



Unity – Professionalism – Advocacy – Academics – Excellence

Spring Teleconference 2019

CAPSI National Council Meeting

Tuesday April 2, 2019.

8PM EST

1. Call to Order

T. Rousseaux

T. Rousseaux called the meeting to order at 8:03pm EST

T. Rousseaux thanked council for taking their time out for our teleconference despite it being a busy time in the school year. She acknowledged council for their efforts during Pharmacist Awareness month and encouraged council to continue to advocate for pharmacists.

2. Attendance

N. Gajaria

T. Rousseaux	President
J. Kwon	President-Elect
P. Thabet	Past President
D. Moulton	Finance Officer
S. Yu	VP Education
R. Ward	VP Professional Affairs
N. Gajaria	Executive Secretary
M. Wei	VP Communications
N. Srimurugathan	CAPSIL Editor
G. Anhoury-Sauvé	Student Exchange Officer
S. Terekhovska	IPSF Liaison
P. Tram	Webmaster
K. MacMillan	CSHP Liaison
A. Mew	UBC Senior Representative
K. Bishop	UBC Junior Representative
M. Contreras	Alberta Senior Representative
M. Patrick	Alberta Junior Representative
D. Shymanski	Saskatchewan Senior Representative
L. Wu	Saskatchewan Junior Representative
L. Kotyrba	Manitoba Senior Representative
M. Kaushal	Manitoba Junior Representative
B. Houle	Waterloo Senior Representative
M. Ney	Waterloo Junior Representative
R. Anisman	Toronto Senior Representative
E. Nguyen	Toronto Junior Representative
D. Bergeron	Montreal Senior Representative
T. Duong	Montreal Junior Representative
F. Paré	Laval Senior Representative
C. Beucher	Laval Junior Representative
W. Lee	Dalhousie Senior Representative
L. Ford	Dalhousie Junior Representative
A. Clarke	MUN Senior Representative
L. Symonds	MUN Junior Representative

Regrets:

Guests:

J. Young (Incoming Alberta Senior Representative), D. Low (Incoming Finance Officer), A. Chadha (Incoming Alberta Junior Representative), M. Kieley (Incoming IPSF Liaison), S. Schumacher (Incoming MUN Jr), C. Vaccaro (incoming Manitoba Jr), K. Miclat (Incoming UofT Junior Representative), P. Ip (Incoming Executive Secretary), S. Bento De Sousa (Incoming CAPSIL Editor), E. Zerr (Incoming Saskatchewan Jr), K. Shchepanik (Incoming Waterloo Jr)

I know that we will have many incoming council members attend as guests. Please include your first initial and last name in the “guests” section. It would be helpful for you to include your position in brackets (ex. “Incoming Secretary). **If you enter or leave the call, please make a note of the time (ex. N. Gajaria left the call at 9:00pm EST)**

3. Acceptance of Previous Meeting Minutes

T. Rousseaux

Link to PDW 2019 minutes:

https://docs.google.com/document/d/10Aog_mJwmWRy1tv8KRhX2JgBGswTvysTUH24nXU_hSKQ/edit?usp=sharing

Link to By-election TC minutes:

https://docs.google.com/document/d/19cp5DZb0usAQfEhj86qHXN-2SWnMK6UirmY_KY6o_omg/edit

BIRT CAPSI National accept the meeting minutes from PDW 2019 and By-election Teleconference.

T. Rousseaux/D. Moulton

Motion Carried

4. Advice for Life Competition

T.

Rousseaux

Background: CAPSI hosted a TC JOM with PharmaChoice at the end of February to discuss our feedback gathered at PDW 2019. They have confirmed they will continue to sponsor the competition for the 2019-2020 term. We discussed the reallocation of \$50 from local second place to local first place winner, resulting in the following change (option 1). PharmaChoice has suggested potentially re-allocating this from the provided promotion money (option 2).

	2018-2019 Prize	2019-2020 prize option 1	2019-2020 prize option 2
Local 1st place	\$350 (-\$250 if unable to attend PDW = \$100)	\$400 (- \$250 if unable to attend PDW = \$150)	\$400 (- \$250 if unable to attend PDW = \$150)
Local 2nd place	\$150	\$100	\$150

1. Was \$100 enough for promotion?
2. Do you prefer option 1 or 2?

*Note: For those schools who had a national winner, can you please contact them regarding their thoughts of the award itself and forward their feedback to me. PharmaChoice would appreciate feedback to assist in their plaque/award creation for next year.

School	Responses
UBC	<ol style="list-style-type: none"> 1. \$100 is enough, we used some of it to make a plaque to showcase the winners on annually. Otherwise it's more than we'd need each year. 2. No preference
UofA *see note	<ol style="list-style-type: none"> 1. \$100 is more than enough 2. Option 2 <ul style="list-style-type: none"> • Feedback from the national winner: Overall I have very positive feedback. It was well organized and clear what was expected and the process was easy. Only thing is I didn't really understand the purpose of the "handouts" as I literally just copy and pasted content from my slides onto them
Sask	<ol style="list-style-type: none"> 1. \$100 was more than enough. 2. No preference. \$150 may be more enticing for students to participate, however an equivalent prize for 1st and 2nd should the 1st place winner decline their spot to PDW could become problematic. Would the 2nd place winner be eligible for the difference?
Manitoba	<ol style="list-style-type: none"> 1. \$100 is more than enough money to conduct promotion for AFL at U of M (not really used). Our promotion is primarily conducted through social media as the student body usually pays more attention to information that is emailed out/advertised on social media to them compared to posters that are put up. However,

	<p>we can try the latter approach this coming year and get more feedback.</p> <ol style="list-style-type: none"> 2. No preference from local reps but from the perspective of the target audience, the 2nd option may offer more of an incentive for the student body to participate.
Waterloo	<ol style="list-style-type: none"> 1. Promotion was mainly through email and social media 2. More prize money is a greater incentive
Toronto *see note	<ol style="list-style-type: none"> 1. \$100 not used as promotion; was made through email and Facebook 2. No preference
Montreal	<ol style="list-style-type: none"> 1. I don't really need \$100 for promotion as most of my promotion is made on Facebook. 2. I would prefer option 2.
Laval *see note	<ol style="list-style-type: none"> 1. Don't need 100\$ for promotion (did all online) 2. Option 2
Dal	<ol style="list-style-type: none"> 1. \$50 is plenty 2. 2 should be good
MUN	<ol style="list-style-type: none"> 1. I didn't need \$100 (did most of it online). 2. Option 2

T. Rousseaux shared that we will be going with option 2 as it was the preferred option among local representatives. She requested local representatives of schools who had national winners to send feedback on the trophies as PharmaChoice will be sponsoring the competition again in 2019-2020.

