



WINTER

CAPSIL

CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS LETTER

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TRANSLATION COMMITTEE

Al-amin Ahamed, Christine Vaccaro, Florence Bedard Perrault, Joe Kamal, Jonathan Chan, Madison Wong, Panteha Borzoeyan, Yasmeen Ameeriar, Winnie Tran, Hassan Lyoubi, Kira Walker, SooMin Park, Megan Heath, Christen Ghabbour



Editor's Address

AL-AMIN AHAMED

Dear members and supporters,

congratulations to all of them!

I'm happy to finally share with you the Winter CAPSIL for 2023. I hope you have all had a restful holiday break and have started the new year on the right foot. It was lovely seeing a bunch of you during PDW 2023 in Saskatchewan and I hope to connect with more of you by the end of my term.

I'd like to thank everyone who helped make this issue of the CAPSIL possible; Maher Jibrini, Victoria Mikhnovskaya, Huy Pham, Iryna Zhyrnova, Lilia Ben Abdelkader, Valérie Champagne, Mayur Tailor, Aref Sleiman, Angelica Le, Farah Alam, Sara Rough, Varun Gupta, Polixeni Hantjidis, Tapanga Brooks, Helya Abbasi, Justine Cynthia Ramsundar, Laura Small, Steph McKenna. Also a thank you to the translation committee for their tireless efforts in upholding bilingualism in our newsletter; Florence Bedard Perrault, Joe Kamal, Panteha Borzooeyan, Yasmeen Ameeriar, Winnie Tran, Hassan Lyoubi, Kira Walker, SooMin Park, Megan Heath, and Christen Ghabbour.

February marked the month of love, so I hope you all took the opportunity to spend quality time with your loved ones. March now marks a love and passion for pharmacy as it is Pharmacy Appreciation Month (PAM). A huge thank you to all of you future pharmacy changemakers for all your past, present and future contributions to the field. Importantly, I wanted to emphasize taking the time to love yourself this month.

I want to end by thanking you, the readers, for taking the time to read this issue or any issue of the CAPSIL. I can speak on behalf of all past and future CAPSIL Editors and say that your readership is truly appreciated. With that being said, I hope you enjoy this issue. Again, my DM's are open at any time, I would love to hear from you and your thoughts on how to improve future issues! Take care!

Whether that be a self-care activity, a nap, or yoga, take the time to love your body and mind. I know pharmacy school can be quite overwhelming at times but know that I am here to lend an ear for your rants and a shoulder to cry on. Don't hesitate to reach out to me if you ever need something to talk to!

Best,

Al-amin Ahamed
CAPSIL Editor

This issue of the CAPSIL is quite packed thankfully. I'm grateful to all the contributors for taking the time to share their art/passions/interests/accomplishments in writing. We also highlight all the national competition winners in this issue, a huge



President's Address

CHRISTINE VACCARO

Heyo CAPSI members and supporters!

Happy Pharmacy Appreciation Month (PAM) and welcome to the Winter Edition of the CAPSIL/JACEIP!! Within these pages are stories from your peers and highlights of what CAPSI has been up to since fall! Thank you to all of you who have submitted articles and student features for this edition of the CAPSIL. Of course, it goes without saying that the CAPSIL would not be possible without the hard work and dedication of our tremendous CAPSIL Editor, Al-amin Ahamed and the translation committee.

First and foremost, congratulations to the Professional Development Week (PDW) 2023 Planning Committee for successfully hosting PDW: Seeding Success in Saskatoon, Saskatchewan!

Bringing together pharmacy students, despite the cold, for the first time since 2020 was exhilarating. CPhA's 2023 PAM theme is The Power of Pharmacy – fitting as the energy that radiated from PDW 2023's future of pharmacy was second to none. At PDW we hosted our Annual General Meeting (AGM), where we officially welcomed the University of Ottawa's School of Pharmacy into our CAPSI National family! We look forward to meeting their first class this fall! Also, congratulations to all the CAPSI local and national competitions and award winners – we're so proud of you!

So, what's next for CAPSI National this year? Here's a quick glimpse:

1. PAM is well on its way! Pharmacy practice across Canada is exploring new

depths – a truly exciting time to be a pharmacy student! I'd like to wish each of you a happy PAM! Your contributions to the profession and the health of Canadians is invaluable, and I hope you get to celebrate this month with your pharmacy teams.

2. The **CSHP-CAPSI Evidence Based Practice (EBP) Competition** will be taking place this March! Find a team, review the case, and submit your answers for a chance to win a \$500 prize from CSHP! Contact your local representatives for more details.

3. CAPSI National's Advocacy Committee is leading several projects across Canada including advocating for **school specific mental health recommendations and improved policies surrounding**

bereavement days. For more information contact our phenomenal VP Professional Affairs, Lynn D'Souza at ypa@capsi.ca.

4. CAPSI has **several new membership benefits** thanks to our fantastic VP Communications, Marianna Pozdirca. Check our CAPSI members corner to access your CAPSI benefits (including but not limited to **GoodLife Fitness, Brainscape, Pyrls, and Sanford Guide** discounts)!

5. A discussion we had throughout PDW 2023 was that of privilege. Attending an event like PDW (that so many CAPSI alumni still talk about) isn't a financial possibility for many students. So, how can we make opportunities in pharmacy more equitable? CAPSI National has created a Community Fund. Once fully established, this fund will be available to pharmacy students who demonstrate financial need and leadership. We hope to share more details about this fund next academic year. If you would like to learn more, please contact me at pres@capsi.ca.

To learn more about CAPSI National, 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.

Now, with only ~2 months of my pharmacy school journey left (just sleeps away :O), it seems my rambles are only increasing. If I'm to pass on any wisdom, it would be the friendly Manitoban advice I gave to students as a wee CAPSI Manitoba Sr: I hope throughout your pharmacy journey you make time for self-care, 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.

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. All the best with the remainder of winter term!

Take it easy,



Christine Vaccaro
National President



In the **NACI** recommendations^{1,2}

Your patients aged 10–25 may be at risk for MenB—because they share^{2,3}

NACI recommends that TRUMENBA may be considered as an option for individuals 10–25 years of age who are not at higher risk of meningococcal disease than the general population, in a 2-dose schedule (0 and 6 months), to reduce the risk of invasive serogroup B meningococcal disease.

Serogroup B: One of the most common causes of IMD in Canada (2013–2019)⁵

Because it is not part of routine programs, it is up to you to discuss vaccinating against MenB with your patients aged 10–25^{1,4}



Consider TRUMENBA in your adolescent and young-adult patients at risk for MenB

TRUMENBA is indicated for active immunization to prevent invasive meningococcal disease (IMD) caused by *Neisseria meningitidis* serogroup B bacteria (MenB) in individuals 10 through 25 years of age.

Contraindications:

- Hypersensitivity to this vaccine or any ingredient in the formulation or component of the container
- Severe allergic reaction (e.g., anaphylaxis) after any previous dose of TRUMENBA or to any component of this vaccine

Relevant warnings and precautions:

- As with all injectable vaccines, appropriate medical treatment and supervision should always be readily available in case of a rare anaphylactic event following the administration of the vaccine.
- As with other injectable vaccines, syncope (fainting) can occur in association with administration of TRUMENBA. Procedures should be in place to avoid injury from fainting.
- Do not inject intravenously, intradermally, or subcutaneously.
- As with any vaccine, TRUMENBA will not protect 100% of those who receive it.
- As with any intramuscular vaccine, TRUMENBA should be given with caution to individuals with thrombocytopenia or any coagulation disorder or to those receiving anticoagulant therapy, unless the potential benefit clearly outweighs the risk of administration.

- There are no data available for immunocompromised individuals, including those receiving immunosuppressant therapy.
- Individuals with certain complement deficiencies and individuals receiving treatment that inhibits terminal complement activation (for example, eculizumab) are at increased risk for invasive disease caused by *Neisseria meningitidis* serogroup B even if they develop antibodies following vaccination with TRUMENBA.
- There are no data from the use of TRUMENBA in pregnant women. TRUMENBA should be used during pregnancy only if the potential benefits clearly outweigh the potential risks.
- It is unknown whether TRUMENBA is excreted in human milk. TRUMENBA should only be used during breast-feeding when the potential benefits outweigh the potential risks.

