

2024

Fall CAPSIL

Canadian Association of
Pharmacy Students and
Interns Letter



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Editor's Address

Dear CAPSI members and supporters,

Welcome to the Fall Edition of the CAPSIL! My name is Kezra and I'll be your editor for the 3 CAPSIL issues for the 2024-2025 school year. I'm eager to continue connecting members, sharing students' stories, and building on the efforts of previous editors. Autumn is my favorite (and most chaotic) season and I hope I brought that energy to this edition. Many amazing members contributed to making this CAPSIL the great collection of pharmacy insights you see today.

I'd like to give a big thank you to all our writers, translators, and supportive council members for making this issue possible. In this issue, you can look forward to learning about our new CAPSI National Council, upcoming Professional Development Week, insights into pharmacy prescribing programs, and much more! Be sure to take a look at the Executive Election information and explore the National Subcommittees if you're interested in getting involved.

Take a break from studying for exams! Settle in with a warm drink and a cozy blanket to give the CAPSIL a read on these cold autumn days. Feel free to share this with a friend or two, and don't hesitate to contact me at capsil@capsil.ca if you have any feedback or ideas for future articles. I hope you enjoy reading it as much as I enjoyed creating this issue for you!
Take care and happy fall!



Kezra Gerbrandt

CAPSIL Editor



PRESIDENT'S ADDRESS



Hi CAPSI members & supporters!

Welcome to the Fall Issue of the CAPSIL in the 2024-25 academic year! Throughout these pages, you'll find highlights of what CAPSI has been up to since spring and the stories of your amazing peers across the country. Of course, the CAPSIL wouldn't be possible without the hard work of our CAPSIL Editor, Kezra, and the Translation Committee – so a huge thanks goes out to them for making this possible.

In June, AFPC generously hosted our National Council's first in-person meeting at their annual Canadian Pharmacy Education and Research Conference (CPERC) in Quebec City. During our meetings, we discussed our plan for the year ahead such as revamping the Mentorship Program, altering the elections timeline, CAPSI membership benefits, and more. If you're interested to learn more about what goes on during our meetings, our meeting minutes are available on our website at <https://capsi.ca/minutes/>. In addition, as a continued effort to increase our transparency, any CAPSI member is welcome to join our National Council meetings. Please reach out to me at pres@capsi.ca at any time if you're interested! Also, if you're thinking about getting involved, CAPSI has many ways you can get involved on both a local and national level. Reach out to your local representatives if you're looking to get involved locally at your school or reach out to our Executive Secretary, Joe, at secretary@capsi.ca if you're looking to get involved nationally via our committees or through general elections!



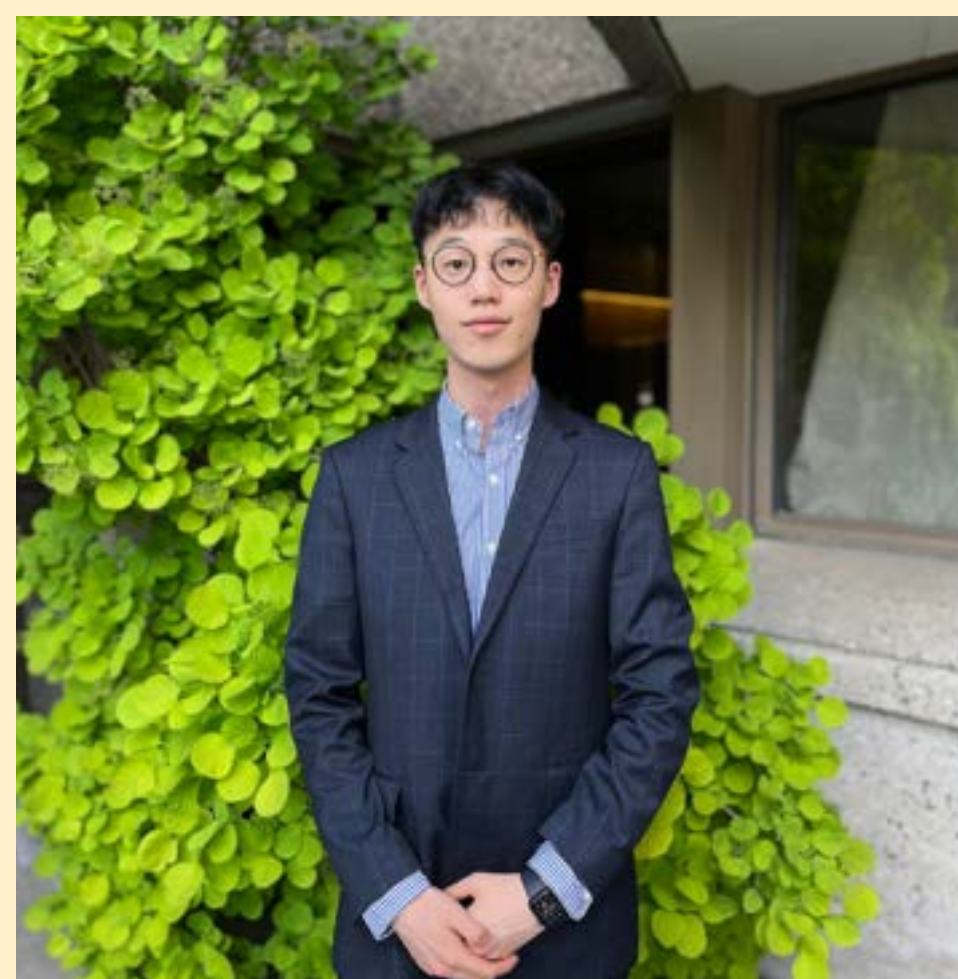
This term, our Wellness Committee focused on promoting physical wellness to pharmacy students and have collaborated with the University of Waterloo's SOPhS to bring their local Collecting KMs event to all 11 pharmacy schools in Canada. During this 4-week event, students will collect kilometers in various ways (e.g., running, swimming, biking, etc.) and be awarded points based on the activity they did. At the end of the 4-weeks, the school with the most points per team member will be crowned as the "2024 Collecting Kms from Coast to Coast Champion," and the top individual at each school will also be provided a prize for their performance. You can stay tuned on the weekly standings to see how your school is doing by checking out our Instagram, @capsinational!

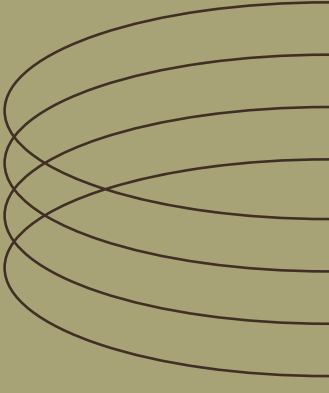
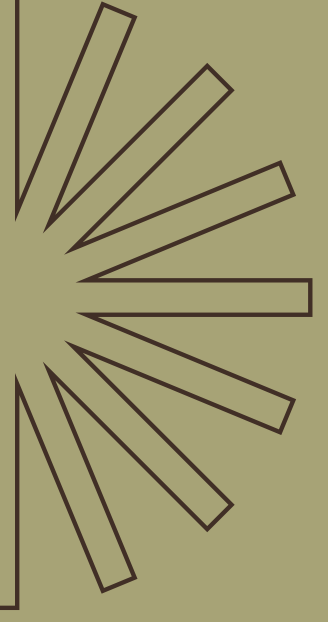
Lastly, the Professional Development Week (PDW) 2025 Planning Committee has been working hard behind the scenes to ensure another successful PDW which will be hosted by Dalhousie University in Halifax from January 8th-12th, 2025! If you're registered for the conference, make sure to follow @pdw2025 to be kept up to date with all PDW-related news such as the themes for each night, recommended tourist spots, and more!

Whether it's your first year in pharmacy school or your last, I hope you're able to enjoy the remainder of the year until the exam season rolls around – and best of luck on your midterms and your finals! I look forward to meeting many of you at PDW, please feel free to come up to have a chat anytime throughout the conference!

