

*Volume 34, Issue 1*

# *CAPSIL*



*Fall 2020*



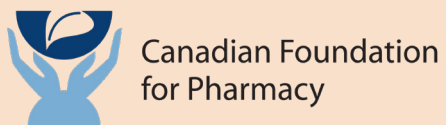
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# In this Issue

|  | Page  |
|--|-------|
| President's Address .....                          | 3     |
| Editor's Address .....                             | 4     |
| CAPSI Future of Pharmacy Feature .....             | 5     |
| CAPSI National Council 2020-2021 .....             | 6-7   |
| CAPSI National Subcommittees .....                 | 8-9   |
| A Path to Reconciliation .....                     | 10-11 |
| A Path of Culture Sensitivity in Pharmacy .....    | 12    |
| CAPSI National Elections .....                     | 13    |
| Compounding Education in Ontario .....             | 14-15 |
| A Student Pharmacist COVID-19 Survival Guide ..... | 16-17 |
| CAPSI Advocacy: From Aims to Action .....          | 18-20 |
| CAPSI School Showcase: Dalhousie .....             | 21    |
| CAPSI School Showcase: MUN .....                   | 22    |
| CAPSI School Showcase: Waterloo .....              | 23    |

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# President's Address

## CAPSI Members and Supporters,

Welcome to the 2020 Fall Edition of the CAPSIL! I hope the pages that follow bring you inspiration, motivation, and direction for the remainder of 2020 and beyond. Within these pages you will find engaging stories from your colleagues across the country and highlights of what CAPSI has been up to both on a local and national scale.

While the semester is well underway, with many of us adjusting to the world of online classes, I want to sincerely wish you all the best in the year ahead. Whether this year is the beginning of your pharmacy journey or if you are completing the final steps towards becoming a pharmacist, such as myself, I would highly encourage you to immerse yourself in as many opportunities as possible both academically and professionally. As students, we are in a unique position. We are fortunate to be offered a vast number of experiences. Let these opportunities continue to drive your passion for pharmacy and enhance your student experience. As you mature in your journey as a student and then into a pharmacist, it is of great benefit to branch out of your comfort zone – both for your own personal benefit and the benefit of your future patients. Don't hesitate – share your passion by writing an article for the CAPSIL, showcase your skills outside of the classroom by participating in our competitions, attend PDW 2022 in Toronto, join one of the many CAPSI sub-committees, or run for a position on your national or local CAPSI council. Get involved and make the most of your educational journey. Whether it be through CAPSI or your local student council, let these opportunities give you the tools and connections to succeed. Let these be a medium for you to begin making a difference in our profession.

Over the summer, your national council was busy meeting on ZOOM where we discussed our strategic plan for the year ahead, brainstormed new initiatives, and assessed our previous year's progress. Our meeting minutes are available at [www.capsi.ca](http://www.capsi.ca). As you can expect, our 2020-2021 year looks a bit different as all Faculties are holding Fall classes online, with the possibility of Winter classes also being online. As such, we are working hard to adapt our competitions, plan online educational sessions, organize virtual wellness events and more.

In late September we held our first virtual Wellness Week themed "Fitness". We will hold more Wellness Weeks in October and November so stay tuned! To keep up to date on CAPSI initiatives throughout the year, please follow us on social media @capsinational.

If there are further opportunities or benefits you would like to see CAPSI offer, please speak to one of your council members. It is our goal to represent our members and ensure you receive the benefits you desire. Your ideas, suggestions, and feedback help ensure that we can best serve you.

As you make your way through this school year and continue your work towards becoming the pharmacist you hope to be, please also remember to take care of yourself. As students, we become accustomed with the endless deadlines, compiling commitments, and daily stress. While these deadlines are important to ensure we have the knowledge and skills necessary to provide adequate care for our future patients, they are not the only aspect that defines one's pharmacy career. Take time to care for yourself and prioritize your mental health. We can only provide adequate care for our patients if we first care for ourselves. What advice would you give a patient if they approached you with a situation identical to your own? For anyone looking for resources, CAPSI has compiled mental health supports available at each University. Please visit the following website for more information: <https://capsi.ca/student-resources/>

All the best,



*M. Patrick*  
**Morgan Patrick**

National President 2020-2021  
 Canadian Association of Pharmacy Students and Interns  
 University of Alberta  
 Faculty of Pharmacy and Pharmaceutical Sciences  
 PharmD Candidate, Class of 2021  
 Email: [pres@capsi.ca](mailto:pres@capsi.ca)

# Editor's Address

## Dear CAPSI Members,

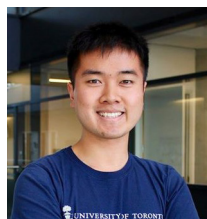
Welcome to the Fall 2020 Issue of the CAPSIL! The CAPSIL is CAPSI's national publication that features highlights and updates from our organization. It also serves as a platform for pharmacy students to voice their experiences and perspectives in pharmacy. As your editor this year, I am excited to present to you the first of three CAPSIL issues for the 2020-2021 year. As pharmacy students, we lead very busy lives, and I hope that you can take a break and enjoy the content within these pages.

This year has been very different for everyone. The COVID-19 pandemic has brought many changes in our professional and personal lives. One thing that remains unchanged is the community within the pharmacy profession. Pharmacy is a small world, where its members can collaborate, network, and bond with one another. Through online lectures and events, we are able to stay connected with our peers despite physical distancing. Through social media, we are able to stay up to date with updates in our profession. My wish for the CAPSIL this year is that it will help connect pharmacy students across Canada more than ever before.

I would like to extend my thanks to those who helped in making the CAPSIL possible. To Gezina, Mayur, Stephanie, Marco, Lillian, Marianna, Jenn, Peter, Hannah, Robyn, Sandi, Caitlyn, Morgan, Kiarah, and Sasha: thank you for sharing your written pieces to be featured in the pages of this issue. Thank you to the translation committee for your help in translating all CAPSI material between English and French, and for maintaining CAPSI's status as a bilingual organization. Lastly, I would like to thank you for supporting the CAPSIL with your readership and for motivating me to do my best in preparing these issues.

I would like to wish everyone the best for the 2020-2021 school year. The CAPSIL is always looking for new submissions. If you have a pharmacy experience or topic you would like to write about, please feel free to reach out to me.

