



Spring 2010

CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS LETTERS

CAPSIL - JACEIP

LE JOURNAL DE L'ASSOCIATION CANADIENNE DES ETUDIANTS
ET DES INTERNES EN PHARMACIE



Looking to the Future, Learning from the Past

- *Speech, p. 28*

In this issue:

Message from the Editor.....	2
A Word from the President.....	3
Un Mot du Président.....	4
Executive Council Updates.....	6
Competition Winners.....	11
SLC Winning Essay.....	13
Message from CPhA.....	15
CSHP Corner.....	18
PDW: First Year Perspective.....	19
Vaccine-Nation.....	21
UW at PDW 2010.....	22
Hot Dogs and Drugs.....	23
Message from Scotiabank.....	24
More than a Grade.....	26
Inspirational Speech.....	28
Top Ten.....	29



*Congratulations
Pharmacy Graduates
of the Class of 2010*



Editor's Message

The CAPSIL

is published three (3) times a year by the Canadian Association of Pharmacy Students and Interns (CAPSI) as a service to its valued members.

CAPSI is a national student organization that promotes and represents the interests of Canadian pharmacy students. Visit www.capsil.ca for more information and to view old issues of the CAPSIL.

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

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Please contact your local CAPSIL rep for more information about the CAPSIL and how to contribute.

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Brittany Churchill
National CAPSIL Editor
3rd Year, Memorial University

It's hard to believe that another university term is drawing to a close. Many of you are now preparing for exams and making plans for the summer. Some of you may be embarking on a Structured Practice Experience placement while others are preparing for PEBCs and other licensing exams.

The close of this university year also brings the end of my term as CAPSIL Editor. Serving in this position has been very rewarding and I am grateful for all the opportunities that I have been given. I am especially thankful to the members of the CAPSI National Council for all of your help throughout the year and for your friendship. The local CAPSIL representatives and our sponsors have also been very supportive.

PDW 2010 was one of the highlights of my year and I would like to thank the organizing committee for all of their efforts. For some student perspectives on PDW, see pages 19 and 22 of this CAPSIL edition.

As pharmacy students, we should look for opportunities to contribute to the development of our profession. For an example of a project undertaken by 4th pharmacy students in Saskatchewan, see page 26. As always, it is also important to remain aware of the activities undertaken by professional advocacy organizations. For an update from your CSHP Student Delegate, see page 18. For an inside look at CPhA from a Co-Op student, see page 15 (en Français à la page 17).

Although I am finishing up my role as CAPSIL Editor, I still plan to remain an avid reader of the CAPSIL and look forward to seeing your submissions. Perhaps I may even send in articles from time to time. In the fall, your new CAPSIL Editor will be Yin Hui from the University of Toronto. While leaving this position is bittersweet, I am glad to be placing this role in Yin's capable hands.

To close, I would like to wish you all the best in your schooling and in your future careers as pharmacists. Remember to keep reading the CAPSIL for all the latest updates from CAPSI members!

Sincerely,

Brittany Churchill

CAPSIL Editor, 2009 - 2010

A Word from the President



Brad Elliott
CAPSI National President
3rd Year, Dalhousie University

Hello CAPSI National Members,

The end of another academic year is fast approaching. For some of you this may mark the end of your schooling and a transition into a new chapter of your life. I hope that transition is a smooth one and that you have a very rewarding career in this exciting profession! We are also nearing the end of another term for the CAPSI National Council as we approach our changeover during the CPhA conference in Calgary from May 15 – 18, 2010. As a result, this will be the last “Letter from the President” I will be sharing with you.

I would therefore like to take this opportunity to thank those partners and sponsors of the CAPSI National Council. Through their support, we are able to carry out the business of the association in offering various programs, representing you and advocating for your interests.

I would also like to thank those individuals whom I have had the pleasure to work with over the past year, the individuals of the CAPSI National Council. These folks have worked extremely hard and diligently over the past year on your behalf and I truly appreciate everything they have done for this organization.

Since PDW, the CAPSI National Council has continued their hard work to represent Canadian pharmacy students. Please read on throughout this edition of the CAPSIL to get a better picture of our past few months!

As a personal update, in addition to my daily roles and activities in working with CAPSI on your behalf, I have been communicating with CPhA representatives to develop ways in which we can increase collaboration to benefit our members. As well, I attended the Canadian Pharmacy Practice Research Network Meeting in Toronto, Ontario on January 20, 2010. This meeting included several stakeholders interested in developing a pan Canadian pharmacy practice research network. The participants involved discussed the need for the network, options for network governance and structure, and an action plan for moving forward to develop the network.

There was broad agreement amongst those involved that a network was needed so that research could be coordinated across Canada to better answer questions that would have an important impact on patient health as well as identify how pharmacists could best collaborate as part of the interdisciplinary care team to achieve better health for Canadians. It is expected that the network would develop as a series of connected hubs each having their own responsibilities. The network would be linked or become part of the operations of the Canadian Pharmacy Practice Research Group (CPPRG) housed by the Canadian Pharmacists Association.

The CPPRG was formed in 1999 with the aim of facilitating the generation, dissemination and application of practice – based research evidence to optimize the role of the pharmacist in medication management and improved patient outcomes. Their research priorities include investigation of the pharmacist’s role, tools development and evaluation, and many other strategic areas of research.

A number of action steps were identified during this meeting and these will be addressed in the coming year. Pharmacy students were identified as key participants in this initiative as future practice and research leaders of tomorrow. I feel very fortunate to have had that experience and will keep you up to date as the development of this network progresses in the future.

(Continued on page 5)



Un Mot du Président



Brad Elliott
Président National du ACEIP
3^{ème} année, Dalhousie University

Bonjour chers membres de l'ACEIP,

La fin d'une autre année scolaire approche à grands pas. Pour certains d'entre vous, ceci marque peut-être la fin de vos études et la transition vers un nouveau chapitre de votre vie. J'espère que cette transition se fera en douceur et que vous aurez une carrière gratifiante au sein de cette profession si stimulante! Nous nous approchons aussi de la fin d'un autre terme pour le conseil de l'ACEIP nationale avec l'arrivée de la conférence CPhA qui prendra place à Calgary du 15 au 18 mai 2010. Ceci est donc la dernière « Lettre du président » que j'aurai le plaisir de partager avec vous.

J'aimerais donc saisir cette opportunité pour remercier les partenaires et les commanditaires du conseil de l'ACEIP nationale. Grâce à leur support, il a été possible de continuer les activités de l'association en offrant des différents programmes ainsi qu'en vous représentant vous et vos intérêts.

J'aimerais aussi remercier les personnes avec qui j'ai eu la chance de travailler dans la dernière année, les membres du conseil de l'ACEIP nationale. Ceux-ci ont travaillé sans relâche durant cette dernière année en votre nom et j'apprécie grandement tout ce qu'ils ont fait pour cette organisation.

Depuis le PDW, le conseil l'ACEIP nationale a continué son travail constant pour représenter les étudiants en pharmacie canadiens. Vous pourrez lire à travers cette édition du CAPSIL pour avoir une meilleure idée de ces derniers mois!

Pour ce qui est d'une mise à jour en mon nom personnel, en plus des activités quotidiennes que j'entreprends en travaillant avec CAPSI, j'ai communiqué avec les représentants du CPhA pour trouver des moyens de développer la collaboration entre nos associations et pour que nos membres puissent en bénéficier. J'ai aussi participé à la Rencontre sur le réseau de recherche et de pratique de la pharmacie canadienne se déroulant à Toronto le 20 janvier 2010. Cette rencontre incluait de plusieurs parties prenantes intéressées à développer un réseau de recherche pratique pancanadien. Les participants ont discuté du besoin d'un tel réseau, de sa gestion et de sa structure, ainsi que de plan pour aller de l'avant avec le développement du réseau.

Tous s'entendaient pour dire qu'un tel réseau était nécessaire pour que la recherche puisse être coordonnée à travers le Canada pour mieux cibler les problématiques qui aurait un impact important sur la santé d'un patient ainsi que pour identifier comme les pharmaciens pourront collaborer de la meilleure façon possible au sein d'une équipe de soins de santé interdisciplinaire visant une meilleure santé pour les canadiens et canadiennes. Le but visé est de développer ce réseau à travers différents centres d'activités ayant chacun leur propre responsabilité. Le réseau serait lié ou ferait partie intégrante des opérations du groupe de recherche sur la pratique pharmaceutique canadienne (CPPRG), sous-comité de l'Association des Pharmaciens du Canada.

Le PPRG a été fondé en 1999 avec comme but de faciliter le développement, l'étendue et l'application de la pratique basée sur des preuves cliniques afin d'optimiser le rôle du pharmacien dans la gestion de la médication et d'améliorer les résultats chez les patients. Leurs recherches prioritaires incluent une enquête sur le rôle du pharmacien, le développement d'outil et l'évaluation, ainsi que plusieurs autres sujets de recherches reliées.

Plusieurs actions à prendre ont été identifiées lors de cette rencontre et celles-ci seront considérées lors de l'année à venir. Les étudiants de pharmacie ont été identifiés comme des participants clés dans cette initiative en tant que futures professionnels et leaders de la recherche de demain. Je me sens très choyé d'avoir pu participer à une telle rencontre et vous garderez au courant des développements de ce réseau dans le futur.

