

Spring 2011



CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS LETTERS

CAPSIL - JACEIP

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



Thank You!
See you next year

In this Issue:

The Role of a Leader

Better Know A... CAPSI Webmaster

CAPSI Presents: Year End Review

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Please email your comments and articles to:

Juanita Lui - capsil@capsi.ca

Please contact your local rep for information on how to contribute

A Message From the President

Dear CAPSI Members,

Spring time, as the temperature rises, the days get longer, we reach the end of a school year for some, and embarking into their careers as pharmacists for others. Since my last presidential update, I had the opportunity to attend the American Pharmacists Association – Academy of Student Pharmacists (APhA-ASP) annual conference in Seattle this year. Through this enriching experience, I was able to meet pharmacy students from across the US, develop an understanding of the ASP organization and returned with plenty of ideas to initiate on a Canadian level.



In representing CAPSI, both myself, as well as the National Executive, have continued to maintain active communication between CAPSI and our stakeholders. We have upcoming collaborations with Association of Faculties of Pharmacy of Canada (AFPC), new interprofessional initiatives with Canadian Federation of Medical Students (CFMS) and Canadian Nursing Students' Association (CNSA), the Blueprint for Pharmacy, etc. As more of these projects develop, we will continue to keep you, our members, informed.

As this will be my last update as the National President, I just want to take this time to thank all of you, the CAPSI members, for a wonderful year of participation, involvement and enthusiasm in the PAWs across the country, PDW, CAPSI competitions and participation with IPSF. Moreover, the behind-the-scenes operation of CAPSI National is all attributed to the hard work of the National Executive, as well as the local representatives. Their persistence and determination in providing stellar professional development for pharmacy students this year has allowed CAPSI to evolve, improve and strengthen as an organization.

The summer time may mean clerkships, traveling to participate in IPSF student exchange programmes, the IPSF world congress or some well-deserved time off. I'd like to leave you with something to think about. The pharmacy profession will progressively change to reach a new status quo, till then, get involved and become an agent of change. Inform others that you reach in the community regarding our expanded scope of practice and fully utilize the patient-centered care that you've learnt in the classroom in whatever pharmacy setting you may be in. I strongly believe, that as the future, we can start simply by leading by example. The impact we would have as proactive future practitioners across the country will be a force to reckon with.

Have a safe and enjoyable summer,

"Get up, stand up... Don't give up the fight" – Bob Marley

Sincerely,

Polly Kwok

Polly Kwok

National President

4th Year Pharmacy Student, University of British Columbia

Words from the Editors



It's the end of the school year! As we toil in exams, and say good bye to this school year, we can also look forward to exciting times in the future. The profession of pharmacy is changing, bringing new challenges and rewards. How do we feel about the past and the future? Flip to page 21 to see what your fellow CAPSIers have to say.

The past year also saw some exciting events take place: the creation of the VP Professional Affairs position, the article exchange with APhA Student branch, the website revamp, and much more. If you haven't visited the new and improved website yet, check it out at <http://www.capsi.ca>! As the former webmaster, I am so glad the website has improved and flourished in Franky's capable hands. To get to know more about the man behind our awesome website, flip to page 10!

As my term as the CAPSIL editor draws to a close, so does my time at the University of Toronto faculty of pharmacy. It has been a great four years as a pharmacy student. Now it's time for me to conquer the great beyond! My year as the CAPSIL editor has been very memorable. I met so many people who are excited to make a change, to become leaders in our profession. I could not have completed my term without my awesome CAPSIL reps at each school, and all of the translation committee who were willing to lend a hand -- Megan Riordon, Jessica King, Pascale Lanthier-Labonté, Michelle Joseph, Kayla Castonguay, Samantha Dyer, Lauren Sule, and Clara Korenvain.

Finally, it is also my pleasure to introduce the CAPSIL Editor for the upcoming year! After a long search, I give you... Juanita Lui!

Yin Hui

Yin Hui
CAPSIL Editor 2010-2011
4th Year Pharmacy Student, University of Toronto

Hey everyone!

First of all, I would like to thank you all for giving me the opportunity to be your new CAPSIL editor! I am a student from the University of Saskatchewan who is originally from Richmond Hill, Ontario. I am excited about this upcoming new year and cannot wait for you all to see the fun new changes that will be implemented into the CAPSIL this year! Have a great summer, you have all deserved this hard-earned break and I will see you all very soon. It is going to be a great year!



Juanita Lui

Juanita Lui
CAPSIL Editor 2011-2012
University of Saskatchewan

Executive Council Updates

Past President

Bradford Elliott



Since joining the CAPSI National Council in 2009, I have met many incredible individuals and have had many unforgettable experiences. I consider myself extremely lucky to have been a part of this fantastic team filled with such hard working, dedicated and wonderful people. I would like to thank them for their contributions to the pharmacy students of Canada and the profession of pharmacy.

I would also like to thank all of you, our members, for your support of CAPSI and your commitment to this truly dynamic and rewarding profession. I wish you all the best with exams, the remainder of your pharmacy curriculum and your future careers!

