CAPSIL

CANADIAN ASSOCIATION OF PHARMACY
STUDENTS AND INTERNS LETTERS

FALL 2017

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Thank you to the Translation Committee for their hard work!

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Letter from the Editor

Hello and welcome to the fall 2017 edition of CAPSIL! Not only is this a fresh academic year, it is also CAPSI's 50th anniversary. We have built strong foundations to advocate for our profession and your student experience. As your latest CAPSIL Editor, I am beyond excited to share stories from your peers, current pharmacists, and CAPSI itself.

This newsletter focuses on election season. There are a few notable changes and our secretary lists how we have made the election process easier for all applicants. Take a moment to read the blurbs about every eligible on the CAPSI National Council. Feel free to contact any of them; we are here to answer any questions you may have! Flip a few pages forward and read about two former CAPSI executives who have made their mark on our profession after graduation.

I sincerely hope this term has been treating you all well, wherever you may be. For fresh faces, your first term is almost over; hang in there! For more familiar students, you are one term closer to finishing your pharmacy degree and making your mark on our profession.

All the best,

Injeong Yang

CAPSIL Editor 2017-18
PharmD Candidate 2019, University of Waterloo

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President's Address

Dear CAPSI,

On behalf of the 2017-18 CAPSI National council, I would like to welcome you into your new academic year. I hope that the year ahead is filled with opportunity, successes, and accomplishments, and that CAPSI will play a part in all these. For many of this you this year will be a continuation of all the hard work you have committed so far. To you, I hope that your passion for pharmacy continues to grow as you become closer to being a pharmacist. For others, like myself, this year marks the end of their time in pharmacy. I wish all graduating students good luck in their future endeavors – PEBCs, job search, residency application, etc. For others yet, this year is an exciting new beginning. To you, I extend a special welcome to our vibrant community of Canadian pharmacy students. Although, at times you may find the next four years to be challenging, I assure you that they will be rewarding beyond measure. I encourage you to seize all the opportunities that present themselves to you, as these will only enhance your pharmacy student experience, and ultimately the experience of your patients.

CAPSI strives to provide you with many of these enriching para-academic opportunities, in hopes of empowering students to advocate for the advancement of pharmacy towards excellence in patient-centered care. During the fall semester, stay tuned for many of these opportunities, included our annual CAPSI competitions (over-the-counter competition, patient-interview-competition, compounding competition, student literary challenge and a NEW competition coming soon!), educational seminars and much more. During the winter semester, be sure to involve yourself in your local Pharmacist Awareness Month activities, inter-professional panel event and of course PDW.

This January, our colleagues from the University of Alberta Faculty of Pharmacy and Pharmaceutical Sciences will be hosting over 600 pharmacy students for the 30th Professional Development Week. PDW is an opportunity for pharmacy students to share their passion for pharmacy, inspire each other to grow our future profession, and build relationships with colleagues from across the country. This year's theme, "Fueling our Future", will focus on innovation within our profession and how to face the challenges that lie ahead. I hope to see you there!

Since the last PDW, your CAPSI National council has been hard at work to assure the success of this year's endeavors and that of pharmacy students nationwide. The association is run by pharmacy students for pharmacy students. As such we hope that our efforts, activities, and initiatives remain pertinent to your goals and learning. However, I encourage you to involve yourself within CAPSI locally, or nationally, to voice your opinions and share your creative and innovative ideas. Do not hesitate to contact your local representatives, or myself personally, with any questions, concerns, or suggestions on how to strengthen CAPSI impact on pharmacy students. There is no better time to start involving yourself within the profession of pharmacy!

To stay up to date with all things CAPSI, I encourage you to follow on social media; "CAPSI – ACEIP" Facebook page and @CAPSINatioanal Twitter handle. Follow your local CAPSI branches social media as well for information on what is happening at your school! For any questions, do not hesitate to contact your CAPSI representatives, or myself – pres@capsi.ca

I hope to you see you all at PDW 2018, and involved within CAPSI. Best of luck, and wishing you all success, in your current and future undertakings.