(Continué à la page 5)

A Word from the President (Continued from page 3)



Finally, I would like to end this final “Letter from the President” by thanking those of you whom attended PDW. For those of you who may not have had the opportunity, perhaps PDW 2011 in Saskatchewan will be your chance! The CAPSI National Council and the PDW committee were extremely overwhelmed and truly appreciative of the enthusiasm and commitment displayed during the PDW 2010 conference. In developing the events that provide a forum for professional development and networking opportunities, many hours of preparation are devoted to ensuring a memorable experience for all. To witness the professionalism you portrayed and the fun you were having make the extra time, effort and energy worthwhile. I will send one final Thank you to the PDW committee and I wish you all the best in your future endeavors!

It has been my pleasure to have served you as President for the 2009 – 2010 year, thank you all for your support and I wish you all the best as you move towards your chosen profession!

Sincerely,

Brad Elliott

National President

3rd Year Pharmacy Student, Dalhousie University

Un Mot du Président (Continué de la page 4)

Enfin, j’aimerais terminer cette dernière « Lettre du Président » en remerciant tout ceux et celles qui ont participé au PDW. Pour ceux qui n’ont pas eu cette opportunité, peut-être le PDW 2011 en Saskatchewan sera votre chance! Le conseil national de l’ACEIP et le comité du PDW ont été extrêmement heureux de l’enthousiasme et de l’engagement démontré lors du PDW 2010. Lors du développement d’événements qui offrent un forum pour le développement professionnel et des opportunités de réseautage, plusieurs heures de préparation sont dévouées afin de s’assurer que l’expérience soit mémorable pour tous. D’être témoin du professionnalisme démontré et du plaisir que vous avez eu rend justice à tout ce temps, ces efforts et cette énergie. Je voudrais remercier une dernière fois le comité du PDW et je vous souhaite une bonne continuation.

Ce fût un plaisir d’avoir été votre président pour l’année 2009-2010, et merci à tous pour votre support. Je vous souhaite tous le meilleur alors que vous continuez d’évoluer dans vos différentes carrières.

Sincèrement,

Brad Elliott

Président National

Étudiant de 3^e année en Pharmacie, Dalhousie University



CAPSI Executive Council Updates



Jonathan Mailman
Past President

Since PDW I have continued my duties as a reference and advisor for the Executive of the National Council. I worked with them on several issues including, but not limited to, finding a more permanent home for the CAPSI Archives, developing a Terms of Reference for the new Translation Committee, consulting the Constitution Review Committee on updating and revamping the National Council Executive Elections process, developing a new sponsorship opportunity, as well as further developing the Terms of Reference for the PDW Planning committees in the future.

This will my final Executive Update for the CAPSIL, after 3 years my time as an executive member of the Association is drawing to a close. I would like to take this opportunity to thank those individuals that have made the past 3 years a pleasure, whether it be students from across the country, individuals from our partner organizations, or persons and representatives from our sponsors. Thank you.



Polly Kwok
President-Elect

After a successful PDW in Toronto earlier this year, both the website committee and constitutional review committee have been

continually implementing new ideas and developing documents for the general national council to review, respectively.

CAPSI now has a facebook fan page, where student members can be more involved in any CAPSI National discussions, keep up to date with any upcoming deadlines for applications and simply get to know the structure and function of National Council better. In addition, the website is being consistently updated with the websites of the different Canadian student bodies across Canada, the latest information regarding the by-elections, availability of the CAPSI National Webmaster position and any new extracurricular opportunities (WHO internship, MPNUP volunteering, etc). In the near future, we are looking to further develop our careers and job opportunity postings on the website, along with new membership benefits (unique references, CAPSI store) and photo albums. This summer in particular, students attending the IPSF Student Exchange Programme will maintain a blog and give the rest of CAPSI a taste of pharmacy abroad.

The constitutional review committee has updated the Entry-Level PharmD position statement and both the CAPSI operating manual and constitutional bylaws (which can both be found via the link on the website). We will continue to work on updating the current CAPSI National election process and aid in the development of a PDW planning protocol.

The first face-to-face meeting with all the newly elected members of the CAPSI National will be at the May CPhA conference in Calgary, so I have begun planning and organizing this meet to come.



Sarah Luong
VP Interprofessional
Affairs

It's been a great year so far serving as your VP IP! Schools have been continuing to conduct their symposia on remote dispensing and pandemic preparedness in addition to promoting community outreach programs. Operation wash-up has proved again to be a popular program with elementary schools. Moreover, the introduction of operation allergy this year has been well received across Canada and will likely have continued success in following years.

The Canadian Interprofessional Student Network (CISN) held a spring teleconference this month to discuss national updates from a variety of professional faculties. We also made final preparations for the National Health Science Students' Association (NaHSSA) conference being held March 12-14th in Hamilton, ON at McMaster University.

PDW 2010 in Toronto was a great success and CAPSI's second face-to-face meeting of this academic year. CAPSI reached out to the Canadian Nursing Students' Association (CNSA) and the Canadian Federation of Medical Students (CFMS) this year at PDW. It was an exciting opportunity to meet and collaborate with two of our closest colleagues in health sciences! Many great ideas and possible future initiatives were raised.

CAPSI National Updates - continued



CAPSI, CNSA and CFMS have agreed to continue to strengthen our alliance through increased communication with teleconferences and conferences. I am very hopeful of our initiative to work more closely with nursing and medicine to promote more interprofessional education and collaboration.

I have had a great term as VP IP, learning the invaluable worth that CAPSI brings to pharmacy students. This position has introduced me to so many motivated and inspiring students. Through these experiences, I now see many positive prospects for the future of interprofessional health care. Thank you for giving me the honour of serving as your VP IP 2009-10. And congratulations to Lora Wang from UBC who will be your next VP Professional Affairs!



Amy Smith
Student Exchange
Officer

With a number of new host sites (especially in Alberta!), we are looking to host more international students in Canada this summer than ever before. If you would like to meet some of these unique pharmacy students please get in touch with your local CAPSI Jr/ Sr or IPSF Local Representative as they can always use assistance in arranging social activities for our guests. New this year, we have been providing all international students traveling into Canada for Student Exchange Programme (SEP) with electronic welcome packages. The packages include information on their pharmacy host site, accommodations, CAPSI and Canada, as well as tourist information which the students can use to prepare for their experience in Canada.

I was recently elected Regional Student Exchange Officer for the Pan American Regional Office of IPSF. The position requires me to provide support and guidance to countries that are just beginning their involvement in SEP. The opportunity is sure to be both interesting and rewarding.

Also new this year to the CAPSI website, five of our Canadian SEP students' will be blogging about their experiences this upcoming summer. Be sure to check out www.capsi.ca for a unique insight to the SEP as Canadian students travel to every corner of the globe.

With the end of April comes the end of my term with CAPSI National. The experience has been very memorable. The places I have traveled to and the people I have met through CAPSI have been extraordinary. The end of my time with CAPSI is bitter sweet. I have developed a passion for my work through IPSF and I am sorry to part with it. However, I am excited to begin my hospital residency in the spring. I would like to welcome our incoming IPSF Liaison, Suzanne Soneff. I am sure Suzanne and Kendell will make an excellent team.

If you have any questions regarding SEP please feel free to contact me at seo@capsi.ca



Kendell Langejans
IPSF Liaison

Since my last update, I attended PDW in Toronto and had the pleasure of presenting the University of Saskatchewan IPSF representatives Joyce Yu and Alim Kotadia with the first ever CAPSI-

IPSF Health Campaign Award for their HIV/AIDS Awareness Campaign in the fall semester. Congratulations once again to U of S!

Also in January, the Mobile Pharmacy in Northern Uganda Project (MPNUP) call for volunteers came out. There was a great response from Canadian students, I received a thank you note from the IPSF Humanitarian Coordinator, Roohil Yusuf, for all of the Canadian interest and applications. The project runs until December 2010, and although most of the volunteer spots are filled, funds are still needed. Funding for the project is shared by IPSF, volunteers, fundraising, sponsors, and donors. Funds will be used to purchase much needed medicines (antacids, antibiotics, antiparasitics, ibuprofen, multivitamins, etc), shipping and transportation of medicine, doctor salaries, transportation between the camps, and to sponsor student volunteers. If you are interested in donating to MPNUP or organizing a fundraising event at your school, please contact your local IPSF representative or myself.

Registration for the 56th IPSF World Congress August 2-12, 2010 is now open. For 10 days in August 2010, 509,950,715 km² will be concentrated only on 20,256 km², when IPSFers from across the globe gather in Ljubljana, Slovenia. For more information and to register, visit <http://www.ipsf2010.org>. To register, you will need a letter from me confirming your membership in CAPSI (and therefore IPSF). To receive your letter, please ensure you are a CAPSI member, then email me your name as it appears in your passport, citizenship, school, and year of study.



CAPSI National Updates - continued

I will need to confirm with your CAPSI Sr/Jr that you are a member before sending a letter, so please don't leave it to the last minute. Looking forward to meeting as many of you as possible in Slovenia!

