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- Preparing pharmacy students for an e-health world
- Student Experience with Research
- Pharmacist Awareness Week Highlights

.... and much more!

Spring / Printemps 2012
Dear CAPSI Members,

Another year has passed us by with the blink of an eye; which means my term as CAPSIL Editor is coming to an end. I would like to take this time to thank everyone who has contributed to the CAPSIL this year; for making it such a success!

In this issue, check out the new section I like to call the “CAPSI Brag” section. A few schools have included their Pharmacist Awareness Week activities! (See pages 24 onwards).

I would like to take this opportunity to introduce you to our upcoming editor for next year, Niki Bajic! I am confident that I am leaving the CAPSIL in great hands!

Whether you are graduating this year, or enjoying your summer holidays, I wish you all the best in your future endeavours! It has been a pleasure serving as your CAPSIL Editor this year.

Hello CAPSIL Readers,

My name is Niki Bajic, and I am extremely excited to introduce myself as the upcoming CAPSIL editor!

I am a second year student from the University of Waterloo. I am an experienced writer, having contributed regular pieces as a coop student with the Canadian Pharmacists Association last fall, as well as my undergraduate thesis in Biochemistry from the University of Windsor. I am eager to keep pharmacy students up-to-date on the more current issues concerning the profession, inform students on the experiential opportunities, and to unite students from across Canada by publishing stories from coast to coast. I look forward to hearing from you guys!

Juanita Lui
National CAPSIL Editor 2011 / 12

Niki Bajic
National CAPSIL Editor 2012 / 2013

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

All comments and articles are welcome at capsil@capsi.ca

Tous les articles publiés reflètent les opinions de leurs auteurs et ne sont pas nécessairement les opinions de JACEIP, ACEIP ou de ses commanditaires.

Tout commentaire ou soumission est bienvenu à capsil@capsi.ca
Highlights of University of Alberta Pharmacist Awareness Week
(Victor Wong)

Pharmacist Awareness Week 2012 at MUN – “Your Pharmacist – Your Partner in Health”
(Travis Simms)

Pharmacist Awareness Week a Success! - University Of Waterloo
(Riam Jamil)

Educating on Change: UBC’s Pharmacist Awareness Week
(Andrea Silver)

University of Manitoba CAPSI Year-end Wrap-up 2011-2012
(Sarah Stroeder)

Thank you to all CAPSI Club Members for your Support:

Gold Sponsors

ALL COMMENTS AND ARTICLES ARE WELCOMED AT: capsil@capsi.ca

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

Get excited for PDW 2013 in Montreal!
Dear CAPSI Members,

As the flowers begin to bloom, they not only mark the beginning of spring, but they also remind us that the end of another school year is fast approaching. As this will be my last Presidential letter, I would like to use this opportunity to thank all of the CAPSI members who have made this year a great success. Meeting many of you over the past 12 months has been a truly inspiring and motivating experience. Never once disappointed, I continue to be amazed by the caliber of pharmacy students from coast-to-coast.

In representing you, CAPSI National has continued to liaise with our sponsors to ensure our members continue to receive valuable benefits and professional development opportunities. We also remain dedicated to ensuring that student’s interests are well represented to various pharmacy stakeholder associations. CAPSI National continues to play an active role in the Blueprint for Pharmacy and I very much look forward to attending the upcoming meeting of the Blueprint for Pharmacy Steering Committee this month in Ottawa, Ontario.

Thank you to the members who completed our National Member survey! Each of you provided us with valuable feedback on how to improve our Association as well as gave us great insight into the key issues that are important to pharmacy students across the country. During times of great change such as these, a unified vision for pharmacy has never been more important. Your continued participation and feedback will help to ensure that CAPSI is able to work towards creating your vision for pharmacy.

I believe that the pharmacy students of Canada are the very best advocates for the advancement of our profession and for the important role Pharmacists’ play in providing patient centered care. For this reason I challenge each of you to embrace your brilliance, share your passion for pharmacy with others, and continue to advocate for the profession through leading by your own example.

It has been both an honour and a privilege to serve you as the 2011-2012 CAPSI National President. I wish you all the best of luck on your upcoming exams and hope that each of you will have an enjoyable and relaxing summer. For those of you who are leaving us this year to begin their well-deserved careers in Pharmacy, I wish you much happiness and success in your future endeavors.

Best Regards,

Jillian Grocholsky
CAPSI National President 2011-2012
Chers membres de l’ACEIP,

Lorsque les bourgeons commencent à fleurir, ils nous rappellent que le printemps est venu, ainsi que la fin d’une autre année scolaire s’approche rapidement. Come ceci sera ma dernière lettre de présidente, j’aimerais prendre la chance de remercier tous les membres de l’ACEIP qui on fait de cette année un tel succès. J’ai eu la chance de rencontrer plusieurs de vous au cours des dernier douze mois, et c’était une expérience inspirante et motivante. Je n’était jamais déçue, et je continue d’être choquée du calibre des étudiants de pharmacie de côte à côte. En représentant les étudiants de pharmacie au niveau national, l’ACEIP a continué d’assurer la liason avec nos sponsors à fin de s’assurer que nos members continuent de recevoir de précieux avantages et des opportunités pour le développement professionnel. Nous sommes aussi encore dédiés à s’assurer que les intérêts des étudiants sont représentés et communiqués aux parties prenantes de pharmacie. L’ACEIP continue d’avoir un rôle actif avec le Plan Directeur pour la Pharmacie, et j’ai hâte de participer à la rencontre pour le comité de direction pour le Plan Directeur pour la Pharmacie à Ottawa, Ontario au mois d’avril.

J’aimerais remercier les membres qui ont complété notre questionnaire des members nationaux! Chacun de vous nous ont donné des commentaires précieux qui nous aiderons à améliorer notre association, et aussi nous a donné une bonne idée des issues qui sont les plus importantes pour les étudiants de pharmacie ici au Canada. Pendant ces temps de changement, une vision unifiée pour notre profession n’a jamais été plus importante. Votre participation et commentaires sont appréciés et aident à assurer que l’ACEIP est capable de continuer à travailler vers votre vision pour la pharmacie.

Je crois que les étudiants de pharmacie au Canada sont les meilleurs avocats pour le progress de notre profession et pour le rôle important que les pharmaciens jouent à fournir des soins à nos patients. Pour cette raison, je vous donne le défi d’embrasser votre brillance, partager votre passion pour la pharmacie aves les autres, continuer d’être des avocats pour notre profession et encourager les autres de suivre votre exemple.

C’était un honneur et un privilège d’être votre présidente de l’ACEIP au niveau national pour 2011-2012. Je vous souhaite tous bonne chance dans vos examens, et j’espère que chacun de vous allez passer un bel été à vous relaxez. Pour ceux qui nous quittent cette année pour commencer leurs carriers en pharmacie bien méritées, je vous souhaite plein de bonheur et de succès dans votre futur.

Meilleurs voeux,

Jillian Grocholsky
Présidente nationale de l’ACEIP 2011-2012
Executive Reports

PAST PRESIDENT
Polly Kwok

The spring CAPSIL marks my last update, having been on CAPSI National for the past three years. Over the course of my presidency, I have worked with many students from all across the country, most of who are working as pharmacists now and continuing their roles on advocating and being agents of change in their practice. There is one thing that doesn’t seem to change over time with CAPSI though, the countless hours of ‘behind-the-scenes’ work the national council puts in to create PDWs, symposia, PAW, competitions, outreach programs, etc. I recognize I state this with every update, only because it is true. Take advantage of the time you are a student and the opportunities that CAPSI has offer you. Make your membership worthwhile. Stay up-to-date with our social media venues (CAPSI Facebook Page, @CAPSINational, etc) and contact your local representatives if you have any questions.

Bottom line, get involved and surely don’t burn any bridges, as I extrapolate from Eleanor Roosevelt, “[Pharmacy] is what you make it. Always has been, always will be.”

PRESIDENT ELECT
Jeff Wandzura

Over the past few months, your CAPSI council has been working hard to ensure the transition between councils is as seamless as possible, and that a few key projects continue to move forward. The PDW 2013 Planning Committee has been working hard to ensure the conference is another great success. The Constitutional Review Committee (CRC) is in the process of assessing whether the feedback from the member survey warrants a revision to CAPSI’s position statement on the implementation of Pharm D programs across Canada. The Blueprint for Pharmacy Steering Committee (BPSC) is meeting in Ottawa this April to discuss ways in which the Blueprint can continue to reach a number of key objectives, with a special emphasis on student engagement and uptake.

