



CAPSI • ACEIP



FALL

CAPSIL

CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS LETTER

2022 VOLUME 36, ISSUE 1

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Editor's Address

BY AL-AMIN AHAMED

Dear members and supporters,

Welcome to the Fall CAPSIL 2022! My name is Al and I'll be your new Editor for the 3 annual CAPSIL issues for 2022-2023. As I am writing this, I am realizing that we are getting closer to the publication date and I'm getting nervous. By the time you read this you are going to see a body of work that truly took the support of an army to put together.

I want to thank all our writers and translators for making this issue possible. Winnie Tran, Joe Kamal, Kira Walker, SooMin Park, Marianna Pozdirca, Paraag Trivedi, Kyla Agtarap, Kim Dang, Kaila Tims, Sheena Ye, Madeleine Yee, Ryan Chan, Bre Morrison, Radhika Verma, Kathryn Ross, Marc Herrera, Kathleen Watts, Sydney Tonner. I'm excited to have a platform to amplify the voices of pharmacy students nationally.

In this issue you can expect to learn more about your current CAPSI National Council, 2023-2024 Executive Elections, results from the national Student Mental

Health and Wellness Survey and so much more.

I'm excited to have put together a new column in a series that I call "CAPSIL Student Spotlights", where I highlight 1-2 students from pharmacy schools in Canada. A lot of you are more than just pharmacy students so I want to take some time to shine a light on you and have others witness all your amazing goals, hobbies and accomplishments.

So go grab a blanket, a coffee and your tablet and give the CAPSIL a read. Share with a friend or two and reach out to me at capsil@capsil.ca if you have any feedback or future article ideas. I hope you all enjoy reading just as much as I have enjoyed putting together this issue for you all.

Take care for now!

Stay slaying,

Al-amin Ahamed
CAPSIL Editor



President's Address

BY CHRISTINE VACCARO

Heyo CAPSI members and supporters!

Welcome to the Fall Edition of the CAPSIL!! Within these pages are stories from your peers and highlights of what CAPSI has been up to since spring! Of course, the CAPSIL would not be possible without the submissions from pharmacy students and the hard work and dedication of our fantastic CAPSIL Editor, Al-amin Ahamed and the translation committee.

While the semester is already well underway, I wish you all the best in the year ahead! Whether this year is the beginning of your pharmacy journey or your internship year, like mine, I encourage you to make time

for self-care, reconnect with your peers and loved ones, and explore your passions.

Over the summer, your national council has been busy laying the foundation for another fantastic year of CAPSI. In June, we met in Ottawa for CPhA's conference, Pharmacy Rising. At Pharmacy Rising, we discussed our plans for the year ahead, assessed student wellness concerns from coast to coast, and contributed to discussions regarding workforce conditions with pharmacists. To learn more, access our past meeting minutes at <https://capsi.ca/minutes/>. Additionally, if you're interested in attending a CAPSI National meeting, email me at pres@capsi.ca.

We're excited to share that after two years of COVID-19-related postponement, Professional Development Week (PDW) will return, in-person, in January 2023 at the University of Saskatchewan! We're also excited to announce that under the leadership of Angelica Le and her planning committee, CAPSI has won its bid to host the International Pharmaceutical Students Federation (IPSF) World Congress. This international conference will take place in Montréal during the summer of 2024.

Our new membership portal, [CAPSI members corner](#), created by our Webmaster, Jonathan Chan, has officially launched! Sign up today to

access your CAPSI benefits (including but not limited to PEBC discounts, Pyrls, Rx Billing Genie, virtual counseling, and so much more)!

CAPSI is committed to advocating for all pharmacy students and interns. Over the last few months, CAPSI and CPhA have called on the government to expand the Canada Student Loan Forgiveness program to include licensed pharmacists and pharmacists in approved residency programs. Thank you to the pharmacy students who wrote formal letters and met with Members of Parliament regarding this issue.

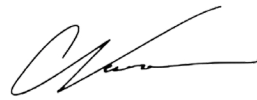
I also want to thank the pharmacy students who participated in CAPSI's wellness survey last year. From the results, we've been able to tailor our membership benefits, make university-specific wellness recommendations, and are participating in national conversations surrounding workforce wellness with CPhA. Our results and recommendations will be shared with students, faculties, and Association of Faculties of Pharmacy of Canada (AFPC) this fall.

Know that you can always connect with me through email

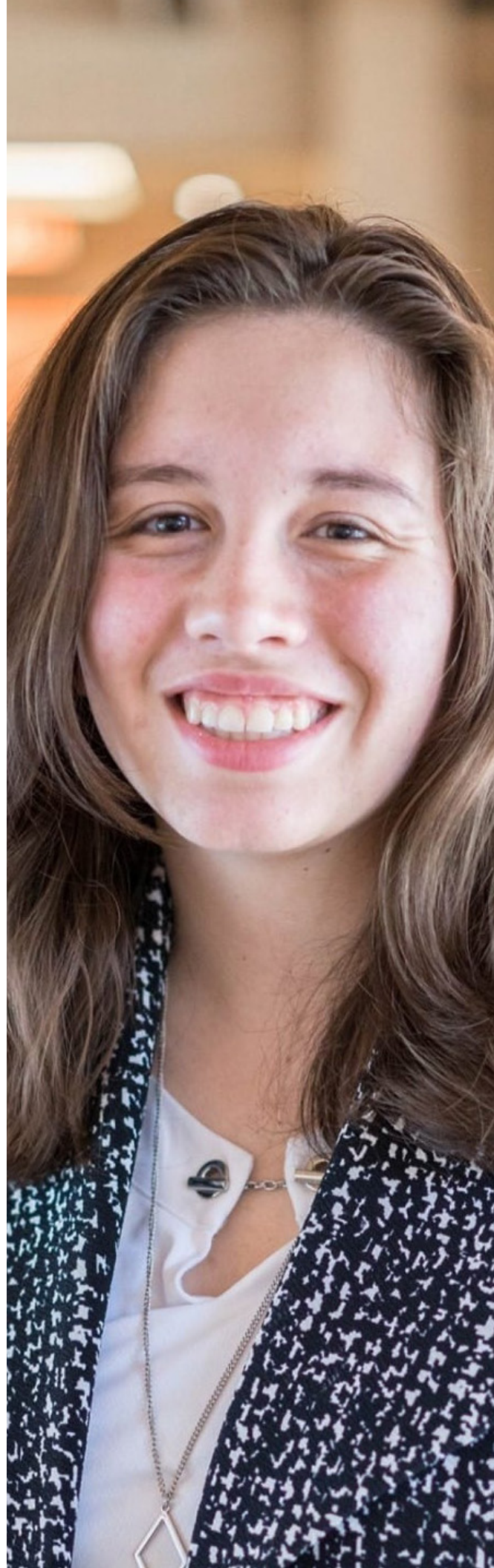
or Zoom, using [Chats with Chris](#) if you would ever like to talk, share comments or concerns, or learn more about CAPSI National.