Lastly, this summer Canadian pharmacies across the country will once again host IPSF members from around the world as part of the IPSF Student Exchange Program. If you are interested in meeting the guests in your area and sharing all of the wonderful things that Canada has to offer, please contact me (ipsf@capsi.ca) or your local IPSF representative.



Rajwant Minhas
Executive Secretary

Since, the last issue I have been working on the PDW minutes. I also facilitated CAPSI National elections at PDW, the by-elections in February and the AGM at PDW. I constantly check emails coming from students across the Canada, CAPSI National Council and representatives from other organizations. Additionally, I am always updating the membership database. As part of the membership committee, we are looking into providing additional benefits to our members. There are a lot of links to useful resources on the CAPSI website. We would be posting links to these websites on the CAPSI National webpage: <http://www.capsi.ca>

Dr. Peter Loewen from UBC has podcasts and charts covering evidence based medicine and therapeutics: <http://www.peterloewen.com/PeterLoewen.com/Said/Said.html>

Dr. James McCormack and other professors have their podcasts on this website: <http://therapeuticseducation.org/>

These are great learning tools and I would encourage everyone to use them as tools for learning and the charts posted on Dr. Loewen's website under the WROTE section are great for exam and practice purposes.

If you have any questions, please feel free to contact me at secretary@capsi.ca and stay involved!



Ammara Ghuman
VP Education

I would like to begin by thanking the PDW 2010 Planning Committee for their dedication and hard work over the past few years! The culmination of their efforts, PDW 2010, was truly an excellent event! I had the privilege to work closely with a couple members of the committee, specifically Gigi Wong, the Academic Chair, for the planning of the National Competitions. All the competitions ran smoothly and the competitors performed very well. The winners' names can be found on page 11 of this issue of the CAPSIL but I would like to highlight the first place winners:

Congratulations to Saurabh Patel, Catherine Prochazka, Jenny Sequin, and Will Shannon from the University of Waterloo for placing first in the Compounding Competition! Congratulations to Jacinte Bosc from the University of Manitoba for placing first in the Patient Interview Competition! Congratulations to Sarah Burgess from Dalhousie University

for placing first in the Over-The-Counter Competition! Congratulations to Matt Koehler from the University of Toronto for placing first in the Student Literary Challenge! You can read his winning essay on page 13 of this issue of the CAPSIL. I would also like to congratulate and thank all of the competitors in the National Competitions. If you have any feedback about the competitions, please feel free to send me an email at vped@capsi.ca.

Finally, I would like to update you on the CAPSI Award of Professionalism sponsored by ratiopharm. This year, CAPSI received a record-breaking five submissions for this award! All submissions were excellent and the University of Saskatchewan was selected as the winner. Congratulations to the University of Saskatchewan! To find out how you could win this award next year, please see the ad on page 12 of this issue of the CAPSIL.

It's been a pleasure and an honor to work with the CAPSI Council this year as the Vice President of Education. I wish the Council and CAPSI members all the best in future and extend my wishes for the best of luck to all graduating pharmacy students on the upcoming licensing exams!



Nevina Valani
Finance Officer

PDW was an excellent time to meet with the rest of the council and some of the sponsors. It is also a time when a lot of work is generated. At PDW we passed a motion that will increase the transparency of this position.

CAPSI National Updates - continued



We also discussed what we can do to increase our student membership providing tangible benefits while also being cautious about the budget.

Since the last update, I have been busy writing cheques for competition winners, reimbursing council members and preparing for our year end. I have also been looking at our bank statements and will put a proposal in shortly to a couple of banks to try to decrease our account fees.

I have really enjoyed being your National Finance Officer, learned a lot and feel like I contributed a lot from revising the PDW Surplus policy to giving input into our new PharmD Position Statement. Your Finance Officer for 2010-2011 will be Amy Wong from the University of Toronto. She has a lot of relevant experience and I am sure she will do an excellent job.



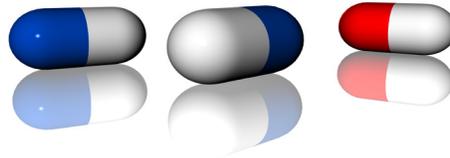
James Morrison
VP Communications

Hey CAPSIL Readers! I hope many of you enjoyed PDW in Toronto! The planning committee surely put together an incredible week of activities, speakers, and social events that gave my fellow Toronto students much to be proud about. I have received tons of positive feedback from the sponsors and delegates.

I spent much of PDW in meetings with CAPSI's many partners as we planned programs for the coming year. I can tell you that we are working on many new CAPSI Member benefits and on ways to engage our members to the fullest.

The biggest projects on my plate currently are getting our sponsors on board for the coming year and producing the CAPSI Agenda for Fall 2010. My position on CAPSI is unique in that there is overlap between the incoming and outgoing VP Communications and I look forward to working closely with whomever takes over my role.

My year on CAPSI National has been very enjoyable and I would like to thank my friends on the CAPSI Executive for their generous support.



Brittany Churchill
CAPSIL Editor

Since PDW, my main task has been putting together this CAPSIL edition. I have also been an active participant in several teleconferences with CAPSI National Council.

I would like to reiterate my thanks to the local CAPSIL representatives, to our sponsors and to all members of the CAPSI National Council for all of your help and support throughout the year.

Yin Hui will soon take over the duties of CAPSIL Editor. I am confident that under her leadership the CAPSIL continue to improve and evolve.

Introducing our new CAPSI Executive Council Members:

CAPSIL Editor - Yin Hui (University of Toronto)

Finance Officer - Amy Wong (University of Toronto)

IPSF Liaison - Suzanne Soneff (University of British Columbia)

Executive Secretary - Megan Riordon (Dalhousie University)

VP Communications – Maria Zhang (University of Toronto)

VP Education - Jeannine Oliver (University of Waterloo)

VP Professional Affairs - Lora Wang (University of British Columbia)

President Elect - TBD

And returning in new roles:

President – Polly Kwok (University of British Columbia)

Past President – Brad Elliott (Dalhousie University)

Student Exchange Officer (SEO) – Kendell Langejans (University of Alberta)



Thank You to all CAPSI Club Members for Your Sponsorship:

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A Chance to Win \$1000: CAPSI Award of Professionalism

Sponsored by ratiopharm

The Award of Professionalism is awarded annually to the school that holds the most organized and professional Pharmacy Awareness Week (PAW) activities. PAW is held every year during the first full week of March! You should get involved because the winning school shall receive a \$1000 cash prize! The money will go straight to those students involved! Deadline for submission is May 18, 2010. It's really easy to apply, simply get a committee together to organize PAW activities and then tell us about them! Don't forget to include pictures! Contact your local CAPSI Representatives for more details and for your application form! Good luck to everyone!

Une chance de gagner 1000 \$: Prix du professionnalisme de l'ACEIP

Commandité par ratiopharm

Le prix du professionnalisme de l'ACEIP est remis annuellement à l'école qui organise la semaine de sensibilisation à la pharmacie (SSP) la plus professionnelle. La SSP se déroule à chaque année durant la première semaine du mois de mars! Vous devriez participer parce que l'école gagnante recevra un prix en argent de 1000 \$. L'argent sera remis directement aux étudiants participant! La date limite d'inscription est le 18 mai 2010. C'est très simple, rassemblez un comité et organisez des activités pour la SSP. Ensuite, faite parvenir votre inscription et n'oubliez pas d'y inclure des photos! Veuillez contacter vos représentants de l'ACEIP pour plus de détails et pour recevoir votre formulaire d'inscription! Bonne chance à tous!



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INDUSTRIAL PHARMACY RESIDENCY PROGRAM

LESLIE DAN FACULTY OF PHARMACY

UNIVERSITY OF TORONTO

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 Faculty of Pharmacy, University of Montreal and participating companies, should be sent to the coordinator of the program 144 College Street, Toronto, ON. M5S 3M2 during the period of November 1, 2009 to May 1, 2010. The participating companies for the 2010 – 2011 term are: Eli Lilly Canada Inc., ESI Canada Inc., GlaxoSmithKline Inc., Hoffmann-LaRoche Ltd., Merck Frosst Canada Ltd., Patheon Inc., and ratiopharm. **For further information, please contact the coordinator, J. Graham Nairn at 416-978-2881 or the assistant, Diana Becevello at 416-978-2880. Full information is provided at the website www.pharmacy.utoronto.ca**

Interested in writing
for the CAPSIL?

Send in your submissions
to the CAPSIL Editor at

capsil@capsil.ca

or contact your local
CAPSIL Representative



Matt Koehler
1st Place, CAPSI Student Literary Challenge
University of Toronto

Who's Calling the Shots?

