

APRIL 2012

PQ

PHARMACY QUARTERLY

*Thanks for
a great year!*





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DISCLAIMER: Any opinions or viewpoints published herein are directly from the contributing authors and do not represent the philosophy or viewpoints of the Faculty of Pharmacy or the University of Alberta.

Message from the Editors

This has been a year of growth.

From a brand new website and an expanded Mr. Pharmacy, to a new PharmD program and the best Blue and Gold Ball that I have ever seen! I feel very privileged to have been here this year to experience all the growth that this program has undergone.

Thank You.

To all the people who made this year a success. To the faculty that truly care for the welfare of their students. To the professors that go the extra mile to ensure we are getting the best education possible. To the student leaders who work so hard to make APSA the best student group on campus. To all our peers that make us a phamily.

Thank you to everybody who contributed to this newsletter.

And most of all, thank you to all our readers.

I hope you've enjoyed it!

Tara Leong
PQ Editor

in this issue

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One more year of learning done, and so many more to go.....

Leaving university doesn't mean the end of homework

Many of you probably assumed from the title of this piece that I was going to enlighten you on the nitty-gritty facts of Continuing Education credits (more commonly known as 'CEs'). However, I am going to share with you that CEs are just a tiny chunk of the never ending sea of data, statistics and journal article results we, as health care professionals, are expected to stay up-to-date with. I am not here to complain; I wanted to take this opportunity to share my excitement for life-long learning! (Yes, it is a cliché, but please read on!)

The leaps and bounds that the profession has taken in the last few months put us closer than we have ever been before to our ultimate goal; to become the Drug Experts of the healthcare realm. Some of us may already call ourselves that, as our education specializes in the topic and is more extensive than any other health sciences curriculum, but who else recognizes this? Physicians? Government? Most importantly, does the public see us the ultimate source of medication knowledge? I do not think so; at least not yet. The day we can all put 'D.E.' after our names on business cards that are carried in every person's wallet, purse or fanny pack, we

can say we have reached our goal (not literally, but you get the point).

How do we get there? Where does it all start? Well, it has started. With a payment for cognitive services logarithm in place and ready to roll for July 2012, we better have the cognition to deliver! I fear that if we are not prepared for this big move and uptake is slow from the start, the wheel may never get turning as smoothly as we hope. It only took a few hard-working, dedicated members of our College and representative body to make this happen, but it would take a just as small unmotivated cohort to bring things to grinding halt.

You may ask, "Isn't that what CEs are for?" The current minimum required by the College is 15 CEs per year, equating to approximately 15 hours of learning over 365 days ($15 \times 60 / 365 = 2.5 \text{ min/day}$). This is not enough to prepare us for the changes that lie ahead. One of the biggest concerns regarding our expanding scope of practice is whether long-time practicing pharmacists are able to meet this challenge. Obtaining the minimum credits set by the College, unfortunately, has not been adequate to prepare pharmacists for this practice change. The last thing we want to do as students is to get behind now. With even

more changes on the horizon, we need to reevaluate what continuing education means and why we do it.

As some of us are years away from licensing and practice, it may be hard to see how this affects you; however, we can start now. We can work on all that brain power that we are told over and over is needed to best serve our patients. Read a little bit extra in the textbook on insulin starts, pick up the latest NEJM and study an article for your own sake, or find something that motivates you to keep focused and learning, especially with the summer break coming up soon. If we all get in the habit now, it will not be hard to make these practices part of our pharmacy practice. Get engaged and constantly exercise your cognitive thinking skills. There are so many ways to get involved; APSA volunteer positions, Students' Union, research opportunities, submitting articles and getting involved with the PQ or simply asking that question in class that you hold out on because you think it's off topic or might sound silly.

I wish you all the best in your schooling and future, life-long learning, endeavors!

Anita Cumbleton

APSA 2012



APSA Update

Thank you APSA Council 2011-2012 for making this year a great success!

Congratulations to our new APSA Council 2012-2013!