Thank you to all of those who were actively involved with CAPSI this year, and all the best to those entering the profession! I look forward to working with the 2012-2013 CAPSI National Council to provide our membership with a variety of professional development opportunities, and a unified voice to stakeholders in our profession!

VP EDUCATION
Graham Houk

It has not been too long since my last update in the winter issue of CAPSIL. Since PDW, things have been fairly quiet for me in this position. The main responsibility of the VP Education is to coordinate the competitions and since the yearly competitions are now over, I have been working on a couple of small projects. I am gathering some feedback to improve competitions in future years, updating the VP Education files and documents, and building the new and upcoming Evidence Based Medicine (Clinical Question) competition.

I would also like to congratulate Nader Khattab on being elected the next VP of Education on CAPSI National. I know Nader will do an excellent job in this position. I will be working with Nader over the next few weeks to hand over the position and get him ready to go for the CPhA conference in
Whistler.

It’s been a pleasure and an honour 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 PEBC licensing exams!

VP COMMUNICATIONS

Amy Lamb

Hello to all the fabulous CAPSI members!

Since January, I have been providing our existing sponsors and new potential sponsors with the newly updated CAPSI Club, Agenda, and CAPSI website sponsorship package. This new package now includes the Platinum level of sponsorship which will be exclusively offered to our existing dual sponsors (those who are CAPSI Club members as well as sponsor other CAPSI initiatives such as competitions or awards). We might just have some bites already ;). These stakeholders will be met with in person at the Canadian Pharmacists Association (CPhA) annual conference in Whistler, B.C. to ensure that the partnerships continue to be mutually beneficial. I definitely encourage all CAPSI members to try to attend the CPhA conference, if not this year then sometime before you graduate (capitalize on that student registration fee)! It is an amazing opportunity to see first hand the drive of the pharmacy leaders in our profession.

Alongside sponsorship promotion I have continued to prepare the CAPSI promotional video to be released this coming fall. It has been quite the experience with my lack of directing experience but I have high hopes that this will be a great way to facilitate showing off all of what CAPSI has to offer to our current and upcoming members.

Finally, the big project! The CAPSI Agenda is in the works. I am working closely with our publishers, sponsors and advertising agency, CU Media, to prepare the final product. As always the agenda will include all of the pharmacy charts and quick references. Make sure to check out the “word from the president” from the incoming Jeff Wandzura!

As always, utilize the CAPSI benefits! Have a chit chat with your local representatives and find out just which ones tickle your fancy. These pharmacy years fly by; I can’t believe my class of 2012 is almost done! Make the best of it!

VP PROFESSIONAL AFFAIRS

Gurinder Grewal

Greetings CAPSI Members,

As the year comes to a close and you all are likely busy studying away for your year-end finals (or licensing exams for those graduating!), my term as your Vice President of Professional Affairs is also approaching its final curtains.

It has been a great honor for me to serve in this role for the past year, and I am proud of the great work that CAPSI has been able to accomplish in this time. I would also like to take this opportunity to introduce your newly-elected Vice President Professional Affairs for next year, Juanita Lui from the University of Saskatchewan. I wish her all the best, and I am sure that she will do a great job in her new position.

Since PDW, our Interprofessional Strategic Planning Committee has worked to develop a CAPSI member survey on the topic of interprofessional education and collaboration. The aim of this survey is to gain an understanding of your feelings, attitudes, opinions, and desires with regard to the interprofessional education opportunities that are
currently available to you through your pharmacy programs. This information will then be collated, reviewed, and ultimately used to develop a formal position statement on interprofessional education opportunities for students enrolled in Canadian undergraduate pharmacy programs. Keep your eyes open for the survey and position statement in the near future!

I am also currently in the process of re-writing the Pharmacy Scope of Practice and Education pages for the Canadian Interprofessional Students’ Network (CISN), as pharmacy legislation has changed significantly across the country over the past few years, and will continue to change as further expanded pharmacy practice opportunities emerge.

I would also like to thank all the wonderful people that I have been able to meet through this position, especially those on the CAPSI National Executive Council and the representatives on the Canadian Interprofessional Students Network. It has been a tremendous experience to have worked with you. And, of course, a big thank you to the amazing pharmacy students from across Canada that I have had the opportunity to meet this past year.

It has been an amazing year, and I would like wish you all the best of luck in your studies and in the future. If you have any questions, comments, or ideas, you can feel free to send me an email at vppa@capsi.ca.

### FINANCE OFFICER

Vincent Wong

Time sure flies and it has come to my last time writing the Finance Update for the CAPSIL. In the past two months since the previous update, I have been able to finally get my hands on cheques, which we have run out of since PDW. For those who are awaiting refunds for the student exchange, they should be ready for you by the end of the month.

I’m also in the preliminary stages of appointing the accountant to perform a financial review for CAPSI, and details will be announced when it is confirmed. Updates from the Fiscal Year 2011-12 will also be prepared at that time.

As I prepare to close the books for the fiscal year ended March 31st, 2012, I would like to welcome Chelsea Barr into position as she will take over my position as CAPSI National Finance Officer in May 2012.

If you have any questions pertaining to the finances of CAPSI National, please feel free to email me at finance@capsi.ca, and I will happy to address your concerns.

It has been a pleasure meeting the council from CAPSI, and I wish those staying onboard to have lots of fun at CPhA 2012 at Whistler, and PDW 2013 at Montreal. And for those stepping off with me this May, farewell! I wish you all well in your future endeavors, and hope our paths will one day cross again.

### EXECUTIVE SECRETARY

Julia Denomme

As my term as Executive Secretary comes to a close, I am working to complete meeting minutes, update membership databases, and facilitate changeover with incoming members of council. Meeting minutes will become available shortly on the CAPSI website. In my final month as Secretary, I am also hoping to compile a report summarizing all of CAPSI’s local charitable achievements and educational events so that these successes can be shared with members across Canada. I will also be helping with preparations for CPhA in May, and working with the incoming President to complete the meeting
As always, if you have any questions, concerns, please feel free to contact me at capsil@capsi.ca at any time. Good luck with exams and all the best to the graduating class!

Lastly I would like to thank Suzanne, all the IPSF senior representatives, CAPSI Executive, and the CAPSI seniors for all their hard work this year. It was a pleasure getting to meet and work with all of you!

STUDENT EXCHANGE OFFICER
Suzanne Soneff

The Student Exchange Program is a hive of activity right now, as we are figuring out the details for all of the 2012 student exchanges. We have so far confirmed students coming to Edmonton, Calgary, Saskatoon and Toronto and we are looking forward to hosting them!

If you would like to be part of the welcoming committee for the students, please shoot me an e-mail! I am also busy finishing my semester as a fourth year student. PEBCs here I come! It has been a great two years and I am lucky to have gotten to work with 2 great executive teams.

Good luck to everyone during exams! Viva La Pharmacy!”
QUALITY CARE
As a member of the Alberta Health Services (AHS) pharmacy team, you will have the opportunity to provide high quality direct patient care while relying on support from pharmacy technicians who work to their full scope of practice in drug distribution. You will work in an interdisciplinary environment where you have the opportunity to make a difference in patients’ lives. Experience the diverse challenges that professional practice in acute care or a continuing care setting can bring.

Our department places a strong emphasis on the training of student pharmacists and technicians. Professional practice development and growth is fostered through the provision of educational funding, paid educational days, and support from dedicated Clinical Practice Leaders.

AHS has exciting career opportunities for Pharmacists to work in our state of the art facilities province wide. With an international reputation as a leader in research, innovation, and care, we offer healthcare professionals a wide range of challenging and rewarding careers across Alberta. AHS values the diversity of the people and communities we serve, and is committed to attracting, engaging and developing a diverse and inclusive workforce.

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- work life balance
- urban & rural opportunities
- new & established facilities
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AHS offers endless opportunities to learn and advance your career. I found the perfect fit for my interests, my skills and my lifestyle. You will too.

what’s your reason?
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, offers recent graduates an opportunity to advance their knowledge in this field of pharmacy.

