

MARCH 2012

PQ

PHARMACY QUARTERLY



Congrats Class of 2015!! Welcome to Pharmacy!



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Message from the Editors

Welcome back fellow Pharmers!

I hope you all enjoyed a well-deserved break!

One thing that I learned over this break is that old friends really are the best.

I went home to Calgary for the week and got together with my oldest friend, Amy. Amy and I have known each other for 20 years. We grew up five minutes away from each other and went to the same elementary, junior high, and high schools! Throughout our friendship we've had some highs and lows, and we've grown apart and together again several times. However, our friendship has always been constant and comforting. After high school I went away to U of A, and Amy took a year off and stayed in Calgary to work. Although we had very little in common anymore we always found time to catch up, and each of us remained supportive of the other. Amy and I have developed a true friendship that began in our childhoods, and will continue to grow well into our adult lives.

I encourage all of you to think about your best and oldest friends and remember to appreciate them. And think about your new friends and the possibility that 20 years down the line your friendship may be just as important.

All the best,

Tara Leong
PQ Editor

in this issue

Editors' Message	1
Calendar	1
APSA Update	2
White Coat Photos	4
RxA Article	6
Card-making Tutorial	8
Get To Know A...	10
Viewpoints	12
Updates	14
Angry Pharmacy Student	15
Weird and Wacky	16
Feature Recipe	17
PQ Contest	18
Distractions	19
Feature Photo	21

important dates

Additional information may be found on the APSA website www.myapsa.ca

march

4 - 10 Monday - Friday
Pharmacy Awareness Week

10 Saturday
Blue and Gold Ball
Shaw Conference Center

17 Saturday
Pharmacy Alumni Hockey Game
Clare Drake Arena
6:00 - 10:00 p.m.

21 Wednesday
Career Night
Lister Hall
6:00 - 7:00 p.m.

28 Tuesday
CSHP Career Night
Faculty Club
5:30 - 7:30 p.m.

april

6 Friday
Good Friday

9 Monday
Easter Monday

APSA Update

All APSA Council Meetings can be reviewed online at <http://myapsa.ca/apsa-council-meetings/>

It was great to see so many students out for the **Health Ministers' Announcement** on February 13th, 2012. This is a very dynamic time for the profession of pharmacy and there are many viewpoints regarding the news that was disseminated that day. If you have questions regarding the announcements, please contact Ken Soong (ksoong@ualberta.ca) or Sheldon Chow (sheldon3@ualberta.ca).

Our VP Academic, Peter Yang has been busy promoting the **new Accommodations Database** for experiential learning rotations. For more information check out the link to database, review the information provided in the February 12th class emails, or email Peter at ryang@ualberta.ca

Accommodations Database:

<https://docs.google.com/a/ualberta.ca/spreadsheet/ccc?key=0AnqOJtL9IgidEREZm9NTVczUy1LcFFIS2dHdVZBMXc>

APSA has recently signed a **5 year contract** with our long term yearbook photographers **Images of Distinction**. This new contract gives students guaranteed rates on graduation photos over the next five years (starting this year for the Class of 2012). Plus, by signing for 5 years, we will be taking advantage of Images of Distinction's new 'giving back' perk; a percentage of sales from graduation photos from one year will benefit the Graduation Committee of the year behind them! If you have any questions or would like more information, please contact Anita Cumbleton at amc14@ualberta.ca.

Pharmacy Awareness Week (PAW) 2012

What and when is PAW?

Throughout the nation, PAW is a week dedicated towards the promotion of the pharmacy profession. This year, it is run during the week of March 4th to 10th.

Why is there a need for PAW?

A large percentage of the public is unaware of the various services pharmacists can provide in the community. In order to help push our profession forward, students and pharmacists across the nation take this week to let the public know what services pharmacists can provide.

How can you help?

There are lots of ways to promote this cause! Take this week to push the message across that pharmacists are more than just dispensing machines, educate the public on how we play a big role in proactive health care. Also, don't forget to volunteer in the various APSA events during the week! The more students we get on board, the greater the impact we can have.

For more information on opportunities or about the week, please contact Joey Ton at jton@ualberta.ca

Pharmacy Awareness Week

March 5

**9am to 10am at CEB:
Hot Chocolate Handout**

**12pm to 1pm at DP2022:
Speaker Series: CAPSI Symposium
"Pharmacy Practice Coast to Coast"
Speaker: CPhA President,
Jody Shkrobot**

March 6

**10am to 4pm at DP Foyer:
London Drugs Osteoporosis Clinic**

March 7

**5pm to 6pm at ECHA L1-190:
Speaker Series: "What it Means to
be a Pharmacist and Practice
Beyond the White Coat."
Speaker: Past ASHP President,
Diane Ginsberg**

March 8

**10am to 3pm at Mazankowski:
Student run Blood Pressure Clinic**

March 9

**3pm till finished at DP2022
Pharmafacts Bowl**

**So many events! Come out and
get involved!**

**For more info contact: Joey Ton
780-242-2253 or jton@ualberta.ca**

APSA Update

VP Student Services Update

Hey Pharmacy Students!

I hope you had a fantastic reading week! Chances are you read absolutely nothing except mindless drivel (like myself). On that note, I highly recommend teen fiction especially if it includes werewolves or dystopian societies! If it can entice teenagers, you know it's good. But back to business: APSA's large council size is a frequent conversational item so with elections coming up, I thought I'd clarify a bit why we have so many positions and how on earth it all relates back to you since you elected these hooligans not so very long ago.

