



Canadian Association of Pharmacy Students and Interns



WINTER CAPSIL

2024



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Editor's Address

Dear members and supporters.



I'm beyond excited to finally share with you the WINTER 2024 CAPSIL. PDW was an absolute whirlwind, and connecting with all of you in Toronto was nothing short of incredible. I hope your semesters kicked off with a bang! Brace yourselves because, although the semester's end might seem distant, believe me, it's hurtling toward us at lightning speed. Don't blink, or you might miss the excitement!



As February comes to an end, I hope that the love that was frolicking in the air doesn't die off and I also wish everyone a Happy Lunar New Year! Apparently, since it's the year of the Dragon, wearing emerald green will bring you the most luck this year. I don't know what evidence there is to support this claim, but that's what my grandma said and I trust her!

What comes after February? Pharmacy Appreciation Month (PAM)! March is a celebration of love and dedication to the world of pharmacy. A heartfelt thank you goes out to all you budding pharmacy trailblazers for your past, present, and future contributions to this field. In the midst of providing the best care possible for patients, it's crucial to prioritize self-love too. Whether it's indulging in guilty pleasures, catching up on sleep, or finding inner peace through meditation, make sure to cherish and nurture both your body and mind. I understand that navigating through pharmacy school can be overwhelming, but remember, I'm here for you—to listen to your rants and offer a comforting shoulder whenever you need it. Don't hesitate to reach out if you want someone to talk to!



You can expect to find some familiar segments in this CAPSIL, such as the "student spotlight" series, and some new segments! There were so many ideas that were brought up to me during PDW, but unfortunately, there wasn't enough time and pages to incorporate them all this time. I am grateful to all the contributors for taking the time to create a masterpiece and share it with all of CAPSI! We can't forget to highlight all those who proudly represented their schools and won at the national competitions!



Editor's Address Cont.

I would like to give a warm welcome to those that decided to join the translation committee during PDW! I am beyond grateful for the translation committee with their tireless efforts in ensuring that the CAPSIL upholds bilingualism for all readers across Canada: Alexia Laurin, Cara Stevenson, Charles Couture, Christen Ghabbour, Éli Blais, Eunice Kouadio, Farah Hadji, Florence Bédard Perrault, Hassan Abbas-Harnois, Jacqueline Tian-Tran, Janessa Sawatzky, Jeffrey Qin, Joe Kamal, Maxime-olivier Beaulieu, Mélisande Logelin, Miah Charest, Mohamed Ilyes Tir, Qamar Mobayed, Roselyn Lu, Samuel Villemure and Sylvain Mario Dadour.



Translation Committee 



Lastly, I wanted to thank you, the readers, for supporting me by taking the time to read the winter CAPSIL. I can speak on behalf of all past and future CAPSIL Editor's and say that your readership is truly appreciated. Please enjoy the newest edition of the CAPSIL and if you have creative ideas/articles/artwork/critiques for the next issue, please send them my way!

Good vibes.

Jasmine Ly

CAPSIL Editor



Hello CAPSI members and supporters,

Hard to believe we're well into the winter term already and heading into PAM (Pharmacy Appreciation Month) soon. We wish everyone the best of luck getting through midterm season and hope you're still finding time to take breaks and catch up on sleep!

Before we go any further, we wanted to take a moment to congratulate the PDW 2024 Planning Committee and everyone else that contributed to hosting another successful PDW back in January. It was incredible connecting with so many passionate pharmacy students in person. Furthermore, we'd like to congratulate all the national competition and award winners that we announced at PDW, it's always nice seeing schools cheering on their classmates!

Looking forward to the rest of the term, here's what we have in store from CAPSI:

PAM

In just a couple more sleeps, PAM will be in full swing at your respective schools! Your local CAPSI representatives or the PAM Planning Committee have been working hard the last couple of weeks organizing various events that will happen throughout the month - so make sure to take full advantage of those opportunities at your schools! In addition to the local events, our National PAM Merchandise is currently live! If you've ever wanted cute pharmacy-related items, now is your chance!

Wellness committee

In the Fall semester, our Student Wellness Committee updated each local school's mental health resources. We've been continuously posting highlights of the resources available at each school on our instagram page @capsinational. Detailed information can be found on our website: <https://capsi.ca/mental-health-resources/>. This semester we'll be bringing back the Voices of CAPSI initiative, which gives a platform for pharmacy students to have conversations surrounding mental wellness. We're still accepting submissions if you are interested - check out our socials for more information on how to submit a piece!

National Advocacy Initiatives

Our VP of Professional Affairs, Nolan, has been leading two big initiatives - advocating for flexibility around external leadership opportunities and student loan forgiveness. Recently, CAPSI released a joint statement with IPPC (Indigenous Pharmacy Professionals of Canada) with the recommendation that pharmacy students be granted time away (that does not have to be made up) from their rotation blocks to attend board meetings or for other advocacy efforts. To see our full statement, head over to our advocacy page of our website at <https://capsi.ca/capsi-position-statement/>. Did you know that the Canada Student Loan forgiveness program doesn't include pharmacists? We partnered with CPhA (Canadian Pharmacists Association) in a letter writing campaign to our MPs to call on the federal government to expand the loan forgiveness program (which is currently only afforded to family doctors and nurses) to include pharmacists. If you're interested in submitting a letter in support of this or have any questions, reach out to Nolan at vppa@capsi.ca.

Bridging the gaps

The Bridging the Gaps Fund was established last year to provide equitable opportunities for pharmacy students who demonstrate financial need. Despite being in its infancy, the fund was able to help support Indigenous students to attend PDW this year. We cannot wait to see this fund grow and provide greater opportunities for pharmacy students across Canada in the near future!