Wooje Choi

National President





2024-2025

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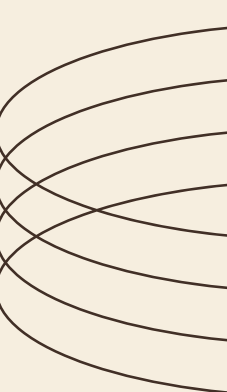
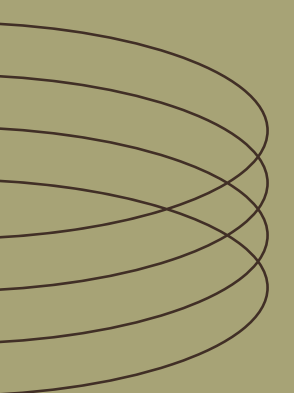
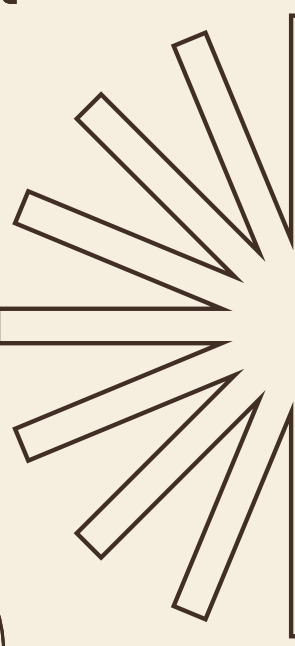
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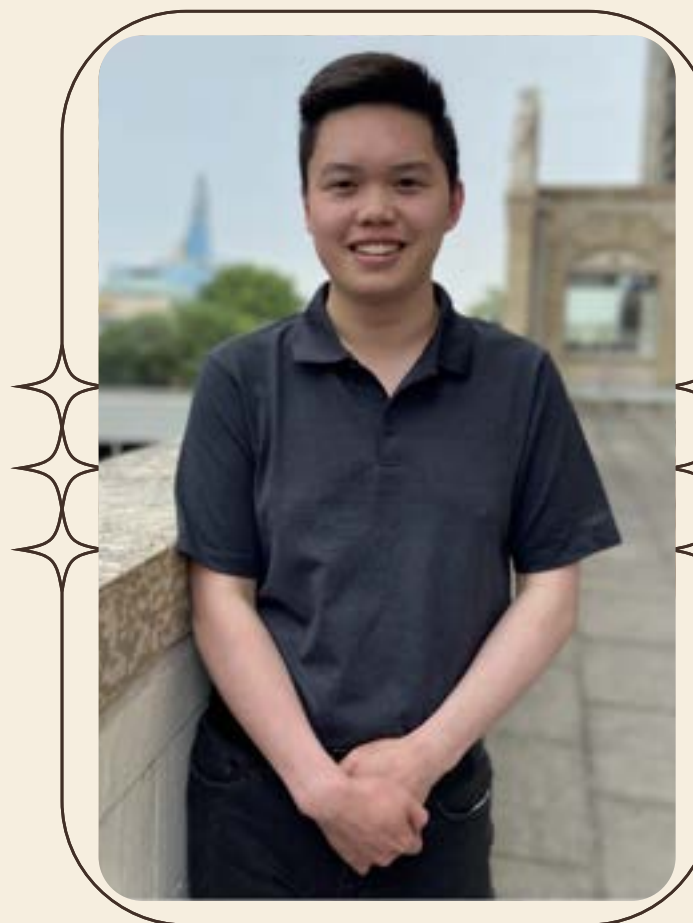
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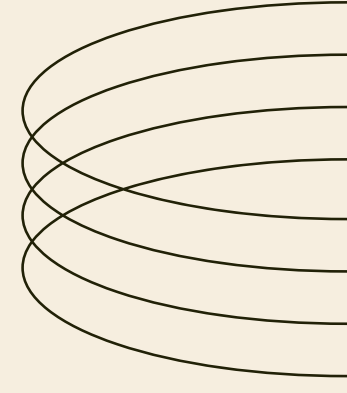
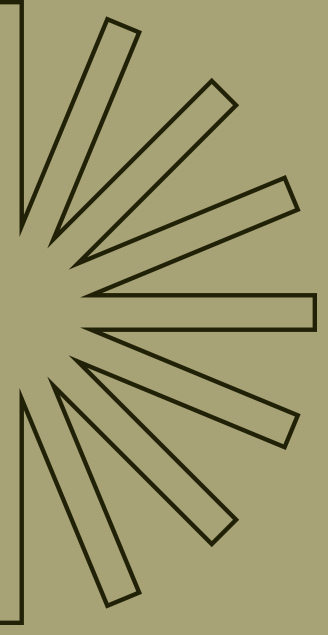
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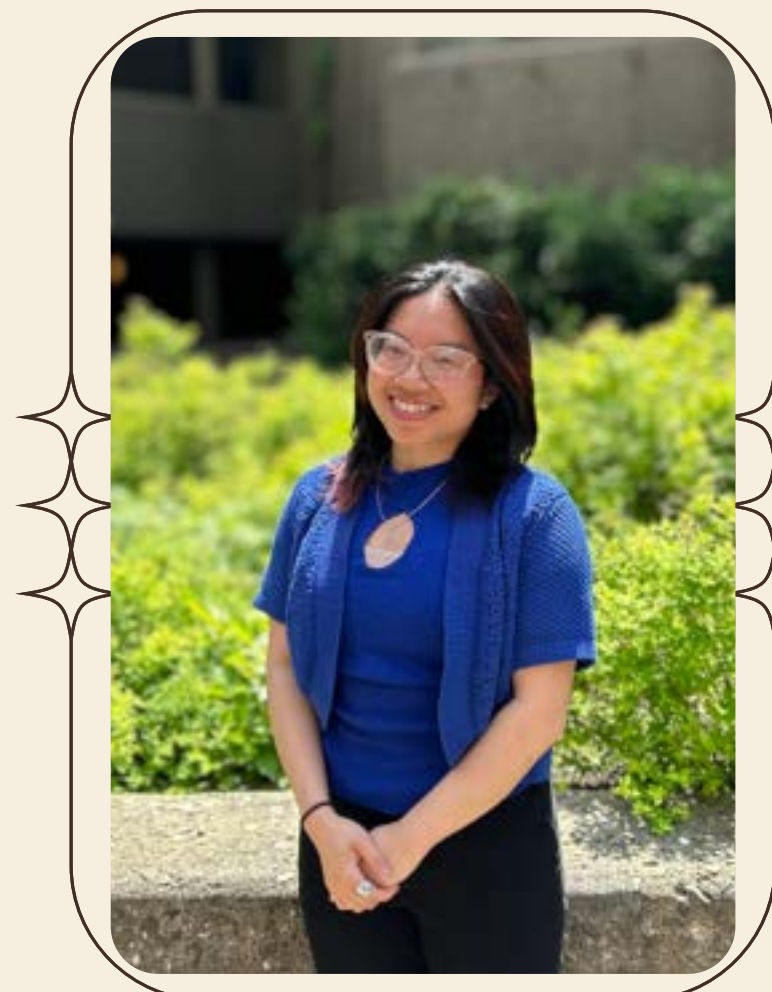
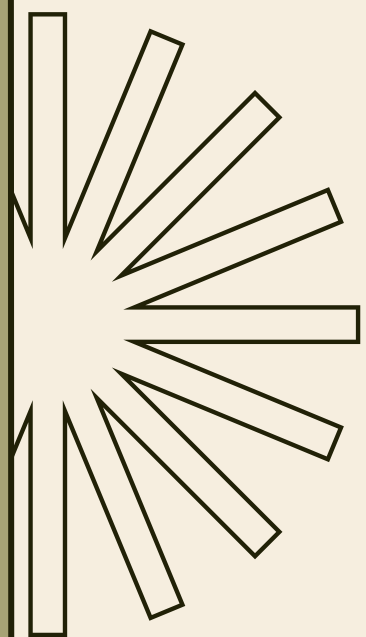
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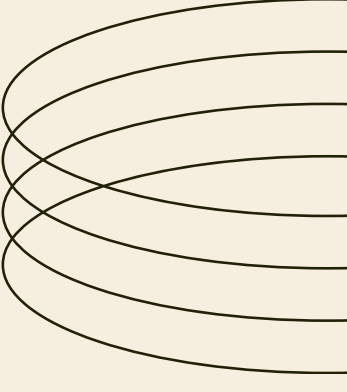
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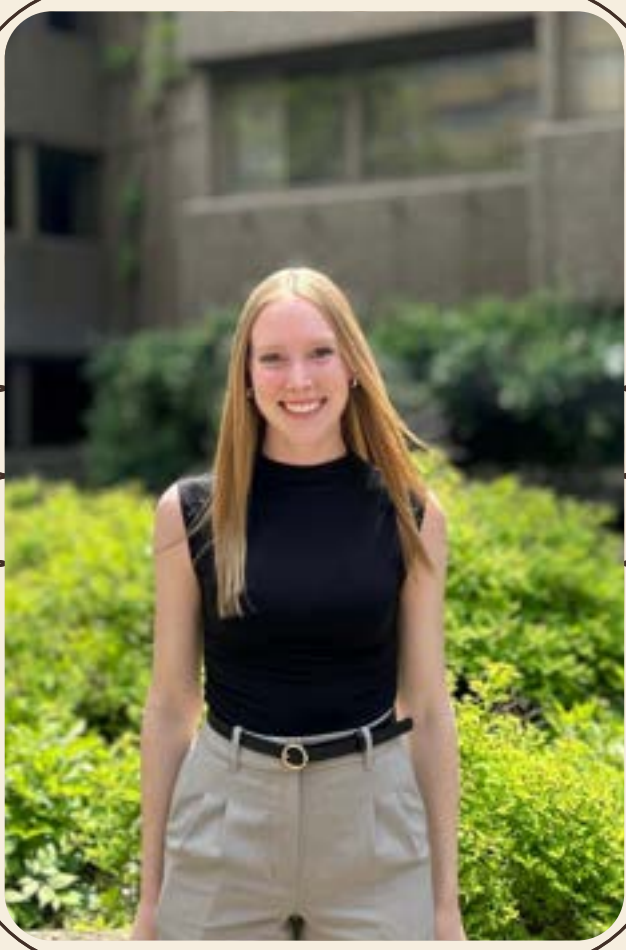


