



CAPSI • ACEIP

CANADIAN ASSOCIATION OF PHARMACY  
STUDENTS AND INTERNS LETTER

20  
*Spring*  
**CAPSIL**  
24



Canadian Pharmacists Association

Association des pharmaciens du Canada



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# Editor's Address

Dear members and supporters,

I can't believe we've reached the end of another year of CAPSIL releases. It's surreal to think that this marks my final issue release... EVER! The bittersweet reality of this moment hits me harder than I expected. It's like the lyrics from Nelly Furtado's song, "why do all good things come to an end." This journey has been filled with more highs than lows, and I've cherished every moment of it. Working alongside the incredible individuals in the translation committee has been an absolute joy. Without their unwavering support and collaboration, I could never have brought all three issues of CAPSIL to fruition.

Let's celebrate the 2024 pharmacy graduates! Congratulations to each and every one of you on nearing the finish line and bidding farewell to the days of saying, "I'm just a pharmacy student" at the pharmacy. Your journey has been remarkable, and I'm confident that you'll emerge as influential trailblazers, shaping the future of pharmacy for years to come. To all the other pharmacy students embarking on summer rotations, best of luck! May this summer be a time of well-deserved rest and rejuvenation after a demanding academic year.

happy  
GRADUATION



Having said that, serving as your CAPSIL Editor this year has been a pleasure. It's been a fantastic journey of networking and personal growth, allowing me to hone my communication and graphic design skills. I trust that the past three issues have brought you joy as readers. From cover to cover, I hope you found each page insightful, discovering more about the CAPSI national council along the way. As we move forward, I am confident that the CAPSIL will continue to evolve, introducing new segments to spotlight pharmacy students nationwide, ensuring its ongoing improvement and relevance.

I can't stress enough how appreciative I am of every single individual on the committee for taking the time to translate for the CAPSIL. I wanted to sincerely express my gratitude to the Translation Committee for their tireless dedication in upholding bilingualism within this newsletter. Additionally, I extend my thanks to CAPSI National for providing such a rewarding and enjoyable opportunity.

Wishing the incoming council the very best in all their endeavors! While it will undoubtedly be an exciting journey ahead, I have full confidence that under **Wooje's fearless leadership**, the council will continue to strive for excellence and bring further greatness to CAPSI!

Congratulations on your achievement, Kezra! I know you will go above and beyond in this role (as you always do!). I wish you all the best and look forward to witnessing your continued success! Cheers to your accomplishments!



Wooje in his suit as the next CAPSI President

Don't be a stranger and reach out if you have any questions or just want to chat (jly2@ualberta.ca)!

Peace out,

*Jasmine Ly*

Jazzi Ly



If you ever visit Calgary, try Donna Mac!



# PRESIDENT'S ADDRESS

**Hello CAPSI members and supporters,**

It's hard to believe we're already releasing our Spring CAPSIL as it not only marks the end of the school year but also signifies the 2023-24 council year coming to a close. Congratulations to everyone for getting through another exam season and completing another school year. I would also like to extend an extra congrats to the Class of 2024 (you made it!) as well as good luck on the PEBCs.

As with our previous CAPSIL editions, you'll find stories and highlights from various CAPSI members, supporters, and get the chance to learn a little more about each of our council members. Something new in this edition is you'll get to see some of our member's furry friends. Each of our CAPSIL releases would not be possible without the hard work of our CAPSIL editor, Jazzi Ly, along with the translation committee, so a big thank you to them!

While this year has gone by fast, we've been able to accomplish so much as a council. Most recently, each of our 11 local chapters organized some of the best PAM events yet. I continue to be amazed by all that our locals can pack into the month of March. Throughout the year, we've collaborated with many different organizations, growing our existing partnerships and creating some new ones. Our sponsors not only support CAPSI financially to aid us in celebrating students' achievements through awards and competitions, but these connections help us to raise awareness for CAPSI, advocate on behalf of students, and work to improve the overall quality of our time in pharmacy school.