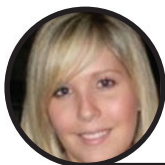
This past March, our current President Polly Kwok, incoming President-Elect Jeffrey Wandzura, and I had the opportunity to attend the American Pharmacists Association annual conference. In addition to attending conference seminars and events we were able to meet with Academy of Student Pharmacists' President, Steven Zona. He provided us valuable insight into the Academy, which currently represents over 30,000 student pharmacists across the United States, and its many successes. At this meeting we also exchanged ideas on how to improve and strengthen ties between our associations. This conference was a great learning experience and I look forward to being able to bring what we have learned to CAPSI and the National Council this upcoming year.

Since the last issue of the CAPSIL was published, much of my time has been spent preparing for the Annual CPhA conference to be held in Montreal. This conference will be CAPSI's first face-to-face meeting with it's newly elected National Council Members. Congratulations to all those elected! I look forward to working with you this coming year on many exciting new initiatives.

Most of my work in the past few months has been coordinating three rounds of bielections for the National Executive Council. I am pleased to announce new members of the executive council for 2011-2012 who were elected during our first round of bielections: Julia Denomme (UofW) as Executive Secretary, Gurinder Grewal (UBC) as VP Professional Affairs, and Leila Clayton (UofS) as IPSF Liaison. The results of our last bielection for CAPSIL Editor will be posted shortly on the CAPSI Website. In addition, I will soon be sending invitations to past council members and award winners inviting them to participate in a new CAPSI Initiative called Friends of CAPSI. More information about this program will be posted on the website as well. Finally, in preparation for the general council meetings at CPhA, I have begun the position turnover with the new executive secretary. I have thoroughly enjoyed my time spent on CAPSI National this past year and hope to see many of you in Halifax this upcoming January for PDW 2012

President-Elect

Jillian Grocholsky



It's hard to believe that my term as President-Elect is coming to a close. Looking back at the past year, so much has been accomplished by the Constitutional Review Committee and the Website Committees including the creation of new official documents, implementation of new ideas, and the launch of a completely re-designed website. This could not have been accomplished without the hard work of many dedicated committee members. Thank-you!

Executive Secretary

Megan Riardon



Since the last issue we had our Spring Teleconference so I have been working on those minutes, which will soon be completed and approved at the CPhA conference.

Vice President Communications

Maria Zhang



Hey CAPSI members! Congratulations on finishing up another year of pharmacy school! CAPSI National has been and will be working all year round (summer included) to bring you the best membership benefits we can and to maintain our

Executive Council Updates

current initiatives including our competitions to promote the future of our profession by advancing the skills of pharmacy students and interns across Canada. It's been an absolutely amazing opportunity to have served on CAPSI National this year. I've made some lifelong friends, learnt a lot through my position as VP communications and have attended some great events. Best wishes to Amy Lamb, incoming VP Communications, in all her endeavours next year! Be sure to pick up our new agenda come September 2011 and attend Professional Development Week in Halifax in 2012! Thanks to everyone for this opportunity and see you all in the field!



Vice President Education

Jeannine Oliver

Hello fellow CAPSI members! It feels like just yesterday I was writing my last update for the CAPSIL and yet, here we are at the end of another semester (and school year for all but UW). The main responsibilities of the VP Education are the Competitions that happen each year and with those wrapping up in January at PDW, it has been a somewhat quiet last few months. During this time, I have been compiling feedback from various stakeholders on the competitions to pass on suggestions to the incoming VP Ed. Additionally; I have been working with the Mock OSCE Committee to expand the number of OSCE cases that are available to each school to assist

with practice and preparation for the PEBC OSCEs.

I have one last reminder as your VP Ed to complete your application for this year's Award of Professionalism, sponsored by Walmart. \$1500 will be awarded at PDW 2012 to the school who has put on the best Pharmacy Awareness Week, so talk to you Sr or Jr CAPSI Rep and get your applications in by May 31, 2011 (to be submitted to Graham Houk, incoming VP Education, at the CPhA Conference).

Lastly, I would like to take a moment to thank CAPSI for giving me the opportunity over the past 3 years to meet some amazing people from across the country and for allowing me to share my passion for the future of Pharmacy.

Vice President Professional Affairs

Lora Wang



It has been an amazing year being your Vice-President Professional Affairs this year, and I hope you all had an amazing school year. I attended the National Health Sciences Students' Association Conference in March, and was amazed to see all the different health professions together in one place. There were great speakers and amazing sessions. I learned a few things I never knew before - did you know that massage therapists and dental hygienists are taught how to measure blood pressure (manually)? I'm hoping to find more interesting tidbits

like these to incorporate into the Interprofessional Handbook that is still currently in the works, and help expand our profession as well. Watch for our emails and submission requests - you can help pitch in your opinions that may be incorporated into the book!