The Influence of Pharmaceutical Industry Advertising on Drug Use

Alarms sounded around the globe in 2004 when Vioxx was withdrawn from the market due to its association with cardiovascular toxicity. Following the provision of over 80 million prescriptions world-wide, this withdrawal carried enormous consequences. The story rightfully attracted widespread attention regarding public health implications of drug promotion. A study published in 2000 found an increased risk of heart disease as compared to traditional NSAIDs,¹ yet Vioxx was promoted as a safer alternative. An investigation showed that sales representatives systematically avoided presenting evidence of Vioxx's cardiac toxicity to health professionals,² and the US death toll was estimated between 35 - 45,000.³ Attention paid to the relationships between the pharmaceutical industry and health care providers is steadily increasing; paying meticulous awareness to the link between industry promotion and drug use decisions.⁴ The purpose of this paper is to identify techniques used by the pharmaceutical industry to promote their products, while highlighting the impact on our patients and profession. Only then will pharmacists, pharmacy students and pharmacy schools be ready to employ strategies needed to appropriately respond to industry advertising and ensure we are meeting high ethical professional standards.

The WHO and HAI have published a survey examining international educational initiatives for pharmacy and medical students about drug promotion.⁵ In the survey, 72% of the respondents reported drug promotion is a mandatory component of their curriculum, yet one quarter reported only 1-2 hours of such education. Involving sales reps in education allows students to become aware of promotional techniques used, enabling students to respond appropriately. Only 15% of respondents include sales reps in education, a minority that Canadian schools generally do not fall into. Pharmacy schools showed greater drug promotion education than medical schools, although the majority of promotion is directed at physicians. An important finding of the survey was that only half of these schools test students on the topic, and less than one fifth

of the respondents carried out any systematic evaluation of the education initiatives, questioning the perceived seriousness of the matter. The lack of precedence for drug promotion education stands in harsh contrast to the amount of drug promotion aimed at health professionals, and the convincing evidence that professional integrity, health quality and costs are affected by it.

Drug promotion as it pertains to students is not only about preparing students to deal with commercial interests upon graduation. Ninety-seven percent of third year medical students have eaten lunches provided by drug companies,⁶ and frequency of student contact with sales reps is a predictor of the perceived benefit from the representatives' information.⁷ Harvard medical students recently demanded that Harvard cut its ties with the drug industry, due to industry scandals that "cast a bad light on the medical profession".⁸ It is doubtful that the profession of pharmacy is excluded from public scepticism if not criticism. Of late, there has been a barrage of books, media stories, documentaries, websites, and television episodes taking aim at big pharmaceutical companies for their insidious marketing tactics which have disillusioned the public. This public disdain may soon permeate to the profession of pharmacy, especially if patients see a trend of ties between health professionals and industry.

Dynamics between prescribers and industry are very powerful, and also rather interesting. Prescribers admit that sales reps present information tainted by a conflict of interest, but do not believe that it will affect their own behaviour.^{9,10} In fact, both medical students and doctors underestimate the influence of industry on their own prescribing;¹¹ a plausible finding since it has been suggested that the behaviour in question is in fact unintended and unconscious to them.¹² Health professionals often make the conclusion that small gift giving has no influence on them, however, even 'insignificant' gifts have been shown to stimulate unconscious reciprocation.^{13,14}

(Continued on page 14)



Who's Calling the Shots? (Continued from page 13)

Having said this, not all gifts are of insignificant cost, with 25% of doctors receiving direct payment from industry.¹⁵ The impact on prescribing is clear. Physician attendance at industry sponsored CE is known to increase prescription rates for the sponsors' products¹⁶, and frequent contact with sales reps is associated with non-rational prescribing.¹⁷ The odds are 13 times higher that prescribers who make requests to add a drug made by a specific manufacturer to a hospital formulary, met with reps from that company than if they had not, and 20 times higher if they received money from the company.¹⁸ Not surprisingly, drug samples given to prescribers have also been shown to influence their prescribing behaviour towards those drugs.¹⁹ With pharmacist prescribing in sight for Canada, these issues should profoundly resonate.

While meeting with a sales representative, it is advantageous to be mindful of a study by Ziedher *et al.* The study indicated that 11% of statements made by sales reps were inaccurate. Equally as worrisome is that all inaccurate statements were favourable towards the promoted drug, and none of the statements about competitors were favourable.²⁰ This September, Pfizer was charged 2.3 billion dollars due to illegal promotion of several of their drugs.²¹ Marketing

finances have also been dished out to GSK, TAP, Merck, Eli Lilly, and Abbott.²² Industry's influence is growing so deep that it is difficult to recognize. Prominent medical researchers involved in determining treatment guidelines have been paid up to \$50,000 in three months from drug companies.^{23,24} Industry documents indicate clinical trials for Vioxx were authored by employees of the manufacturer, but often attributed first authorship to academically affiliated researchers who did not always disclose payment from the manufacturer.²⁵

Drug promotion takes a tremendous toll on the health care system. The bottom line is that drug promotion is directly and indirectly affecting patients. Pharmacists must be active in advocating for evidence-based medication decisions, and be cognisant of promotion's impact. An RCT found that patient requests for advertised drugs were more reliable predictors of prescribing decisions than whether or not the patient had the condition for which the drug was indicated.²⁶ When consultant pharmacists have made patient-specific recommendations to physicians to address DTPs, less than half of the recommendations were implemented.²⁷ Perhaps they forgot to leave a free pen.

(References and Abbreviations listed on page 30)

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Nooreen Nanji
CPhA pharmacy co-op student, Winter 2010
University of Waterloo

CPhA Insider's Report: Perspectives of a Co-Op Student

I am a third-year pharmacy student at the University of Waterloo. For my third co-op placement, I am very fortunate to have secured a four-month position at the Canadian Pharmacists Association (CPhA). I chose to do a co-op term at CPhA because I wanted a unique opportunity to contribute as a pharmacy student. I also had a keen interest in advocacy, policy and research.

I began my work-term on January 4, 2010, in the department of professional & membership affairs on the third floor of the CPhA office on Alta Vista Drive in Ottawa, Ontario. Everyone in the department is helpful, knowledgeable, humble and very hospitable.

My placement involves working on various projects, mostly independently within an assigned timeframe. However, everyone in the department is always willing to help and answer any questions. I work on several projects simultaneously, which provides diversity and flexibility, making my days even more interesting. There is great emphasis on pharmacy practice-related research.

Some of the projects I have worked on include *the Translator* and Live Links, which are knowledge translation publications that highlight Canadian and global pharmacy practice research articles and their policy implications. I am also working on a communications document to link innovative pharmacy practice contributions to achieving government priorities.

While at CPhA, I have been able to take advantage of two online continuing education programs offered to pharmacists. Both the QUIT: Quit Using and Inhaling Tobacco smoking cessation program and "The 'how-to' of managing diabetes... A prescription for pharmacists" will be valuable to me as a student, and as a practicing pharmacist once I graduate. There have been opportunities to learn

how to use various research tools, such as surveys, as well as learning how to access resources available for making evidence-based decisions for which CPhA is a strong advocate. I have also been able to prepare for and sit in on various meetings, including the CPhA Executive Committee meeting.

I could go on writing about the interesting projects and work in which I'm involved, but I would like to share some of my personal experiences and observations as a pharmacy student and member of CPhA.

I am fascinated by the dedication, hard work and selfless devotion that every individual working for this organization invests to represent pharmacists nationwide and to be their voice. CPhA plays a very vital role in moving the profession forward. The "status quo" is clearly not an option if our profession is to thrive, given the current health care reforms that will impact the future of our practice.

An entire book could be written on the various contributions CPhA makes to the profession of pharmacy; but, in a nutshell, CPhA is leading practice change to achieve the Blueprint for Pharmacy's Vision: "Optimal drug therapy outcomes for Canadians through patient-centred care". This is a vision for the future where pharmacists can optimize medication use for their patients, which really is our expertise! In alignment with its vision, CPhA serves its members through knowledge, advocacy and leadership.

As a student and future pharmacist, I have realized the invaluable benefit of being a member of this organization through which I can make my opinion known. If we, as students and professionals, do not contribute our opinions and concerns into shaping the future of our practice, who will?

(Continued on page 16)



CPhA Insider's Report (Continued from page 15)

CPhA values student members and our feedback is incorporated into directing the profession. Student membership is FREE and, after graduation, CPhA offers an additional one-year complimentary membership, recognizing that as new graduates, we need the opportunity to build our practice and career while still participating as active members. Following this first post-graduation year, CPhA offers reduced membership fees for new practitioners for the next two years. Thereafter, the fees are negligible, in my opinion, given the return on investment.

I was a CPhA member before I began working here. My recent experiences have convinced me that I will continue to be a member even after I graduate. CPhA is the voice of pharmacy nationwide, regardless of the setting in which you are employed. Of course, there are numerous other membership benefits.

Student members receive discounts on *Therapeutic Choices*, *Patient Self-Care* and *CPS*, as well as other books and resources published by CPhA. Sound familiar? Some of these texts are not only required for PEBC exams, but will

remain vital when you move into practice. There are also regular updates and resources sent via email, such as ClikInfo, Live Links and *the Translator*. The *Canadian Pharmacists Journal (CPJ)* is available online or at a discounted price for those student members who prefer a print version mailed.

If you are not yet a member, what are you waiting for? It is very easy to join: simply sign up online at www.pharmacists.ca/students. Don't forget to write it on your resume. In my opinion, it goes to show that you are involved with your national professional organization because you believe that you can make a difference to your profession. Student members are even invited to run for the student board member position, a great opportunity to contribute on a national scale.