Kind regards,

Pierre Thabet

CAPSI National President 2017-18
BSc Pharm. Candidate 2018, Dalhousie University

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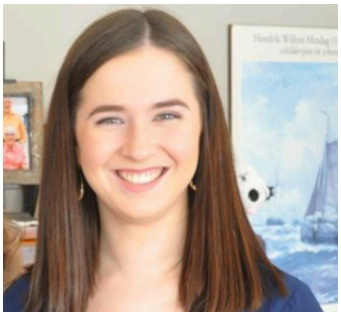


VP COMMUNICATIONS

JENNIFER BUTLER

VP EDUCATION

JEAN-FELIX COTE

VP PROFESSIONAL AFFAIRS

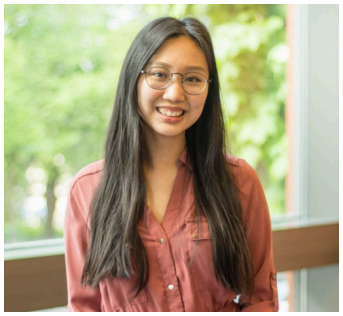
JERRY MEIJA

CAPSIL EDITOR

INJEONG YANG

IPSF LIAISON

GABRIELLE ANHOURY-SAUVE



IPSF STUDENT EXCHANGE OFFICER

JOYCE YU

NATIONAL WEBMASTER

MARGARET LU

UNIVERSITY OF BRITISH COLUMBIA

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JEROLD CHU

JUNIOR REPRESENTATIVE

ADA MEW

UNIVERSITY OF ALBERTA

SENIOR REPRESENTATIVE

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JUNIOR REPRESENTATIVE

MARK CONTRERAS

18

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RACHEL WARD

MEMORIAL UNIVERSITY OF NEWFOUNDLAND

JUNIOR REPRESENTATIVE

LANI KOTYRBA

JUNIOR REPRESENTATIVE

RACHEL ANISMAN

JUNIOR REPRESENTATIVE

FLORENCE PARE

JUNIOR REPRESENTATIVE

AMELIA CLARKE

ELECTIONS 2018-2019

It is with great excitement that CAPSI National opens the call for candidates for the 2018-19 election season! As Executive Secretary, I look forward to overseeing the elections process, and am confident that new elections procedure will entice more members to pursue a position on CAPSI National Council.

The Ad-Hoc Electoral Committee was formed by CAPSI National during the 2015-16 term. The goal of the committee has been to evaluate the current CAPSI National election procedure to ensure that the elections process is fair, easily understood by members who seek to run for positions, and that general members are able to make informed candidate choices with regards to whom they elect to hold the National positions. The committee performed an environmental scan during its first year of operation, followed by the implementation of a check-list and use of the Member's Only Portal during last year's election season. Over the summer, the committee consulted information from the environmental scan and feedback from local representatives and developed radical recommendations for how CAPSI National should change the elections process in order to fulfill the goals set forth by the committee. Please see the changes highlighted below:

All candidates will submit a video recorded speech and answers.

Rather than displaying a combination of candidate's real-time speeches and recorded speeches at Professional Development Week (PDW), all speeches will be recorded prior to the elections event and will be played on the main screens. CAPSI National understands that it can be a daunting task to share a speech in front of five hundred or more students in attendance at PDW, and recognizes that the best candidate for the position isn't necessarily the best public speaker. Utilizing our Member's Only Portal on the CAPSI website, candidate videos will be made available to the general membership for a period of one month before PDW. Please see below.

All candidates will be required to submit a completed elections package one month prior to the start of Professional Development Week.

Previously, candidates had up to 24 hours prior to the start of elections at PDW to submit the completed elections package. Although candidates did choose to utilize time up to the deadline, this proved to be tightly scheduled for ensuring that all documents were prepared for the morning of elections. Additionally, members and council felt as though the brief period of time to examine candidate packages and listen to speeches was not sufficient enough to decide whether a candidate was suitable for the position. Thus, elections packages will be provided to myself, the Executive Secretary, on December 10th 2017, one month prior to the beginning of PDW. At this time I will ensure that candidate speeches, resumes, letters of intent, and optional biography and headshot are placed on the Member's Only Portal to provide all CAPSI members with a period of nearly one month to

examine candidate's credentials and voice their opinions to their local representatives.

Candidates' resume, letters of intent, speech, and optional biogarphy and headshot will be accessible by the general membership via the Member's Only Portal from one month prior to the start of PDW until the end of the elections process.

During last year's election season, the Member's Only Portal was utilized for the optional biography and headshot but no other documentation was posted. For this years elections procedure, it was determined to be a suitable choice to provide documentation related to the candidate's hopeful position, such as the letter of intent and resume, on the website to be viewed by CAPSI National and the general membership. It should also be noted that the details regarding the format of the letter of intent, resume, and optional biography have been reviewed over the past summer. In addition, it is noteworthy that positions will no longer require a curriculum vitae (CV), but rather a resume.

Although these changes represent large strides for the elections process of CAPSI, we are still looking to improve in numerous areas. CAPSI is proud to be a bilingual organization, and it is our goal that the elections procedure becomes completely bilingual for the 2019-20 term. Furthermore, CAPSI was proud to open up the Ad-Hoc Electoral Committee to the general membership to join during the 2017-18 term. If you are interested in becoming a member of this committee and evaluating the elections procedure, please do not hesitate to contact me.

