ways for students to become engaged, and establishing creative ways to showcase our member's achievements and contributions.



What we enjoyed most about being on council

At the top of the list was the people we worked with and the members we worked for while serving on council. This response strongly reflects on the camaraderie that our council became known for and sheds light on the strong bonds that can be formed when working with others to solve difficult problems. The people are what makes CAPSI a wonderful organization, and this a theme that will likely continue for generations to come. In addition, council members also enjoyed the opportunity to travel across the country and the sense of unity that CAPSI has established on a national level.

Other things we want you all to know about CAPSI National

Our council would like you to know that joining CAPSI National was one of the best decisions they have ever made and they strongly encourage you all to get involved in any way that you can. Many council members expressed how grateful they were for the opportunity to be a part of this organization, and they feel that it has improved them as professionals and build them into better people and students.

A final message from our president

Thank you to my council members for being such pillars during a difficult year for the organization. I feel very fortunate for the opportunity to work with such inspiring individuals from across the country. Thank you to our members for agreeing to be a part of CAPSI - hopefully CAPSI has made a difference in your pharmacy education. Please do not hesitate to contact me with questions, comments or concerns at my new email (past-pres@capsi.ca).

Healthcare in an Underserved Population

Sydney Saunders, MUN

As a final year pharmacy student at Memorial University of Newfoundland, I had the opportunity to complete my final Structured Practice Experience (SPE) rotation at The Birmingham Clinic in Pittsburgh, Pennsylvania. This multidisciplinary clinic is a teaching site that cares for the underserved and uninsured populations. Volunteers provide medical care and medication assistance at no cost to uninsured patients. Services include chronic disease management, physical exams, tuberculosis testing, vaccines, health education, and various on-site specialty consult services. I was excited and nervous for the opportunity, but went into the experience with an open-mind.

The work flow at the clinic was different from previous sites where I have practiced. When patients arrived for their scheduled appointment, pharmacy students would conduct the patient intake to find out the patient's chief complaint, review medications and medical history, take vitals such as blood pressure, pulse, temperature, and test blood glucose if the patient has diabetes. If it was the first time a patient presented to the clinic, a more thorough review was completed to determine family history, sexual history, and illicit substance use. Since the clinic is a teaching site, the patient would then see the medical resident; pharmacy students were encouraged to attend these visits. The medical resident would then present the patient and their plan to the attending physician. The physician would then assess the patient and order medications through EPIC, an electronic medical records system used by the University of Pittsburgh Medical Centre (UPMC). This program is linked to RxMagic, a recently implemented software program at the clinic developed by graduate students to aid in medication dispensing and inventory management. Before this system, labels were being hand-written. Because of the nature of the clinic, there is limited stock from which the pharmacist dispenses medications. The pharmacist, along with the pharmacy students, would prepare the patient's medications and counselling would occur in the privacy of the pharmacy room. The work flow of this clinic offers an eye opening, interdisciplinary setting in which to practice. As professional students, we have much to learn from one another. This experience allowed me to gain and incorporate techniques to communicate with patients in my own practice, as well as develop a trusting relationship with the physicians so that they sought out and valued my recommendations.



Despite Pittsburgh's proximity to Canada, there were a number of differences in pharmacy practice between the countries. One of the hardest concepts to wrap my mind around as a Canadian student was the lab value units. When you hear of someone having a fasting blood glucose of 95 and the pharmacist says, "that's great!", it throws you for a loop (95 mg/dL = 5.3 mmol/L). Although many American guidelines are very similar to Canadian guidelines, one difference to note is the treatment of dyslipidemia. In 2013, the USA developed new guidelines to treat to target dose of statin vs our treat to target LDL level in Canada. Another interesting difference between countries is the drug schedules. When I said to an American student that all of our prescription medications are Schedule I, I am pretty sure her jaw hit the floor because in the USA, illicit drugs such as heroin and LSD are Schedule I. The cost of many drugs in the United States is much higher than prices in Canada. Because of medication cost and the uninsured patient population at the clinic, one of the pharmacist's roles is to help patients apply to receive their medications from drug companies through Patient Medication Assistance Programs (PMAPs). Another unique method of finding accessible drugs is through one of the pharmacy chain's \$4 prescription list. Although this list changes daily, there are a variety of medications available for \$4 (1-month supply) or \$10 (3-month supply).