Wherever your pharmacy journey takes you, you will find that CAPSI magically leads to lasting connections that will continue to return throughout your career. I look forward to meeting many of you at PDW 2023 this January or virtually through Chats with Chris!

Take it easy,



Christine Vaccaro
National President



Student Mental Health & Wellness Survey

National Report Executive Summary

The Canadian Association of Pharmacy Students and Interns represents over 4000 pharmacy students and interns that are invested in their professional development and the issues affecting their profession. Between February and May 2022, CAPSI surveyed its members mental health and wellness across the country.

On average, respondents rated their mental health as 2.475 out of 5 (5 being the best), with **87% of students rating their mental health as 3/5 or worse and nearly half (49%) rating it as 2/5 or worse.** After a typical day of pharmacy school that month, only 50.6% identified feeling “positive”. One in three students reported feeling disconnected, nearly half (42.6%) said they feel alone or isolated, and 41.2% expressed they were viewing pharmacy and/or pharmacy school in a more negative light. A staggering 42.5% felt scared of failing or had thoughts of dropping out.

Even where mental health resources were available, **95% of students**

reported facing barriers to accessing support, with the greatest barrier being lack of time, especially during the semester or rotations. Two out of every three students reported a hesitancy to reach out to mental health services, because it may mean cutting down on study time. Mental health stigma also continues to be a prominent barrier, with nearly one in three students reporting that the most common source of stigma for them came from the professional pharmacy community itself.

Nearly all students (97.5%) reported that school-related stress was negatively impacting their mental health, with 85.6% reporting this negative effect as moderate-severe. The top stressors affecting mental health were uncertainty about the future (87%), a lack of adequate breaks between semesters or rotations (84.4%), inadequate contingency planning (83.1%), online or hybrid learning (80.1%), and school-related financial concerns (78.1%). The identification of these stressors closely mirrored how students identified potential

solutions, as the top three programs/ supports students ranked as things that would benefit their well-being were longer breaks, financial support, and personal days during rotations.

These results form the basis for **a dozen recommendations**, with six directed towards CAPSI (in short: advocate for pharmacy students; push for more financial aid; provide mental health resources; provide career planning supports; provide a forum for students to connect across schools; inform students about what CAPSI does) and six directed towards pharmacy schools (in short: create more breaks; provide additional financial aid; provide additional mental health resources; implement thoughtful pandemic recovery; implement curricular changes; build stronger communication channels with students). **CAPSI looks forward to implementing the CAPSI-specific recommendations and working with pharmacy schools towards achieving the school-specific recommendations as well.**

2022-2023

CAPSI National Council



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National President



MADISON WONG
National President-Elect



WILLIAM BOUDREAU
National Past-President



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Executive Secretary



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Finance Officer



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TJ DHADIAL
Outgoing Finance Officer



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UBC Jr. Rep



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UBC Sr. Rep



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U of Toronto Jr. Rep



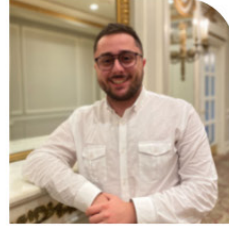
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U de Montreal Jr. Rep



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MELANIE KING
MUN Sr. Rep

— 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: vppa@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: secretary@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: secretary@capsi.ca or vpcom@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: preselect@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: webmaster@capsi.ca

TRANSLATION COMMITTEE

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

Contact: capsil@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: vped@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: preselect@capsi.ca

Would you ever ride in a car with no seat belt or air bag?

BY OGUZHAN OZTURK

Income protection is an important part of risk management. Unfortunately, it is a gap that most Canadians don't realize. The risk of suffering from a critical illness is greater than dying prematurely. Yet, in general, purchasing insurance to protect oneself from a critical illness and one's income earning potential, is far less common than purchasing life insurance.

Why critical illness protection makes sense:

While many Canadians have heard of critical illness insurance, they may not fully understand the importance it plays as part of a sound financial plan. Not taking steps to insure your income, is like riding in a car without an airbag. Is it worth the risk?