Questions, comments, and concerns at any time can be voiced to your local representatives or to me. I am excited to see what qualified candidates this election's term brings forward, and am confident that our improved procedure will ensure CAPSI is being led into a successful 2018-19 term.

All the best,

Kaitlyn Tress

BSP Candidate 2018
CAPSI National Executive Secretary
University of Saskatchewan
secretary@capsi.ca

PRESIDENT-ELECT

Skills? Time management and leadership skills, as well as a deep rooted and sincere passion for pharmacy

Main responsibilities? Assure that CAPSI National continues to function as a national student body unified for the empowerment of students towards excellence in patient-centered care. Oversee and coordinate all activities and undertakings of the association. Represent and advocate for Canadian pharmacy students to external stakeholders.

Best part? Meeting incredible individuals from across the country and working with this phenomenal group of dedicated pharmacy students towards the proactive and tangible advancement of our future profession.

Anything else? Although this position is an impressive time commitment, it is incredibly rewarding! The effort you and your council put in, will directly impact the student experience of CAPSI members nationwide.

Contact: preselect@capsi.ca

SECRETARY

Skills? Two skills that have been integral include effective communication and listening skills and a love for efficiency and organization.

Main Responsibilities? My main responsibilities include preparing for the elections season as well as organizing the member database. I chair the Ad-Hoc Electoral and Membership Committee, which provides a channel to use my creativity and innovation. In addition, I communicate with CPhA to book the teleconference line and maintain minutes during council meetings. At one point this September, there was five different meetings in a period of a week that I planned, created an agenda for, and took minutes during – this position can be busy at times!

Best part? The best part of the position is undoubtedly the relationships I've made with colleagues across the country. I consistently feel inspired to do more for the profession and advocate for students because of the atmosphere of motivation that the national team fosters.

Contact: secretary@capsi.ca
Feel free to toss me a message on Facebook or Instagram (#pharmababegoespharaway)!
I'd love chat more with anybody who is interested in getting more involved with CAPSI in general, whether that be in the Executive Secretary position or something else!

FINANCE OFFICER

Skills? Effective time management and organizational skills. Taking initiative rather than being passive

Main Responsibilities? Creating a budget for the fiscal year, maintaining detailed and accurate records of expenses and revenue, keeping in close contact with the accountant and sending them the completed monthly statements. Writing cheques and sending out reimbursements to council members in a timely manner, depositing cheques at the bank and keeping up-to- date bank records. Chairing the finance committee and holding meetings as necessary

Best Part? The best part of the position is that you get to meet, interact, and collaborate with other pharmacy students from across the country and make a difference by advocating for students for the future of our profession. You will create bonds and friendships with people from all provinces and you never know who you may end up meeting. It's an amazing way to get involved throughout your academic career and to learn how to step out of your comfort zone.

Anything Else? Finances can be a sensitive issue, especially in group discussions, so you need to be a good listener, keep an open mind, know where you stand, and be able to logically support your decisions.

Contact: stb470@mail.usask.ca or (306) 850-6465

VP COMMUNICATIONS

Skills? Communication (both in person and via email) and time management

Main Responsibilities? Procuring sponsorship and maintaing good relationships with current CAPSI Club members. Working together with CAPSI National (particularly with the three Presidents, the Secretary, the Finance Officer and the Vice President of Education) to ensure CAPSI Members and CAPSI Club Members receive their respective benefits.

Best Part? Learning what it takes to build successful relationships between team members.

Anything Else? Considering the current state of CAPSI, this position will be incredibly important over the next 1-2 years (at least). It will require someone who is can take initiative and with good time and self-management skills.

Contact: vpcom@capsi.ca

VP EDUCATION

Skills? When you get into the position you should not be shy. This is an extremely interesting job and where there is so much room for innovation. I think a good VP is someone who thinks outside the box and dare offer unprecedented opportunities to students. A second major advantage to the position, creativity. Much of this position is to build academic competitions taking place across the country, we must of course love to write and have a sense of scientific rigor.

Main Responsibilities? Much of your work will be the organization of academic competitions, as their writing that their management and their logisitic. Do not worry, you will not be alone, being at the head of the competition review committee that will be of great help. Otherwise, you will be responsible for symposia and conferences offered in local chapters. You will also work closely with the officer in education of PDW regarding joint events. Finally, like any executive board member, you will sit on the board and have a voice to defend the students and promote the profession.

Best part? I think VP Education is the best position. It allows you to work on a range of different projects. It is also a vanguard position when the sponsors are interested in the events of CAPSI which puts you in the heart of sincere professional relationships.