Warm Regards,

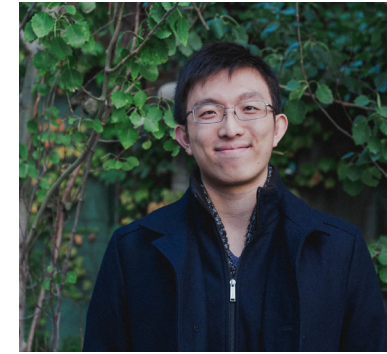


*Andrew Tu*

**Andrew Tu**

CAPSIL Editor 2020-2021  
Canadian Association of Pharmacy Students and Interns  
University of Toronto  
Leslie Dan Faculty of Pharmacy  
PharmD Candidate, Class of 2022  
Email: capsil@capsil.ca

# Future of Pharmacy Award Winner



**Peter Zhang**  
University of Toronto, Class of 2021

## Initiatives through school (clubs, committees, positions)

I served in my first year as Webmaster for my class council where I built a class website to provide the class with an online presence. The next year, I went on to serve as Webmaster for the Undergraduate Pharmacy Society where I configured programs that supported student life programs across all classes.

For the last two years, I was also involved with the Canadian Society of Hospital Pharmacists branch at the University of Toronto where I sat on the Communications and Membership committees. In this capacity, I regularly contributed to the student newspaper, "The Monograph", to expose students to the career insights of various hospital pharmacists.

## Initiatives outside school (optional, volunteering, etc.)

Throughout pharmacy school, I worked as a Residence Don at New College, University of Toronto where I supported students through their transition to university life. The experience definitely helped me grow as a leader as I became closely involved with student development, mentorship, and mental health safety.

I was also a Co-Founder for 3DPPE GTHA where I worked with medical, pharmacy, and health professional students to mobilize community 3D printers to address the personal protective equipment (PPE) shortage during COVID-19. It was a highly rewarding experience and we were able to produce 25,000 face shields for over 167 healthcare facilities throughout Ontario.

I enjoy writing and healthcare advocacy. In the past year, I have penned articles in the Toronto Star, Windsor Star, and Hospital News on matters such as flu vaccinations, smoking cessation, suicide prevention, naloxone kit uptake, and antimicrobial stewardship.

## What inspired you to become a pharmacist?

One of my mentors during my undergraduate studies was a pharmacy student. At the time, she was rotating through various hospitals in Toronto and I was really inspired by the versatility of the profession through her experiences. From compounding IV bags for patients to conducting clinical research, I saw how pharmacists were able to provide really unique and specialized contributions to clinical care. From there, I also learned about the range of roles that pharmacists can play in the community, research, government, military, and pharmaceutical industry which really convinced me that I would be able to leverage my skills in a diverse range of settings as a pharmacist.

## What is your favourite memory during your pharmacy studies at University of Toronto?

There's a lot to choose from! But I think one of my best memories is when my experiments in the laboratory finally started working and my postdoctoral supervisor joked to me that we would win the Nobel Prize.

## What do you hope to achieve during your career?

One of my interests is the integration of technology with clinical care within both the community and hospital settings. I'm hoping to leverage my hospital and leadership experiences to be a part of new digital health innovations.

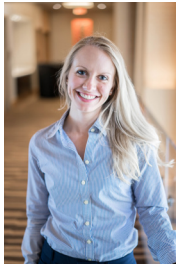
## Any advice for current and incoming students?

Seek mentors! There's definitely a lot of different opportunities out there and it's better to be prepared ahead of time to get a good idea of which areas you want to explore.

## Let us know a fun fact about you!

I really enjoy Chinese and Korean dramas, especially romantic comedies.

# CAPSI National Council 2020-2021



**Morgan Patrick**  
National President



**William Boudreau**  
National President-Elect



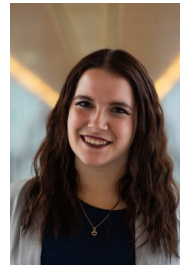
**Jin Kwon**  
National Past President



**Jenn Young**  
Executive Secretary



**Gabrielle Sicotte-Mendoza**  
Finance Officer



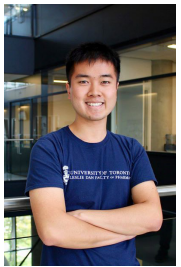
**Samantha Vos**  
VP Communications



**Derek Bergeron**  
VP Education



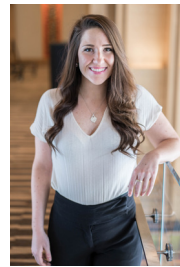
**Lexi Symonds**  
VP Professional Affairs



**Andrew Tu**  
CAPSIL Editor



**Melody Suon**  
IPSF Liaison



**Melissa Kieley**  
Student Exchange Officer



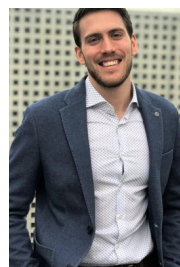
**Svetlana Litchmanova**  
National Webmaster



**Mark Contreras**  
Outgoing VP Communications



**David Low**  
Outgoing Finance Officer



**Jordan Kelly**  
CSHP Student Delegate



**TJ Dhadial**  
UBC Sr. Rep



**Celia Ma**  
UBC Jr. Rep



**Ayush Chadha**  
Alberta Sr. Rep



**Rachel Hanson**  
Alberta Jr. Rep



**Emily Zerr**  
Saskatchewan Sr. Rep



**Lauren Lueken**  
Saskatchewan Jr. Rep



**Christine Vaccaro**  
Manitoba Sr. Rep



**Simran Diocee**  
Manitoba Jr. Rep



**Kiraah Shchepanik**  
Waterloo Sr. Rep



**Sasha Goldstein**  
Waterloo Jr. Rep



**Kristina Mclat**  
Toronto Sr. Rep



**Michelle Chaung**  
Toronto Jr. Rep



**Tiffany Duong**  
Montréal Sr. Rep



**Angelica Le**  
Montréal Jr. Rep



**Paul Sanjab**  
Laval Sr. Rep



**Sophia Boudhine**  
Laval Jr. Rep



**Hannah Saunders**  
Dalhousie Sr. Rep



**Robyn McLean**  
Dalhousie Jr. Rep



**Sandi Schuhmacher**  
MUN Sr. Rep



**Caitlyn Coles**  
MUN Jr. Rep

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!

### Advocacy Subcommittee

#### Description

Responsible for exploring current issues in pharmacy, engaging, student members, and raising awareness via advocacy campaigns. The committee is also responsible for creating resources to help students be advocates for themselves and the profession.