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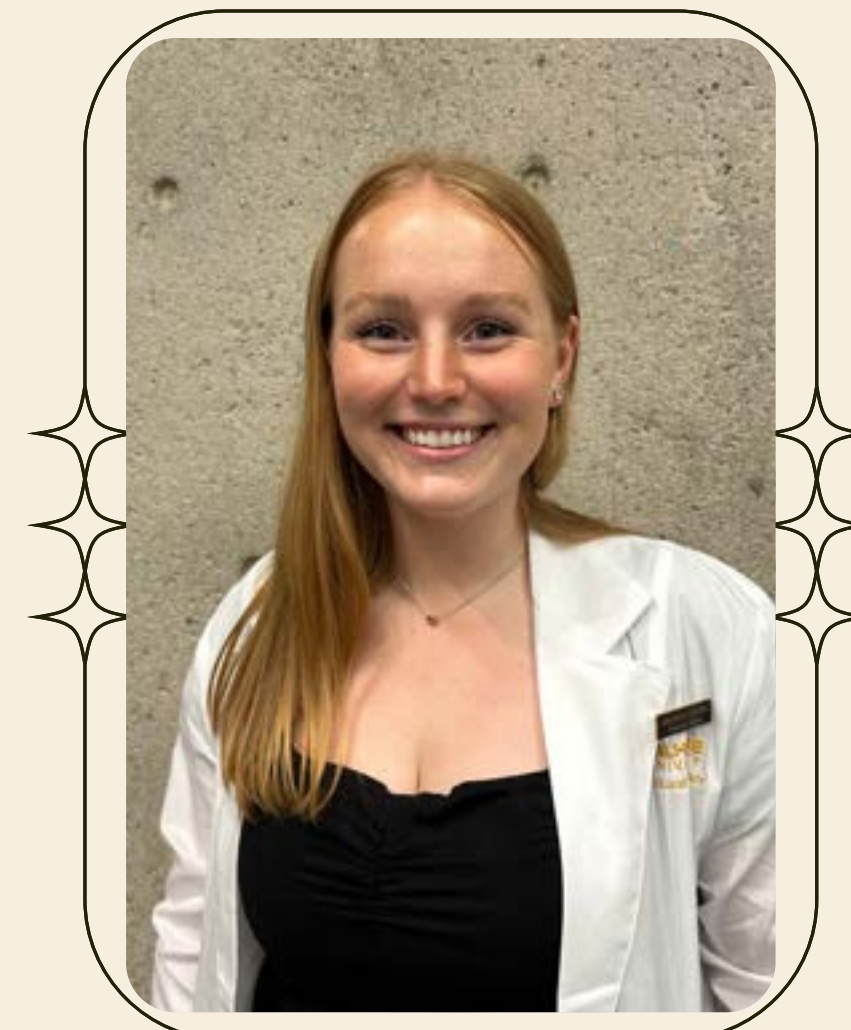
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CAPSI National Subcommittees

Are you interested in getting involved with CAPSI National, working with pharmacy students across Canada, and having your voice heard? Join one of our CAPSI National subcommittees! Email secretary@capsi.ca for more information.

STUDENT WELLNESS COMMITTEE

A national initiative to make a push for student wellness by sharing ideas and events in order to allow better collaboration between all eleven (11) local CAPSI chapters and destigmatize mental health.

TRANSLATION COMMITTEE

Responsible for the translation of any CAPSI related documents, with the exception of PDW materials.

CONSTITUTIONAL REVIEW COMMITTEE

Drafts, reviews and amends the CAPSI Constitution (By-Laws, and Operating Manual), in addition to other official documents and contracts, as necessary.

MOCK OSCE COMMITTEE

Responsible for gathering and developing new mock OSCE questions for the bank, developing an assessment template, and having cases reviewed by PEBC as necessary.

WEBSITE COMMITTEE

Responsible for developing content, maintaining, and updating the CAPSI National social media pages (Instagram, Facebook, Twitter, and LinkedIn) and CAPSI National Website. This includes planned campaigns and events but also can include various educational posts that align with the committee's interests.

ELECTORAL COMMITTEE

Responsible for increasing transparency about our election procedures, facilitating enhanced communication between members and local representatives during speeches and elections proceedings, and researching other methods of voting and logistics involved in order to make decisions about any changes to elections in the future.

ADVOCACY AND PROFESSIONAL AFFAIRS COMMITTEE

Responsible for developing a strategy to engage student opinion about issues that are necessary, raising awareness of pharmacy issues among student members, and contacting local representatives to acquire information about current issues in the profession.

MEMBERSHIP AND COMMUNICATIONS COMMITTEE

Responsible for ensuring that all the members of the Association receive the membership benefits to which they are entitled, facilitate promotion of the Association to current and prospective members and evaluate branding strategy; to update the CAPSI promotional video.



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Pharmacy Students Collaborate with MedEssist in Innovative Prescribing Program

Rahima Shokoya, Prapti Choudhuri, & Natalie Chaput



Access to primary healthcare, which involves first contact, routine care for common health problems is a significant concern in Ontario, particularly for students and residents struggling to find a family doctor. Primary care physician shortages can lead to fragmented care as patients try to navigate the health system on their own, increased reliance on emergency services, and poorer health outcomes.

According to the Ontario Medical Association, approximately 2.3 million Ontarians are currently without a family doctor— a number that could rise dramatically if the issue is not addressed.



Rahima Shokoya



The Access to Care Program: A Step Forward

In response to the pressing issue of healthcare accessibility, pharmacies across Canada have started participating in the Access to Care Program, offered by UofT's healthcare startup tech company, MedEssist. The Access to Care Program leverages the skills of pharmacists and technology to provide better access to patient care, and prescribe for more conditions not limited to, but including birth control, HPV vaccination, shingles treatment and diabetes supplies.

Pharmacy students completing their APPEs and co-op rotations with MedEssist across Canada have had the opportunity to work closely on this program.

One of the pharmacy students involved in the program, Rahima Shokoya, a 4th year University of Waterloo pharmacy student, reflects on her experience: "Working on the Access to Care program with MedEssist has been incredibly rewarding. It's exciting to be part of something that is further expanding the scope of pharmacy practice and helping students like myself. I had the amazing opportunity to help Campus Pharmacy - University of Ottawa's student pharmacy get started with the program. Now any U of Ottawa student can head there and get a prescription for a HPV vaccine, or even birth control if they need it."

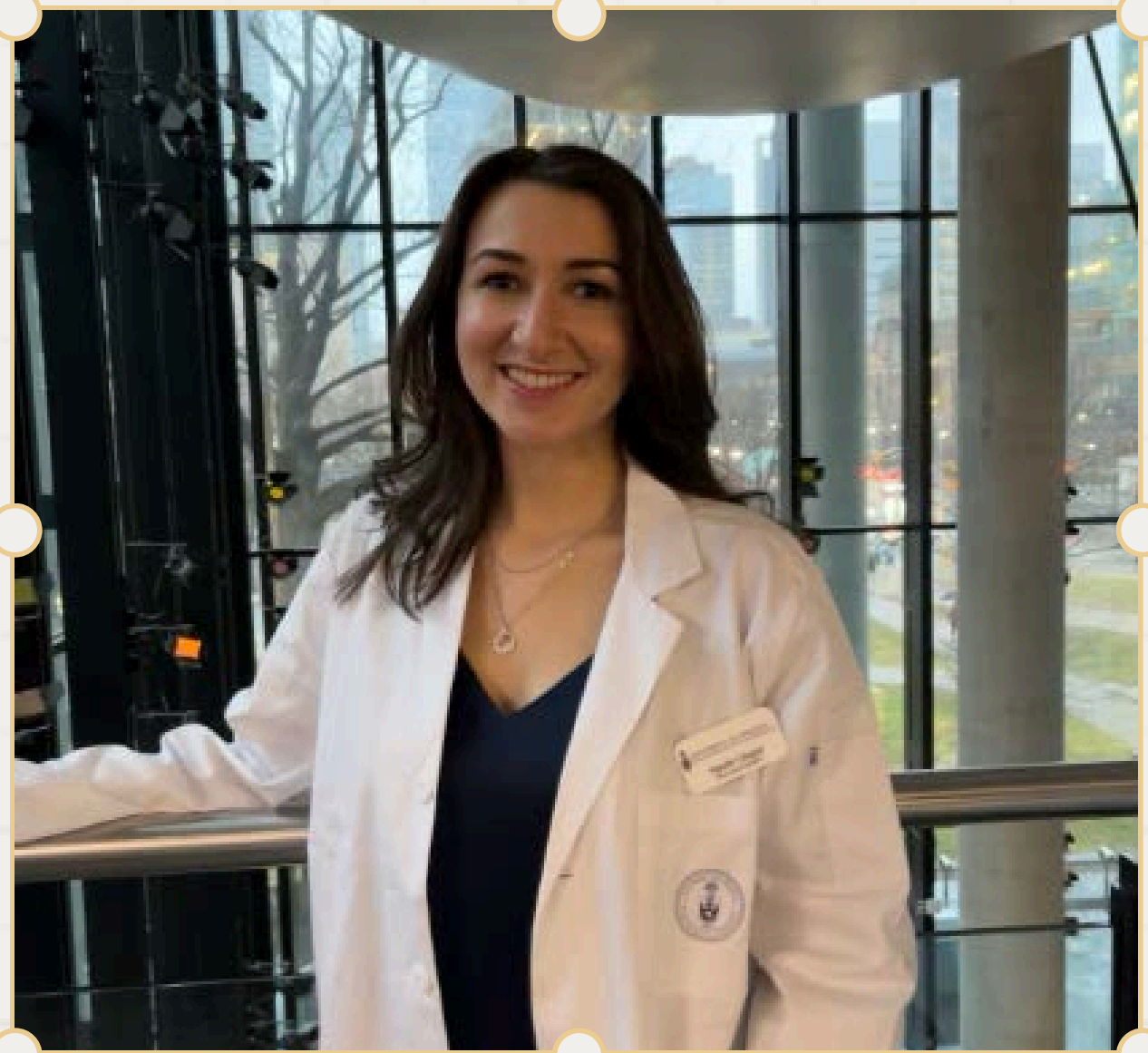
The Power of Multidisciplinary Collaboration

