

# CAPSIL

Canadian Association of Pharmacy Students and Interns Letter

*fall 2021*



CAPSI • ACEIP



## table of contents

- 04 **Editor's Address**  
Winnie Tran
- 05 **President's Address**  
William Boudreau
- 06 **Not Me. Us? The Issue with Next Generation Advocacy**  
Marianna Pozdirca
- 08 **Future of Pharmacy Excellence Award**  
Mayur Tailor
- 10 **CHSP Corner**  
Abby Krupski
- 12 **CAPSI National Council**
- 20 **CAPSI National Subcommittees**
- 25 **Crack Eggs**  
Jason Chenard
- 26 **CAPSI School Showcase: University of Waterloo**  
Nicole Bakowski and Celine Huab
- 29 **Student Exchange Program**  
Jenna Melanson, Christine Yang, Jacob Luba and Iryna Zhyrnova

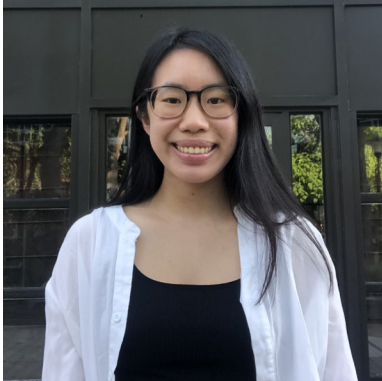
## translation committee

William Boudreau, Panteha Boorzoeyan, Sophia Boudhine, Ricky Chung, Iliya Dmitriev, Samantha Hui, Angelica Le, Léa-Mai Savard-Lyth, Winnie Tran and Vinh Vu.

## sponsors

Thank you to our sponsors for making the CAPSIL possible!





## editor's address

BY WINNIE TRAN

Dear members and supporters,

Welcome to the Fall 2021 edition of the CAPSIL! For those who don't know, the CAPSIL is the national publication of CAPSI, where pharmacy students from across the country can share their thoughts, stories, experiences and achievements. It is also a space where you can learn more about the practice of pharmacy, the evolving role of pharmacists in the health care system, the current issues in pharmacy, and way more. I hope you will find in these pages something that interests you and inspires you.

In this first editorial, I would like to talk a little bit about self-care. Pharmacy school can be exhausting, with the endless studying and never-ending exams. It can already be hard to find a balance between school, work, extracurriculars and spending time with your loved ones. The pandemic, with all the changes that it brought, didn't make things any easier. Whether you're doing online classes, in-person classes or rotations right now, I hope you're able to carve out some time for

yourself in your schedule. Use that time to relax, to exercise, to read, to play your favourite video game (I've been loving Stardew Valley and I'm also really excited to play the new Animal Crossing update!), to hike, to take a walk, to listen to a podcast or to reflect on yourself. I think a lot of us are conditioned to work hard all the time to be the best version of ourselves. Although this is a good mindset to help you grow as a person, how can you be the best version of yourself if you're tired and burnt out? This is a gentle reminder to not neglect taking breaks when you need it!

I would like to thank those who helped make the CAPSIL possible. To Marianna Pozdirca, Mayur Tailor, Abby Krupski, Jason Chenard, Jenna Melanson, Christine Yang, Jacob Luba, Iryna Zhyrnova, Nicole Bakowski and Celine Huab: thank you for sharing your written pieces to be featured in the pages of this issue. To Angelica Le, Panteha Borzooyan, Sophia Boudhine, William Boudreau, Samantha Hui, Vinh Vu, Ricky Chung and

Léa-Mei Savard-Lyth: thank you for helping me translate CAPSI material between English/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 those issues.

Enjoy reading this issue!

Best wishes,

**Winnie Tran**  
*CAPSIL Editor*



# president's address

BY WILLIAM BOUDREAU

Dear members and supporters,

It is my pleasure to announce the release of the first edition of CAPSIL for the 2021-2022 school year! The extraordinary work of pharmacy students across the country made this issue possible with the hard work of Winnie Tran, our CAPSIL Editor. You will find your height thanks to the diversity of style of the articles published. I therefore wish you a pleasant reading and a good start to the year.

Whether you are making a gradual return to in-person classes or you are still having 100% online classes, this year is shaping up to be very different from what we have experienced in the past. Whether you are in your first year in the pharmacy family or your last, I hope you take all the opportunities available to you to learn more and more. This work will be beneficial and will be appreciated by your patients who you will follow. Also take the time to get involved in the various committees, whether local or national, in order to perfect your social, leadership and success skills. Your implications help change the profession

and the university experience for future generations. And if you are unsatisfied with the job that is being done, that should definitely be your motivation to make things happen; we need you! Everyone has their own account to gain by getting involved and it is a more than enriching experience; you develop yourself as an individual in the community.