I am only six weeks through my 16-week placement and it has been a very exciting journey so far. I am exploring the beauty of Ottawa during Winterlude as well as experiencing a different aspect of my chosen profession. I've learned so much and I am looking forward to many more opportunities to learn and grow at CPhA.

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Nooreen Nanji
Étudiante en Pharmacie, Participante au
Programme Coopératif avec l'APhC, Hiver 2010
Université de Waterloo

Rapport d'une Initiée : Le Point de Vue d'une Participante au Programme Coopératif Avec l'APhC

Je suis étudiante en pharmacie, en troisième année, à l'Université de Waterloo. Pour mon quatrième stage dans le cadre du programme coopératif, j'ai l'énorme chance de travailler pendant quatre mois à l'Association des pharmaciens du Canada (APhC). J'ai choisi cette option, car je voulais profiter de l'occasion unique d'apporter ma contribution comme étudiante en pharmacie. Je m'intéresse aussi beaucoup à la défense des droits, à la politique et à la recherche.

J'ai commencé mon travail le 4 janvier 2010, dans le Service des affaires professionnelles et relations avec les membres, au troisième étage des bureaux de l'APhC, sur la promenade Alta Vista Drive d'Ottawa, Ontario. Tout le personnel de ce service m'aide beaucoup, est bien informé, modeste et très accueillant.

Dans le cadre du programme coopératif, je suis censée travailler sur de nombreux dossiers, surtout en autonomie et avec un échéancier préétabli. Mais chaque personne du service est toujours prête à m'aider et à répondre à toutes mes questions. Comme je travaille sur plusieurs dossiers simultanément, mon travail est flexible et diversifié, et mes journées en sont d'autant plus intéressantes. On attache beaucoup d'importance à la recherche relative à la pratique pharmaceutique.

Certains dossiers sur lesquels j'ai travaillé concernaient *Le Traducteur* et Live Links, qui sont des publications traitant de l'application des connaissances, qui présentent des articles portant sur la recherche relative à la pratique pharmaceutique au Canada et ailleurs et sur ses répercussions sur les politiques. Par ailleurs, je travaille également sur un document sur les communications, document qui fait le lien entre les contributions d'une pratique pharmaceutique novatrice et les priorités du gouvernement.

Pendant mon séjour à l'APhC, j'ai pu profiter de deux programmes de formation continue en ligne offerts aux pharmaciens. Autant le programme « CESSER : Cessez et soyez en santé » que « Prise en charge pratico-pratique du diabète - une ordonnance à l'intention des pharmaciens » me seront utiles pendant mes études et une fois que je commencerai à exercer, après l'obtention de mon diplôme. J'ai eu l'occasion d'apprendre à utiliser divers outils de recherche, comme des enquêtes, et à trouver des ressources aidant à prendre des décisions fondées sur des résultats probants, dont l'APhC est un défenseur convaincu. J'ai aussi pu préparer diverses réunions, et y participer, comme la réunion du comité directeur de l'APhC.

Je pourrais continuer de vous décrire les projets et travaux intéressants dans lesquels je me suis engagée, mais je préfère vous parler aussi de quelques-unes de mes expériences et observations personnelles, à titre d'étudiante en pharmacie et de membre de l'APhC.

Je suis impressionnée par le dévouement, le travail sans relâche et l'abnégation dont fait preuve chaque personne qui travaille dans cette association pour représenter les pharmaciens de tout le pays, et pour faire entendre leur voix. L'APhC joue un rôle vital dans l'avancement de la profession. Il est évident que le statu quo ne fait pas partie des options, si notre profession veut continuer son essor dans le contexte des réformes actuelles du système de santé, qui auront des répercussions sur l'avenir de notre pratique.

On pourrait écrire tout un livre sur les nombreuses contributions de l'APhC à notre profession. En bref, elle est à la tête des changements de la pratique afin de réaliser la vision de la pharmacie, énoncée dans le Plan directeur : « procurer aux Canadiens un traitement médicamenteux aux résultats optimaux par des soins axés sur le patient ».

(Continué à la page 27)



CSHP

Anna Huisman
CSHP National Student Delegate
4th Year, University of Toronto

CSHP Corner

This past year has been a busy one for CSHP. Accomplishing two advocacy campaigns – OMA's Media Campaign Against Pharmacists' Expanding Scope of Practice and Patient Safety Campaign – CSHP has been active in advocating for expanding pharmacists' scope of practice in hospital pharmacy practice. The 'Pharmacist-in-Training' PSN has been active with discussion threads and the PSN organized a talk at CSHP PPC in February exploring conventional and unconventional career paths in pharmacy.

As the semester comes to a close, I am sure many of you are getting geared up for summer. If it is employment you are seeking CSHP has summer job postings available online (www.cshp.ca) with hospitals across the country. You must be a CSHP member to view the postings.

For your summer vacation are you interested in some fun in the sun combined with educational sessions in one of the most beautiful and historic cities in Canada? The CSHP Summer Educational Sessions are August 7-12 in Halifax NS. *SES By the Sea* will feature some great speakers, fun social events, and networking. More details will be available on the CSHP website.

Finally, CSHP membership year runs from July 1, 2010 to June 30, 2010. A 15 month membership is available at no extra cost starting April 1st – a great option for students!

If you have any questions about CSHP or want to know how you can volunteer with the organization don't hesitate to email me at anna.huisman@utoronto.ca!

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Heather MacPhee and Carrie Evans
Pharmacy Students
1st Year, University of Manitoba

PDW: First Year Perspective

When we first heard of the PDW conference in Toronto, we were barely into our first month as pharmacy students. Although interested in going, we hardly knew anyone in our class of approximately fifty students and were hesitant to participate due to our lack of exposure to the profession and the fear of not knowing anyone there. However, we decided to take a chance and register anyways, believing it would be a great experience. Despite the disappearance of Carrie's luggage for the first 24 hours, it was.

The conference itself is primarily geared to be an educational experience and was filled with a wide range of activities including insightful lectures, competitions, and social events. Topics ranged from "Non-traditional Career Pathways in Pharmacy" to "The Effects of Pharmaceuticals on the Environment" and our views on the scope of our profession were altered dramatically. PDW essentially allowed pharmacy students from around Canada to come together and take a moment to acknowledge how far our profession has come and the goals we hope to achieve in the future. The keynote speaker, Dr. James Orbinski, spoke of the endless opportunities available to pharmacists as he recounted some of his accomplishments, some of which include working with Doctors Without Borders in the Rwandan genocide, winning a Nobel

Peace prize in 1999, as well as earning many other awards and honorary doctorates. Furthermore, he was involved in a documentary film on humanitarianism entitled "Triage," which was screened at the 2008 Sundance Film Festival. Dr. Orbinski highlighted the fact that, as pharmacists, we are not limited to simply community pharmacies. Rather, we have the potential to be humanitarians, and if we come together and work with communities, we can deliver life-saving treatments and prevention to those individuals who need it most. If you haven't already guessed, this inspirational and accomplished individual was our favourite speaker of the conference.

In addition to guest speakers, delegates at PDW had access to social events that took place every night after supper. The opening gala on Wednesday was themed "A World Within a City," in reference to the great ethnic diversity of Toronto and students were encouraged to dress up in ethnic attire to emphasize the cultural diversity that further exists within the profession. Other events included, but were not limited to a bar night at Lot 332, a dance club in downtown Toronto, tickets to a professional lacrosse game at Air Canada Centre and on the final night, an awards banquet and gala, themed "Another Moment Like This."

(Continued on page 20)



Although the guest speakers and social events occupied most of our time, there were other events during the day as well. The Pharmafacts Bowl, a competition between all Faculties of Pharmacy, consisted of each school selecting four representatives (one from each year of the program) to compete in rounds of ten multiple-choice questions based on material in the pharmacy curriculum. A rally took place beforehand to get us pumped up, and we're proud to say that this year the University of Manitoba's Faculty of Pharmacy took home the trophy! ("We'll Fact you up!") Furthermore, Saturday morning involved a one-actress presentation called "Dissolve," which tells the story of a girl who was drugged and raped. Despite the serious subject matter, the actress did an excellent job in balancing the sombre situation with humour. It was an excellent play that received a well-deserved standing ovation. CAPSI events:

the competitions, elections and the annual general meeting also took place and enabled us to learn more about CAPSI.

PDW turned out to be a rewarding and enlightening experience that broadened our view of the pharmacy profession and allowed us to meet and interact with students from other Canadian faculties of pharmacy. To the two girls from Dalhousie with whom we shared our hotel room with, we thank you for taking the time to get to know us. Moreover, Carrie is especially grateful to you both for helping her out when her luggage was taken and she had nothing other than her purse and the clothes she wore on the plane. It just goes to show that even outside of our faculty, there is a sense of community and togetherness among pharmacy students, which we feel is one of the best parts of being in this profession.