5. Taxing CAPSI membership in 2019-2020

D. Moulton

Background:

- We should be charging tax on our membership fees from here on out. This really isn't "up for negotiation" as it is our financial duty, but I am curious to know how challenging this would be to organize at a local level for the incoming 2019-2020 year and beyond.
- I know some schools have membership coming out of tuition, others coordinate with their local pharmacy student councils, and some collect directly?

- The exact amounts can be discussed later, but for your own reference just start by adding GST/PST/HST/QST to the new \$15 membership increase to estimate the additional cost to members for the upcoming year.

School	Response
UBC	
UofA	Not sure how challenging. However, I do not foresee this being too difficult. It would mean that our local council would be paying around \$400 in fees due to taxes (theoretical: 520 students at \$15 + 5% tax = \$8190 vs. \$7800 w/o tax)
Sask	Not too difficult. We accept membership fees directly from students. A good time to change since the other student council is considering changing the fee structure next year as well. GST + PST = 5 + 6% = 11%
Manitoba	Not sure how challenging it will be as it is built in our tuition, need to speak to our finance services people to determine feasibility.
Toronto	Extremely challenging as already implemented a fee increase for the upcoming year which took over 2 years to accomplish (must go through referendum process) and faculty not involved in collecting CAPSI fees
Waterloo	Our CAPSI fees have been increasing over the past few years so this will just add on to the increases
UdeM	Not too difficult. We already charge 20\$/year and it's not included in tuition. Since we make payments for 4 years in one payment, the people who already paid for their 4 years didn't pay any taxes, because of that we might be in "deficit" because we're not going to ask them to pay the taxes.
Laval	CAPSI fees are included in tuition, so it might be difficult, but it can be done if needed.
Dal	Might be very difficult for Dal to implement. CAPSI fees are included in tuition, some of

	you may remember the headache we dealt with during the last fee increase. I could probably get it done but it is very unlikely to occur for this coming year as I believe we need to have it voted on in the coming DSU elections. It would probably take at least a year.
MUN	We accept money directly from students and recently increased the yearly price (\$30/year) with the new PharmD students (should not be a problem).

K. Bishop entered the call at 8:16pm

6. Student Exchange Program (SEP) Reimbursement

G. Anhoury-Sauve

Background:

The SEP Fees were not updated since at least 2012, and may no longer reflect our reality (as discussed at CPhA).

<https://drive.google.com/open?id=1yQ93oZREPhpit-EUdn9crr23V1pQkx3S>

G. Anhoury-Sauve shared that the SEP fees have not been updated since at least 2012, and they may not reflect what we should be currently charging. She clarified that students would be charged \$250 instead of \$150. Additionally it would help CAPSI financially in terms of paying fees to IPSF.

D. Moulton clarified that the purpose of the change is to put more ownership on the students going on SEP by putting down a \$100 deposit. He shared that we need to consider inflation and the effort it takes to place students internationally.

N. Srimurugathan entered the call at 8:20 pm

G. Anhoury-Sauve shared that sometimes students are placed, but are unable to complete their exchange due to extenuating circumstances (ex. Death in the family). She asked if it would be possible to reimburse students in such situations as if they had completed the exchange.

D. Moulton shared that this should not be a problem as the proposed fee structure is set out by CAPSI, not IPSF.

T. Rousseaux commented that case-by-case decisions can be decided upon by a committee such as the SEP committee or finance committee.

D. Moulton stated that the Finance Officer does not have knowledge of the SEP program, and the SEP committee would be more appropriate as it's chaired by the SEO.

S. Terekhovska echoed that it's more appropriate for the SEP committee to review cases of extenuating circumstances.

Nisha insert screenshot of fee changes here

BIRT CAPSI National approve the proposed SEP reimbursement model and that cases with extenuating circumstances will be assessed on a case-by-case basis by the SEP Selection Committee.

T. Rousseaux/D. Moulton
Motion Carried

7. Student Wellness Officer Re-assessment

J.Kwon

Background: This item was discussed during Summer 2018 Teleconference. The two objectives for local CAPSI chapters this year were to organize an activity for students and to contact the Faculty to find out what support was available for students and to work with them throughout the school year to bring more resources to students.

Student Wellness Officer

The Constitutional Review Committee (CRC) believes that CAPSI must advocate for student wellness by establishing good relationships with representatives, organizations and local wellness offices that already exist, for example, through a position statement or communications via the Vice-President of Professional Affairs. The CRC proposes 2 specific objectives for all local CAPSI chapters and then to re-evaluate the possibility of creating an Ad-hoc Committee for 2019-2020.

For the first objective, since our symposia topic this year touches upon student wellness, the CRC proposes local CAPSI chapters to organize an activity (ex: therapy dogs session, massage chairs, etc.) during the organization of the symposium. The second objective will be to contact each faculty at the beginning of the year to find out what support is available for students and to work with them throughout the school year to bring more resources to students.

J. Kwon shared that having a dedicated position on national council may not be able to effectively reach all schools.

R. Anisman asked if the event must be held during PAM.

J. Kwon clarified that the event does not have to take place during PAM.

A Mew agreed that initiatives should start at a local level. However there is difficulty in assessing the success of the position as the local budget has already been allocated for the year.

R. Ward clarified that the purpose is to organize an activity at the local level and would not necessarily require monetary allocation.

J. Kwon clarified that there would not be a local or national officer as of now.

BIRT that local representatives hold a mental health activity throughout the 2018-2019 year and research available mental health resources for students at each Canadian Faculty of Pharmacy. To be re-assessed at the Spring TC 2019.