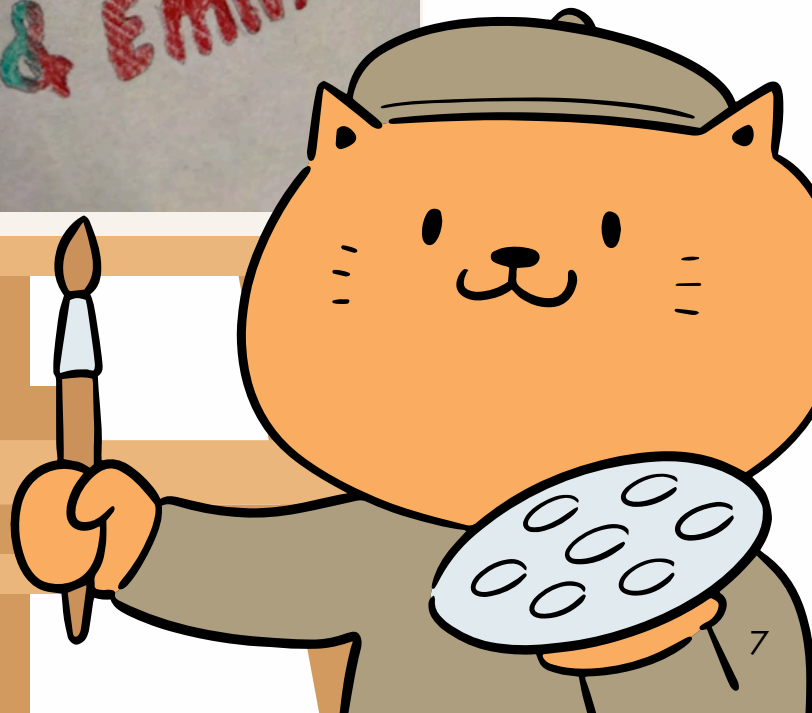
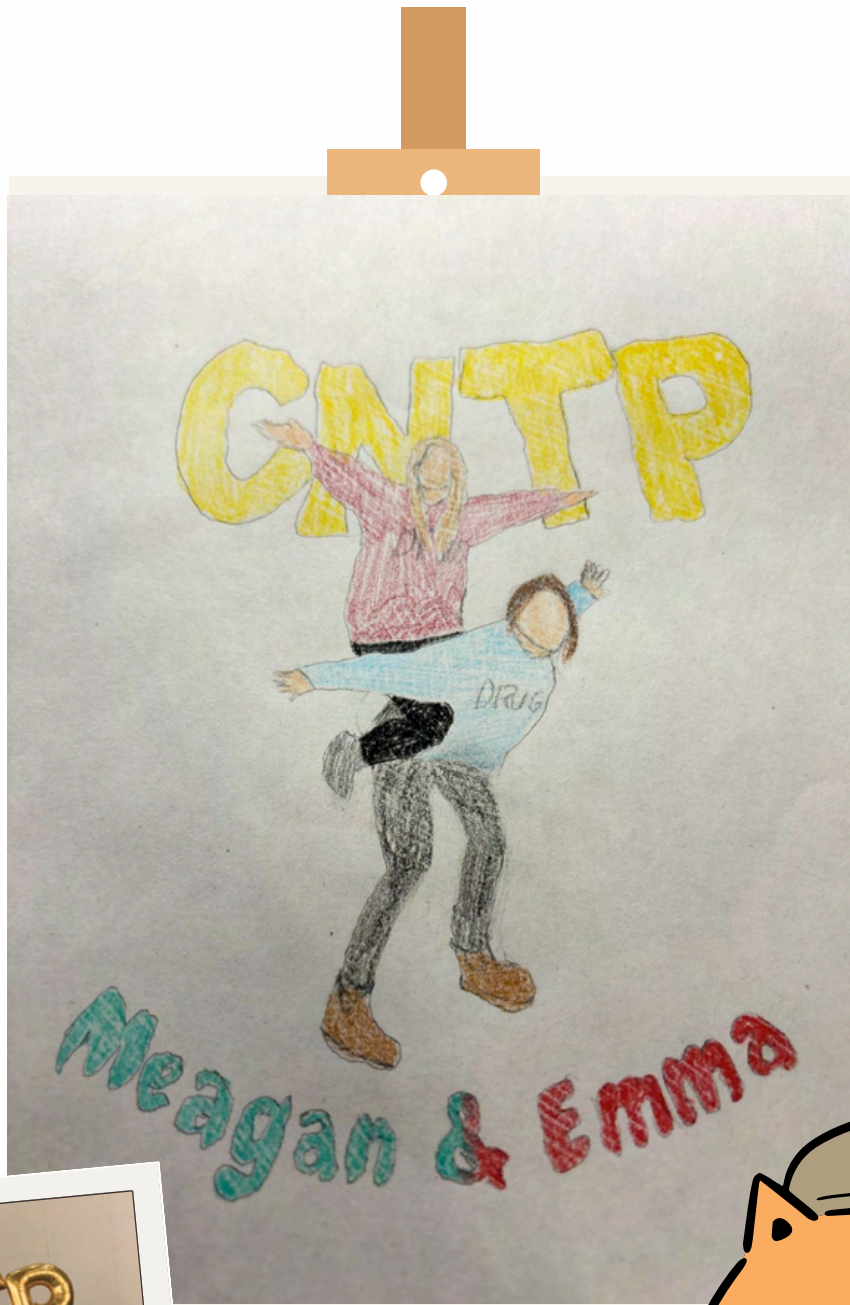
With this being my last Presidential address, I would like to thank everyone for a great year. We had an incredibly strong council, and it's thanks to all of their hard work and dedication that we could grow new partnerships, run competitions, make student voices heard through national advocacy efforts, organize PAM events, host PDW, increase our national and international presence, and so much more. I feel incredibly lucky to have been part of CAPSI these past two years and can't wait to see what next year brings under the leadership of Wooje Choi, our incoming CAPSI President.