**Time commitment:** 1 hour meeting per month

**Email:** vppa@capsi.ca

### Electoral Committee

#### Goals

- Create a social media campaign to advertise available positions
- Evaluate changes made to the elections procedure for the 2020-2021 year
- Continue to improve fairness for bilingual members

**Time commitment:** Less than 3 hours per term

**Email:** secretary@capsi.ca

# CAPSI

### Constitutional Review Committee

#### Description

The Constitutional Review Committee ensures that CAPSI's official documents such as the Operating Manual are up to date and reflect CAPSI's current operations.

**Time commitment:** Less than 10 hours per term

**Email:** preselect@capsi.ca

### Marketing Committee

#### Description

Responsible for streamlining communications with membership, looking for a more effective way to deliver CAPSI National's message, and evaluating CAPSI's branding strategy.

**Goal:** To create promotional materials that accurately represent CAPSI's message, whether that is via videos or postings, and promote CAPSI sponsors in a way that is useful and informative to CAPSI members.

**Time commitment:** Less than 10 hours per term

**Email:** vpcom@capsi.ca

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!

### Translation Committee

#### Goals

- Help ensure all promotional material and social media posts are available in English and French
- Continue to ensure the CAPSIL is made available in English and French
- Assist with translation of the website

**Time commitment:** Variable based on your availability

**Expertise:** Accepting all levels of bilingual students

**Email:** capsil@capsi.ca

### Membership Committee

#### Goals

- Spread awareness about CAPSI's membership benefits
- Brainstorm ideas for new membership benefits

**Time commitment:** Less than 3 hours per term

**Email:** secretary@capsi.ca

# Subcommittees

### Website Committee

#### Description

Responsible for maintaining and updating the CAPSI National Website. Moreover, to be able to keep all social media accounts active by having at least monthly or weekly posts.

#### Goals

- Maintain a consistent social media presence throughout the year on Facebook, Instagram, and Twitter
- Update French website
- Increase use of the website by ensuring it caters to the needs of our members

**Time commitment:** Less than 10 hours per term

**Email:** webmaster@capsi.ca

### Student Wellness Committee

#### Description

A national initiative to make a push for student wellness by sharing ideas and events in order to allow better collaboration between all 10 local CAPSI chapters and destigmatize mental health.

**Goal:** To create promotional posts, brainstorm on new ideas and collaborate on any initiative.

**Time commitment:** Less than 10 hours per term

**Email:** preselect@capsi.ca

# A Path to Reconciliation

**Gezina Baehr, PharmD**

University of Alberta, Class of 2020

In 2015, the Truth and Reconciliation Commission (TRC) of Canada published their comprehensive report with a goal to inform all Canadians about what happened in Indian Residential Schools (IRS) and to provide the government with recommendations or calls to action about how to move forward with the haunting legacy left by the IRS on survivors and their families. The TRC documented the truth of survivors, families, and communities impacted by the IRS and described what life was like in these schools for the Indigenous children who were forced to attend.

As pharmacists and healthcare professionals, it's time for us all to become educated about the impact of residential schools and colonial assaults on Indigenous people, the effects of which are still reverberating today. Looking at the TRC's Calls to Actions, especially the six health related mandates, is a good place to start when imagining a path forward to reconciliation. I've summarized the health mandates below, with some examples of how to move forward in real life with these goals in mind. I encourage you to brainstorm how you could apply them to your own practice.

**#18: Acknowledge that the current state of Indigenous health in Canada is a direct result of previous Canadian government policies, including residential schools.**

**Actions:** If you are still unclear about the impacts of colonial policies on Indigenous peoples today, it's time to educate yourself. Indigenous Canada, a free online course through the University of Alberta, is a great place to start.

**#19: Establish measurable goals, in consultation with Indigenous peoples, to identify and close the gaps in health outcomes between Indigenous and non-Indigenous communities.**

**Actions:** As pharmacists, we can recognize the health gaps between Indigenous and non-Indigenous communities in some of the following indicators: maternal health, suicide, mental health, addictions, chronic diseases, and the availability of appropriate services. In these areas of health care, we should be looking for and mitigating potential barriers to addressing our patient's healthcare needs, such as transportation, nutrition, adherence and accessibility. For example, if someone doesn't have access to regular transport to the pharmacy or lives rurally, we can try to mitigate barriers by lining up all their medications on the same day.

**#20: In order to address the jurisdictional disputes concerning Indigenous people who do not reside on reserves, recognize, respect, and address the distinct health needs of the Métis, Inuit, and off-reserve Indigenous peoples.**

**Actions:** Depending on which area of Canada you're studying or practising in, the populations you serve may look different. Remember that Indigenous peoples are not a homogenous group and have different health needs depending on the community. This means we should be doing area specific research on the Indigenous peoples and their needs in our areas. For example, Inuit populations have a higher rate of tuberculosis (extra attention will need to be paid to drug interactions with tuberculosis drug medications) or Metis people may have less access to medication coverage (as most don't qualify under NIHB coverage).

**#22: Recognize the value of Indigenous healing practices and use them in the treatment of Indigenous patients in collaboration with Indigenous healers and Elders where requested by Indigenous patients.**



**Actions:** This does not mean non-Indigenous pharmacists need to know or personally use Indigenous healing practices with Indigenous patients. That would be cultural appropriation. This means as pharmacists we need to advocate for Indigenous specific healers or Elders to be available to our Indigenous patients, especially in our hospitals. It also means if an Indigenous patient would like to use their traditional medicines in conjunction with Western medicine, that we see the value in those treatments and do not make culturally insensitive comments about their efficacy or safety.

**#23: Increase the number of Indigenous professionals working in the healthcare field, ensure the retention of Indigenous healthcare providers in Indigenous communities, and provide cultural competency training for all healthcare professionals.**

**Actions:** In our pharmacy administrations, we should be lobbying our faculties to develop policies that promote and increase Indigenous students in our faculties, such as specific application processes. If your workplace does not offer cultural competency training, advocate to your management that this is an important training that must take place, such as the blanket exercise offered by KAIROS. As well, I highly recommend all healthcare professionals be versed in trauma informed care to better serve our Indigenous patients, who have high degrees of intergenerational and historical trauma. The British Columbia Trauma Informed Practice Guide is a comprehensive resource.