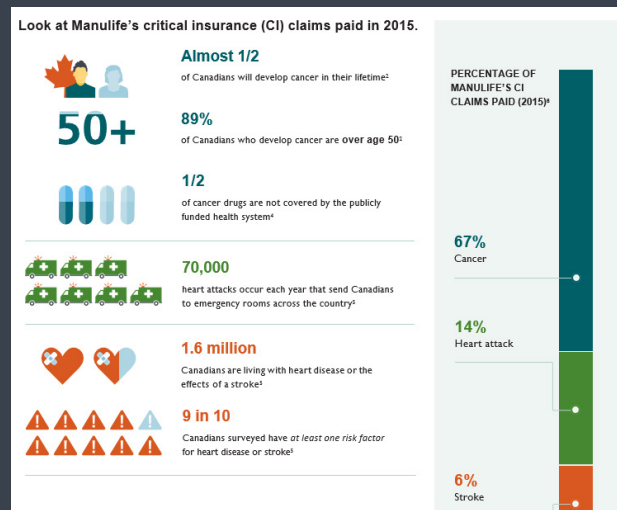
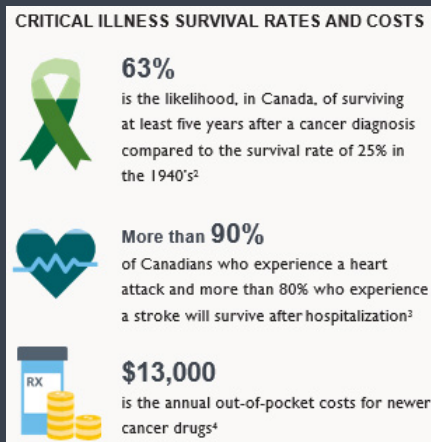
Hidden and out-of-pocket costs may include:

- Medication and treatment options not covered by government and employee health plans
- Increased expenses related to day care, hospital visits (including parking and food)
- Home care assistance & home renovations to accommodate illnesses
- Covering losses of income (for both the insured and caregiver)
- Dipping into investments to cover costs can seriously deplete retirement resources

Critical illness insurance pays you a one-time, tax free benefit, thirty-one days after treatment or diagnosis of the covered conditions. The money can be used any way you want. Some examples include:

- Take the necessary time off work and seek out of province care if necessary
- Relieve financial stress and focus on your recovery
- Provide for medical assistance/devices, private hospital rooms, travel and life expenses
- Reduce the need to deplete taxable retirement assets to assist with paying bills or replace lost income

Claims by gender Male/Female 51%/49% Claims by age Youngest/Oldest 23/78



Thanks to medical advancements the survival rates for critical illness are much higher than they used to be. However, nothing can prepare you for the financial burden associated with surviving such an illness. Male or female, young or old, critical illnesses impact people from all walks of life. Plus, experience shows that payout of benefits covers a wide range of critical illnesses¹. It is important to have a discussion with your financial advisor and make sure you have the right amount of coverage to protect your income, lifestyle and financial future.

That's why critical illness insurance is such an important part of the conversation I have with my clients. Most plans have 25 Covered conditions, Competitive rates and Refund of premium options.

References:

- 1 According to the Manulife InsureRight risk calculator
- 2 According to a report published by Canadian Cancer Statistics, Canadian Cancer Society, 2015
- 3 http://www.huffingtonpost.ca/2014/02/03/canadian-heart-attacks-and-stroke_n_4717180.html
- 4 Average cost per patient for newer oncology drugs is \$65,000 per year with an average co-insurance amount of 20 per cent. Report: Cancer Drug Access for Canadians, September 2009, Canadian Cancer
- 5 According to a poll conducted by the Heart and Stroke Foundation. 2014, Report on health - Creating Survivors, Heart & Stroke Foundation
- 6 Based on coverage count of active claims for individual non-cancellable CI products.

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KYLA AGTARAP



FUTURE OF PHARMACY

EXCELLENCE AWARD

WINTER 2022

GENERAL INFORMATION

- **Pharmacy school:** University of Waterloo
- **Year of Study:** 3rd Year
- **Areas of Interest:** Dancing, baking, learning languages

WHAT ARE YOUR INITIATIVES THROUGH SCHOOL?

I am heavily involved in school clubs and faculty committees. I am the Founder and a National Liaison for the UW Canadian Society of Pharmacology and Therapeutics. I am also the President of the UW FrancoPharm Club. I am a student representative on the faculty's Experiential Advisory, Awards, and Sustainability committees, as well as a Student Ambassador for the School of Pharmacy. I support executive teams by being a Translator for CAPSI National and a student mentor with the UW Peer Relief Network. My involvement has allowed me to meet amazing people and I want to continue exploring other initiatives in the future.

WHAT ARE YOUR INITIATIVES OUTSIDE OF SCHOOL?

Alongside my extracurricular involvement I continue a volunteer research position with The Ottawa Hospital. I have been fortunate enough to have worked on three papers with them. I also volunteer with the Canadian National Institute for the Blind and call a very wonderful participant weekly to offer support and companionship. For advocacy, I am a part of the International Obsessive Compulsive Disorder Foundation to end the stigma surrounding this mental health condition.

WHAT INSPIRED YOU TO BECOME A PHARMACIST?

I always knew I wanted a career in healthcare. I had one pharmacology class during my undergraduate degree and thought about entering the pharmaceutical industry from a drug development perspective. It wasn't until I started working in a pharmacy under the mentorship of a very supportive pharmacist, that I discovered this angle of drug knowledge and patient care. Pharmacy complimented my strengths and aligned with my interests and I'm happy I ventured into this sector of healthcare.

WHAT DO YOU HOPE TO ACHIEVE DURING YOUR CAREER?

I have many career goals in mind as I wrap up my pharmacy program. No matter where I go, I hope to be an exemplary member of the pharmacy community. Whether that be touching the lives of those in my community to initiating nation- to worldwide movements, I want to use my knowledge, skills and talents to better the lives of those I serve.

WHAT ADVICE WOULD YOU GIVE TO CURRENT PHARMACY STUDENTS?

The profession of pharmacy has a lot to offer, so don't be afraid to take risks and explore your options. You will inevitably face tough times along your journey, but if you can stay disciplined and motivated towards your goals, I am certain you will find your way.