President – Elect Laura Coleman

VP External Joshua Torrance

VP Academic Peter Yang

VP Administration Mai Lang

VP Student Services Tara Leong

VP Finance Somin Park

Interprofessional Director Emily Yu

Community Education Director Jenny Carbon

Publications Director Melissa Chung

Recruitment Director Sabina Choi

Social Director Jessica Pynch

CAPSI Jr. Representative Leah Stickel

RxA Representative Douglas Owoo

CSHP Representative Sheldon Chow

4th Year Class Rep (FALL) Tawny Robertson

4th Year Class Rep (WINTER) Charlotte Galenza

3rd Year Class Rep Florence Tsang

2nd Year Class Rep Brad Snodgrass

Female Sports Rep Luanne Lerner

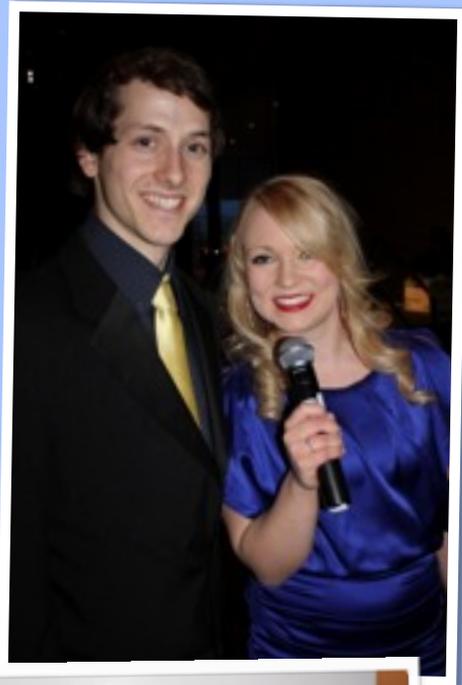
4th Year Social Rep (FALL) Jenna Eisbrenner

4th Year Social Rep (WINTER) Emily Li

3rd Year Social Rep Kailey Roberts



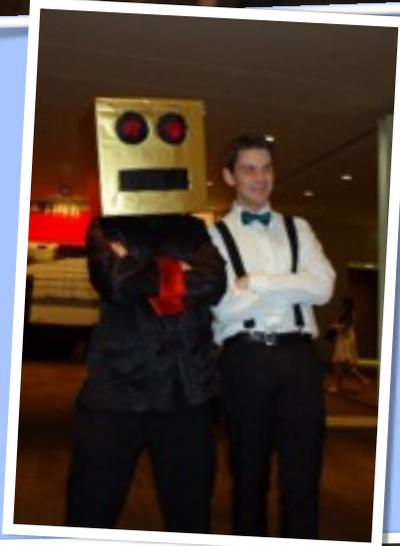
BLUE & GOLD



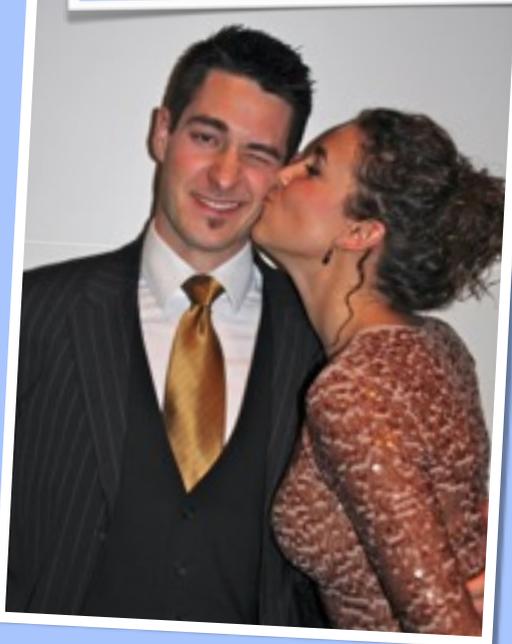
BLUE & GOLD



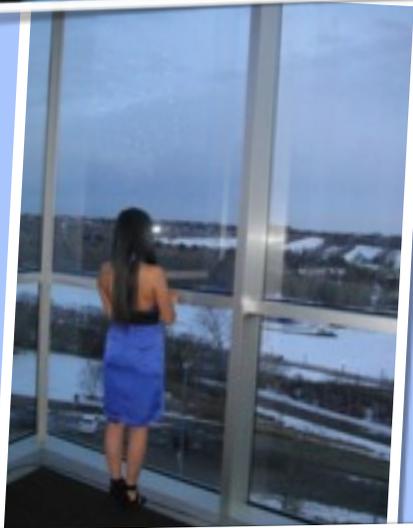
BLUE & GOLD



BLUE & GOLD



BLUE & GOLD



Congratulations!!