Happy reading and I hope to see many of you at PDW 2025 in Halifax!

**Madi Wong**  
CAPSI National President

# SASKY ART SUBMISSION

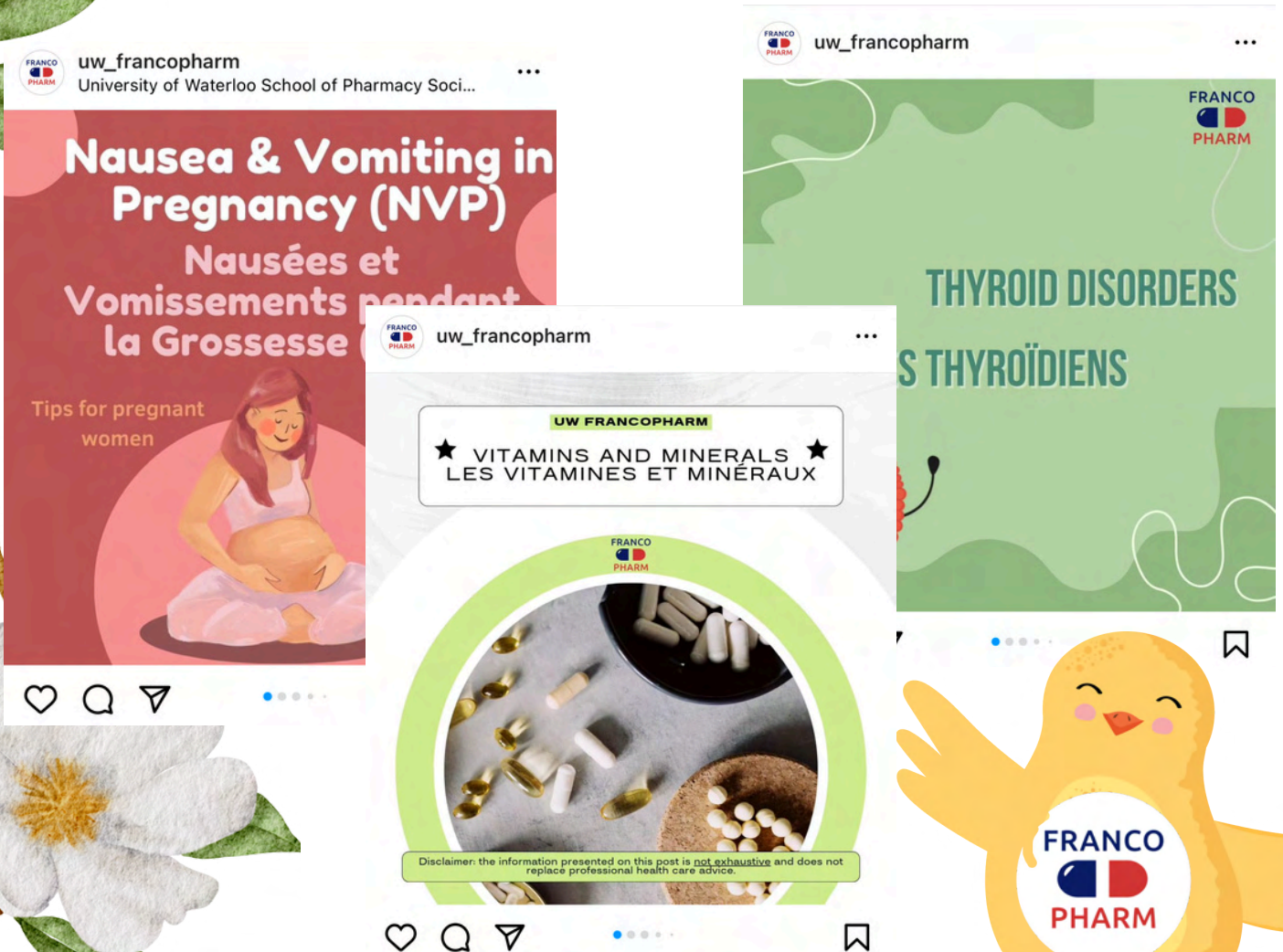
Created By: Meagan Wenzel



CLUB FEATURE:

# UWaterloo FrancoPharm Club

CHECK OUT THEIR INSTAGRAM @UW\_FRANCOPHARM TO LEARN ABOUT TOPICS IN PHARMACY IN ENGLISH AND FRENCH!







# 1. HOW DOES UW FRANCO PHARM CLUB ENGAGE WITH THE WIDER COMMUNITY, AND WHAT ROLE DOES IT PLAY IN PROMOTING FRENCH LANGUAGE AND CULTURE BEYOND THE CAMPUS?

The FrancoPharm Club engages with the wider community by having the fully public and accessible Instagram and Facebook page, so that anyone regardless of background can follow along and learn some useful French tips and translations. We play a role in promoting French language beyond campus in educating potential patients, friends, families as well as current and past students about pharmacy related topics. Additionally we also include little weekly polls where the subjects could be anything so the community can learn a little more different topics in French!

# 2. HOW DO YOU BELIEVE THE CLUB HAS POSITIVELY IMPACTED THE LANGUAGE PROFICIENCY OF ITS MEMBERS?

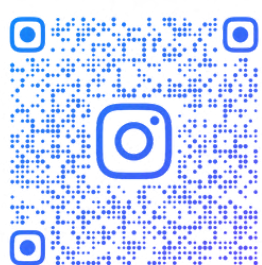