The short story: APSA offers a LOT of services for its students. Here's a sampling of things organized or managed by your APSA councillors and officers. This list is by no means comprehensive.

- Organizing Orientation
- Concession (cheapest prices on campus)
- APSA Library & book rentals
- Bulk orders (get you the cheapest book prices)
- Stalker books
- Community Ed volunteering
- APSA lounge (TV, foosball, couches, Xbox, nintendo)
- PQ and APSA newsletter
- Yearbook
- TGIFs and social events
- Mr. Pharmacy
- White Coat
- Blue and Gold
- Independent Night
- Awards Selection
- Lunch and Learns
- Trips to PDW, CSHP Banff Seminar, IPSF conference
- 3rd year Industry Trip
- Faculty Meet & Greet
- Latest student and Pharmacist Job Postings across AB and Canada
- Communicating with government about Pharmacy issues (NO SMALL TASK!)
- Intramural teams
- Locker rentals
- APSA membership card with all the sweet deals!
- Used book sale
- myapsa.ca

Each one of these is no small feat and needs TLC from start-up to fruition. If you've got some great ideas of how to help us make any of these services and your Pharmacy student experience better, our door is always open!* Better yet, think about running for an APSA position in the upcoming elections! As Ghandi said, "Be the change you want to see in the world." Have a fantastic March, mes amis!

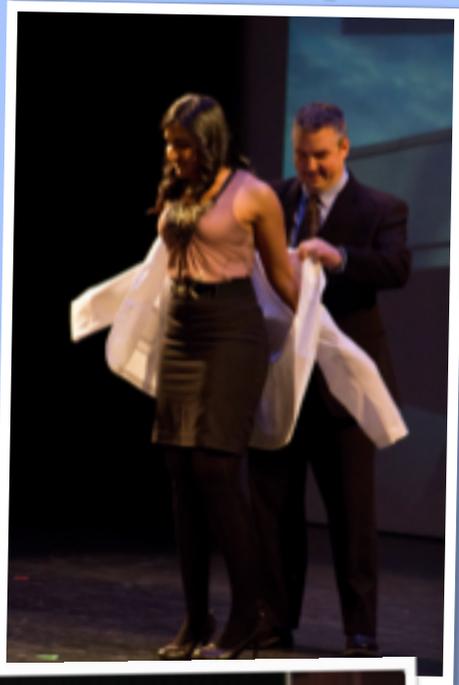
Mike Newman

VP Student Services

*Some conditions apply. Please see myapsa.ca or "the door" for listed dates and times in which "the door" is open. This disclaimer does not apply to the door in the figurative sense of the word.



White Coat Ceremony



White Coat Ceremony



Sometimes Bad Things Happen To Good Pharmacists

Margaret Wing, Chief Executive Officer, BSc Pharm, MBA
Alberta Pharmacists' Association (RxA)

It's happened to every practicing pharmacist out there. It's our worst fear; we rarely talk about it; and yet we have all been there.... when mistakes happen.

Even good pharmacists can make mistakes and when it happens, it is the worst feeling in the world. Instantly you feel sick to your stomach, you start to sweat; your brain goes into high gear trying to fix the situation. Your overwhelming concern is for the patient involved, but unfortunately sometimes it is too late to undo your actions.

Some errors do get caught in time. The mistake is corrected and it allows us the opportunity to increase the rigor of our processes to prevent any future mistakes. But sadly sometimes mistakes don't get caught in time and more and more often claims arise when a pharmacist fails to fulfill their professional duties.

Once you become a licensed pharmacist, I can assure you that you have enough to worry about when a mistake happens, you really don't want to worry about having the proper insurance coverage should the mistake result in a claim. That is where the Canadian Pharmacist Benefits Association (CPBA) comes in. Offered through RxA, CPBA's Professional Liability Insurance policy has been specifically developed to meet the particular needs of pharmacists.

"Why Do I Need Professional Liability Insurance?" The most obvious answer is because the regulations say you do. But the primary reason – and the reason for the regulations in the first place – is to ensure that you have the financial resources to correct a situation should you cause harm to a member of the public as the result of your services.

What to look for in Liability Insurance?

As our role as pharmacists continues to evolve, moving further into the complexities of patient care, our accountability continues to grow. RxA encourages all pharmacists and soon-to-be pharmacists to understand your insurance requirements to ensure you have the coverage you need, when you need it. A few considerations are listed in the table on the next page.

Review CPBA's Professional Liability Insurance policy, made available through RxA, at www.rxa.ca and get the comprehensive malpractice insurance that gives you the coverage you require in your future work environments.

(continued on next page)

NEW

CPBA is happy to introduce its new
Professional Liability Insurance for Students.

Designed to match the regular CPBA professional liability coverage, student coverage provides students with their own dedicated limits, certificate, and protection while working as a student intern, on a summer job, part-time, or in any other capacity as a student pharmacist in Canada.

Coverage is available to students who meet these requirements:

- Enrolled in a Canadian accredited pharmacists program at a recognized post-secondary institution in Canada
- Working within the provincial scope of duties for pharmacists in the province where they are employed
- Members of their provincial association (RxA)
- Employed as a student pharmacist by a licensed pharmacy

Coverage is provided for \$2/4 million (per occurrence and in the aggregate) on an annual basis, running July 1 - June 30. The insurance rate is \$75.