Finally, we would of course like to acknowledge our lovely CAPSIL Editor, Jazzi Ly, as well as the translation committee for all their hard work in bringing this CAPSIL edition to life. We hope you enjoy your read through this winter edition!

Sincerely,

Your Dynamic Pres Duo



Madi and Wooje
President and President-Elect





Student Exchange Program Experience

France 2023

By: **Emily Blacklaws**

This summer I participated in IPSE SEP in Tours, France. Located in central France, this town was a perfect place to spend the summer and an ideal spot to learn all about pharmacy in another country! During the weekdays, I had the opportunity to speak with patients, shadow pharmacists and learn about the French healthcare system and role of the pharmacist in a community. I had many discussions about similarities and differences of the French and Canadian systems which made me think about areas in which each system could learn from one another. An added bonus was that this exchange provided an opportunity to practice my French which I hadn't used in several years. On weekends, I had the chance to explore the castles of the Loire Valley which was an absolute dream!



During my stay, I was hosted by a French pharmacy student and visited the pharmacy department of Tours University. This gave me a glimpse into what pharmacy student life looks like in France and I learned about how the pharmacy program is structured. Overall, participating in SEP was a highlight of my pharmacy education and I would highly recommend applying if you are interested!



Your education Your profession Your future

The Canadian Pharmacists Association (CPhA) is your strong, unified voice for pharmacy in Canada. We work with provincial and national pharmacy associations, other health-care stakeholders, governments and more to make sure pharmacy's voice is at the table when critical health decisions are made.



Our priorities for 2024

CPhA's efforts in 2024 are aimed at improving pharmacy practice and supporting the professionals who underpin it. Some of our primary areas of focus this year include:

- **Strengthening our workforce:** Supporting new entrants to practice, including both internationally trained and Canadian pharmacy graduates.
- **Mental health:** Focusing on strategies and solutions to improve morale and mental health for pharmacy teams, including pharmacy students and interns.
- **Drug shortages:** Targeting longer-term solutions to reduce frequency and support health providers manage them when they do happen.
- **Creating front-line solutions and resources:** Ensuring pharmacists have the tools, information and resources to practice in an evolving and challenging environment.
- **Diversity, equity and inclusion:** Acting as an ally and partner by supporting initiatives led by underrepresented communities in pharmacy and addressing instances of bias, racism and discrimination in our clinical content.

STUDENT LOAN FORGIVENESS

Did you know? CPhA has been working with the Canadian Association of Pharmacy Students and Interns (CAPSI) to advocate for the expansion of the Canada Student Loan Forgiveness Program to include pharmacists as a critical recruitment and retention enabler for rural and remote parts of the country! Though unfortunately it was not included in the 2023 budget, we are continuing to meet with many federal officials and MPs to share the front-line experiences of pharmacists in rural remote areas and share data on tuition fees and debt levels for pharmacy students. We are hopeful that our ongoing advocacy will result in expansion of this program in the future.

Make your time count!

Get involved at every level to help build the profession you want to practice in. Your voice is critical and valued, so make sure you're speaking up on issues that matter to you!



JOIN

your local, provincial & national advocacy associations



PARTICIPATE

in events and activities (e.g., Pharmacists Awareness Month)



ADVOCATE

for the profession you want to practice in



VOLUNTEER

for board positions and committees

CPS Full Access

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Academic success starts with CPS.

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Find answers with CPS Full Access.

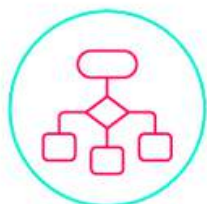
CPS Full Access includes:

- Health Canada-approved monographs for drugs, vaccines, natural health products and medical devices
- Lexi-Interact embedded in CPS so you don't have to go to another site for drug interaction checks
- Critical updates, warnings, advisories and drug shortage notifications
- Pharmacologic and nonpharmacologic therapy options

When to use CPS Full Access

- As a review of a large range of PEBC Exam pharmacy topics – for both qualifying and evaluating exams
- As a Canadian drug reference tool
- When learning about disease states and common ailments
- During rotations and in all practice settings

CPS Full Access features:



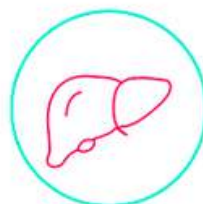
treatment algorithms



quick-glance drug tables



patient information handouts



calculators (e.g., renal function)



drug use: pregnancy and breastfeeding



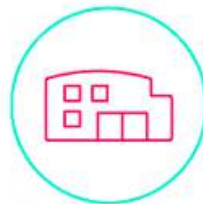
drug administration food/grapefruit



dosage adjustments



immunization resources



public programs, organizations, poison control



pill identifier

Experience CPS
www.pharmacists.ca/cps

Check your library resources and log in to CPS.



Everyone cheering for their own teams during pharmafacts and the energy/excitement in that room
-Hassan H.



Attending one last CAPSI conference with my fellow CAPSI seniors from last year -Melanie K.

PDW Memories



The Pharmafacts competition!
-Joe K.



We all here for the mcdonalds
Last night of PDW at 2am: cramming 20+ into a connected hotel room & having the best McDonald's Happy Meal hamburger with the homies -Stephanie L.



Midnight hot pot!
-Nolan B.

Our 1 am Haidilao hotpot session
<33
-Wooje C.

CNTP night was absolutely hilarious and entertaining (GO MANITOBA!). Part of the fun was eating at the hot pot restaurant with the CAPSI crew afterwards!
-Kezra G.

The bonding that happens outside of the scheduled activities. Late night Hot Pot was a time to reconnect with CAPSI past (shout out Kevin, Steven, and Nawal to joining us) and chat about everything that had happened already while making new memories.
-Emma F.