Please welcome the incoming Vice-President Professional Affairs, Gurinder Grewal for the 2011-2012 year. As I mentioned before, it really has been a great year acting as your Vice-President, Professional Affairs, and I hope I can still take part in your professional and interprofessional development even after the turnover. I wish you all the best in your ever-expanding knowledge and development to be the best pharmacists you can be.

If you have any questions or comments, please do not hesitate to contact me at any time. You can reach me at wang.lora@gmail.com



Finance Officer

Amy Wang

Hey everyone,
As the school year's wrapping up, I'm also wrapping up with Finances for CAPSI National. March 31st was our fiscal year end and for the interim, I will be touching base with our accountant and updating the FO's operating manual to ensure a smooth turnover. I'm happy to say that CAPSI has been very fiscally responsible this past year and that we've also initiated steps

Executive Council Updates

in also upholding our fiduciary responsibility to our membership. On a personal note, this past year has been rewarding for me to sit on a national council and to meet everyone on CAPSI. It's been a great experience and something I'm glad I was part of!

Student Exchange Officer

Kendell Langejans



I am still hard at work arranging SEP for Summer 2011. All 24 Canadian students who applied in first round have had their country selections confirmed and are working out the details with their host SEOs. We received 5 additional application forms

through the Application Form Reallocation Project, bringing the total number of Canadians travelling abroad to 29. This means all the students remaining on the waiting list were offered an opportunity to participate in SEP as well, and we were able to open up a second round of applications to specific countries only.

On the home front, I've been working closely with Suzanne to ensure a smooth turnover. We're hoping to place about 25 students in communities across Canada this summer, and have confirmed hosts in Vancouver, Dawson Creek, and Kimberley BC; Calgary and Edmonton AB; Saskatoon and Regina SK, Toronto ON; and St. John's NL. If you or someone you know is interested in being involved with hosting these

students (ie arranging tourist/social activities) please contact me at seo@capsil.ca.

Unfortunately due to work commitments I won't be able to make it to the World Congress in Thailand this year, but I encourage each and every one of you to attend - the second registration period runs until May 31, and it's only 450 euros for an experience of a lifetime!

Since I'm coming to the end of my term, I'd like to take this opportunity to thank everyone I've met over the past 2 years of being on CAPSI National Council, especially current and past council members. It's been a wonderful journey, and hopefully I will see you at CPhA or Friends of CAPSI events in the future. Viva la Pharmacie!



INDUSTRIAL PHARMACY RESIDENCY PROGRAM

LESLIE DAN FACULTY OF PHARMACY

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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 September 1, 2011 to October 31, 2011. The participating companies for the 2012 – 2013 term are expected to be: Eli Lilly Canada Inc., ESI Canada Inc., GlaxoSmithKline Inc., Hoffmann-LaRoche Ltd., Janssen Ltd., Merck Frosst Canada Ltd., Patheon Inc., ratiopharm and Takeda Canada. **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**

Student Perspective

Promoting the Profession

BY: CHRISTOPHER GRANT, MEMORIAL UNIVERSITY OF NEWFOUNDLAND



“I takes five years of University to become a pharmacist?! I would have thought it would only have taken a few months to learn to read doctors’ handwriting and count a few pills.” I’m sure we’ve all had an experience like this when a customer in a community pharmacy is baffled to learn the educational requirements of a pharmacist. Pharmacists are respected members of the health care team, and many people call on them for advice related to their many health care needs. However, despite this, there are still many people out there who do not know that pharmacists are educated healthcare professionals, their role in providing healthcare, and that pharmacists are there for patients’ many healthcare needs beyond the dispensing of medications.

How do take steps to correct these misconceptions? Pharmacists already have a very good public reputation. According a recent poll by Ipsos Reid, pharmacists are still the most trusted professionals in Canada. I believe that there are ways to build on this. Recently, I heard a radio advertisement promoting the many services offered by physiotherapists. The ad emphasized that physiotherapists are university educated members of the health care team, and that their services offer many

benefits to the health of their patients. Although physiotherapy businesses compete with each other for customers, this ad was able to promote the profession as a whole, thereby benefiting all of their members. I’ve heard similar advertisements from other professions, such as optometrists, and I believe that pharmacy can learn from this. Instead of just promoting individual pharmacies, our profession as a whole needs to promote itself to the public.

Increased marketing of the profession would have many advantages. Besides informing individual customers like the one quoted above, it helps strengthen our position when we

are advocating for things like an expanded scope, increasing clinical services, or dealing with funding issues. As well, it would serve to benefit all stakeholders in the pharmacy profession (as opposed to simply promoting the pharmacists in one particular business). Our many advocacy groups, such as the Canadian Pharmacists Association, have done excellent jobs in promoting our profession to the public through events like Pharmacist Awareness Week. I think we can build on this work with more promotion and public awareness campaigns. After all, we’re here to do more than decipher handwriting and count pills! ■

The Role of a Leader

BY: CHELSEA BARR, UNIVERSITY OF WATERLOO

Over the past semester I have had a chance to think a lot about what the qualities are that make one a great leader. Starting off the semester strong, I was surrounded by many potential leaders at PDW. I saw students who were able to pull off a fantastic conference and organized hundreds of CAPSI members so that everyone was where they needed to be, when they needed to be. I came back to Waterloo

and have been so impressed with how well our student council has been in creating an accountable organization. Seeing how the Society of Pharmacy Students is only in our third year of operations, this has been a huge undertaking. Another recent development has been the creation of OPSIS, the Ontario Pharmacy

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Student Perspective

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Students Integrative Summit, a leadership conference organized between University of Waterloo and University of Toronto students, to which many qualified applicants applied.