National and local CAPSI have been working hard since this summer to organize various events tailored to sanitary measures. We have also planned new initiatives, diversified our projects and increased the benefits for our dear members. At any time, you can attend our advisory meetings or read the minutes online on our website: [www.capsi.ca](http://www.capsi.ca). You will also go to the Members-Only portal to access various benefits (mental health resources, Rx Vigilance and UpToDate platforms, practical questions for the PEBC and much more!) Some initiatives such as Wellness Weeks have already taken place. I hope you have been able to benefit from it and diversify your methods of relaxation associated

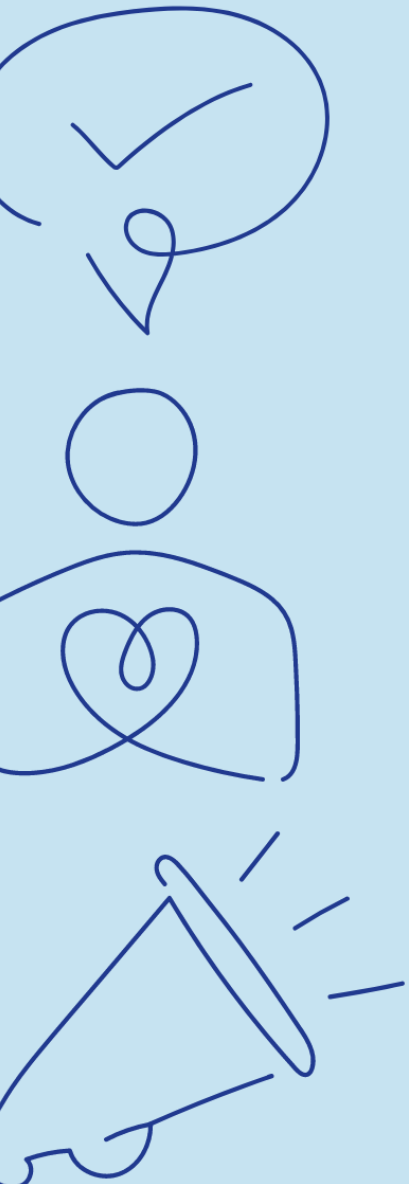
with the stress of university studies. The Student Recognition Initiative will also be back. Also, take the time to nominate your colleagues for the various CAPSI awards, including the Future of Pharmacy Excellence Award.

CAPSI National is made up of student volunteers across the ten faculties of pharmacy across the country. Our strength is that we sit down in class with our members every day. We remain open to all your suggestions to improve your student association. Please feel free to contact me directly at [pres@capsi.ca](mailto:pres@capsi.ca) to share your comments.

I wish you a year filled with discoveries and never forget to seize every opportunity of your university career in order to surpass yourself every day. Enjoy your reading!

**William Boudreau**  
*President of CAPSI*

# NOT ME. US? THE ISSUE WITH NEXT GENERATION ADVOCACY.



BY MARIANNA  
POZDIRCA

Recently, Stephen Colbert interviewed U.S. Supreme Court Justice Stephen Breyer. In speaking about the restoration of trust in core institutions, Justice Breyer referred this responsibility to the next generation, saying, “It’s up to the high school students.” In the same interview, the liberal Justice was asked about whether he’s thinking of retirement, particularly now, with a Democratic Senate and President. This type of question was often posed to Justice Ruth Bader Ginsburg, who refused retirement during a Democratic presidency, and sadly passed away during a Republican presidency with a Republican-controlled Senate. We remember how that went.

Justice Breyer joked, “I, myself, would prefer not to die. Period.” The juxtaposition of these two statements – a referral (to those much younger) and a refusal (to retire) – gives rise to a familiar pattern exhibited by many who have reached influential positions. At 83 years of age, it’s fair for Justice Breyer to say, “I’ve done my part” but it’s worth noting he’s not saying, “Now, here’s your turn.” All too often, I hear seasoned pharmacists express a similar sentiment, “Pharmacy has its issues, but YOU can make it better.” To borrow Senator Bernie Sanders’s slogan, I really want to respond with,

“Not me. Us.” This premature passing of the advocacy torch (while holding on to positions of influence, whether realized or not) can leave us burned out, disunified, and detached from those at the pinnacle of power in their careers. How can we make our advocacy truly intergenerational?

Indulge me in some Supreme Court observations yet again. Supreme Court Justices do retire. A recent example, the Reagan-appointed crucial swing vote, Justice Anthony Kennedy, comes to mind. Two of the three most recent Supreme Court appointees, Justices Neil Gorsuch and Brett Kavanaugh, were former law clerks to Justice Kennedy. Indeed, there have been reports that Justice Kennedy himself suggested to the former President that his replacement be then-Judge Kavanaugh. Further reports reveal Trump’s team put in over a year of effort to ensure Justice Kennedy was comfortable retiring, from public praise to relationship-building to inviting the Justice personally to swear in his former law clerk Gorsuch.

What pushed Justice Kennedy to “pass on the torch” was not a flurry of media, talk show hosts, and politicians bringing up his inevitable death and conjecturing who might be President when that

**“It’s easy to commence our advocacy by focusing on the future or by believing we could have been further ahead already. But we need to begin all our advocacy by acknowledging and publicly crediting the accomplishments already achieved.”**

occurs. It was a shared avenue to a shared aim. Despite being perpetrated by less than ethical personalities in what turned out to be an unfortunate (but remember, successful) nomination, this process demonstrates that long-term achievement of overarching goals consists of “honey rather than vinegar” whether that goal be achieving a conservative Supreme Court, protecting institutions, or (getting back to pharmacy) advancing our patients’ health through a full scope.