The participating companies for the 2013 – 2014 term are expected to be: Astellas Pharma Canada Inc., Eli Lilly Canada Inc., Express Scripts Canada, GlaxoSmithKline Inc., Hoffmann-LaRoche Ltd., Janssen Inc., Merck Frosst Canada Ltd., and Patheon Inc. **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, to be updated in the summer, is provided at the website www.pharmacy.utoronto.ca**

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**A comment on “Liberation treatment” in Manitoba**

By: Peter Stockmann
University of Manitoba

Chronic cerebrospinal venous insufficiency (CCSVI) is the obstruction of the veins leaving the central nervous system. It is thought to cause erratic iron depositions that lead to inflammation and neurodegeneration. It is currently being debated whether or not this condition is a cause of the chronic inflammatory disease Multiple Sclerosis (MS). “Liberation therapy” refers to the use of balloon angioplasty or venous stents to improve venous blood flow from the CNS in hopes of treating MS. The Prairies have a higher incidence of MS compared to most of Canada. Due to this fact, Manitoba has set up a clinic that specializes in treating Multiple Sclerosis. This clinic approaches the treatment of MS from an interprofessional standpoint – involving specialists in the field including physicians, nurses, dieticians, occupational therapists and pharmacists. When asked how they handle the “Liberation treatment” at the MS clinic, Dr. Mike Namaka (the clinical Pharmacist at the clinic) states: “You have to base your decisions on risk versus benefit, currently there is no benefit shown to this treatment”. Dr. Namaka further went on to say: “This therapy may benefit a small subset of patients whose veins collapse and there is a blockage associated with MS”. This statement alludes to the explanation of why some patients who have had this treatment see a benefit.

According to the Winnipeg Free Press, the Manitoba government offered 5 million dollars for research into this “Novel Treatment”. We are currently awaiting proposals for these clinical trials and we are behind schedule for launch of these trials. The fact that our Saskatchewan neighbours had a similar situation in which they only had one proposal (that didn’t meet criteria) and ended up abandoning the plan – is looking grim for Manitoba. It is starting to look like the medical community is not very interested in the potential for this therapy (i.e. nobody is “jumping at the opportunity” to do research in this area). However, this
is an observation and we must note that there may be other reasons for the lack of proposals and delay such as insufficient funding, lack of researchers, qualified clinicians, etc.

A paper published in the Canadian Medical Association Journal (CMAJ) in November 2011 looked at the published studies relating CCSVI and MS. They removed studies they felt were improper according to various protocols (inappropriate controls, not using ultrasound for diagnoses of CCSVI, etc.). With the 8 studies they deemed acceptable they found a positive correlation between CCSVI and MS. However, they admit there were flaws in the studies they looked at (for example, success of blinding done) and there was marked heterogeneity among the studies. In other words, there was no definitive conclusions drawn – more studies are needed.

As health professionals, if a patient approaches you regarding this therapy, what would you tell them?

Perhaps it would be reasonable to say something along the lines of: “Canadian health care relies on evidence-based decisions. Although this approach may appear slow and frustrating, it is this ideology that keeps us safe and in control of our treatments. There is currently no proven association between CCSVI and MS and thus, there is no proven benefit to this treatment and a potentially large risk to your health and safety. We have dedicated specialists and clinics for symptom management and delaying progression of this disease; however, there is currently no cure to MS – including this therapy.”

References

Preparing pharmacy students for an e-health world
An AFPC - Infoway Initiative

As a professional group, pharmacists are much more familiar with using information technology in their practices than counterparts in other health disciplines. After all, computers have been an integral part of most pharmacy practices for more than 30 years! But are we doing all we can to prepare pharmacy students for practicing in today’s e-health world?

Pharmacy practice is rapidly changing from a drug distribution focus to expanded scopes of practice with a major emphasis on improving patient care and health outcomes. Information and information technology needs are also evolving to enable and support this change. Optimized use of health and pharmacy information, as well as information technology is a critical success factor for this shift. While Canadian pharmacy faculties currently provide education on information and information technology, few have dedicated courses and materials about this important topic.

The Association of Faculties of Pharmacy of Canada (AFPC) and Canada Health Infoway (Infoway) have partnered together to develop a national on-line educational program that will help prepare undergraduate pharmacy students to optimize the use of pharmacy and health information and information technology.
The project is being guided by a Steering Committee comprised of several key pharmacy stakeholders including CAPSI, CACDS, CPhA, CPTEA, CSHP, ADPC, AFPC and Infoway.

An on-line educational program is the centre piece of the initiative. The educational program will focus on core and advanced pharmacy practice and management principles as well as concepts for the optimal use of information and information technology. It is anticipated that the project will examine the following domains: value of information and technology in practice, key information technology management principles and concepts, assessing health information and technology, integration of pharmacy with other health care information, use of pharmacy and clinical decision support tools, pharmaceutical care documentation, use of social media in health care, change management, and optimizing information technology management – for privacy / safety / effectiveness / efficiency. The most significant learning domains will be prioritized and the selected domains will be used to focus content for the educational program. As the educational program has a laboratory component, coordination with existing provincial health information networks and private sector software suppliers will be pursued. Teaching guides will be developed for pharmacy faculty members and special educational sessions will be conducted for educators. All educational materials will be provided in both English and French.

This initiative is being undertaken in phases over a 2 year period, concluding in the fall of 2013 with release of the on-line program. Similar initiatives are also underway for medical and nursing students through AFMC and CASN respectively.

For more information about the project, see:
http://www.afpc.info/content.php?SectionID=4&ContentID=165&Language=en

Your input and feedback would be of tremendous help to this initiative! You can provide that by:

- completing an on-line survey at https://knowledge.infoway-inforoute.ca/Surveys/Infoway-AFPC_StudentSurvey.htm
- contacting Donna Pipa, Project Manager by email at pipa@telus.net

**Legend**

- ADPC = Association of Deans of Pharmacy of Canada
- AFMC = Association of Faculties of Medicine of Canada
- CACDS = Canadian Association of Chain Drug Stores
- CAPSI = Canadian Association of Pharmacy Students and Interns
- CASN = Canadian Association of Schools of Nursing
- CPhA = Canadian Pharmacists Association
- CPTEA = Canadian Pharmacy Technician Educators Association
- CSHP = Canadian Society of Hospital Pharmacists
A Fond Farewell
By Deidre Clark
Memorial University

It’s hard to believe it’s that time of year again, where we have to say goodbye to the current graduating class. It seems like just yesterday they were frightening us new first years with horror stories about the classes and professors in second year. To hear them tell it, we were never going to have fun ever again after first year. While the tales may have been slightly exaggerated, they did serve us well. Thanks to the graduating class and their warnings my entire class worked hard and made it through second year with style.

A love of dodgeball has been imparted to the rest of the school from the graduating class. The 5 Ds: “Dodge, duck, dip, dive and dodge”, are an important part of MUN pharmacy student training. I don’t think anyone will forget the first time a certain male student, who shall remain un-named, showed up to the gym to play dodgeball wearing a pair of cut off jean shorts. Let’s just say if distraction was his ultimate goal it was a total success.

The graduating class has also experienced success away from the dodgeball court. During their third year, members of the class were integral in ensuring the smooth operation of our students’ society. It isn’t always an easy task getting our student body to operate as a cohesive unit, but they managed it with class. At PDW in Halifax this year, a team of four guys from the graduating class won the CAPSI National Compounding competition showing that while MUN may be small, we are mighty.

It has been interesting to watch the graduating class mature over the last three years. The knowledge obtained in the first three years of school coalesces in the final year, especially during the clinical placements, to create a competent pharmacist. They all seem to have received a final coat of polish before stepping out into the “real world”. I hope the same process happens next year for my class as we get closer to graduating ourselves.

I wish our graduating students, and those across the country, the best of luck on the PEBCs and in their future practice as pharmacists. If their time spent at the School of Pharmacy is any indication, their patients will be in good hands. We may live in uncertain times in pharmacy right now, but always keep this quote in mind:

“We cannot direct the wind but we can adjust the sails”
– Author Unknown
Interested in getting more involved with CSHP on a national level? (deadline: April 27th, 2012)
The CSHP 2015 Steering Committee is looking for a student member for a two year term beginning in September 2012.

A student member will be selected based on consideration of the following:
• leadership experience within the pharmacy student community
• ability to provide continuity (appointment is for a two-year term)
• availability to actively participate in the monthly teleconference meetings
• and a demonstrated enthusiasm for and willingness to champion, CSHP 2015!