A key element of the Access to Care program is its emphasis on multidisciplinary teamwork. Pharmacists are empowered to prescribe for these conditions via a collaborative prescribing partnership with nurse practitioners and physicians, and pharmacy students helping to strengthen the program work alongside pharmacists, physicians, and other healthcare professionals to ensure these conditions can be treated safely.

Natalie Chaput, a 4th year University of Toronto pharmacy student, highlights the importance of this collaboration: "The opportunity to work with an interprofessional team has been a game-changer for me. Learning from other healthcare professionals and understanding their perspectives has enriched my own practice as a future pharmacist. This is how healthcare should be – professionals from different fields coming together to provide the best possible care for patients."



Prapti Choudhuri



Natalie Chaput

Preparing for the Future of Healthcare

As healthcare evolves, the boundaries between different professions are becoming increasingly fluid. Programs like Access to Care's collaborative prescribing initiative are paving the way for a more integrated and patient-centered approach to care. Pharmacy students involved in the program are not only gaining invaluable clinical experience but also becoming advocates for a more collaborative healthcare system.

Prapti Choudhuri, an incoming Rx2028 at the University of Waterloo shares her thoughts on the future of healthcare: "Completing my co-op with MedEssist and working on the Access to Care program has been an eye-opener for me. The skills and experiences I've gained through the MedEssist program will undoubtedly shape my career as a pharmacist."

Pharmacy student work on the Access to Care program represents a significant step forward in the evolution of healthcare. By expanding the scope of pharmacist prescribing and fostering multidisciplinary teamwork, this initiative is helping to create a more accessible, efficient, and patient-centered healthcare system. Programs like these will shape the future of the profession and continue to underscore the importance of collaboration in healthcare.



Preparing for PDW

WITH THE CO-CHAIRS CAROLINE FITZPATRICK AND KAELYN BUDDEN



What tourist attractions do you recommend delegates check out in Halifax during their free time?

Caroline: Skating at the oval (skates are free to rent!), dinner at the Bicycle Thief or La Frasca, and if there is any opportunity to attend a Mooseheads game on the free/social night, they are always a blast!

Kaelyn: A few things I would recommend delegates check out during their spare time would include skating at the Halifax Oval, heading to the waterfront for various light shows and festivals, and I would highly recommend a Thunderbirds game if it fits into the schedule :)

Canada's Next Top Pharmacist is one of my favourite PDW traditions. Any thoughts on which province will take home the banner this year?

Caroline: I think Dalhousie will be bringing it home this year! Our DNTF winner representing us will be giving it her all, and has already begun her preparation ;)

Kaelyn: CNTF will be a hard fought battle, but I'd have to say Dalhousie is going to take home the winning title this year!





Which speakers are you looking forward to hearing this PDW?

Caroline: I am excited about all of our speakers! One specifically that I am most excited for is learning more about pharmacists, and the environment, which will include clinical aspects such as managing medications during climate crises.

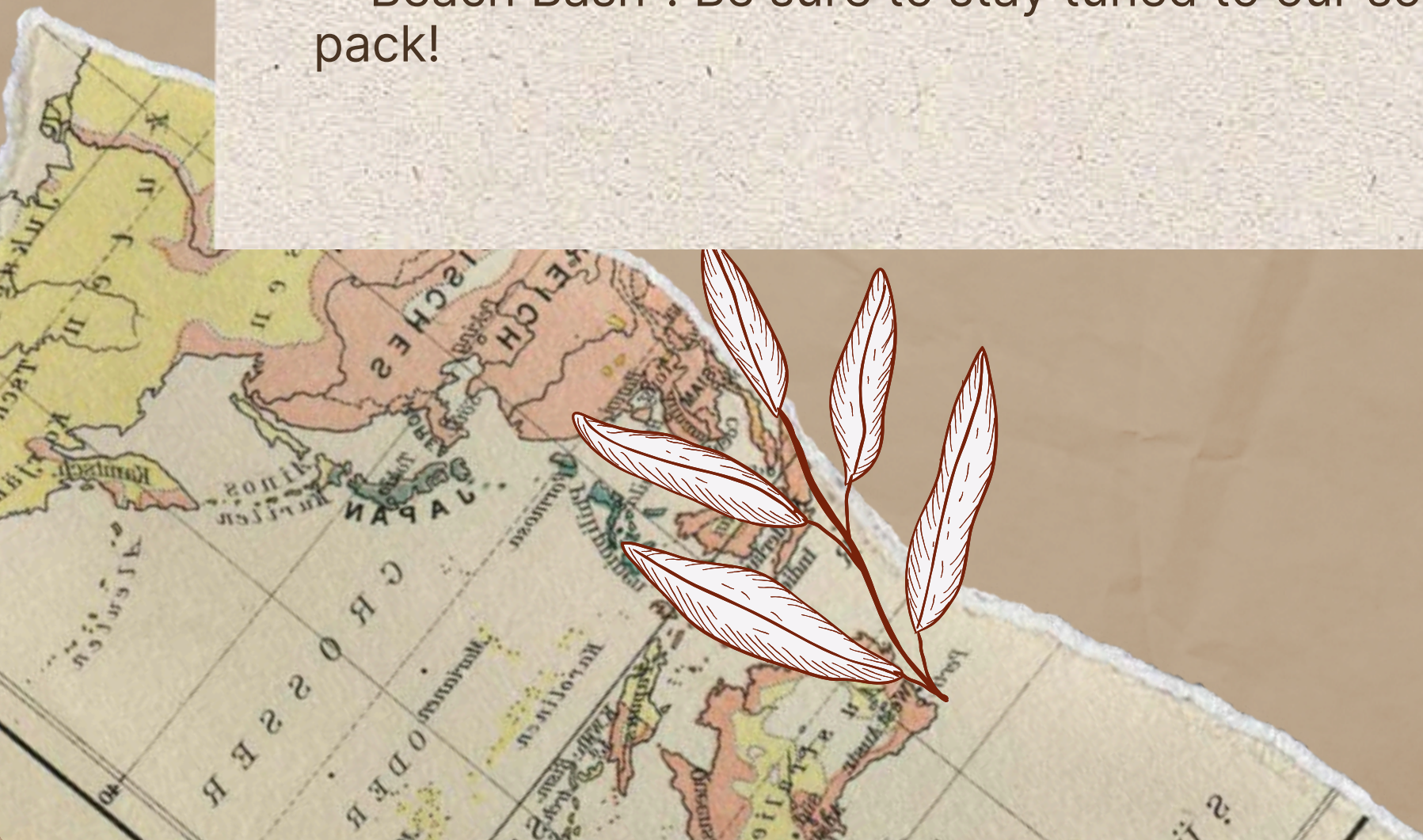
Kaelyn: From clinically focused sessions to professional development sessions, we have a variety of speakers attending PDW, and I can honestly say I'm looking forward to all of them! We've also got some great Keynote Speakers attending the conference! One speaker I'm particularly eager to hear from is our Motivational Speaker, Kim Kelly. Kim will share her insights on maintaining a balanced life, as well as the lessons she learned through sports, and how she's applied those experiences to her career in pharmacy.



What should the delegates know about the dress code for packing?

Caroline: General packing should include professional clothing for the duration of the conference educational events, lab coats for competition winners, casual outfit for the social and free night, as well as a winter jacket for the January Halifax weather! The opening gala will be a semi-formal ocean themed event- think under the sea, with lots of blues and greens! Our CNTP Beach Bash event was chosen to encourage lots of fun bright beach colors and creativity, whether you pack some blow up floaties or beach balls, rock some sunglasses and bucket hats, and make sure to pull out your bright floral pattern shirts! On our last night at the closing gala, we will have a formal Casino Royale themed event, giving delegates a chance to dress it up in their favourite gala attire.