J. Kwon/N. Gajaria
Motion carried

This item was discussed during Summer 2018 TC. The two objectives for local CAPSI chapters this year were to organize an activity for students and to contact the Faculty to find out what support was available for students and to work with them throughout the school year to bring more resources to students.

F. Paré joined the TC at 8:30 pm

1. Summarize what was done at your school and the feedback you received
2. Was this worth it? Should an ad-hoc committee or a position be created to focus on mental wellness?

School	Responses
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<p>UBC</p>	<ol style="list-style-type: none"> 1. We hosted a mental health resiliency talk that went fairly well but probably should have been a different time during the year (it was during PAM and there's too much going on at that time so turn out wasn't great), will probably run again. 2. We have our own local advocacy committee that runs our mental health initiatives. We've been doing #CAPSIcares giveaways and sharing what you do for your mental health. We did final exam care packages. Did Bell Let's Talk, etc.
<p>UofA</p>	<ol style="list-style-type: none"> 1. Wellness initiatives set up including physical activity (yoga, boxing) sessions and events like spicy ramen and pinata challenge were set up. One of the assistant deans also set up two talks for the 1st and 2nd years on study tips on how to be a better student. 2. At our school, there are lots of ways that the students are supported both from the faculty and student organization in terms of mental health. An ad-hoc committee would be great in terms of sharing information on how other schools tackle mental health. However, I feel that this is something CAPSI locals can talk about within their local meetings. If this ad-hoc committee is to be added as another role to a position (e.g. President-elect), then that would be more cost-effective as I do not believe adding a new position should necessitate the cost implicated to the organization, especially speaking on behalf of UofA members where the mental health supports are sufficiently already provided by both the Faculty and the local student organization, APSA.
<p>Sask</p>	<ol style="list-style-type: none"> 1. We hosted a Mental Wellness Student panel where upper year student panelists were provided pre-set questions to discuss their experience in pharmacy and provide advice to the students in the audience. We had a very positive environment and everyone felt comfortable sharing their questions/concerns/experiences throughout their time in the program. On campus resources were shared as well as a how-to access. Information of on-campus mental wellness events were also shared. Separate from this event our student society is advocating for Mental Health First Aid (or comparable education) to be implemented into the curriculum. 2. This event will be continued in future years with further changes and additions, so yes it was worthwhile. Many students were unaware of the resources available to them and thought they were the only ones struggling in the program. While an ad-hoc committee would be advantage a challenge to consider is that each school will be starting with different foundational support from their respective schools (some having sufficient resources, others needing a lot of support).
<p>Manitoba</p>	<ol style="list-style-type: none"> 1. There have been a few things that have been done at the U of M,

	<p>but we haven't held specific events pertaining to mental health this year for a few reasons: 1. We tried for a really long time to facilitate a therapy dogs session at the campus however it didn't end up happening because the organization that this activity would have been coordinated through does not hold events for specific faculties but rather the entire campus (they also have a limited number of volunteers, which is a contributing factor). As the health science colleges (dent, med, pharm, med rehab) are located on a different campus than the main one at UofM, a session for the health science campus was tried to be organized during PAM, but was not successful as there was already a session in place to be held in April through the general Services for Students & Mental Health Services office and because of the limited availability of the organization. 2. We held our CAPSI Symposium on "pharmacogenomics" this year instead of mental health because there was a mental health/OSCE anxiety workshop held at our college last year and many people who attended did not find it useful and mentioned that they will not attend again if there was something similar in the future. Further, our faculty tried to hold a similar talk/workshop this year but it was cancelled because of a lack of interest. Other faculty and student mediated initiatives that have been taken this year is to implement an instant feedback survey for any of our lectures/professors (as we have lots of diff ones even within 1 course). This will be rolled out next year and will allow the students to provide feedback about certain (especially stressful) lectures/profs (can be positive feedback as well) instantly instead of waiting for end of term evaluations. The responses will be collected at the end of the month and be passed on to the Dean and Associate Dean and then the course coordinator and then the prof. Secondly, a plan for the Dean/Associate Dean to hold town-halls to address concerns/questions with each Class, each semester around midterm season is being worked on.</p> <p>2. Feedback on new initiatives is TBD. An ad-hoc committee or a new position is a good idea. It would be great to have a national resource database and new ideas for more mental health initiatives and support to implement them!</p>
Waterloo	<p>1. Many things have been done at UW to promote mental health this year. We have a club called RxPRN where that is their main focus. CAPSI has partnered with this club on several events. For example, last week we had a therapy dogs night. RxPRN is running yoga night next week and yesterday they gave out exam packages. They also have a blog of questions and answers related to wellness. There has also been a food bank started at the school to promote wellness. We also have peer success coaches that have a lot of resources available to students. There's also a counsellor that</p>

	<p>comes to the school specifically. I have also noticed that professors have all included mental health slides in all their course materials with several resources. We also have emails sent out with resources and links to counselling and supports.</p> <ol style="list-style-type: none"> 2. At our school there are a lot of avenues that focus on mental health already so I think students would value a CAPSI collaboration on these. I think a position would be beneficial to facilitate this, however at Waterloo we already have a club specifically dedicated to mental health.
Toronto	<ol style="list-style-type: none"> 1. Symposium this year was titled: Mental Wellness and Resilience in Healthcare Practitioners Interprofessional Panel with another student group (IPHSA). We have a student group (IMHAP) dedicated to mental health initiatives although we felt that their presence decreased this year. Not many other mental health initiatives took place this year. Our on-site wellness counsellor is on leave. 2. An ad-hoc committee would allow us to see what initiatives have been successful at other schools and help us adopt new strategies to promote mental wellness for UofT pharmacy students.
Montreal	<ol style="list-style-type: none"> 1. Many things have been done throughout the year by the faculty and the student association. A survey was done at the beginning of the year to evaluate the current situation. We implemented the Stress-O-Meter, which is an online way to report any stress (the Faculty intends to use it to improve the program accordingly with the causes of stress). A video was made to explain to students what resources are available on campus and how to have access to them. The "What's Up?" committee was implemented in our student association in response to the survey made in the past by our campus student federation with students from the whole university. We identified problematic aspects in students' life and we are making some actions based on that. We are currently working on the importance of good sleep habits. We organized a lunch talk with a newly graduated pharmacist in which she explained her experience as a student and how she got through it, giving some tips to 1st-year students. 2. All of this was definitely worth it and we intend to continue next year. I could see the utility of an ad-hoc committee as a way to gather mental health initiatives from all universities and share them with the others.
Laval	<ol style="list-style-type: none"> 1. At Ulaval, we already have a committee (Phare) who promotes mental health and helps students in need. For the first time, since the first year is hard for pharmacy students, first year's students were sponsored by a second year, and the overall feedback is positive. We also did a lot of outdoors and activities focusing on