The club works really hard to be inclusive to whoever is interested in attending events, being a part of the executive committee and anyone interested in following along. In this way, we welcome any level of French proficiency to work on their skills and learn useful phrases and terms. In doing so, our members get to feel welcomed and assisted in improving their proficiency at their own pace!

# 3. HOW DO YOU BELIEVE THE CLUB HAS POSITIVELY IMPACTED THE LANGUAGE PROFICIENCY OF ITS MEMBERS?

Our club hosts events such as a yearly PAM Jeopardy, coffee and chat, guest speaker sessions as well as counseling seances for pharmacy students. Every year we strive to host a multitude of events and try to keep it engaging and fun so that all our members can enjoy events whilst improving their language skills.

# 4. HOW DO YOU BELIEVE THE CLUB HAS POSITIVELY IMPACTED THE LANGUAGE PROFICIENCY OF ITS MEMBERS?

Our goal is to continue to grow as a club, welcoming more members, students and executive positions to create a positive French learning atmosphere. In addition, we strive to continue to offer events throughout the years and hope to make our club a longstanding one at the University of Waterloo School of Pharmacy.



@UW\_FRANCO PHARM

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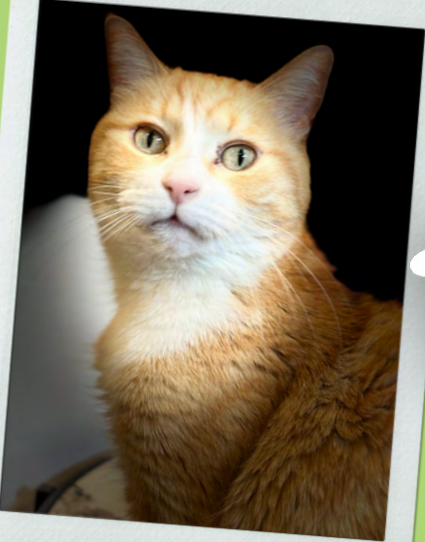
MOUSSE !