Cheering on all the competitors at CNTP!
-Alissa K.

Picking a favourite memory is tough - I had a blast at all the meetings, sessions, and events. Dr. Jaris Swidrovich's keynote was really impactful. And, celebrating my birthday at a cool jazz bar in downtown Toronto and trying out a Kangaroo burger were definitely the high points of PDW 2024 for me!
-Zach Y.



Seeing Wooje's facial expressions while he was "enjoying" his meal at Closing Gala!
-Cara S.



Meeting our new pharmacy faculty representatives and their delegates!
UOTTAWA :)

-Farah H.

All the interactions I was able to have with pharmacy students around Canada! As a new program and first year student, I felt welcomed into the community!
-Melisandé L.



My favourite memory from PDW was the time spent with the other uOttawa delegates making posters and getting ready for Pharmafacts. It was uOttawa's very first time participating in a PDW competition and we were all so excited for it. The support and warm welcome we got from the other schools made this event an even more memorable one!!
-Alexia L.



So many great moments to choose from but the moment Christine called Marianna to the stage and she just appeared during their award presentation speech for me was incredible. When I realized Marianna had flown from Hawaii to Toronto just to present this award to me I almost cried 😭. They put so much into their surprises and it's so heartwarming (even if the speech itself was super long and embarrassing lol)

-Madi W.



My favourite memory at PDW 2024 was connecting with students, CAPSI partners, and PDW guests as well as exploring Toronto!

-Ryan C.



Having the opportunity to meet so many passionate pharmacy students and bonding with CAPSI national council members ❤️

-Jazzi L.



My favourite memory from PDW has got to be the going out on the town with the other delegates, seeing "Six" the musical and just taking in the city.

-Alexis Y.

CAPSI Competitions

NATIONAL WINNERS

In case you weren't able to attend PDW, here is a recap of the winners!



Over-the-Counter Competition

*We would like to thank **Pyrls** for making the Over-the-Counter competition possible!*

1st place: **Simranpreet Dhaliwal**, University of Manitoba

2nd place: **Christina Bourassa**, University of Alberta

2nd place: **Hamza Farah**, University of Toronto

3rd place: **Taylor Beuree**, Dalhousie University

Patient Interview Competition

*We would like to thank **Loblaws** for making the Patient Interview Competition possible!*

1st place: **Sarah-Maude Beaulieu**, Laval University

2nd place: **Caitlyn Coles**, Memorial University of Newfoundland

3rd place: **Marie-Lou Ouimet**, University of Montreal

4th place: **Tapanga Brooks**, University of Saskatchewan



Compounding Competition

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

1st place: **University of Toronto**

2nd place: **University of British Columbia**

3rd place: **University of Waterloo**

4th place: **Laval University**

Advice for Life Award

We would like to thank **PharmaChoice** for making the Advice for Life Award possible!

1st place: **Selina Cal**, University of Waterloo

2nd place: **Alexis Pflanzner**, University of Saskatchewan

3rd place: **Mackenzie Richardson**, University of Toronto



Guy Genest Passion for Pharmacy Award

We would like to thank **CFP** for making the Guy Genest Award possible!

UBC: **Arietty Song**

UofT: **Ayman Lakhani**

UofA: **Cassandra Luong**

ULaval: **Darleine Guay-Boisvert**

UofS: **Meagan Wenzel**

UdeM: **Panteha Borzooeyan**

UofM: **Kezra Gerbrandt**

Dalhousie: **Madison Bell**

UWaterloo: **Stephanie Lo**

MUN: **Wooje Choi**



Student Literary Challenge

We would like to thank **CPhA** for making the Student Literary Challenge possible!

1st place: **Kevin Ta**, University of Alberta

2nd place: **Lydia Wadie**, University of Toronto

3rd place: **Kaley Mckinnon**, Dalhousie University

4th place: **Mahnoor Shah**, University of Waterloo



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 Alberta**



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**



CSHP-CAPSI Hospital Pharmacy Student Award

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

Winner: **Emma Fedusiak, University of Saskatchewan**



Award of Appreciation for CAPSI Senior

We would like to thank **Belairdirect.** for making the Award of Appreciation for CAPSI Sr. possible!

Winner: **Ayman Lakhani, University of Toronto**



Stephen Long PDW Co-Chair Award

We would like to thank **Belairdirect.** for making the Stephen Long PDW Co-chair Award possible!

Winners: **Alyssa Matsumura and Lydia Wadie, University of Toronto**



CCCEP Excellence in Professional Development Award

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

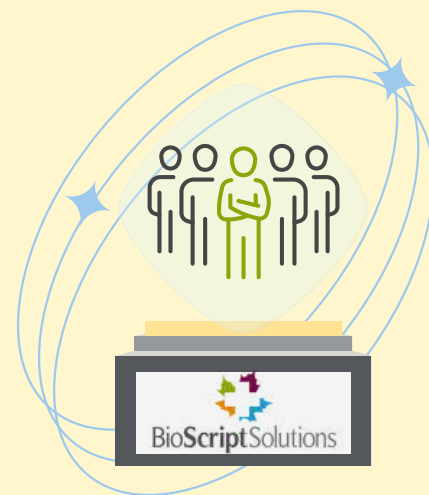
Winners: **Lina Lo** and **Emily Crosier**, University of Toronto



BioScript CAPSI Leadership Award

We would like to thank BioScript for making the CAPSI Leadership Award possible!

Winner: **Madison Wong**, University of Manitoba



CFP Past President Award

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

Winner: **Christine Vaccaro**, PharmD



CAPSI Honourary Life Member Award

Winner: **Christine Dalglish**, Manager, Membership Engagement & Communications at CPhA

We appreciate you, Christine!