For more information:

Please consult the Product Monograph at www.pfizer.ca/pm/en/Trumenba.pdf for important information relating to adverse reactions, drug interactions, and dosing information, which have not been discussed in this piece. The Product Monograph is also available on request by calling 1-800-463-6001 (Pfizer Medical Information).

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NACI = National Advisory Committee on Immunization

Artificial Intelligence, a New Era of Healthcare?

By Mayur Tailor and Aref Sleiman

What is Artificial Intelligence (AI)?

AI is a series of novel technologies that can perform tasks or process reasoning traditionally associated only with human beings.^{1,2} Most commonly this is seen as machine learning, which focuses on using algorithms and data to imitate human learning and gradually improve the accuracy of the program's decision-making.^{1,3} As machine learning technologies take on more complex tasks with many different features and variables to predict outcomes, it has been deemed the term deep learning, which has many applications and includes the recognition of potentially cancerous lesions.¹

Artificial Intelligence's Impact on Healthcare

About 25% of the North American and European population will be over the age of 65 by 2050. With this aging population, there will be an increased demand for healthcare with increased complexity.⁴ Artificial intelligence, although still in its early stages,

has the potential to revolutionize healthcare and be the very tool our healthcare system needs to tackle these complex challenges.

AI can help minimize time spent on routine administrative tasks, which currently takes up to 70% of a healthcare professional's (HCPs) time.⁴ AI can also improve upon a number of clinical tasks and help HCPs access information easily, more efficiently and quickly to more resources.⁴ This can lead to better patient outcomes and quality of care. AI can improve the speed and accuracy of diagnostics, allow remote monitoring, and patient empowerment through self-care.⁴ Finally, deep learning technologies have been used by various companies and investors to assist with drug discovery.⁴



Figure 1: Six fields in healthcare where AI has had an impact. Further scaling AI can help in improving operations, improving population-health management and strengthening innovation.⁵

Applications in Therapeutic Areas

Although there are many clinical areas where AI demonstrated utility, three large areas of innovation are oncology, mental health and psychiatry and lastly, biologics.

Oncology Applications

The largest application of AI in oncology is providing clinical decision support for cancer diagnosis and screening.⁶ This is done by utilizing the patient's medical data to determine the likelihood of cancer presence for early detection.⁷ AI software can utilize clinically relevant parameters captured in electronic health records to determine if a patient is at high risk for particular cancer, and clinicians can then monitor these patients more frequently.⁷ This technology can also identify potentially cancerous lesions in the radiographic images, which may have been missed by the human eye.⁷ This is especially useful to find lung nodules or brain metastases on MRI scans as well as determining how much cancer has developed and how much and likely it is spread further.⁷⁻⁹ Lastly, AI programs can also be used to optimize care delivery through personalized treatment regimens.⁷ This technology can be used to predict the response of an individual's tumour to various treatments through the obtained radiographic images, which would allow for more specific treatments for each patient.⁷ For example, the effectiveness of various high-costing immunotherapies can be predicted and appropriately selected with the use of AI programs, which would lead to the identification of patients who would be candidates for a more conservative approach rather than invasive interventions.¹⁰

Mental Health / Psychiatry Applications

Mental health disorders refer to a spectrum of disorders affecting one's mood, thinking and behaviour toward themselves and others.¹¹ According to the World Health Organisation, depression is the largest contributor to mental disability worldwide.¹¹ According to the National Institute of Mental Health, depression affects 1 out of 15 adults every year.¹¹ And 1 out of 6 people will suffer from depression during their lifetime.¹¹ Those who suffer from depression experience persistent feelings of sadness and hopelessness and lose interest in activities they once enjoyed.¹¹ When untreated, depression can lead to other health problems and extreme tendencies.¹¹ Unfortunately, only half of the people suffering from depression are diagnosed and receive appropriate pharmacotherapy.¹¹ This is due to the lack of awareness but also due to the lack of detection of depression.¹¹

AI, in particular, machine learning and deep learning, have been adopted in areas such as anomaly detection, disease detection and smart data analytics.¹¹ Numerous algorithms have been proposed to detect depression and other mental health issues.¹¹ New frameworks are being introduced yearly and, recently, deep learning has experienced exponential growth and development.¹¹

Some of the algorithms designed can be used for automatic detection and possible suggestions to treat depression.¹¹ With its fast and efficient detection capabilities, deep learning-based depression detection systems could be the much-needed breakthrough in this area.¹¹ Researchers use AI to compile data from sources such as social media, images, video, biological signals, and smartphone data to diagnose depression. Clinicians can then use this information to guide patient-specific therapy plans, ultimately providing hiring levels of patient-care.¹¹

Biologic Development

A lesser-known, but quickly emerging use of AI algorithms to discover and optimize biologics. As these are very small molecule drugs, the first step in this process is to identify target proteins, and this is done by using AI for phenotypic screening to gather and analyze large sets of data.¹² Deep machine learning algorithms are then trained on known full protein sequences to understand target proteins and predict outcomes of modifying binding sites on these target proteins.¹² Following this, these deep machine learning algorithms are trained on human and other protein sequences to optimize the protein sequence to decrease immunogenicity as well as improve pharmacokinetics.¹³ Finally, the physicochemical properties (solubility, aggregation, etc.) of biologics can be predicted and optimized for patient use.¹²

This process was most recently seen to apply to a monoclonal antibody, Bimekizumab, which can simultaneously target IL-17A and IL-17F and has been approved for the treatment of plaque psoriasis in Europe.¹³ This unique bispecific antibody was developed using advanced machine learning to have two arms which each hit both targets, while others have one arm to hit each.¹³ Recent studies have suggested that it outperforms Stelara and Cosentyx, paving the path for future drug AI lead drug discovery.¹³

Concerns and Limitations

Although AI is promising for advancement in healthcare, like with any new technology, there are concerns and limitations involved. The biggest being clinical evidence of quality and effectiveness. HCPs require evidence-based clinical research to ensure any novel technology will cause no harm to a patient. Additionally, patients and HCPs want to understand how AI works, where the data is coming from and what biases may exist within the algorithms.⁴ HCPs addressed their concern regarding how a poorly thought out process of anonymization could be a major cost given the volume of data processing required for AI.⁴

Concerns with data privacy, security, and information sharing in healthcare will continue to grow as more systems are linked and researchers find innovative applications in different contexts, from drug discovery to reimbursement and quality control.⁵ It is essential that a careful analysis that considers the benefits and costs of new tools and applications is conducted. The new technology must ensure that the benefits to patients outweigh their risks.⁵ Although AI addresses many concerns currently present, new ones are in question and it is important these are tackled along the way. In some cases, it is not the technology itself that questions ethics but rather its application and reliability in practice.⁵

The Future

There are many future directions for AI-based models in healthcare and drug development. Looking into pipelines of companies developing AI products, a vast range of utilities is seen from mobile cancer risk assessment tools to biologics targeted toward rare diseases.^{14,15} Primary care institutes could utilize these algorithms to help decide to treat patients or refer to centers which provide care for highly complex centers, and even these centers could utilize similar software to allow for better allocation of resources.^{16,17} Recently, there has even been news that an AI-powered pharmacy could make it possible for patients to ask questions, seek advice and fill prescriptions from their homes by meeting with an avatar pharmacist in the Metaverse.¹⁸ As AI begins to impact clinicians across all disciplines, this innovation could be the very tool we have been searching to provide higher levels of patient-centered care to our communities and transform the way we practice!

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MAHER JIBRINI



Future of Pharmacy

Excellence Award

Winter 2023

GENERAL INFORMATION

- **Pharmacy school:** University of Waterloo
- **Year of Study:** 4th Year
- **Areas of Interest:** Athletics (I'm partial to soccer), Technology, Board Games

WHAT ARE YOUR INITIATIVES THROUGH SCHOOL?