If you are interested in joining this action-oriented group of CSHP 2015 enthusiasts, please forward a copy of your CV along with an introductory letter highlighting your interest and relevant experience to Carolyn Bornstein, CSHP 2015 Project Coordinator, at cbornstein@cshp.ca by Friday, April 27, 2012.

For more info on CSHP 2015, check out http://www.cshp.ca/programs/cshp2015/index_e.asp

I encourage all students who are passionate about hospital pharmacy practice to apply for a role in this exciting and important initiative.

SES (Summer Educational Sessions) 2012 in Charlottetown, PEI
• Students and residents are welcome to register for SES in Charlottetown, PEI this summer. The national CSHP conference will be held August 11th – 14th, 2012, and will be filled with speakers, workshops, a residency networking event, as well as numerous social events.
  Join your colleagues across the country for a great networking opportunity, continuing education, and lots of fun in the sun!

Join our Pharmacy Specialty Networks: one of your membership benefits in practice!
• The Pharmacist-in-Training PSN focuses on topics related to pharmacy studies and training at the undergraduate and post-graduate levels
• Stay up to date on the Drug Shortages by signing up for updates from the Drug Shortages e-Forum
• Other PSNs that you may be interested in joining include cardiology, drug information, geriatrics, global health, infectious disease, pediatrics, psychiatry, surgery, transplant, and more!

Check out CSHP’s STUDENT CORNER for summer job postings:
• Learn about pharmacy practice in a hospital
• Make connections
• Learn about students in Hospital Pharmacy
• Links to useful sites/information

Student Membership
• Renew your membership online to keep all your student benefits in the upcoming year

LIKE us on Facebook: Canadian Society of Hospital Pharmacists!
• Check out our page for national CSHP updates, news about student opportunities, conferences, and profile highlights about CSHP members, branches, and hospital residents
A Winter Co-op Term with CPhA

By: Chelsea Barr
University of Waterloo

Few pharmacy students can say they have had the opportunity to create a national pharmacy practice research journal, hear the provincial health minister speak on health reform, and manage a blog for pharmacists across Canada. However, I have been able to do all of these in the few short months I have spent at the Canadian Pharmacists Association offices in Ottawa, Ontario. Having been involved with the University of Waterloo CAPSI committee for the past 2 years, I was interested in national pharmacy advocacy, which lead me to apply for a position at CPhA. I began this co-op term with the intention of learning more about CPhA and its role in advancing pharmacy practice, and I have been thoroughly impressed with the work everyone at CPhA does for pharmacists across Canada.

The CPhA offices are located near downtown Ottawa, surrounded by other health organizations such as the Canadian Medical Association, Canadian Blood Services and the Children’s Hospital of Eastern Ontario. CPhA employs pharmacists and editors in the publications department who work on products such as Therapeutic Choices and the Compendium of Pharmacuetics and Specialties. The department I am working in, Professional and Membership Affairs, deals with many branches of the organization, such as membership, government relations, media inquiries, conference, continuing education, marketing and communication. There is a mix of pharmacists and other staff members working together to accomplish a wide variety of activities.

A typical work week at the CPhA offices is anything but typical! My job changes on a daily basis. For example, I was recently asked to collect information to be used in the International Pharmaceutical Federation (FIP) Global Pharmacy Workforce Survey 2012. This survey will include information on the scopes of practice, provincial and federal regulations, pharmacy education and workforce characteristics of pharmacists and pharmacy technicians from 100 countries. I had no idea I would be submitting Canadian information to an international pharmacy research project! Just this past week, I was invited to join the Board of Directors for their board meeting, where I was able to meet CPhA board representatives from across Canada and learn about the common issues facing pharmacists in every jurisdiction. I’ve also been working closely with the program coordinator for ADAPT, CPhA’s newest continuing education program, to evaluate and come up with new ideas to enhance the practice skills development program.

Some of the projects that pharmacy students in the Professional and Membership Affairs department are responsible for are to collect articles and compile summaries on the most recent Canadian and international pharmacy practice research news for Live Links, a monthly email for CPhA members, and the Translator, a quarterly publication that is sent out with the Canadian Pharmacists Journal. It has been interesting to learn all about the innovative pharmacy research happening in Canada and around the world! I’ve also been moderating CPhA’s online QUIT blog and diabetes strategy forum, where I post news related to smoking cessation and diabetes care. One of the things that I was most looking forward to while living in Ottawa, besides the obvious attractions such as being able to skate the Rideau Canal while snacking on a warm beavertail, is being near so many other national health care organizations. Last month, Nadine, the student from the Canadian Society of Hospital Pharmacists, and I were invited to spend a day at the Canadian Agency for Drugs and Technologies in Health (CADTH) offices to learn more about what CADTH is and the services they provide. It was really interesting to meet the researchers who provide the Rapid Response service,

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an evidence-based comprehensive information service for health care organizations to help them make numerous decisions, and learn more about the Optimal Use projects that develop recommendations and guidance on issues such as self-monitoring of blood glucose by type 2 diabetics.

Although I’m only halfway through my work term at CPhA, I’ve already learned and experienced more than I thought I would! I’ve gained a new appreciation for the amount of time and effort that goes into the work that CPhA does on behalf of all Canadian pharmacists, and look forward to working on more projects in the future. I have been inspired by the professionalism and leadership of all my co-workers and hope to be as passionate in my future as they are for moving the profession of pharmacy forward.

Une session d’hiver à l’APhC

Par: Chelsea Barr
Université de Waterloo

Peu d’étudiants ou d’étudiantes en pharmacie peuvent s’enorgueillir d’avoir eu l’occasion de créer un journal national de recherche sur la pratique de la pharmacie, d’avoir entendu le ministre de la Santé parler de la réforme de la santé ou d’avoir géré un blogue pour les pharmaciens de partout au Canada. J’ai eu la chance de faire toutes ces choses durant les quelques mois que j’ai passé dans les bureaux de l’Association canadienne des pharmaciens à Ottawa, en Ontario. Je suis membre depuis deux ans du comité de l’ACEIP à l’Université de Waterloo et je m’intéresse au travail de représentation de la pharmacie à l’échelle nationale, ce qui m’a amenée à postuler pour un poste à l’APhC. J’ai commencé ma session de travail avec l’intention d’en apprendre davantage sur l’APhC et sur son rôle dans l’avancement de la pratique de la pharmacie. Or, j’ai été grandement impressionnée par le travail réalisé par tout un chacun à l’APhC pour les pharmaciens et pharmaciennes à l’échelle du pays.

Les bureaux de l’APhC se trouvent près du centre-ville d’Ottawa, à proximité d’autres organisations du domaine de la santé telles que l’Association médicale canadienne, la Société canadienne du sang et le Centre hospitalier pour enfants de l’est de l’Ontario. L’APhC emploie des pharmaciens et des rédacteurs dans son service des publications pour travailler sur des produits comme Therapeutic Choices et le Compendium des produits et spécialités pharmaceutiques. Le service où je travaille, soit les Affaires professionnelles et relations avec les membres, touche à de nombreux aspects de l’organisation, comme le membership, les relations gouvernementales, les demandes des médias, le congrès, la formation continue, le marketing et les communications. Des pharmaciens et des employés d’autres horizons y travaillent ensemble pour réaliser un large éventail d’activités.

Je vous affirme qu’une semaine de travail ordinaire à l’APhC n’a rien d’ordinaire! Mon travail est différent tous les jours. Récemment, par exemple, on m’a demandé de recueillir de l’information pour l’édition 2012 de l’Étude mondiale de la Fédération internationale pharmaceutique (FIP) sur les ressources humaines pharmaceutiques. Cette enquête vise à recueillir des données sur l’étendue de la pratique, sur les réglementations provinciales et fédérales en vigueur, sur la formation en pharmacie ainsi que des données sur les pharmaciens et les techniciens en pharmacie exerçant dans plus de 100 pays.

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Je n’aurais jamais cru que j’allais soumettre des données canadiennes pour un projet de recherche international sur la pharmacie! La semaine dernière, j’ai été invitée à assister à la réunion du conseil d’administration de l’APhC, ce qui m’a permis de rencontrer des représentants de tous les coins du pays et de me renseigner sur les défis auxquels les pharmaciens sont régulièrement confrontés dans toutes les provinces. J’ai aussi travaillé étroitement avec la coordonnatrice du programme ADAPT, la plus récente formation continue de l’APhC, pour évaluer et suggérer de nouvelles idées en vue d’améliorer le programme de perfectionnement des compétences professionnelles pour la pratique de la pharmacie.