APSA Award Winners 2012

Adjunct Professor/ Guest Lecturer Recognition of Excellence:

Dr. Greg Tyrrell

Citizenship Award:

Serena Westad

Class Award, 2012:

Maria Lau

Class Award, 2013:

Clarissa Chow

Class Award, 2014:

Melissa Chung

Class Award, 2015:

Leah Stickel

**Dean of Pharmacy and President of APSA's Award for
Excellence in Community Service:**

Serena Westad

Councillor's Award:

Anita Cumbleton

Dedication to the Profession Award:

Kenneth Soong

Dr. John A Bachynsky Award:

Frank Hanta

Student Life Development:

Joey Ton

Sponsor Award:

Scotia Bank

Sportsmanship Award:

female: Ashley Letcher

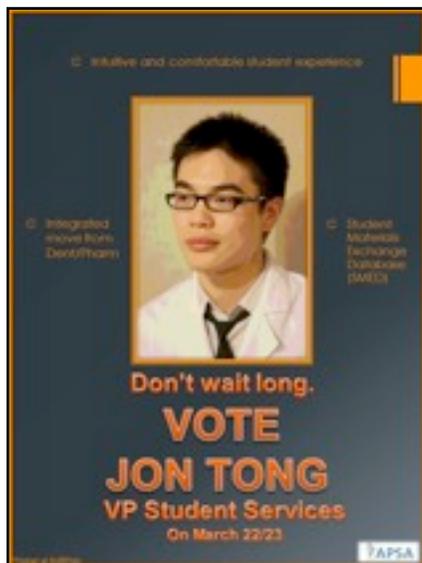
male: Basel Alsaadi

APSA Elections 2012 - Poster SLAM!

Welcome to the first annual APSA Election Poster Slam!

Results have been released, dreams lived out and hopes crushed but election season would not be complete without a poster slam.

This year's critics are Chris Chen, Braiden Hellec and Matthew Timms.



Jon Tong

CC: I think if you took a bronze bust of this headshot, he would look exactly like an ancient greek philosopher.

BH: One who is plotting a coup against Emperor Ken.

MT: With tiny little figurines of APSA council on a map to help him strategize.

CC: Should we be scared?



Tara Leong

BH: She looks huge in this poster.

CC: Like a giant!

MT: She so big she needs to crouch to fit in the picture frame.

CC: Tara Leong, Giant, Stepping on student issues one at a time!



Luanne Lerner

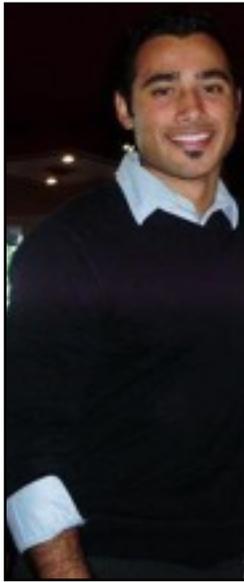
CC: It's attractive from the neck up or neck down depending on what gender you are.

BH: With a team like that, pharmacy will dominate intramural sports for years to come.

CC: She's half man, half amazing

MT: Well, 80% man, 20% amazing. Gotta get the proportions right.

APSA Elections 2012 - Poster SLAM!



Heber Castillo

CC: He pulled this photo straight from his E-harmony profile page.

BH: His interests include equestrian sports, fine latino dining and sweeping you off his feet while ballroom dancing.

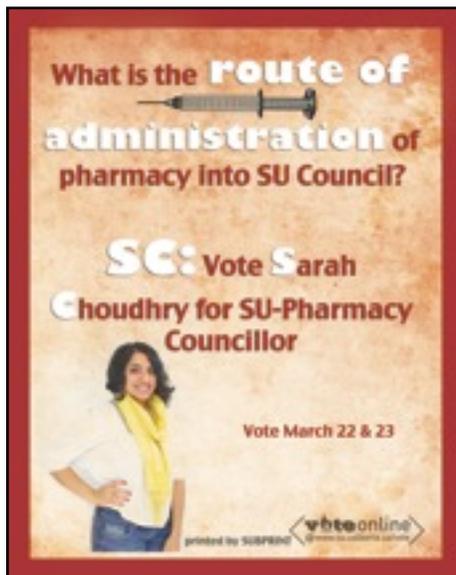
MT: Naturally, his signature move is the one from Dirty Dancing.

BH: His number is 780-973-4782

CC: Is that his real number?

BH: I assume it is.

****Editor's Note: It's not his actual number****



Sarah Choudhry

CC: Your route of administration to SU is SC?