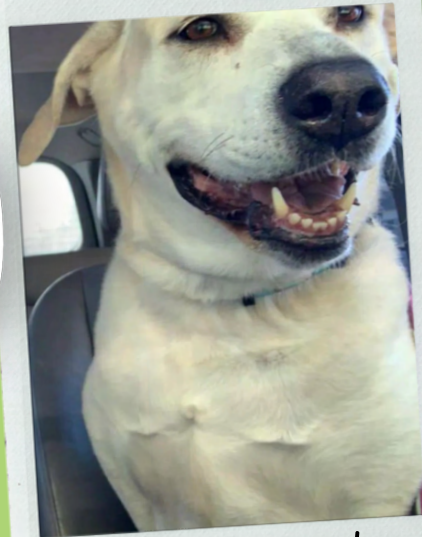
TOBY

# pet therapy

PLEASE ENJOY THIS COLLECTION OF CUTE PETS



SAWYER JANE



Nelly ☺



CINDY



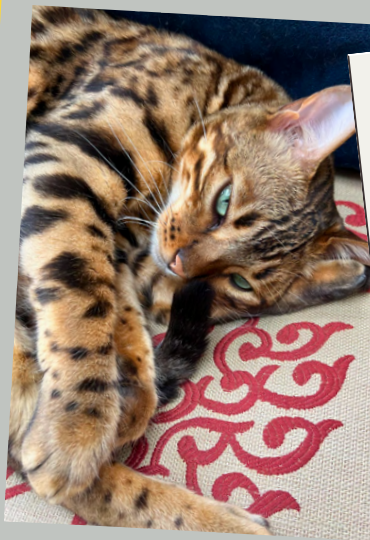
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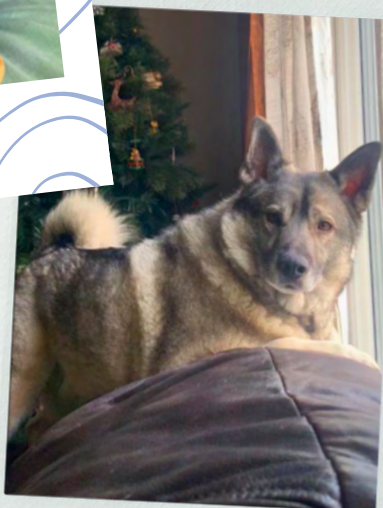
Hope ✨



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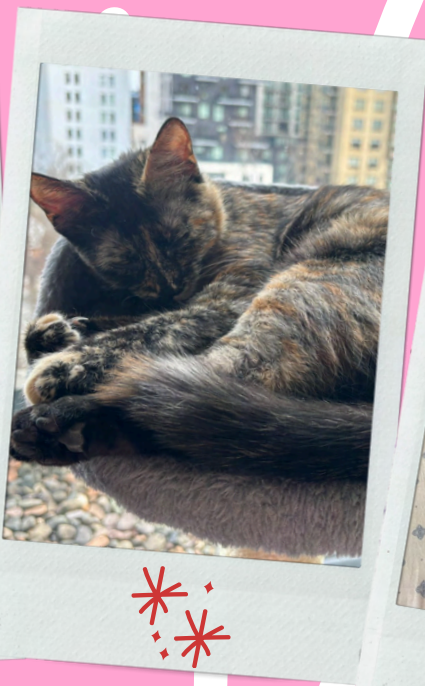
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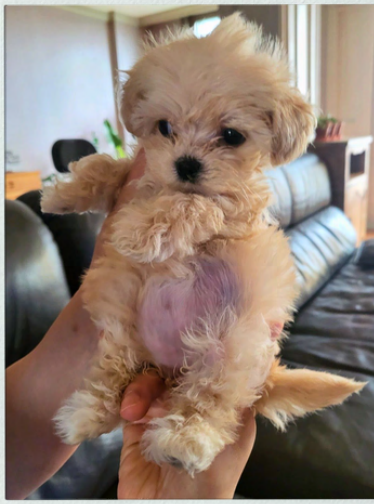
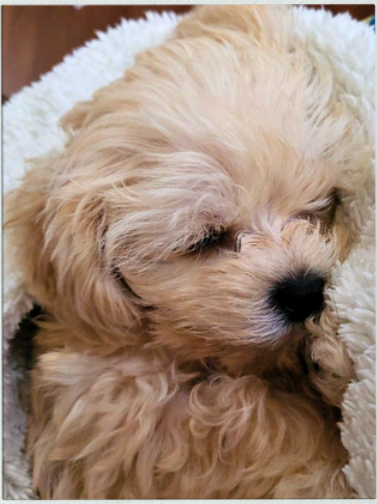