Your Pharmacy Practice; Our Cancer Expertise.

CANCER CARE

Already experts in a growing list of medication therapies, frontline pharmacists are increasingly involved in the dispensing, education, and support for patients using take-home cancer drugs and supportive care cancer medications. As contemporary cancer care becomes more complex, pharmacists are tasked with staying clinically informed about rapidly emerging cancer therapies including the additional areas of therapeutic genetic and molecular testing, novel drug access pathways, treatment toxicity assessment, and drug specific monitoring and documentation requirements. Pharmacists may feel less and less familiar with new treatments yet remain professionally and legally obligated to provide safe and effective care in a busy frontline setting.



CANCER LANDSCAPE

2 in 5 Canadians will receive a diagnosis of cancer. 1 in 4 Canadians will pass away from cancer-related illness. Currently, 40-50% of pipeline oncology therapies are oral cancer treatments, and the complexity of oncology treatment is ever evolving.



WILL YOU BE READY TO PROVIDE SAFE AND EFFECTIVE CARE TO THESE PATIENTS, NO MATTER YOUR PRACTICE SETTING?



JOIN ECPN FOR YOUR UP-TO-DATE, BITE SIZED, CANCER PHARMACY EDUCATION AND PRACTICE RESOURCES!

WHAT IF YOU COULD ACCESS EDUCATION AND RESOURCES CURATED BY AN ONCOLOGY PHARMACIST AT ANY TIME?



Kiarash Moazzami

SUMMER 2023



Future of Pharmacy
Excellence Award
Winner

WHAT INSPIRED YOU TO BECOME A PHARMACIST?

In high school I was introduced to the world of pharmacy when I started working at both a community pharmacy and a hospital outpatient pharmacy. I noticed how pharmacists are highly accessible healthcare professionals and how approachable they are in general, which really drew me to the profession and sparked a strong passion in me to pursue this career.

IF YOU COULD GO BACK IN TIME, WHAT IS ONE THING YOU WOULD CHANGE?

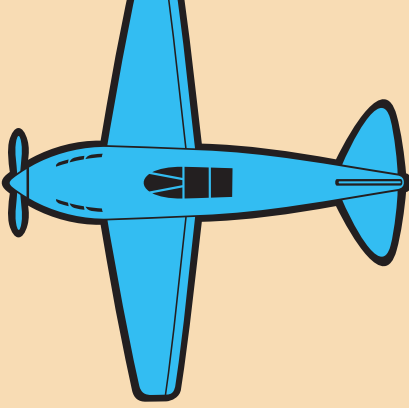
The only thing I would change would be to start learning to speak more languages from a younger age. I currently speak 3 languages, and that has really shown me how valuable it can be, not only in my personal life but even also in my professional life as a healthcare provider.

WHAT DO YOU HOPE TO ACHIEVE DURING YOUR CAREER?

During my career, in addition to continuing to provide high-quality direct patient care, I hope to also get involved with health policy-making roles where I can have the opportunity to further expand the level of positive impact I can have on healthcare in my province/country.

WHAT ARE YOUR HOBBIES?

In my free time, I like to stay active through playing either volleyball or basketball. During the winter season though, my main hobbies include skiing and snowboarding.



Outside the City Centre Zooming in on Rural Pharmacy Practice

By: Nolan Barkhouse

The proportion of Canadians who live in rural areas has been declining progressively for decades. According to the Canadian Census, approximately 85% of individuals as of 1851 in (soon-to-be) Canada lived rurally, whereas 17.8% of Canadians were living rurally as of 2021. While the COVID-19 pandemic positively influenced rural populations due to favourable isolation conditions and a transition to a work-from-home lifestyle for many Canadians, growing by 0.4% from 2016 to 2021, urban populations still grew more quickly—by 6.3%—in this timeframe. These statistics allude to why rural populations have been heavily impacted during our current healthcare crisis.

My Perspective—A Short Introduction to Rural Healthcare

I have watched this change in access to care firsthand. I have lived in rural Nova Scotia for the entirety of my 25-year life—except for some time spent during my university studies in Halifax—in a small community located 10 km from the nearest village, and about 15 km from the nearest town. I have seen the primary care centres, walk-in clinics, and hospitals in the surrounding area become overwhelmed with too many patients and not enough doctors. The declining number of clinicians has caused individuals to go without primary care providers for multiple years, walk-in clinics to close or significantly reduce their hours of operation, hospital wait times to continue to lengthen (oftentimes exceeding 12 hours, as of late) and emergency departments to exceed capacity regularly. The disproportionate number of patients to care providers in my area has led to people travelling to urban centres for care, which are nearly a 2-hour drive away for some individuals in my region. These barriers to care have led to individuals either spending increasing amounts of time to simply prioritize their health and wellness, or have led to people engaging in healthcare avoidance behaviours.

Pharmacy Practice in Rural Areas

There is importance in considering a rural deficit of healthcare providers for us, as future pharmacists. Fewer healthcare providers practicing in rural areas have led to increasing healthcare disparities in rural areas. These disparities coexist during a time with a booming increase in the aging population who generally have more comorbidities and increasingly complex treatment regimens compared to many years ago. As the most accessible healthcare providers with a continually expanding scope of practice, pharmacists have an opportunity to create positive change in these areas. When individuals who live in rural areas need to consult a healthcare provider, oftentimes they will choose to consult their neighbourhood pharmacist down the road rather than travelling to distant walk-in clinics or emergency departments. Therefore, these rural patients have an incredible appreciation for the role that pharmacists assume in their community; the continued satisfaction of these patients promotes our fulfillment as rural healthcare providers.