Certains projets dont sont chargés les étudiants en pharmacie au sein du service des Affaires professionnelles et relations avec les membres consistent à colliger des articles et à compiler des résumés sur les nouvelles concernant les recherches les plus récentes sur la pratique de la pharmacie au Canada et à l’étranger pour Live Links, un courriel mensuel aux membres de l’APhC, et Le Traducteur, une publication trimestrielle qui accompagne la Revue des pharmaciens du Canada. Quoi de plus intéressant que de s’informer sur tout ce qu’il y a de plus novateur dans la recherche sur la pharmacie au Canada et dans le monde! J’ai aussi agi comme modératrice du blogue CESSER de l’APhC et du forum sur la Stratégie sur le diabète pour les pharmaciens, dans lequel je publie des nouvelles sur le renoncement au tabac et les soins aux diabétiques.

L’une des choses auxquelles j’avais le plus hâte durant mon séjour à Ottawa, à part les attractions connues comme patiner sur le canal Rideau tout en dégustant une queue de castor chaude, c’est le fait d’être à quelques jets de pierre de nombreuses autres organisations nationales de santé. Le mois dernier, Nadine, stagiaire à la Société canadienne des pharmaciens d’hôpitaux, et moi avons été invitées à passer une journée dans les bureaux de l’Agence canadienne des médicaments et des technologies de la santé (ACMTS) pour mieux connaître l’ACMTS et les services qu’elle offre. Nous avons beaucoup aimé rencontrer les chercheurs qui assurent le service des Rapports d’examen rapide, un service complet de renseignements probants pour éclairer les organismes de santé dans leur prise de décision, et nous renseigner sur les Projets sur l’utilisation optimale, qui formulent des recommandations et des lignes directrices sur des enjeux comme l’autosurveillance glycémique dans le diabète de type 2.

Je ne suis qu’à mi-chemin de ma session à l’APhC, mais j’ai déjà acquis plus de connaissances et d’expériences que ce à quoi je m’attendais! Je suis plus à même d’apprécier la quantité de temps et d’efforts que l’APhC consacre au profit des pharmaciens et des pharmaciens canadiens. Je me réjouis à l’idée de travailler à d’autres projets. Le professionnalisme et le leadership de mes collègues de travail sont une source d’inspiration. J’espère éprouvant autant de passion durant ma carrière future qu’ils en ont pour faire avancer la profession.
It was about December last year that I was searching for summer employment. I wasn’t sure what I was looking for but having already worked in a community pharmacy before I knew that I was looking for something different. My interest was piqued when I saw an email for the Pharmacy Undergraduate Research Program. I had contemplated about doing a Master’s prior to getting into pharmacy; so I figured this was an excellent opportunity to get involved in research. I was informed that I had been offered a position at Dr. Christine Allen’s lab.

I spent my summer working under a PhD student, Lei, who was studying gold nanoparticles (GNPs) for use in cancer radiotherapy. The principle behind GNPs is based on their heightened ability to absorb ionizing radiation in comparison to normal tissue. The absorption of radiation of certain wavelengths by GNPs is able destroy nearby tumor tissue. The small size of GNPs leads to their concentration around the tumor site which further helps increase the effectiveness of a given radiation dose. As I began to sift through the research relevant to our topic, I was given a hands-on opportunity to work.

My past experience with lab work was minimal at best, but my instructor took the time to show me how to perform each step. In fact, within only a week or two I had already learned how to synthesize gold nanoparticles, and eventually I also learned how to synthesize GNP-liposomes. By the end of the summer I had training and experience using several high-tech analytical devices such as DLS (Dynamic Light Scattering Machine), ICP-AES (inductively coupled plasma atomic emission spectrometer), microplate fluorometer/UV-vis spectrometer, and I was also able to see a fluorescent microscope and transmission electron microscope in action. The TEM is located in the basement of the medical science building and was definitely the coolest thing I have ever seen. The majority of work we did over the summer was based on cell studies so that was yet another area that I required training in and spent a lot of time with.

Looking back it’s hard to think of anything else that I could have possibly done over the course of my summer project. I was totally amazed with all the opportunities and advice that I was given, but my surprise definitely didn’t end there. Before this summer I really had no idea with respect to the caliber of the research and facilities right here in the pharmacy building. Our lab was teamed up with the STTARR lab located across the street in the MaRS building, another set of state-of-the-art facilities. The summer program also featured bi-weekly seminars where members of the faculty gave brief (20ish minutes) seminars on the motivation behind their work and some of the findings in their labs which showed just how broad the areas of research at PB are. The program eventually culminated with a poster presentation given by the students in front of a panel of judges. Special congratulations to Allan Choi (class of 2014) for winning the competition.

I highly recommend this program to anybody who is curious about research. UT is a great place for research, and many other students in the program were from other universities across Ontario. Don’t be afraid if you feel you don’t have much familiarity with working in a lab. Past laboratory experience isn’t a prerequisite, but the desire to take on an active role certainly is if you want to get the most out of the program. I suggest visiting the UT pharmacy webpage and browsing through the Research section (Home>Research) to get a general idea of the different projects going on in PB. Next, you’ll want to send an email to any professors you are interested working with, and if time permits you can even offer to stop in to meet them and the members of the lab. Any questions about the program can be directed to Carla Serpe or Tammy Chan.
**My Summer Exchange Experience in Salamanca**

By: Van Nguyen
Université Laval

**International** internships aren’t for everyone. First, there are procedures to follow for the application, such as a motivation letter, building a curriculum vitae and an online submission fee. Then, there is the timing of travel and the leap of faith of going on your own…but if none of this will stop you from taking the initiative to apply for an internship around the world through, then this article is for you! You need to first think about where you want to go in the world, and in what field of practice you want to do your pharmacy internship. You get three choices only, so make wise decisions! I chose, in order of preference, Spain, Barcelona (this city has its own organisation separate from that of Spain) and France. Then, you pray to be chosen amongst the applicants, and if you have that luck, afterwards it’s a matter of good communication with your SEO (student exchange officer).

Now onto the goods. Why am I writing to you about this SEP (student exchange program)? Because I successfully completed an internship in Spain this past summer with IPSF/CAPSI, and I am here to tell you how much I loved it. I was accepted in Salamanca, a very culturally and historically rich city just 2 hours west of Madrid. I worked in a hospital pharmacy during the month of July at the “Hospital Universitario de Salamanca” and, amongst other things, I was at the external clinic with HIV, Hepatitis C, arthritis patients, I also did some galenic formulations, verification of medication carts going to different units, prescription analysis, and observed the pharmacokinetics lab. All of this in Spanish, in a completely different health system, with different profiles of patients. The first few days, to be honest, it was part of major anxiety and headaches. However, as I got more comfortable with the new environment and the language, I quickly realized how much this experience was unique.

An international perspective of how pharmacy is practiced elsewhere in the world. As a pharmacy student, it couldn’t get any better than this. As a pure “backpacker” traveller in the soul, this experience was best of both worlds since it was both intellectually stimulating but all the while allowing me to travel and enjoy the Spanish way of life. I was working on weekdays, staying at the university’s residences, with every evening free for hanging out with people I met on travel or people from the hospital, and every weekend off to travel around the country and see other great things Spain has to offer. I got to witness the famous Pamplona bull run, Southern Spain’s Alhambra in Granada and Flamenco shows in Sevilla, as well as Northern Spain’s many beaches in the Basque Country and finally one of the world’s biggest food fights with tomatoes: la Tomatina in Buñol.

All in all, take the initiative to apply, get ready financially and in terms of timing to go around the world, and you will surely not regret your experience. If you have any questions, you can always email me at van-minh.nguyen.1@ulaval.ca!
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Pharmacy in Boston, Massachusetts

By; Sharn Mashiana and Asal Taheri
University of British Columbia

Sharn:

My IPSF rotation to Boston this past summer will go down as one of my most memorable experiences, ever! The four weeks spent in Boston were filled with learning, exploring, eating, and shopping! I came back with memories that will last a lifetime!