**#24: Require all healthcare students to take a course dealing with Indigenous health issues, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), treaties and Indigenous rights, and Indigenous teachings and practices.**

**Actions:** If your pharmacy school is not offering Indigenous specific learning materials in the topics listed above, advocate to your Faculty that it is an obligation for them to offer this teaching as directed by the TRC. If your Faculty does not offer this teaching, I encourage you to seek out learning materials about these topics to become a better informed pharmacist (such as the Indigenous Canada course mentioned above).

Overall, the legacy left by the IRS is immense and stretches into the contemporary. To be better pharmacists and better citizens, we can look to the detailed recommendations made by the TRC about how to move our society forward. In simple terms, it involves learning about our traumatic history and making reparations in the best ways we can in our daily lives, as well as holding our government accountable. Indigenous peoples deserve the same healthcare rights afforded to all other Canadians, and that includes accessibility to services from non-judgemental and caring healthcare practitioners.

## Resources

TRC Mandates: [http://www.trc.ca/assets/pdf/Calls\\_to\\_Action\\_English2.pdf](http://www.trc.ca/assets/pdf/Calls_to_Action_English2.pdf)

Indigenous Canada: <https://www.coursera.org/learn/indigenous-canada>

KAIROS Blanket Exercise: <https://www.kairosblanketexercise.org/>

BC TIP Guide: [https://bccwh.bc.ca/wp-content/uploads/2012/05/2013\\_TIP-Guide.pdf](https://bccwh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf)

UNDRIP: <https://undocs.org/A/RES/61/295>

# A Path of Culture Sensitivity in Pharmacy

**Mayur Tailor**

University of Waterloo, Class of 2023

Although racism is no new matter to me, I did find myself wanting to take a more active stance in fighting against it after learning of the racial injustices that Ahmaud Arbery, George Floyd, Breonna Taylor, Regis Korchinski-Paquet and many others had tragically faced. After speaking with activists and independent researching, I found that racial marginalizing against BIPOC (Black, Indigenous and People of Color) communities was transpiring in my own societies, which admittedly surprised me. This has led me down a path of educating both myself and my peers regarding the prevention of racial discrimination. By no means am I an expert, however I can describe the steps which I have adapted and am continuing to acclimate on my path of cultural sensitivity.

## Self-Reflection

As my knowledge base grew, I began to reflect on my actions and develop methodologies that I can use self-improvement. However, I quickly came to realize that in order to pursue this task I had to first understand that aggressions occur at both macro and micro levels. Briefly, macroaggressions are acts of racism which target a whole race, for example stereotyping anyone who belongs to a certain community as impoverished. In contrast, microaggressions are individualistic in nature, for instance calling someone “good looking for a black person.” The further I contemplated these types of aggressions, the more I came to realize that they are engraved in many of our day to day mannerisms. This in turn led me to take a more active stance on advocating for justice and anti-racism.

## Challenging stagnant practices

I came to realize that if I accept all practices as they are, an unsustainable system is created whereby considerations for many BIPOC communities remain untouched. As a future healthcare provider, it is our responsibility to do more than just not discriminate in our practices, rather we should be actively speaking out when aggressions are occurring at any level. Paired with this, it is our duty to personalize our practices and policies so that we can begin to remove barriers for members of the BIPOC communities. One method that I have found helpful in doing this is educating

myself on cultural practices, for example, does the patient partake in periods of cultural fasting? Or are there any times of the year when dietary restrictions are changed? It is only through understanding that each patient’s own cultural identity is unique and that medication regimes need to be adapted to suit their personal needs that we can move toward a direction of true culture sensitivity.

## Empowerment

After speaking with activists in my community, I was disheartened to learn the levels of oppression that BIPOC individuals were experiencing so close to home and wondered why these acts of revulsion had not been publicized. It was only after numerous conversations with BIPOC community members that I had learned that many members of the society do not have the means to publicize their voice, and on the occasions when they do, their voices were often negated. This unjust societal behavior led me to take another step on the path of culture sensitivity: providing these members a platform so that their voices can be heard. I began co-organizing a webinar for my peers in healthcare to learn first-hand from the BIPOC community members on how they, as future healthcare providers can be the change that we need to create a more sustainable and inclusive system. The opportunity to hear both the issues as well as potential methods of resolution directly from members of this community provided valuable insight on the importance of empowering others.



Like many others, I realize that I still have a long path ahead of me, however I hope that the steps that I took to begin my journey can inspire others to begin theirs. After all, it is only together that we can create the systemic change that is needed to advance the health and care of our community.



## CAPSI National Elections

### Hi CAPSI Members!

I hope you are all doing well and staying healthy. It is with great excitement that CAPSI National opens the call for candidates for the 2021-2022 election season! As Executive Secretary, I will be overseeing the elections process and look forward to seeing all of the excellent candidates that will enable CAPSI to continue to thrive in the upcoming year.

### Election packages should include the following:

- A four-minute speech followed by a question and answer period filmed by your local CAPSI representatives
- Resume (template provided)
- Letter of Intent (template provided)
- Answers to two written questions (template provided)
- Candidate Biography
- Headshot Photo
- Nomination Form
- Confidentiality Agreement

Applications will be due on **Friday, December 4th, 2020 at 11:59 PM MST**. Please note that your local CAPSI representatives may set an earlier deadline to assist you in submitting your completed application.

In order to get to know candidates better in light of PDW 2021 being postponed, the submission of a candidate biography and headshot photo will be mandatory this year. We have also added a written question/answer element to the application to better gauge written communication skills, as effective written communication via email is essential for all positions. Similar to previous years, candidates have the option to submit all forms and documents in both French and English, provided that the information in both is identical.

Finally, CAPSI is excited to continue our call for general members to join our open subcommittees, including our Ad-Hoc Electoral Committee, for the 2020-2021 term. If you are interested in becoming a member of the Ad-Hoc Electoral Committee to contribute to future election protocols, please email [secretary@capsi.ca](mailto:secretary@capsi.ca). If you are interested in joining any other open subcommittees, please reach out to your local representatives who will put you in contact with the committee chair.

Any questions, comments, or concerns regarding elections can be voiced to your local representatives or can be forwarded directly to myself. I am excited to see the excellent candidates that the 2021-2022 election season brings forward and am confident that CAPSI will be in exceptional hands in the upcoming year.