	<p>mental wellness and global health. Our faculty is also implementing mindfulness meditation formation.</p> <p>2. It was worth it and may be repeated next year too. I could see the interest in an ad-hoc committee, but we already have one at ULaVal. Nonetheless, it would be great to have a national health committee or a database to guide us.</p>
Dal	<p>1. Our symposium focused on healthy sleeping habits and stress management. Two social workers from our Dal Health services were brought in to discuss techniques to help to fall asleep and stay asleep. The presentation was fairly attended and well received and will be re-evaluated in the coming year to see whether it is brought back. A yoga night was also done but space was very limited by the location. It was very popular and will likely be reimplemented (hopefully in a larger venue) in coming years. We do a similar thing to Laval where incoming students are paired up with upper years but the connection rarely</p> <p>2. Currently no such position exists here at Dal, the presence of a committee could definitely be beneficial and allow for better collaboration between the various schools and sharing of ideas and events that worked well as well as how they were implemented.</p>
MUN	<p>1. Our CAPSI Symposium involved bringing in a certified therapist to speak to us on stress management. She also specializes in “neurogenic tremoring” - a type of therapy where you release stress physically by literally shaking. When she offered two options, students chose the tremoring and thought it was really unique. We would be interested in having her back, but it also appears that students would be interested in more on the topic of self care in general. There is not much currently in place in support of mental health at pharmacy school particularly at MUN, though there are more resources and counsellors on main campus. We also held a pharmacy Health Fair for the first time with therapy dogs, which was also quite a successful event. Once this semester a psychology student offered free counselling to nursing and pharmacy students which also stirred up some conversation, further exposing an unmet need. Clearly, there is much more concrete work that could be done to support pharmacy students at MUN.</p> <p>2. Given the need of pharmacy students across Canada and the impact CAPSI could have, an ad-hoc committee or permanent position would help ensure this topic does not slip next to our other goals. Standardized national supports would be useful if available.</p>

F. Pare entered the call at 8:32pm

M. Contreras shared he is concerned about the cost of adding another position to the council

L. Wu shared that she is unsure of what a position on national council would entail.

D. Low left the call 8:35 PM

M. Kaushal commented that an ad-hoc committee could be useful to share ideas. She shared that it has been helpful to see what other locals have done via updates on social media.

M. Ney shared that CAPSI does not play a large role in mental health initiatives at Waterloo as there is another club whose focus this is.

E. Nguyen commented that the mental health officer for UofT pharmacy students is currently on leave. As a result, students do not feel as though they have much support. She shared that it's difficult for local representatives to introduce new initiatives entirely given their busy schedule is difficult, therefore it would be helpful for an individual on council to help spearhead initiatives to support locals.

M. Wei left the call at 8:45 PM

L. Ford shared that there is a big siblings program at Dalhousie, but it has not been implemented well thus far. He cautioned against using smaller events such as therapy dogs and yoga nights as students who are struggling mentally need more consistent access to support such as therapists or meeting with professors if they are struggling in academic courses.

L. Wu left the call at 8:47 pm

L. Symonds shared that there is increasing interest in mental health support at MUN.

R. Ward thanked local representatives for all of their efforts in implementing initiatives to help create awareness and improve student mental health. She shared that even implementing small initiatives can help make a move in the direction toward solving the issue, and that students play a different role in improving mental health compared to faculty and staff. She commented that it would be helpful for an ad-hoc committee made up of one local representative from each school would be beneficial in terms of collaboration. She acknowledged the financial burden of creating a new position and questioned the impersonalness of having a national wellness officer in terms of targeting general members locally.

J. Kwon commented that it may be more appropriate to implement an ad-hoc committee at this time instead of implementing a new position on council. He shared that the President-Elect would be a good position to chair the committee.

R. Ward recommendedX that the VP Professional Affairs should be a standing member of the ad-hoc committee.

BIRT CAPSI National refer this item to the Constitutional Review Committee to be reassessed at PxP 2019.

J. Kwon/R. Ward
Motion Carried

W. Lee entered the call at 8:59pm

8. Local Guy Genest Award Sponsorship

J.Kwon/T.Rousseaux

Background: Historically, the Guy Genest Passion for Pharmacy Award was sponsored nationally by Pfizer. Since we do not have a national sponsor for the award as of now, it is currently funded by both CAPSI National (\$400) and the local CAPSI council (\$100). The idea of seeking sponsorship for the \$100 portion of the award and the sponsor's name being tied to it has been brought up.

CAPSI National will try to approach sponsors for the award until the beginning of September as it is our goal to have it maintained as a national award for the purpose of continuity and simplicity with sponsorship. To ensure the core CAPSI value of unity, the Guy Genest Passion for Pharmacy Award will have one uniform name nationally. This means that a local sponsor for the \$100 portion will not have their name tied to the award. If no sponsor is secured by September, locals will be allowed to approach sponsors for the \$100 portion of the award. Before signing any contract, locals are encouraged to ask the sponsors if they would be interested to sponsor the award nationally. When signing a contract, locals must always mention that the sponsorship will be re-evaluated every year and that if CAPSI National secures a national sponsor, it will always prevail the local sponsorship.

When seeking sponsorship, it would be interesting to bring up the historical aspect on why the award name includes Guy Genest. Guy Genest was the Professional Relations Director from Wyeth Laboratories. He was a huge supporter of CAPSI and our council for many years by providing constant guidance. It is why he is an Honorary life member of CAPSI. This shows how a sponsor can instantly connect with CAPSI and help promote our history of passion.