Most recently I have been able to see how during our CAPSI elections, there has been a much more significant interest in a position on the CAPSI council than ever before. Students from all classes have seen how CAPSI has begun to grow at the University of Waterloo and are willing to

get involved in local council activities.

In witnessing all of this, it occurred to me that the reason that so many successes have been seen this year is because so many of the leaders we currently have are able

to inspire others to lead.

A quote that often comes to mind when thinking of leadership is "A good leader inspires people to have confidence in the leader, a great leader inspires people to have confidence in themselves". Being a successful leader does not only



require taking on responsibilities or making drastic decisions; it also requires inspiring those around to be the best that they can be. After all, real changes will be made when we have enough people who are passionate about issues to make a real difference. It is my hope that as so many changes are happening in the profession of pharmacy, we as students can be inspired by the leaders before us to be passionate and vocal about the issues that we will face in the future. As we graduate and move in to leadership roles, we need to provide our future colleagues with the support and confidence to be leaders as well, because by doing this we will begin to see some real change in our profession. ■

Une chance de gagner 1500 \$:

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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 1500 \$. L'argent sera remis directement aux étudiants participant! La date limite d'inscription est le 18 mai 2011. 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!

Commandité par Walmart



Better Know A...

CAPSIL Webmaster: Franky Liu

Q&A COMPILED BY YIN HUI, UNIVERSITY OF TORONTO

CAPSIL EDITOR 2011-2012



Can you tell us a little about what you do as the CAPSI Webmaster?

Anything that pertains to the website! ... okay, I'm being a smart Alec here. It's mostly a hodge-podge of updating the website with information wherever needed, which range from updating job opportunities to setting up web pages for events, and setting up scripts where it would help with keeping things running smoothly, like payment systems.

How is webmastering for CAPSI different than what you've done before?

Well, simply said, the website seems a lot more important than other clubs or organizations I've done this for. Haha.

There is slightly more reliance on the website for dissemination of information, archiving old documents and even facilitating operations as well. I feel I do a lot more and able to push my skill set in web design a bit further, and my job isn't limited to just attempting to "prettify" their website for eye candy no one's going to look at.

What made you decide to apply?

Above all, I just wanted to get involved with CAPSI somehow. When I saw that the webmaster position was open, I decided to apply for it. CAPSI's a pretty big association of students and I've personally always liked to get involved in such settings (I mean, after all, it is a *big* deal). The "web" part of the position was an

added bonus mostly it compliments something that I've done for years.

What would you say to students interested in this position?

The position is limited only to what you're willing to learn – your client gives you a problem, and you are to find a solution, even if you don't know how to code a solution off the bat.

Web-design really isn't something you acquire at birth (after all, it's not like I was born knowing how to work Linux or anything), and with that you're going to have to learn things on the spot. Of course, some things would take you years to get off the ground, but there are many other things you can learn by reading a few pages of theory. Sounds an awful lot like what professors tell you what a pharmacist does, in a sense, doesn't it? The only difference is that, in any form of web design or programming, the worst that can honestly happen is it plain doesn't work (fatal errors, anyone?), so try out everything anyway. Each time you try something, you're adding a tool to your toolbox.

What is your most proud of achievement in this position?

It may not mean much to many people, but I was really proud with how the redesign of the website turned out. It took me quite a while to get it up and running, but this design was maybe the most theory-driven design I've pumped a lot of work into (eg. User-friendly interface, non-

wasteful heading system, prudent XHTML semantics, and so on). I've learned a lot from just the simple redesign and continue to do so with the consistent requests for help.

What do you like most about being CAPSI webmaster? Why?

Helping people with something that exists as a silo from almost anything outside of computer science, hands down. I've always liked that sense of productive utility when tending to everyone's needs, and it's always interesting to bring up suggestions that others would have otherwise never thought of. I guess it just makes me feel a little special. Haha.

What do you like the least? Why?

The latter statements in the previous question ties right into this one. Under-utilization. There are many solutions I could bring up, but the problems associated get swept under my radar because no one brings them up to me. Many things people will guess that their operational issues have no relevance to a web designer, but, in my experience, there are many things I could end up doing that others would have never thought could be done. I don't mean to insult anyone or accuse anyone for being ignorant (or gloating my abilities. But all those Wordpress scripts I set up tell me I'm the Super Administrator!), but, in general, there are many instances where people

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Better Know A...

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wouldn't have the slightest clue what "web-design" entails.