Sincerely,



*Jennifer Young*

**Jenn Young**

National Executive Secretary 2020-2021  
 Canadian Association of Pharmacy Students and Interns  
 University of Alberta  
 Faculty of Pharmacy and Pharmaceutical Sciences  
 PharmD Candidate, Class of 2021  
 Email: [secretary@capsi.ca](mailto:secretary@capsi.ca)

# Pharmacy Students from the University of Toronto and the University of Waterloo Partner to Enhance Compounding Education in Ontario



**Stephanie Lau**

University of Toronto, Class of 2022

With globally increasing backorders, recalls, and unique patient circumstances requiring personalized medicines, there is an ever-growing focus and necessity on education and training in pharmaceutical compounding among new pharmacy professionals.

Compounding education is available through various pharmaceutical companies and Ontario pharmacy schools themselves; however, the number of courses offered at Ontario universities are few and external opportunities may present as unaffordable and inaccessible to students who do not hold memberships or who live far from the facilities themselves.

In 2014, the Compounding Opportunities and Mentorship Program for Pharmacy Students (COMPPS) was established at the University of Toronto to attempt to fill these gaps in knowledge while pharmacy students are still in school. COMPPS is a student-run pharmacy club that advocates for the extended education of pharmaceutical compounding, and provides activities that allow students to hone their hands-on lab skills through workshops, improve their knowledge of compounding guidelines and specialties through lunch-and-learns, understand real-life applications through pharmaceutical industry tours, and connect with compounding pharmacy professionals throughout the GTA via Q&A panels.



**Marko Sedik**

University of Waterloo, Class of 2022

In the Summer of 2020, the COMPPS executive team partnered with passionate pharmacy students at the University of Waterloo to establish a similar club. The decision to create this joint initiative with the new Waterloo compounding club was based on the growing need for compounded medications, limited number of courses available to students, and a shared passion for compounding amongst pharmacy students from both universities. We now hope to provide all pharmacy students across Ontario with accessible, student-run opportunities to equip themselves with the technical skills to solve patient problems from a unique perspective, access to compounding education, and join a community of pharmacy students with a shared passion for compounding.

Please enjoy the following interview with Marco Sedik, the first president of the Waterloo Compounding Club. Marco is a 3rd year pharmacy student at the University of Waterloo, with his passion for compounding and background in industry, we are looking forward to the future of compounding pharmacy in Ontario.



**Stephanie Lau (UofT COMPPS co-president): What do you like most about compounding?**

**Marco Sedik (Waterloo Compounding Club president):** The thing I like the most about compounding is its mixture of art, science and history combined. When you read the history of compounding in ancient scriptures, it gives you a sense of pride to your profession. No matter how much our profession expands over time, compounding will always remain the foundation stone of pharmacy. I mean, at a certain point in history, nearly all prescriptions were compounded! In our present time, the “one-size-fits-all” nature of most mass-produced drugs means that certain specific patients’ needs are not going to be met. Fortunately, we have several pharmacies that give more attention and specialize in compounding, thus providing a more individualized approach to meet specific patient needs.

**Stephanie: Was there anything you wished you knew about compounding before going into your co-op rotations?**

**Marco:** Obviously, school does not teach you everything. Our pharmaceuticals courses really focused on basic formulations and calculations without really going deep into laws/regulations and any financial aspect of compounding. When I started my co-op placement at a compounding pharmacy that specialized in both sterile and non-sterile mixtures, I felt I was well prepared with the basic knowledge but not the proper resources. Online resources (eg. PCCA) could really help pharmacy students during their rotations and help them tackle any problem they face. When you receive a compounding prescription and you are faced with a shortage in ingredients, you need to have Formula access to find alternatives and provide your clinical recommendation. When facing drug

shortages, a lot of pharmacists will be hesitant to compound a formulation themselves, because they do not have the proper resources to access in order to prepare it. It would be beneficial if there were some courses that could provide more education on operating and regulating a compounding pharmacy.

**Stephanie: Can you share with us what led you to form the Waterloo Compounding Club?**

**Marco:** In my opinion, having a compounding club at any school of pharmacy is a MUST. I was surprised that we never had a UW compounding club in previous years. After my first year of pharmacy school, in which I had two compounding classes, I realized students don’t receive any further education or training on compounding. Thus, having this club is essential to keep students continuously engaged and updated on any information within the scope of compounding. Fortunately, the idea of creating this club was met with a lot of interest and our club members are eager to start getting involved in future events!

**Stephanie: What compounding opportunities are you looking into providing for Ontario pharmacy students?**

**Marco:** We are looking forward to holding an annual compounding competition between the two Ontario pharmacy schools, similar to the one hosted by CAPSI. For the time being, due to COVID 19, our club will focus on hosting virtual events and spreading awareness on compounding related topics via our social media platforms.



# A Student Pharmacist COVID-19 Survival Guide



Lillian Chen, Annita Giang, Alicia Klaassen, Rebecca Leung, Richard Ng, Shadi Sadeghipouya, Lauren Siemers  
University of British Columbia

A few weeks into this semester, online learning has brought us all our fair share of ups and downs. Perhaps there were more downs than you would have liked, but in case you have not found your groove yet, we have some tips for you.

We are a team of student pharmacists employed at the UBC Pharmacists Clinic and working on projects to support practice innovation. Abruptly transitioning to the online environment on March 16, 2020, we had to quickly adapt to learning and working online. While most other students had a respite from “Zoom-ing” at the end of the school term, we remained connected online as a team for 7 hours a day over the summer months.

The silver lining of this is that we were able to prepare for working within a virtual environment. We had ample time to hone our skills in managing time, collaborating online, and staying engaged in these isolating times. We applied our experiences from working over the summer to learning online in the fall.

**Use Online Platforms: Do the tutorials and become a savvy user of whatever online platforms you use.** Our workplace conducted all meetings via Zoom. Within this new environment, understanding how to navigate Zoom gave us confidence and comfort, which were key to productivity.

- Note cool tips and features you see people using on-line and look them up later.
- Use Zoom for game nights with friends and other low-stakes activities.

**Participate on Zoom Calls: Speak up.** Some of our meetings had over 15 people involved. It was easy to sit quietly and get lost, however this approach did not help us learn, develop skills, or improve our online presence. We needed to get comfortable asking questions and contributing to the discussion to get our work done. This meant familiarizing ourselves with the pace, structure, and flow of online meetings so we could speak up at the right time in the right way.

- Practice counselling with your friends over Zoom.
- Ask your instructors how they want student input – in the chat box, by putting up a hand or some other means?
- Turn on your video to ask questions if encouraged by your instructor, it’s more engaging that way!

