

CAPSIL



Winter 2020

CAPSI CLUB MEMBERS

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Membership Benefits



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Letter from the Editor



Hello everyone,

It was a pleasure to see you all at PDW 2020 in Montreal! I hope that everyone who didn't get a chance to participate, will be going to Saskatchewan for PDW 2021! In this issue you'll see a highlight reel of PDW. These great memories of us uniting as a Canadian Pharmacy community are a treasured reminder of how wonderful and close-knit the pharmacy community is. Our first place winners from PDW 2020 are highlighted on page 11. Congratulations to all of you for your hard work! One last pharmacy student to recognize is Tan Le, our newest future of pharmacy award winner featured on page 8.

As you may have read in our previous issue, Morgan Patrick, our soon-to-be president, has started a mental health campaign called Voices of CAPSI. On pages 7 and 14 we have featured three stories from CAPSI members across the country highlighting their struggles, their resiliency and their personal stories. Especially during these times of difficulty and uncertainty, it is more important than ever to do a mental health check in with yourself, and with those around you. I encourage you all to share your mental health journey, whether it be on a platform like ours, or to your friends.

If you're looking for some resources for mental health, visit our website under our resources tab, and follow our instagram @

CAPSINational for weekly Wellness Wednesdays posts. Additionally, our VP of professional affairs Danielle Shymanski wrote a Mental Health Statement to the ten faculties of pharmacy in Canada calling for increased mental health resources for Pharmacy students. You can read this call to action on page 12.

Elections and By-elections were held this winter, and I am proud to feature our current council, incoming council members and the outgoing council members. The 2019-2020 council has worked so hard this year to put together amazing competitions, increase our social media presence, and work on new initiatives to bring all our CAPSI family together.

Thank you once again, to UBC senior rep, Katie Bishop for the CAPSIL cover photo. Katie had the energy to hike Mount Royale pre-dawn on a crisp January Montreal morning to capture the beauty of a cityline sunrise.

Stay safe and reach out if you need someone to talk to. CAPSI is always here for you.

Sarah Bento-De Sousa

CAPSIL Editor 2019-2020

University of Toronto 2020 PharmD

capsil@capsil.ca



Dear CAPSI members and partners,

Welcome to the Winter 2020 edition of JACEIP! I hope the winter session is going well. As of January, CAPSI was busy with Professional Development Week held in Montreal. Members of CAPSI's National Executive Council had the opportunity to present to our members the fruits of our efforts during the Annual General Meeting. We also met with delegates during social evenings and cocktails.

Personally, the PDW 2020 was my 3rd PDW, and I could not have been more proud of the passion for pharmacy conveyed by the 650 delegates in Montreal. It was a 4 day dream and I sincerely hope, for the delegates who were present, that you enjoyed your experience and I hope to see you again next year in Saskatoon! I hope you were inspired by our exceptional speakers, made friends with pharmacy students across Canada, and had

President's Address

the chance to demonstrate your academic talents during our national competitions.

PDW was also a golden opportunity to make your voice heard and tell the CAPSI National Council what you would like to see as a CAPSI member and most importantly, how we could improve. A new initiative was tried during the AGM to create a word cloud with answers to questions posed by members of the National Council. It was a productive session and the Council is working hard to present to you next year initiatives that respect and meet your requests.

Finally, recently, CAPSI held by-elections following the first round of elections during the PDW, and we are finally fortunate to welcome the new CAPSI National Council for the year 2020-2021! Thanks again to all the candidates who applied.

On behalf of CAPSI, I hope you take advantage, and take a study break by reading the winter 2020 edition of CAPSIL. Good luck with the end of term exams.

In light of COVID-19 I would like to thank all the pharmacy students who have stepped up. It is essential in this time that we stay positive and prevent misinformation. Pharmacy students across Canada have shared positivity, friendship, and important information from the WHO, Health Canada and Public Health units to inform their friends and family. The spirit of Pharmacy Awareness Month is still alive within you despite event cancellations and it warms my heart. To all the students who are continuing to work in pharmacies and hospitals across Canada, thank you for your service. For all those who are self-isolating, or starting initiatives to help other health care workers we thank you too. We all

have a part to play, and you are all doing your part to the utmost. Stay safe, stay informed, and most importantly, wash your hands.

Sincerely,



Jin Kwon

National President of CAPSI 2019-2020

Université de Montréal

PharmD 2020 Candidate

pres@capsi.ca

To stay up to date on all CAPSI initiatives, follow us on our social networks!