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Kendell Langejans, IPSF Liaison
ipsf@capsi.ca

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VACCINE-NATION



Zenah Alisha Surani
Pharmacy Student
2nd Year, University of Toronto

It is often said that life holds two certainties: death and taxes. But as hard as we try, there is one more thing we can't avoid: needles. We are first introduced to them shortly after birth, and continue to have unpleasant encounters with them throughout grade school. During the early years, they immunized us against diseases such as tetanus, measles, mumps, and rubella. And winter in Canada isn't just marked by blustery weather and slippery roads—it means yet another flu vaccine. It doesn't stop there, either. It seems like nowadays, there's a vaccine for just about everything. In addition to being told to use hand sanitizer profusely and to sneeze into one's own sleeve (god forbid you were wearing your brand new Bench hoodie that day!), healthy Canadians are being urged to get vaccinated with the H1N1 vaccine, lest they contract the horrendous swine flu. As millions of Canadians are rolling up their sleeves to be pricked by the almighty needle, it seems that pharmaceutical companies no longer need to just depend on sick people for profit. They've made patients out of the healthy ones, too--it's almost as if vaccinations are the new vitamins. When will it all stop? For pharmaceutical companies, the vaccination era is only just beginning.

threatening peanut (and other nut) allergies to the barrage of early vaccinations. When it comes to safety, vaccinations have a different standard than other medications. While drugs such as Accutane are used for patients with a medical condition, vaccinations are not administered to 'patients'—they are administered prophylactically, to healthy people. Healthy people are thus less likely to tolerate negative side effects of vaccinations. So it is unlikely for vaccinations to get bad press, but when they do, it's usually gravely serious.

Take Gardasil, for example. This vaccine against the Human Papillomavirus (HPV), a sexually transmitted virus linked to genital warts and cervical cancer, was approved for use in women ages 9-25 years old in 2006 by Health Canada. Aside from being one of the most expensive vaccinations in history (\$360 for a three month series of vaccinations) and racking up almost \$2 billion a year in profits, Gardasil came under intense scrutiny after being linked to serious adverse effects. Out of 7 million doses distributed in the United States, there were 12 000 reported adverse effects—mostly minor ones, such as headaches and dizziness. However, there were 700 more serious reports of adverse events such as blood clots and autoimmune disorders following the vaccination. There were also 32 deaths linked (but unconfirmed) to the vaccine. Merck, the maker of Gardasil, market it heavily as being an anti-cervical cancer vaccine. Some doctors, however, have expressed scepticism at this, saying that there is not enough evidence as yet to support the conclusion that Gardasil will indeed prevent cervical cancer. They maintain that traditional, routine pap smears are the best defence against cervical cancer. Ironically, Merck also produced the ill-fated product Vioxx, which was withdrawn from the drug market in 2004 following hundreds of thousands of heart attacks (30 or 40% fatal) among Vioxx users. This product recall resulted in an astronomic, multi-billion dollar loss for the company. One can only wonder—is Gardasil a wolf in sheep's clothing? That is to say, was Gardasil really designed to fulfill a dire need of the population? Or is its financial success the result of clever marketing, and its development just a way for Merck to recoup its past losses?

There's no doubt that vaccinations have been one of the greatest advancements of modern medicine. The widespread international adoption of smallpox and polio vaccination policies in infants has just about relegated those diseases to the history books. Vaccinations in babies and children have helped to save many lives and prevent the outbreak of infectious disease. Children today receive more than double the number of immunizations



50 Cent ain't the only one who has been shot (more than) 9 times

they did ten years ago by the time they reach kindergarten. Some critics argue that this is hindering their ability to develop a mature immune system, and have linked life-

(Continued on page 22)



Once a money losing endeavor for pharmaceutical companies (the profits were mainly driven by the so-called ‘blockbuster’ drugs: Lipitor, Effexor, Cozaar...), vaccines entered the limelight as societal paradigms regarding pandemics rapidly changed. In the years following the outbreak of avian flu in 2003, sales of vaccines, especially flu vaccines, skyrocketed, growing several times faster than any other pharmaceutical product. As other companies and individuals are suffering under the current recession, big pharma is raking in big money. Forty percent of Canadians have chosen to get the vaccine this year, translating into billions of dollars of profit for GlaxoSmithKline, the most successful company in the business of vaccines. With so much power over the market, Glaxo has considerable influence in negotiating prices with governments and lobbying them to stockpile their vaccines in case of a future outbreak. The price of the H1N1 vaccine is not based on cost. Rather, it is determined based on the level of the income of the country in question, and is negotiated with that country’s government. This means that as Canadians read about adverse H1N1 cases in the newspaper and become scared of contracting swine flu, the government will do whatever it takes to protect its people from the disease—even if it means paying an astronomical amount. The stockpiling of vaccinations has also become popular in recent years. Driven by fear, governments sign onto the purchase of enormous supplies of adjuvants, which can then be paired with any antigen to make a vaccine. As H1N1 is the flu of the era, H1N1 antigen can simply

be plugged into the adjuvant and the vaccine is ready to go. When H1N1 subsides (which has probably already started to happen), the adjuvants can be saved for the next big pandemic scare, at which time a different antigen can be combined with them. By selling adjuvants in this way, companies such as Glaxo are ensuring that those governments will continue to purchase antigens from them in the future. The new business of stockpiling and vaccinations comes at an opportune time as well, just as many of the large profit making drugs are due to come off patent in the next few years, at which time generic drugs will flood the market. As more healthy people than ever before are opting to get vaccines, it’s easy to see that they are taking the threats very seriously and are scared to contract the flu or other diseases such as HPV. And as the government and media feed into the culture of that fear, Big Pharma seems to be capitalizing on it.

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Sheri Howard
Pharmacy Student
University of Waterloo

UW at PDW 2010

This year’s PDW in Toronto was an enormous success thanks to the hard work of the University of Toronto CAPSI members! I was only able to attend the final events on Saturday, but my colleagues from the University of Waterloo assured me that the events of the days leading up to my arrival were just as impressive.

Being a new school, University of Waterloo hasn’t had the chance to experience PDW like the rest of the country’s schools, and given that we aren’t even functioning at full capacity yet, we had the smallest turn out of students at this year’s PDW. However, we were welcomed warmly and had the opportunity to forge friendships over the course of the conference and I have been told that we had some strong support from another school at the Pharmafacts Bowl. Thanks Laval!

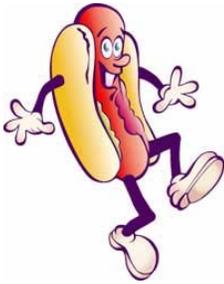
The conference events concluded with an 80’s themed Awards Gala and Banquet. I don’t think I have seen so many side pony-tails, shoulder pads or neon sunglasses in my life! This event was a great conclusion to the week.

Although my time at PDW was short, I learned a lot. First, I learned that pharmacy students across the country are amazing and want the chance to meet more. Second, I learned I should have taken time off work, and regret not attending every event at PDW. Finally, I learned that next year’s PDW is in Saskatoon and it looks like it will be a great event! And I hope that we can encourage our new program to be more involved in future PDWs. Allons-y, Waterloo!



James Hoi
Pharmacy Student
University of British Columbia

Hot Dogs and Drugs



Ever been asked, "Why are hot dogs called hot dogs?" When they're neither hot, nor are they made from dogs (at least lets hope not). "Why's Big Foot called Big Foot, when all animals have feet?" Mysteries of the world.

This leads me to ask the ever bothersome question - what about drug names? We see a ton of them in the pharmacy, our labs, final exams and emails from our nerdiest colleagues in class, but really, do they actually mean anything? I must admit that I used to play the guessing game a lot in my therapeutics exams - names don't tell you anything at all, at least that was what I thought.



Think of it this way, we go through so much trouble naming our kids, knowing well that it's going to be sticking to them for the next 70 - 80 years of their lives. I don't see why any inventor or founder of a drug would hit random keys on their keyboard, and voila! Viagra is the name! A name reflects identity, it reflects worth, reputation and for less trivial reasons, it represents an art of medicine and a culture of life.

A bit of research in my spare time brought me to some interesting findings:

Physiological drug names,
Lomotil = sLOWs intestinal MOTILity ⁽¹⁾

As a 'tip to remember',
Singulair= Single-dose-per-day ⁽²⁾

And who would have thought,
Nystatin = named after New York STAtE-IN ⁽³⁾
(though I honestly believe Nyankees would be a better name)

and

Warfarin = Wisconsin Alumni Research Foundation + coumARIN ⁽⁵⁾

Deciphering drug names makes life and studying a little bit more interesting and colorful than just remembering structures and reciting chemical names.

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Financing Your Practice

As graduation time draws nearer, there's no doubt that you are considering both your short term and long term goals. And that may include opening your own practice someday. Researching your options early is an important step, and part of that process is tapping into the expertise of your network to provide advice and guidance to meet both your short and long term goals.

One example of researching your options is to understand what it takes to finance your own practice. Like all businesses, professional practices succeed through hard work, planning and investment. Starting your first practice, expanding an existing one, opening new locations, updating technology, buying another practice or simply redecorating your office all require cash to grow successfully. This is where financing can help.

There are three main sources of financing: loans, investors and leases. The best choice for you depends on how you'll use the money, and your willingness and ability to take on additional debt or business partners.