Pharmacy Practice in Rural Areas

During my short time practicing as a pharmacy student in rural areas, it has been challenging to leave the workplace without acknowledging the positive impacts that I have had on the patients whom I've interacted with throughout the day, as many patients express their appreciation for pharmacy team members regularly. Additionally, the connection you can build in a small community is unmatched. There is seldom a time when I go a full week without encountering a patient that has ties to my personal life, which makes providing patient care that much more fulfilling—these are not just your patients, these are your friends, your family, your family friends, and your community.

Although my experience in rural pharmacy practice has been excellent, the recruitment of pharmacists and other healthcare providers in rural areas after completing their studies and becoming licensed is challenging. There are many contributing factors to this, including fewer applicants to healthcare programs, increasing cost of living making it more difficult for individuals of lower socioeconomic status to pursue post-secondary education, lacking structured supports and incentives to relocate to rural and remote areas, and more. Many of these considerations are modifiable factors that are important for pharmacy professionals to address moving forward.

How Can We Support New Practitioners in Pursuing Rural Pharmacy Practice?

To ensure that pharmacies have the continued capacity to work in rural areas, there are many ways that we can support this. Firstly, it is important to provide education about how pharmacists working in rural areas can significantly impact the patients in that area to individuals who have never experienced working in a rural pharmacy practice. This education applies not only to those attending pharmacy school, but also to secondary students in rural areas who may be interested in pursuing a career in pharmacy.

Additionally, it's important to engage our elected officials in conversations about the importance of supporting pharmacists in rural areas. A great way to start this conversation is to send a letter to your local Member of Parliament (MP) regarding the inclusion of pharmacists in the Canada Student Loan Forgiveness program for graduates practicing in rural and remote areas. To jumpstart this process, we've created a template letter in collaboration with the Canadian Pharmacists Association (CPhA), which can be accessed using the following link: <https://www.pharmacists.ca/advocacy/issues/canada-student-loan-forgiveness/>. I encourage you to consider filling out a letter; CAPSI and CPhA will be able to support you if an MP reaches out for further information. If you have questions, don't hesitate to reach out to me by email at vpapa@capsi.ca, or reach out to one of your school's local representatives.

Pharmacists working in rural communities are critical to ensure these communities continue to thrive. We must advocate for support in many unique ways for this type of pharmacy practice, allowing individuals in small communities who have an interest in becoming a key player in a healthcare team to practice pharmacy.



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To find out more about our opportunities, visit us online at: [Careers.Shoppersdrugmart.ca](https://careers.shoppersdrugmart.ca), and follow us on LinkedIn.

University of Waterloo CAPSI

Local Council Spotlight

By: Victoria Mikhnovskaya, Co-Communications Director at UW CAPSI

UW CAPSI has been very busy the last couple of months with many events and initiatives. Our amazing local council has been working hard and we are excited to share all that they have been able to accomplish!

Fall Science Open House

On October 28, CAPSI was involved with the Fall Science Open House, hosted by the University of Waterloo. Families from all across Waterloo/Kitchener were invited to have a Saturday of fun and learning. UW Pharmacy and pre-pharmacy students hosted games such as Show and Tell, Bingo, Pill Counting and Handwashing + Germs. All attendees had a great time getting their first glimpse into the pharmacy profession and we hope it inspired them to pursue pharmacy in the future!

Thank you to our education and outreach representatives, Victoria Nguyen, Dorothy Lin and Erica Lin for helping plan this event!



UW Pharmacy and Pre-pharmacy Students helping run the Fall Science Open House



Milestone Mock OSCE

On November 4th and 5th, CAPSI hosted their annual milestone mock OSCE for the next graduating cohort, the Rx2024s! As part of our curriculum all students complete a milestone OSCE prior to their rotations. OSCEs can be nerve-wracking and we wanted to provide a low stakes practice run to use the skills they have already gained and also receive valuable feedback from our pharmacist assessors. Thank you to our pharmacist assessors and students who volunteered as standardized patients for making this event a success! Lastly, we want to recognize Cassy, our junior representative who planned this entire event!

IPSF Health Week



This year the IPSF Health Week topic was “Healthy Living and Diabetes.” Our local IPSF reps, Lindsay Zhao and Sydney Eng, worked hard to create an amazing week of events that lasted from November 13–17.

On November 14th, our IPSF team collaborated with the organization LMC healthcare to host an IPE event on diabetic ketoacidosis. Our guest speakers were Brian Lam (Pharmacist), Sarah Walkom (Registered Dietician) and Alicia Chin (Director of Pharmacy). Students from pharmacy, medicine and nursing programs were invited to the event to learn more about DKA and to collaborate with other students on patient cases.

CAPSI also hosted a BINGO social media challenge, where students were encouraged to complete activities such as meditation, going on a walk and eating a meal with whole grains.

November 14 | 7:00 - 9:00 pm

Approved for
Waterloo*
EX/PM/Pharm
McMaster
PPE/PM/Chin

LMC X CAPSI: IPE EVENT
DIABETIC KETOACIDOSIS

FEATURING
BRIAN LAM RPH, CDE INTRODUCTORY SPEAKER
SARAH WALKOM RD, CDE ALICIA CHIN RPH, DIR

Created in Partnership with LMC Diabetes & Endocrinology
Diabetes Education Program & LMC Pharmacy

THANK YOU DONORS!

Canadian Blood Services

CAPSI • A&EP
PHARMACY WATERLOO

Diabetes BINGO

Food, physical activity and mental state all play a role in Diabetes management.
Complete one row of the bingo card and submit via instagram DM along with picture proof for one activity.