Throughout my time at the University of Waterloo, I held several roles across clubs and committees. My key role over the last 2 years, was serving as the Director of Finance for the Society of Pharmacy Students, managing an annual budget of over \$40,000 for more than 20 pharmacy clubs.

I am also an active member of the Basement Renovations Committee, Graduation Committee, and Constitution Committee, improving student life at Waterloo. I was a PHROSH executive and leader, connecting with the next cohort of pharmacy students and providing energy and encouragement to increase student engagement. This is my 4th year as a University of Waterloo Pharmacy Ambassador, promoting the profession and providing advice to prospective and current pharmacy students to ensure their academic success.

Finally, my passion for sustainability led me to join the Waterloo Pharmacy Green Office Team, where I help disseminate information and develop programs to reduce the environmental footprint in our daily lives, as well as the field of pharmacy.

WHAT ARE YOUR INITIATIVES OUTSIDE OF SCHOOL?

Since it's inception in 2020, I have been an active member of PharmCovid19, now Rx Students of Ontario, as both the Design Coordinator and Hamilton Distributor, delivering over 300,000 units of PPE province-wide.

I also volunteer with the YMCA Newcomer Adult Mentorship Program to help those who have recently immigrated to Canada develop their career strategy and professional networking, thereby increasing their marketability in the Canadian workplace.

I am actively conducting research with the Waterloo School of Pharmacy as well as the Juravinski Hospital and Cancer Centre for 2 studies. Finally, I leveraged my interest in technology to complete the Google IT certificate, a 6-month course offered by Google, providing me with the foundations of hardware and software, and knowledge to solve problems using code.

WHAT INSPIRED YOU TO BECOME A PHARMACIST?

I knew I wanted a profession within the healthcare field, but I narrowed in on pharmacy when I completed a pharmacy CO-OP at St. Joseph's Hospital in grade 12. I saw the importance of pharmacists within the interprofessional team and realized this was the career I wanted to pursue. This passion was reaffirmed as I was completing my thesis at McMaster when graduates of my lab who were currently working in industry emphasized the versatility of a Doctor of Pharmacy. This solidified my choice to pursue a PharmD with the intention to enhance patient outcomes for all Canadians.

WHAT DO YOU HOPE TO ACHIEVE DURING YOUR CAREER?

With the versatility of a PharmD, I am motivated to take part in a range of professional activities to better the healthcare of all Canadians. From supporting my community's vaccination efforts to meeting with public health officials to advocate for expanding our scope, I envision myself taking on roles that focus on enhancing the pharmacy profession, while also ensuring the unmet needs of patients are addressed. I hope to leave behind a legacy for others aiming to pursue a career in pharmacy.

WHAT ADVICE WOULD YOU GIVE TO CURRENT PHARMACY STUDENTS?

Network, network, network. Pharmacy is a small world, and growing your network early is imperative to learning about the roles pharmacists play and the opportunities we can leverage, to impact healthcare in Canada. Get involved within your school, attend conferences, and volunteer in areas that align with your passion. Pharmacy has a lot to offer, but you need to take the first step forward to get there.

Taking the #RxWritingChallenge Head-On

By Huy Pham

One day while I was messing about on Twitter, I came across a tweet addressed to University of Waterloo Pharmacy about a writing challenge. Upon further investigation (and what may be argued to be both good and poor judgment in hindsight considering external circumstances), I decided to participate in the #RxWritingChallenge from October 16–28. According to their website, the #RxWritingChallenge is “a 14-day writing challenge [that] can give you ‘permission’ to make writing a priority for a defined (short) period of time”.

My goal for the challenge was to create a piece of writing related to pharmacy in 14 days. First step was to decide what to write about for the challenge, which was a bit difficult unto itself. Some of the ideas included the role of pharmacists in collecting real-world evidence (maybe later), an overview of siRNA therapies in the pipeline for oncology (that might take more than two weeks but I’ll pocket that for the future), the use of non-canonical amino acids in developing new drug entities (been there, done that), the therapeutic prospects of in vivo expressed biologics (not much data to work with), and the prospects of bicycles in pharmacotherapy (admittedly I was on it at first but quickly fell off). On the other hand, there were some assignments

that could serve as my writing piece for the challenge. However, I decided against that because my goal was to complete an entirely new piece within the 14 days of the challenge. Eventually, I decided to write about the application of bioorthogonal and click chemistry in pharmaceuticals.

During those two weeks, I received emails directing me to interesting resources to aid with the challenge. One article that I really liked was “Papers don’t write themselves: Creating a system to support writing productivity” by Kristin K. Janke, Cortney M. Mospan, and Jeff Cain. As the name implies, this article delves into methods to improve one’s writing productivity. One aspect that resonated with me was the refutation of the idea that one must be inspired in order to write. The article argues that “the act of writing actually helps to generate new ideas ... when we’re stumped, writing can help us figure out what we want to say and the direction we want to take.” On a more comedic note, a lesson that I should take to heart but will likely ignore or forget is to use a reference manager like Mendeley. Recent instances of making the reference list and ensuring that the in-text citations were correct was incredibly time-consuming.



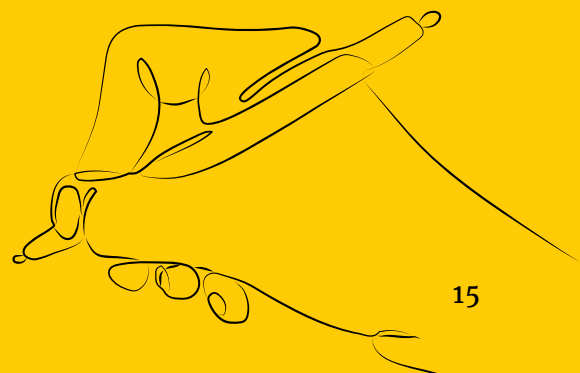
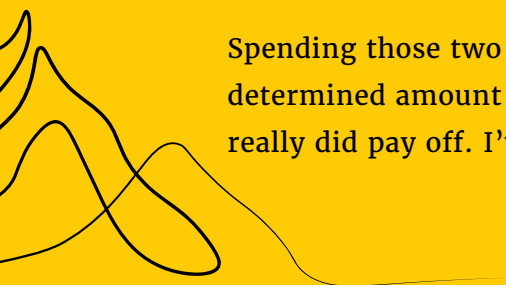
Writing took a surprisingly smaller portion of the process, with the majority of my time being spent on doing literature searches and reading through journal articles and reviews. There was a large volume of information I had to parse through so making a general outline, albeit a mental outline, really aided in organizing my thoughts. A frustrating thing that I encountered during the challenge was finding a good article or tablet but struggling to find the article again. My habit of opening and not closing tabs and windows definitely did not help (as of writing this portion, I had 19 windows of 10+ tabs opened on Chrome).

By the end of the challenge, I was able to complete an article on the Nobel prize-winning bioorthogonal chemistry with specific examples of how it is applied in drug discovery and delivery. Admittedly, there were some obstacles that might have interfered with my writing, primarily midterms and those aforementioned assignments. Excluding references, the final product is four pages long and is nearly 2000 words.

Spending those two weeks blocking off a determined amount of time for writing really did pay off. I've developed both my

time management skills and my writing skills, the latter I intend to make use of in the near future given my interest in being a medical writer. I encourage anyone who enjoyed writing or wants to improve their writing skills to take part of the official #RxWritingChallenge or do their own personal ones.

“None of us were born successful academic writers. While laying down words, and ultimately submitting manuscripts, is one aspect of productivity, paying attention to our energy-level and engagement is an important part of the process. Building a productive approach to writing takes observation, reflection, and experimentation. We need to know what we're passionate about. We need to know our personal where, when, and how for writing. We also need to consider methods for creating accountability and strategies for optimizing our writing time, including rewards! ... Successful writing takes perseverance and a refined writing system - a set of processes that helps us get the work done.” – Janke, Mospan and Cain, 2019



National Competition

AWARD WINNERS

OVER THE COUNTER COMPETITION

We would like to thank Pyrls for making the Over the Counter Competition possible.