Kaelyn: We have a variety of exciting dress codes planned for PDW! The opening gala will feature a semi-formal "Makin' Waves" theme, while the closing gala will be a formal, Casino Royale themed event. Delegates can look forward to a fun, beach-themed CNTP - "Beach Bash"! Be sure to stay tuned to our social media for more details on what to pack!





What advice would you give to a delegate that has never been to PDW before?

Caroline: Try to take in as much as you can during our unique education sessions, network at events, but importantly don't forget to make new friends and have fun!!

Kaelyn: PDW goes by quickly! It's a jam-packed few days that can feel exhausting at times, but it will likely be one of the highlights of your pharmacy school experience. Take advantage of this unique opportunity to connect with students from across the country - be sure to mingle with others at all the events, you won't regret it! Don't forget to review the breakout sessions in advance and attend the ones that pique your interest. And of course, be sure to bring all your school spirit to CNTP and Pharmafacts! Overall, embrace every moment, and most importantly, have lots of fun!



What do you think delegates will enjoy the most this PDW?

Caroline: The beautiful city of Halifax, and the views you will get staying right on the ocean, as well as the kind, fun and friendly atmosphere of the maritimes!

Kaelyn: I think delegates will enjoy the diverse lineup of speakers we have at PDW this year! Our sessions are designed to expose everyone to fresh perspectives in pharmacy and inspire their future careers. Networking and connecting with pharmacy students from across the country is one of the highlights of PDW, and I believe our exciting themes and social events will make it a memorable experience for all.



KAELYN



Congratulations IPSE & PARO

Lindsay Zhao



IPSF PARO Carlos Juarez Award

2nd Place CAPSI
2023-2024

IPSF PARO Best CP of the Year Award

2nd Place Alissa Kong
2023-2024



Best Projects
Best Policy Projects Winner
CPhA Loan Forgiveness Program, CAPSI

CAPSI CPhA Student Loan
Forgiveness Program



Quinto Azurin, AP

Sam (Hyun Woo) Jang from
Dalhousie University

World Congress - Incheon, Korea 2024

- Best Annual Global Policy Project 2023-2024
- CAPSI CPhA Student Loan Forgiveness
Program
- Advanced Clinical Skills Event (CSE) 1st Place
- Florence Bedard Perrault from Université de
Montréal
- Traditional Patient Counselling Event (T-PCE)
2nd Runner-up - Sam (Hyun Woo) Jang from
Dalhousie University

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[CSHP.ca/Student](https://www.csHP.ca/Student)



The Sacrificed

by Thomas Pichette

Working in a dispensary brings its share of challenges, but also a number of privileges. The one that makes me proudest is certainly being able to reach out to the forgotten members of our society, those who live on the margins, those who have fought every day to obtain what is rightfully theirs. I am fortunate to serve a large number of people from the LGBTQIA2S+ community. To this day, it's impossible for me to find the words to express all the pride and elation I feel when I have the chance to repay, even in the most insignificant way, the immeasurable debt I owe them. After all, it's thanks to the ardor and sacrifices of these men and women that I can live today without any apparent prejudice against myself. But as proud as I am, I'm constantly confronted by the shame-filled looks of those customers who come to collect their renewals from Biktarvy, Triumeq, Genvoya or elsewhere. Despite all the battles this generation has fought, despite all the gains it has made, it's a deep pain that I see on their faces. Could it be that the traces of the HIV/AIDS epidemic are so deep that not even time can erase them?



Photo courtesy of the Quebec Gay Archives.
[HTTPS://WWW.LAPRESSE.CA/ARTS/CHRONIQUES/2023-06-14/MONTREAL-A-AUSSI-EU-SON-ACT-UP.PHP](https://www.lapresse.ca/arts/chroniques/2023-06-14/montreal-a-aussi-eu-son-act-up.php)



Photo courtesy of the Quebec Gay Archives.
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Today, AIDS seems like a thing of the past. All things considered, available treatments offer a virtually normal life for sufferers (1). In the past, however, the arrival of this insidious and devastating disease in Quebec shook the medical community to its core, as it did the homosexual community. It was in 1983 that AIDS was discovered to be caused by infection with the human immunodeficiency virus (HIV). Nevertheless, the absence of treatment did not make the task of treating patients any easier, especially given the extreme stigma that the diagnosis represented for both patients and their families (1).

Around the world, the image of this stigmatization takes the form of a young Quebecer, Gaétan Dugas (2). An outspoken and flamboyantly gay man, the Air Canada flight attendant enjoyed the golden age of disco and the nightclubs that swarmed North American cities. The inevitable happened: he contracted what was then known as “gay cancer” and succumbed at the age of 31 (2). As a particularly mobile foreigner, he became the perfect scapegoat and was identified as patient zero in the media. The one who spread the disease to North America. It wasn't until 2016, 36 years after his death, that a genetic analysis debunked the myth (3).



Gaétan Dugas in the 1980s,
History TV
[HTTPS://WWW.LEMONDE.FR/CULTURE/ARTICLE/2020/12/04/SIDA-LE-PATIENT-ZERO-GAETAN-DUGAS-MALADEMAIS-PAS-COUPABLE_6062246_3246.HTML](https://www.lemonde.fr/culture/article/2020/12/04/sida-le-patient-zero-gaetan-dugas-maladema-is-pas-coupable_6062246_3246.html)

During the 1980s, the epidemic gained momentum and “AIDS became the leading cause of death among gay men (1).” Alexandre Klein, health historian and philosopher, describes the reality of the time in a September 2022 article in *Le Devoir*: “People were seeing their friends die one after the other. It was tragic (1).” The afflictions were manifold: loss of sight, dementia, Kaposi's sarcoma and the rapid death of patients. Despite the virulence of the epidemic, the groups affected - homosexuals, Haitians, haemophiliacs, intravenous drug users, sex workers, etc. - are marginalized. As a result, the response from governments is long overdue. Mariane Fournier, a specialist in the response to AIDS in Quebec, describes the mobilization of doctors who gathered at international scientific conferences. Nonetheless, the many community and patient associations invited themselves to these private events, making it clear that the crisis was not just medical, but also social. Their appeal was heard, and they were invited to participate in medical research. It was thanks to this cross-mobilization, this redefinition of the doctor-patient relationship, that major advances were made in research (1). What's more, we had to wait until 1987, 7 years after the start of the scientific-community mobilization, before seeing the emergence of a structured policy to combat AIDS in Quebec. This delay is all the more shocking considering the urgency of the situation as felt by those going through this appalling period in our history (4).

Resources

Quebec HIV/AIDS Portal: <https://pvsq.org>;

Quebec Aids Foundation: <https://fqsida.org>;

Coalition of Quebec Community AIDS Service Organizations (COCQ-SIDA): <https://www.cocqsida.com>;

Medical clinic L'Actuel: <https://cliniquelactuel.com>;

Integrated screening and prevention services for sexually transmitted and blood-borne infections (SIDEP): <https://www.ciusscapitalenationale.gouv.qc.ca/sante-publique/maladies-infectieuses/itss/sidep>;

MIELS-Québec: <https://miels.org/>;

United Nations AIDS Organization (UNAIDS): <https://www.unaids.org/fr>.

A medication is rarely something insignificant for the patient, and some of them carry a heavy social weight. For men who have lost their friends, their chosen family or even their lover, these pills are a painful reminder of all they have lost. Clearly, it's impossible to dissociate the antiretrovirals on the market today from the struggle that led to their commercialization. For me, the story of this struggle is an inspiring example of how the duty of the healthcare professional and that of the citizen come together to advance not only science, but also society. Doing good also means knowing and understanding the social impact of a drug, and acting accordingly.



Photo: Jacques Grenier Le Devior
 Demonstrators protest at the 5th International AIDS Conference in Montreal, June 4 1989
[HTTPS://WWW.LEDEVOIR.COM/SOCIETE/SCIENCE/755670/LES-ANNEES-1980-MONTREAL-AU-COEUR-DE-LALUTTE-CONTRE-LE-SIDA](https://www.ledevoir.com/societe/science/755670/les-annees-1980-montreal-au-coeur-de-lalutte-contre-le-sida)



Demonstration at the Palais des congrés in Montral during the fifth international AIDS conference held in June 1989, to denounce the lack of support for research from Brian Mulroney's government (Photo: Michel Ponomareff/Gamma-Rapho/Getty Images)
[HTTPS://WWW.LEDEVOIR.COM/SOCIETE/SCIENCE/755670/LES-ANNEES-1980-MONTREAL-AU-COEUR-DE-LALUTTE-CONTRE-LE-SIDA](https://www.ledevoir.com/societe/science/755670/les-annees-1980-montreal-au-coeur-de-lalutte-contre-le-sida)

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1. COUTURIER C. 1980S: MONTREAL AT THE HEART OF THE FIGHT AGAINST AIDS. LE DEVOIR [ONLINE]. 17 SEPTEMBER 2022 [CONSULTED ON NOVEMBER 12, 2023]; 100 ANS DE L'ACFAS : (APPROX. 10 SCREENS). AVAILABLE: [HTTPS://WWW.LEDEVOIR.COM/SOCIETE/SCIENCE/755670/LESANNEES-1980-MONTREAL-AU-COEUR-DE-LA-LUTTE-CONTRE-LE-SIDA?.](https://www.ledevoir.com/societe/science/755670/lesannees-1980-montreal-au-coeur-de-la-lutte-contre-le-sida?)
2. FOURNIER A. "AIDS: PATIENT ZERO": GAËTAN DUGAS, SICK BUT NOT GUILTY. LE MONDE [ONLINE]. 4 DECEMBER 2020 [ACCESSED NOVEMBER 12, 2023]; TV AND RADIO: (ABOUT 3 SCREENS). AVAILABLE: [HTTPS://WWW.LEMONDE.FR/CULTURE/ARTICLE/2020/12/04/SIDA-LE-PATIENT-ZERO-GAETAN-DUGAS-MALADE-BUT-NOT-GUILTY_6062246_3246.HTML.](https://www.lemonde.fr/culture/article/2020/12/04/sida-le-patient-zero-gaetan-dugas-malade-but-not-guilty_6062246_3246.html)



EXTEND

CANCER PHARMACY NETWORK

As pharmacists, we are tasked with staying clinically informed about a wide variety of disease states and treatments. No matter your pharmacy practice setting, contemporary cancer care continues to become more complex and may present a challenge for you. What if you had a place to turn to for questions and access to oncology expertise and information tailored to your practice? Join ECPN for centralized oncology resources.