What is a common misconception people have about this position?

Not necessarily from the CAPSIL council (actually, they're a bit more liberal-minded than other groups I've worked with), but I'm just the web geek that deals with "website stuff". In other words, if your sentence starts with "upload", "download", "script", "payment system" or "PHP/MYSQL/HTML/CSS", then you stand 20 kilometers away and send the webmaster in or it'll spontaneously combust. Well, maybe not to that extent, but requests sent my way pertain to these concepts maybe 80% of the time, with an additional 10% ending with "do you think this would be possible?" What about the last 10%, you ask? 5% of it is composed of asking if I'd like to purchase tadalafil at a discounted price, and the other 5% is sildenafil.

Show off the website's one feature

I guess the biggest thing I cling onto is the design that's currently up for 2010-2011. I spent most of my summer working on getting the design to a functional form and setting up the content. I put a lot of heart, effort, and dead trees into creating the design for easier navigation and general simplicity. It's not finished by any means – I'm still modifying it when I get time and not dreading courses like medicinal chemistry.

Now a little about yourself

Tell us a little about yourself

Well, I guess I'll start with what matters most to people of this age group – what school I go to. As of current, I'm in 2nd year at University

of Toronto. I completed two years of undergraduate science at University of Waterloo.

If you haven't guessed already, I am a hobbyist web designer and tend to muck around with coding and whatnot. I guess you could sum up my life in a few words: books, music, sleep, scripting and video-games. I guess I ought to mention that I've tried to get myself into photography recently as well, I do enjoy prose writing and I was a trumpet player (though I'm sure my roommates would be rather irritated with me if I busted out into a solo while they were studying) – I just never publicize these activities as much. Does this scream "geek" much to you? Maybe.

How did you get started with webdesign?

I remember when my family first got a computer – I was maybe 6 at the time. I was always fascinated by them, for whatever reason, and would always play around with the one we had, breaking it down and "fixing it" over again. I think the worst thing I've done was delete win.com on our computer and getting screamed at for effectively "screwing up the computer". At least to this day I know "win.com" wasn't all that necessary back then – it's called Linux. We probably spent a good \$20 a month considering how frequently I'd do something catastrophic with that 80386. At least it didn't combust!

Either way, my fascination of computers never really ended at any point in time, and I eventually began my web presence in 6th grade, when the bloom of web design began, when it started to turn into an art rather than a functional liability. I began to try at graphic design and started playing around on Microsoft FrontPage (I know, any right-minded web designer

would stray as far away from that thing as possible). I then decided to try my hands at scripting using Notepad. That kept on, and I started to script my own websites when I hit 8th grade, and that hobby stuck. I wouldn't say I am by any means good at it, but it was something I've done for years.

If you weren't a pharmacy student, what would you be studying? Why?

I hate this question. Haha. My mom used to say I had such a messy mind because I wanted to do everything. I might have ended up wanting to study music, mostly because I loved performing (even though I effectively sucked at it), and given the chance I would definitely invest in lessons and whatnot. But at this point in time, I would have instinctively tried my hands at chemical engineering, mostly because what they do in innovation has always astonished me. What can I say – I'm a chemist at heart.

Lastly, because we are going to be pharmacists, name your favourite drug.

I'll have to name two. First is spironolactone – a friend of mine showed me this drug when I was volunteering at a community pharmacy and told me to smell it. My reaction of course was "why in the world would I sniff a bunch of tablets?" I was intrigued – if you too have done this, you'll know what I mean. It makes me want to drink a cup of peppermint tea... even though I'm sure it doesn't taste nearly as pleasant. And sometimes those batches don't quite smell like mint...

The other is a lot simpler – quinine. What can I say – I've always liked the taste of Brio. Whether or not it's safe to drink that stuff is another story. ■

PDW 2012 Dalhousie

Oceans of Opportunity...

A Sneak Peak at PDW 2012

As most of you now know Dalhousie is going to be hosting PDW in January of 2012 and the planning committee has been hard at work organizing an exciting week of educational and social activities for pharmacy students from across Canada – we wanted to give you a sneak peak of what we have coming. The theme of the week is “**Oceans of Opportunity**” and will focus on opportunities in the pharmacy profession right now and taking advantage of these opportunities as a student and directly after graduation. Opening night on Wednesday, January 11th is a “**kitchen party**” themed opening gala, with casual clothing and Signal Hill performing this is bound to be an amazing opening and welcome to

the Maritimes. Thursday – Saturday will be filled with professional speakers (many of which from right here in Halifax) talking about everything from immunizations to mental health. Thursday night we have booked the entire bar at Pacifico to play host to our “**sociables**” themed night with 3 different DJ’s and 4 separate bars exclusively for PDW delegates and Dalhousie Pharmacy alumni. Friday night we have a comedian booked to give everyone a great laugh and have the night to explore our beautiful city. Saturday we will say goodbye with a “**Haliwood**” themed closing gala where we will throw on our classiest outfits and dance the night away (paparazzi included). Keep an eye out for our website! ■



