



Pharmacy Quarterly



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The Official Newsletter
of The Alberta
Pharmacy Students'
Association

Representing The Alberta
Pharmacy Students'
Association
and
the students of the
Faculty of Pharmacy

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Farewell APSA council 2010-2011



CONGRATULATIONS to the following individuals who have been elected to APSA council for the 2011-2012 term:

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Vice President Academic
Basel Alsaadi

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4th Year Class Representative (Winter)
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3rd Year Class Representative
Katie Reid

2nd Year Class Representative
Cheryl Borody

Female Sports Representative
Sandy Goodier

3rd Year Social Representative
Brienne Hartman

2nd Year Social Representative
Jerica Poon

On behalf of the Pharmacy Quarterly we would like to thank the outgoing council for all their hard work and dedication. All their efforts have made the 2010-2011 school year unforgettable.

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The Transition from Clinical Practice to Academia



*“By learning you will teach, by teaching you will learn.”
Latin proverb, author unknown*

Transitioning from clinical practice to teaching has been a rewarding and memorable experience. While in clinical practice, I quickly came to that realization that I would never reach a point in my career where I was satisfied with the amount of clinical knowledge I possessed. But, rather than seeing this as a limiting factor in my practice, I took this as a challenge to push myself to explore the unknown and dive deeper into the profession. I began to share this same philosophy in mentoring pharmacy students that would rotate with me on their clinical internships. Eventually, I realized that I could foster this thirst for knowledge by sharing it with pharmacy students in

an academic setting and when the opportunity arose I embraced it. As an educator my ultimate goal is not to pour endless facts into my students, but to motivate them to think for themselves and ask questions of society, their peers, educators and professional organizations. This skill is necessary to adapt to the ever changing healthcare environment and our expanding scope of practice. We never graduate knowing everything, but if students can graduate with the desire to learn and a passion for the profession, then I have accomplished my goal as an educator.

I see teaching as being a reciprocal relationship where both the student and instructor can benefit. Through my interactions with the students I have enhanced my communication skills, become more aware of the role of professionalism in practice and have had the opportunity to reflect on what patient care means to me. This has enabled me to evolve my own practice from one that was focused on technical tasks, such as managing a large volume of prescriptions, to a practice that is more focused on patient-care. This has ultimately led me to establish a more rewarding, and satisfying, clinical practice.

Although the transition from clinical practice to academia has not been without its challenges, the last two academic years have shown me that one can truly enjoy the benefits of both. As a clinician I get joy from positive outcomes in my patient's health and as an educator I get joy from helping a student understand the various facets of pharmacy practice. Both settings provide their own unique experiences that have me looking forward to the next day as a pharmacist.

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I need to get off the phone now, the robot is going to talk to me about my medications

On May 11 1997, IBM's computer named Deep Blue defeated the great chess grandmaster Gary Kasparov at chess. On January 13 2011, IBM followed through with their success by developing another computer called Watson, which outscored Ken Jennings and Brad Rutter, two Jeopardy champions, in a mock Jeopardy game. On February 14, 2011, while the broadcasted Jeopardy match between Watson and the human champions took place, several pharmacists were unable to defeat Arnold, another artificial intelligence program developed alongside Watson, in patient assessment skills in a conference room deep within IBM. The panel of health care professionals who were judging the performances were impressed by Arnold's ability to determine drug related problems, developing care plans in addition to its skill in detecting human emotion and incorporating empathy.

Like Watson, Arnold was designed to process human language, search its database for answers and reply to questions with confidence and precision. However, Arnold's use of facial and speech recognition and its ability to reply in complete, comprehensible sentences made it more advanced than Watson.

"Arnold was a great success," David Ferrucci, principle investigator of DeepQA project that developed Watson and Arnold, said after the skills competition. "Although we still have to fix some

shortfalls we noticed during the run, the program ran very smoothly."

When asked about future applications for Arnold, Ferrucci replied, "Seeing our past successes and Arnold's performance today, I have great confidence that the program will be an asset to practicing pharmacists in providing drug information and providing counseling to patients in the future. Furthermore, I could see it filling an important role in health care in areas such as medical information and diagnoses."

Are computers going to replace pharmacists in the future? Several medication-dispensing kiosks were installed recently outside primary health clinics in Toronto. Although remotely controlled by pharmacists who authorize prescriptions and check dispensed medication by video camera, many patients cited their distrust in the accuracy of the machine.