1st place: Rebecca Zimmer, University of Manitoba
2nd place: Annabelle Bourgon, Université Laval
3rd place: Bhawani Jain, University of Waterloo
4th place: Marie-Lou Ouimet, Université de Montréal



Learn medication clinical pearls

PATIENT INTERVIEW COMPETITION

We would like to thank Loblaw's for making the Patient Interview Competition possible.

1st place: Sarah-Maude Beaulieu, Université Laval
2nd place: Amar Deonandan, University of Toronto
3rd place: Pénélope Legault, Université de Montréal
4th place: Caitlyn Coles, Memorial University of Newfoundland



COMPOUNDING COMPETITION

We would like to thank Medisca for making the Compounding Competition possible.

1st place: University of Waterloo - Sarah Fallis, Thao Dao, Julie Lac, Randilynne Urslak
2nd place: University of Manitoba - Bradley Ledrew, Wyatt Baloun, Rachel Hysak, Randi Frost
3rd place: University of Saskatchewan - Jessica Collins, Sarah Russell, Robyn Bartram, Julie Lam
4th place: University of Toronto - Adam Da Costa Gomes, Rachel Ma, Clara Dai, Meriam Salih



ADVICE FOR LIFE AWARD

We would like to thank Pharmachoice for making the Advice for Life Award possible.

1st place: Victoria Nguyen, University of Waterloo
2nd place: Arnold Ruste, University of Toronto
3rd place: Parisa Safavi, University of British Columbia



GUY GENEST PASSION FOR PHARMACY AWARD

We would like to thank CFP for making the Guy Genest award possible.

MUN: Melanie King
Dalhousie: Nolan Barkhouse
UdeM: Angelica Le
UofT: Al-amin Ahamed
UWaterloo: Sarah Fallis

Laval: Hassan Lyoubi
UofM: Sandra Choi
UofS: Ryan Chan
UofA: Jonathan Chan



Canadian Foundation
for Pharmacy

STUDENT LITERACY CHALLENGE

We would like to thank CPhA for making the Student Literacy Challenge possible.

1st place: Polixeni Hantjidis, University of Saskatchewan
2nd place: Amélie Lafrance, Université Laval
3rd place: Alicia Davis, University of Waterloo
4th place: Arnold Ruste, University of Toronto



Canadian
Pharmacists
Association Association des
pharmaciens
du Canada

IPSF HEALTH CAMPAIGN AWARD

We would like to thank Apotex for making the IPSF Health Campaign Award possible.

1st place: University of Toronto
2nd place: University of Waterloo
3rd place: University of Saskatchewan



AWARD OF PROFESSIONALISM

We would like to thank CPhA for making the Award of Professionalism possible.

1st place: University of Waterloo
2nd place: University of Toronto
3rd place: Memorial University of Newfoundland



Canadian
Pharmacists
Association Association des
pharmaciens
du Canada

CSHP-CAPSI HOSPITAL PHARMACY STUDENT AWARD

We would like to thank CSHP and CAPSI for making the Hospital Pharmacy Student Award possible.

Winner: Randilynne Urslak, University of Waterloo



AWARD OF APPRECIATION FOR CAPSI SR.

We would like to thank Pfizer for making the Award of Appreciation possible.

Winner: Emma Fedusiak, University of Saskatchewan



STEPHEN LONG PDW CO-CHAIR AWARD

We would like to thank Pfizer for making the Stephen Long PDW Co-Chair Award possible.

Winners: Payton Pray and Hammad Kazani



CCCEP EXCELLENCE IN PROFESSIONAL DEVELOPMENT

We would like to thank CCCEP for making the Excellence in Professional Development Award possible.

Winners: Jodi Brown and Ryan Chan



CAPSI LEADERSHIP AWARD

Winner: Christine Vaccaro

PAST PRESIDENT AWARD

We would like to thank CFP for making the Past President Award possible.

Winner: William Boudreau



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STUDENT EXCHANGE PROGRAM EXPERIENCE

England 2022

By Iryna Zhyrnova

This year, I went to London, England, as part of the Student Exchange Program. I was matched with a unique independent community pharmacy ZEN in downtown London. There, I got to explore the medications in the British National Formulary and learn about the scope of practice of pharmacy. The pharmacist supervised me, providing OTC consults and skincare recommendations. I even had the opportunity to work on a series of infographics comparing pharmacy practice between Canada and England. The coolest part was actually seeing the pharmacists providing bloodwork services, where they would puncture the vein to draw blood and order specific tests!

Most museums in England are free, so I would embark on exploring museums every day after my shift. Some of the ones I visited include The British Museum, The Design Museum, the Museum of Natural History, and The Science Center. Among other activities, I wandered around city parks and visited coffee shops. My most memorable experience was going to the mysterious and beautiful Stonehenge and then Windsor castle. England is so beautiful, and it feels like there is an infinite amount of activities to do!



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UW CAPSI IPSF Health Week 2022

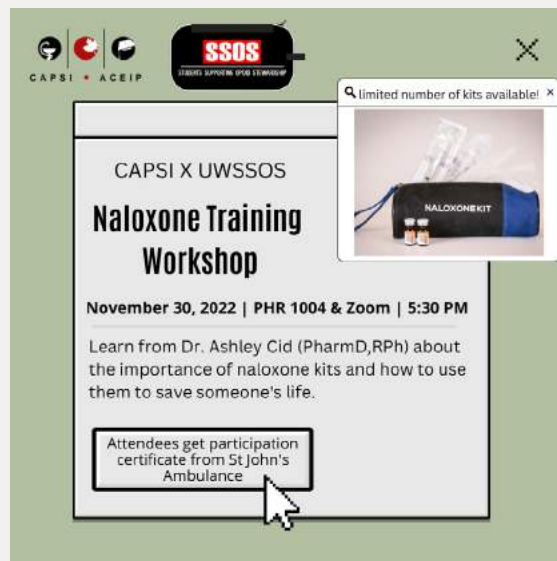
By Victoria Mikhnovskaya

From November 28 to December 2, 2022, our local IPSF representatives, Kristy Wong and Lindsay Zhao, hosted and planned the annual IPSF Health Week. This year the theme was Medication Safety.

Our first event for the week was our largest, an IPE event focused on serotonin syndrome. At this webinar, we featured Dr. Eric Mikhail, a psychiatrist, Sabrina Natarajan, a mental health clinical pharmacist, and Inas Tawail, a registered nurse, all of whom are a part of the psychiatry team at the Ottawa Hospital. At this event we learned more about what serotonin syndrome is, how it is generally diagnosed and assessed, what medications can cause the condition and what management strategies are used. As part of this virtual session, we were able to connect with students from medical and nursing programs, and work together to solve issues using interprofessional collaboration.



Our second event for the week was a hybrid Naloxone Training Workshop led by Dr. Ashley Cid, a pharmacist. We were treated with an evening of learning how to use naloxone kits and how to practice harm reduction. Everyone who attended received a participation certificate from St. John's Ambulance. Students who attended in person were also given the opportunity to receive naloxone kits to take home.



Our last event was our week-long social media campaign. Everyday we posted a new question for students to answer in regards to medication safety. By doing so students had the opportunity to win a \$25 gift card of their choice!



We are thankful to everyone who participated in our events and for making them a success. We also want to thank all of our speakers for taking the time out of their day to provide us with more information on medication safety. Lastly, we want to thank Kristy Wong and Lindsay Zhao for planning another amazing IPFS Health Week.



A Licensed Therapist Answers Common Questions about Therapy

By Jayne Stewart, RSW, MSW from Focus Mental Wellness

The winter season can be difficult for many students' mental health. With shorter days, exams, post-holiday blues, and other challenges, we want to make sure you're fully supported in taking care of your mental health. We currently offer discounted online therapy through Focus Mental Wellness, where you can find [access to licensed therapists](#) via video, phone, and text therapy by using the discount code **CAPSI15**.