1. Loans provide cash with specific repayment terms. A loan can be used for a wide range of purposes and do not dilute your ownership of the firm.
2. Investors can also be a source of cash. Depending on the structure of the investment, you may give up a percentage of ownership of your firm and potentially an element of control. Investors may be silent, in that they allow you to use the money as you deem fit, or they may ask for an active voice in the future of your practice. Unless your investors fall into the "family and friends" category, they are usually looking for a return on investment that is greater than what they can get elsewhere.
3. Leases can be used to acquire a wide variety of assets including cars, equipment or office improvements. They don't help with a growing payroll or minor expenses, but they can be a good way to help expand without incurring additional debt. Leases reduce the demand for cash up front

and distribute the cost of using equipment or space over time, thereby freeing up cash flow for other purposes.

Before deciding on the type of financing you want, discuss your options with a banker, accountant, or financial advisor to ensure that your choice makes sense from both a business and tax perspective.

Prepare for success

Whether you are setting up your practice for the first time, or growing an existing one, obtaining financing is easier when you take the time to prepare in advance.

1. Write a business plan that describes the proposed project, and its goals and timelines. A good plan will include sales projections, a projected income statement and a cash flow forecast. Visit getgrowingforbusiness.com and consider using the free Scotia Plan Writer located there as an interactive tool to guide you through the process.
2. Be specific about how much money you'll need and how long you will take to repay it.
3. If you are purchasing an existing practice or expanding your current practice, be ready to supply historical financial statements and tax returns for the business.
4. Providing a personal statement of Net Worth outlining both assets you own and personal debts.
5. Check your credit rating and ensure that it is correct. You don't want to be affected by an inaccurate or poor credit rating.
6. Provide a printed copy of your business plan or use a PowerPoint presentation to present your opportunity to prospective lenders or investors.
7. Be prepared to answer questions about your plan.

(Continued on page 26)



Financer la Croissance de Votre Cabinet Professionnel

À l'approche de la fin de vos études, il ne fait aucun doute que vous réfléchissez déjà à vos objectifs à court et à long terme. Et ceux-ci peuvent inclure le démarrage de votre propre entreprise un jour. L'évaluation des options qui s'offrent à vous constitue une étape importante, durant laquelle vous pouvez faire appel à l'expertise de votre entourage afin d'obtenir des conseils qui vous permettront d'atteindre vos objectifs à court et à long terme.

L'un des aspects de cette évaluation consiste à bien comprendre combien il vous faudra pour financer votre propre cabinet professionnel. Comme toutes les entreprises, les cabinets des membres des professions libérales réussissent grâce au travail acharné, à la planification et aux investissements. Le démarrage d'une nouvelle entreprise, l'expansion des services, l'ouverture de nouveaux bureaux, la mise à niveau de la technologie, l'achat d'un autre cabinet ou simplement la décoration de votre bureau, peuvent accroître le chiffre d'affaires et votre succès. Voilà pourquoi le financement est la clé d'une stratégie de croissance efficace.

Il y a trois principales sources de financement : les prêts, les investisseurs et le crédit-bail. Le meilleur choix pour vous dépend de la façon dont vous utiliserez l'argent et de votre volonté et de votre capacité à composer avec un endettement accru ou des partenaires commerciaux.

1. Les prêts offrent des liquidités avec des conditions de remboursement spécifiques. Un prêt peut servir à n'importe quelle fin et il ne dilue pas la propriété de votre firme.
2. Les investisseurs apportent aussi des liquidités. Bien que vous n'ayez pas de dette suite à leur investissement, vous devrez peut-être céder un pourcentage de la propriété de votre firme et potentiellement un élément de contrôle. Les investisseurs peuvent être passifs, c'est-à-dire qu'ils vous permettent d'utiliser l'argent comme bon vous semble, ou ils peuvent demander un rôle actif dans votre firme ultérieurement. À moins

que ces investisseurs ne soient de la catégorie des «proches et des amis», ils recherchent un rendement sur le capital investi qui est supérieur à ce qu'ils peuvent obtenir ailleurs.

3. Les contrats de crédit-bail servent à acquérir divers éléments d'actif, y compris des voitures, du matériel ou des locaux à bureaux. Ils ne sont pas utiles pour régler la croissance du nombre d'employés ou les dépenses mineures, mais ils peuvent être un bon moyen de favoriser l'expansion sans créer de dette supplémentaire. Les contrats de crédit-bail réduisent la demande pour de l'argent immédiat et distribuent le coût d'utilisation du matériel ou des locaux sur une période de temps, libérant ainsi des flux de trésorerie pour d'autres fins.

Avant d'opter pour un type de financement, discutez de vos options avec un conseiller pour petites entreprises et votre comptable pour veiller à ce que votre choix soit judicieux d'un point de vue commercial et fiscal.

Se préparer pour le succès

Peu importe si vous démarrez votre nouvelle entreprise ou que vous projetez l'expansion d'un cabinet déjà existant, obtenir du financement est plus facile lorsque vous vous y préparez.

1. Dressez un plan d'affaires qui décrit le projet proposé, ainsi que ses objectifs et échéanciers. Un bon plan comprendra des projections de ventes, un état des revenus projetés et des prévisions de flux de trésorerie. Visitez le site www.depassez-vouspourentreprise.com et utilisez le Rédacteur de plans de gestion Scotia qui s'y trouve. Cet outil interactif vous guidera au cours du processus d'élaboration du plan d'affaires.
2. Soyez précis quant au montant d'argent dont vous aurez besoin et du temps requis pour le rembourser.

(Continué à la page 27)



Harinder Grewal and Nevina Valani
Pharmacy Students
4th Year, University of Saskatchewan

Demanding More Than a Grade

Students are the future of pharmacy and we will dictate how our profession grows and changes, at least that is what our professors tell us. With changes in the forefront it is difficult for students to understand where we fit in and how we can make a difference. We submit proposals for innovative programs like diabetes clinics, smoking cessation programs and women's health initiatives but often innovative ideas are reduced to merely a grade. As future pharmacists untainted by corporate politics we are in an ideal position to suggest new ideas and ways to implement these ideas.

In our fourth year, we were given the assignment to create a proposal of an innovative program to implement in community pharmacies. We decided to create a medication review program specific to Saskatchewan, which was inspired by the Ontario MedsCheck program. Our program, is aimed to educate patients recently discharged from the hospital or on three or more chronic medications about their medications. Over twelve weeks, we created the program, all the supporting documents, logistics, financial plans and marketing. Our goal was to take this program beyond just a grade and implement this program in Saskatchewan.

We saw the perfect opportunity during one of our fourth year internship rotations but had to sell the program to several people. We first convinced our professors this was a good program to implement. We then contacted the Saskatchewan College of Pharmacists (SCP) to ensure that they felt this program was valuable and practical.

Convincing our internship coordinator, our college and a couple of community sites to let us trial this program was a bit more difficult but a worthwhile accomplishment! With the right support, we were able to showcase one of many innovative ideas of pharmacy students.

I have been conducting medication reviews for two weeks now and have written numerous letters to doctors with very serious DRPs (drug related problems). I have helped seniors understand the importance of taking responsibility of their health, why they are on certain medications, how OTC (over the counter) medications interact with their prescription medications and conditions, as well as answering many general questions they felt uncomfortable asking their doctor. I have successfully challenged all the pharmacists I work with to use their therapeutic knowledge to contribute to the reviews and challenged myself to go beyond the requirements of a regular internship.

Patients, students and the profession have benefited from the fresh new ideas coming from five students. This is a step in the right direction for pharmacy! Patients were educated, students were shown the actual impact they could have on changing this profession and professors were given the chance to be a part of making students' passion a reality. It is possible for students to make a significant contribution to the profession and patients with their determination and passion.

Financing Your Practice (Continued from page 24)

Start looking for financing early

Securing the right loan or an investment deal can take some time, so begin the process early to make sure the cash is ready when you are. Use your cash flow forecast to identify exactly when your business will need funds and factor in reasonable time to make arrangements.

Understanding your financing options, establishing a strong business plan with clear goals, and working with the right advisors will help you get the financing you need to start your practice, and grow to the next level.

To learn more, speak to a Scotiabank Small Business advisor, or visit www.getgrowingforbusiness.com.



C'est une vision de l'avenir, celle qui permettra aux pharmaciens d'optimiser l'utilisation des médicaments par leurs patients, tâche dans laquelle ils sont vraiment des experts. Pour réaliser cette vision, l'APhC est au service de ses membres par la diffusion des connaissances, la défense des intérêts et le leadership.

Comme étudiante et future pharmacienne, j'ai réalisé l'immense avantage que représente l'adhésion à cette organisation, grâce à laquelle je peux faire entendre mes opinions. Si nous, étudiants et professionnels n'exprimons pas nos opinions et préoccupations, qui le ferait à notre place?

L'APhC apprécie ses membres étudiants, et leurs commentaires sont intégrés dans les plans d'orientation de la profession. L'adhésion des étudiants est GRATUITE et, après l'obtention de leur diplôme, l'APhC leur offre gracieusement l'adhésion pour une année de plus, avec l'idée qu'il faut donner aux nouveaux diplômés l'occasion de consolider leur pratique tout en tablant sur leur participation à titre de membres actifs. Après la première année qui suit l'obtention du diplôme, l'APhC offre aux nouveaux praticiens une réduction de la cotisation pendant les deux années qui suivent. Par la suite, la cotisation est, à mon avis, modique, si l'on considère les avantages qu'elle procure.