For more details, call Jody at RxA:
(780) 990 - 0326 ext. 22

Sometimes Bad Things Happen To Good Pharmacists (Cont'd)

What Should I Look For in Coverage?	CPBA Policy – brought to you by RxA
<ul style="list-style-type: none"> • “Duty to Defend”– Duty to Defend means the Insurer will step in and assist with the defense. In practical terms, it gives you access to their expertise (unlike you, they have done this before) and their money early in the process. The other option is “Duty to Indemnify”, meaning the insurer will reimburse you after you pay the bills. 	<ul style="list-style-type: none"> ✓ Duty to Defend
<ul style="list-style-type: none"> • Scope of coverage and services delivered: you want the coverage to match your provincial scope of duty and covered services. 	<ul style="list-style-type: none"> ✓ Scope of coverage “while acting within the scope of the Insured’s duties as a pharmacist, including but not limited to opinions and/or counseling”
<ul style="list-style-type: none"> • Territory – usually defined by the jurisdiction in which the action must be presented for the policy to respond. The territory should match the territory you act within. 	<ul style="list-style-type: none"> ✓ Standard Territory is for claims first brought against the Insured within Canada. If the US option is purchased, the territory is expanded to include claims first brought against the Insured within the United States.
<ul style="list-style-type: none"> • Claims-made versus Occurrence – does the policy cover claims arising from services performed during the policy term (Occurrence) or claims first made during the policy term (Claims-Made)? 	<ul style="list-style-type: none"> ✓ Claims-made
<ul style="list-style-type: none"> • Extended Reporting Periods (ERP) – for a Claims-Made policy, you want an ERP as long as you can get and afford. The “right” ERP for you really is driven by the Limitations Act (R.S.A. 2000, c. L-12). 	<ul style="list-style-type: none"> ✓ Claims-made ERP – for retirees, ERP is continuous as long as RxA maintains their policy; should RxA cancel or discontinue their policy, ERP is for a further 3 years
<ul style="list-style-type: none"> • Limits – the largest single claim the policy will pay and defend is the “per Occurrence” or “per Claim” limit. Many policies also limit the total amount that the policy will pay in any policy period: this is the “Aggregate” Limit. 	<ul style="list-style-type: none"> ✓ Limits as selected by you, subject to ACP minimum of \$2 million. ✓ Deductible is zero
<ul style="list-style-type: none"> • Shared Limits or Individual Limits – some group policies use shared limits, meaning the Limit is shared among all losses from all Insureds. Ideally, you want individual limits so that the aggregate applies to you alone. 	<ul style="list-style-type: none"> ✓ Individual Limits, not Shared Limits

102nd Annual Blue & Gold Ball

Date: Saturday, March 10

Location: Hall D Shaw Conference Centre

Time: Punch competition – 5:00pm

Dinner – 6:30pm

Presentation and Dance to follow

\$60 for APSA members

\$70 for non-APSA members and guests

Tickets will be sold in the APSA Office.

Payable by cash or cheque.

Card-Making Tutorial

I love love love <3 making cards.

I love the anticipation of thinking about different layouts and color schemes for my next card, the excitement of playing with all my crafty tools and materials, the satisfaction when I get it to look just right, and most of all, the gratification of watching someone's face light up when they get a card that I made especially for them.

Admittedly, the first ones I made for my parents for Mother's Day/ Father's Day, Christmas, etc. were not so nice looking. But with more practice, and a crapload of money to buy supplies, I've managed to get a bit better. And now, I probably spend too much time making cards and not enough time studying. =P Oh well. At least they'll make other people happy.

Over the years, a lot of people have asked me how I make my cards. And I never really know what to say. Should I give them a general "With love!" comment? Or should I delve into specifics about exactly what types of inks, stamps, embossing powders, and techniques I use? Unfortunately, a lot of card-making (at least, the type that I do) requires special supplies, and it can be extremely EXPENSIVE. So I can understand that an average not-into-card-making person wouldn't want to spend all that money investing into supplies, just to make one card for that special someone. So I gave myself the challenge of creating a card that uses minimal crafting supplies, yet still looks nice (unlike the boring ones I made back when I was younger).



Supplies:

- Card and envelope (If you don't have cardstock lying around at home, SUBPrint has a bunch of different colors for 10 cents, I think. As for envelopes, you can pick up a pack of cards from Dollarama, and no matter how bad looking they are, surprise! They come with envelopes. Just make sure you cut down your card to fit the envelope BEFORE you start putting stuff on it.)
- Brightly colored paper, cut into circles about 2 inches in diameter (It doesn't have to be patterned paper, as you won't see the pattern anyways once we're done. Mine just happened to be patterned.)
- Strip of green paper, about an inch wide (Again, it doesn't have to be patterned paper, but if it is, make sure it's a nice pattern because this one WILL show.)
- Scissors
- Tweezers (If those look familiar, that's because they're from the dissection kit I bought for Biology 108 labs. =P)
- Glue (Preferably one that dries matte and clear. I use the Claudine Hellmuth Studio Multi-Medium in matte finish, and I love it, but it's also \$3 for the tiny bottle. ___-)
- Black pen (Preferably fine tipped and permanent. Sharpie pens work very well if you have them.)
- Clear adhesive dots (optional - this box was around \$4, but a different brand can likely be found at Dollarama for cheap)
- Butterfly punch (optional - Martha Stewart punches are usually quite expensive... I think they're usually retailed at \$12... But I got this one on sale. =P)
- Pearls (optional - can be found at Dollarama)
- Corner rounder (optional - I think I got this one at Walmart for under \$5. Best investment I've ever made! I literally use this thing everywhere.)