In the eventuality that CAPSI does not have a sponsor by September, should we accept to have sponsor logos on the plaque? (This is not a motion, it is only to see how CAPSI Local Representatives feel)

x

YES: XXXX

NO:xxxxXxxx

D. Moulton commented that it may be difficult to coordinate custom logos for each plaque if local sponsorship is secured given the tight timeline for ordering plaques and competing priorities.

T. Rousseaux shared that if a logo is being added to the plaque, it can increase the cost of the plaque which may negate the benefit of getting a sponsor.

J. Kwon clarified that he proposed the idea of putting the sponsor logo on the plaque as a method to incentivize local sponsors.

D. Moulton shared that there are other ways to acknowledge the local sponsor such as an announcement during the PDW awards ceremony or a PDW welcome package which would have a larger outreach than an individual plaque.

J. Kwon stated that at this time CAPSI National will not allow sponsors to have their logo on the plaque if they are sponsoring the local \$100

M. Contreras commented that it may be possible for local representatives to increase local sponsorship (ex. >\$100).

T. Rousseaux shared that at this time sponsorship will be pursued nationally and locals will be updated at the Summer Teleconference.

9. AeroChamber Backpacks

T. Rousseaux

Background: An email was sent to all locals on March 20th regarding the ordering of backpacks. Rather than having each individual school reply, it may be more efficient to have VP Comm coordinate these efforts. Please respond below:

1. Have you already responded to Sean?
2. How many backpacks does your school require?
3. Any additional requests, concerns, etc.?

School	Response
UBC	<ol style="list-style-type: none">1. No2. Around 1003. Haven't heard anything. One student would like it to more clearly shout Pharmacy Student, but lots of others like how minimal they are.
UofA	<ol style="list-style-type: none">1. Yes2. 2703. The zipper of the bottom front pocket has broken on several backpacks
Sask	<ol style="list-style-type: none">1. No.

	<ol style="list-style-type: none"> 2. 120 3. The top handle tends to rip and has done so on several backpacks
Manitoba	<ol style="list-style-type: none"> 1. Not yet! 2. 55 backpacks please & thank you! 3. The only concerns with regards to the backpacks that came up within the student body are: the straps very easily and often become loose and require frequent manual adjustment, and the zipper comes undone if the bag is even slightly full and zipped up in the middle compared to the side.
Waterloo	<ol style="list-style-type: none"> 1. Yes. Sean came to our school for a couple lunch and learns so we've been in close contact 2. 120
Toronto	<ol style="list-style-type: none"> 1. Yes 2. 240 3. No
Montreal	<ol style="list-style-type: none"> 1. No 2. I don't know yet, it will depend on my leftovers from this year 3. No
Laval	<ol style="list-style-type: none"> 1. No (didn't receive any email from Sean yet) 2. 200 3. No
Dal	<ol style="list-style-type: none"> 1. Yes 2. 100 3. No
MUN	<ol style="list-style-type: none"> 1. Yes 2. 40 (extra 20 if possible for 2nd year students who did not receive a backpack in their first year and have asked about it) 3. No

10. Executive Checklist Approach Trial/Bi-Weekly Exec Email

T. Rousseaux

Background: It was decided at PDW 2019 that all executive members were to trial the use of a standardized checklist approach which tracked the progress of their position duties. Is there any feedback on whether this approach should be continued in future years?

Additionally, executive council members tried to send a consolidated bi-weekly email to local representatives to avoid multiple executive members bombarding local representatives at varying timelines. Is there any feedback on whether executive members should attempt to continue this initiative in future council years?

T. Rousseaux shared that she found the checklist approach a good way to stay up to date on executive council's activities without having to individually contact each member.

S. Terekhovska commented that she found the checklist approach beneficial, especially to help prepare transition documents.

N. Srimurugathan shared that he found it difficult to use the checklist approach due to other organizational strategies that encompass other commitments outside of CAPSI.

M. Patrick shared that from a local perspective, it was helpful to review the checklist to keep up to date on executive council activities.

D. Moulton commented that it would not be appropriate to share the checklist with general members due to the specificity of information entered in the checklist.

L. Ford stated that executive council member activities can be included in infographics instead of sharing the checklist in order to increase transparency with members.

T. Rousseaux echoed L. Ford's thought and expressed that position updates may be a more efficient way of sharing this information.

N. Gajaria shared that position updates have been posted on the CAPSI website along with the meeting minutes to make council's activities accessible to members.

BIRT CAPSI National implement the checklist approach for all executive positions effective immediately.

T. Rousseaux/L. Ford

Motion Carried

BIRT CAPSI National implement a bi-weekly executive email update as needed, coordinated by the President, effective immediately.

T. Rousseaux/M. Patrick

Motion Carried

T. Duong left the call at 9:35pm

11. Meeting Minute Infographics

J.Kwon/M.Patrick

Having infographics published on our social media summarizing our meetings would allow CAPSI National to be more transparent and would be informative for general members.

R. Ward shared that 2-3 bullet points were included with a PDF of the meeting minutes of MUN's local student society which helped student engagement.

N. Gajaria commented that the Membership Committee has made a start on summarizing the meeting minutes from the 2018-2019 year and asked for feedback in terms of what a good timeline to release the infographics would be. She shared that it was beneficial to have general members on the Membership Committee to help pull out 3-5 key points from each set of meeting minutes as she felt it was reflective of what would be most relevant to general members.

J. Kwon summarized that this item will be further discussed at PxP 2019 regarding the timeline of when meeting minutes are able to be distributed prior to or following council approval.

12. Constitutional Review Committee Referral from PDW2019

J.Kwon/S.Terekhovska

18. Separating the IPSF Liaison and SEO positions

S. Terekhovska

Background: This will make each position a one year term, which will allow pharmacy students in their third year of studies to apply for either position.

Some benefits include: more CAPSI members get to be involved with IPSF, more experienced candidates can apply for the positions and candidates that are interested in only one position (either IPSF Liaison or SEO) can dedicate their full attention to one role. Furthermore, we would get fresh ideas as more people will get to be involved with these two positions. Moreover, the duties of Liaison and SEO are completely different so no continuity is required.