The highlight of the trip was definitely working in the ICU at Mount Auburn Hospital. It was great to get exposure to hospital pharmacy before my SPEP hospital rotation. I worked alongside a PharmD, doctors, residents and medical interns. We would start the day off with group lectures, then make our way to the ICU and begin rounds. We would review the charts of each patient and come up with an action plan. As a pharmacy student, I was focused on reviewing patients’ drug therapy and ensuring that the therapy was necessary, safe and effective. It was great to be able to collaborate with other health professionals and share our knowledge with one another.

Overall, my time at Mount Auburn Hospital was one of the most interesting experiences I have ever had. I cannot even begin to explain how much I learnt and how great it was to get exposure to hospital pharmacy. I wish I could relive those four weeks in Boston every summer!

Asal:

Roommates from Turkey, ICU rotations with Harvard interns and residents, Red Sox Baseball games and a full month exploring one of the oldest cities in the United States! These are only a few of the wonderful and rewarding experiences we had this summer through the IPSF Student Exchange Program to Boston, Massachusetts. From the moment we arrived at the Boston Airport we were welcomed by students from The Massachusetts School of Pharmacy & Health Sciences. Through the proficient organization of IPSF, we were set up with free housing at the school’s residence, in a location that exceeded beyond our expectations. In addition we were provided with a well organized and detailed itinerary for our four week stay. The program provided us with exposure to both physical and biological pharmaceutical research and experimental design. We were given the opportunity to work with professional researchers whom guided us through the process of conducting hand-on experiments. We were then given the opportunity to work with PharmD students to create and present our research results in posters that were later accepted to be presented at the American Association of Pharmaceutical Sciences Conference 2011 in Washington, DC.

On top of all this, we were given extensive opportunity within a hospital pharmacy setting, one of the major highlights of our trip. At the hospital, located at the Harvard Campus, we took part in daily ICU rotations with hospital residents and interns and were given the opportunity to analyze patient charts for proper use of antibiotics based on their specimen results. Aside from being exposed to all these wonderful and varying areas of the pharmacy field, by far one of the most rewarding aspect of our experience was the new and long lasting friendships that we have created with other international pharmacy students. Months later we chat with these individuals on a weekly basis and now have vacation spots in places in the world we may have never considered to visit. Our involvement with the IPSF exchange program was an extraordinary experience that we will always remember!
The Land of Wonders—Japan

By: Karen Po, University of Toronto

I took part in the IPSF student exchange program seeing as this could be my last summer vacation as a student. Despite the concern of radiation due to the recent earthquakes in Japan and the uneasiness of having to travel all alone for the first time, these concerns were deemed insignificant shortly after I arrived at my first destination, Hiroshima.

My exchange consisted of two parts. First I was to go to Hiroshima (west side of Japan’s main island) for two weeks and then to Tokyo (east side) for a few days. My first task was to navigate myself from the airport in Tokyo to Hiroshima by taking the bullet train. Agitated from lugging my baggage around in the humid weather and utterly confused by their complex train systems, I eventually made it out alive and was warmly greeted by the local exchange officer and my roommate with a big welcome hug.

I was accompanied by at least two students from the hosting university as well as another exchange student from the United States. I got to try out Japanese cuisine (like ramen, conveyor belt sushi, okonomiyaki, just to name a few), and my roommate would also prepare an extravagant number of dishes in the morning, allowing me to get the sense of what home cooking is like in Japan. The students also brought me to various shrines and museums to understand their culture and history. Viewing the Hiroshima Peace Memorial Museum sent chills down my spine as each exhibited item conveyed the horror and sorrow inflicted by the atomic bombing. It serves as a meaningful reminder for everyone about the importance of peace.

Rather than being stationed in one pharmacy, my practice days included tours to a series of community pharmacies, a hospital pharmacy and laboratories. This was a result of the way pharmacy regulations are in Japan. Instead of having technicians, they have assistants that may help organize files and enter data, but they are not legally permitted to handle drugs in the sense of filling a prescription. As an exchange student, I wasn’t able to experience the dispensing process first hand. In exchange, I was able to learn a great deal about how pharmacies in Japan operate.

In community practice, the prescriptions have are all in a standardized format and are all printed from the computer. The prescription not only contains the medication being prescribed and direction for use but also a basic medical profile of the patient (i.e. allergies, medical history). Some of the prescriptions even have QR codes printed on them, so one would only need to scan it to process the prescription. All of the oral medications are originally distributed in blister packaging so there is no need to pour pills out of a bottle and count. Also, kampo medicine, or what we know as Traditional Chinese medicine, is commonly prescribed by physicians and dispensed in any regular pharmacy. Unlike how it is prepared in Canada, the kampo medicines are produced by pharmaceutical companies and therefore come in standardized doses.

I got to visit the hosting universities on their open campus day. I learnt about how student life was like by attending a lecture and visiting laboratories. Pharmacy schools there focus a lot on laboratory work. As a part of the open campus experience, I got to prepare an IV bag and meet Stan the patient simulation robot. I also gave a presentation on Canadian pharmacy so that students there can also learn about our pharmacy culture.

I learnt a lot throughout this exchange both about the culture and pharmacy practice in Japan. I will never forget about the wonderful times and fantastic people I met who took great care of me during this trip!
High School Invitational Tour
We invited high school students to attend a tour of the Faculty for an evening. They had the opportunity to compound lozenges, practice counseling, see the research side of pharmacy and listen to a presentation by a clinical pharmacist.

Volunteering at Ronald McDonald House
Ten students volunteered at the local Ronald McDonald house by cooking for over 60 people that were staying there. We made several lasagnas from scratch as well as salads and ice cream for dessert. We dressed up like superheroes so we could put a few smiles on the kids’ faces as well as some of the parents!

Hot Chocolate Handout
On Monday, March 5th, we gave away free hot chocolate in the morning at the University of Alberta campus to those who walked by. Each cup contained a message of “What a Pharmacist Can Do” and listed off a few things such as help managing chronic conditions and injections. The students were also there providing information on the profession for those who were interested and had questions. Over 400 cups were given out in 2 hours!

Osteoporosis Screening Clinic
March 6th had two London Drug pharmacists, Karen Ng and Randeep Birdi, as well as several 2nd, 3rd and 4th year pharmacy students, help screen and raise awareness for osteoporosis with the use of bone density ultrasound scans. The students provided education on the condition as well as lifestyle modifications to pursue. These modifications included diet, exercise and smoking cessation. London Drugs provided the equipment used for the clinic that screened over 90 patients throughout the day.
Speaker Series Featuring: Immediate Past ASHP President, Diane Ginsburg

On March 7th, Dean of the University of Alberta Faculty of Pharmacy and Pharmaceutical Sciences, Dr. James Kehrer, generously flew Diane Ginsburg all the way from University of Texas to the city of Edmonton. The pharmacy students were able to spend a full day with her allowing them the opportunity to learn and understand more about pharmacy practice south of the border. Diane was able to speak to all the pharmacy classes in the Faculty, thus allowing her to inspire the students to be more engaged in their future profession. In the evening, she ended the day presenting her thoughts of “What It Means To Be A Pharmacist, Practice Beyond The White Coat” to a crowd of over 100 people consisting of pharmacists, pharmacy students and staff.

Blood Pressure Screening Clinic

On March 9th, we held a blood pressure screening clinic in collaboration with hospital pharmacists for the public at the Mazankowski Alberta Heart Institute. Throughout the day, 2nd and 3rd year pharmacy students increased awareness of hypertension to the public by measuring their blood pressures. These measurements were done manually thus giving the students an opportunity to gain real life experience. In addition, the students provided education/advice regarding lifestyle modifications such as smoking cessation and exercise to clients. We screened over 170 patients throughout the day and received very positive feedback from the public and supporting pharmacists.

Overall, the University of Alberta held an extremely successful Pharmacy Awareness Week where we saw many students help raise awareness for the profession of pharmacy. The APSA PAW committee would like to thank all our students for making this one of our best PAWs yet!
Pharmacist Awareness Week 2012 at MUN – “Your Pharmacist – Your Partner in Health”

This year, March 4 – 10, the students of the School of Pharmacy of Memorial University celebrated Pharmacist Awareness Week (PAW). This annual event is a phenomenal way for students to enter the community and promote the profession. As you know, we are part of an ever-changing profession, and events such as this are excellent modes of educating the public of all the services we can provide as a pharmacist.

This year’s theme for PAW was “Your Pharmacist – Your Partner in Health”. Throughout the many events held by the students of the School of Pharmacy, this theme was clearly represented and the profession should be proud. The students who organize and run all of the events, take time from their heavy course load, miss classes and take on extra work for this excellent cause.