"For sure, one of the obstacles we are facing is to have the general population and health professionals to trust in a machine's ability that provide basic health services. The team is currently working on designs that makes Arnold look more human. Although it may not convince everyone, it is in the direction of building trust between artificial program



Expect to see ASIMO counselling your prescriptions within the next

and man." Ferrucci then refers to the development of a robot design, inspired by Honda's ASIMO. "Soon however, we will make Arnold a more humanoid form." Ferrucci confidently states the finished design is expected to be unveiled within ten years.

Meanwhile, frustrated that they lost to an inanimate object and believing that there is a possibility of being replaced in the imminent future, the pharmacists demanded a rematch against Arnold. DeepQA (and Arnold) immediately accepted the challenge.

By: Victor Leung

Wagamama Salad

We got the Wagamama cookbook 2 years ago for a good collection of simple, healthy and tasty dishes. This recipe has been one of our standards from the start. The combination of sesame oil, cumin and lime with fresh greens made a refreshing and satisfying dish. To make it vegetarian, I think fried tofu could easily replace the chicken. When I brought some leftovers to school a week ago a few people were curious about the recipe, so here it is. Enjoy!

Wagamama salad dressing

Makes about 125ml (4fl oz). Can be kept in the fridge for a few days.

2 teaspoons finely chopped shallots

2.5cm (1in) piece of fresh root ginger, peeled and grated

1 small garlic clove, peeled and finely chopped

1½ tablespoons rice vinegar

1 tablespoon tomato ketchup

1 tablespoon water
100ml (3½fl oz) vegetable oil

3 tablespoons light soy sauce

Whisk all the ingredients together in a small bowl or screwtop jar and set aside.

Warm stir-fried chicken salad (Wagamama)

4 boneless skinless chicken thighs, sliced into thin strips
3 tablespoons vegetable oil

marinade:

1 teaspoon sesame oil

2 garlic cloves, peeled and crushed

2 teaspoons fish sauce

2 teaspoons soy sauce
juice of 1 lime

2 teaspoons ground cumin

1 large red chilie, thinly sliced (optional)

2 teaspoons toasted sesame seeds

for the salad:

2 handfuls of mixed greens

2 tablespoons Wagamama salad dressing

2 teaspoons toasted sesame seeds

1 tablespoon chipped cilantro leaves

1 lime, cut in wedges

Put all ingredients for the marinade except the sesame seeds in a blender and blend until smooth. Add sesame seeds. Place chicken in a glass container and pour marinade over it. Marinate in the fridge for 2 hours or overnight.

Heat a wok or large pan over medium heat for 1-2 minutes until hot. Add the oil and then the chicken. Stir or shake constantly to ensure even cooking, 5-10 minutes depending on the size of the pieces, until caramelized and cooked through. In serving bowls, mix the greens with the dressing and top with chicken, sesame seeds and cilantro. Serve with a lime wedge.



Br: Karen Hagen
Class of 2014
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Congratulations to the Winners of this Years APSA Awards



Zak Murakami, Jocelyn St. Amour, Andrew Wong, Nathan Morin, Brett Edwards

Citizenship Award:
Brett Edwards (2012)

Councillors Award:
Jocelyn St. Amour (2012)

Dedication to the Profession Award:
Andrew Wong (2012)

Student Life Development Award:
Daniel Melenchuk (2012)

1st Year Class Award:
Patrick Jones (2014)

2nd Year Class Award:
Joey Ton (2013)

3rd Year Class Award:
Nathan Morin (2012)

4th Year Class Award:
Jenifer Bong (2011)

Male Sportsmanship Award:
Zak Murakami (2012)

Female Sportsmanship Award:
Stephanie De Champlain (2013)

**Adjunct Professor/
Guest Lecturer Recognition of Excellence Award:**
Dr. Martin Davies

Sponsor Award:
Krystyn Nilson (Scotia Bank)

Editor's Message - OUR LAST ONE

First and foremost, we would like to thank our readers because without them what would we be ... I guess scrap paper. Over the past 2 years, as the PQ editors, we've been able to transform the PQ into something that students look forward to reading each quarter. In the end, all good things must come to an end and with that we leave the PQ

in the capable hands of next years editors.

In typical PQ fashion here's a list of things to do before you graduate from pharmacy school. (I guess we have one more year to do all these things)

5. Participate in the Curling funspiel

4. Attend APSA's annual Halloween Pubcrawl

3. Attend PDW ... Professional Drinking ... I mean Professional Development Week

2. Take PHARM 450

1. Win the "Last Man at Dent/Pharm" competition

Ciao Ciao for now,

Andrew and Mike
Pharmacy Quarterly Editors 2010-2011

your life
your customers
your community
your career



Join us in helping people be healthier and live better!