Facebook : CAPSI-ACEIP

Twitter : @CAPSINational

Instagram: @CAPSINational



Voices of CAPSI



When We Go Home

Anonymous.

The daily hustle of pharmacy school can often make it feel like we're the only ones that struggle when we get home after long days. Continuing to pretend and move on as if we don't experience these doubts, anxieties, or depression makes these experiences even harder. But when we start to talk about it, we can realize we're never alone in this. And when we realize we're never alone, then we can feel free to talk about it.

We all have lives outside this place,
Outside this never-ending race,
Outside this never-ending haste.
We all have lives outside this mess.

We say goodbye when each day ends.
We take our bags. We make amends.
We go off on our separate ways,
Each evening of our long days.

But what goes on when we go home?
Our minds may ruminate and roam.
Some go and cry, some go and think,
Some go and eat, some go and drink.

Our peers don't see the tears roll down,
The thoughts that overcome and drown.
All other things besides this fade,
As we recall what happened late.

When we go home, we separate,
And think all other lives are great.
We think that only we self-hate,
And others have a clear, calm state.

When we go home, we're on our own,
Trying to rest from tasks alone.
Then night flies by, morning arrives,
And we go on with our school lives.

FUTURE OF PHARMACY AWARD

BIOGRAPHY:

Tan Le is a 3rd year student at the University of British Columbia and he has been actively involved both within and outside the Pharmacy community. He has a passion for research and was co-lead of the Pharmaceutical Sciences' Student Pipeline, a research assistant at Vancouver General Hospital in the department of Pharmaceutical Sciences, and volunteers Pharmacogenomics Knowledge Translation Researcher at BC Children's Hospital Research Institute. Outside of school Tan works as a pharmacy student at a Save-on-Foods, helping patients.

Outside of pharmacy Tan is a well rounded individual, acting as a student-Athlete Academic Support Assistant at UBC Recreation. Through his role as an iCarol Database Volunteer at Pain BC, he created discussion posts about pain-related and/or drug-related issues such as the legalization of recreational marijuana to educate volunteers about the different modalities of pain management. He also distributed promotional resources at local pharmacies to raise awareness of non-drug measures for pain management. In his spare time, Tan is a Community Outreach Worker for the Street Saviors Outreach Society, where he provides snacks, harm reduction gear, overdose/first aid response and essentials for survival on the streets. Tan will be a fantastic pharmacist through his involvement both in the community helping people as well as through his research.



CAPSI National is proud to announce Tam as the Fall 2019 recipient of the "CAPSI Future of Pharmacy Excellence Award".

QUESTIONS:

What inspired you to become a pharmacist?

Prior to pharmacy, I was enrolling in an undergraduate program with a focus on biochemistry and pharmacology. My personal interest in these fields, as well as my passion for education, lead me to the PharmD program. Having gained an appreciation for the versatility of pharmacy, I am now pursuing a career in pharmacy in hope of achieving a position where I can not only help others as a care provider but also community educator and researcher.

What is your favorite memory during your pharmacy studies at UBC?

I remember the first time I administered naloxone to a victim of the opioid crisis. I have never felt a greater sense of relief as I watch his chest rise and fall with each breath. It was the first time I save a life,

Check out some recently posted jobs for your future pharmacy career!

#599 Tracadie, NB – Full time permanent Pharmacist – https://myview.wd3.myworkdayjobs.com/SDM_Stores/job/SDM0599_Tracadie/Pharmacist-FT_R2000072960

#118 St. John's, NL – Full time permanent Pharmacist – https://myview.wd3.myworkdayjobs.com/SDM_Stores/job/SDM0118_Topsail-Road/Pharmacist-FT_R2000059390

#148 North Sydney, NS – Full time permanent Pharmacist – https://myview.wd3.myworkdayjobs.com/SDM_Stores/job/SDM0148_North-Sydney/Pharmacist-FT_R2000060494

Pharmacist full time – Peace River, AB – https://myview.wd3.myworkdayjobs.com/en-US/SDM_Stores/job/SDM2312_Peace-River-Square/Pharmacist-FT_R2000108351

Pharmacist full time – Prince Albert, SK – https://myview.wd3.myworkdayjobs.com/SDM_Stores/job/SDM0401_South-Hill-Shoppers-Mall/Pharmacist-FT_R2000069167

Pharmacist FT – Elliot Lake – https://myview.wd3.myworkdayjobs.com/SDM_Stores/job/SDM0667_Ontario--Hillside-Elliot-Lake/Pharmacist-FT_R2000127643



a moment that I have never expected to experience as a pharmacy student. In retrospect, it was also on that night that I found pride in my professional identity as a 'drug expert' and discover my immense interest for emergency care.