Joanne McNair

Chair – PDW 2012
joanne.mcnaire@dal.ca

Perspective d'une étudiante stagiaire coopérative à l'APhC

JENNY SEGUIN, UNIVERSITÉ DE WATERLOO

ÉTUDIANTE COOPÉRATIVE À L'APhC, HIVER 2011

Au début de ma troisième année en pharmacie à l'Université de Waterloo, j'ai accepté avec grand plaisir une offre de l'Association des pharmaciens du Canada pour mon troisième stage coopératif. L'élément qui m'a particulièrement attirée à l'APhC est le travail de défense des intérêts et de promotion du rôle du pharmacien qui représente, en fait, une partie intégrante de l'évolution de notre profession en ces temps de changements. Après avoir vécu plusieurs expériences en pharmacie communautaire, je désirais également faire l'expérience d'un milieu de travail non traditionnel en pharmacie.

Ma session de travail s'étendait de janvier à mai 2011, dans la belle, mais glaciale ville d'Ottawa en Ontario. L'édifice de l'APhC est exceptionnellement situé à proximité de plusieurs autres organisations professionnelles, comme l'Association médicale canadienne et l'Association dentaire canadienne. Le Service des affaires professionnels et relations avec les membres auquel j'étais assignée se compose de pharmaciens et de personnel non spécialisé en pharmacie. Il s'occupe de plusieurs directions de l'organisation comme la formation continue, le marketing, les communications, les congrès, les relations avec le gouvernement, les politiques, la recherche sur les pratiques en pharmacie et la coordination du Plan directeur pour la pharmacie.

Pendant mon séjour à l'APhC, j'ai travaillé principalement à la diffusion sur diverses plateformes de la recherche sur les pratiques en pharmacie. J'ai eu la chance de participer à la rédaction de plusieurs numéros de Live Links et du bulletin Le Traducteur, des publications faciles à lire et à comprendre envoyées aux pharmaciens, aux intervenants et aux responsables de l'élaboration des politiques pour les sensibiliser davantage à la recherche. J'ai pu aussi utiliser la recherche sur les pratiques en pharmacie pour fournir au gouvernement et aux responsables de l'élaboration des politiques des renseignements fiables sur différents sujets comme les Projets sur les maladies bénignes et les Services élargis en pharmacie et ainsi apporter un appui au rôle élargi des pharmaciens. Ce travail m'a ouvert les yeux sur de nombreuses pratiques novatrices mises à l'essai par des pharmaciens au Canada et à l'étranger.

Mon travail sur le programme ADAPT de mise en œuvre des compétences primaires s'est révélé le moment le plus fort de mon stage à l'APhC. La phase pilote du programme vient juste de prendre fin et son lancement est imminent. ADAPT est un programme intensif en ligne qui permet aux pharmaciens de diverses pratiques, y compris ceux des équipes de santé communautaire et familiale, d'acquérir différentes compétences qui les aideront à améliorer leur pratique dans des groupes de pairs dirigés. Ce programme aborde des sujets comme l'évaluation de la médication, la documentation, la collaboration et la médecine factuelle. J'ai eu l'occasion de participer à l'organisation d'un atelier en vis-à-vis où les participants utilisent avec leurs pairs, les animateurs et les patients simulés, ce qu'ils ont appris dans le programme en ligne. Selon moi, tout pharmacien qui offre des soins aux patients peut bénéficier du programme ADAPT.

L'APhC s'investit beaucoup dans les enjeux qui touchent les pharmaciens au Canada. Pendant mon stage, l'Association s'est occupée de l'exonération de la TPS pour les services pharmaceutiques, elle a communiqué avec la ministre de la Santé au sujet de la pénurie de médicaments, elle a préparé des messages clés sur les soins de santé en vue des élections fédérales de mai et elle a formé un partenariat avec les associations provinciales pour traiter des changements apportés aux pharmacies dans les divers gouvernements. Plus récemment, l'APhC



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s'est associé à la Pharmacy Association of Nova Scotia (PANS) pour inciter le gouvernement de la Nouvelle-Écosse à mettre en place une réforme du régime de médicaments plus approfondie en réponse à la Fair Drug Pricing Act qui a vu une baisse importante des prix des médicaments génériques sans aucun modèle de compensation pour combler la perte. L'APhC défend les intérêts des pharmaciens au Canada fermement, et ce, aux niveaux national et provincial.

Avec son Plan directeur pour la pharmacie, l'organisation agit comme un phare dans l'orientation du changement et l'évolution de la profession. Plusieurs des activités de l'APhC, et en particulier l'offre d'outils et de compétences pour améliorer la pratique des pharmaciens, sont motivées par le désir d'atteindre la vision du Plan directeur pour la pharmacie, soit Procurer aux Canadiens un traitement médicamenteux aux résultats optimaux par des soins axés sur le patient. Ces activités permettent aux pharmaciens de rester au fait et d'être des membres actifs d'une profession qui fait la promotion du changement dans la pratique.