Contact: vped@capsi.ca

VP PROFESSIONAL AFFAIRS

Skills? The ability to collect, synthesize, and present information effectively. Also, an open yet critical mindset

Main Responsibilities? The VPPA is responsible for CAPSI's advocacy and inter-professional efforts and chairs the ad hoc Advocacy Committee. The position is very flexible and it can be driven in many directions depending on the person. Over the years, the VPPA have produced position statements on pertinent issues to pharmacy and pharmacy students, pursued initiatives with national student associations of other health care professions, and participated during lobby days at Parliament Hill.

Best part? The VPPA position has given me the opportunity to further delve on the issues surrounding our profession beyond the news articles that we see from time to time. It has given me a new perspective and a more profound understanding of where our profession is currently, where it is headed, and how different stakeholders play a role as we seek to expand and develop the scope of our practice. It does require a certain level of commitment and flexibility but it is truly rewarding.

Contact: vppa@capsi.ca
778 322 5291
fb.com/yougotjerry

CAPSIL EDITOR

Skills? Organization and creativity

Main Responsibilities? Oversee the production of CAPSIL/JACEIP (including designing the layout), chair the Translation Committee, and participate in various other committees and National Council

Best part? I have a lot of creative control in terms of the production of CAPSIL/JACEIP. I get to communicate with other executives and general members a lot to really get a scope of how pharmacy is similar or different across Canada. This helps me keep up to date as well!

Contact: capsil@capsi.ca
Facebook: Injeong Yang

IPSF LIAISON

Skills? A lot of initiative, and leadership !

Main Responsibilities? I am the "liaison" between CAPSI and all the other organisations member of IPSF. This implies filtering and replying to a lot of emails coming from all over the world, and to dispatch the relevant information as well as promotional material across the country. As IPSF liaison, I am responsible of the Student Exchange Programme (SEP) regarding the incoming foreign students. I am in charge of reviewing their applications, and of putting up in place a committee that will help me organise and plan their stay in Canada.

Best part? You really get to know how pharmacy is perceived around the world, as well as all the main activities that are lead by other Pharmacy Student Associations. However, the best part of the position has to be the organisation and planning of SEP; this is when you really get to share with other IPSF representatives from all over the world, see the smile on students' faces when they arrive, and expand your pharmily!

Contact: ipsf@capsi.ca

WEBMASTER

Skills? The ability to yell at my computer until it does the thing I want it to and the ability to figure out what to yell at the computer so it does the right thing. But seriously, the two skills of being able to problem solve and the tenacity to sit in front of a computer until the problem is solved are probably the best skills to have for this position. There's a high chance of a weird bug will happen for an unknown reason. Sometimes the cause will be obvious and sometimes it only seems to happen when someone sneezes. I need to (and you'll need to) diagnose and treat the cause in both cases.

Main Responsibilities? I'm in charge of maintenance and development for the website, including the members portal as well as our social media presence.

Best part? The best part is that since it's a front facing position, I get to learn a lot from the other execs about what's going on in CAPSI on a national level. CAPSI is an amazing organization and I'm constantly inspired when I talk to other people about how they're changing pharmacy from a student perspective for everyone's benefit.

Anything else? As for other info, while I did have some web experience before becoming webmaster, I and my predecessor were self taught so it's entirely possible to learn the position with minimum background experience. Having a good attitude is way more important than the technical skills as the technical skills can be learned like counselling.

Contact: webmaster@capsi.ca

Dan and Danielle

In our rapidly evolving profession, there are pharmacists who take the lead and create their own paths. Dan Burton and Danielle Paes, two former CAPSI executives, are exceptional illustrations of healthcare professionals who have used their passion to progress their own careers and advocate for pharmacy overall.

Dan is a 2016 University of Alberta graduate who used to sit on council as the Alberta representative, followed by Vice President of Professional Affairs. As a fresh graduate, he has already started carving out his own niche. While he used to work at a hospital, he now consults doctors about their most complex patients at a primary care network in Calgary. Other days he works at a community pharmacy. Come January 2018, he can be found at his very own pharmacy-run clinic. Dan takes advantage of his recent graduation and chooses to try various experiences before settling.

Danielle is just as busy and driven in Ontario. As a graduate from the University of Waterloo's class of 2014 and former CAPSIL Editor, she is returning to facilitate a 4th year pharmacy course at the University this January. By day, Danielle works as an independent consultant at three different community pharmacies in downtown Toronto; each provide unique clinical opportunities in the areas of speciality compounding, mental health services and addiction support. At night, she is working tenaciously to develop an app for cancer patients while also earning her PharmD.

Danielle has positioned herself to practice pharmacy in a community setting that best fits her personality and clinical style. She values professional growth and finds practicing in different environments richly rewarding, but also challenging. She credits her involvement in extracurricular activities while juggling a full course load in pharmacy school for her ability to practice to her full potential and to take on so much more as a practitioner.