Card-Making Tutorial

Instructions:

1. Write, type, or stamp a sentiment near the top right corner of your card. I chose a "Thank you" stamp because I'm giving it to my preceptor after I finish my hospital rotation. Hope she likes it!
2. Cut the circle into a spiral, about 0.5 cm thick. It doesn't have to be perfect! Leave about a thumb-nail sized circle in the middle.
3. Starting from the outside tail, use the tweezers to tightly roll up the spiral.
4. Keep rolling until you reach the circle, which will be the base of the flower. Pull the roll off the tweezers. It should maintain its shape even if you let go.
5. Loosen slightly into desired shape. Apply glue onto the base, then press the flower down.
6. Repeat steps 2-5 for all flowers. Set aside to dry.
7. Fold the strip of green paper in half, and cut out leaves of different sizes and shapes. (If your green paper is patterned, fold the paper so the pattern faces inwards.)
8. By folding the strip of paper in half, you can be sure to get symmetrical leaves every time, no matter what shape or size they are.
9. Arrange the flowers and leaves on the card, then draw in the stems with a black pen.
10. Glue down the flowers and the leaves. For the leaves, put the glue along the crease only. This helps add some dimension to the leaves.
11. Optional: To add more dimension to your leaves, place a clear adhesive dot on the bottoms of both sides of the leaf and press down.
12. Finished card! Looks lovely. :) But wait...



13. Optional: That space was bugging me, and I wanted to add a bit more to the card, so I used my butterfly punch to punch out a butterfly from the same paper that I used for the blue flower, added some pearls to it, and glued the butterfly down the same way I glued the leaves down (using the glue on the middle of the butterfly, then putting clear adhesive dots behind both wings). Alternately, to fill up that additional space in the left corner, I could have placed my pink flower slightly higher up, or stamped my "Thank you" sentiment more towards the middle. I also rounded one of the corners because I love rounded corners.

And voila! There's your completed card. :)

This is the first card-making tutorial I've ever done, so if I didn't explain something well enough and you still have questions, or if you have any comments, feel free to email me at shuwen@ualberta.ca. :)

Until next time!

Shu-Wen Tham

Class of 2014

Get To Know A Professor - Dr. Scot Simpson

What is your background?

I grew up in Regina, so I did grade school and high school there. I did my pharmacy degree at the University of Saskatchewan. At the time, the community rotation was only three weeks so not nearly as hands on as nowadays. I did a residency at the Regina Regional Hospital. Then took a year off travelled to several countries: Australia, New Zealand, Fiji, and Hawaii. Then came back to a job in Yorkton and was a hospital pharmacist for three years. After that I did a PharmD at U of T. Almost immediately after I came to Edmonton and did a post doc with Dr. Ross Tsuyuki. I found I really liked research. So I ended up doing a Masters Degree. It was sort of a three years combined post doc and masters.

Where did you enjoy travelling most?

I liked Australia and New Zealand for different reasons. We bought a van in Australia and took about 2 months to travel the eastern side, and outback including Ayers Rock. My favourite place was Coober Pedy. People build their houses into ground. A lot of it is old abandoned opal mines, and people use these old mines to build their houses. I was travelling with two friends. We picked grapes, did construction, and travelled. One was a classmate from Saskatchewan. We even tried to work in pharmacies while there, but it didn't work out.

What's your research background?

When I finished my post doc and masters, I immediately became a research assistant for Dr. Jeff Johnson and his research group ACHORD – Alliance for Canadian Health Outcomes in Diabetes. I started doing database research with him and got a lot of 'hands-on' training. In the process I started building my skills, and I went from being the grunt (person who does all the running around and background work) to the PI (person who generates the idea, tries to get funding and runs the study). After four years with the ACHORD group I joined the Faculty. My training has been a bit didactic and a lot of learning as you go. The two main areas I focus on in research are what I teach in Pharmacy 392. Diabetes medication and health outcomes is the focus of pharmacoepidemiology. I'm looking at metformin and sulfonylureas. One of my interests is looking at adherence. I found that adherence to sulfonylureas possibly kills you. So I've been looking at the adherence to sulfonylurea and risk of death question for some time now. In terms of the practice side of research; my main interest is measuring the effect when we put pharmacists into primary care networks. My most recent study measured if they have a positive effect on blood pressure control. What everybody recognizes about primary care, is that physicians can be very good at diagnosing and developing a game plan for managing patients. Once they've spent their time working with a patient to identify conditions and set goals, then the rest of the health

care team works on a strategy to get the patient to their target outcomes. For example, a pharmacist with prescribing authority could monitor and adjust medications to reach blood pressure, cholesterol, blood glucose targets, etc. If rapport is established amongst the health care team, an algorithm can be followed, and drugs modified, ultimately those allied health professionals could really work well together for optimal patient care.

What is your teaching philosophy?

There's a Latin term from my high school "Ad Vitam Paramus" that basically translates to 'we are preparing for life.' That is my guiding philosophy. My goal is to prepare students to be able to use evidence in whatever practice setting they find themselves in. So with pharmacoepidemiology you're getting tools to critically appraise articles. Not just memorizing formulas and definitions, but how do you use the literature to come to an answer. Sort of like giving the tools to expand your practice and answer questions that the patient gives you.

Any interesting tid bits you could share?

My Mom and Dad are standardized patients in the practice lab. So it's a bit of a family affair. Although I did not recruit them. My mom happened to be golfing with Nancy Ray, a retired faculty member. And Nancy invited her to come be a standardized patient.