**Stay Connected Online: Reach out to friends intentionally and make time for them.** When we transitioned to working remotely, we sorely missed the social opportunities we took for granted from simply being in the same space. Our solution involved scheduling regular group meetings and non-work-related hangouts. Now that remote learning is the new normal, the lack of in-person peer support and connection may feel isolating. Remember that it’s okay to intentionally create leisure opportunities with your friends to maintain your connection - they will appreciate it too!

- Online study sessions! Having a face on screen serves the dual purpose of keeping you on track and hanging out with your friends at the same time.
- Reach out to people - send the first message.
- Take the initiative to organize events you want to see.

**Stay Organized: Find a time management system that works for you.** As we all began to work remotely, we were sitting at the same desk day in and day out, without environmental changes to break up the day. As a fulltime student, our studies are our work, and it’s so important to learn how to stay organized without getting lost in endless online modules.

- Write to-do lists to help prioritize your tasks and organize your time.
- Structure your schedule by blocking off time to complete certain tasks. Adding time constraints can keep you focused without being overwhelmed.
- Track time you spend on each task. The act of pressing the start button can create a clear delineation between break time and work time, making it easier to focus.

**Consider Time Zones: Take time to organize your schedule, especially when working across different time zones.** Remote work allowed out-of-province students to stay home with family but working across different time zones posed some unique challenges, like early or late starts and poor meal timing. Getting familiar with your schedule ahead of time will allow you to be more prepared and productive.

- Take advantage of recorded lectures to maximize your most productive hours.
- Have snacks and water on hand for when synchronous sessions cross meal times.
- Change the time zone on your calendar to avoid confusion.
- Double-check your schedule!

**Take Time Off For Yourself: Normalize taking time off for self care.** We are all trying our best to navigate these unprecedented times. Keeping busy may help relieve stress, but once in a while, we also need to take time for ourselves to reflect on how we feel. Unfortunately, the PharmD workload, extracurriculars, and part-time jobs can take away valuable time and lead us to forgetting our wellbeing in the whirlwind.

- Listen to your body and mind, and change things up when you feel stressed or anxious.
- Take some time off daily tasks to treat yourself.
- Ask for help when you need it!
- Be compassionate with yourself - these are challenging times, and you are doing your best.

**Prevent Eye Strain: Give your eyes time to relax away from a screen.** Learning and working from home undoubtedly increases screen time for many students, and with screen time comes dry and irritated eyes. Between typing notes, watching lectures, and reviewing online resources, your eyes would appreciate a well-deserved break to help you stay focused, comfortable, and ready to learn!

- Periodically step away from your screen.
- Get some natural light into your system - go for a walk or play a sport.
- Incorporate on-screen and off-screen time into your study regimen.

**Optimize Your Technology: Leverage your devices to help you stay focused and productive.** Staying focused and productive is difficult when Netflix is just a click away. We find ourselves lost among the millions of open tabs. We are surrounded by technology all day - it’s worth it to spend some time optimizing it for productivity.

- Designate devices for tasks, for example, work should be done on the computer, and social media can be reserved for phones.
- Use browser extensions to block distracting websites.
- Invest in your workspace! Consider an ergonomic chair, an external monitor, and a mouse.

**Seek Unique Opportunities: Check out virtual work, research, leadership, or volunteer opportunities in other areas.** The shift to online work and patient care created the need for things like webinars, Zoom patient appointments for students to shadow, and involvement in initiatives that would otherwise be hours away. This is a unique chance to get involved in experiences that would normally be limited by location.

- Keep an eye out for virtual events and see if you can get involved.
- Search for practice settings or research you are interested in that are located in other areas, and ask to shadow or volunteer.
- Look for opportunities to initiate change - by leading virtually, you can increase reach!

No student pharmacist could have predicted that we would be embracing virtual learning during our degree. The pandemic is overwhelming enough on its own, and the challenges of the online environment adds to that stress. It’s perfectly fine to take things one step at a time. We encourage everyone to look for ways to optimize their time to get the most out of the online experience.

We hope what we have learned can help you optimize your own online pharmacy school experience so you can not only survive, but thrive.

# CAPSI Advocacy: From Aims to Actions

**Marianna Pozdirca**

University of Manitoba, Class of 2023

*One of our core CAPSI values is advocacy, providing a voice for pharmacy students and interns. Over the next few editions of CAPSIL, the CAPSI Advocacy column will feature advocacy ideas and actionable steps. We hope these empower students with tools to advocate for our patients and profession both collectively and independently.*

One day at work, a coworker showed me a letter that another City Councillor had received. It read...

*Dear Councillor \_\_\_\_\_,  
I voted for you in the last election...*

It went on to describe their main advocacy ask. By the way, “*I voted for you in the last election*” is a great way to start a letter to your elected official but only if it’s true. In this case, the individual who signed that letter could not have voted for that City Councillor in the last election, as the Councillor was acclaimed and their name never showed up on a ballot. Right off the bat, a generally strong letter was off to a weak start. But it doesn’t have to be that way.

Letter-writing is about balance, particularly the balance between personalization and consistent messaging. Advocacy campaigns often produce letters that are well-written and well-researched, but they have to be general enough to get addressed to any elected official at a certain level. The nuances specific to a single recipient of the letter get lost, which is exactly what happened in our example above. It’s short-sighted to think that “personalizing a letter” just means writing the name of the specific elected official in the salutation.

At the same time, if everyone were to draft their own letter without any consistent messaging, there would be no clear asks at all. Politicians who receive a dozen letters that each speak about a different issue and different solution are inclined to do nothing (and rightly so, since there is no clear and consistent course of action). We amplify our voices when we are consistent.

Pre-written letters are a great start. It’s best to ask for a plain text version of a pre-written letter so you can add to the letter, edit it, or even narrow its focus. After being on the receiving end of letter-writing campaigns, there are five qualities that have repeatedly stood out to me.

Before we begin, a caveat – these do not apply to massive letter-writing campaigns. I’m talking about the ones that have huge letter-writing parties that result in hundreds of letters being mailed to a single politician, like a Minister of Health. Those are a whole separate game. Most of the time, these letters are not meant to be read individually and responded to personally. They’re a show of numbers. Further below, we’ll talk about how to avoid the “Oh I’ve seen letters like this before, let’s put it in that same pile” response. For massive letter-writing campaigns, that response is not a loss. It’s the goal.

Let’s dive in!