Le fait de travailler à l'APhC et d'être exposée au travail de défense des intérêts des pharmaciens et à la promotion du changement m'a procuré une grande fierté professionnelle et un fort sentiment de leadership. J'ai appris beaucoup sur la profession et sur les enjeux des pharmaciens. Je repars avec tout ce bagage pour poursuivre ma formation et commencer ma carrière de pharmacienne. J'ai également eu la chance de collaborer avec un groupe extraordinaire de personnes qui travaillent avec acharnement pour l'avancement de l'organisation afin de servir les besoins des pharmaciens canadiens. Enfin, j'espère que les étudiants continueront de profiter de l'occasion fantastique qui leur est offerte d'occuper un emploi étudiant à l'APhC et qu'ils en tireront la même motivation que moi pour rechercher des occasions de leadership et de défense des intérêts au sein de la profession de pharmacien.

Profitez de votre adhésion gratuite comme étudiant – inscrivez-vous à www.pharmacists.ca/students.

Perspectives of a CPhA Co-op Student

JENNY SEGUIN, UNIVERSITY OF WATERLOO
CPhA Co-op Student, Winter 2011

Entering my third year of pharmacy at the University of Waterloo, I was very excited to receive an offer for a position with the Canadian Pharmacists Association for my third co-op term. What drew me to CPhA was their work in advocacy and promoting the role of the pharmacist, which I find to be integral as our profession moves forward in these times of change. I also wanted to experience a non-traditional pharmacy work setting, having had several experiences in community pharmacy.

My work term ran from January to May 2011 in beautiful, freezing cold, Ottawa, Ontario. CPhA's building is uniquely located in an area of the city that is also home to several other professional organizations such as the Canadian Medical Association and the Canadian Dental Association. The Professional and Membership Affairs department, to which I was assigned, is made up of pharmacist and non-pharmacist staff and handles many branches of the organization, such as continuing education, marketing, communication,

Publicité/Sponsor Message

conference, government relations, policy, pharmacy practice research and coordination of the Blueprint for Pharmacy.

Throughout my time at CPhA I was extensively involved in the dissemination of pharmacy practice research through various outlets. I had the opportunity to author several issues of Live Links and the Translator, both of which are publications that are sent out to pharmacists, stakeholders and policy makers to increase awareness of the research in a form that is easy to read and understand. I also had the chance to use pharmacy practice research to provide evidence on various topics, such as Minor Ailment Schemes and Expanded Pharmacy Services, to government and policy makers to support the expanded role of the pharmacist. This work opened my eyes to many innovative practices that are being explored by pharmacists in Canada and abroad.

The highlight of my placement at CPhA was working on the ADAPT primary skills development program that just finished its pilot phase and is gearing up for its first official offering. The ADAPT program is an intensive online program where pharmacists working in diverse practice settings, including community and family health teams, learn in moderated peer groups about all kinds of skills that will help them improve their practice. It covers topics such as medication assessment, documentation, collaboration and evidence-based medicine. I had the opportunity to help organize a face-to-face workshop in which participants put what they had learned in the online program into practice with peers, moderators and standardized patients. From all that I have seen of ADAPT, I'm sure that every pharmacist providing patient care could benefit from this program.

CPhA is very involved in addressing the issues facing pharmacists in Canada. During my term, the association has addressed GST exemption for pharmacy services, approached the federal Minister of Health about the matter of drug shortages, organized key messages regarding healthcare for the May federal election, and partnered with provincial associations to address changes to pharmacy in provincial jurisdictions. Most recently, CPhA joined the Pharmacy Association of Nova Scotia (PANS) in urging the Nova Scotia government to introduce a more comprehensive drug reform practice in response to the Fair Drug Pricing Act, which saw a large drop in generic drug prices without a compensation model to offset the loss. CPhA is continuously advocating for pharmacists in Canada, providing a strong voice on the national and provincial fronts.

Through the Blueprint for Pharmacy, the organization has made itself a beacon for change and the development of the profession. A lot of what CPhA does, particularly providing pharmacists with tools and skills to improve their practice, is motivated by a desire to achieve the Blueprint's Vision for Pharmacy—Optimal drug therapy outcomes for Canadians through patient-centred care. They are enabling pharmacists to become informed, active members of the profession that promote practice change.

Working at CPhA, gaining exposure to their advocacy work and drivers for change, has instilled in me a strong sense of professional pride and leadership. I learned a great deal about the profession and the issues we face, which I will take back with me as I continue with my education and begin my career as a pharmacist. I also was fortunate to work with an amazing group of hard working people that keep the organization running to serve the needs of Canadian pharmacists. As I look back on my co-op term, I hope that students continue to embrace the fantastic opportunity of student employment at CPhA and take from it the same motivation that I have to pursue leadership and advocacy opportunities within the pharmacy profession.