The learning opportunities at the Birmingham Clinic were endless and very diverse. I was able to participate in many patient care activities such as INR monitoring and smoking cessation. Pharmacists at the clinic have a collaborative practice agreement with the physicians allowing pharmacists to manage chronic conditions such as hypertension, diabetes, asthma, and dyslipidemia. During the pharmacist-run Medication Therapy Management time slots, pharmacy students conducted patient assessments and adjusted patient's medications and doses if required. This service promotes the expanded scope of pharmacy practice and during my 6 weeks at the clinic, I was able to follow-up with patients and create a caring, trusting relationship as a healthcare provider. The clinic services a very diverse population of patients. I was able to help a lady from Peru titrate off her benzodiazepine and find other ways to manage her insomnia, educate a lady from Russia about adherence to her anti-hypertensive, and help a gentleman from Turkey manage his diabetes. With English being primarily the sole language in Newfoundland (other than the Newfoundland slang), it was intriguing to hear such a variety of languages in the clinic and to have the opportunity to work with a Spanish translator. While many aspects of pharmacy practice were different, the main goal of optimal patient care was the same.

If you take one message from this article, it should be this: if you have the chance to study and learn abroad, GO! It provides the opportunity to grow both personally and professionally. Not only will you spend time exploring the city and experiencing a new culture or learning from other pharmacy students and pharmacists, you will carry the lessons learned with you throughout your career. Your experience will allow you to evolve as a professional, gain perspective into global health care, and develop an appreciation for your education and the Canadian healthcare system.

SCHOOL SHOWCASE: DALHOUSIE UNIVERSITY

2017/2018 CAPSI Dalhousie

Natalie Scholten (Fourth Year) – CAPSI Senior Rep
Carolanne Caron (Second Year) – CAPSI Junior Rep
Chelsea Haliburton (Third Year) – IPSF Senior Rep
Kerstin Surgenor (Second Year) – IPSF Junior Rep
Sara Rehan (Fourth Year) – 4th Year Rep
Ellie Salsbury (Third Year) – 3rd Year Rep
Jasmine Ali (Second Year) – 2nd Year Rep
Faisal Rshaidat (First Year) – 1st Year Rep

Important Affiliations with other student groups

Dal CAPSI is associated with the Dalhousie Society for Pharmacy Students (DSPS) which fall under the Dalhousie Student Union. The DSPS helped in the planning of certain CAPSI hosted events, including the Dal's Next Top Pharmacist and the first time ever CAPSI Interprofessional Panel Event, as well as planning many PAM events.

We are also associated with the Pharmacy Association of Nova Scotia (PANS), New Brunswick Pharmacy Association and Prince Edward Island Pharmacists Association. We have been associated with PANS for many years and they sponsor our Dalhousie's Next Top Pharmacist award money as well as the CAPSI Involvement Award each year. Our association with the New Brunswick and PEI Pharmacy associations is relatively new; however, we look forward to developing these relationships.

We have also been fortunate enough to have CSHP (Nova Scotia branch) sponsor our annual Evidence Based Medicine Competition.

An association with DalHSSA, our local division of the Health Sciences Students Association, enables students at the College of Pharmacy to attend interprofessional events and conferences. Dal has also started the HOPES student run clinic, an initiative in which CAPSI would like to contribute to more in the future to encourage positive community outreach in Halifax.

A new relationship with Pharmacists Without Borders was also



Major initiatives/campaigns that your local council has undertaken this year

NS Lung Association Runway Run

CAPSI and IPSF teamed up to raise money and awareness for lung disease by participating in the local Nova Scotia Lung Association Run Way Run, a 5k along the runway at the Halifax Stanfield International Airport. This effort was in support of the annual IPSF Health Campaign.

Orientation Week

To welcome the first year class into the College of Pharmacy, CAPSI worked alongside the DSPS to prepare bags of goodies, including the Apotex backpacks, Teva water bottles, Shoppers swag bags and CAPSI agenda. We hosted a board game night with a candy bar for all of our students to encourage the incoming students to get to know one another and upper year students.

Career Fair

We set up a booth at the annual Evolve Career Fair, organized by the DSPS. Our council members promoted PDW 2017 in Winnipeg, Manitoba to our students, and began the sign-up process for delegates.

IPSF and PSF Information sessions

In early October we had an IPSF/Student Exchange program ice cream social, where students were invited to enjoy an ice cream sundae bar while getting details on what IPSF does for us at the College and how to apply for the Student Exchange program. We also had a representative from Pharmaciens Sans Frontières, Liz McMahon, join us at the College to share with us their initiatives, and how we can become involved.

CAPSI Competitions

The CAPSI competitions were held in October as well, and they were well attended by our students.

SCHOOL SHOWCASE: DALHOUSIE UNIVERSITY

White Coat Ceremony

Each year our CAPSI Jr and Sr are invited to attend the White Coat Ceremony to join in welcoming the incoming class. Our CAPSI Jr, Carolanne Caron had the honours of leading the Pledge of Professionalism, which is recited by the students of the first year class.