The first mistake “leaders of tomorrow”, myself included, make today is that we don’t initially reach out with shared avenues towards shared aims. To say, “Not me. Us.” we must first ascertain, “What are the goals of ‘Us’?”. Unsurprisingly, this begins with listening and learning. It begins with recognizing that the avenue that leads towards changing the status quo starts with discovering the history and structures that uphold it. The local and broader histories of our pharmacist profession are locked within those who’ve been pharmacists and advocates for decades. Hearing

their experiences helps us derive the background necessary for progress. That builds the foundation of positive and strong relationships, which ensures our advocacy isn’t fragmented. The ensuing trust leads to a vulnerability that presents the opportunity for dignified expressions of mistakes made in the past, which we can then avoid.

We never achieve anything by listening alone. Inter-generational advocacy will be no different. It’s easy to commence our advocacy by focusing on the future or by believing we could have been further ahead already. But we need to begin all our advocacy by acknowledging and publicly crediting the accomplishments already achieved. It’s not worth starting advocacy from scratch, and if we’re not starting from scratch, we have to recognize the shoulders we stand on. That praise is important, because it signals that the legacy of former advocates for our profession lives on.

Finally, rather than waiting for invitations of intergenerational

advocacy to be extended to us, we need to be the ones reaching out. We need to offer at least some of our energy to the priorities of those with decades of experience. “Not me. Us.” applies not only to the labour behind advocacy. It also applies to the aims of our advocacy. And if that aim is, as noted in past articles of this column, the better care of our patients, then we need to set directions alongside those with more encounters with those patients. As important as our goals and the priorities we see as we enter this profession are, we have to start with at least achieving the shared goals that traverse generations. We cannot successfully advocate *for* our profession if we’re advocating *to* our profession. The culmination of this collaborative spirit is not just a rewarding realization of those shared goals. It’s the resulting calm and comfort that sets us up for a cohesive, or at least well-supported, change from one generation to the next.



Future of Pharmacy  
Excellence Award

WINTER 2021

Meet Mayur Tailor!

GENERAL INFORMATION

- Pharmacy school: University of Waterloo
- Year of pharmacy school : 3rd Year
- 3 things I like: Photography, Athletics, Travelling

WHAT ARE YOUR INITIATIVES THROUGH SCHOOL?

- Society of Pharmacy Students Interprofessional Representative
- Waterloo School of Pharmacy Ambassador
- Welcome Week leader
- CAPSI General Member
- Previously: Society of Pharmacy Students Rx2023 Social Representative

WHAT ARE YOUR INITIATIVES OUTSIDE OF SCHOOL?

I founded the non-profit organization known as Rx Students of Ontario (previously known as PharmAgainstCovid19) as well as am a leader in the BIPOC community initiatives. I utilized this organization to co-organize a national social media campaign with the Ontario Pharmacy Association to demonstrate pharmacists as frontline healthcare professionals during the COVID-19 pandemic. This campaign highlighted pharmacists working in various settings, to inform the public of how to better utilize pharmacy services during this time and was further promoted by Mayors of Ottawa, Toronto, and Kitchener as well as MPPs across Ontario. Along with this campaign, I was also a leader in the ConquerCovid19 initiative, which collected and coordinated the delivery of thousands of PPE packages to hospitals, pharmacies, and others in need all across Canada, and was recently commended by Prime Minister Justin Trudeau and Premier Doug Ford for these efforts.



## WHAT INSPIRED YOU TO BECOME A PHARMACIST?

At 14 years old, the passing of a close relative inspired a passion to assist others facing hardships. Through volunteering at the hospital, I was offered the opportunity to shadow a pharmacist, who sparked my motivation to pursue this detail-oriented career. This opportunity ultimately provided insight into the importance of effective communication and the personalization of interactions to develop a collaborative relationship to meet patient needs.

## WHAT DO YOU HOPE TO ACHIEVE DURING YOUR CAREER?

As a young pharmacy student, I am well aware that I still have much to learn — in technical skills as well as conceptual ability in the pharmacy world. For this reason, I am very open to various opportunities both through the pharmacy curriculum and extracurricular that improve the health of fellow Canadians. Although still open to trying new roles, I hope to pursue a career that dually feeds my passion for empowering others as well as developing innovative practices.

## WHAT ADVICE WOULD YOU GIVE TO CURRENT PHARMACY STUDENTS?

My advice to current pharmacy students would be to not be afraid to reach out to pharmacists in the community and learn about the vast variation in the roles they can have. The pharmacy profession is currently one of the most rapidly changing professions out there, and by attending pharmacy school you can not only see these changes happen but can actually have a say in what and how things happen in your community.

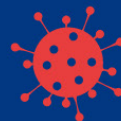
Canadian pharmacy schools provide unique opportunities by utilizing experiential learning synergistically with inspirational learning to provide future pharmacists with the tools they need to address problems in an innovative yet effective manner. Being at the forefront of innovation, the Canadian pharmacy curriculum helps further individual ambitions, which can range from developing positive patient relationships to non-traditional roles in industry. In parallel with this, the interprofessional relationships in a practical real-world setting, as well as help, identify the type of pharmacist that best suits each student. With the expanding role of the pharmacist, pharmacy school allows one to seek out new opportunities in clinical, research, and the larger public health levels. Pharmacists have become increasingly involved in disease prevention, patient health management, and immunizations, and the pharmacy school equips their students to excel in an ever-changing and adapting profession.