What do you hope to achieve during your career?

I hope to contribute to the destigmatization of substance use disorder and the use of pharmacogenomics in clinical practice. Furthermore, I am also hoping to inspire future practitioners of any disciplines to learn about these areas of healthcare services and contribute to their developments if there is an opportunity to do so.

Any advice for current and incoming students?

Never forget to look after your mental health! In the long run, you will find it to be much more important to your personal and professional success than the all-nighters. Also, do not be afraid to ask for help! We all need it every now and then. Receiving help from others will also teach you a great deal about how to offer help to those around you.

Let us know a fun fact about you!

As a child, I learned the importance of self-discipline and critical thinking by playing chess. I used to think that I would lose interest in the game by the time I am in high school ... I just won 2nd place at the BC Open last month.



Membership Benefits



Networking Opportunities



Hospital Experience



Awards



Practice Resources



Follow the Links above to learn more about CSHP, how you can get involved, volunteer, get practical hospital experience and have the opportunity for grants and awards!!

I hope you are all doing well during these very uncertain times. With classes, rotations and many CSHP events across the country being cancelled/postponed, it is more important than ever to stay connected using new and different means/resources.

If you are trying to stay connected with hospital pharmacy but are having difficulties in doing so, a [CSHP membership](#) would **keep you connected**. If you already have a CSHP membership, you have the ability to stay connected with pharmacists through Pharmacy Specialty Networks ([PSNs](#), including the new [COVID-19 PSN](#)). You can also follow us on [Instagram](#), [Linked-In](#) and get involved with task forces and committees (virtually) to gain practical experience and give back to the pharmacy community while continuing to gain experience as a student.

Please reach out to me or your provincial CSHP Reps should you have any questions.

Sincerely,

Jordan Kelly
CSHP National Student Delegate (2019-2021)

CONTACT JORDAN AT CSHPJL4SON@CAPSICA

Mar 21, 2020

PDW WINNERS

Compounding Competition
University of British Columbia

Iris Luo
Tara Luk
Elisa Colasurdo
Sydney Butz

Over the Counter Competition
Université de Montréal

Maéva Blot

Patient Interview Competition
University of British Columbia

Nicholas Sosulski

Student Literacy Competition
University of Toronto

Malak Al-Ali

Advice for Life Competition
University of Waterloo

Svetlana Litchmanova

Pharmafacts
University of Toronto

Chris Tse
Jacob Poirer
Elizabeth Lau
Brandon Handfield

Award of Professionalism
University of Toronto

IPSF Health Campaign
University of Toronto



MENTAL HEALTH STATEMENT

FROM THE DESK OF THE VP PROFESSIONAL AFFAIRS

DANIELLE SHYMANSKI

Dear faculties of pharmacy across Canada,

The Canadian Association of Pharmacy Students and Interns (CAPSI) believes that health and wellness are two vital components to the success of pharmacy students during their education and throughout their career. According to the Mental Wellness Survey conducted by CAPSI in 2018, over 85% of students in all ten Canadian Faculties of Pharmacy feel overwhelmed during their education. Almost half (44%) of survey participants believe there is space for improvement in the support that student bodies and faculty members can provide.

As future healthcare professionals, it is essential for students to be able to take care of their wellness. According to a survey conducted by the Association of University and College Counseling Centre Directors, half of the pharmacy student survey participants exhibit a high range of psychological stress (1). A cohort study by Henning et al. discovered 30% of the pharmacy student participants reached the clinical diagnostic criteria for imposter syndrome (2). Imposter syndrome is correlated to higher rates of depression or anxiety. Additionally, the attributes of imposter syndrome mimic closely to those of burnout, particularly, feelings of exhaustion, depersonalization and cynicism (2).

The high prevalence of these conditions can have a lasting impact on student success and work-life balance. A case study found that on average a working week for students consists of 59-71 hours, split between responsibilities of studying, working, commuting and domestic time (3). According to students, overarching themes of stigma, campus culture, availability of mental health services on campus, campus accommodations of mental health needs and presence of coping strategies contribute to mental wellness the most (4). Healthcare professionals and public service personnel operate in workplaces that involve a great amount of responsibility, trust, and accountability to meet the needs of the population. It is only natural for this amount of responsibility to sometimes lead to pervasive mental health struggles.