Walmart is committed to your professional growth throughout your pharmacy career. We offer Pharmacy Students a unique Summer Student Program. As a Pharmacist, we continue to support your professional development by offering various training programs, continuing education conferences, support with obtaining various accreditations, and our award winning Health and Wellness Education Program. At Walmart Pharmacy you will experience a culture that is friendly, professional and supportive, and work in a strong team environment that is dedicated to providing the best possible care to our patients.

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Community Education—A Year in Review

This year was a very successful year for the Community Education Group. With the implementation of community education into the first year communications course as a bonus mark option, the number of volunteers sky rocketed and we were able to complete close to 50 presentations just from the first year students alone. To break down the numbers overall, we gave 74 presentations to over 1500 students from kindergarten to grade 12. This success would not have come without the help of close to 120 volunteer presenters, from all four years of pharmacy. I would like to extend a big thank you to all those who volunteered for presentations, the CHOICES conference, and went the extra mile to give feedback and provide updates for the presentations!

For the first time ever, we did a school wide presentation for the Grade 7 and 8 students at Riverbend Junior high school on smoking and smoking cessation. During Reading Week, eight pairs of first year students dedicated their morning to educating over 320 students about the negative impacts of smoking and how to help those who are trying to quit, quit. It was an amazing accomplishment and the students and teachers of Riverbend Junior High were thrilled to have us present during the month of smoking awareness.

During Reading Week on February 22nd and 23rd the CHOICES conference for Grade 6 girls organized by WISEST was held. Pharmacy was able to participate in the conference by holding a Calamine Compounding lab for the young and enthusiastic students. The girls were excited to be able to use the mortars and pestles to make the cream. They walked away with a better understanding of the profession and many even expressed interest in pursuing pharmacy as a profession!

Before PAW began, we held an information booth and had an information session in mid February regarding how to apply for pharmacy and what the profession was all about. March 7-12 was Awareness Week (PAW), and many events took place to promote this. We began the week handing out hot chocolate with fun facts relating to pharmacy in the CEB hallway, held an Osteoporosis pre-screening clinic in the foyer of Dent/Pharm, had a very successful hypertension clinic at Southgate Mall, and a fun filled Student vs. Faculty Pharm-a-Facts competition to wrap up the week.

One aspect of the ever-evolving role of the pharmacist is that of health promotion. What better place to start practicing this role than as students! Community Education provides an excellent op-

portunity for students to build on communication skills and team work while empowering young students through health education. Often times we take a reactive approach to health care and the focus of all of APSA's health presentations is the proactive approach. Pharmacy students can truly impact the health of our community, and also change expectations and debunk misconceptions that the public may have about the profession. Community Education serves as a platform for pharmacy students to show their passion for the profession and help our community achieve good health.

I hope to see Community Education expand to include new and exciting health presentations along with new frontiers for community presentations outside of school settings. I encourage students who have not tried volunteering as a presenter to seize the opportunity. The benefits far exceed the short time commitment. For those who have volunteered to do a presentation, please continue to participate and encourage your classmates to do a presentation with you!

That's it for the year in review!

Darlene Korn
Community Education
Director

The 80s - "When Mullets Were Cool"

First of all, we would like to apologize for the delay in bringing you our featured series. Last time, back in November, we took a trip back in time to the 70s. In this part 1 of 2, we'll be travelling to a time where Michael was crowned the king of pop and Pac-Man was all the rage. CNN just launched, giving the world its first 24 hours news broadcasting network. By the end of the decade, we all were watching the fall of the wall ... to specify the Berlin Wall. Once again we, the PQ editors, must thank **Devin Davies (class of 2014)** for all his hard work in compiling these quotes.

"Sweep the leg."

"put 'em in a body bag"!

"Wax on, wax off."

"Hi, I'm Chucky. Wanna play?"

"Well everyone's home lives are unsatisfying. If it wasn't, people would live with their parents forever."

"Oh... one other thing. If you guys ever have kids and one of them when he's eight years old accidentally sets fire to the living room rug... go easy on him."

"Ecclesiastes assures us... that there is a time for every purpose under heaven. A time to laugh... and a time to weep. A time to mourn... and there is a time to dance. And there was a time for this law, but not anymore. See, this is our time to dance. It is our way of celebrating life. It's the way it was in the beginning. It's the way it's always been. It's the way it should be now."