#DIABETESAWARENESS

Break a sweat for 1 hour (or longer!)	Make a healthy home-cooked meal	Go for a walk OR Walk to school/work.
Meditate or do a yoga session	Get 8 hours of sleep	Drink (at least) 8 glasses of water
Eat at least 3 servings of fruit in one day	Workout with a friend	Eat a meal with whole grains (quinoa, steel cut oats, brown rice)



In the same week, we also started our annual Vampire Cup, in collaboration with Canadian Blood Services. Students were encouraged to donate blood to make a difference in the lives of those in need of blood transfusions. We were overwhelmed with the amount of UW students who donated these past few months and we hope that even more students consider donating in the future.



Professional Development Week 2024

From January 3–7, our UW CAPSI students had the opportunity to attend Professional Development Week in Toronto. After an amazing and memorable PDW last year in Saskatoon, we were excited for another week of networking, competitions, education and fun!

We especially wanted to highlight our many competition and award winners. Your accomplishments are inspiring and you have made UW proud!

Award of Professionalism (for PAM 2023): 1st place

IPSF Health Campaign Award: 2nd place

National Compounding Competition: 3rd place (Zoe Grasse, Sophia Leakos, Ilinca Andriescu, and Anchanah Jeyamohan)

National Advice for Life Competition: 1st place (Selina Cao)

National Student Literacy Challenge: 4th place (Mahnoor Shah)

Guy Genest Passion for Pharmacy: Stephanie Lo

We cannot wait for PDW 2025 at Dalhousie!

Our UWaterloo PDW Delegates

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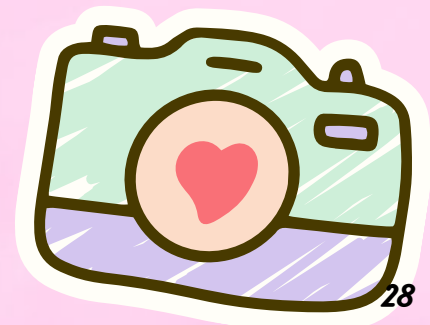


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CAPSI Awareness Week

In January, the University of Waterloo School of Pharmacy welcomed in the newest cohort, the Rx2027s! To welcome the new pharmacy students, we held our annual CAPSI Awareness Week from January 15 to 19.

The week included a video introduction to our local council (featuring Spongebob quotes!), an Instagram takeover from Cassy and Steph, our Jr and Sr reps, as well as lots of information on the benefits of joining CAPSI.

The winter semester also marks the end of our current council year. We are excited about our upcoming local elections in March, when we will decide on who will be our council members for the 2024–2025 year.





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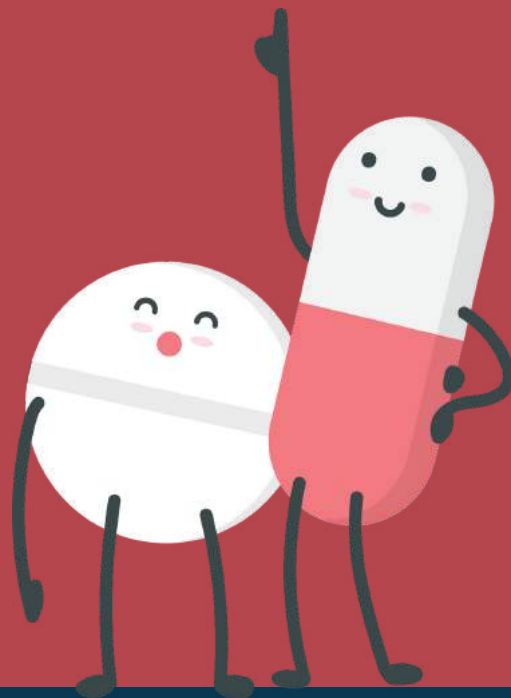
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CAPSI

Student Spotlight

THESE PHARMACY STUDENTS HAVE BEEN CHOSEN BY THEIR RESPECTIVE CAPSI REPRESENTATIVES FOR EXEMPLIFYING THE CORE VALUES OF CAPSI: UNITY, PROFESSIONALISM, ADVOCACY, ACADEMICS, AND EXCELLENCE. ALTHOUGH THESE INDIVIDUALS ARE NOTHING SHORT OF SUPERHUMANS, IT IS IMPORTANT TO RECOGNIZE THAT THEY HAVE A LIFE OUTSIDE OF PHARMACY SCHOOL. THEIR OUTSTANDING COMMITMENT AND DEMONSTRATION OF CAPSI VALUES DESERVE SPECIAL RECOGNITION.





Emily Galey

University of Saskatchewan, 3rd Year

Hometown: Admiral, SK

If you could go back in time, what would you change?

If I could go back in time, I would take a year off before University to travel

If you had a superpower, what would it be?

Teleportation so I could see the world!

What are your hobbies?

FaceTiming my nephew, reading, drinking tea, cheering for the Boston Bruins, enjoying an ice cold Corona and rewatching The Office for the 20-something time

How has CAPSI impacted your journey as a pharmacy student?

CAPSI has reminded me to slow down. Sometimes you get so caught up in school and doing your best that you forget to enjoy it - CAPSI reminded me to laugh and enjoy this time before we enter practice. CAPSI has also created a lot of opportunities that have allowed me to meet some pretty cool people from across the country, as well as share some amazing memories with people here at Usask. Overall, CAPSI has contributed to some of my favourite memories from my pharmacy school career thus far!



Sarah Ho

University of Alberta, 3rd Year

Hometown: Calgary, AB

If you could go back in time, what would you change?

Learn enough Cantonese as a kid to be able to order food at Chinese restaurants now

If you had a superpower, what would it be?