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**YOUR PHARMACY PRACTICE;
OUR ONCOLOGY EXPERTISE**

STUDENT SPOTLIGHT

Vincent Chiang
from
Calgary, AB

School: University of Alberta,
Year 3
Hobbies: home cooking and
Pokemon TCG



TOFU

What was the highlight
of your summer?
Interviermacists
regarding their
experience in pharmacy
clinics

If you had to choose a
different career than
pharmacy, what would
it be?
I would have probably
become an anatomy
instructor/ professor

Do you
have a pet?
Yes, Tofu!

What was the
highlight of your
summer?
Play Disc Golf in
Maine

Jacob Picard
from
Tracadie, NB

School: University of Montréal,
Year 3
Hobbies: I enjoy walking in
nature.

Do you have a pet?
No, but I love
animals. Here are
some of the cows I
helped with this
year.

If you had to
choose a different
career than
pharmacy, what
would it be?
Teacher



Zoe Grasse from Sarnia, ON

School: University of Waterloo,
Year 3

Hobbies: I love going for
walks every day, and
playing with my pets! I love
the outdoors, whether I'm
camping or just reading
outside!

If you had to
choose a different
career than
pharmacy, what
would it be?

Veterinarian



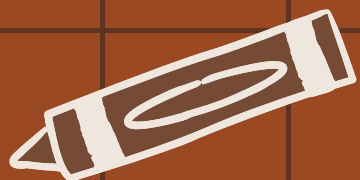
Do you have a pet?

Yes, I have 3! My
guinea pigs are
Albus and Wilbur,
and my puppy is
Naafiri Artemis.



**NAAFIRI
ARTEMIS**

What was the
highlight of your
summer?
**Getting my boxer
puppy!**



If you had to
choose a different
career than
pharmacy, what
would it be?

**Counselling
Psychologist**

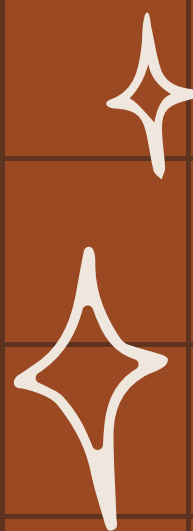
Madison McLean from Dartmouth, NS

School: Dalhousie University,
Year 3

Hobbies: Pilates, pickleball,
walking, and playing Candy
Crush!

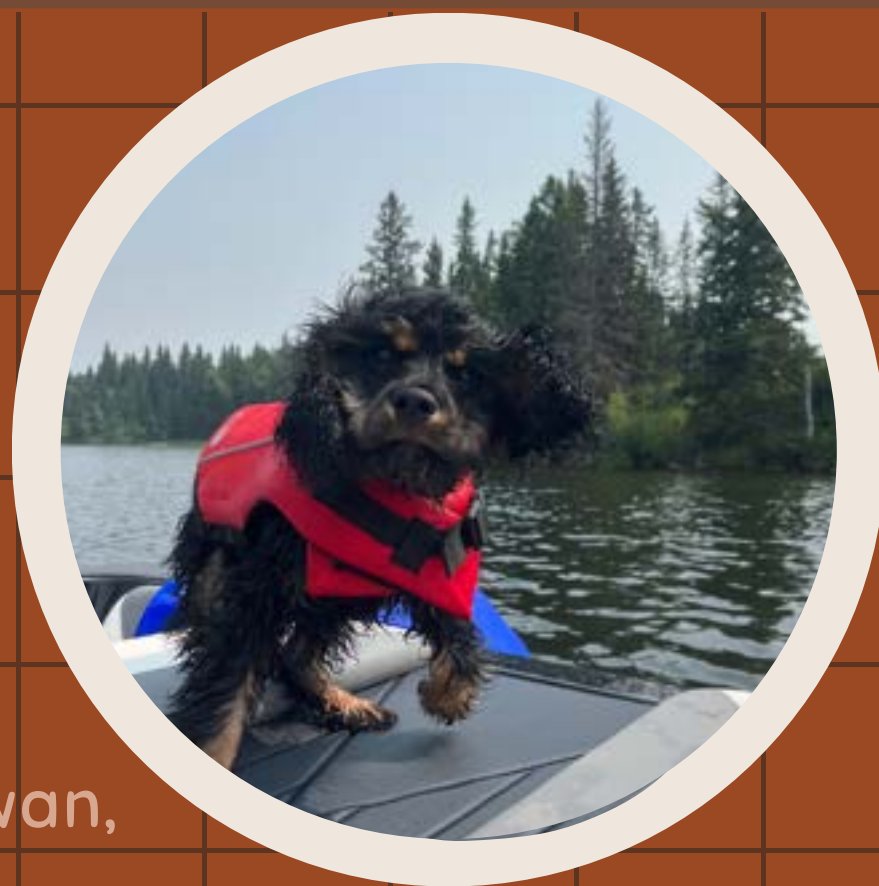
What was the highlight of
your summer?
**Going to the University of
Saskatchewan for
collaborative research
work with Dr. Kyle Wilby!**

**Do you
have a pet?**
Yes, Lily





Reese Mason
from
Warman, SK



Do you have a pet?
I have 2 dogs! Mickey is a miniature Beagle and Koda is a Cocker Spaniel mixed with a King Charles Cavalier :)

ALL ABOUT ME

School: University of Saskatchewan,
Year 2

Hobbies: I enjoy reading, lane swimming, going to yoga classes, hanging out with my friends, listening to records, and walking my dogs

What was the highlight of your summer?
I spent lots of time at the lake surfing, golfing, and fishing with my family!



If you had to choose a different career than pharmacy, what would it be?
I would be a chemist or a doctor!



Canadian Centre on Substance Use and Addiction Substance Use Resources

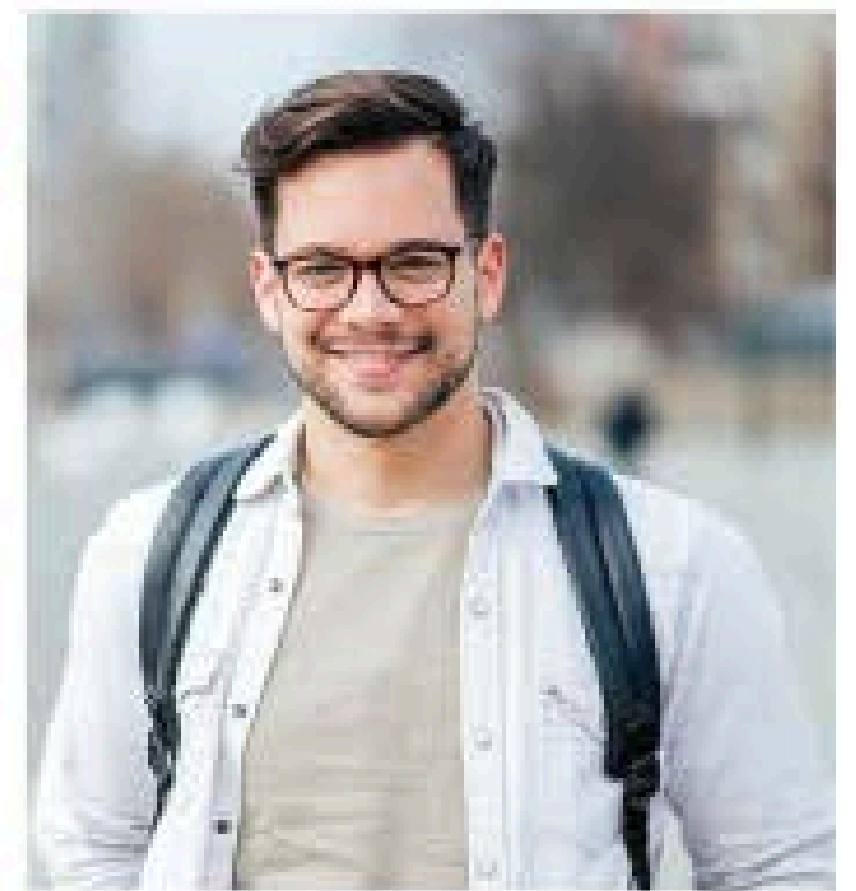
People use substances for many reasons, like to celebrate, relax and cope. Some people may face challenges with their substance use or may experience a substance use disorder.