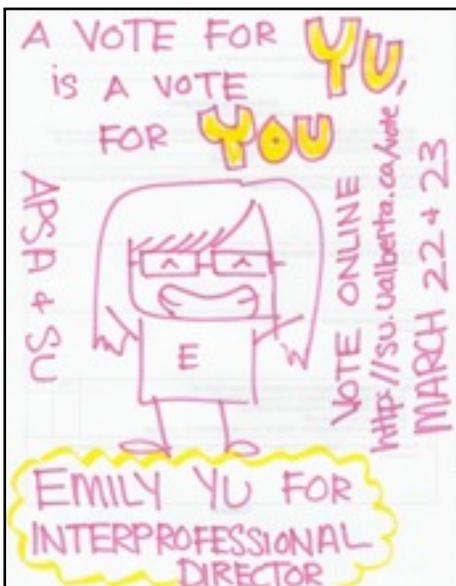
BH: Thank god not rectal

MT: Side effects include addictive properties.

BH: Not to be taken with Chris Chen

CC: Shut up.

MT: Don't be a sore loser.



Emily Yu

CC: It looks like she asked one of the elementary students from community ed to draw this for her.

BH: That's why its drawn on a random piece of scrap paper.

MT: It's pretty good for a 6 year old girl's depiction of a cartoon version of Emily though.

APSA Elections 2012 - Poster SLAM!



Jenny Carbon

CC: Look at those glasses, what a hipster.

BH: Carbon is too mainstream of an element to use as a last name. If she really wanted to be hipster, she'd be Jenny Molybdenum.



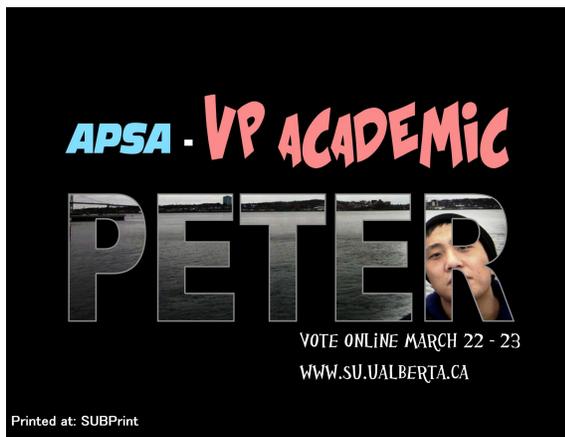
Mike Newman and Jereme Parenteau

CC: Bros with no rings?

BH: That could apply to about fifty percent of the male pharmacy population

MT: Us included.

CC: =(



Peter Yang (and Priya Mahal)

CC: This photo was taken five seconds after Pete threw all his opposition into the river, that's why he's only running against none of the above.

BH: He looks like an absolute thug.

CC: Unlike Priya, she's a southsider trying to be northside. It rough up here.

BH: Shut up Chris, you live in a nice neighbourhood.



APSA Elections 2012 - Poster SLAM!

Awards!

Best Poster: Tara Leong (She's the editor, she made us do this...)

Worst Poster: Emily Yu (Don't tell the six year old, she'll cry)

Worst way to tell time: Sheldon Chow

Most likely to want to meet your parents: Heber Castillo

Most likely to refuse this award because it's too mainstream: Jenny Molybdenum

Most likely to be a Blueman Group understudy: Chris Chen

Bonus! Poster's We'd Like to See:

Joshua Torrance for VP External

CC: Just have it say "Josh for VP Sexternal!"

BH: And him in a pose of your choice.

Doug Owoo:

All: Gold leotard.

BH: And a picture of him spelling his name with that ribbon

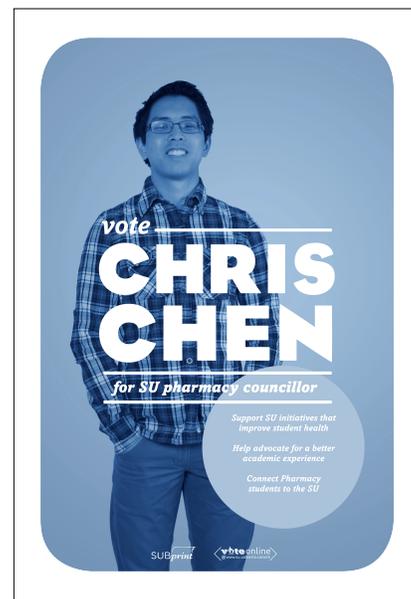
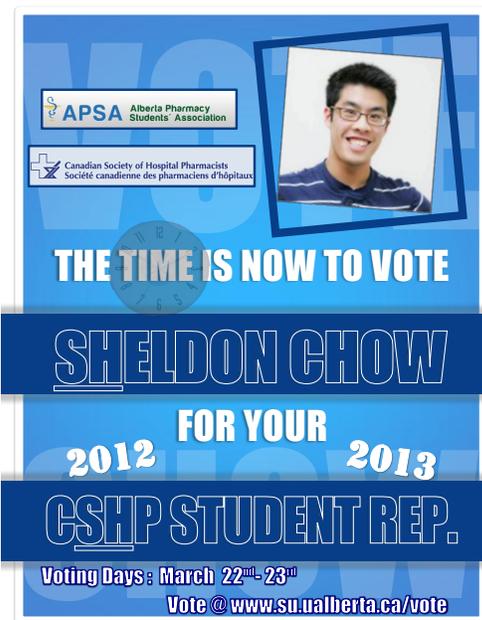
Bowden Sych