Even though we are health care providers who understand the stigma around mental health, the stigma is still prevalent in student life. If future professionals are to provide the best care for their patients, they should be taught the necessary coping skills to take care of themselves. Health care professionals are not immune to depression, anxiety or suicidal ideation; in fact, our high stress jobs may cause us to be more susceptible to them. Students should not be afraid to seek mental health and wellness services, and they should especially not have difficulty finding them. Mental wellness is essential for pharmacists in order to have a sound foundation to support their own clinical practice. The future of pharmacy needs to be empowered and equipped to support both our personal wellbeing and that of our patients.

CAPSI invites all ten Faculties of Pharmacy across Canada to open discussion with CAPSI National leaders, the Ad-hoc Student Wellness Committee and leaders within the faculty student associations to work towards teaching and promoting increasing wellness and resilience in pharmacy education.

Collectively, we must work to ameliorate the wellbeing of pharmacy students and destigmatize the topic of mental health by (5):

Incorporating wellness and resilience topics into the curriculum, including self-awareness and self-care (1,5).

E.g. integrate a class on mental health first aid

Developing resources and integrating wellness and resilience into professional development programming (1,5).

E.g. promote the resources available on the local campus, organize activities such as yoga or therapy dogs

to promote student wellness specific within the faculty
Increasing accessible support services on campus for pharmacy students (1,5).

E.g. Increase access to psychologists and academic advisors

E.g. Provide dedicated time, counseling services, and advisors to health care professional students.

A study of pharmacy students at Midwest University acknowledged the gaps in literature to streamline wellness needs of pharmacy students and developed a process to assess needs and implement wellness interventions for students. This process for assessment was designed to be transferable to other schools to generate research specific to the needs of each school's students to create change at the grassroots level.

A survey of 7 different health professional colleges depicted 40% of students as overweight or obese, 73% sleeping less than 7 hours per night, 66% not reaching 150 minutes of moderate aerobic exercise per week and 77% not meeting the daily recommended servings of fruits and vegetables (5). As pharmacy professionals, we are aware of the clinical significance of these percentages. Faculties must work alongside Canadian pharmacy students to acquire feedback regarding better programming to create a positive environment to encourage the wellness of our students and practicing professionals that we aim to achieve for our patients.

To conclude, we want to highlight some initiatives that are done in certain faculties such as the class taught at Université de Montréal on suicide prevention or RxPRN, an online peer support network, for University of Waterloo pharmacy students. This year, CAPSI will be hosting a social media campaign to promote student wellness as well as share stories of pharmacy students across Canada. We invite all faculties to join the promotion and develop their own initiatives to promote student wellness.

The Canadian Foundation for Pharmacy has been encouraging pharmacy leadership and innovation for almost 75 years! In recent years we've provided:

27 Innovation Fund grants totalling more than **\$1.2 million** to researchers and pharmacy innovators for projects that seek to advance the profession

27 grants to pharmacists for personal leadership development through the **Wellspring Pharmacy Leadership Awards**

10 Lifetime Achievement Awards to individuals with **20 or more** years of service to the profession

100+ awards to past pharmacy association presidents through the **Past President Award**

10 **Guy Genest Passion for Pharmacy Awards**

8 awards to pharmacy graduates through our **CFP/AFPC Graduate Student Award**

Find out more about we do at
www.cfpnet.ca
Find us on   

 Canadian Foundation for Pharmacy

 **75 YEARS** SUPPORTING INNOVATION IN PHARMACY



Danielle D'Entremont

Seeking Help

I grew up surrounded by mental illness; depression, anxiety, bipolar disorder, schizophrenia, dissociative personality order, and substance use disorder. I could turn the DSM-V into my family tree. I've been in and out of psych wards and psychiatrists' offices as a visitor for as long as I can remember. But my family didn't talk openly about mental illness. Everything I learned was by eavesdropping through closed doors. I grew up terrified that one day I would be the one with a mental illness. I had the misconception that if I worked hard and did well in life, I wouldn't get a mental illness.

I excelled in school, participated in as many extracurricular activities as I could and outwardly seemed very happy, but I was never content. In high school I had underlying low mood and worrisome thoughts, but I thought that was normal. It wasn't until years later that I realized I had been experiencing symptoms of depression and anxiety throughout high school. I did two years of university then got accepted into pharmacy. My first semester went by and I was living off the excitement of finally getting into pharmacy school.