Rising Above the Storm Clouds

Interview with Paraag Trivedi

BY MARIANNA POZDIRCA

Marianna Pozdirca (MP): I'm really grateful to be interviewing someone for CAPSIL who held a position on CAPSI National back in their pharmacy school days, a few years ago, and also now has been outside student life, in the pharmacy practice environment, for a few years and has wisdom nuggets from that too. Going back to your pharmacy student life days, what are some of the formative experiences that shaped the pharmacist that you are today?

Paraag Trivedi (PT): Having witnessed the role that pharmacists play in not only caring for patients and their families but as part of a healthcare team, it was something that really intrigued me as I decided what I wanted to do with my life. I have family members that work in other healthcare professions, and I've seen the benefits and drawbacks. For me, pharmacy made sense in a number of ways. It appealed to me as someone who loves to talk and is a people person. It also appealed to me that you have the opportunity for a really good work-life balance.

I was lucky to go to pharmacy school at the University of Saskatchewan with a class size of about 90 a year, so everyone knew each other, and then was fortunate enough to have a smaller group of friends and those are the people that make you better and you, in turn, try to make them better.

I got a little bit of exposure to different aspects of pharmacy, where I saw just about everything pharmacy, different conditions, clientele and areas of practice. In my fourth year, I was fortunate enough to be taken on by one of my mentors, Dr. Holly Mansell, to work at the Saskatchewan Transplant Program, and assist in developing patient education materials. I got to see a donor organ flown into the airport in the middle of the night, and I got to observe transplant surgery. I got to talk to nurses, doctors, respiratory techs, pharmacists, social workers, and of course patients and their families. At the end of the day I'm kind of a nerd, a numbers guy, so the coolest thing out of that experience was seeing a patient who got a transplant and watching their lab function literally improve overnight. That's kind of magical.

MP: It's interesting to me that you mentioned you had some exposure to pharmacy before being in pharmacy school and then you had a lot of really unique experiences during your rotations. How did your perception of the profession change while you were in pharmacy school?


PT: I was fortunate enough that I never had that conception that a pharmacist was just a person standing behind the counter counting pills and putting them into a small bottle. From a very young age, I understood the value that pharmacists provide and we're very fortunate in Saskatchewan, where we have an advanced scope of practice. So even in my first little while of schooling, I got to see the impact that has demonstrated time and time again.

A pharmacist doesn't fit into the old traditional cliché. They have a tremendous role, not only are we talking community or hospital, there's regulatory, government and specialty just to name a few. Pharmacists serve vital roles in the armed forces, consulting and education. Pharmacists play a very valuable role, not only in the upfront and accessible side that the public always sees, but behind the scenes, pharmacy has the unique position where we can go between a lot of different health fields and provide really important information that benefits patients. My eyes are still open, all these years later, to just how much more pharmacists provide.

MP: And it certainly evolved in some unexpected ways throughout the pandemic.

PT: I kind of chuckle because at the start of the pandemic, I thought that it was going to be just a couple of weeks of restrictions, then everything will be fine. In hindsight that was an unreasonable goal at the beginning. As the pandemic went on, it seemed everybody was closing and unfortunately that does include doctors offices as well, where some of them went virtual, some of them went phone only, some of them just closed, but pharmacies never did that. So, we became that beacon of light in the darkness that was the first sage of the pandemic. I don't think I'm being dramatic when I say that whether it's a small town, a middle-sized city, or a big city, that the pharmacy was there as the constant in healthcare and the most direct access to a practitioner, so we were granted more authority, whether it was ongoing pharmacy prescribed prescription refills, section 56 exemptions that allowed us to continue and adapt patients' therapy. We were the drivers for COVID-19 vaccinations. On one of the first days we offered vaccines, I remember walking into work an hour before we opened, and there was already a lineup of people outside the store waiting to register to get their shots. I'm so proud of the work that everybody at that pharmacy did whether they were front store, helping clean chairs and directing traffic, assistants and technicians doing intake, or technicians, interns and pharmacists administering the vaccines. You've got to be blown away with just how well we rose together to meet the challenge, and were able to have a positive impact on our communities.

MP: Absolutely, and there's so many inspiring and heroic stories from the pandemic and continuing up until now. I want to acknowledge there's also been a lot of challenges and burnout among the profession, and maybe some disillusionment that has permeated even to students. Pharmacy students will often have a very direct role and have jobs in pharmacy settings while they're in school. So when that burnout is in the profession, it is shared by the students. How have you coped with that challenge in your own pharmacies, or how have you seen others cope?



PT: Oh, the disillusionment and burnout are very real, and I wouldn't believe anyone who said there's not any burnout or any disillusionment. There's no easy answer for it. I think I can safely say that all pharmacists and all healthcare workers enter the field with the best of intentions to help people.

So how did I cope? At times, not very well. In the early days of the pandemic, you're certainly not eating healthily or sleeping well, just always in a state of heightened acuity, where you're worried so much about what's going on that you kind of put your self-care on the back burner. The conversation I have with everyone is that whether you are a student or a practitioner that's been in practice for a year or 10 years, if you're not right, you're not able to look after your patients right.

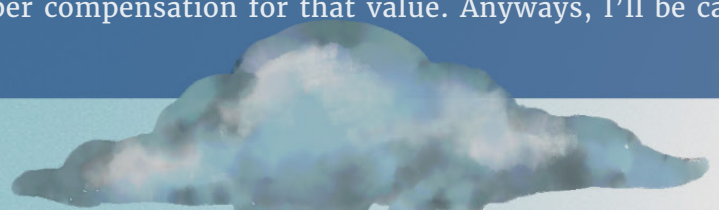
The first step in fixing a problem is acknowledging there's a problem. The problem is that pharmacists took on all this responsibility and showed their value to just about every stakeholder you can imagine, whether it's the patients or the healthcare system, or governments. We showed our value, and we did the right thing. We looked after everybody, and we did a very very good job of that. Now we need to build on that value in an equitable way.