BH: Just "The Sych for CAPSI Jr."

CC: And a picture of him with a fake tan, muscle shirt and the entirety of Ken Soong's hair product arsenal in his hair.

Hope you enjoyed our first ever APSA Elections Poster Slam!!

All complaints and hate emails can be directed to cbchen@ualberta.ca or just find Chris Chen, there is a 90% chance that he is in DP on any given day.



The weird and wacky things pharmacy students do...

Since starting pharmacy, I have been hearing various comments regarding how pharmacy students are weird and wacky, even Gord Steinke on Global TV said they are quite the “Wacky Bunch.” My mission is to validate these statements specifically by finding what weird and wacky things pharmacy students do.

For the second edition, I would like to interview Robert Hayashi, who will tell us about his interesting hobby.

Patrick: What do you do Robert?

Robert: I collect teeth...

Patrick: What? What type of teeth?

Robert: Squishy teeth...

Patrick: Tell me more!?!?

Robert: They are meant to be used as stress balls but they are in the form of teeth. I have been collecting them from the dentist’s (who is also my dad) toy drawer since grade eight. The dental office even gave me the opportunity to place special orders to expand my selection of squishy teeth. They did that for a while until I had at least 50 of them, they were called “smile makers.” Unfortunately, they stopped making them two years ago.

Patrick: Have you collected any since they stopped making them?

Robert: Sadly no, I have not been able to find anymore... but I have thought about collecting squishy airplanes.

Patrick: Do they have names?

Robert: They are all called “Toothy.”

Patrick: Do you play with them? I know I would!

Robert: No, I take good care of them; they are not even used as stress balls. One is a good luck charm that I bring to school and always bring for exams; I have done this since grade eight.

Patrick: Have you lost any?

Robert: There was that one fateful day, the grade nine achievement exam...yes I remember now...Stephanie Keeling, who she sat behind me, reached over and grabbed my “toothy.” Shortly after, an unidentified third party tried to grab “Toothy” from Stephanie. Stephanie did not want “Toothy” to fall into the wrong hands so in desperation she threw it, and poor “toothy” flew into the heating vents. He is likely still there as a calcified pile of ash. Another tragic fate of one of my “Toothys” was when I tried to clean one since he was quite dirty, so I bleached him...now he is a WARAMP.

Patrick: Very tragic indeed Robert. Do you have a picture of your “Toothys?”

Robert: Yes, here it is!



Patrick: What do you think that you have achieved in your life that would not have been possible without your “Toothys?”

Robert: They have given me a good appreciation for oral health; I have only missed one night of flossing in the past fifteen years. Check out these pearly whites ladies!

Patrick: Sounds like a good hobby to have, I am going to go brush and floss my teeth right now! Thanks for the interview Robert.

Robert: You’re very welcome Mr. Jones.

Patrick: Next time, I interview a pharmacy student who claims that he has captured the formidable honey badger.



FEATURE PICTURE

Vice President SOCIAL SERVICES?

Thanks to...

APSA
Anita Cumbleton
Braiden Hellec
Chris Chen
Cindy Hao
Emily Yu
Heber Castillo
Jenny Carbon
Jereme Parenteau
Jon Tong

Katie Reid
Luanne Lerner
Matthew Timms
Mike Newman
Patrick Jones
Peter Yang
Priya Mahal
Robert Hayashi
Sarah Choudhry
Sheldon Chow

Thanks for reading! 😊

**WE WOULD LOVE TO
HEAR FROM YOU!!**

If you have any feedback or
submissions, e-mail them to us at:

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