Second semester, tragedy hit. My older brother completed suicide after years of struggling with anxiety, depression and dissociative personality disorder. He was my best friend, confidant and main support. He was even my supervisor at my

first job. I felt like I had lost everything. The months that followed were a blur. I slept less than four hours a night, felt hopeless, started having anxiety attacks and couldn't do anything but trudge to school and lay on the couch.

I started going to a therapist because in my mind "it was because I was grieving, and not because I had a mental illness." I completed a depression questionnaire and scored 'severely depressed,' but I still didn't believe I could have a mental illness. I was lucky enough to click with the first therapist I saw, and she really helped me. After a few months of sessions, I wasn't back to 100%, but I could feel happy occasionally. I left the city for the summer break and didn't see her for four months. My mental health started to decline again, and I didn't have the energy to go back.

Ironically that fall we were learning about depression and anxiety in therapeutics. It wasn't until our professor told us that delaying treatment could cause more severe, long term and reoccurring depression that I thought maybe I could consider going to a doctor. That winter, my depression and anxiety got so bad, I didn't have the energy to see my therapist. My symptoms got worse and worse. That's when I felt suicidal for the first time. It was the scariest thought of my entire life. I finally made the decision to get a family doctor and get treatment.

I found the most understanding doctor who really listened and worked with me to create a treatment plan. She diagnosed

me with major depression disorder and started me on citalopram. Going to see that doctor was the best decision I have ever made. One month later, I could finally sleep and had the energy to go back to my therapist, go to the gym and take care of myself again. I could laugh, joke and really care about others again.

It's been almost two years since my brother completed suicide. I have had some of the worst days of my life, but after finally seeking treatment I have also had some of the best days. I was always afraid that having a mental illness would mean that I couldn't be happy or successful. However, I was very wrong. I've done well in school, started working at a job I love, am involved on multiple committees and spend a lot of time with good friends. Sometimes I still have bad days or weeks, but now I know how to take care of myself and get through until the better days. Being diagnosed with a mental illness didn't make me less successful, it allowed me to get treatment so that I could live my best life.

Sukhman C.

You May Not Always Think its You

Hello everyone! I'm glad to see everyone excited to talk about their mental health and share their experiences on #BellLetsTalk day! My meaning of this day has changed a lot for me in the past year as I recently came into the realization of my own mental struggles, and found help to overcome it.

Voices of CAPSI



Growing up I never thought I would be a person to experience mental health problems. I've always been the happy-go-lucky guy most people have come to know, however, something you may not know about me is that currently this dude is in therapy! That's right, I have had my own ongoing battle with mental health and I wanted to share it because I personally never expected myself to be here, and neither did my friends and family, and I hope this post is just a good reminder to just check in with those you least expect.

First and foremost I cannot begin to explain how much therapy has helped me in organizing my thoughts and shedding the behaviours that have been toxic to me. There is no substitute for professional help, and I urge anyone on the fence to just give it a try, drop by a counsellor, see what they have to say.

As for me, over the last two years I had slowly started losing grips with myself and my emotions. There wasn't any one reason that caused it, instead an accumulation of thousands of stressors through school, work, and my social life that led me to this point of unraveling. Worst of it all was that I didn't even know this toxicity was building - it was insidious. I stopped checking in with myself, and dismissed my unstable emotions as stress.

Come October I became unhappy with my life but refused to acknowledge it - saying stuff to myself like "you don't deserve to be sad right now, some people have it far worse". I started skipping my classes because I felt there was no point,

which eventually led to skipping whole days, and furthermore I decided to retreat all together from responsibilities when I left my job.

There was ONE thing that kept me going, and that was being a part of this show my faculty hosts every year near the end of November to raise money for men's health (ironic, I know). I was so happy to have been nominated by my class to participate in it that I spent months planning it, coming up with ideas, and just giving it my undivided attention.

The day of the event came and I was ecstatic I got to be a part of this. I felt like I was on top of the world and that my life would have meaning again. However, I woke up the next day hollow. I felt no sense of satisfaction, broke down into tears, and convinced myself I would continue feel nothing regardless of whatever I do. This was a huge tipping point in my mental health and it really showed me how far things had gotten out of hand. I felt alone.

Instead of doing anything about it I picked myself back up and ignored it because I was absolutely terrified of acknowledging it. This kept going until I spoke with a dear friend about some personal struggles, who urged me to try out counselling. I booked an appointment that very week and I haven't regretted it since.