# CHSP CORNER



BY ABBY KRUPSKI



Hi everyone! My name is Abby Krupski, and I am looking forward to my new position as the Canadian Society of Hospital Pharmacists (CSHP) National Student Delegate for the 2021-2023 term. I am excited by the opportunity to represent pharmacy students who are interested in practicing hospital pharmacy across Canada.

We have some very exciting events this year. In January 2022, we have the **Together Conference: Canada's Hospital Pharmacy Conference**. Save the dates for **January 29 – February 6, 2022**. This event will be completely online. If you are interested in getting involved, whether that be sharing your work with peers, reviewing poster abstracts, appraising awards, or giving a presentation, please visit <https://cshp.ca/site/pd/conferences/ppc/overview?nav=professional-development>. Stay tuned for more information and how to register for the conference.

If you hope to pursue hospital pharmacy one day and would like to get involved in the field, visit the Student Corner on the CSHP website: <https://cshp.ca/site/mbr/membership-benefits/renew/student-pharmacist-supporter?nav=member>. Here you can also find information on CSHP membership and residency programs.

Membership is from July 1st, 2021, to June 30th, 2022, and costs \$65. Some benefits of being a CSHP member include:

- Access to competitively priced professional liability insurance
- Pharmacist student internships
- Travel grants
- Access to CSHP publications and the Canadian Journal of Hospital Pharmacy
- Networking opportunities with hospital pharmacists in Canada
- National and local branch awards
- .... SO much more

If you have any questions regarding CSHP, please don't hesitate to reach out to me at [cshpliaison@capsi.ca](mailto:cshpliaison@capsi.ca). I look forward to representing pharmacy students across Canada during my two-year term.

Canadian Society of  
Hospital Pharmacists



Soci t  canadienne des  
pharmaciens d'h pitaux

# CAPSI NATIONAL COUNCIL



## **PRESIDENT**

WILLIAM BOUDREAU

**University:** University of Montreal (Class 2022)

**Friendly Tip:** Embrace your future career and get involved! It's by getting out of your comfort zone that you can improve, go further and become a better person. It is by thinking that every patient is like a close family member that you would do the best you can EVERY single day.



## **PRESIDENT-ELECT**

CHRISTINE VACCARO

**University:** University of Manitoba (Class of 2023)

**Friendly Tip:** As we ease into a «post-COVID-19» world, take it easy. Make time for self care, reconnect with your loved ones, and explore your passions. I encourage you to get involved, give back, and have the courage to advocate for your patients, colleagues, and yourself. These out-of-classroom experiences will make you a better pharmacist, team member, and leader.



## **PAST-PRESIDENT**

MORGAN PATRICK

**University:** University of Alberta (Class of 2021)

**Friendly Tip:** Take risks. Just do it. You may be surprised at how much you grow and accomplish.

# CAPSI NATIONAL COUNCIL



## EXECUTIVE SECRETARY

MEGAN HOPKINS

**University:** University of Alberta (Class of 2022)

**Friendly Tip:** Don't let the fear of the unknown stop you from getting involved, you'll be amazed at what you can do when you just go for it. Also make sure to find friends that will support you but will laugh with you when you need it.



## FINANCE OFFICER

TJ DHADIAL

**University:** University of British Columbia (Class of 2022)

**Friendly Tip:** Do not let little things bother you. Try to look at the bigger picture and things will get cleared up automatically.



## VP COMMUNICATIONS

MINAHIL RAFIQ

**University:** University of Toronto (Class of 2022)

**Friendly Tip:** See your classmates as potential friends and not competition!

# CAPSI NATIONAL COUNCIL



## VP EDUCATION

HANNAH SAUNDERS

**University:** Dalhousie University (Class of 2022)

**Friendly Tip:** Make sure to take breaks from studying! Pharmacy school can be really busy and challenging but it's important to set time aside for yourself and do something that you enjoy.



## VP PROFESSIONAL AFFAIRS

MAKBOOLEE FYITH

**University:** University of Alberta (Class of 2023)

**Friendly Tip:** My tip to other pharmacy students would be to create a positive support group of friends. Pharmacy school is heavy and at times overwhelming, but when you have classmates that you can share the experience with it makes it a lot more memorable and fun. Some of my fondest memories from school would be grinding in the library with friends and taking study breaks together where we could joke, rant and get re-inspired.



## CAPSIL EDITOR

WINNIE TRAN

**University:** University of Montreal (Class of 2022)

**Friendly Tip:** Don't be afraid to get out of your comfort zone! Whether it's getting involved in a committee, talking to new people, or exploring different pharmacy pathways, there is so much self-growth that can occur when you try new things, even though it can seem intimidating at first.

# CAPSI NATIONAL COUNCIL



## IPSF LIAISON

RITA HUANG

**University:** Memorial University of Newfoundland (Class of 2022)

**Friendly Tip:** Don't be afraid to get involved at your school and nationally! You'll meet amazing friends, develop skills to help you grow, and learn something new about yourself!



## STUDENT EXCHANGE OFFICER

JENNA MELANSON

**University:** University of Toronto (Class of 2022)

**Friendly Tip:** Take advantage of the events and resources presented to you in pharmacy school, you never know what doors they may open!