The Canadian Centre on Substance Use and Addiction is an organization that aims to reduce these harms for people who use substances.

If you want to learn about ways to reduce your risk of harm when using alcohol and other drugs or get more information, check out their website at www.CCSA.ca. They have also developed a list of specific resources related to stigma, alcohol, and cannabis that you may find useful: [CCSA Substance Use Resources for Students](#).



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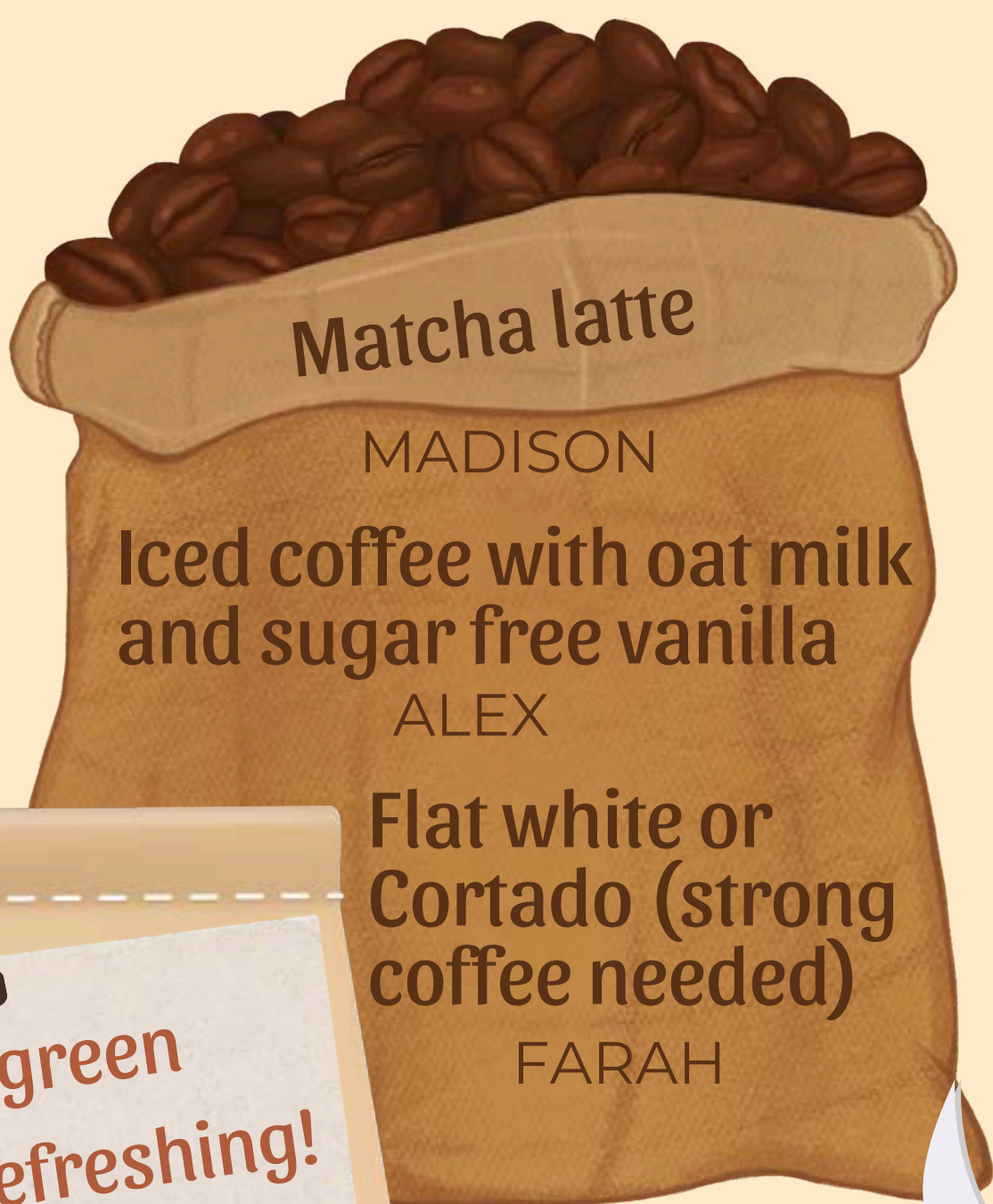
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CAPSI's
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 ROMY
 Tims earl grey tea 2 milk 3
 sugar AMY



Iced peach green
 tea...very refreshing!
 IMANE
 Orange Pekoe tea with
 two milk one sugar
 JEEVAN
 London Fog
 CASSANDRA
 Not a coffee or tea -
 either red bull or
 peach quencher from
 Timmies
 HANNAH



Medium mocha iced capp
 with a shot of espresso.
 Truly a life-changer
 ALEXIS
 Blonde Vanilla Latte
 with Almond Milk
 MERIAM
 Iced latte
 JOE
 Spearmint tea
 ABIGAIL

LONDON *Drugs* ARTICLE

Since 1945, the pharmacy department at London Drugs has been a trusted name for the healthcare needs in the community we serve. With the long waits to see primary care providers in urgent care settings and shortage of family practice physicians, the need to access community pharmacists continues. The various levels of Government have recognized this. As a result, we are seeing expanded scopes of practice across Canada such as the expanded pharmacist-led clinical services program in Nova Scotia that allow pharmacists to see patients with common illnesses, as well as prescribe and manage medications for more ailments. Most pharmacists can now conduct medication reviews, assess minor ailments, and renew prescriptions when appropriate. Evolving pharmacy practice allows patients access to quality health care conveniently and efficiently, while reducing the strain on other parts of the healthcare system.

Patient education is an important tool in preventing chronic disease, when part of a multi-faceted approach that includes policy change, and community-based interventions. Education can play a critical role in helping individuals make informed decisions about their health, such as adopting healthy behaviors and avoiding harmful habits. Education can also be important in raising awareness about the risks associated with certain chronic diseases and the importance of regular screening and check-ups. London Drugs has a rich history of leading the way in patient care. While all pharmacists undergo rigorous training from post-secondary institutions and engage in continuing education, we also support our teams with training and resources to confidently expand their scope of practice in step with changing provincial regulations. In addition, our Specialty Pharmacists offer services such as ISTM certified travel consultations, diabetes management, menopause, and sleep consultations. Our team of Clinical Pharmacists, Patient Care Pharmacists, and Corporate Nurses, also offer a wide range of unique health screening services for our patients and vaccinations have become a standard component of community pharmacy practice. By providing a wide range of valuable clinical services, we strive to promote a better quality of life for individuals and healthier communities.

You have joined pharmacy at a time when our profession continues to evolve. Upon graduation, you will be part of this evolution that sets the stage for future care. Enjoy your time as a pharmacy student and career as a pharmacist. The future is bright for our profession.





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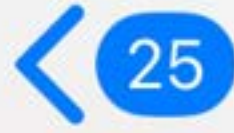
Join the Northern Health Pharmacy team

- ✓ We offer full-time, part-time, and casual shift opportunities, along with flexible scheduling options
- ✓ Gain professional experience and grow your skill set in a supported environment
- ✓ Financial support for moving expenses is available

View [available positions](#) today!

1:25

64



CAPSI <3

Hey CAPSI folks, I can't wait to see everyone at PDW soon. What is everyone looking forward to in Halifax?

Joe



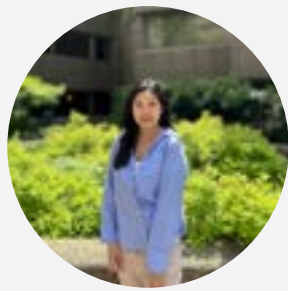
Themed nights!

Marc



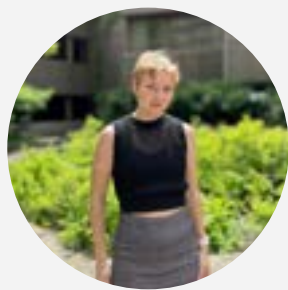
Local restaurants!

Lindsay



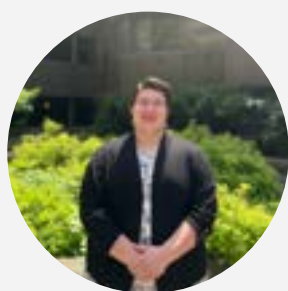
I've never been to the east coast, so the seafood sounds good!

Allison



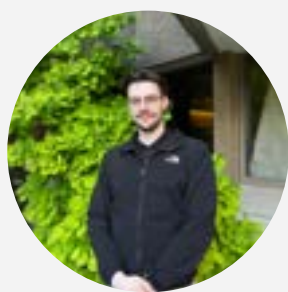
Seeing all the lovely CAPSI friends

Alexis



The social events are always amazing, but Next Top Pharmacist will probably be the highlight of the trip.