In this article, we're working with Jayne Stewart, a Registered Social Worker from Focus, to answer some of your most common questions and concerns about getting started with online therapy.

For someone new to therapy, what is therapy like and how should I prepare for it?

Therapy helps people identify their strengths and develop new skills to navigate life challenges. Your experience and goals guide your time in therapy, and your therapist will go at your pace to find the best strategies for your personal

needs. Throughout your therapy journey, your therapist will check in with you to learn how you feel about your time together and to what extent your goals are being met.

It can be helpful to prepare for your first therapy session ahead of time to reduce anxiety and ensure you get the most out of your therapy conversations.

Some ways to prepare for therapy include:

- Consider what you're hoping to get out of therapy.
 - One of the first questions you are likely to be asked in therapy is "What brings you to therapy?" Identifying what you want to address will provide a strong starting point from which you and your therapist will develop a plan to meet your goals.

- Identify the qualities you're seeking in a therapist.

- Even the most skilled therapist may not be the right fit for everyone. Consider what would make you feel most comfortable with a therapist (the therapist's identity, theoretical orientation, professional experience, etc.)

- Attend therapy sessions in a quiet space away from distractions, where you feel comfortable.

- Have paper ready to record notes during therapy, if desired.

- Notes taken in therapy may include observations or questions to reflect upon further, skills to practice between sessions, resources shared by your therapist, or anything else you find important.

What can I expect from the first session with a therapist?

The first therapy session will focus on getting to know you and identifying your goals for therapy. Your therapist will ask questions to gain a greater understanding of your history, strengths, current coping strategies, and supports, as well as your current challenges. Nervousness is common during the first few therapy sessions, and your therapist will likely inform you that you may choose to “pass” on answering any questions if desired. Together, you will collaborate to develop a plan for future sessions. You are encouraged to ask your therapist questions during your first session or any future appointment.

I don't really have much time for therapy. How much time should I expect to commit for it to be meaningful?

Your challenges, goals, and the therapist's treatment methods will determine the length of therapy. Therapy can consist of a single session, or last months or several years, depending on what you want or need. Some types of therapy, like Cognitive Behavioural Therapy, may also include “homework” like worksheets to complete between sessions; however, not all types of therapy include such worksheets.

Ultimately, you decide the scheduling of your appointments and when you conclude your engagement in therapy. Most therapists will ask you when and how often you would like to attend therapy sessions, to accommodate your schedule, provide you time to reflect

upon what was discussed, and practice the skills learned in therapy.

School and work can be really demanding and tiring. As a therapist, what would you recommend as the best methods to combat burnout?

It's common to feel overwhelmed while balancing academics, work, and personal responsibilities. Fortunately, there are strategies to enhance health and well-being, and combat burnout.

- Make studying/working as enjoyable as possible.
 - Work in an enjoyable setting, like a coffee shop.
 - Work or study in your preferred method, either solo or in a group.
 - Engage in extracurricular activities for fun, not just to enhance your resume.
 - Incorporate things that you enjoy, like background music, snacks, or aesthetically pleasing stationery.
 - Reward yourself for your efforts along the way, not just after completing tasks.
- Care for your body through physical activity, nutrition, and sleep.
 - Every little bit counts! Walking instead of taking the bus, adding a fruit or vegetable to your lunch, and going to sleep 30 minutes earlier are examples of changes that fuel your body and prevent burnout.

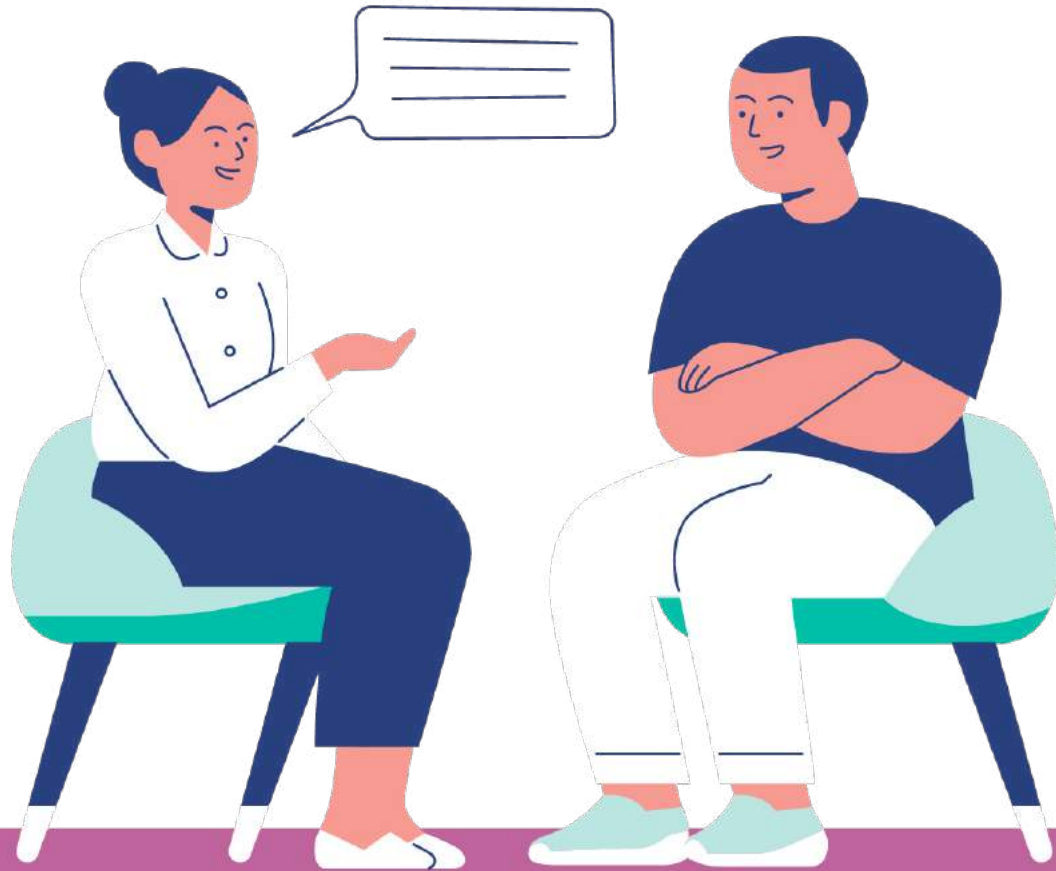
- Take breaks to engage in activities you enjoy, even if just for a few minutes.
 - There are many benefits to taking breaks, including increased energy, focus, memory, creativity, and more.
- Practice self-compassion and give yourself permission to say “no”
 - Speak to yourself kindly, as you would a friend. This not only improves mental health but also enhances motivation more than self-criticism.
- Seek support from your network of friends, family, classmates, professors, academic advisors, or mental health professionals.

What are some options to access therapy or wellness resources for students with financial constraints?

If you're concerned about the cost of therapy, you are not alone. Finances can be a significant barrier for those considering engaging in therapy. Some lower-cost therapy and wellness resources for students include:

- Campus wellness services.
 - Most universities/colleges offer wellness services including access to fitness facilities and individual or group therapy, included within the cost of tuition.
- Health insurance.
 - Some students are eligible to receive therapy covered by a family member's health insurance. Contact your family member's health insurance provider to learn the specific eligibility criteria.

- Community resources.
 - Many community organizations offer individual and group therapy, or peer support services at low cost, sliding scale, or free of charge.
- Self-help books.
 - Many self-help books are available at local libraries free of charge.
- Mental health podcasts, audiobooks, social media accounts, and apps.
- Discounted online therapy through Focus Mental Wellness. Covered by most insurance companies, Focus offers lower rates for students through CAPSI and offers sessions through phone, video, or text therapy.