## NATIONAL WEBMASTER

ANGEL NONG

**University:** University of Alberta (Class of 2023)

**Friendly Tip:** Make sure you take care of your wellbeing and health above all!

# CAPSI NATIONAL COUNCIL



## OUTGOING VP COMMUNICATIONS

SAMANTHA VOS

**University:** University of Alberta (Class of 2021)

**Friendly Tip:** Seize opportunities to get involved and form new relationships. Embrace the fear or nervousness that comes with putting yourself out there, because what you get out of it is increased confidence, life-long friends and even more opportunities to grow and become the best version of yourself!



## OUTGOING FINANCE OFFICER

GABRIELLE SICOTTE-MENDOZA

**University:** University of Montreal (Class of 2021)

**Friendly Tip:** You are amazing: you can accomplish so much when you put your heart into it!



## OUTGOING SEO

MELISSA KIELEY

**University:** Memorial University of Newfoundland (Class of 2022)

**Friendly Tip:** Always try your best to make time for the things that make you happy.



# CAPSI NATIONAL COUNCIL



## CHSP STUDENT DELEGATE

ABBY KRUPSKI

**University:** University of Toronto (Class of 2023)

**Friendly Tip:** Be nice to everyone you meet. Pharmacy is a small community and they could be your future boss or colleague in the future.



## SENIOR REPRESENTATIVE

CELIA MA

**University:** University of British Columbia (Class of 2023)

**Friendly Tip:** Don't be afraid to put yourself out there to meet new people – the connections you make in pharmacy school will last the longest and provide many opportunities in the future. Plus you'll make unforgettable memories.



## JUNIOR REPRESENTATIVE

ANEET GREWAL

**University:** University of British Columbia (Class of 2024)

**Friendly Tip:** Don't be afraid to get out of your comfort zone. Pharmacy school goes by quickly, so take advantage of all of the opportunities that come your way.

# CAPSI NATIONAL COUNCIL



## SENIOR REPRESENTATIVE

RACHEL HANSON

**University:** University of Alberta (Class of 2023)

**Friendly Tip:** Get involved as much as you can by taking part in different events and joining committees, but also be sure to take time for yourself and prioritize your well-being first!



## JUNIOR REPRESENTATIVE

KATIE MORELAND

**University:** University of Alberta (Class of 2024)

**Friendly Tip:** Being a student provides a unique opportunity to try many different avenues of pharmacy before starting your career, and you may be surprised at how your interests change if you try new experiences!



## SENIOR REPRESENTATIVE

LAUREN LUEKEN

**University:** University of Saskatchewan (Class of 2023)

**Friendly Tip:** Take advantage of every event and opportunity that is offered to you! Look forward to meeting new people and creating new relationships.

# CAPSI NATIONAL COUNCIL



## JUNIOR REPRESENTATIVE

EMMA FEDUSIAK

**University:** University of Saskatchewan (Class of 2024)

**Friendly Tip:** Be an active participant by getting involved and attending pharmacy school events.



## SENIOR REPRESENTATIVE

SIMRAN DIOCEE

**University:** University of Manitoba (Class of 2023)

**Friendly Tip:** Make sure to make time for self-care. Things are looking different now, so make time for yourself, your family and friends, and whatever it is you do that brings you calm and joy.



## JUNIOR REPRESENTATIVE

SANDRA CHOI

**University:** University of Manitoba (Class of 2024)

**Friendly Tip:** Pharmacy goes beyond the classroom. Get to know your peers, professors, and the community!

# CAPSI NATIONAL COUNCIL



## SENIOR REPRESENTATIVE

SASHA GOLDSTEIN

**University:** University of Waterloo (Class of 2022)

**Friendly Tip:** Get out of your comfort zone and take advantage of the opportunities presented to you throughout pharmacy school. The relationships and skills built through extracurricular involvement are invaluable. However, don't forget to prioritize self care and enjoy life outside of pharmacy!



## JUNIOR REPRESENTATIVE

CAMILLE HUO

**University:** University of Waterloo (Class of 2024)

**Friendly Tip:** Every patient, peer, professor, or colleague that you meet can teach you something. Every failure, success, and milestone can broaden your perspective. If you take the time to reflect on your experiences, whether good or bad, you'll be sure to learn a lesson or two!



## SENIOR REPRESENTATIVE

MICHELLE CHAUNG

**University:** University of Toronto (Class of 2023)

**Friendly Tip:** Knock on every door because you don't know which door would open for you and change your life completely.

# CAPSI NATIONAL COUNCIL



## JUNIOR REPRESENTATIVE

THEODORA UDOUNWA

**University:** University of Toronto (Class of 2024)

**Friendly Tip:** Be kind to yourself! Enjoy some self care, take those well-deserved breaks, visit friends – whatever brings you joy and peace!



## SENIOR REPRESENTATIVE

ANGELICA LE

**University:** University of Montreal (Class of 2023)

**Friendly Tip:** Get that extra hour of sleep!



## JUNIOR REPRESENTATIVE

PANTEHA BORZOOEYAN

**University:** University of Montreal (Class of 2024)

**Friendly Tip:** With the pandemic, I learned that in order to stay motivated and perform well, having good mental health is one of the most important things. Sometimes it's even more important than having perfect grades. Thus, never hesitate to always have a me-time in your schedule no matter how busy you get. Believe me, you will not regret it.