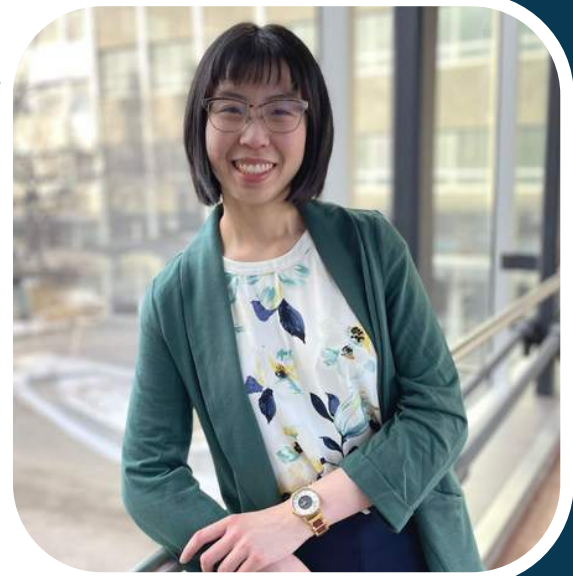
Photographic memory so I can memorize all of CPS (haha)

What are your hobbies?

Video games and watching anime

How has CAPSI impacted your journey as a pharmacy student?

CAPSI has enhanced my pharmacy student experience through the various events our CAPSI representatives organize, especially during PAM, that I attend with friends between classes. CAPSI has also provided the opportunities they provide us to travel and meet other pharmacy students across Canada at PDW. Though I am not the best at compounding, I look forward to the compounding competition to compete with my friends.





Scott Thomas

University of Manitoba, 3rd Year



Hometown: Winnipeg, MB

If you could go back in time, what would you change?

I would invest in Google and Apple

If you had a superpower, what would it be?

Complete Mastery of Time and Space

What are your hobbies?

Curling, strength training, softball, piano, PC gaming

How has CAPSI impacted your journey as a pharmacy student?

I went to PDW for the first time, learned so much and met so many people. It was awesome, highly recommend if you can make it next year



Sanaz Karimi

University of Toronto, 2nd Year



Hometown: I was born in Iran and raised in Dubai (UAE)

If you could go back in time, what would you change?

I would not change anything in my past as it has lead me to be in this point in my life and I am very grateful to be pursuing my career in Pharmacy...also, going back in time may lead a paradoxical event which may not be favorable

If you had a superpower, what would it be?

Teleportation, I would love to be able to visit my friends and family any time I missed them. I would also be able to experience being a pharmacist in multiple countries, especially those that need HCPs and aid the most

What are your hobbies?

When I am not closing the library with my friends, I enjoy playing basketball, volleyball, and running. I love cooking, despite a few minor injuries from battling with avocados, and I am self-learning to play the guitar

How has CAPSI impacted your journey as a pharmacy student?

As an international student, starting a new program in a new city, with most of my friends and family on a different continent and a 9-hour time difference, it was difficult to feel integrated in such a competitive program. I was worried about being able to find my place in the program, connect with the community, and oh God, what are taxes?! As a first-year CAPSI representative, I was able to expand my network to several pharmacists and pharmacy students across the nation, some of whom shared their stories of being far from home at one point or another in their pharmacy journey. And now, while I am still figuring out the taxes part, being part of the CAPSI community has provided me with so much support and validation that the journey is feasible, and has given me a sense of belonging to the pharmacy community. Not to mention the insight I have gained into counselling efficiency while volunteering as a standardized patient in our local counselling competitions



Victoria Mikhnovskaya

University of Waterloo, 4th Year

Hometown: Toronto, ON

If you could go back in time, what would you change?

I wouldn't change anything!

If you had a superpower, what would it be?

Teleportation!

What are your hobbies?

Watching old movies and tv shows, and learning to play the piano

How has CAPSI impacted your journey as a pharmacy student?

Being a part of CAPSI has allowed me to connect with many amazing pharmacy students, and it has allowed me to learn more about how to better advocate for the pharmacy profession. Being a member of my local CAPSI council has helped me to expand my creativity, collaboration and communication skills, which I will continue to use as I graduate and become a practicing pharmacist



Emily Meade

Memorial University, 3rd Year

Hometown: St. John's, NL

If you could go back in time, what would you change?

I think I would try to instill more of a work life balance early on in the program as I think it's really key in preventing burnout and enjoying the program more! I find that incorporating exercise and some of my other hobbies, like playing the piano, has helped me to better manage my stress!

If you had a superpower, what would it be?

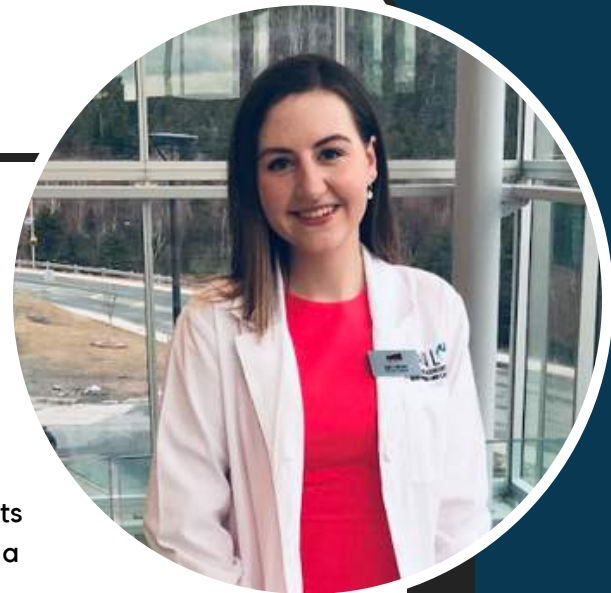
I wish I had the ability to fly because I really like to travel and see new parts of the world! It would also give me the ability to see my favourite places at a new perspective!