Some drawbacks include: the IPSF Liaison will no longer be a learning role, lengthier election process, poses a problem if there is not much interest in the SEO position (as we will not get a "guaranteed" SEO) – promotion may be needed for the new role and we can potentially involve students that have participated in SEP.

Overall, most countries have the IPSF Liaison and SEO positions separated and it has been proved to be fairly efficient in their associations. I would like to hear the council's opinion on my initiative to separate these two positions. I do not plan to make any changes as of yet, I just want to hear everyone's feedback on this idea.

T. Rousseaux shared that last year council re-structured the IPSF Liaison and SEO positions. IPSF Liaison focuses on liaising with local IPSF representatives and the SEO mainly deals with organizing SEP for incoming and outgoing students.

G. Anhoury-Sauvé commented that the positions are unrelated and transitioning from IPSF liaison to SEO does not add value to the position of SEO.

M. Contreras acknowledged that there is a lot of work to be done prior to this change coming to fruition, however he stated that it is a good idea to separate the roles as there has been previous interest at UofA where students are interested in one part of position but not the other.

BIRT that CAPSI National refer the topic of separating the IPSF Liaison and SEO positions to the Constitution Review Committee in consultation with IPSF Liaison and SEO for re-assessment at Spring TC.

T. Rousseaux/D. Moulton Motion Carried

Background: This item was referred to the Constitutional Review Committee from PDW2019.

After evaluation with the current IPSF Liaison and SEO, we believe it would be beneficial for CAPSI and its members to separate the positions. This would allow each position to focus on their respective duties and also make it a 1 year term. This could spark interest in applying for

the position in General members who are interested in only one of the two roles and who do not want a long-term commitment. This could also allow students in their third year of studies to apply for either position.

The changes brought to the Operating Manual would remove the vote of confidence, make the SEO position available during elections along with the other positions and entitle each position holder to a vote each.

If the motion is to be passed, the newly elected IPSF Liaison will have a vote of confidence to transition into the role of SEO, but the IPSF Liaison elected during the 2019-2020 elections will hold the role for only one year. The first elections for the SEO position would be held at PDW 2021.

BIRT CAPSI National approve the separation of the IPSF Liaison and SEO positions, making each a one year term, effective at PDW 2021.

J. Kwon/M. Patrick

Motion Carried

13. World Pharmacist Day (WPD)

S. Terekhovska

Background: This year, CAPSI held a WPD Social Media Campaign, where we encouraged students to take a photo holding up a sign saying “I am a (future) pharmacist and I am an expert in ____.” The theme for WPD was “Pharmacists: your medicine experts.” This can be implemented next year, taking into account a different theme of WPD. The prize for the campaign may be obtained at World Congress.

S. Terekhovska shared that 55 students participated in total with the greatest participation from UofT as there was a Facebook event created locally allowing students to upload photos directly to the event page.

T. Rousseaux commented that this was a good initiative and it would be worthwhile to pursue in the future.

T. Duong re-entered the call at 9:53pm

14. PARS and World Congress Update

S. Terekhovska

Background: Is anyone from CAPSI National attending PARS or World Congress?

S. Terekhovska shared that 5 students (3 UofA students, 1 Laval and S. Terekhovska) are registered with PARS. She shared that she is the only Canadian student planning to attend World Congress at this time.

15. Opportunities for IPSF Newsletter Submissions **S.Terekhovska/N. Srimurugathan**

Background: IPSF Newsletters include: PARO (Pan American Regional Office), PEN (Pharmacy Education Newsletter), Phuture (newsletter on innovation in pharmacy). Although most submissions are from general IPSF members, there is an opportunity for collaboration between the IPSF Liaison, CAPSIL Editor as well as VPPA. A topic can be chosen that is relevant to Canadian pharmacy practice and an article may be submitted. This would be a great opportunity to further increase CAPSI's presence within IPSF.

T. Rousseaux asked if there is a main focus for the article.

N. Srimurugathan shared that he reached out to the editor with several topic suggestions and is awaiting feedback to determine what topic would be most appropriate.

16. Email Regarding Educational Methods

T. Rousseaux

FYI the pictures attached below will be deleted following the TC

Background: The following email was sent to all executive council members early in February by a Canadian pharmacist (see below). Essentially the email chain asks that we forward his letter to all of our members with the intention of bringing awareness to the lack of implementation of "evidence-based teaching, learning, and assessment methods". He further explains in his second email pharmacy students should assess if they are familiar with contemporary educational methods and their current use in our pharmacy curriculum. As mentioned in my response, CAPSI does not have an appropriate platform to distribute such a letter at this time, nor do I believe it is in CAPSI's best interest to distribute such a letter as it may reflect that CAPSI endorses the views of the letter. Rather than distributing the letter itself, it may be important to discuss our members' views on their current teaching methods/curriculum at their respective university. Do we feel CAPSI receives adequate feedback from our members in order to adequately represent, advocate, and be "change makers" in shaping pharmacy curricula?

- Currently we have local representatives at each school who act as liaisons to express concerns nationally as needed
 - In regards to injections, I am aware that a few local councils have collaborated with PPAs to effect change in timing of training or timing of ability to use such training
- Do we feel our members are aware of the contemporary teaching models? -Do we feel CAPSI could play a more active role in providing education on such models and encouraging students to reflect upon the current educational methods at their university? If yes, what would this look like (a CAPSIL article, social media post, etc.)?
 - Definition of contemporary teaching: *"Contemporary teaching is best defined as the implementation of learning activities which draw upon students' experiences, both in and out of the classroom, thus helping them to recognize that they are developing specific skills which they perceive to be significant for the world outside of school as they see it."*
 - *"If we can find ways to make school somehow seem more part of "real life," we can enjoy increased motivation and greater learning in our classes. The term*

"contemporary learning" is used to represent a wide variety of teaching elements intended to bring the modern world into the classroom. This approach has four fundamental characteristics:

- **1. integrated SKILL learning**
- **2. PERSONALIZATION**
- **3. learner INVOLVEMENT**
- **4. immediate FEEDBACK."**

"Perhaps the most significant hurdle (to change), however, is that most faculty populating institutions of higher education have not been trained as educational scholars." (Blouin et al. 2009 AACP Curricular Change Summit article www.ajpe.org/doi/pdf/10.5688/aj7308154).