Be sure to take advantage of your free student membership – sign up at www.pharmacists.ca/students

Student Perspective

New Regulations under the DPRA: Changes to Ontario Pharmacy Practice

By: CHELSEA BARR, UNIVERSITY OF WATERLOO

As of March 9, 2011, pharmacists in Ontario have the authority to refill existing prescriptions under specified conditions without further authorization from a prescriber. New regulations set forth by the Ontario College of Pharmacists under the Drug and Pharmacies Regulation Act (DRPA) and will be in effect until the new changes under the Pharmacy Act allow pharmacists to practice under their new expanded scope of practice. Under these new regulations, pharmacist refills will be allowed under the conditions that the medication is not a verbal prescription narcotic or controlled drug, reasonable efforts have been

made to contact the prescriber, the pharmacist believes that the prescriber, if available, would have refilled the medication, the medication is a chronic or long-term medication, and the patient has a stable history with that medication. Prescriptions may also not be refilled for longer than the original duration of the prescription or 3 months supply, whichever is shorter. Along with this, pharmacists will need to notify the prescriber within 7 days of refilling the prescription.

So what does this mean for pharmacists and patients? Pharmacists will now be able to provide their patients with seamless care, so that patients will

not have to go without medications when their prescriber is unable to be reached. This is a stepping stone in the campaign for utilizing pharmacists and providing excellent and seamless patient care in Ontario. Patients will no longer have to visit emergency rooms or wait in walk-in clinics if they need a refill on a chronic prescription medication. However, no reimbursement process has been implemented, yet.

Other regulations recently passed into law under the DPRA included updates to the accreditation and operation of pharmacies, and regulations regarding remote dispensing and automated pharmacy systems. ■

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CAPSI Presents... Year End Review

In light of my impending graduation, I feel the last 4 years has both gone by too fast and not fast enough. At this point, I still don't believe that I will be a fully licensed practitioner in a few short months, but I think that the experiences and friends I've gained in the 4 years will help prepare me for the career that lies ahead.

The last four years have flown by; it seems like just yesterday I was receiving my white coat and meeting classmates. Yet here we are, just one semester from graduation and I have to say it's bittersweet. I am very much ready to take on the responsibilities of the profession and enter the next chapter of my life and yet I acknowledge that the relationships I have formed with classmate, faculty, and future colleagues from across the country will change as we head off in different directions. I wish all the best to those I have met along the way and especially to my fellow Rx2011 Grads!

Looking forward to seeing everyone back from SPEP again. The massive exam, not so much.

Goodbye medicinal chemistry. I don't think I'll miss you that much!

- A) B only
- B) C & D only
- C) A only
- D) B only
- E) non

- 1) I hope I can get a job.
- 2) I hope pharmacists in Ontario can continue expanding their scope of practice, or if Deb Matthews will let them.
- 3) Why do I have to take science courses still?
- 4) Students will only participate in things if a petition form is passed around in class, and if it affects their marks.
- 5) My life grinds to a halt on the Toronto transit system (delays and slowdowns at least once a week).

Ambivalent as the school year closes with an uncertain future.

Another year closer to graduating. It's been a very memorable and packed year filled with midterms and more midterms but I'm very happy my class didn't forget how to have fun and be the light in each others lives. Peace and God bless.

Ah!! No more school? No more procrastination in the real world where timing does matter and everything is urgent: whether a routine or stat procedure.

As this semester ends and my classmates and I head into our second co-op work term, I'm excited to see what the summer holds! Many of us have new co-op positions in hospitals, community pharmacies, family health teams, and government jobs. With the intense therapeutics we have had this semester, I hope to be able to contribute to and learn from the patients I will see in the hospital. Good luck to all graduates!



CAPSI Presents...

Year End Review

I just finished my first year in Pharmacy at the University of Alberta. After working in industry for 5 years as a research scientist and after having two children I had a lot of doubts. Would I be able to find time to do homework? Would I still be motivated to learn? Would I pass my classes? and most importantly Would I feel like Pharmacy is right for me? The answer to all of them is YES. It's been a great year with excellent teachers and wonderful classmates. Looking forward to next year!

I don't think I am ready to practice, but I don't regret the past 4 years. I think my experiences have taught me to overcome challenges, and be proactive about being prepared. I really really need a job!

Ready to enter the working world I guess. Pharmacy is at a low period right now in Ontario with the drug cuts and ppl having trouble finding jobs or anything. But hey....i think a new dawn may be on the way. Just got to get through the rough period.

up is down. black is white. left is right. cat is dog. penguins.

It's hard to believe how fast this year has passed by! As tough as second year of pharmacy has been, it's been a blast sharing it with my classmates. Being halfway through this degree is a bit scary, as well as exciting, knowing that we will be out practicing in just over two years.

I am too tired to think!

Third year has been challenging but rewarding! I finally feel like I'm on the road to being a pharmacist! Highlight of the year: participating in the Japan Pharmaceutical Tour, which was an incredible experience.

Disappointing first year...

I can't believe how quickly this year went by!
Enjoy every minute you can of pharmacy school.

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If you are interested, please email Maria Zhang, VP Communications, at vpcom@capsil.ca to receive a template for the cover, the dimensions and further instructions.