As past council members, Danielle and Dan provide unique perspectives on why they joined CAPSI and how they feel it benefited them in their current practice. Dan admitted that the free conference trips is what initially attracted him, but he was quickly enthralled about the opportunity to lead and change the face of pharmacy along with like-minded peers. Looking back, he comments that a valuable outlook he gained was to learn how to look at the big picture. Pharmacists tend to become engrossed in the details, but we should be looking at how we can provide the absolute best care from a local, provincial, and federal manner. Dan continues to push to do more in Alberta, from cognitive behavioural therapy to obtaining more prescribing rights. He also notes that he has honed networking skills from his CAPSI days. This has led to innovative pharmacy jobs being offered on the spot because he has CAPSI listed on his resume.

Danielle ran for CAPSIL Editor because she believes in the importance of sharing stories and learning from each other; the newsletter provides a forum to see pharmacy through the eyes of different students. She is also a fan of CPhA and knew that a national council would set her apart from the mass of pharmacy graduates. Moreover, she wanted to step up and lead with other students who have the same vision to advocate for pharmacy on a national level. She mentions that there is still a lack of leadership at the frontline, and she encourages students to start participation early on to develop necessary skills. Danielle strives to put Ontario's scope of practice on par with Alberta by putting herself in the role of prescribing; she believes in defining the career she wants. In addition to networking skills and learning out of the classroom, she still finds herself keeping current with pharmacy news from coast to coast.

Lastly, they chatted about when the times they are not engrossed in work. Dan exercises multiple days a week, giving himself time to think about himself. Danielle says she's a foodie and loves trying out new restaurants and working on her culinary chef skills. As extremely busy and ambitious pharmacists, it is comforting to know how much they value their downtime and mental wellbeing.

CANADA

I worked this summer for the First Nations Health Authority (FNHA). It is the only health authority of its kind in Canada. In 2013, the FNHA assumed the programs, services, and responsibilities formerly handled by Health Canada's First Nations Inuit Health Branch – Pacific Region. Its vision is to improve the health and wellbeing of First Nations and aboriginal people living in British Columbia. FNHA has a small pharmacy department and its health programming and services are primarily delivered by nurses.

I had the privilege to travel to several nursing stations located in remote First Nations communities in order to assist nurses with pharmacy-related functions and to promote high-quality care. I performed controlled substance audits, studied medication dispensing patterns, and helped rework the nursing station formulary and pharmacy practice binder. I was also involved in activities related to the National Anti-Drug Strategy, such as a pin campaign for International Overdose Awareness Day. This was my second summer working for FNHA. Last year, I was stationed in Vancouver and mainly assisted the Health Benefits department.

This experience has helped me gain so much perspective, and develop a better understanding of concepts such as cultural humility and cultural safety. I will carry lessons that I've learned at FNHA throughout my whole career and my daily life. It has also opened my eyes to the wide variety of opportunities available to pharmacists. Pharmacists aren't confined to community pharmacies and hospitals!

I'd encourage all my pharmacy peers to take the San'yas Indigenous Cultural Competency training course offered through PHSA.

Michelle Gnyra
University of British Columbia
4th year

What have students been

doing in pharmacy?

The pharmacy that I was working at was in Freiburg, Germany. It markets itself as a natural/homeopathic pharmacy, but from my experience it's really a very specialized compounding pharmacy.

The most interesting part is the differences in regulations and the slow pace of community pharmacies. Because of the different regulations in Germany, pharmacies and drug stores are separated. We were only allowed to sell a limited range of products in the front shop. Instead of having a big front shop, we had four additional sizeable rooms for office works, compounding, and "Nachtdienst" room. Nachtdienst is a law in the German city that requires all pharmacies to take turns to open overnight for emergency pharmacy services.

As a compounding pharmacy, we receive phone orders from all over Germany and surrounding countries, and then we ship the item and their invoice to them. One of the most common products that we compound are suppositories. During my stay at the pharmacy, the temperature was above 35 degree Celsius for over two weeks, and we were unable to ship out the suppositories as they would melt on the way.

As a pharmacy student, the majority of what I learn from pharmacies in Canada are clinical knowledge and communication skills. However, in Germany, I learned about the operation of pharmacies as a business, which gave me a more holistic view of pharmacy as a versatile health care profession with a strong link with business management.

Rong Shan Liu
University of Toronto
3rd year

GERMANY

SPAIN

I did an IPSF student exchange to Albacete, Spain. I am also the representative of the IPSF at the Alberta student association.

I did a research rotation in pharmaceutical organic chemistry working on developing fluorescent molecules to form micelles for drug delivery. Most PhD students had degrees in pharmacy and the professors all taught in their faculty of pharmacy program.