MP: I found it fascinating that you framed “pharmacy was too good” as a problem, because I think most folks wouldn't often categorize that as being problematic, like objectively it seems like a good thing, so what do you do to address that strange kind of problem?

PT: Start with the simple things, like refocusing ourselves. Whether you're a practitioner that has been in the field for 20 years, or whether you're still a student and you're going to be entering the profession in a couple years, this is a time for leaders to emerge and bring ideas to the table. It may start with workflow enhancements or focusing on the professional services that pharmacists can provide and maybe shifting some of the more traditional roles of your pharmacist to registered technicians. I don't think there's a perfect solution. For the last two and a half years, pharmacies basically had their foot on the accelerator the entire time. You look at the growth, through even simple things like virtual care, there are many expanded ways that pharmacists can reach out. That said, the companion to doing all this work is that it's not like you're suddenly going to have 100,000 extra pharmacists and staff to rise to the occasion, so we have to use our resources very carefully. That's where every generation of pharmacists needs to unite together.

You know, you mentioned pharmacy students during the pandemic mobilizing as well, and everybody showed up and did far more than what they could have possibly imagined would have been an option before the pandemic. So now you have a workforce that accepted that challenge, because at the end of the day, you students, you raised an army, and as pharmacists, we raised an army. We've shown we can do amazing great things, and we've shown that we can kind of man that bastion in the storm, where these constant waves hit us, but we do need to focus a little bit internally now too.

Unfortunately people took pharmacy for granted for the longest time and continue to in some situations. You look at the abuse pharmacy staff have had to endure. It's time that we put our foot down a little bit more, and now that we've demonstrated our value, it's time we start seeing the proper compensation for that value. Anyways, I'll be careful or I'm gonna get in trouble.




MP: Actually, I was going to ask you something maybe even more controversial, because I wanted to circle back to this kind of analogy we're using for healthcare and pharmacy over the pandemic. The language around "frontlines" and "mobilization" has bothered me a lot, because it draws these parallels with the military, and obviously there is that heroism and incredible sacrifice there, but also tremendous investment, respect, and equipping of the military. It's difficult for me to accept that kind of military analogy being brought over to healthcare, because I find it interesting that we can carry over the language without carrying over the same kind of resources and funding that would equip the frontline so to speak.

PT: I'm smiling because you're blowing my mind right now, but like you're saying what I'm feeling but can't put on paper. You're right, and in some ways we're getting there, because there is technology advancing so we can do more with less. I've used these terms quite a bit, you know "mobilization" or "staffing the front". I'm not always comfortable using it but it just kind of comes to me, and I think back to the very early days of the pandemic. I can pinpoint exactly when I started using this language, when Emmanuel Macron of France basically said that we're mobilizing to fight a war, and that just kind of stuck with me. In some ways, yes it's an appropriate comparison and other ways not so much.

The equipment that we need is multifactorial. Technology is huge. The amount of work I can get done if I have functioning technology that allows me to connect with a patient - I can do an assessment over the phone for minor ailments right now, and if you're isolating for precautionary reasons or you're unable to get out, I can do the assessment over the phone, and someone can pick up your medication. The second component is training. Staffing and training are very different things, and we need to be patient on that training piece as well, making sure we have the resources to train people properly. And then I think just as a whole, there needs to be more understanding of what pharmacy is, and the role we play in communities. Like I said, people have sometimes taken us for granted. You look at the amount of verbal and unfortunately physical abuse that is directed towards pharmacy staff. Everyone's angry and tired and upset because of this pandemic, and I think we just need to distill it down to the word of understanding. People need to understand what goes into filling a prescription, what goes into those professional services, and what they get out of those services that we provide. We've had the public's trust for the longest time and we enjoy that, but we need to be our own boosters too.


MP: You mentioned cross-generational advocacy earlier, and I'm wondering if there's a piece of advice that you have for students as we enter the profession?

PT: I mean the biggest advice I tell people is that you are your own best assets. So you need to look after yourself and you need to have those limits, because if you don't look after yourself, you're not gonna be able to protect your patients. And, you know, just surround yourself with like-minded people as well, people who are progressive thinkers. I encourage people to stand up for themselves and for the profession, and unite around those leaders. You have strength in numbers, and then, you know, I gotta get a cliché corny line in here, but I truly from my heart believe and I tell my students this and I tell even people who are older than me this: bet on yourself. A bet on yourself is a very safe bet. More often than not, you're going to be a winner...



PT: ...And if you stumble, I got news for you - that fall and then getting up from the fall - that's called experience. Learn from that experience. I can't tell you how many times I've fallen down. It's a really unfortunate thing to make mistakes, but you do genuinely come out much stronger after making those mistakes because you're not only going to discover your ability to withstand unfortunate situations, but you're going to learn and think, "well I never thought of that before". Even if you did 100 things wrong in a week, if you do one thing right, focus on that one thing you did right and learn from all those hundred things you did wrong, but don't just say "I did 100 things wrong."

MP: I have one last big question and then we'll go into a quick rapid fire. What gives you hope for the profession?




PT: The generation of young leaders that I see. It doesn't matter how involved they are, just the fact that they are saying raising their hand, doing something, whether you are helping at a health careers day or you're a student working, or you're on CAPSI or CSHP. No matter how small you may think it is, it shows that you are a leader. We have so many amazing talented young leaders. It's amazing to see the next generation is already miles ahead of where I was at that time in my life. I encourage everyone to get involved.

MP: That's incredibly sweet and inspiring, thank you. Now, for a little bit of a random rapid fire: what has been the worst piece of advice you've ever received?

PT: "Stay in your lane". Growth doesn't come without change and calculated risk.

MP: What is a book or podcast that you've recently read or are reading right now?