# CAPSI NATIONAL COUNCIL



## SENIOR REPRESENTATIVE

SOPHIA BOUDHINE

**University:** University of Laval (Class of 2023)

**Friendly Tip:** Be open-minded. Seize every available opportunity to advance yourself in the field and on an individual level.



## JUNIOR REPRESENTATIVE

EL HASSAN LYOUBI IDRISSE

**University:** University of Laval (Class of 2024)

**Friendly Tip:** Whenever there is an opportunity for you to have an impact in your field, seize it to improve yourself and your surroundings, you won't regret it.



## SENIOR REPRESENTATIVE

NAWAL FATIMA

**University:** Dalhousie University (Class of 2023)

**Friendly Tip:** Enjoy your journey as much as you can! You only get to go to pharmacy school once, so make it a memorable one.

# CAPSI NATIONAL COUNCIL



## JUNIOR REPRESENTATIVE

NOLAN BARKHOUSE

**University:** Dalhousie University (Class of 2024)

**Friendly Tip:** Work hard and learn a lot throughout the program, but don't sweat the small stuff or forget to have some fun during the process!



## SENIOR REPRESENTATIVE

CAITLYN COLES

**University:** Memorial University of Newfoundland (Class of 2024)

**Friendly Tip:** Work part-time at a pharmacy during pharmacy school; it will allow you to gain experience and practice the skills you are learning in-class.



## JUNIOR REPRESENTATIVE

MELANIE KING

**University:** Memorial University of Newfoundland (Class of 2025)

**Friendly Tip:** Get involved and get to know your classmates!

# CAPSI NATIONAL SUBCOMMITTEES

Are you interested in getting involved in CAPSI National, working with pharmacy students across Canada, and having your voice heard? Join one of our CAPSI National subcommittees!

## Advocacy and Professional Affairs Committee

**Description:** 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.

**Contact:** Makboolee Fyith at [vppa@capsi.ca](mailto:vppa@capsi.ca)

## Membership and Communications Committee

**Description:** Responsible for ensuring that all 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.

**Contact:** Megan Hopkins at [secretary@capsi.ca](mailto:secretary@capsi.ca) or Minahil Rafiq at [vpcom@capsi.ca](mailto:vpcom@capsi.ca)

## Website Committee

**Description:** Responsible for creating social media campaigns to promote CAPSI and resources for students to further learning as well as maintaining CAPSI's Instagram, Facebook and website.

**Contact:** Angel Nong at [webmaster@capsi.ca](mailto:webmaster@capsi.ca)

## Mock OSCE Committee

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

**Contact:** Hannah Saunders at [vped@capsi.ca](mailto:vped@capsi.ca)

## Electoral Committee

**Description:** Responsible for increasing transparency about our election procedures, facilitating 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.

**Contact:** Megan Hopkins at [secretary@capsi.ca](mailto:secretary@capsi.ca)

## Constitutional Review Committee

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

**Contact:** Christine Vaccaro at [preselect@capsi.ca](mailto:preselect@capsi.ca)

## Translation Committee

**Description:** Responsible for the translation of CAPSIL articles and CAPSI related documents.

**Contact:** Winnie Tran at [capsil@capsi.ca](mailto:capsil@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.

**Contact:** Christine Vaccaro at [preselect@capsi.ca](mailto:preselect@capsi.ca)



# CRACK EGGS

BY JASON CHENARD

Two facts: eggs go rotten and leading people takes bravery.

*I was lucky enough to be part of a new pharmacy opening twice in my career. It is both a nervous and exciting time. We put ourselves out there with plenty on the line and need patients to enter. Looking back at both environments years down the road I cannot believe how far we have come. The fortunate business growth with both openings is a result of countless great people and their skill and after living both scenarios, one recurrent philosophy is woven into their young histories: the teams at both pharmacies bravely cracked eggs.*

*Leaders were adamant that teammates ask why, allowing us to be laser-focused on getting 1% better every day. We did not need to be the best on day 1, we only needed to commit to improving. We put egos aside and no one judged old systems that no longer worked, or the people that created them. We encouraged bad ideas and recognized discussion as highly valuable. We took pride in making good things great and humbly understood that today's greatness is tomorrow mediocrity. We measured success if we looked back and said: "I cannot believe how we used to do this before, ridiculous!"*

Leading people means developing systems that safely allow everyone to honestly evaluate whether things need to be changed. It means not necessarily having all the answers, but being confident that when the right people ask the right questions, the right answers come forward.

The operators of a system need to be given permission to think outside the box and imagine what things would look like if they were allowed to restart or reinvent. They need to be charged with the task of imagining what a system would look like if it was 100-fold larger in volume. Those operators have all the knowledge, skill and experience to understand what would make something better and they understand where the deficiencies and inefficiencies are.

This philosophy becomes imbedded in the fabric of a team's culture and involves:

- Resisting the urge to play it safe by keeping the egg nestled in its stable shell.
- Risking the mess involved by cracking eggs for a potential new product such as a nutritious omelet.
- Asking *why* and releasing any low-value, emotional connections to the past.