Im in a better place now, even just 2 months of this I've felt like I've gotten a bit of my life back. Im going to classes again, I've started paying attention to myself,

and am slowly building up my confidence once more. Although I continue to praise therapy, another HUGE factor that got me through it all were my wonderful friends. They were kind, supportive, and whenever I was with them I never felt alone.

I want to thank all of you who checked in on me, and heard my struggles - I couldn't have done it without any of you. Additionally I wanted to apologize to any of those friends I failed to catch up with, I want you all to know none of it was from a place of ill intent. I didn't want my friends to see me like this, i wanted them to continue to believe that i was that smiley kid they knew and loved, but it's tough when you've got all this going on inside your head. But hey, thats what today is about - being a bit more vulnerable, sharing your personal struggles, and highlighting how important it is to not be afraid to ask for help.

So, thats my tale! If any of you reading this are experiencing some of the same things as I am PLEASE do not be afraid to reach out - your struggles have their own value that cannot be compared to another's. Also thank you for taking the time to read this giant wall of text - It means a lot that you heard what I had to say.

If you would like to contribute to Voices of CAPSI fill out our completely anonymous form here: <https://docs.google.com/forms/d/e/1FAIpQLS-dU4UiHS1GnGDRex-SDI3PRk5U-w83URX2XXIFJzy3RWbEwR4A/viewform>

Thank you for sharing your stories.

STUDENT EXCHANGE PROGRAM

OUTGOING



My SEP experience took placement in St. John's at School of Pharmacy where I worked with Dr. Weber studying neuroprotective effects of blueberry extracts to find out whether they have positive effects on substantia nigra cells in order to determine their potential use in neurodegenerative diseases, such as Parkinson's disease.

I was working in the laboratory treating the cells and analysing the results with different methods, such as immunocytochemistry and fluorescence imaging. I gained a lot of knowledge and improved my laboratory techniques, which is very important in this field of studies.

Even though I spent a lot of time in the laboratory, the exchange was more than that. I met many people, especially students from the School of Pharmacy, and they were doing their best to make me feel like home. We have done trips to some stunning places in St. John's and its surroundings, such as Cape Spear,

East coast trail and went whale watching (although unfortunately, we haven't seen whales).

The weather was not always the best but even on the rainy days we had interesting things to do such as visit some good restaurants or work out in the gym. I am really glad I visited this lovely town and so grateful to have met amazing friends there and to have learned so much. I would recommend everyone to do a SEP exchange!

Karin Korelc, from Slovenia

The Student Exchange Program is hosted by the International Pharmaceutical Students' Federation and offers thousands of pharmacy students the chance to experience pharmacy in countries around the world. Placements vary from 2 weeks to 2 months and can be in community pharmacy, hospital pharmacy, research and more.



INCOMING

Learning about pharmacy practice is a difficult task; working in a pharmacy is even more challenging. Having just finished my second year of pharmacy school and well aware of these stressors, I decided to apply for the student exchange programme (SEP). This ultimately became one of the most rewarding experiences of my degree.

I am passionate about my future career as a pharmacist and therefore decided to explore the scope of this profession in a foreign country. As exciting as this was, I was nervous about leaving for a month to a country that I had not heard about until 6 months prior to my departure. I was unaware of the customs of the country, the type of pharmacies they have within their community, the languages spoken, and many other logistics.

I arrived at the Ercan Airport in Northern Cyprus after 3 flights and 2 days of exhausting travel. After locating my luggage, I stepped outside into the very hot and humid Cyprus air to find 3 pharmacy students holding my name on a sign. Regardless of how tired I was, I immediately felt at ease knowing that I was welcome in this beautiful country. I was informed that another SEP student was on my flight and that we would all proceed to the university campus which would be our new home for the next month.

Upon arrival at the university dorms, I was welcomed by the EMUPSS SEO and the other SEP students that had arrived before me. The excitement ran so high that it was almost tangible. Each student was here to learn something new about themselves and about the profession that connected us regardless of the physical boundaries that separated us.

Each day on the island offered a new adventure. I would go to my community pharmacy in the morning and learn about medications, common disease states, drug ordering, OTC counselling, and so much more. In the afternoon, I would explore the island with the other SEP students. We would go to the beach, to new restaurants, or sightsee so we could immerse ourselves within the Turkish culture. Each day was photographed extensively allowing us to live through these memories once we returned to our realities back home.