For the first and second year students... if you feel like life is stressful enough, in third year you're going to get diabetes (...for a week), right around the busiest time of the year.

If you were a drug what drug would you be?

The only thing that's popping into my mind is a beta blocker. Slow things down enjoy life, that sort of thing.



Get To Know A Student - Michael John Johnson, Class of 2013

Where are you from?

Nelson, It is a pretty relaxed town in southern BC on the slopes of Kootenay Lake. Naturally you're either skiing or swimming while growing up in that town, and you have to walk uphill to get anywhere so it really works your glutes! If anyone has to give me an intramuscular injection give it to me in the glutes. Also, there's a lot of hippies there. Real hippies, not like these fake MEC-wearing hippies. These cats have moccasins and live in the bush and have beads in their beards.

What did you do before pharmacy?

I did an undergrad in genetics at the University of Lethbridge. Generally took it easy, drank a LOT, drank some more and worked a lot too, doing odd jobs like construction and dealing blackjack. I did not put first things first.

What made you join pharmacy?

I didn't get into dentistry, likely because of what I did during undergrad. I did not begin with the end in mind, but it turns out I was climbing the right wall.

Tell me something interesting about yourself?

I actually have a cooking fetish. Not in a gross way, but a creative way. I love eating odd and worldly cheeses, making jerky in my oven and finding new and creative ways to stretch that ever thinning student budget into a fantastic and delicious meal. Try this one next time you are camping...

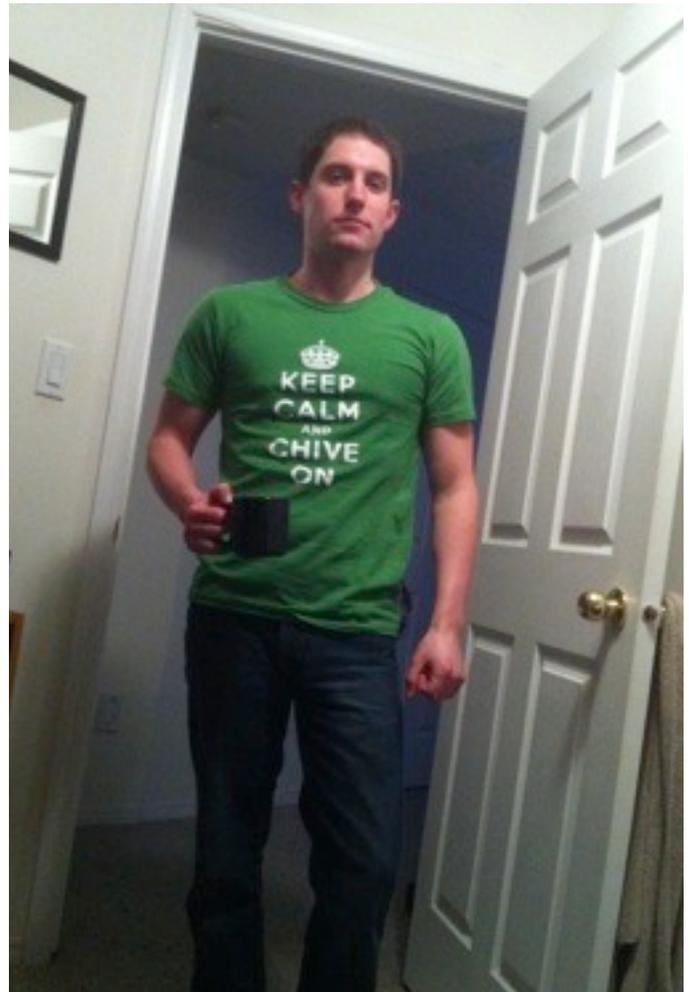
Open a can of peaches, pour out $\frac{1}{2}$ of the syrup and mix it with pancake batter into a thick biscuit consistency and add just a dash of cinnamon. Then spoon it back on top of the peaches in the can, cover with tinfoil and toss in the coals of the fire...20 minutes later you are the envy of everyone in the forest.

Whats your favourite thing about the faculty?

The girl to guy ratio.

If you were a drug what would you be?

A gummy multivitamin, everybody needs a multivitamin. The gummy part just lets you have candy in the morning...think WIN-WIN.



What advice do you have for first years?

Keep calm and chive on.

So how do you feel about pharmcest?

I plead the fifth amendment.

*Know someone who is awesome and deserves recognition?
Nominate a classmate or a professor for our next Get To Know feature.*

E-mail us at PQ@myapsa.ca!

Viewpoints

Ask Why, Not Just What

Why are we doing what we're doing? Why do we want to become a certain something? Why are we working so hard? Why?

In all things you do, all your goals, all your initiatives and plans: Don't just ask what. Ask why.

The thing is, just about anyone can ask "what". It's usually not that hard to identify a problem and figure out what to do to solve it. There's a patient that needs therapy, what kind of therapy do they need? I have a lot on my plate, what do I have to do today? I have an exam coming up, what do I have to study? I'm falling behind in my courses, what do I have to do to bring up my grades?

Asking "what" is the natural question. But don't just ask "what", ask "why". Why are

we doing what we're doing? Why are we saying what we're saying? What is the *philosophy* behind what we're doing?

If we ask why, we'll have the drive to do the what because we'll understand the *significance* of what we're doing and we'll also have the persistence to keep doing the good things we're doing.