"Faculty members are often resistant to adopting a learner-centered (as opposed to an instructor-centered) approach because they feel learner-centered approaches would negatively influence the content and rigor of the course or simply because they may lose some measure of control. In general, change can be threatening, and therefore creates anxiety and invites resistance. Finally, faculty members have spent hundreds to thousands of hours teaching in a particular manner, which shapes their beliefs about optimum educational strategy. These beliefs can become a major force preventing change." (Blouin et al. 2009 AACP Curricular Change Summit article www.ajpe.org/doi/pdf/10.5688/aj7308154).

"At this point it seems reasonable to declare the current model of pharmacy education to be financially unsustainable and increasingly not meeting the needs of our students." (2014-15 AACP Academic Affairs Committee report www.ajpe.org/doi/pdf/10.5688/ajpe798S13)

Decisions regarding the implementation of the new degree program in the US were left to the individual colleges and schools of pharmacy. Taking the easiest approach, faculty continued to teach in the new program in the way they taught in the old program except for minor changes (e.g. lectures previously delivered in physiology, pharmacology and therapeutics courses were delivered in integrated organ-system courses). Traditional norms were maintained (e.g. students cramming for high-stakes, end-of-semester examinations). Introductory and advanced pharmacy practice experience (IPPE and APPE) courses were introduced (mandated by accreditation standards) but were not considered an important part of faculty teaching except for clinical faculty precepting students in APPE courses. Typically, one faculty member per college/school (usually a junior faculty member) was assigned responsibility for the administrative aspects of experiential courses. There was no integration of experiential education courses with the rest of the curriculum.

Adopting contemporary evidence-based educational methods would solve most if not all of the problems discussed in the contemporary US pharmacy education literature. However, evidence-based educational methods to integrate all elements of the curriculum including IPPE and APPE courses will be unfamiliar to most pharmacists in practice today. Returning to my earlier comment that it is the profession at large that has ultimate responsibility for the education of pharmacy students and pharmacy technicians, it seems reasonable that a program should be undertaken to educate the Canadian pharmacy profession at large about contemporary, evidence-based teaching, learning and assessment methods such that the profession at large can discuss and decide which educational methods should be used for the education of pharmacy students and pharmacy technicians in Canada.

I'm grateful for your consideration of my perspective.



Christopher John Turner
Christopher.Turner@ucdenver.edu

21811 East Berry Lane
Centennial CO 80015
USA

CC:

Association of Compounding Pharmacists of Canada
Association of Faculties of Pharmacy of Canada
Board of Directors
Council of Deans
Council of Faculties
Canadian Academy of the History of Pharmacy
Canadian Association of Pharmacy Technicians

CAPSI President <pres@capsi.ca>
to Christopher ~

Thu, Feb 21, 8:36 PM ☆ ↶ ⋮

Hello Chris,

Thank you for your email and for thinking of our organization. Currently, we do not have an appropriate method to distribute a letter of this format to our membership via mass communication. While we do have our national publication, the CAPSIL, the space within this publication is allocated for student articles and concerns brought forward by our members. While CAPSI greatly appreciates your emphasis on the importance of adequate education, we feel a greater impact would be effected by contacting AFPC. I see that they have been included in your cc and wish you all the best in your communications with them.

Kind regards,

Tara

Dear Tara,

Thank you for your response to my e-mail communication and my apologies for the delay in my response. One of the benefits of retirement is the enjoyment my wife and I derive from travelling though it tends to interfere with my correspondence. In addition, I want to declare a personal connection with CAPSI. Megan, my daughter, was Vice President, Communications on the CAPSI National Council for 2000-2001.

My intent in reaching out as I have done is for every pharmacist and pharmacy student in Canada to ask themselves if they are familiar with contemporary educational methods. If not, it is important for their continuous professional development skills that they educate themselves with respect to those methods. With respect to CAPSI, students are effective change agents and, accordingly, it is reasonable to ask CAPSI Executive Council members if they are familiar with contemporary educational methods and, through them, to ask all Canadian pharmacy students if they are familiar with contemporary educational methods. The first attachment provides evidence that even first-year pharmacy students can be change agents with respect to exploring curricular innovation and the introduction of contemporary educational methods. The second attachment provides evidence that pharmacy students can be change agents with respect to improving patient health outcomes through the introduction of contemporary educational methods.

I support the work of AFPC (I was AFPC President-Elect at one point in time) but it is important that CAPSI functions at arms-length from AFPC. Colleges and schools of pharmacy make decisions based on faculty perspectives which may or may not match pharmacy students' perspectives. For example, it is important to train students to administer adult vaccinations but students and faculty may have a different perspective regarding timing. The faculty in at least one Canadian school includes vaccination training in year-4 whereas, from a student perspective, it would be preferable for the training to be scheduled much earlier. Children with diabetes can be trained to inject themselves with insulin and, accordingly, why not train 1st-year pharmacy students to administer vaccinations! The University of Colorado has trained its students to administer adult vaccinations towards the end of year-1 for many years. That timing (year-1) is popular because immunizing patients is a very popular student activity and, in addition, makes students more employable (i.e. as summer students). Starting in year-2, the students are required to administer adult vaccinations continuously throughout the remainder of their academic program. It is a contemporary educational method to train students to administer adult vaccinations as early in their pharmacy training as possible. A student, in immunizing a patient for the first time, has proven to her/himself that they are a functioning member of the pharmacy profession and that serves to build self-confidence, self-esteem, self-satisfaction and pride (i.e. socializes the student to the profession). The third attachment provides insight into the benefits of introducing immunization training early in a PharmD program.

Returning to your response, yes – I am contacting AFPC in the same way I contacted CAPSI but, from my perspective, that does not diminish the responsibility for CAPSI to actively participate in the change process. I provided information in my initial correspondence that most pharmacy school faculty are not trained in educational theory and that they tend to teach in the same way they were taught as students. CAPSI members are intelligent and, as such, perhaps less experienced but just as capable of discussing education reform as pharmacy faculty members. The process starts with learning about contemporary educational methods and that is my primary rationale for writing to you.