After just one month, I can say that I fell in love with the island of Cyprus. Not only because of the immaculate beaches and the amazing food, but because of my SEP experience. I am grateful that I was welcomed at my community pharmacy with such enthusiasm that made each day of work enjoyable. I appreciate the EMUPSS students for making Cyprus feel like my home away from home. Lastly, I am fortunate to have met so many incredible pharmacy students from other parts of the world with whom I now share an unbreakable bond. Thank you all for making this journey an unforgettable one.





A SIMPLE MEASURE TO SAVE LIVES

The No.1 Contributing risk for global death is high blood pressure

10 Million lives are lost needlessly each year due to high blood pressure

Only 1/2 of people with high blood pressure, know it

#checkyourpressure
1 – 31 May



www.maymeasure.com

May Measurement Month is an initiative led by the International Society of Hypertension and endorsed by the World Hypertension League

Caption: May Measurement Month is the largest free public blood pressure screening in the world. It is an effort to combat the millions of lives lost to hypertension each year.

Photo from www.maymeasure.com. No copyright infringement intended.

A Simple Measure to Save Lives: May Measurement Month in Canada

By Tara Luk, University of British Columbia PharmD Candidate 2021

Twenty-two percent of individuals around the world have untreated or undertreated hypertension, mostly due to low levels of screening and awareness.¹ With hypertension being the leading risk factor for death through complications such as heart attacks and strokes, healthcare professionals should ensure that all patients are treated and educated about hypertension.

Under physician supervision, pharmacy students at the University of British Columbia are spearheading hypertension awareness and screening efforts—through an initiative called May Measurement Month (MMM). MMM is a global hypertension awareness campaign that is led by the International Society of Hypertension. It is the largest public hypertension screening initiative in the world. Each May, participating countries around the world host blood pressure screening clinics in hospitals, schools, malls, and other community sites.

In 2017, Vancouver became the first Canadian location to host MMM. Since then, MMM has expanded to other cities and universities throughout British Columbia, and the number of participants has doubled year over year.

MMM provides students with opportunities for leadership development, interprofessional collaboration, and

patient education, and has the added benefit of showing participants what pharmacists are capable of. The MMM BC team is excited to present these opportunities to CAPSI students across

Canada by offering a comprehensive turnover report in English (with a French translation to follow) to help local CAPSI chapters start MMM in their own provinces.

To learn more about MMM, please visit maymeasure.com or contact the MMM BC team at maymeasurebc@gmail.com.

Beaney T et al. May Measurement Month 2017: an analysis of blood pressure screening results worldwide. The Lancet [Internet]. 2018 July [cited 2020 Mar]; 6(7):PE736-E743. Available from: <https://www.thelancet.com/journals/langlo/article/PIIS2214-109X%2818%2930259-6/fulltext> DOI: [https://doi.org/10.1016/S2214-109X\(18\)30259-6](https://doi.org/10.1016/S2214-109X(18)30259-6)



Caption: CAPSI students from the University of British Columbia Faculty of Pharmaceutical Sciences (pictured) have hosted May Measurement Month since its Canadian inception in 2017.

Photo from <https://pharmsci.ubc.ca/pharmacists-clinic/location>. No copyright infringement intended.



MEET YOUR COUNCIL



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University of Montreal



Morgan Patrick, President-Elect
University of Alberta



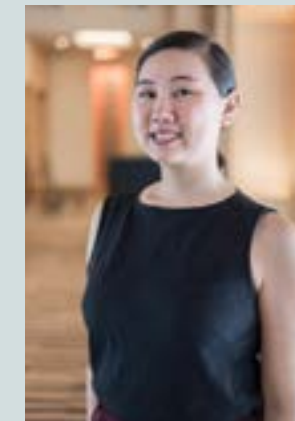
Tara Rousseaux, Past President
University of Saskatchewan



Mark Contreras, VP Communication
University of Alberta



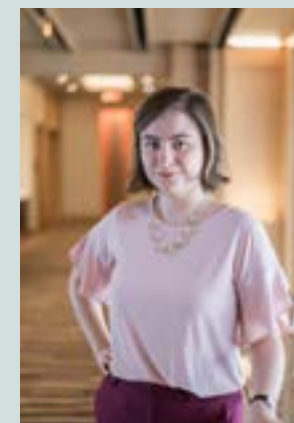
David Low, Finance Officer
University of British Columbia