The great events that happened this year are as follows:

**4 March – Sunday:** Compounding of Lip Balm with 26 Brownies and one of their leaders in the Professional Practice Lab at the School of Pharmacy. Also, a demonstration on proper hand washing techniques with the use of Operation Wash-up was done.

**6 March – Tuesday:** A presentation about the future of pharmacy, what your pharmacist can do for you and what to do for students to apply to the School of Pharmacy at Memorial. This presentation was given remotely via the Center of Distance Learning and Innovation (CDLI) to students of junior and high schools across the province. Also, this high school presentation was given at Prince of Wales Collegiate in the afternoon.

**8 March – Thursday:** Mary Queen of the World Elementary received a presentation for 180 of their students on Operation Wash-up. This involved a number of our students visiting to educate the students on proper hand washing techniques, using glow in the dark gel and a black light, to show how tough germs are for kids to wash away under nails and in the crevices of their hands. The kids of the school had a great time and as always, this Elementary school was very appreciative.

A number of students visited Hill Crest Estates to give a presentation on “Proper Stretching and Keeping an Active Mind” to many senior citizens, which was well turned out.

Thursday night, another compounding event was put off for a group of Pathfinders and one of their leaders in the Professional Practice Lab at the School of Pharmacy.

**9 March – Friday:** Two more visits to Prince of Wales Collegiate where there were more high school presentations given. Again, more students were educated on the pharmacy profession and how to apply to the school upon their graduation from high school.
Also, not to forget, on 1 March, PANL visited the School of Pharmacy to provide an excellent opening reception for this year’s Pharmacist Awareness Week. The reception was very well attended by faculty, staff, students and pharmacists of the surrounding area. Mr. Greg Batt was the MC for the event, where a few note-worthy speakers were presented. Dr. Linda Hensman, the director of pharmacy shared a few words, along with Susan Sullivan the Minister of Health. Also, Travis Simms, this year’s PAW Coordinator was present to provide a brief outline of the events of PAW and give praise for the student volunteers.

This year’s Pharmacist Awareness Week was a huge success and will certainly set the standard for many years to come. A special thanks goes out to the PAW Committee of 2012 for organizing and planning the week, student volunteers who made all of this possible, the faculty and staff of the School of Pharmacy and PANL for all of their support this year!

“Your Pharmacist – Your Partner in Health”. Again, this was the theme for this year’s Pharmacist Awareness Week. It is with great sincerity that we support this theme, not just for PAW, but to strive for a better tomorrow for the profession.

**Pharmacist Awareness Week a Success! - University Of Waterloo**

By Riam Jamil, Pharmacist Awareness Week Chair

**Months** of planning and much hard work materialized into a Pharmacist Awareness Week (PAW) that was unlike the ones before it at the University of Waterloo! Four days of events in Kitchener and Waterloo brought awareness to the evolving role of a pharmacist to students as well as to the public.

On Monday March 5, 2012, CAPSI council members exhibited a booth at the University of Waterloo Student Life Centre. They informed students about the pharmacist of the past and the pharmacist of the future at this booth. The role of the pharmacist is changing quickly in Ontario; the students needed to be updated on the new role. Pharmacists are completing fewer technical duties and completing more cognitive services. Council member Leonard Chan says, “when asked, ‘Tell me 1 or 2 things pharmacists do besides dispense and counsel?’ The amount of people unable to answer this question was surprising. Students were very surprised about the expanding scope of practice and it was great to spread awareness on the profession of pharmacy.” It’s clear these students became more aware of pharmacists after this event.

On Tuesday March 6, the Inaugural University of Waterloo School of Pharmacy Skit Night took place. It was a new addition to the University of Waterloo’s Pharmacist Awareness Week. Joining pharmacy schools from all across North America, the University of Waterloo School of Pharmacy finally planned a Skit Night and CAPSI is proud to say that it was part of PAW 2012. Videos from University of Waterloo students, University of British Columbia students and American students were featured. The hilarious and surprisingly accurate video called “Sh*t Waterloo Pharmacy DOESN’T Say” was the winner of the prize that night. Congratulations to Jaskiran Otal, Danielle Paes, Kacie Lunn and Bhupender Sayain for winning! The video is available on YouTube at http://www.youtube.com/watch?v=3Cv5uFbjfIM.
A PAW staple, the yearly symposium educational event took place on Wednesday March 7. This year, the symposium topic was Third Party Payers. The speakers, Lisa McLean and Jillian Grocholsky spoke to a group of first year, second year and third year students about their experiences with third party payers. Lisa taught a quick course on insurance company billing. What do the numbers on the insurance cards mean? Whose plan is billed first and why? Why do you have to give twins two different birthdays when you buy their medicines? All those questions and more were answered by Lisa. Jillian’s previous experience as a co-op student at Manulife brought an interesting view to the discussion on third party payers, and alternative employment opportunities for pharmacists. She gave the students the insurance company view of double doctoring and diversion of narcotics. This event was very well received by students for its educational benefits.

Thursday March 8 was a busy day for the University of Waterloo CAPSI council; in the morning, there were high school outreach events planned and in the afternoon, the health fair was planned. CAPSI council members and pharmacy students visited two classrooms in area high schools to raise awareness about the School of Pharmacy and the profession. The students were given a presentation on the evolving role of the pharmacist and were given advice on how to apply to both of the pharmacy schools in Ontario. In addition, they were given four activities to complete that mimicked daily pharmacist tasks: dosing based on creatinine clearance, checking prescriptions, looking up drug information in the CPS and measuring blood pressure. In the afternoon, the Fourth Annual Health and Wellness Fair was planned. Four community exhibitors (Canadian Blood Services, Canadian Diabetes Association, MS Society and the AIDS Committee of Cambridge, Kitchener and Waterloo area) and many student exhibitors presented booths. The winners of raffle prizes at the health fair were Norreen Jamal, Harleen Shahi and Aneliya Vasileva. They were awarded a CAPSI swag bag with some great goodies! Community members and students alike were able to enjoy the fair and learn something new in a fun way.

An educational and exciting week of events complete for 2012! The University of Waterloo School of Pharmacy CAPSI Council hopes for an even better Pharmacist Awareness Week 2013.
Educating on Change: UBC’s Pharmacist Awareness Week
By: Andrea Silver
Photo credit: Zeeshan Dhanani & Adam Smylie
University of British Columbia

It’s alright if your average person doesn’t know when to treat a fever and when to let it run its course, what DM, SL or XR stand for, or what the difference is between phenylephrine and pseudophedrine, so long as they know who they can ask to get the appropriate answers. I think you would be hard pressed to find a person on the street – young or old, fat or fit – that doesn’t have a question that a pharmacist could answer. The important question is: do they know that they can ask us?

This year, our PAW coordinating team decided to promote the idea of changing practice when we were planning the events of March 5th to 9th. Soon, we will be adapting and prescribing within a certain scope of authority, managing chronic illnesses, providing immunizations, and conducting education and wellness programs, all on top of our current dispensing and cognitive roles. We wanted to be sure the public – our potential patients – knew it, as did the pharmacists-to-be.

So, as an overarching theme this year, we posed a question – “what can your pharmacist do for you?” Of course, it did occur to us that the majority of responses from the public would likely include counting by five’s, picking out sexual lubricants, and staring at the phone as it rings; so to circumvent these answers we took it upon ourselves to do what, in reality, we as pharmacists do best – Educate.

It started with an idea, and continued with a definition. We didn’t simply want to show people what pharmacists do – we wanted to explain who we are and why. So to begin our week, we printed eye-catching t-shirts for all the coordinators and volunteers that defined pharmacists’ roles, goals and intentions:

“phar•ma•cist  \fər-mə-sɪst\ Noun: a healthcare professional with expert drug knowledge who optimizes medication therapy outcomes, promotes health, wellness, and disease prevention through patient centered care.”

We then had to consider various ways to reach our audience, and in the end it was a multi-pronged strategy. For the general student body, we set up a fair in the Student Union Building all week with pharmacy students presenting information on everything from health and nutrition to compounding and admissions. To draw a crowd, we had live music performances by colleagues, outgoing MC’s told pharmacy-related jokes to passers-by, and we handed out gift cards to the brave souls who would sit in the “hot seat” to answer PharmaPhacts questions. These additions were really effective in bringing both pharmacy and non-pharmacy students out of the woodworks and engaging them in the activities of the fair.