It is a contemporary educational method to train adults in the workplace (adult learning is optimized in the workplace). Why not work with your colleagues to determine the timing of immunization training in colleges and schools of pharmacy across the country and, with that knowledge in hand, lobby the colleges and schools that leave immunization training until the latter parts of the PharmD program, to move that training to year-1!

I had not intended for my initial letter to be published in the CAPSIL. Why not ask the CAPSI representatives to circulate the letter within their colleges and schools?

I'm grateful for your consideration of my perspective.

Chris



M. Contreras shared that this initiative could be led by President-Elect in communication with AFPC, but it does not have to be done by general members. He shared that a grassroots approach may come across as antagonistic toward Faculties and that there are already student representatives at UofA whose role it is to represent the student voice on matters related to the curriculum.

R. Ward shared that at MUN there are Faculty-student meetings and course evaluation surveys which allow the student voice to be heard, which are ways students can share their learning experiences. Also shared that learning and teaching are subjects that in themselves require years to learn about and students are not expected to be experts in teaching styles and creating curriculums.

T. Rousseaux clarified that CAPSI could have a role in making our members aware of contemporary teaching models and shared that she does not feel it's CAPSI's role to contact each Faculty.

M. Kaushal shared that student representatives from UofM sit in on a Dean's meeting who help gather feedback to present to the Faculty.

L. Ford stated that classes at Dalhousie are based around the PBL model which encompass many of the contemporary teaching methods outlined in the email.

D. Moulton shared that a CAPSIL article could be a good way to share the differences in teaching styles across pharmacy schools.

T. Rousseaux commented that CAPSI's role is to make students aware of what is going on around them and to inspire them to tailor their education to their interests and needs.

N. Srimurugathan stated that it would be feasible to create a CAPSIL article on this topic.

T. Rousseaux shared that she will respond to the individual taking into account council's feedback.

17. CSHP National Student Delegate Applications

K. MacMillan

Reminder: CSHP Student delegate applications are due on April 8, 2019. Please remind your schools. Please have candidates send me their completed applications (macmillan.kathleen@dal.ca, or macmillan.katheen@dal.ca).

18. Growing CAPSI's relationship with APhA-ASP

J.Kwon

Background: During the fall semester, I exchanged a few emails with the APhA-ASP President-Elect.

Summary of their benefits:

- Career Pathway Evaluation Program: It is a series of questions (around 5 mins) and you choose scores for criteria that represent you, and according to the results, you are given a list of career pathways that would suit you. It is not a members-only benefit.
- Leadership opportunities: Positions for chapter-level leadership positions, regional positions and national positions. Recent graduates can serve as New Practitioner Mentors at the local level. Leadership Training Series happen at professional meetings (2-3h session during which varying aspects of leadership and professional development are focused on. Student pharmacists receive credits and list these sessions on their CV)
- Meetings: 8 Mid-year Regional Meetings in the fall, Summer Leadership Institute for newly-elected chapter president-elects, APhA Annual Meeting and Exposition, APhA Institute on Alcoholism and Drug Dependencies
- Patient care opportunities: 5 sponsored and nationally recognized patient care projects where students perform screenings and provide education in their communities (Operation Heart, Operation Diabetes, Operation Immunization, Generation Rx, OTC Medicine Safety)
- Policy and advocacy: Bottom-up and top-down concerning creation and implementation (Student pharmacists can write policy proposals with their chapter and present them at Midyear Regional Meeting, and there is a vote on the proposals and then edited by regional officers. Sometimes at the APhA Annual Meeting Exposition, final proposals are presented and discussed by all attendees (3000 student pharmacists) in APhA-ASP House of Delegates. When policies are passed, they are used to structure their

programs and publications. A National Standing Committee on Policy that assists in implementing policies recently passed)

- No national initiative on mental wellness and none for students pharmacists, but some chapters are implementing their own local patient care project on mental health and wellness.

M. Contreras stated that the APhA website is a good resource and has information that is useful for PAM outreach activities.

The following could be useful for PAM clinics for next year:

- A. Generation Rx
 - a. <https://www.pharmacist.com/apha-asp-generation-rx>
- B. OTC Medicine Safety
 - a. <https://www.pharmacist.com/apha-asp-otc-medicine-safety>
- C. Operation Heart
 - a. <https://www.pharmacist.com/apha-asp-operation-heart>
- D. Operation Diabetes
 - a. <https://www.pharmacist.com/apha-asp-operation-diabetes>
- E. Operation Immunization
 - a. <https://www.pharmacist.com/apha-asp-operation-immunization>

N. Srimurugathan left the call at 10:20pm

A. Clarke left the call at 10:22 pm

19. Elections Update

N. Gajaria

Background: Following the by-elections teleconference, CAPSI National was able to complete its executive council for the 2019/2020 term. The electoral committee provided feedback on the 2018/2019 elections and created some suggestions for changes for the 2019/2020 term.

Feedback from the Electoral Committee:

- Continue to post YouTube links to candidate speeches publicly (ie. Not only in the Members Only Portal)
- Trial of Facebook event page went well and would be recommended again next year
- Over the last 2 years, CAPSI National has run over time with the allocated time slot for speech viewing at PDW:
 - Most members agree with cutting down the time to discuss candidates from 5 minutes to 3 minutes at the speech viewing session at PDW to save time
 - *Note: many locals are now implementing the use of Google forms and surveys to help make feedback collection during this event more efficient, especially for schools with large delegations

- Members do not agree that cutting down the speech time from 4 minutes to 3 minutes would be appropriate to save time during the event
- It is recommended to continue using the new elections protocol, and we can motion to remove the old protocol from the Operating Manual

T. Rousseaux thanked council for their efforts throughout the year and hopes that our members recognize the value that CAPSI provides. She encouraged council to continue to advocate for CAPSI and pharmacy students.

Motion to adjourn

T. Rousseaux/R. Ward

Motion Carried