The queue for reassessment is the response: "Because we've always done it this way." When we hear this response, excitement should rise because we now have the opportunity to shape something into a new invention, our invention, a more modern and relevant way of doing something.

Across human history, we were right when we were wrong. Good ideas turned out to be terrible ones with time. It does not mean our ancestors were wrong, it simply means their systems are not right for today. We once thought the Earth was flat, we thought seatbelts were just an annoyance and we did not think smoking could be unhealthy. However, when we cracked those eggs, we changed the world.

Great systems, left unchecked, will surely go rotten.

Be brave, ask why, crack eggs, eat omelets, adapt, and survive.

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*Jason is a pharmacist and independent pharmacy owner in Ontario. Check out more of Jason's writing at [layeredleadership.ca](http://layeredleadership.ca), where you can subscribe to the free weekly newsletter.*





# CAPSI SCHOOL SHOWCASE

UNIVERSITY OF  
WATERLOO

BY NICOLE BAKOWSKI AND CELINE HUAB

Let's take a look at some of the events UW CAPSI has hosted these last couple of months this past Spring term!

### Pharmacy Ownership Panel

We started off July with a new educational panel event for students interested in owning a pharmacy in the future. Our diverse group of pharmacy owners included:

- **DR. RAHIM DHALLA**, PharmD, MBA, RPh, and owner of Hybrid Pharm in Ottawa
- **JOHN PAPASTERGIOU**, BSc, BScPhm, and owner of four Shoppers Drug Mart locations in downtown Toronto
- **BRONWYN TOLMIE**, BScPhm, ACPR, RPh, and owner of Pharmasave Elora Apothecary and Trailside Pharmacy in Fergus
- **KRISTEN WATT**, BScPhm, RPh, and owner of Kristen's Pharmacy in Southampton

The event began with our panelists answering pre-submitted questions from students, sharing their experience of owning and operating their

own pharmacy, and having a discussion about the similarities and differences between each of their practice settings. The second half of the event consisted of an open question and answer period where our panelists expanded further on advice in pharmacy ownership. Thank you to all of our panelists for sharing your time, knowledge, and expertise with us. Our audience was glad to learn more about different types of pharmacy ownership including independent pharmacies, banner stores, and chain pharmacies. Special thanks as well to UW CAPSI council members Kevin Huynh and Steven Huynh for moderating the session!

### OTC Week

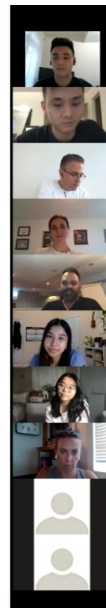
The annual OTC week took place the week of July 19th, 2021 starting off with a dinner and learn on how to select effective treatments for patients with allergic rhinitis, presented by Rosalyn Mitchell from GSK Consumer Health. This was followed by an OTC Jeopardy trivia night for students to apply their knowledge on self-care topics. Students also participated in the OTC Mock



**John Papastergiou**  
BSc, BScPhm



Toronto, ON



Steven and Kevin Huynh (Rx 2023) hosting the Pharmacy Ownership Panel with our four panelists.

## “UW CAPSI is looking forward to hosting the many events we have coming up in the next few terms.”

OSCE’s which offered a low-pressure environment to practice OTC consultations. We also had a different social media challenge each day of the week. While we weren’t able to host these events in-person, we had a great turnout and are grateful to our many participants. Thank you to our UW Education and Outreach Coordinators Kevin Huynh, Avery Brown, and Kia Moazzami for planning these events.

Congratulations again to all our winners from the allergic rhinitis presentation (Hillary Kim, Mayur Tailor), OTC trivia (Brooke Bouchard, Connie Drake, Melinda Bai) and social media contest (Maria Anton, Lindsay Babb, Ayat Al Badri). Even though we could not host events in person, we were glad to provide some of our contest winners with OTC gift baskets in keeping with the week’s theme!

UW CAPSI is looking forward to hosting the many events we have coming up in the next few terms. As always, stay safe!



UW CAPSI PRESENTS

# OTC WEEK 2021

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
JULY 19	JULY 20	JULY 21	JULY 22	JULY 23
<b>Allergic Rhinitis Dinner &amp; Learn</b>	<b>UNIVERSITY OF WATERLOO SCHOOL OF PHARMACY</b>	<b>OTC Trivia</b>	<b>Mock OSCEs</b>	<b>Social Media Contest Prize Draw</b>
Learn about products for allergic rhinitis!	Social media contest challenges posted daily!	Test your OTC knowledge and win prizes!	Practice OTC consultations in a low-stakes setting!	Complete each challenge for a chance to win!

← Social Media Contest →

CAPSI • ACEIP

# STUDENT



# EXCHANGE PROGRAM

Did you know that as a CAPSI member, you are also a member of the International Pharmaceutical Students Federation (IPSF)? One of the many benefits associated with IPSF is being able to participate in the **Student Exchange Program (SEP)**. SEP is IPSF's largest project, allowing pharmacy students from over 100 countries around the world an opportunity to gain pharmacy experience abroad. Check out the testimonials from recent SEP students, Christine Yang, Jacob Luba, and Iryna Zhyrnova, Pharm. D. students describing their experience in Switzerland, Poland, and Costa Rica respectively. Want to learn more about how you can be involved in SEP? Contact your local IPSF representatives or send me a message at [seo@capsi.ca](mailto:seo@capsi.ca). Deadline to apply is **December 31st, 2021!**

- **Jenna Melanson**  
*Student Exchange Officer*

# SWITZERLAND



This year's summer has been nothing unlike others. I had the amazing opportunity of completing a SEP internship in the wonderful country of Switzerland, in the city of Zurich. This experience has definitely been one of my most memorable ones throughout my degree.