PT: I just finished Roger Moore's Bond on Bond. I'm a big cinephile and love the James Bond movies. It's a good read. Next up is Open by Andre Agassi.



MP: Awesome! What was your favorite CAPSI memory?

PT: The first in-person thing. It's a bunch of nervous kids who didn't know any better, and just how quickly we hit it off. I made great friends, for life, out of that.

MP: Name three pharmacy leaders who you look up to today.




PT: Only three?

MP: Well, it's a rapid fire.

PT: That's tough to say only three! It starts with Danielle Paes at the CPhA, I cannot say enough good things about her. In terms of people of my generation, my close personal friend Dan Burton in Alberta. You look at how he's using social media to teach people about weight loss and diabetes. It's amazing. And then number three. Wow, I don't want to leave people out, but I'll go back to my pharmacy mentor Holly Mansell. I could go on and on about different mentors.

MP: Good shoutouts. If you had a magic wand, what would you immediately change in the pharmacy profession?



PT: I think it would be that pharmacists unite around the advancement of the profession and unite in our voice in ensuring a fair compensation model. We have the ability, time and time again proven and demonstrated ability; build on that!

MP: Is there anything I haven't asked you that was really on your mind and you want to share?

PT: You know, there are a lot of storm clouds that are still over us and there are still some on the horizon, but we are capable of so many amazing things if we just work together and unite around each other and celebrate our victories. Because when you have that amazing team dynamic, those victories are so much more sweeter and enjoyable. On tougher days, the storm clouds are a little more bearable when you have that shared community.

So I just say, never stay in your lane, never shut up. Be the pharmacist and advocate and leader that you would want looking after you and your family.

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STUDENT SPOTLIGHT





WATERLOO



Hometown: Etobicoke!

Year of Study: Third year (Rx2023)

Pets: I don't have any pets right now, but when I was in undergrad, I did study animal biology! My favorite animals are jellyfish.

Two-Truths and a Lie:

- a) I've had the same driving instructor for the past 5 years because I've been too afraid to get my drivers' license. Aka... I'm a bad driver.
- b) I've impulsively bought a plane ticket to the Northwest territories just to have Subway with my friend's grandma.
- c) During undergrad my partner tried to cheer me up by calling me worthless. He meant to say priceless. Smh.

What are some hobbies of yours and how do you make time for them?:

I like too many things and I have a new hobby practically every week. (ex. I like reading, cooking, painting, upcycling old items, making tea etc.) One way I make time for my hobbies is by reserving one hour (either at the start or end of the day) to do whatever makes me feel happy. Most mornings, I like to take an hour to myself before the chaos of the day begins, and this really helps me set the tone for the rest of the day :)

Favourite Food: Popcorn! Preferably Thai Sweet Chilli flavoured

Favourite Smell: Peaches or Apples

If you could be anything in the world (other than a pharmacist), what would be your dream career?: In a different life, I would love to be a writer. I love storytelling and I love the idea of being able to create/ experience a whole new universe. However, if philanthropy was a career, I'd opt to be a philanthropist.



Kim Dang



Hometown: Innisfil, ON

Year of Study: 3

Pets: Not mine but I sometimes live with a pup named Mikko - his energy is limitless!

Two-Truths and a Lie:

- a) I hold my high school record for triple jump.
- b) I'm a recovering vegetarian who recently started eating steak.
- c) I was on a skipping team for five years.

What are some hobbies of yours and how do you make time for them?:

I've learned that making time to exercise, prepare nourishing food and sleep well helps me focus better so I always schedule those activities in first. I love being active and the outdoors! Hiking, going to the gym, ultimate frisbee and travelling are some of my favourite hobbies. This past year I've started climbing and skiing!

Favourite Food: Tiramisu

Favourite Smell: Fresh basil

If you could be anything in the world (other than a pharmacist), what would be your dream career?: Outdoor Education or French teacher!



Kaila Jims

LIB: A



TORONTO



Hometown: Waterloo, ON

Year of Study: First Year

Pets: Oreo - she's an extremely chunky cat I know

Two-Truths and a Lie:

- a) I grew up in China for 4 years.
- b) I broke my arm twice.
- c) I'm on my THIRD Apple pencil in 1 year because I keep breaking them.

What are some hobbies of yours and how do you make time for them?:

I love reading romance novels and scoffing at how corny they are (aka anything Colleen Hoover) but they are a guilty pleasure to read. I wish I could say that I squeeze in a few chapters between study sessions like a good student, but I always binge them in one sitting and refuse to touch school until the books are done. I also like tending to my houseplants, throwing my money away on caffeinated drinks in cute cafes, and running my food blog on IG: @sheenbeanats. I'm also a huge fan of the band LANY and am constantly reminiscing on how amazing their concert was this past summer.

Favourite Food: Sandwiches - Controversial but think about how this technically would encapsulate items like hotdogs, burgers, grilled cheese, tacos etc. - also the versatility?? It's a top tier food item for sure.

Favourite Smell: I have this candle that I've replaced countless times. It's from Malathe-Brand (a Canadian-owned small business!) and called "Silk" - the scent is IMMACULATE.

If you could be anything in the world (other than a pharmacist), what would be your dream career?: Definitely something involving creativity like a writer, journalist, museum curator, or chef.



Sheena Ye



Hometown: The wonderful beautiful little town of Belleville, ON (yes sarcasm and you've definitely never heard of it...).

Year of Study: 2T6

Pets: I don't have any pets... I'm scared of a lot of animals.

Two-Truths and a Lie:

- a) I have an extra bone in both my feet.
- b) I've lived in Switzerland.
- c) I can play 3 musical instruments (piano, trombone, guitar).