To reach the greater community, we organised outreach sessions at community centers and nursing homes around the city, with licensed pharmacists to answer questions about various medical conditions and demonstrate how to perform physical assessments properly at home. These events were probably the most difficult to plan in a short timeframe because of the time needed to book the space, find available
pharmacists, and advertise, but also the most important for the community. Next year earlier planning and holding events in more public spaces would likely be beneficial. We also held information sessions at local high schools that provided us time and space to get kids thinking about health and wellness, and the kind of knowledge resource that pharmacists can be. These events were big successes in the past, but were unfortunately limited this year by the ongoing teachers’ strike.

Next, we realized that in order to truly inspire a change in attitude toward pharmacy practice, we needed to do more than just convince the public; we also needed to change the attitudes of aspiring pharmacists. To do this, we hosted a number of individuals who have been pioneering the changes that we are seeing take shape in the profession today. Pharmacists practicing in emergency medicine, who developed information technology to advance province-wide prescription sharing, pharmacist lawyers defending patients’ legal rights in health-related cases, and those who maintain involvement in Poison Information Centers spoke to students to demonstrate that if that if we want to get out from behind the counter, all we have to do is take a step.

With all this expansion in scope and practice, it is possible to forget that patient-centered care cannot be summed up into only one word. Nor can it be accomplished by just one health care practitioner. To promote the benefit of multidisciplinary care, we held an interprofessional event and invited students from other health-related faculties to collaborate and use their different backgrounds to come up with innovative solutions toward a common, patient-centered goal. The success of this event, as measured by attendance by students of medicine, physiotherapy, occupational therapy, nursing, nutrition, as well as pharmacy, was heartening as it demonstrated the willingness of the coming generations to work together to optimize patient outcomes. Events like these stimulate knowledge, understanding and value of each profession, and break down stereotypes from an early stage in our focus. After a jam-packed week of celebrating pharmacy, we came away with some very key insights. First and foremost, whether in first year or fourth year, we are all chasing a Blueprint of a changing pharmacy practice. Pharmacists will be filling in the cracks of the Canadian healthcare system to prevent patients from falling through, and we will advocate on their behalf when they don’t have the words. We grow a lot during the four years of our BSc., but that’s certainly not where the growth ends.

This and every year that follows is an opportunity to empower pharmacy students to use their voices to encourage each others to ride upon the currents of change. It was really exciting to be a part of this year’s PAW coordinating team and I look forward to many more opportunities to be involved in uniting the student body for the purpose of education and evolution of patient-centred health care. We teach patients more complex concepts every day than how to effectively use their pharmacist — activities like PAW should be a piece of cake.
University of Manitoba CAPSI Year-end Wrap-up 2011-2012

It has been an exciting year to be a CAPSI member here at the U of M. This year we started our very first local CAPSI council! Our group of eleven set out with the goal of promoting the role of CAPSI at our school and getting students involved in all sorts of educational and fun activities. The year began with a Lunch and Learn for our first year students. Besides enjoying a pizza lunch, students heard a presentation from CPhA Board Member Kristine Petrasko, learned about the role of CAPSI in Manitoba and beyond, signed up for their valuable CAPSI memberships and picked up some free swag!

Another early highlight was September’s CAPSI Bowling night – a chance for old and new members to join in some glow bowling fun at the famed local Academy Uptown Bowling Lanes, meet new friends, and enjoy some great food. Thirty-five students participated in this event from first year right up to fourth year. It is always a great way to kick off the year.

As the school year picked up, PDW in January was within our sights. With spots to the conference hotter than Jets tickets in Winnipeg, many students entered the local competitions in November in hopes of securing their delegate seat in Halifax. Thanks to everyone that participated and congratulations again to all of the local winners who represented us so well at PDW!

- Compounding competition: Cody Hotel, Dennis Le, Devin Ross, Pawandeep Sidhu
- OTC Competition: Justine Manulak (Justine also placed first nationally! Way to go!)
- Student Literary Challenge: Louis Chute
- Patient Interview Competition: Jessica Cortens (Karin Ens competed at PDW in Jessica’s absence, and placed 4th nationally. Great job!)

Also in November, our PDW Fundraising Committee planned a night out at Rumor’s Comedy Club here in Winnipeg. It was a great night off from the grind of studying for midterms and CAPSI even got a shout-out from one of the comics!

Every CAPSI member knows that the highlight of January for a Pharmacy student is the annual Professional Development Week. Thirty-two eager U of M delegates attended this year’s conference in Halifax. Here are what some of our students had to say about their trip to the East Coast:

“Learning, connections, new experiences, and fun are just a few ways in which I would describe my experience at Professional Development Week 2012. The conference exceeded my expectations, with highlights being a fantastic guest speaker, gaining insight into some interesting hospital pharmacy cases, great entertainment, and of course, getting to tour the city of Halifax. I am definitely an advocate for the conference, and encourage all who can to attend!”

Megan Scott, 2nd year

Congratulations also go out to our Pharmafacts team of Jesse Franklin, Ashley Ewasiuk, Devin Ross and Karin Ens who battled their way to a second place finish in the 2012 Pharmafacts Bowl – Manitoba FACT you up!
Once Reading Week had passed, things really kicked into high gear for our CAPSI council with many events on tap for February and March. Things got started on Feb 27 with a symposium on the topic of Anti-Counterfeit Drugs organized by our IPSF representatives Carrie Evans and Jillian James. This educational presentation brought to light many important global issues, including the prevalence of counterfeit malaria medications in Africa. Our guest speaker was Jodie Leiman, a Border Integrity Specialist for Health Canada. Jodie told a lecture theater of fifty students all about her job and then gave us some tips on how to spot counterfeit medications and what to do if we ever discover them in our pharmacies. Thanks to IPSF for providing us the opportunity to educate ourselves on this important subject!

In March, our third year students, under the leadership and direction of CAPSI Senior Rep Sara Smith, were actors and facilitators of a mock OSCE for the Class of 2012. We were more than happy to give our fellow students a chance to prep for the licensing exam and we “can’t wait” until it’s our turn next year! Pharmacist Awareness Week, March 4-10, was a huge undertaking in Manitoba this year. CAPSI and U of M students did our part to help out as well. The theme of the year was “Talk to Your Pharmacist – A Healthy Choice.” Seventy student volunteers helped showcase pharmacists and promote some important programs including Manitoba Medication Return Program, which promotes safe disposal of prescription and OTC drugs, and the It’s Safe to Ask Program, where patients receive a medical information card to fill out so that they have an up-to-date record of all the prescription and OTC drugs they are taking. Other topics included Hand Washing, Allergies, Smoking Cessation and many more! PAW events were held at over 50 sites in Manitoba including schools, community pharmacies and shopping malls.

The final event of the year was a CAPSI symposium titled “Pharmacy Coast-to-Coast.” A record number of students attended this session! Eighty in total! Speakers included pharmacist Heather Langtry who spoke on Trends in Canadian Drug Spending, Kim McIntosh, Assistant Registrar of the Manitoba Pharmaceutical Association who educated us on the Regulation of Pharmacy Technicians and finally Jeff Morrison from CPhA, who gave us a snapshot of Coast-to-Coast Pharmacy in Canada, focusing on differences in regulations governing Pharmacy practice. The symposium was a great experience and everyone who attended learned a lot about the differences in practice and similar challenges pharmacists all across our country are currently facing. We finished up the evening with a delicious meal and some time to mingle with peers and presenters.

As great as this year has been, U of M CAPSI council is already looking ahead to next year as we plan to participate in our first ever CIBC Run for the Cure in September 2012!! Fundraising efforts are already underway for what we hope will become an annual tradition for our faculty – raising money for a very important cause! On behalf of our local membership, I would like to extend our gratitude to our outgoing CAPSI Senior Rep Sara Smith who has done such a wonderful job organizing events and leading our CAPSI Council through its inaugural year. Your efforts are so appreciated Sara, thank you! Our local CAPSI Junior Rep Ashley Ewasiuk also deserves recognition for a lot of hard work in the past year. Best of luck as you assume the Senior Rep position for next year Ashley! Finally thanks to all the local CAPSI members who have been such enthusiastic participants in all the events CAPSI planned this year at U of M. See you all next year!
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