“In all things you do, all your goals,
all your initiatives and plans:
Don't just ask what. Ask why.”

Answering "why" also allows us to be able to more easily cut away from our lives the things that don't have significance. We don't have to keep doing the "whats", that have no real reason why. And we can focus our energy on accomplishing the "what" that does have a real reason "why".

It's a harder question to answer because asking "why" means we have to dig deeper - going beyond the "what" and even the "how".

So as Pharmacists, why are we trying to be more patient centred? As students, why are we studying so hard? Why are we so concerned about knowing the material for the exam? Why do people work so hard to make money? Why do we act the way we do around people? Why have we chosen the goals we've chosen?

If we always keep in mind why we're doing the good things we're doing, our lives will be more fulfilling, our goals more focused, our actions more deliberate, and our professional decisions more motivated.

Here's to your success!

Cheers,
Ken Soong

PAW-sitive Thinking

Every so often I forget why I wanted to become a pharmacist.

It's not that I no longer want to be a pharmacist. Not at all! Pharmacy will always be a goal and a priority in my life. I simply neglect to think about the long-term motivations behind my personal career choice. I get caught up in the academics, distracted by the social events, and generally find myself preoccupied by the lifestyle of a student.

However, there is always something or someone that brings my focus back to

pharmacy. It may be a great lecture by a truly inspiring pharmacist. It may be a conversation with my peers about our futures. Right now, it's the impending Pharmacy Awareness Week and all the events that are happening in the days to come. More specifically, it is all the things that pharmacy students are doing to promote pharmacy to other University of Alberta students, to raise awareness of the expanding role of the pharmacist, and to ultimately make PAW a success.

It has become increasingly apparent to me that students are a huge part of the pharmacy community. Although we currently have a different lifestyle and arguably different priorities than practicing

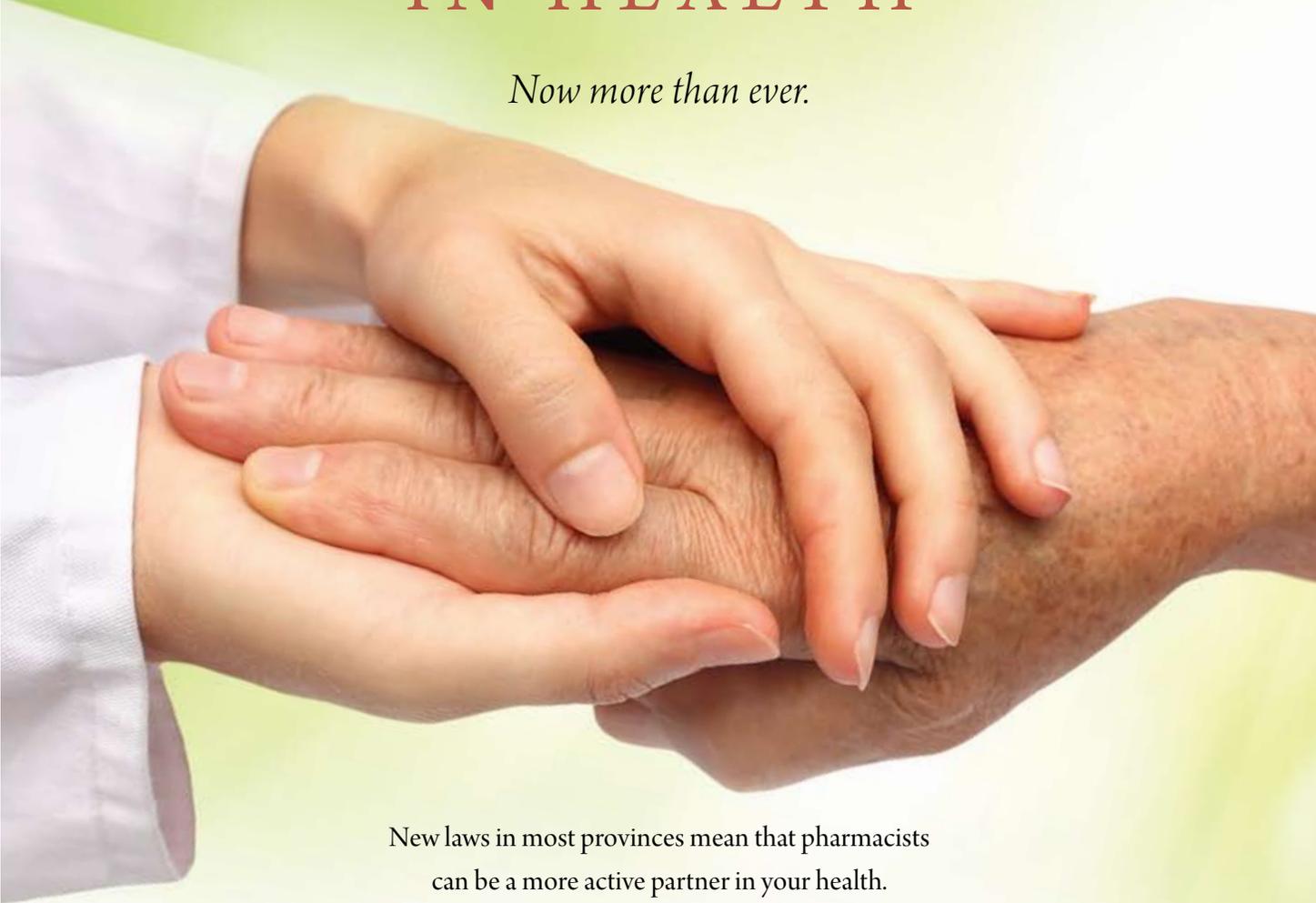
pharmacists, we are only a few years away from becoming licensed pharmacists ourselves. Our position is such that we can reflect on the knowledge, skills, and values that we are currently gaining in our education, and determine how to best use them to impact the future of the profession.