Bean

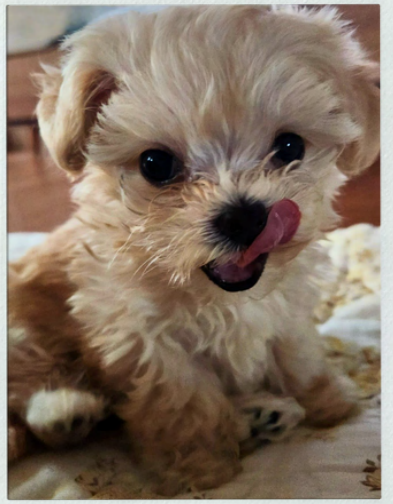


Mavis





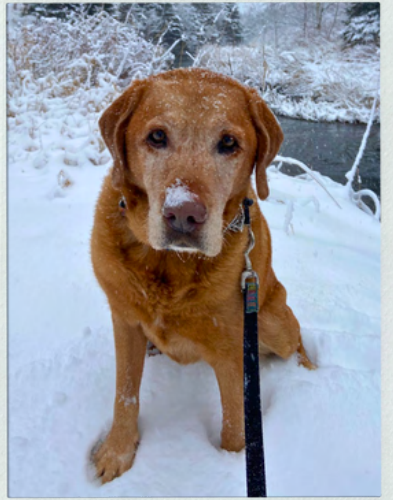
Haneul



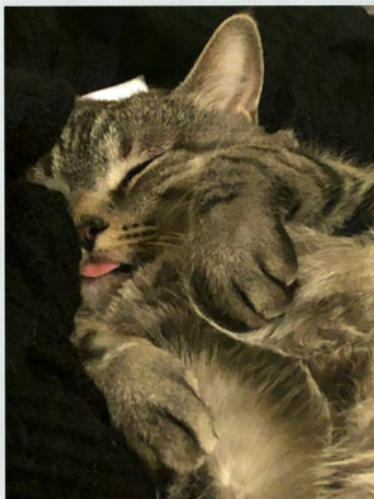
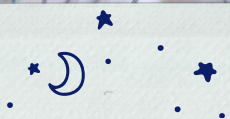
BRAMBLE<sup>♥</sup>+



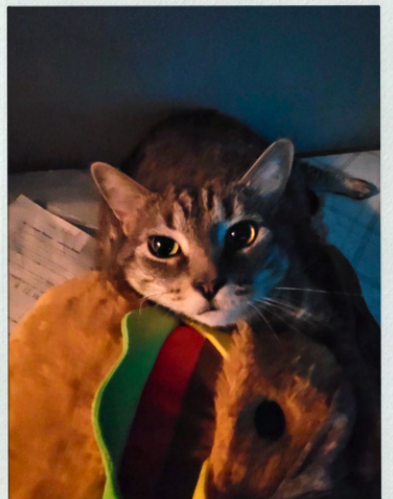
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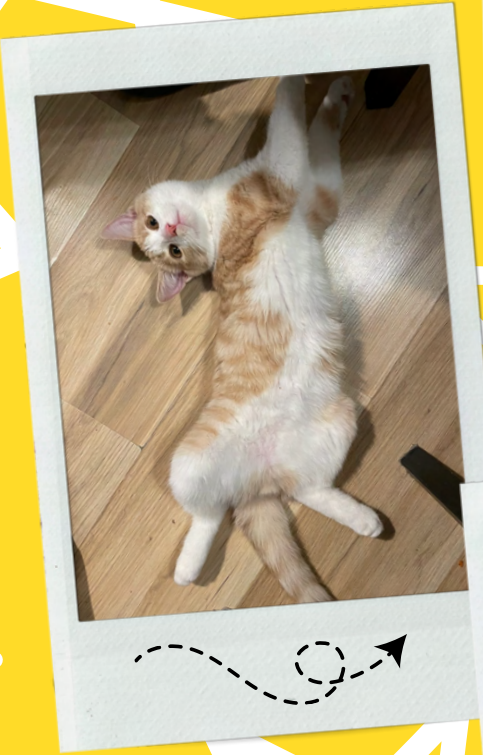