## Correctness

The devil is in the details. Make sure that you’re addressing your letter to the correct representative. This includes checking that you reside in their riding or district, as well as ensuring that the requests within the letter are actually within the jurisdictional power of the representative. The federal, provincial, and local levels of governments are each responsible for different issues. Healthcare is mostly under provincial jurisdiction, but it is funded federally and there are some issues that are currently at the federal level, including national pharmacare. If you’re not sure if you’re directing your letter to the right person, ask around or even reach out to the office of that elected official to ask if they can point you in the right direction or confirm that their office is the right direction.

Try to learn a little bit about your representative as well – what issues have they stood up for? How long have they been in office? What have been the priorities of their party? This can help you select a foundation on which to lay out your concern and request. Knowing these things can help with the next quality – connection.



## Connection

Maybe you’ve met this elected official before, voted for them, or seen them support a cause you believe in. That’s a fantastic starting point. If that’s not the case, starting out with a little bit about yourself grabs attention, because it’s unique. It requires more careful reading and avoids the potential case where a politician or their staff think “Oh I’ve seen letters like this before, let’s put it in that same pile” without fully reading it. Most representatives want to know about their constituents – Have they lived in the area for a long time or have they recently moved there (is the area attracting new residents)? Are they involved in the community? What are the issues that matter to them?

Letters to your representatives can and should be written at any time, but there are some ways you can use the timing to maximize this connection factor. If you’re writing a letter after a recent election, congratulate your representative. If it’s during a campaign season or shortly before an election, sympathize with the workload and stress they are under (it’s a lot!). If it’s around the holidays, wish them well. If it’s shortly after you met them, even better.

*Hello \_\_\_\_\_,  
Congratulations on your recent re-election! I just wanted to introduce (or re-introduce) myself (we briefly met during the election when you were door-knocking). I’m a resident of [insert constituency name] and a 2nd Year Pharmacy student...*

Sometimes, I encounter things that people think are a good idea to include in letters, when they’re really not. Around election time, it may feel tempting to write something to the effect of “*I will remember your response when I’m at the voting booth!*” or any other ultimatums related to voting for that candidate. In an election year, candidates already realize that anything they respond or do not respond to will be remembered at a voting booth. It goes without saying. But on top of this, it can be interpreted as hostile, which fails to set a foundation for positive interactions after the election.

The other thing I’ve seen is constituents assuming that if they’ve met once a few years ago then their representative must remember them. Let me start out by saying – politicians have some of the best memories when it comes to people, but even the sharpest memory cannot remember the thousands of people whose paths they cross once or twice. Always give a bit of background if you’ll be referencing a previous encounter. In other words, don’t say “*When I spoke with you two elections ago, you said...*” Even with a phenomenal memory, chances are that there are staff reading the letter who may not have been there for that initial interaction.

## Consistency

We briefly discussed how our voices are amplified if consistent messaging is used. This doesn’t mean we need to send identical letters, but it means we should align our asks and ensure that our requests of government are consistent. It also includes having consistent facts and reasoning for these key advocacy points. If there is a specific slogan used in the advocacy campaign, use that. But besides specific slogans, consider making the language yours. This is also important because it helps the letter flow. If you’re starting out with that “connection” piece discussed above and then switch straight into pre-written wording that differs from your writing style, it can feel strange. A pre-written letter stating...

*Scientific studies evaluating the impact of a full scope of practice for pharmacists show that expanding the current role of the pharmacist improves patient care, such as by managing chronic conditions, reducing drug-related problems, and reducing readmissions to hospital, thereby lowering health-care costs.*

... can be restated to fit the letter better without compromising its core messaging ...

*As you know, it's so important to do all we can to reduce ER visits and prevent patients' conditions from escalating. This is an area where pharmacists can play a huge role, through their roles in community practice on the frontlines of our healthcare system.*

**Clarity**

I can't count the number of times I've carefully read letters yet still didn't understand what the constituent wanted. I don't mean to say that their asks were unclear, but rather that the "next steps" were unclear. Your letter should clearly state what you want your representative to do. If you'd like them to vote a certain way on an upcoming bill, let them know that. If you'd like to set up a meeting or phone call, write that in the letter. If you'd like a response, make that clear. These "next steps" keep the conversation going and prevent the letter from being a one-time manifesto that soon gets forgotten.

Speaking of manifestos, your letter should be clear and focused. You may feel like ranting, and it's okay to start out with something raw; but over the course of some edits, the rant should turn into a rational correspondence before you send it.

**Continuity**

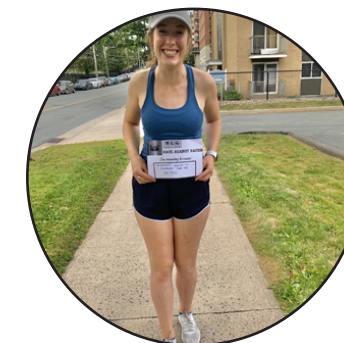
We want our letters to have a lasting impact. The only way that happens is if our letters are not just single, stand-alone letters. Actual action comes through repeated follow-up. I know of a few, rare politicians who actually take it upon themselves to follow-up with their constituents and check-in on their concerns. In most cases, the follow-up must come from you. If you don't receive a response, follow-up, while understanding that the letter may have been missed, forgotten, lost, or simply awaiting a time to be fully read and addressed. But even if you do receive a response, or better yet, a meeting, follow-up in a few months to discuss whether any progress has been made since then. Ask what your role can be in affecting that progress. Send a "thank you" to follow-up after a meeting and especially after a vote where your representative has clearly answered your advocacy asks. After all, advocacy is a marathon, not a sprint, and to run a marathon, you need continuity.

One of the most familiar advocacy activities is letter-writing, but if we want these letters to bring about practical, legislative change, we need to ensure their correctness, connection, consistency, clarity, and continuity.



Marianna is a second-year pharmacy student who has worked in municipal politics for over three years. She is passionate about making advocacy approachable so that all of us can have a positive impact on our profession and communities.

# CAPSI School Showcase



**Dalhousie CAPSI Local Council**

- Dalhousie Senior: Hannah Saunders
- Dalhousie Junior: Robyn McLean
- Fourth Year CAPSI Rep: Logan Ford
- Third Year CAPSI Rep: Olivia Mason
- Second Year CAPSI Rep: Nawal Fatima
- First Year CAPSI Rep: Nolan Barkhouse

First year students were welcomed to Dalhousie virtually by our Senior and Junior reps and some met in person for a pharmacy donut social during the first week of online classes.