I believe that if students continue to take such a great interest in pharmacy, as exemplified in our participation in PAW, we can create a future may be a little bit closer to ideal.

Tara Leong
Class of 2014

YOUR PHARMACIST YOUR PARTNER IN HEALTH

Now more than ever.



New laws in most provinces mean that pharmacists
can be a more active partner in your health.

Talk to your pharmacist to find out more.



PHARMACIST
AWARENESS WEEK

MARCH 4-10, 2012

Brought to you by

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CANADIAN
PHARMACISTS
ASSOCIATION

ASSOCIATION DES
PHARMACIENS
DU CANADA



SU Update

Welcome back to school!

I hope you all enjoyed your much deserved Reading Week. As we come back to classes, the inevitable question arises: is there life after Reading Week? The answer is: why yes, there is! In fact, the best thing to come up after Reading Week is not the ill-scheduled exams but the Students' Union elections! Yay!

MARCH 7 and 8 will herald the executive elections for the positions of President and the Vice-Presidents External, Academic, Student Life, and Operations and Finances as well the Board of Governor Representative. In addition to deciding the fate of the 18 candidates running for these 6 positions, you can decide the fate of two very important referenda questions.

One question will be related to a Spring/ Summer U-Pass that if passed will be implemented in Spring 2013. This U-Pass will function similarly to the current Fall/ Winter U-Pass that will be mandatory for all Spring/Summer students enrolled in at least one course. This U-Pass is NOT mandatory, however, if you are taking a course (such as your rotations) off campus.

The second question is regarding your support of a dedicated fee of \$9 a term towards the renovation of the Students' Union Building. As previously mentioned, the SU has gone through extensive consultation processes to look into the future of SUB and ways to renovate the building. The current plans will bring in more light into the lower level and more students spaces in general. If anyone is curious to know more details, I'll gladly talk away.

For information regarding candidates and the referenda, go to www.su.ualberta.ca.

I know you're thinking: what about our SU Councillor and General Faculties Council Pharmacy reps? Never fret, the SU Council and GFC nomination forms are also out and the subsequent election will be MARCH 22 and 23.

Remember that all voting will happen online on the SU website!

Questions? Send them my way!

Sarah Zhao

pharmacy@su.ualberta.ca



RxA Update

Hi everyone,

Hope it was a relaxing reading week for all of you. Here is an RxA Timeline and Summary of events regarding the Health and Wellness Minister Announcement from Margaret Wing (RxA CEO).

- On Wednesday, February 1st when Dean Kehrer announced to students and faculty, RxA found out that the announcement would contain elements related to professional services, prescription renewals and drug pricing reform.
- RxA was informed that details of the announcement would not change as they were set in budget and in depth details of the announcement were not shared with RxA.

- With the budget announcement on February 9th we were able to determine that the announcement would include, \$20Million for renewals, 5.3M annually for rural and the general dollar amount in generic drug price savings. Transition Team analytics suggested that relative to other provincial generic drug pricing and professional services funding allocation that consideration should be given to maintain a working relationship with government.

- By no means does this announcement represent the desired outcome of RxA for these negotiations which is to enable pharmacists to use their unique knowledge and skills to help Albertans and to ensure sustainable funding for community pharmacies.

- RxA has been focused on creating a professional service framework that supports a broad range of clinical services and while we believe that this announcement fell short of that, we also recognize that this is an important step forward and RxA has an essential role to play as an organization in shaping future services and programs. Although renewals were announced, there is a bigger piece on reimbursement for professional services that is part of the reinvestment of generic savings that has to be worked out in future Transition Team meetings.

- With that said, we are not discouraging concerned members of the profession from taking any trepidations they may have with regards to this announcement to their elected officials.

Sheldon Chow

RxA Student Representative

Angry Pharmacy Student

Okay, kids... CALM DOWN. You're stressing me out.

It doesn't matter how many questions are on the exam.

Whether the exam is 2 questions or 200 questions, you're still going to study WAY too hard.

It doesn't matter if its all MC or all long answer.

You're still going to be writing out notes on a Friday night at your desk.

It's not the end of the world if someone takes your seat. So stop sulking.

You can complain, you can always wonder if the grass is greener on the other side but remember, in the end, grass is grass. Maybe you should just appreciate where you are now.

If this continues, I just might drop out and get away from all of you. I'll find something else to do. Take it up to the hardcore level and join the hip hop scene in Los Angeles.

Now I just need a rapper name. Lil Druggist? Notorious RPh?
I'm open to suggestions.

Until next time,
- APS

Are you looking to get more involved?

APSA General Elections are on March 22nd and 23rd!

Now is your chance to make a difference!

Look for the nomination package in your
e-mail inbox starting Wednesday, February 29th!

Questions? Contact:

Sarah Zhao
APSA Chief Returning Officer 2012
zhuyin@ualberta.ca

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.

Since this is the first edition and we are just coming back from reading week where I have tried to get as far away from Edmonton as possible, I have no choice but to interview myself about the weird and wackiness of ice climbing.

Patrick: What is ice climbing?