COOKIE 



Kiki





Kamoune



BEANIE



Luna 



Bear 

# Thinking Outside the Box

*Conceptualizing Ongoing Pharmacy Practice Expansion*

*By: Nolan Barkhouse*

Pharmacists have become incredibly versatile during the scope of practice expansions that have been implemented within the last decade. For many key stakeholders involved in the evolution of pharmacy practice, a primary focus has been to ensure that all provinces and territories allow pharmacists to provide a similar level of care, along with the novel addition of pharmacists to key practice areas, such as primary care.

While these practice expansions are critical and certainly of importance for the future of pharmacy, it may be valuable to consider what else we are aiming for, particularly as the future of a universal scope of practice across Canada becomes closer to reality. Coming from a profession that has historically only acted within the walls of a pharmacy to assist in the dispensation of medications, it can be challenging to consider what pharmacists might be able to add in different settings. The remodelling of pharmacy practice—which has pulled pharmacists in a clinical direction—allows for a breadth of additional opportunities that have yet to be fully developed and implemented.



## *Incorporating Equity and Sustainability in Clinical Services*

### **Providing Home Visits**

As pharmacists continue to expand their ability to provide clinical services and point-of-care testing, it is important that patients can utilize these services regardless of their ability to visit the pharmacy. Individuals may have mobility or transportation restrictions that limit regular and ongoing INR monitoring for warfarin, physical assessments for minor ailments, effective medication reviews, and more. Many patients may additionally be unable to utilize virtual technology for services we may typically consider eligible for virtual care. For this patient population, pharmacists becoming adaptable in their ability to visit their homes to provide these services could significantly impact patients' care and wellness.

### **Environmental Considerations**

There are significant environmental impacts from pharmacy practice; however, there are methods to improve sustainability within our profession. The addition of therapeutic substitutions and adaptations to many provinces and territories across Canada provides an opportunity for pharmacists to converse with patients about opportunities to select more environmentally friendly therapeutic options.



An example of this could be educating patients on the environmental impact of their metered-dose inhalers, and the environmental benefits of substituting this for a dry powder inhaler. This example is only one of many; more information regarding pharmacy practice and the environment is outlined by the Canadian Association of Pharmacy for the Environment (CAPHÉ), CASCADES, and the Health Products Stewardship Association.



## *Community and External Involvement*

### **Education Opportunities**

Pharmacists are medication experts, and as such, it's important that they have a presence as local educators. The concept of pharmacists as educators is already implemented within pharmacies through one-on-one counselling, but on a larger scale, pharmacists can host seminars for the public to attend, or even organize specific sessions for select populations. For example, pharmacists might be able to host a session regarding cardiovascular health and medication use for the public to attend, or host a session on medication-related fall risk at a facility for seniors. Increasing awareness of the safe use of medications is critical, particularly during an age of misinformation, and pharmacists are best equipped for these discussions.

### **Youth Engagement**

Engagement with young adults is important for all professions, and pharmacy is no exception. Many young individuals do not have pharmacists regularly involved in their care unless they regularly take prescription medication, which is the minority of adolescents. Therefore, many of these individuals do not regularly observe what pharmacists do and may not immediately think of them when considering future career choices. Therefore, pharmacists need to ensure they provide information to youth where possible, including through career fairs, advertising of volunteer and job opportunities for students, and offering job shadowing.

### **Supporting Underserved Populations— Shelters and Homelessness**

Pharmacists are also uniquely positioned to collaborate with organizations that help underserved communities. For example, we might consider a close connection of pharmacy with shelters for individuals facing homelessness, and how this could impact the lives of these people. In this setting, pharmacists could aid by assisting with locating and completing Pharmicare paperwork to enable medication accessibility and adherence for clients facing homelessness. There may also be considerations to provide naloxone kits with appropriate training to staff members to combat any potential for untreated opioid toxicities. Additionally, providing a direct line to the pharmacy—such as other healthcare providers may use—for inquiries regarding where to seek care for certain medical concerns, drug interactions, and minor ailments/over-the-counter options.