Dalhousie's Next Top Pharmacist

CAPSI and the DSPS were incredibly proud of the efforts that went into planning one of the most successful Pharmacy Pageants in recent history. It was the second year that the competition was open to any student, regardless of gender, and the first year that it was named "Dalhousie's Next Top Pharmacist". We had great performances by some very talented Pharmacy students as they competed in a white coat runway, trivia, a talent competition, and a lip sync battle. The event took place at the newly renovated campus bar, the Grawood and the house was packed. Fourth year student, Melissa Caume took home the title at the end of the night. Contestants are scored based on their performance in each category, as well as for humour and professionalism.

PDW

Dalhousie had a small but mighty group of dedicated pharmacy students brave the cold in Winnipeg to enjoy PDW 2017.

PAM

CAPSI worked closely with the DSPS this year to help coordinate events for PAM. This year CAPSI's largest event is an interprofessional panel discussion on Schizophrenia. We welcomed students from all the health professions to join us for pizza and a case study to be discussed by a panel of professionals in various fields. Our panel included a community pharmacist, psychiatry resident, occupational therapist, and two representatives from the Schizophrenia Society of Nova Scotia (a patient and a family member/caregiver). The discussion was moderated by Dr. David Gardner and was incredibly well received by those in attendance. We also provided "I <3 Pharmacy" pins for the DSPS to distribute at an outreach booth in the student union building, and will be holding a button and magnet sale for the students at the College. A second board game night is also scheduled to take place at the College.



Future Events

The remainder of the school year will include outreach presentations to local schools, generously sponsored by Teva; the annual Evidence Based Medicine competition; an awards and auction evening (hosted by the DSPS)-where CAPSI helped coordinate the charity chosen through the panel; and the year will be finished off with Pharmacopeia, (AKA Skit Night).



SCHOOL SHOWCASE: UNIVERSITY OF MANITOBA

2017/2018 CAPSI Manitoba

- Sr. CAPSI Rep - Jennifer Butler
- 3rd year Jr. CAPSI Rep - Kelly Yeo
- 2nd year Outgoing Sr. CAPSI Rep - Alan Phung
- 4th year Sr. IPSF Liason - Hailey Lincoln
- 3rd year Jr. IPSF Liason - Karyn Wiebe
- 2nd year Sr. CAPSIL Editor - Meret Prince
- 3rd year Jr. CAPSIL Editor - Marina Cameron
- 2nd year Operations Manager - Michael Szelemej
- 4th year CAPSI Finance Officer - Kiana Gozda
- 2nd year Secretary - Kara Lipski
- 2nd year CAPSI 1st year Class Rep - Katherine Maybe
- CAPSI 2nd year Class Rep - Sarah Landry
- CAPSI 3rd year Class Rep - Ann Ruta
- CAPSI 4th year Class Rep - Dana Habicht

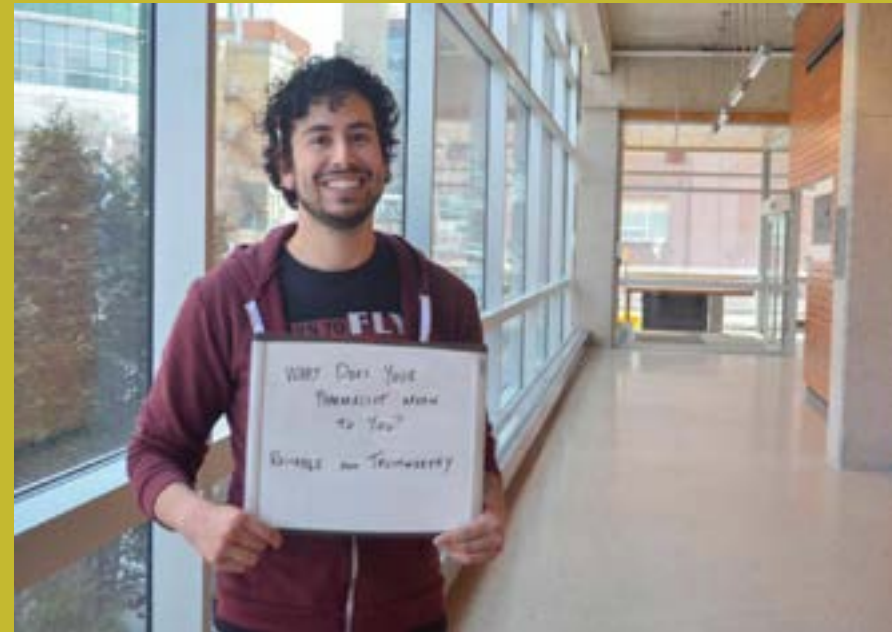
Important Affiliations with other student groups

We try to work closely with UMPHSA, the other student council on the Manitoba Council. We work on some events separately, while also working together on others. In the upcoming year I would like to try to collaborate with other health science faculties that go to school on the same campus as pharmacy.