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The 2022 CSHP Ontario Branch Annual Conference

By Huy Pham

For the past year, I was the UofT student representative for the CSHP Ontario Branch Awards Committee. My role was essentially to provide assistance with the review, selection and presentation of the CSHP awards.. Admittedly, most of the work was done during the summer and early autumn months. Some of the awards that were given this year recognized research articles and articles such as the E. Amy Eck Award, some for recognition of exceptional CSHP members like the Artemis Diamantouros Mentorship Award, and some specifically for those involved in the hospital residency program such as the The Paul Halligan Memorial Pharmacy Resident Award.

The actual review process involved reading applicant’s award applications, curriculum vitae (CV), and letters of support. For some of the awards, the choice was very obvious since they’re the only

choice. For others, there were times where I had difficulties deciding on who should receive the award since the supporting documents gave strong cases to why the applicant should get the award but after going through the application packages multiple times, I eventually reached my decision. Reading through the extensive CVs of the applicants inadvertently led me to reflect on what I put on my own CV. I recall reading a 16–page CV with seven distinct sections.

There was an arrangement between the Ontario Branch and the BC Branch Award Committees where the BC Branch reviewed the submissions for The Ontario Branch Literary Awards and the Ontario Branch reviewed the BC submissions. There were many original articles to read through. Fortunately, the BC Branch provided an evaluation form to help with the review.



74th CSHP ONTARIO BRANCH AWARDS CEREMONY 2022



The awards night succeeds the CSHP Ontario Branch annual conference on November 19. This conference happened at UofT's very own Pharmacy Building. It was the first in-person conference since the lockdown. The event did not disappoint, with the program agenda consisting of educational sessions that cover various topics. These topics include the minor ailment prescribing in Ontario, the use of pharmacogenomics for precision medicine, and pharmacotherapy tips for the management of peripheral arterial disease. I also found the booths by pharmaceutical companies very intriguing, especially the one about dalbavancin, an antibiotic in the same class as vancomycin that is used for acute bacterial skin and soft tissue infections.

As for the award night itself, it went pretty well. I was responsible for presenting the recipients of three of the awards. The standard procedure was that a committee member would introduce the award, calling on the award sponsor's representative to say a little speech while the committee member gives the award and accompanying cheque to the representative so that they may hand it off to the award recipient. Unfortunately, the representatives for two of the awards I was responsible for were unable to be present for the ceremony so I had to do the hand-off myself. There was also a moment that was endearing and slightly humorous in my perspective where one individual, a pharmacy resident, was the recipient of three awards so they had come up to speak and accept their awards multiple times.

A quick post-ceremony congratulations to Eulaine Ma and Wei Wei of UofT for receiving the E. Amy Eck Award, and Autmu Chen of UofT (who incidentally was last year's UofT student representative for the Awards Committee) and Michaela Comrie for receiving the Ontario Branch Student Award.

Overall, it was a fun and enlightening experience and I felt insight by the excellence on display from the award applicants. With my time at the Ontario Branch Awards Committee technically being done, now I am looking forward towards next March, where I officially start my time as a member of the National Awards Committee.



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-- Brent Evans, Pharmacist, Nova Scotia

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Patient Education

(Student Literacy Challenge Winning Article)

By Polixeni Hantjidis

Pharmacy practice includes life-long learning from many different areas in addition to pharmaceutical knowledge. However, some of the most valuable knowledge we can gain as pharmacists is from our patients. Regardless of the hours we spend studying, researching, and doing our best to piece together information, no one knows a condition and experience as well as the patient themselves. Patient education goes beyond educating the patient on our area of expertise, but also by being educated by the patient. Our daily interactions and relationships with our patients are a valuable opportunity to learn, appreciate, and grow as healthcare providers. To portray this topic, I will be discussing a patient interaction (with her permission) that I have experienced over the years – Anna. I will begin with Anna's background and experience, discuss her relationship and involvement with her pharmacists, and end with what I learned from Anna.

Anna's struggle with her health is a complicated one. On May 7th, 2007, Anna found blisters in her mouth and headed to the emergency. The blisters continued and worsened for months. After six months of struggling and worsening of her condition, running around to different specialists and doctors, and hopeless that she will be healthy again, Anna received a diagnosis; pemphigus vulgaris. At this point in time, the approach to treat this condition was unknown. As an

attempt, the therapy chosen was 60 mg of prednisone daily. Then, her side effects began. Anna experienced almost every side effect in the books for prednisone; moon-face, increased weight gain, severe depression, insomnia, and so on. Continuing with high dose therapy she was additionally put on a once-weekly dose of alendronate. Anna experienced such severe bone pain by the second week that she had to be carried around the house, unable to walk on her own, and screaming from pain even sitting down. She contacted the pharmacy and was told to discontinue the medication immediately. In 2010, Rituximab had officially come to the market in Canada. This was her one hope for a treatment since prednisone was the only thing keeping her alive, but also ruining her life at the same time. However, she was warned about the potentially deadly effects in the first 24-hours of treatment. Anna was terrified, had two young kids, and was not willing to try what felt like risking her life. Three years later, Anna's body was slowly giving up on her, and so was her mind. After six years of high-dose prednisone and suffering from the side effects to the point of losing hope, she agreed to try Rituximab even though she had a 12- and 17-year-old waiting for her at home. Anna's struggle with her health has continued and to this day is struggling to manage the disease, however, with the many innovations and increased education in drug therapy, she has been able to live a better life than she was 10 years ago.

Anna had seen so many physicians and specialists, struggling to find a diagnosis. It had become confusing and extremely stressful for her. However, the one notable constant in her experience was her pharmacists. Anna was in the pharmacy more days of the month than she wasn't. Constantly trying new medications, struggling with attempted medications, and confused about other medications, her pharmacists were always there to support and educate her. However, the pharmacists were going above and beyond dispensing and educating her on each medication. They were a support system for her, they were interested in her health, empathetic about her experience, and always trying to figure out how to make Anna feel comfortable, safe, and heard. Additionally, they were always asking her questions. Although this behaviour may seem like standard of practice, their questions were not only geared towards identifying drug therapy problems, but rather they were intended to educate themselves. It was evident that the pharmacists were listening to Anna with intent to learn from her experience and use that to provide better patient-centered care for her. Anna's pharmacists displayed patient-centered care from the first prescription Anna filled. They were there for Anna every step of the way, constantly trying to increase their knowledge on Anna's condition through various resources, but most importantly through Anna. They tailored their care to Anna's needs by being accessible, providing help and resources

for Anna's concerns, and by allowing Anna to be a key and active member of her health journey.

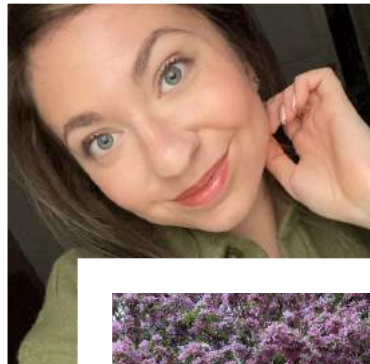
Throughout this experience, I have learned how incredibly important it is to take the time and learn from our patients. This is important not only for us to gain knowledge as healthcare providers, but also to be able to provide patient-centered care as effectively as possible. Patient-centered care is the key to optimal therapy for patients. Anna felt heard, cared for, and safe because of the efforts of her pharmacists. Her pharmacists realized that even though they knew about the side effects of prednisone and the chances of deadly side effects from Rituximab, Anna was the one experiencing it, and Anna was the one that truly understood how these side effects impact quality of life.

Anna is my mom, and I was the little girl watching these pharmacists care for my mom as much as I cared for her. Anna is my inspiration and the reason I value learning from the patient so greatly. She has shown me how important it is to understand that regardless of how much we know about medications and diseases, no one truly understands a condition better than the patient experiencing it. Patient education is a symbiotic relationship. We can learn and gain from our patients just as much, or more, as they can learn and gain from us.

CAPSIL

Student Spotlight





Sara Rough

Hometown: Toronto

Year of Study: 1st Year

Pets: Unfortunately, I don't have any, but I hope to get a dachshund or a corgi!