These are only a few examples of ways that pharmacists can continue to expand on what we do for our patients, for other healthcare providers and frontline workers, for our communities, and for the environment. Not only are we able to help others by implementing these services and supports, but we can continue to shine the spotlight on what pharmacists are uniquely able to do as healthcare providers. Positive press for pharmacy is a good model for recognition of our services, but more importantly, it further ensures pharmacists are viewed as valuable healthcare providers by influential stakeholders, such as elected officials. These individuals will, in turn, invest in the future of our profession with this greater understanding of what we can achieve. To solidify the growth of the profession, we must continue to act progressively and seek out unique opportunities as avenues for the future of pharmacy.



**Nolan Barkhouse**  
Vice President Professional Affairs



# DID YOU KNOW...

## Student loan forgiveness has been extended to pharmacists and other healthcare providers!

This marks a significant victory for advocacy, made possible by our strong collaboration with CAPSI and the impactful **#PharmLoanForgive** initiative, which generated hundreds of letters to elected representatives!

**This success was not achieved overnight. It was the result of several strategic and concerted efforts:**

1. **Direct advocacy:** Over the past several years, we have engaged in direct advocacy with Members of Parliament and department officials, ensuring that the voices and concerns of pharmacists are heard at the highest levels of government.
2. **Letter-writing campaign:** In collaboration with CAPSI, we initiated a targeted [letter-writing campaign](#) that generated hundreds of letters from pharmacists and pharmacy students across the country. This campaign both demonstrated our collective resolve and highlighted widespread support within the professional community.
3. **Collaborative efforts:** Our success was further bolstered by working collaboratively with other health professional groups, presenting a united front in our advocacy for the inclusion of more health-care professions in the loan forgiveness program.
4. **Pre-budget submissions:** We consistently included this ask in our pre-budget submissions, emphasizing the importance of student loan forgiveness for pharmacists as a critical factor in equitable access to health care across Canada.

\*Taken from CPhA

Huge shoutout to our very own VPPA,  
**Nolan Barkhouse!**



# stay ACTIVE WITH CAPSI

Sports (cross country skiing, hiking, volleyball, etc lol)  
-Meagan W.

I love to run, it's the best way to spend some time in nature and de-stress.  
-Alison L.

Walking around town/city/wherever I am  
-Wooje C.

Walking. [Here is a picture of me with my fellow executive members on our MUN NCODA committee participating in the Polka Dot Trot in support of our provincial cancer centre.]  
-Melanie K.





Hiking and Dancing :)  
-Kezra G.

Lacrosse!  
-Zach Y.

I like to stay active by swimming for the University of Waterloo's Novice Artistic Swimming Team!  
-Cassandra V.

Hiking, kayaking, canoeing... Anything to get outside!  
-Nolan B.

I like to make sure I get some steps in (with my non-existent step counter) and at-home pilates exercises.  
-Alissa K.

Hiking and being in nature  
-Hassan A.

Lately I have been getting into top-rope rock climbing and hot yoga during 4th year rotations. I also hope to join a run club within the next month :) and get that endorphins boost!

-Steph L.

I LOVE dancing (mainly hip-hop), weight-lifting and High Intensity Interval Training (HIIT).

-Jazzi L

Yoga! In 3rd year - I completed a challenge to do 30 classes in 35 days and my favourite studio. Even though I've been moving around a lot in 4th year I attend some online classes and it's a great way to move my body but also relax the mind. Sometimes my dog Piper will join!

-Emma F.





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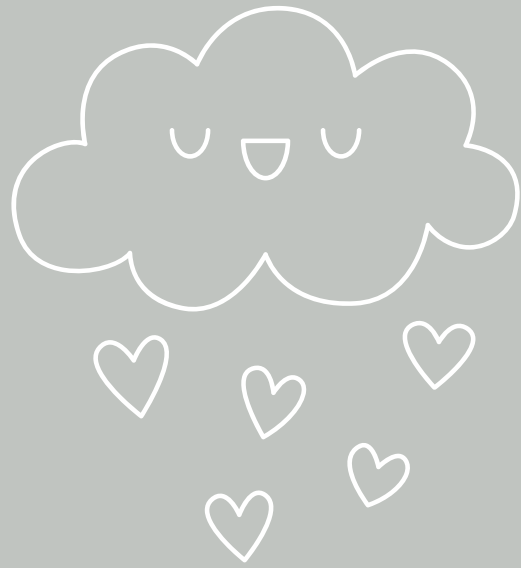
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thank  you

Stay tuned for another  
year of exciting CAPSILs!