I also learned about Spanish culture and what it means to be a pharmacist there, especially compared to pharmacists here in Canada. It made me realize how far our scope of practice has grown. Canada is truly a leader in pharmacy and pharmacy practice.

Darryl Mah
University of Alberta
3rd year

What have students been

doing in pharmacy?

I work in the inpatient pharmacy at Mount Sinai Hospital throughout the school year and summer holidays. This summer I completed my EPE-2 (four week placement) in the neonatal intensive care unit. It was a phenomenal experience.

I got to observe an elective c-section in one of the operating rooms from start to finish. Many complications surrounding labour and delivery can dictate what medications a neonate may be prescribed (ex. antibiotics for sepsis secondary to prolonged rupture of membranes or respiratory distress at birth), so getting a firsthand take on what happens was an incredible opportunity I'll never forget. Shortly after the birth the baby suffered from some respiratory difficulty (grunting and increased work of breathing) and had to be put on CPAP by the respiratory therapists. The episode quickly resolved however and the baby was able to be given back to an anxious new mom and dad. It was a healthy boy!

Overall my experience so far in the NICU at Sinai has really taught me the value of working as a part of an interprofessional team. We round on our patients every single day, and although this can be time consuming, it gives each and every team member a chance to give input on the baby's care. The NICU is not just about the neonatologists, fellows and residents. It is a level of care unparalleled to any other that I've seen in which the doctors, nurses, pharmacists, dietitians, respiratory therapists, lactation consultants and social workers play such a critical role. It is a great demonstration of how all disciplines can work together to provide the best patient care and to always put the patient first.

I am so thankful to have my placement in the NICU so early on in my pharmacy education. Their model for family centered care is really impressive and working as a part of such an interprofessional team is very rewarding. I also have an incredible preceptor!

Kathryn Carson
University of Toronto
3rd year

CANADA

STUDENT EXCHANGE PROGRAMME: CYPRUS

Gabrielle Anhoury-Sauvé is the current International Pharmaceutical Students' Federation Liaison (IPSF) Liaison at CAPSI. She is also a third year student at Laval University. Read about her SEP experience below.

As soon as I stepped out of Larnaca Airport, I looked up to find a cab driver holding up a sign with my name on it. I sat in the car, unaccustomed to Cyprus' stifling heat, excited to discover the landscape. We drove for half an hour before crossing the border, all in order to reach the northern part of the island. He asked me to give him my passport and to stay in the car while he would deal with the customs' officers. As soon as we had crossed over, the driver had me transfer to another car, driven by another taxi driver that couldn't speak a word of English. As I had no Internet nor access to a phone, I couldn't contact the SEP committee to make sure that all was going according to plan; I just had to go

with it. As we drove, the sight of the Turkish street signs made me realize: "how am I going to manage living in this place for a month if I don't even speak a word of Turkish?" Finally, he dropped me off at the Eastern Mediterranean University Dormitories, where all the SEP students would be lodged in their very own quarters. My LEO greeted me, and announced me that I was the first International student to arrive. At that very moment, relieved that everything had gone well, I knew my journey in Cyprus was officially starting.

During my internship at Gökcen İlktaç's pharmacy, I got to experience another kind of pharmacy practice: the prescriptions are not computerized, a lot of medication do not require a doctor's authorization to be dispensed... All of it at a non-rushed pace and where the clients are actually very patient. Even the products and first line of treatment medication were

not the same! The pharmacist's role in society was completely different from the one I knew in Canada, which has definitely expanded my vision of the profession.

Although at first I thought my internship was going to require hardcore adaptation, it turned out to be quite easy, all thanks to the welcoming SEP committee that provided me with full assistance during my internship. The social events were all very well planned, including the unforgettable SEP weekends spent visiting ancient Crusade-era castles and monasteries, the camping in wild Karpaz, going all the way to the walled city of Nicosia, and to beautiful Girne, where the mountains meet the sea. The internship's schedule was more than convenient, allowing each one of us to explore the city of Gazimağusa, where we were lodged, and its wonderful beaches. I even got the chance to visit the vibrant city of Ayia Napa and its beautiful sea caves, in the southern part of the island!

I fell in love with this place for a thousand reasons: the perfect scenery, the sandy beaches, the mellow way of life, the hot and sunny weather, the locals' hospitality, and the list goes on. But what truly made my experience wonderful was the people. Whether they were locals or members of the SEP committee, everybody always took great care of us students doing the exchange program, bringing us to all the best places, events and festivals, making sure we would get the absolute best out of our trip. Strong bonds were developed throughout my experience: I am proud to say that I created lifelong friendships with the ones I can now call members of my international family. I was told the following, when I first arrived in Cyprus: "There's something about this island, you just don't want to leave"; I didn't believe it until it was time to say goodbye.