Two-Truths and a Lie:

- a) I had my gallbladder removed when I was 19
- b) I speak French fluently
- c) My ethnic background includes Italian, Scottish, Hungarian, and German

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

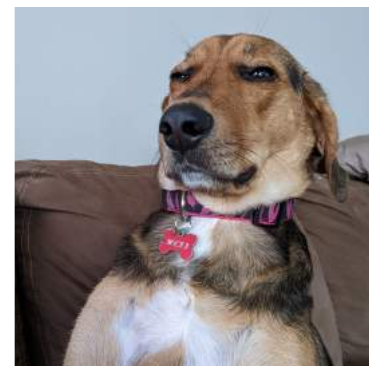
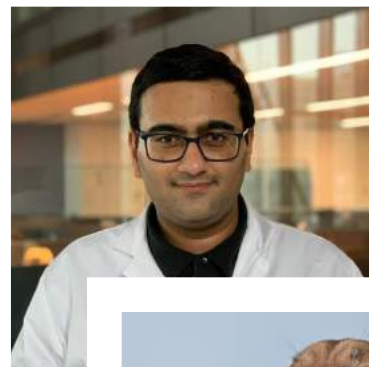
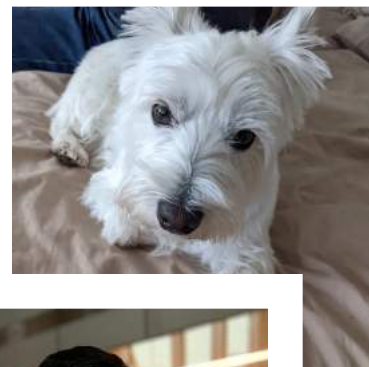
My hobbies outside of school include working out, baking and writing poetry. I make time to workout in the morning before class so that I can start my day with a clear mind while keeping to my fitness goals. On the weekend, I bake with my family in order to take a break from school-work. On my commute, I write poetry in my notes apps when I am feeling creative and compile it into a document on my computer for future reference.

Favourite Food: Chocolate or lasagna

Favourite Smell: Brewed coffee

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I would love to be a singer! I have been singing since I was a kid and I think it would be fun to come up with album and tour concepts. I also like the idea of being a positive role model for others if I were to be in the spotlight.

LIE: B



Varun Gupta

Hometown: Kanata

Year of Study: second year

Pets: a Westie named Luna, a Boxer-Labrador-Hound mix named Mocha, and many fish.

Two-Truths and a Lie:

- a) I have worked (suffered) at McDonalds, Starbucks, and Walmart
- b) I used to see farm animals on my way to highschool
- c) I have inherited a green thumb from my mom

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

I have a lot of hobbies which include baking, watching anime and fantasy shows/movies, as well as being a major skincare fanatic. I love making sourdough bread, and had grown my own starter, but somehow every time I go back to Ottawa, my starters die. Being a busy Pharmacy student, it can be hard to make time to watch all the media I like, so I just watch everything at 3 times speed, it works well for me but all my friends think I'm psycho, but they are probably right. Finally, despite still struggling with acne, I have a major obsession with skincare, and always plan for a consistent skincare routine as it is a massive mood booster

Favourite Food: Croissants!!! Ils sont tellement magnifiques.

Favourite Smell: right now, Apple Cider

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I have mentioned that I have a passion for skincare, and because of that I wanted to be a Cosmetic chemist with a focus on skincare formulations. I would love to start making skincare products, and maybe look at interesting ways to treat acne as well. I know there is a brand that is working on using Viruses to target acne causing bacteria, and I would have loved to have been a part of that process.

LIE: C



Polly Hantjids

Hometown: I grew up in Moose Jaw, Saskatchewan

Year of Study: Year 2 of pharmacy

Pets: Shaggy and Scooby (Shaggy is the white lil guy, Scooby is the chunky one)

Two-Truths and a Lie:

- a) I've been on the Greek news
- b) part of my arm is metal
- c) I love skating

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

I am passionate about music and I play bass clarinet with the University of Saskatchewan Concert Band. I also absolutely love to draw, and I love to spin!. My best way to make time for the things I love is by scheduling a time every day that I aim to have my priorities done by. After that time, its free game to do the things I love.

Favourite Food: I am a huge foodie – the company is what makes the meal awesome but Greek food has my heart

Favourite Smell: Fresh bread or the salt water at the beach!

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I would go for dermatologist or start up a local floral shop

LIE: C

Hometown: Melville, SK

Tapanga Brooks

Year of Study: Rx1

Pets: Lady MacBeth (the blue/grey dog; blue heeler)- she has my heart
Maverick (the brown dog; mutt)- I thought he should be called Macchiato, but I mean being named after Tom Cruise isn't the worst thing.

Two-Truths and a Lie:

- a) I've told a NASA employee that I don't believe in the moon
- b) I named my younger sister and both dogs
- c) I believed that babies could fly until I was 5

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

I love to bake and decorate cupcakes. As a result, I have a blowtorch and am not afraid to use it! I also love to go running, play board games, and watch all the Netflix (bring back Parks and Rec!). I make sure to schedule a day where I am not allowed to touch any schoolwork; a work-life balance is one of the most important things in my life, and if I don't schedule it in, I might forget to do the things I love!

Favourite Food: Ramen (not instant)

Favourite Smell: Freshly ground coffee

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I wanted to be a medical physicist for years, and if pharmacy didn't work out, I'd be doing that.

LIE: B



Helya Abbasi

Hometown: Winnipeg

Year of Study: 2

Pets: I wish I had pets

Two-Truths and a Lie:

- a) I was born in England,
- b) I speak 5 languages
- c) I've experienced 2 earthquakes

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

I enjoy reading books, especially on the bus. I also knit and crochet, I made beanies for my friends during winter break, shout out to Maya and Arianne. My other favourite hobby is sleeping. I will sleep any chance I get, and I hate sleeping on anything that is not my own bed.

Favourite Food: fesenjoon is a traditional Persian dish and it's delicious. The colour is not very appetizing but don't judge a book by its cover because it tastes amazing.

Favourite Smell: Brazilian bum bum cream

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I am a little shallow as I really enjoy reading celebrity gossip. I love reading about all the PR stunts and who is dating who. So, if I hadn't gotten into pharmacy, I would probably do journalism to become a celebrity gossip column writer.

LIFE: B



Justine Ramsundar

Hometown: Edmonton, Alberta

Year of Study: third year pharmacy student (2024 graduate)

Pets: I don't actually own a pet but I am a casual parent to my boyfriend's dog. His name is Ace!

Two-Truths and a Lie:

- a) I have 19 piercings
- b) I have been hit by a tree
- c) I have travelled to Russia

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

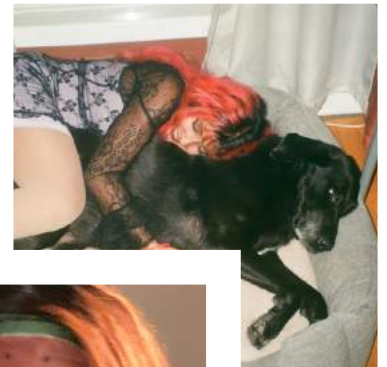
What are some hobbies of yours and how do you make time for them?: Some hobbies of mine include painting and pretending to be a makeup artist. Honestly I don't make time to paint during the school year. However I enjoy waking up around 6:30am-7am just so I can spend extra time to do a fun makeup look for class!

Favourite Food: Taki's

Favourite Smell: TnT supermarket

If you could be anything in the world (other than a pharmacist), what would be your dream career?: if I wasn't a pharmacist I would be a body piercer. What can I say. I've taken things into my own hands and have given myself a couple piercings so what's the big deal if I do it on other people.