Major initiatives/campaigns that your local council has undertaken this year

This past year we tried to run new events to keep the year fun and exciting for our students. Along with a number of Lunch and Learns throughout the year on various hot topics of pharmacy, we also held our very first 'Pharmacy Quiz Night' which was a big hit at our College. We try to inspire our members by creating opportunities for them to showcase our profession to others, especially during PAM.



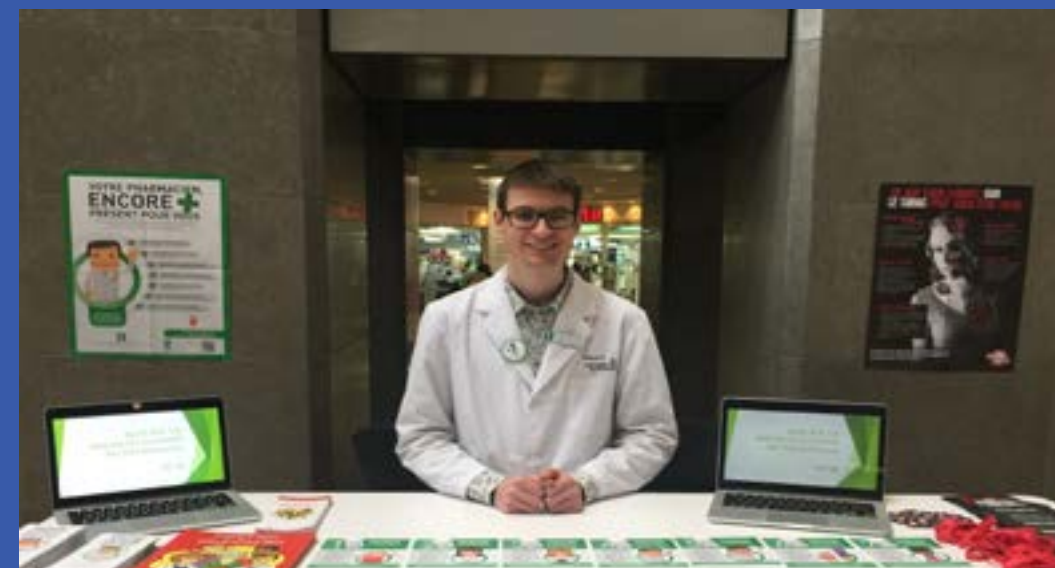
SCHOOL SHOWCASE: UNIVERSITY OF MONTREAL

2017/2018 CAPSI Montreal

Currently, we don't have a local CAPSI council. However, we are planning on creating one in the upcoming year.

Important Affiliations with other student groups

In our school, CAPSI is part of our local student body (AÉPUM), so we get some support from them (financially, for example) in the organization of our initiatives. This past year, we have hosted a few events in collaboration with other student groups such as the humanitarian committee for the Pharmacists Without Borders lunch and learn. For the next year, we are planning on working with the humanitarian committee again for other activities such as Run For The Cure and also get support from an advocacy student group at our faculty called the CÉPPUM for organizing the PAM events.



Major initiatives/campaigns that your local council has undertaken this year

This year, we have launched a newsletter for our members called the CAPSIInfo. It is a small pamphlet that we publish every semester to highlight the recent CAPSI initiatives, to announce the upcoming events, to explain what CAPSI National is, to feature activities organized by other CAPSI reps across the country, etc. We've had great feedback from students at our school so far! During PAM, we have organized even more events this year than in the past. For example, we designed buttons with the quote "I am a Medication Coach!" («Je suis Coach du Médicament» in French). We sold them to pharmacy students and pharmacists. Even today, many of them still wear them proudly at work! Also, for the first time, we set up a small booth in a mall during an entire day where we discussed the expanded scope of pharmacists with the public. To close PAM, we held a very interesting conference on medical marijuana where the students got to meet the founder of "Doctors for Responsible Access", Dr. Claude Cyr. I think most pharmacy students at our school already have a passion for the profession, so all we have to do is to create opportunities for them to show it! So for the upcoming year, we intend to organize more activities in which they can participate and also design more accessories (buttons, T-shirts, etc.) that they can carry around with them to spread the love for Pharmacy!



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