Like all schools, Dalhousie CAPSI has had to adjust to the public health restrictions and guidelines during the COVID-19 pandemic. Therefore, our usual events have changed but we haven't forgotten about our students! This summer, Dal hosted a new event called "Race Against Racism." This was a virtual walk/run and \$1700 was raised for two local black charities. We had participants all over the maritimes and overall, the event was a huge success!

Like other schools, Dal will be hosting our CAPSI competitions virtually this fall. We will also be conducting virtual Pharmafacts Trivia Nights throughout the school year for all students and faculty to attend. Although we are sad we can't be in person, we are excited for the new initiatives that have come out of COVID-19.

# CAPSI School Showcase



## MUN CAPSI Local Council

Sandi Schuhmacher, Senior Representative  
 Caitlyn Coles, Junior Representative  
 Hannah Blair, 1st Year Liaison  
 Meaghan Wilson, Finance Officer  
 Rebecca Bishop, Social Media Representative  
 Lexi Symonds, CAPSI Advisor

## Past Fall Semester Events

### CAPSI Awareness Week

We hosted a week full of virtual events such as a Membership Drive, a Q&A with local representatives and a TD Lunch & Learn. We also hosted a First-Year Lunch & Learn with representatives from CAPSI, IPSF, CPhA and PANL. We would like to thank PANL for sponsoring the lunch boxes that we delivered to students who attended the virtual First-Year Lunch & Learn. We had an Instagram takeover by our Junior Representative, Caitlyn Coles, on the MUN School of Pharmacy account as well. All in all, our week was successful in increasing CAPSI awareness and in gaining CAPSI members at a local level!

## CIBC Virtual Run for the Cure

We hosted our Annual Saving Second Base Softball Tournament and a virtual bake sale as fundraisers in support of this year's virtual CIBC Run for the Cure. The funds raised from both of the events, along with the donations collected from our 18 team members raised close to \$5000 in support of the event. In the end, we won the Post-Secondary Team Challenge Award for the St. John's event. On the day of the event, team members completed their 5 km walk/run at home with those within their "bubble" in place of the usual in-person event in honour of those who have battled breast cancer.

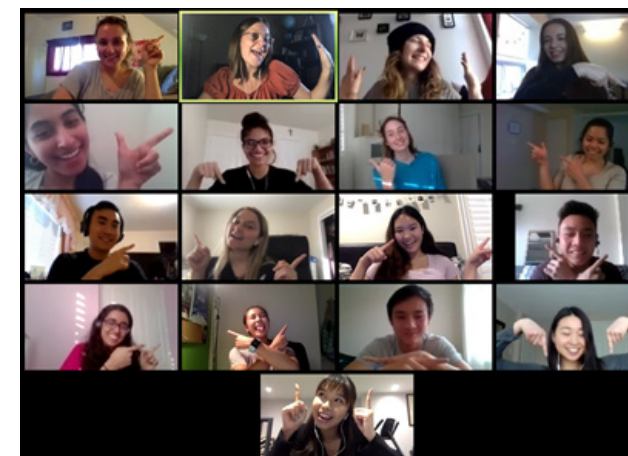
## Upcoming Fall and Winter Semester Events

We are currently in the midst of planning upcoming virtual events such as local CAPSI competitions taking place in the remainder of the fall semester and Pharmacist Awareness Month which takes place in March. Stay tuned!



# CAPSI School Showcase

UNIVERSITY OF  
**WATERLOO**



The UW CAPSI Council 2020-2021 meeting via Zoom call to plan academic and social events.

National Sr. Representative: Kiarah Shchepanik  
 National Jr. Representative: Sasha Goldstein  
 Secretary: Olivia Plese  
 Finance Director: Melissa Abraham  
 Sr. Fundraiser Coordinator: Mia Chan  
 Co-Jr. Fundraiser Coordinator: Lynn D'Souza  
 Co-Jr. Fundraiser Coordinator: Shirley Fan  
 PAM 2021 Chair: Celine Huab  
 Communications/CAPSIL Director: Camille Huo  
 Co-Sr. Education & Outreach Coordinator: Andy Kwok  
 Co-Sr. Education & Outreach Coordinator: Joyce Jose  
 Jr. Education & Outreach Coordinator: Kevin Huynh  
 Sr. Competitions Coordinator: Ezgi Ulkuseven  
 Jr. Competitions Coordinator: Steven Huynh  
 Sr. IPSF Representative: Caitlin Lovick  
 Jr. IPSF Representative: Iryna Zhyrnova  
 Rx 2020 Representative: Nicole Bakowski

## Spring Term Recap

With the entire University of Waterloo moving online on March 13, 2020 due to the COVID-19 pandemic, UW CAPSI had to quickly switch gears and move online as well. We planned all of our Spring term events to be virtual, which included an Ovarian Cancer Symposium via Zoom in collaboration with UW OPhIG. Our annual OTC Week was also moved online, and included a week-long social media challenge, Trivia Night, and Mock OSCEs.

In addition to these academic events, we had some fun social events. These included a Virtual Game Tournament, where students competed against each other in Pictionary, Battleship, and Jeopardy for a gift card prize. We also held a Virtual Scavenger Hunt, where students submitted pictures of items found around their homes. Lastly, we had weekly Wellness Wednesday posts on our social media accounts where Council members shared their favourite mental and physical wellness activities. Although it was a tough transition, we did our best to keep the student body engaged and connected with fun events

## Fall Term Updates

With the Fall term being mostly online (except the Rx2023's weekly in-person labs), we have planned all our events to be virtual this term as well. Firstly, we will be having our annual Textbook Sale and Science Open House online. In addition, this year's IPSF Health Week topic will be Tobacco Alert Campaign. It will include a week-long "Quiz of the Day" on our social media, a Lunch & Learn presentation from Jane Ling on difficult patient questions about tobacco addiction, and Community Outreach presentations for local elementary schools led by pharmacy students.

The annual local Competitions will also be held online, with 4 written or virtual events to participate in including the Student Literary Challenge, Guy Genest Passion for Pharmacy Award, OTC Competition, and Patient Interview Competition. We will also be preparing our Membership Drive for the incoming Rx2024 class with a video campaign, CTMA giveaway, and Instagram story polls and takeovers. Finally, we will be continuing the Wellness Wednesday posts with more recipes, mental health tips, and physical activities throughout the term.

We are excited to see where this term takes us! Even though the pandemic has thrown many obstacles our way, we will continue to plan and organize events that keep students active and passionate about the world of pharmacy.



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