LIFE: C





Angelica Le

Hometown: Montréal

Year of Study: 4th Year

Pets: Toby, Mochi, Lady and Teddy (yes, yes I have 4 dogs. If you zoom call me, you'd think I live in a zoo)

Two-Truths and a Lie:

- a) I play League daily
- b) I killed a cactus
- c) I added 1 cm to my height on my driving license

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

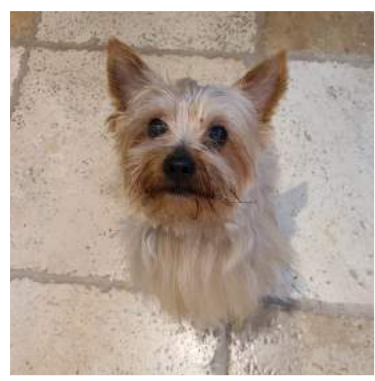
Trying out new foods and travelling are my favourite hobbies. I love learning about new cultures and foods from all over the world. Scheduling study sessions at cute cafés et being involved in CAPSI and World Congress also allowed me to be involved in pharmacy all the while discovering new cultures and meeting new people from around the world!

Favourite Food: Bingsoo <3

Favourite Smell: Roasted Coffee Beans

If you could be anything in the world (other than a pharmacist), what would be your dream career?: Travel Agent with a graphic design side hustle!

LIE: A



Farah Alam

Hometown: Dhaka, Bangladesh

Year of Study: Currently on co-op, will be starting 2B term in summer!

Pets: No pets, unfortunately! I hope to get a dog someday :)

Two-Truths and a Lie:

- a) I know how to play the guitar
- b) I love boba
- c) fall is my favourite season

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

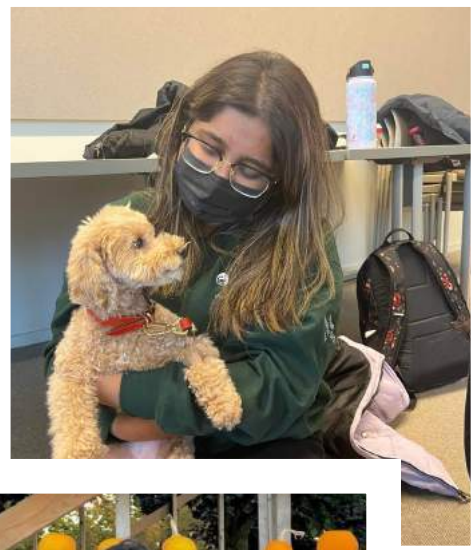
Do thrift shopping, going out to eat and watching TV shows count as hobbies? If they do, I try to make time for them after classes or whenever I have free time haha!

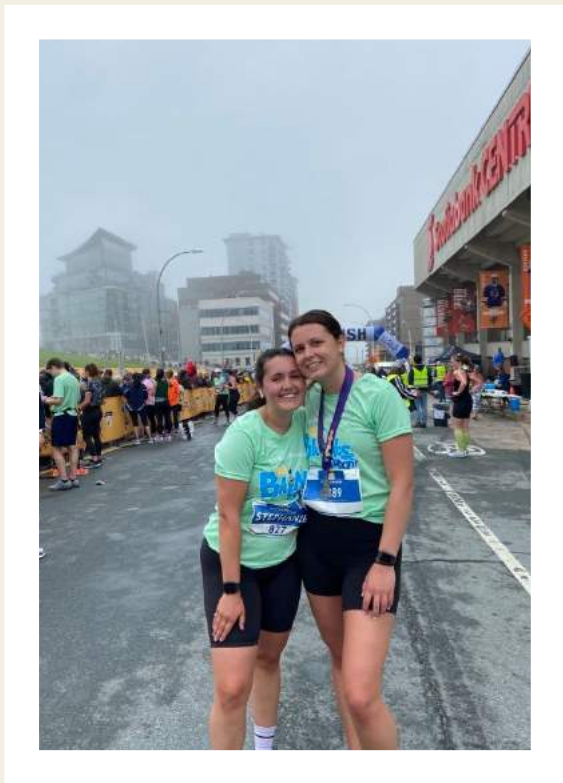
Favourite Food: SUSHIII and SHAWARMA - always down for these!

Favourite Smell: especially jasmine!

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I would probably want to work in the marketing or social media department! Working from home also sounds like a dream.

LIE: A





Laura Small

Hometown: Saint John, NB

Year of Study: 2

Pets: no pets!

Two-Truths and a Lie:

- a) I'm a Virgo with an Aquarius moon
- b) I played on the StFX lacrosse team in my undergrad
- c) I lived in Scotland for a year on exchange

What are some hobbies of yours and how do you make time for them?: Steph (below) and I both love sports and play on all of the pharmacy intramurals teams (volleyball, basketball and soccer)! In May 2022 we ran a half marathon together! We also both read a lot (Steph more than I).

Favourite Food: peanut butter

Favourite Smell: winter candy apple from bath and body works

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

LIFE: C

Steph McKenna

Hometown: Moncton, NB

Year of Study: 2

Pets: no pets!

Two-Truths and a Lie:

- a) I have a selfie with Auston Matthews
- b) I've been vegan for over 5 years
- c) I've travelled to 22 countries

What are some hobbies of yours and how do you make time for them?: Laura (above) and I both love sports and play on all of the pharmacy intramurals teams (volleyball, basketball and soccer)! In May 2022 we ran a half marathon together! We also both read a lot (Me more than Steph).

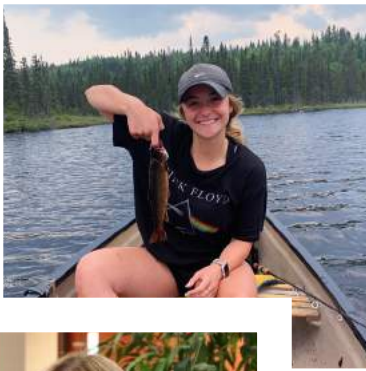
Favourite Food: smoothie bowl

Favourite Smell: the smell of a hockey rink

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

LIFE: A





Valerie Champagne

Hometown: Québec, QC

Year of Study: 2

Pets: Sadly I don't have pets at the moment.

Two-Truths and a Lie:

- a) I hate spicy food
- b) During initiation week I swallowed a few wasps
- c) I played the role of Elle Woods in the local musical of Legally Blonde

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

I LOVE music; I play piano, guitar and I sing! I actually love to combine social time with music by playing with friends. I also enjoy to practice sports, such as ski, run, bike, hike, skate, dance, cheerleading... I completed a bachelor's in kinesiology, which strengthened my love for exercise.

Favourite Food: A classic, but sushi all the way.

Favourite Smell: Is it legal to say gasoline? Hahaha

If you could be anything in the world (other than a pharmacist), what would be your dream career?: I would be a singer and actor, what about the next Céline Dion!

LIE: A



Lilia Ben Abdelkader

Hometown: Montréal

Year of Study: 2nd year

Pets: I don't have any pets, but my favorite dog is named Chika and she is 15 years old.

Two-Truths and a Lie:

- a) While my school was on strike, I visited Paris for 4 days
- b) I am shy, and I hate public speaking
- c) I speak five languages: French, English, Spanish, and a little bit of German and Arabic

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

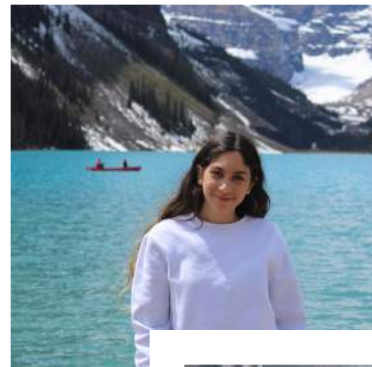
I like to keep myself busy. However, I am not always able to do everything I want on the same day. I always try to prioritize myself by going out with friends, doing physical activities, spending time with my family, and I recently started appreciating doing nothing.

Favourite Food: Seafood

Favourite Smell: Jasmine

If you could be anything in the world (other than a pharmacist), what would be your dream career?: When I was a kid, I always said I wanted to be a teacher

LIE: B





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