Zach



Meeting peers from across the country!

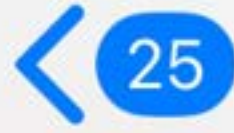
Jin



Meeting everyone in person! (I was not at CPERC)

1:25

64



CAPSI <3

Madison



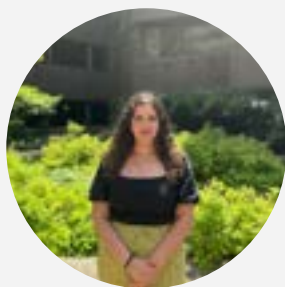
Seeing council members in person again

Hannah



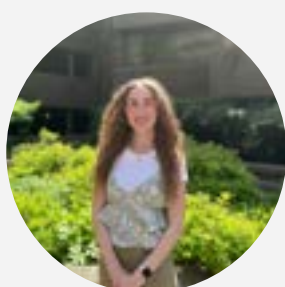
The Social nights - especially CNTP

Farah



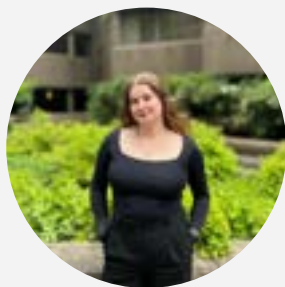
Amazing and exciting experience

Amy



Getting to meet pharm students from across the country!

Meagan



Hanging out with the CAPSI gang and meeting new pharmacy students

Imane



Meeting a bunch of new pharmacy students and building again unforgettable memories :)

Jeevan



I am looking forward to a productive and educational conference and networking with pharmacy students across Canada.

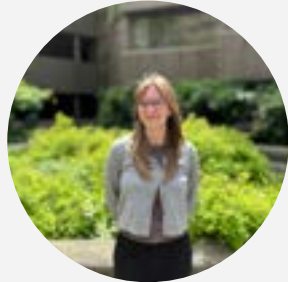
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64



CAPSI <3

Romy



Seeing all of the CAPSI council again!

Meriam



Connecting with students from all over the country and reconnecting with old friends

Cassandra



I'm looking forward to CNTP!

Mélisande



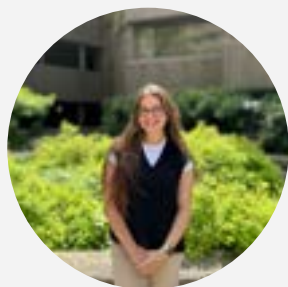
Eating Cows ice cream at the waterfront!

Alex



Getting to welcome everyone to my wonderful city!

Abigail



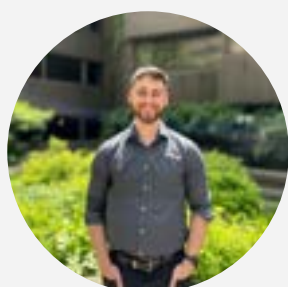
I am looking forward to seeing friends from other pharmacy schools and creating lasting memories with them!

Lydia



The speaker sessions!

Hassan



Meeting pharmacy students from all around the country and learning more about how the practice varies.

ENSURING SAFE DRUG DISPOSAL: THE CRUCIAL ROLE OF PHARMACISTS



By Health Products Stewardship Association (HPSA)

The increasing awareness of Consumer Medical waste and its potential impact on public health and the environment has highlighted the need for proper drug disposal methods. The Health Products Stewardship Association runs take-back programs for safe disposal of Medications and Medical Sharps in Ontario, British Columbia, Prince Edward Island, Manitoba, New Brunswick and Quebec. As trusted healthcare professionals, pharmacists play a vital role in promoting safe drug disposal practices to consumers.

The Importance of Safe Drug Disposal

- 1. Environmental Protection:** Improper disposal of medications can lead to contamination of water supplies and ecosystems. Pharmaceutical products that enter waterways can harm aquatic life and disrupt natural processes.
- 2. Public Health:** Unused or expired medications, if not disposed of properly, may be misused or abused, contributing to substance misuse crises or accidental ingestion. Safe disposal practices can significantly reduce the risk of accidental poisoning or overdose.
- 3. Regulatory Compliance:** Many jurisdictions have established regulations regarding the disposal of pharmaceutical waste for consumers part of the extended producer responsibility. Adhering to these guidelines is essential for compliance and the safeguarding of community health.
- 4. Community Awareness:** Educating the public about safe disposal methods helps create a community that is informed and engaged in responsible health practices.

The Pharmacist's Role

Pharmacists are uniquely positioned to lead initiatives in safe drug disposal due to their accessibility and expertise in medication management. Here are several ways pharmacists can contribute:

- 1. Patient Education:** Pharmacists can counsel patients on how to properly dispose of medications. This includes providing information on take-back programs, home disposal methods, and local regulations regarding pharmaceutical waste.
- 2. Community Programs:** Pharmacies participate as a collection location offering convenient locations for safe collection and disposal options for unused medications.

3.

Medication Management: By reviewing medication regimens during consultations, pharmacists can identify potentially unnecessary medications that may be candidates for safe disposal, helping to reduce waste and promote safer medication use.

4.

Training and Resources: Pharmacists should stay informed about the latest guidelines and resources regarding drug disposal. Providing staff training in pharmacies ensures that all team members can assist in educating patients effectively. Guidelines resources are available on Healthsteward.ca

Pharmacists have a significant role to play in the safe disposal of medications, impacting both public health and environmental safety. By educating patients, participating in community initiatives, and advocating for best practices, pharmacists can lead the way in fostering responsible medication disposal habits. The collective efforts of pharmacists in this area can make a substantial difference, ensuring a safer and healthier community for all.

As we strive for a more sustainable future, let us embrace our responsibility to protect both health and the environment through safe drug disposal practices.

We encourage you to take part of the take back programs.

Further information can be found on healthsteward.ca



Terri Drover,
President and CEO

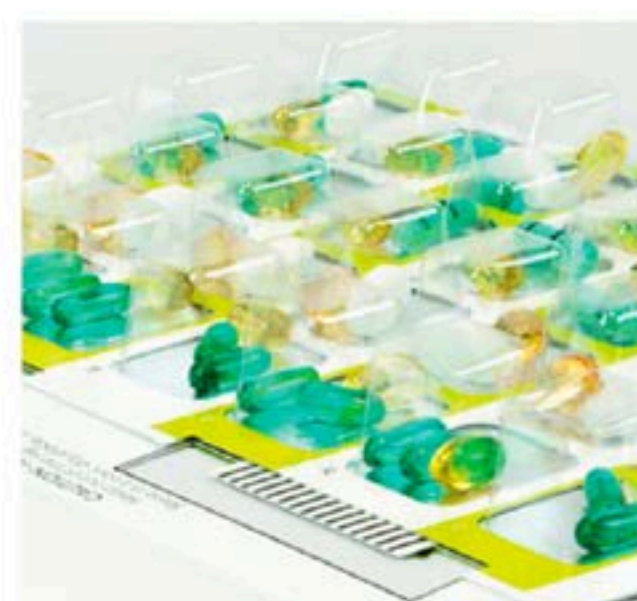
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When you support the Canadian Foundation for Pharmacy (CFP), you help put pharmacy on the map.

With your support, **CFP funds research and frontline innovations** that seek to advance the pharmacy profession and demonstrably improve the health of Canadians.

CFP-funded projects have helped make the case for pan-Canadian expanded scopes of practice and remuneration for pharmacists' services.



Prescription to Thrive

Spearheaded by Pharmacy Association of Nova Scotia, the Prescription to Thrive project proved the feasibility of a structured approach to incorporate expanded services into the daily workflow. The number of participating pharmacies steadily grows.



RxOUTMAP

Researchers at the University of Alberta proved that pharmacists' prescribing services for urinary tract infections reduces costs for the healthcare system and is well-received by patients. The findings influenced policy and remuneration for pharmacy in New Brunswick, Saskatchewan, Manitoba, Ontario, Nova Scotia and P.E.I.



Prescribing for minor ailments

Researchers at the University of Saskatchewan proved the cost benefits of pharmacists prescribing for minor ailments, which helped pave the way for minor-ailment prescribing programs in all provinces.

Other CFP-funded projects currently underway that promise tremendous returns for both pharmacists and patients are in the areas of:

- QR-coded patient education videos
- Parkinson's disease
- anticoagulation management
- mental health
- medical cannabis



Thank you for your support.

To donate, scan the code or visit www.cfpnet.ca/donate



Canadian Foundation for Pharmacy

CAPSI National Elections 2025-2026

Do you want to advocate for the interests of pharmacy students nationwide?

Talk to your local representatives or email secretary@capsi.ca or more information.



CAPSI is looking for pharmacy students who represent our values of unity, professionalism, advocacy, academics, and excellence to join the 2025-2026 executive council!

For election updates, please refer to our social media pages.

Winter CAPSIL
2025

Call for Submissions

Deadline: January 1, 2025

Please email submissions to:
capsil@capsil.ca

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