Thank you for making of my SEP experience the best Summer I could ever had wished for.

MEMORIAL UNIVERSITY OF NEWFOUNDLAND

WHAT MAKES YOUR PROGRAM UNIQUE?

Memorial University of Newfoundland is proud to be home to the smallest School of Pharmacy in Canada! With only 40 students per year, acceptance to the program is highly competitive. This year, MUN accepted its first class of PharmD students, who will graduate in 2022.

PAST OR FUTURE EVENTS?

In September, CAPSI hosts our annual CAPSI Innovation Week for all our members, and to introduce first year students to CAPSI. This year, we held a resume session, career fair, interview skills lunch and learn, and more! Innovation Week is always capped off by our Saving Second Base Softball Tournament to fundraise for Run for the Cure. This year we raised close to $2000 for Canadian Cancer Society, the largest charitable funder of breast cancer research in Canada.

At MUN CAPSI we are extremely proud of our Pharmacist Awareness Month efforts every year. After winning the award of professionalism for our efforts over the past two years, the MUN CAPSI council was eager to continue in advocating for the profession to the community. This year our main focus was to promote all of the extra roles that pharmacists are now able to practice in NL, such as prescribing for minor ailments and injections . In terms of community activities, the committee planned a general public pill drop, an information booth at the mall as well as school presentations for local elementary and high schools. The committee worked very closely with our advocacy body, PANL, and the school of pharmacy staff in order to effectively promote our activities online, via radio and by word of mouth.

This year, we are excited to have our very first Antibiotic Awareness Week! We plan on having exciting and educational activities to promote antibiotic awareness to students and the community. This past school year, we were very happy to give out the first every PDW Travel Awards to our deserving members at MUN. Over the past few years, we having been working to create an endowment fund, from which awards will be given to students to help them pay for the costs associated with attending PDW. This year, we were happy to have 6 students awarded.

SAVING SECOND BASE SOFTBALL TOURNAMENT TEAMS

WINNERS OF THE PDW TRAVEL AWARD 2017 (MISSING ONE WINNER)

SHOWCASE AN INTERESTING CLUB OR GROUP WITHIN YOUR FACULTY.

CAPSI is happy to work alongside the Memorial University Pharmacy Students Society (MUPS) to bring great events to our students. Together, we work to promote excellency in pharmacy to our peers and have fun along the way.

PROFESSOR HIGHLIGHT

As Special Advisor for Practice Innovation (Clinic Director), Dr. Debbie Kelly is responsible for promoting practice change and innovation. Over her 15+ year career, she has established new clinical practices in the areas of geriatric long-term care, general medicine inpatient care, and HIV ambulatory care where she continues to practice as the Clinical Pharmacotherapy Specialist to the Provincial HIV Program under Eastern Health. Her program of research has been around pharmacist scope of practice, collaborative models of care and health outcomes. She is committed to creating opportunities for patients to benefit from the full range of skills and expertise pharmacists can offer, and to optimizing the role of pharmacists in the healthcare system.

Dr. Kelly is responsible for the overall strategic direction and day-to-day function of the Medication Therapy Services Clinic at the School of Pharmacy, a novel, pharmacist run clinic devoted to patient centred care.

Currently, Dr. Kelly is involved in research regarding pharmacist point-of-care testing for HIV, as well as patient satisfaction in a non-physician clinic for HIV. Of note, Dr Kelly also focuses on Aboriginal medication access and management.

CAPSI was very excited to work with Dr Kelly and the Medication Therapy Services Clinic last winter to have a student symposia on deprescribing.

RUN FOR THE CURE

UNIVERSITY OF TORONTO

WHAT MAKES YOUR PROGRAM UNIQUE?

University of Toronto's Faculty of Pharmacy is the largest faculty of pharmacy in Canada! As part of a large university, pharmacy students are able to engage in collaborative learning experiences with U of T students from across all eleven health professional programs. These programs include: dentistry, medical radiation sciences, physiotherapy, speech-language pathology, etc. Moreover, U of T pharmacy students begin their pharmacy rotations the summer after first year. They also have the opportunity to do placements in industry or abroad during their final year of Advanced Pharmacy Practice Experience (APPE) rotations.

PAST OR FUTURE EVENTS?

Recent events and initiatives include: phrosh ice cream social, yearly competitions (compounding, PIC/OTC), and lunch and learn for the pharmacy student exchange program. We will be doing a pharmacy pin and T-shirt sale in November and will be starting to brainstorm new creative initiatives for PAM!

PIC AND OTC COMPETITIONS (CREDIT TO PHARMAKON UOFT)

SHOWCASE AN INTERESTING CLUB OR GROUP WITHIN YOUR FACULTY.