What are your hobbies?

I really enjoy exercising and going for hikes on the trails along our coastline. I also like to practice my piano and fiddle in my spare time. I enjoy volunteering with different groups such as NCODA and The Gathering Place!

How has CAPSI impacted your journey as a pharmacy student?

CAPSI has exposed me to various professional development, community, and school outreach activities. It was through a school presentation during a CAPSI PAM outreach activity that I first became interested in applying to pharmacy school! Since then, I have served as a University Director during PAM and have presented at different high schools and elementary schools, and attended pharmacy school recruiting events which I have found to be very rewarding!





Hannah MacConnell

Dalhousie University, 3rd Year

Hometown: Charlottetown, PEI

If you could go back in time, what would you change?

If I could go back in time, within my own lifetime, I am sure there are many things I would wish to change. Overall, the most important thing I would go back in time for would be to spend more time with people who I have lost. I would go back in time and cherish the opportunities I had to spend time with my family and to relive old happy memories

If you had a superpower, what would it be?

Over the last three years as a pharmacy student I have been exposed to many different people who are unwell in many different ways. If I could harness a superpower, I would wish it to be a power that could heal and give health to those that are sick, so that more people could live longer and happier lives

What are your hobbies?

Outside of school I try to stay busy, therefore I have many hobbies. The hobby I've been enjoying for a long time is running! I started running with my dad when I was 13 and ran my first half marathon at 14 years old. If I am not running I am likely reading a book, travelling to a new country, or baking chocolate chip cookies for my friends

How has CAPSI impacted your journey as a pharmacy student?

CAPSI has brought so many unique and exciting opportunities into my life as a pharmacy student. The CAPSI representatives at Dalhousie have hosted numerous events that have allowed me not only to learn more about pharmacy as a profession, but also discover who I want to become as a future pharmacist



Elizabeth Lecours

University of Ottawa, 1st Year

Hometown: Gatineau, QC

If you could go back in time, what would you change?

I would bring a pee-pad in my car when I adopted my cats and picked them up for the first time

If you had a superpower, what would it be?

Eidetic memory as it would save me a lot of time

What are your hobbies?

Thrifting, Volunteering for Furry Tales Cat Rescue, Reading

How has CAPSI impacted your journey as a pharmacy student?

It has motivated me to be more involved in student life and inspired new ideas that could be beneficial for our students and program



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Why should pharmacy students care about sustainable actions in healthcare?

Written by: [Ivy Lam](#), CASCADES Pharmacy Innovation Lead

Edited by: Cate MacLeod, CASCADES Communications and Events Lead

From the UN to the Lancet, the message is clear: the negative impact of climate change on human health requires urgent action (1,2). While many sectors contribute to greenhouse gas emissions (GHGE), the pharmaceutical industry is a significant emitter, with a global carbon footprint greater than that of the automotive industry (3). In Canada, prescription and non-prescription products account for a full quarter of total emissions in the healthcare sector (4). Pharmacists then have a key role in mitigating the environmental impacts of healthcare and supporting both the healthcare system and patients adapt to the ongoing challenges brought about by climate change.

International and national pharmaceutical organizations recognize the need to identify the activities pharmacists can adopt in their chosen careers to further this goal. The International Pharmaceutical Federation (FIP) has released a statement of policy for environmental sustainability within pharmacy, highlighting mitigation and adaptation actions pharmacists can undertake to reduce the impact of medications in the healthcare system (5). Nationally, the Canadian Association of Pharmacy for the Environment (6) is mobilizing pharmacists and pharmacy technicians to respond to planetary health and climate change, while the Canadian Society of Hospital Pharmacists established a Sustainability Implementation Taskforce (6), highlighting the growing need to encourage sustainable practices within the Canadian healthcare field.



There is also growing interest in incorporating planetary health into healthcare education (8-10). A group of medical students at the University of California established the Planetary Health Report Card (PHRC), a student-driven metric-based tool, to increase awareness and accountability among medical schools, and is now piloting PHRC in nursing, pharmacy, and physiotherapy programs (11). As of January 2024, the report cards of 7 Canadian medical schools are publicly available. With a pharmacy report card currently in pilot phase, Canadian pharmacy schools will soon be able to participate too.

As sustainable healthcare was not considered in past curriculums, a new generation of students are taking the lead in integrating and spreading sustainability ideas into their professional roles. But this is not a role students need to take alone. Clinicians are actively engaging in actions within their workplaces, implementing quality improvement projects, and sharing their work. CASCADES is a pan-Canadian initiative that works with teams across the country to identify change opportunities, review evidence, and disseminate practical resources that support putting these ideas into practice. CASCADES aims to enable high-quality, low-carbon alternatives and enhance climate resilience within the Canadian healthcare system. Given pharmacy's outsized contribution to greenhouse gas emissions, CASCADES has resources targeted to pharmacists and pharmacy technicians with climate change mitigation and adaptation strategies (12).

Interest in sustainable healthcare is growing and the integration of sustainability into pharmacy education is on its way. Students and future healthcare providers can seize this opportunity to support a greener healthcare system which will benefit generations to come.

Examples of change ideas in pharmacy:

- Medication optimization and deprescribing Switching to climate conscious inhalers
- Educate patients on climate-related health threats Encourage returning unused medications to the pharmacy for disposal

For more information, visit cascadescanada.ca/action-areas/pharmacy-and-prescribing/



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Martin

Martin, a passionate pharmacist, enjoys seeing his customers grow from children into adults, knowing he had a small part to play in managing their day-to-day health.

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