J'étais membre de l'APhC avant même de commencer mon travail ici. Mon expérience actuelle m'a convaincue de continuer d'en être membre après la fin de mes études. L'APhC est la voix des pharmaciens sur le plan national, sans égard à leur milieu de pratique. Bien entendu, le statut de membre confère de nombreux autres avantages.

Les étudiants membres peuvent obtenir des rabais sur *Therapeutic Choices*, *Patient Self-Care* et le *CPS*, ainsi que sur d'autres manuels et ressources publiés par l'APhC. Vous en avez sûrement entendu parler! Non seulement certains de ces ouvrages sont exigés pour les examens du BEPC, mais ils vous seront aussi utiles lorsque vous commencerez à travailler. De plus, de nombreuses mises à jour et ressources vous sont envoyées par courriel, pour ne citer que *ClikInfo*, *Live Links* et *Le Traducteur*. La *Revue des pharmaciens du Canada (RPC)* peut être consultée en ligne ou proposée à un prix réduit aux étudiants qui préfèrent recevoir par la poste une version imprimée.

Si vous n'êtes pas encore membre, qu'attendez-vous pour le devenir? La démarche est très simple : il suffit d'adhérer en ligne, à www.pharmacists.ca/students. Et n'oubliez pas de le mentionner dans votre curriculum vitæ. À mon avis, il est toujours utile de signaler que vous faites partie d'une organisation professionnelle nationale, pour démontrer votre désir d'apporter des changements dans votre profession. Les membres étudiants sont même invités à poser leur candidature pour siéger au conseil d'administration, ce qui leur donne l'occasion exceptionnelle d'apporter une contribution au niveau national.

Je n'ai fini que six semaines de mes 16 semaines de stage, et jusqu'à présent cette expérience a été passionnante. Je peux explorer la beauté d'Ottawa pendant le Bal de Neige, et me familiariser avec un aspect différent de la profession que j'ai choisie. J'ai tant appris, et je sais qu'on me donnera encore de nombreuses occasions d'apprendre et de croître au sein de l'APhC.

Financer la Croissance... (Continué de la page 25)

3. Si vous achetez un cabinet existant de membres de professions libérales ou que votre cabinet prend de l'expansion, vous devrez sans doute présenter les états financiers historiques et les déclarations de revenus de l'entreprise.
4. Vous devrez fournir un relevé personnel de votre avoir net, qui décrira l'actif que vous possédez et vos dettes personnelles.
5. Vérifiez votre cote de crédit et son exactitude. Une cote de crédit inexacte ou mauvaise peut nuire à vos projets.
6. Utilisez une copie imprimée de votre plan d'affaires ou utilisez une présentation PowerPoint pour présenter vos projets à des prêteurs ou des investisseurs potentiels.
7. Préparez-vous à répondre aux questions sur votre plan.

Commencez tôt à chercher du financement

Obtenir le prêt approprié ou une bonne entente d'investissement peut prendre du temps. Vous devez donc commencer tôt pour que l'argent soit disponible lorsque vous serez prêt. Utilisez vos prévisions de flux de trésorerie pour cerner exactement quand votre entreprise aura besoin de fonds et calculez un délai raisonnable pour conclure une entente à ce sujet.

La compréhension de vos options de financement, l'établissement d'un plan d'affaires solide et avec des objectifs précis et le recours aux conseillers appropriés vous aideront à obtenir le financement dont vous avez besoin pour faire passer votre cabinet professionnel au niveau suivant.

Pour plus d'informations, veuillez communiquer avec un conseiller de la Banque Scotia pour les petites entreprises, ou visitez le site www.depassez-vouspourentreprise.com.



“...Don't forget to learn from your past”



Dr Hoan Linh Bahn

An Inspirational Message

Dr Hoan Linh Bahn was an associate professor at the Dalhousie University College of Pharmacy for many years. At the 2009 Graduation brunch she received a teaching award, at which time she gave this inspirational speech. Dr Bahn is now teaching and practicing in Alberta.

- Submitted By: *Stephanie Farnham*
CAPSIL Representative, Dalhousie University

Good morning parents, family, guests, faculty and my grasshoppers. I am both honoured and humbled to be here to accept this award.

Today I am supposed to deliver a short inspirational speech to you. If you asked, many experts would say that the most effective speech is one that conveys a personal experience. As many of you know, I love to travel, and in the past ten years I have covered a few countries and often share my adventures. However, there is one that I seldom talked about and yet it's the most self-defining experience of my life...my journey to Canada.

Please allow me a moment of self-reflection. Thirty years ago, my family was part of the exodus of 1.5 million refugees from Viet Nam. We were known as the Boat People. On April 12, 1979, along with 350 other passengers, we boarded an eighteen metre long fishing boat and began a perilous journey across the South China Sea. Many of the sick and elderly perished during our four day voyage. The rest of us landed on a remote, desolate island in Indonesia where we struggled to survive for nine months. When it came time to apply for refugee status, our application was repeatedly denied. We were told that with a family of six small children, we were considered a burden to society. My friend Adel always says, every time God closes a door, he opens a window. When we applied to Canada, the immigration officer told us that a group of people from Uxbridge, Ontario was willing to sponsor a family. Because they didn't specify the size of a family, we qualified.

So on January 26, 1980, we landed at the Edmonton International Airport. There we were given warm clothes and a hot meal. With only \$20 US dollars, my Dad's watch and my Mom's wedding band in our possession, we headed for Uxbridge. Adjusting to the new life was definitely not a walk in the park. We didn't speak a word of English and none of us had received any formal education. Adapting to the new life was like a double-edged sword. The folks from the new culture would call us FOB's, fresh off the boat. At the same time folks from our culture would call us bamboo sticks. Solid Chinese from the outside, but hollow on the inside. It's no wonder that when Prime Minister Joe Clark announced that Canada would accept an additional 50,000 boat people, some Canadians were concerned that there would be an increase in unemployment and welfare, and that there would be educational, cultural and racial difficulties.

After thirty years of adversity, where are we now? Today, in our family, there is an optometrist, a pharmacist, a lawyer, a dental hygienist, a computer engineer and two dentists. For 22 years, my father worked as a janitor for the Toronto School Board and my Mom packaged hot chocolate for 25 years. We were always told that we don't have to like what we do, but do a good job and if we made an extra dollar a day, that's 365 dollars a year. That's how they were able to raise seven children on minimum wages, pay off their house in five years and never receive welfare or unemployment. Of course I would not be here today if it wasn't for the generosity of a few altruistic individuals from Uxbridge. Thirty years ago, we came to Canada in search of a new life but we gained more than that; we gained an extended family.

(Continued on page 29)



Presented by:
UBC CAPSI Local Committee
University of British Columbia

Top 10 Things to Do Before You Graduate

It's inevitable, it's happening, it's...almost graduation!
Here are the top 10 things to do before you graduate from pharmacy school as a CAPSI member.
Complete all these items before you graduate to ensure the best student years!

10. Boast about the 2010 olympics and our gold medal finishes
9. Invest in a t-shirt or clothing with your school's pharmacy logo (or be creative and grab a white shirt and have your graduating class sign it!)
8. Taste something you made or dispensed in the practice labs
7. Talk to a professor and tell them how much you enjoyed their class. It's your last chance!
6. Pull an all-nighter studying in the library for therapeutics
5. Counsel a patient on how to use a suppository with a straight face
4. Scratch the belly of your faculty mascot. If you don't have one, now's the opportunity to create one!
3. Compete in a competition held by CAPSI (Pharmafacts, PIC, OTC, SLC or Compounding competitions)
2. Attend IPSF World Congress (Slovenia this summer! Graduation trip anyone?)
1. Attend PDW

An Inspirational Message (Continued from page 28)

Today I share my story with you, not to evoke your sympathy or to gain your admiration. My story is not necessarily unique. In fact, between 1975 and 1980, there were at least 100,000 boat people who immigrated to Canada, and I'm sure that we all have our own stories to share, but they all carry a common message; that is, with hard work and perseverance, you can overcome any adversity. During your lifetime, you will encounter obstacles and at times, injustice. Martin Luther King once said "The greatest measure of a man's success is not where he stands in the moments of comfort and convenience, but where he stands in the time of challenge and controversy." So work hard and persevere, and I promise you the feeling of vindication will be glorious.

Today, as you begin a new chapter in your life, don't forget to learn from your past. University is not just about getting that piece of paper; it's about the life-long friends you made, it's about the social and professional networking. Remember, our responsibility as teachers doesn't end today. Although we will part our separate ways and bid our farewells, it's not a goodbye. I know our paths will cross again. Thank you so much for making my final year at Dalhousie so memorable. I wish you all the best. Good luck in your future endeavours. Thank you!



Who's Calling the Shots? (continued from page 14)

Abbreviations Used:		GSK	GlaxoSmithKline
CE	Continuing Education	RCT	Randomized Control Trial
DTP	Drug Therapy Problem	TAP	Takeda Pharmaceuticals
HAI	Health Action International	WHO	World Health Organization

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