SOAPE (Students for Optimizing and Advocating Pharmacy Endeavours), PPI (Pharmacy Pediatric Initiative), Healthcare Toastmasters, IMHAP (Initiative for Mental Health Awareness in Pharmacy), Pharmacy Performing Arts Club, Pharmacy Dragon Boat Club, and many more!

PROFESSOR HIGHLIGHT

Professor Jamie Kellar has recently been appointed to the position of Director of the Doctor of Pharmacy Program at the Leslie Dan Faculty of Pharmacy. Dr. Kellar is a clinical scientist at the Centre for Addiction and Mental health, as well as a full time assistant professor in the faculty's teaching stream. She is actively involved in teaching and coordinating the mental health and addictions courses, as well as the medication therapy management and health systems courses. Not to mention, she's also working on her PhD!

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UNIVERSITY OF

BRITISH COLUMBIA

WHAT MAKES YOUR PROGRAM UNIQUE?

The PharmD program at UBC is one of the few entry-to-practice pharmacy programs in Canada. With each topic being taught by an instructor that is highly specialized in their field, whether they are a professor of UBC or a clinical pharmacist invited to teach, the pharmacy students are provided with a wealth of information that is backed up by evidence and first-hand experience. We are lucky to also have various seminars that widen our breadth of knowledge with regards to what we are able to do as pharmacists and inspire us to continue advancing pharmacist responsibilities that will allow us to provide excellent patient care.

DAY OF LONGBOAT

PAST OR FUTURE EVENTS?

Healthy Living: We recently held a Health Living event, where CAPSI members promoted health reflection by educating the student public on hypertension, diabetes, and health diet and exercise regimens.

Wash-Up Program: We educate children on the benefits of washing their hands and teach them how to properly wash their hands.

Allergy Program: We educate children about allergies and how to deal with them

Diabetes Program: We educate children on diabetes and how to prevent it

Project Paws- Drugs and Pugs: We hold sessions during exam periods where dogs are brought in and all students have the opportunity to sign up to pet and play with them. We aim to reduce stress during a stressful time with this initiative.

Headshot Happy Hour: We provide an opportunity for students to have their headshot taken professionally.

Run for the Cure: We host an annual UBC pharmacy team to participate in CIBC's Run for the Cure.

Day of the Longboat: We recently created a team to participate in UBC's Day of the Longboat.

Symposiums: We host symposiums where we invite speaker's to come and teach us about a topic that they are experts in.

SHOWCASE AN INTERESTING CLUB OR GROUP WITHIN YOUR FACULTY.

BC Pharmacy Association Student Ambassadors: Students that dedicate their time to advocating and upholding the values held by the BC Pharmacy Association.

GREAT PHARMACY ADVENTURE

Pharmacy Business Club: A club dedicated to inspire and educate students and healthcare professionals in business-related disciplines.

Pharmacy Evidence Appraisal Club: The pursuit of knowledge is the basis of this club, where students aim to learn and practice evidence based medicine and critical evidence appraisal.

Pharmaceutical Sciences Student Journal: The first peer-reviewed, open-access, student-run pharmacy journal in Canada. They promote student, faculty, and practitioners' works in all areas of pharmacy.

Peer mentorship Program: This program pairs students in upper years of pharmacy with first year pharmacy students. The aim is to provide the new students with someone that they can talk to about anything that ranges from school to activities around Vancouver. This program builds a sense of community within our faculty.

Yearbook Club: This club is in charge of the pharmacy yearbook. They work hard to take photos at events and highlight people and activities that they then compile each year for us

Pharmacy Vocal Ensemble: A group of pharmacy students who partake in performances throughout the year that capture their beautiful voices!

PROFESSOR HIGHLIGHT

Dr. Arden Barry has had an extensive career with involvement in various areas of pharmacy. He began his clinical career in the Coronary Intensive Care Unit in Alberta in addition to being a clinical practice leader with Alberta Health Services. Dr. Barry began his academic career at the University of Alberta, and was a preceptor and mentor for many pharmacy students. Currently, Dr. Barry is a clinical pharmacy and research specialist with Lower Mainland Pharmacy Services and an assistant professor with The UBC Faculty of Pharmaceutical Sciences. He also has a primary care clinic and a heart function clinic. Dr. Barry is an active member of the Canadian Society of Hospital Pharmacists, and he recently became the board member representing community hospitals on the College of Pharmacists of BC. On top of being a pioneer in pharmacy, Dr. Barry has won a number of awards for his teaching at the University of British Columbia and University of Alberta. Dr. Barry continues to inspire us with his dedication to developing the pharmacy profession and his motivation to provide pharmacy students with guidance and clinical knowledge.

PUGS AND DRUGS