What are some hobbies of yours and how do you make time for them?:

My favourite hobby is being active! I love playing going for walks and playing all kinds of sports (in particular volleyball). I've joined 2 intramural teams! I make time for this by allotting a portion of my day every single day for some form of exercise. Whether it be a bit of a longer route for my walk home or to class, walking to Krispy Kreme to get a donut, or walking for 30 minutes on the treadmill. Moving my body makes for such a better night's sleep and it's a great study break. Another hobby of mine is watching NBA. I think I'm the NBA's super fan.

Favourite Food: Poutine! I've taken a picture of every poutine I've eaten for the past year and a half.

Favourite Smell: Clean laundry

If you could be anything in the world (other than a pharmacist), what would be your dream career?: NBA reporter.



Madeleine Yee



SASKATCHEWAN



Hometown: Regina, Saskatchewan

Year of Study: Year 2 of PharmD

Pets: Dog named Bruno

Two-Truths and a Lie:

- a) I start every morning with a cup of coffee.
- b) I can bench press 145 lbs.
- c) I have read 6 books in one day.

What are some hobbies of yours and how do you make time for them?:

I really enjoy sports and being active. I often go to the gym. I play on a club rugby team based out of Regina and play for the U of S women's rugby team. I also have a membership at a Muay Thai gym in town. Besides sports I volunteer once a week at an elementary school in a grade 2/3 classroom. I also take part in student counsels such as SPNSS where I fill the role of secretary and the PDW (professional development week) planning committee for January 2023 in Saskatoon where I fill the role of logistics officer. And if I have time, I like to hang out with my friends or watching movies. My keys for getting everything done in my schedule are to be good with time management and no procrastination. I also communicate lots with coaches to ensure that if things overlap, we can find solutions.

Favourite Food: All pasta but specifically tortellini.

Favourite Smell: Clean laundry

If you could be anything in the world (other than a pharmacist), what would be your dream career?: Stage manager for concerts or theatre productions. I had a great time stage managing in high school.



Bre Morrison

LIFE: A

Hometown: Saskatoon, SK

Year of Study: Year 3

Pets: Ask @ Madi Wong... too many allergies

Two-Truths and a Lie:

- a) I listen to Christmas music all year long.
- b) Taylor Swift's All Too Well (10 Minute Version) is a nice shower.
- c) I love grilled cheese sandwiches.

What are some hobbies of yours and how do you make time for them?:

In my leisurely time, I enjoy watercolour painting, playing Animal Crossing, binging Real Housewives, and making sourdough bread. I volunteer as an in-school mentor and youth advisor with Big Brothers Big Sisters of Saskatoon and Area, and Big Brothers Big Sisters of Canada. Summarizing some of my various roles: I mentor youth in my community every week, I host and facilitate educational sessions to small groups of students and classrooms about pharmacy advocacy and youth empowerment and serve as a board member on the local and national fundraising committee. Recently, I was responsible for overseeing the 2022 YXE Poutine Week Event. YXE Poutine Week is a 9-day course of poutine tasting in Saskatoon, SK. Through partnering with local eateries, \$4 from each signature poutine dish sold is donated to help support local mentorship matches. This year, we raised \$8,176.00! Personally, I am the type of person who enjoys having multiple tasks and activities on the go. I recognize the feeling of being strapped for time is not for everyone but being involved in things that I enjoy doing has been a very rewarding experience. Factors that have helped me maintain work-life balance include prioritizing my calendar, effective communication, bringing the best version of myself daily, and making time for myself.

Favourite Food: If I could eat anything, I love going for dim sum!

Favourite Smell: I love the aroma when you enter a coffee shop or small bakery.

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I would love to work with the executive team at a non-profit organization like Big Brothers Big Sisters or United Way.



Ryan Chan

LIFE: C



NEWFOUNDLAND



Hometown: Stephenville, Newfoundland

Year of Study: Class of 2024

Pets: Tattoo (parrot), Luigi (dog), and Pablo (kitty)

Two-Truths and a Lie:

- a) I lived in NL my whole life.
- b) I'm fast at solving the Rubik's cube.
- c) I never had sushi.

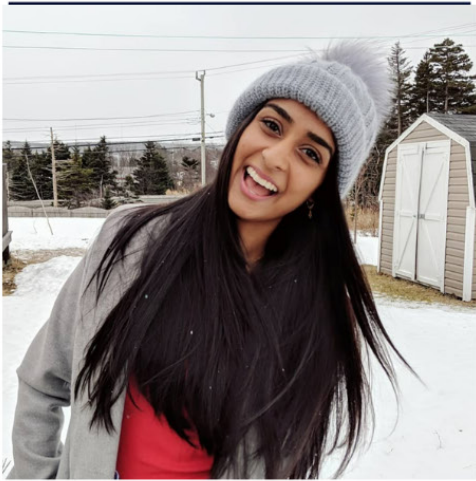
What are some hobbies of yours and how do you make time for them?:

Hike the East Coast trails, digital art, play the piano, go on spontaneous adventures; all of these help me stay chill. When you love doing something, you'll make the time, not just find the time :) Catch me doing at least one of these in my downtime!

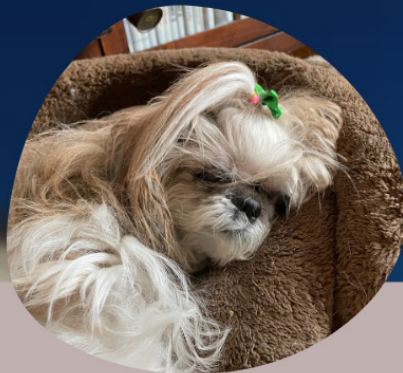
Favourite Food: The authentic butter chicken (mhmh)

Favourite Smell: Pumpkin spice

If you could be anything in the world (other than a pharmacist), what would be your dream career?: A pilot!



Radhika Verma



Hometown: Burin, NL

Year of Study: 4th year

Pets: Kesha, 14 year old Shitz Shu

Two-Truths and a Lie:

- a) I run 2 small business.
- b) I played 2 sports competitively in high school.
- c) I play 5 instruments and sing.