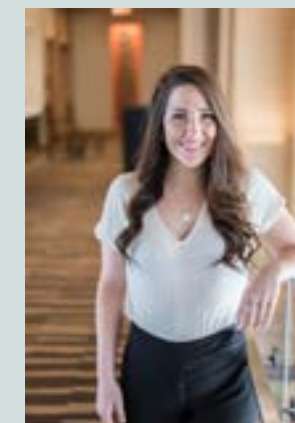
Pamela Ip, Executive Secretary
University of Toronto



Danielle Shymanski, VP Professional Affairs
University of Saskatchewan



Sofiya Terekhovska, SEO
University of Saskatchewan



Melissa Kieley, IPSF Liason
Memorial University of Newfoundland



Pauline Tram, Webmaster UoFT
Winter 2020



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University of Toronto



Jamie Park, VP Education
University of British Columbia



Jordan Kelly, CSHP Liason 2019-2021
University of Alberta



Lexi Symonds, Senior,
2020-2021 VPPA



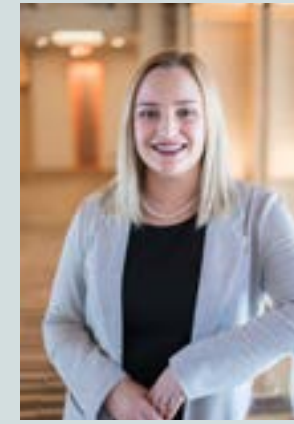
Sandi Schuhmacher, Junior
Memorial University of Newfoundland



Logan Ford, Senior



Hannah Saunders, Junior
Dalhousie University



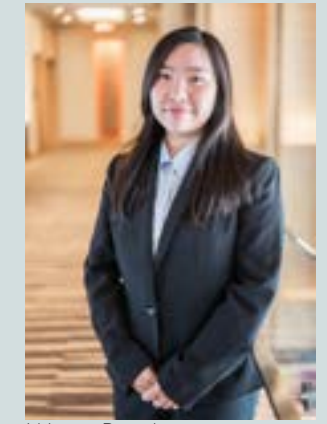
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Ayush Chada, Junior
University of Alberta



Katie Bishop, Senior



Winnie Bao, Junior
University of British Columbia



Clémentine Beucher, Senior



Paul Sanjab, Junior
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WELCOME TO OUR
NEW 2020-2021
COUNCIL MEMBERS!



Gabrielle Sicotte-Mendoza, Finance
Officer, University of Montreal



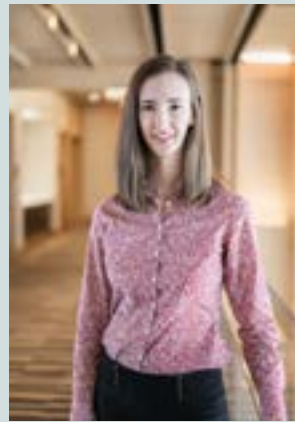
Svetlana Litchmanova, Webmaster
University of Waterloo



Elaine Nguyen, Senior



Kristina Miclat, Junior
University of Toronto



Mikaela Ney, Senior



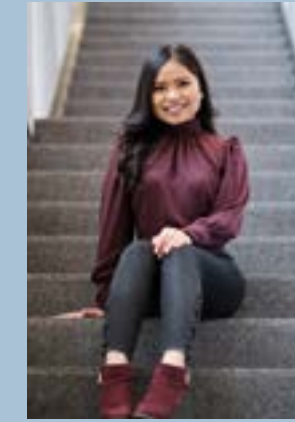
Kiarah Shchepanik, Junior
University of Waterloo



William Boudreau, President-Elect
University of Montreal



Sam Vos, Vp Communications
University of Alberta



Melody Suon IPSF Representative
University of Alberta



Andrew Tu, CAPSIL Editor
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Megha Kaushal, Senior
20 CAPSIL-JACEIP



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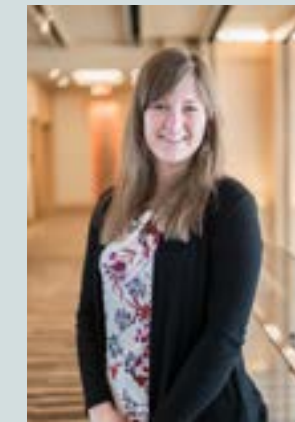
Emily Zerr, Junior
Winter 2020



Dylan Moulton, Finance Officer
Winter 2020



Mimi Wei, VP Communications



Kathleen Macmillan, CSHP Liason

THANK YOU TO
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2018-2019 PAST
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PDW RECAP