I was placed in a community pharmacy in the old town of Zurich. On my first day, I was welcomed by the most charming team of pharmacists and pharmacy assistants. There, I had the opportunity to learn about the different medications and drug ordering, the drug compounding process, the health system, the pharmaceutical industries, the insurance system, the pharmacy's involvement in the fight against COVID-19, and

many more. Every morning I was looking forward to going to work and I never left without learning something new and interesting.

Another big highlight of my trip in Switzerland was meeting the local people. I was very lucky to stay in a student housing where I made many friends with whom I became really close with. We would often go sightseeing, swimming in the beautiful lake, shopping, biking and cooking delicious swiss traditional food together. I even got to learn a bit of Swiss German with them! I also had the chance to go on multiple hiking trips in the breathtaking Alps. Furthermore, there was a SEP weekend during which I met the other SEP students from other countries. Meeting them allowed

me to learn about pharmacy and the fascinating culture from different countries, and that is one of the things I find the most interesting about SEP.

After two months of being in Switzerland, I can say that I was fully immersed in Swiss culture, and I have definitely fallen in love with this beautiful country and with its people and culture. I feel really fortunate to have had this opportunity, and none of this would have been possible without IPSF and SEP, and of course the SEOs of each country. Thank you for this unforgettable journey.

BY CHRISTINE YANG  
University of Montreal



**"After two months of being in Switzerland, I can say that I was fully immersed in Swiss culture, and I have definitely fallen in love with this beautiful country and with its people and culture."**



# POLAND



My experience in Poland working as a volunteer at MSWiA hospital pharmacy was one not to forget. My experience was made wonderful thanks to the support of my supervisor in the pharmacy, the wonderful staff there and the LEO (Local Exchange Officer) who helped navigate me throughout.

My supervisor was great because she ensured I got to experience a different part of the pharmacy department every couple of days. The staff was very approachable as well, and every single clinician encouraged me to keep using my Polish language even when I felt as though it was not to standard. I was glad to have an environment where I could practice my Polish language in a clinical context with

multiple people supporting me.

My first few days in the pharmacy I spent learning distribution and order entry systems in the pharmacy. In the middle of my tenure I was moved to work alongside a clinical pharmacist in the parenteral sterile compounding room. My last few days I was moved to the outpatient oncology pharmacy ward where I shadowed the verification and preparation of chemotherapy drugs compounded in lab.

My LEO made my experience great from the moment I arrived. I was picked up from the airport, taken to my residence, shown the best ways to travel and even taken to the nearest grocery store for essential items.

Perhaps one of my favourite parts

about the experience was meeting new pharmacy students from different parts of the world and hearing about their experience in Poland and in Pharmacy school at home. It was eye opening to hear about the differences that made their stay equally as exciting and memorable. For these reasons I could definitely see myself going back to Poland for another student exchange in the near future.

BY JACOB LUBA  
University of Waterloo







# COSTA RICA



It was my first time traveling to Central America completely solo. I convinced myself that stepping out this far from my comfort zone would make me grow as a future healthcare professional. So I stepped into the unknown.

I arrived at San Jose Airport late Wednesday evening, where the family of a pharmacy student welcomed me. The family helped me settle in and took me to a few beautiful locations. We went to explore the city, the wildlife rescue sanctuary, butterfly gardens, and volcano Irazu.

I started my placement on Monday in a small and family-owned community pharmacy. During my first shift, I observed the pharmacist counsel prescription medications, provide OTC recommendations to patients and perform IM injections. One of the most surprising observations for me was that pharmacists inject various medications via the IM route into the gluteus muscle. For example, drugs such as diclofenac, birth control, and antibiotics are more often injected IM than taken orally. The pharmacist taught me how to landmark, and I could perform the injections in no time!

What I found very valuable to my learning experience, regarding this injection site, is the new level of trust and vulnerability this experience can build between a pharmacist and patient in a community pharmacy setting. The whole process can be an emotional experience for the patient, and the pharmacist is there to protect their vulnera-



bility. I certainly felt a more profound relationship dynamic with patients.

Over the 2.5 weeks I spent in Costa Rica, I would be at the pharmacy every weekday until about 2 PM (some days until 6 PM). I studied lots of unique drugs and compared and contrasted the dosage forms. I took patients' blood pressure and briefly spoke to them about their targets. In addition, I went on hikes and to museums on weekends with the friends I made!

My SEP experience in Costa Rica was life-changing. I once heard the expression that the fears we don't face become our limits. I faced lots of my fears on SEP, and there is something so empowering yet liberating about this experience. It taught me how to enjoy the simple things in life, how to embrace pure life. *Pura Vida!*

BY IRYNA ZHYRNOVA  
University of Waterloo