What are some hobbies of yours and how do you make time for them?:

Crafting, Photography, Music, Hiking/Walking, Spin Classes, Reading: Making time for things I enjoy is really important to me but it can be really easy to put those things on the backburner when you are busy with school. One thing I try to do is schedule my day or even my week in advance to make sure I give myself adequate time to get my school work done so I can do things I enjoy, like a spin class or working on a new project. By planning out my day and aiming to get as much work done as I can in the time I have slotted out for myself I can really enjoy the fun things! I also like to use my hobbies as a study break! Taking a break from a long study session to play guitar or go for a walk can help clear my mind so that I am ready to focus again. With photography I often do photo sessions for others and so when I know I have a photo shoot coming up I try my best to take more time during that week to do things for school so that I don't feel stressed when I step away from the computer to take pictures. Really it all boils down to having good time management and not being afraid to take a break. Your mental health is just as important as the grades you get!

Favourite Food: BBQ steak with all the side dishes.

Favourite Smell: Christmas tree (and every other lovely scent associated with Christmas).

If you could be anything in the world (other than a pharmacist), what would be your dream career?: Broadway star (I love performing!).



Kathryn Ross



MANITOBA



Kathleen Watts

Hometown: Sanford, MB

Year of Study: 2nd year

Pets: Scottie (Cocker Spaniel & Bichon Frise mix)

Two-Truths and a Lie:

- a) I have over 100 books on my bookshelf.
- b) Bubble tea is my FAVOURITE drink.
- c) I traveled to Europe with my family when I was 12 years old

What are some hobbies of yours and how do you make time for them?:

Some of my hobbies include reading, photography, playing video games, traveling, and acting. I try to read a little (or a lot) every day because it is a great way to de-stress. I also get to take photos frequently since I am part of the pharmacy yearbook committee. Unfortunately, due to the time commitment of school, I often have to put many of my other hobbies on hold until I have a break, such as after an exam or on weekends.

Favourite Food: Movie theatre popcorn

Favourite Smell: Sautéed garlic

If you could be anything in the world (other than a pharmacist), what would be your dream career?: My dream career would be a theatre or film actress.

LIB: C

Hometown: Imus, Cavite, Philippines

Year of Study: 2

Pets: No pets sadly, but my goal is to get a Shiba Inu

Two-Truths and a Lie:

- a) When I was a kid back in the Philippines, I was peer-pressured into joining an okra eating competition.
- b) As a new immigrant to Canada, the biggest culture shock I experienced was when I went to my first Canadian McDonalds and ordered a chicken meal with rice.
- c) One of my earliest core memories is being a tiny little 2 year old and I had somehow found myself in my parents' bedroom rummaging through their bags.

What are some hobbies of yours and how do you make time for them?:

In high school I was very involved in performing arts, focusing mainly on choir. I had done it all 4 years and joined all auditioned and non-auditioned ensembles. Now, I sing on the side wherever I can just for fun with my circle of people, no more performances or Gigs. It's my way of releasing my stress, and it's not something I set aside time for, but rather is something I'll always have time for in the moment should I need it. Whether I'm with friends or by myself wherever I am, it's something that regulates my emotions. Majority of that is me breaking out into a musical number or an impromptu carpool karaoke with friends. No time allotted, just vibes. To be honest, there's not much for me to talk about aside from spending time with friends/family and making plans whether that's going to different places to explore the area or going to different restaurants and creating a tier list of our most-least favourite restaurants. Sometimes I'll pull up a game or 2 on my computer to play with friends when I'm not bombarded with due dates upon due dates but that's something I like to only do when there's no school. In conclusion, sing, eat, repeat.

Favourite Food: Kare-Kare and Bagoong or Alamang with the softest and moistest rice you can make.

Favourite Smell: any good food

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I would love to take on culinary just to give myself an excuse to do taste tests as a 'professional'.

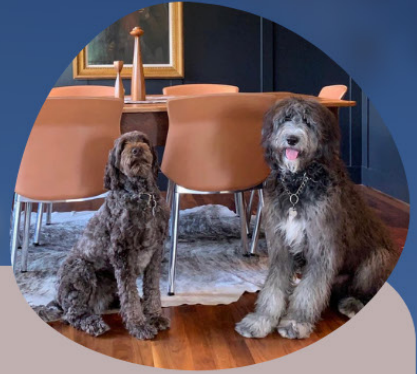


Marc Herrera

LIB: B



ALBERTA



Sydney Towner

Hometown: Calgary, AB

Year of Study: Second

Pets: Olive (Brown Labradoodle) and Phinn (Black/Grey Sheepadoodle)

Two-Truths and a Lie:

- a) In the summer of 2017 I hiked Mount Kilimanjaro.
- b) My honors research involved taking blood samples from Leach's Storm Petrels (*Oceanodroma leucorhoa*), which are small seabirds, to identify potential stress biomarkers.
- c) I was the captain of the Acadia University Women's Volleyball team.

What are some hobbies of yours and how do you make time for them?:

One of my favourite sports to play is volleyball and I make sure to still block out time to play in intramurals once a week. I also play beach volleyball in the summer and fall before the weather gets cold on the weekends with friends! One of my happy places also happens to be the gym, so I make sure to fit in my workouts before classes in the mornings or in the evenings when I need a study break! I find it extremely valuable to carve out time for sports and the gym because it benefits my physical health, mental health and also doubles as social time with friends to maintain some work-life balance!

Favourite Food: Popcorn (I can polish off a Costco size bag of Boom-Chicka Pop in no time haha).

Favourite Smell: Rain

If you could be anything in the world (other than a pharmacist), what would be your dream career?: Growing up I really wanted to be a marine biologist.

LIE: A

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