"Mess with a bull, young man, you'll get the horns"

"So it's sort of social demented and sad but social"

"Excuse me, Carl. How does one become a janitor?... 'cause Andrew here was looking to pursue a career in the Custodial Arts."



"If he gets up, we'll all get up, it'll be anarchy"

"GET OUTTA MY HOUSE!" (Brenda kicks his slippers and Spam out of the phone booth) "You just moved."

"Nobody leaves this place without singing the blues!"

"Johnny, what can you make of this?" "I can make a hat, a broach, a pterodactyl!!!"

be a piece of the porter, drink side on the java."

"Chump don't want da help, chump don't get da help, jive-ass dude don't got no brains anyhow!"

"You just hang loose, blood, she be back on the flip side with the medicine."

"This little girl survived for six weeks on her own with no training. Hudson: Then why don't we put her in charge!"

"Oh... one other thing. If you guys ever have kids and one of them when he's eight years old accidentally sets fire to the living room rug... go easy on him."

"Great Scott" Doc



The 90s and New Millennium - "Yes, We Can"

In part 2, we will be concluding our series with a trip through the 90s and into a new millennium. Finally, we've reached a decade that many of us can remember. In a time where the USSR collapsed and OJ made a run for it, in the white bronco. History was made with the first African American president to be elected in the USA. Y2K scared everyone ... 11 years later we are still awaiting for the end of the world. Well there's always 2012. A special thanks to **Devin Davies (class 2014)** for once again compile another great set of quotes.

First the 90s

"Life is Like a box of chocolates..You never know what you're gonna get"

"I'm the King of the World!!!" from "

"AAAAAAAAAAAAAAAAAAAA
AAAAAAAAAHHHHHHH"

"Girl Power!"

"Word to your Mother!"

"NOT!"

"I'll Call ya. Your number still 911? ALLLLLLL Righty then.

In every contest there must be a loser. La hoo ze her

Einhorn is finkel. Finkel is Einhorn. Einhorn is a man. EINHORN IS A MAN!!!
AAARRRRGGGHHH

"It's hard to stay mad when there's so much beauty in the world. Sometimes I feel like im seeing it all at once, and its too much. My heart fills up like a balloon thats about to burst...and then I remember to relax...and stop trying to hold onto it."

"Sell crazy somewhere else,we're all stocked up here"

"Throw me a frickin' bone here, guys. I'm the boss. I need the info." -

"Get in my belly"

Next the 2000's

"If there is anyone out there who doubts that America is a place where anything is possible, who still wonders if the dream of our founders is alive in our time, who still questions the power of our democracy, tonight is your answer."

"Is this chicken or is this fish?"

"What we do in life echoes in eternity."

"Are you not entertained! Are you not entertained! Is this not why you are here!"



"My precious."

"Why so serious?"

"I know who I am! I'm a dude playing a dude disguised as another dude!"

"I think positive emotion trumps negative emotion every time."

"If I would do another 'Terminator' movie I would have Terminator travel back in time and tell Arnold not to have a special election."

"We're not gonna die. We can't die, Bendis. You know why? Because we are so...very...pretty. We are just too pretty for God to let us die."

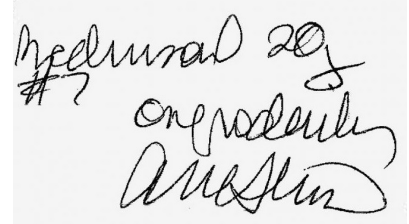
"Ten percent of nuthin' is...let me do the math here...nuthin' into nuthin'...carry the nuthin'..."

"Do you know what the chain of command is here? It's the chain I go get and beat you with to show you who's in command."

Distractions

Chicken Scratch

This is the reality of pharmacy. Can you figure out what these prescriptions says? If you're up to the challenge to show why you are worthy to be in this profession then you must correctly interpret the drug, Mitte (dose), and Sig (direction).



If you are extraordinarily gifted or otherwise are somehow able to decipher the handwriting below.

Sudoku

			4	1			6
8	5		2			4	
	2		5				
					5		4
4	1					6	3
9		5					
				8		2	
		9		4		7	5
7			6	2			

© PUZZLES BY PAPPACOM

HOW TO PLAY: Digits 1 through 9 will appear once in each zone— one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle

Difficulty: medium

Comic



By: Veronica Lednicki (2012)