Patrick: Ice climbing is where you climb up a brittle, frozen waterfall with ice tools (ice picks) and crampons (metal spikes on your feet). Ice climbs can vary in length from a single pitch (or half a rope length which is approximately 30 m) to multiple pitch climbs, which can consume an entire day or days. Usually you climb as pair; the first person that climbs is called the leader.

Patrick: What do you mean by leader?

Patrick: The leader wears a harness tied to one end of a rope. The leader's partner provides the belay. The partner gives out rope as needed but is ready to hold the rope tightly if the leader falls. The lead climber ascends the route, periodically placing ice screws into the ice and attaching the rope to them to which will (hopefully) protect the leader from a fall to the bottom of the climb. The scary part about leading is that at any point, the leader can fall at least twice as far as the distance to the most recently placed ice screw.

Patrick: That sounds scary and dangerous. Are you scared when you do it?

Patrick: Yes.

Patrick: But if it is so scary, why do you do it?

Patrick: The main reason why I climb is that I see it as an escape from school and other stresses associated with everyday life in Edmonton. When I am climbing, I am thinking of nothing else except of getting to the top. It is terrifying, but is overcoming this fear is what makes completing a climb quite rewarding.

Patrick: Do you take any pharmaceuticals to take the edge off?

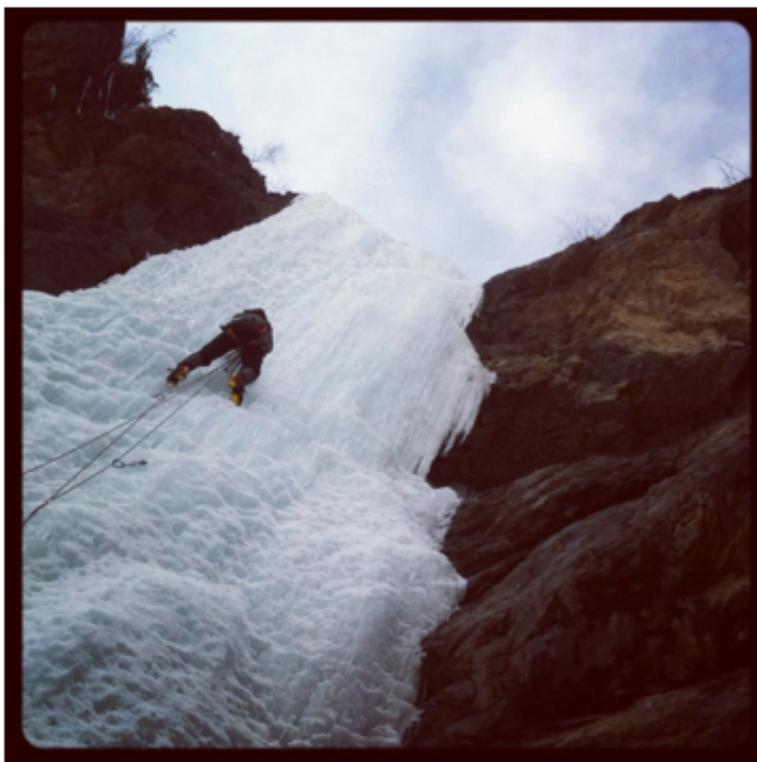
Patrick: No comment...

Patrick: Any herbals?

Patrick: Still no comment.

Patrick: Oh, I see...Do you have any cool pictures?

Patrick: Many, here is one...



Patrick: Thank you for the interview Mr. Jones.

Patrick: It was a pleasure Mr. Jones.

Next time on Weird and Wacky Things Pharmacy Students Do, we talk to a pharmacy student who says that he has turned one of the APSA microwaves into a time machine.

See you next time!

Patrick Jones

Class of 2014

Feature Recipe

Hedy's Sesame-Ginger Shrimp and Beans

(modified from Kraft foods, Healthy Living)

Prep 15 min
total 22 min
makes 4 servings
1/4 recipe (478g) each.

Nutrition Info

calories 330
fat 9g (sat 1.5 g)
chol 130 mg
sodium 280 mg
carb 40g
fibre 4 g
sugars 4 g
protein 22g
vit A 8% DV
vit C 10% DV
calcium 8% DV
iron 25% DV
(2 carbohydrates + 2.5 meat & alternatives + 1 fat)

What You Need

1/4 cup Signature Asian Sesame Dressing, divided
1/2 lb (225g) fresh green beans, cooked
2 Tbsp. minced ginger root
3 cloves garlic, minced
1 lb. (450g) uncooked, large shrimp, peeled, deveined
1 Tbsp. water
2 2/3 cups hot cooked brown rice
1 Tbsp. sesame seeds, toasted

Instructions

HEAT 2 Tbsp. dressing in large nonstick skillet on medium-high heat. Add beans, ginger and garlic; cook and stir 3 min.
STIR in shrimp, remaining dressing and water; cook 2 to 3 min. or until shrimp turn pink.
SPOON shrimp mixture over rice; top with sesame seeds



PQ CONTEST

Congratulations to Karen Hagen
for winning our OTC Contest!

Here's her entry:

I have to say my favourite OTC product is Swiss Naturals chewable adult multivitamins. I dislike taking large pills (ironic isn't it?) so we've been searching for adult chewable multivitamins for a while now. We've tried pretty much everything we can find so far and these are by far the best. They are effervescent (remember pharmaceuticals anyone?) and have a pleasant citrus taste which manages to mask the minerals completely unlike other ones we have tried. 5 stars!

For this PQ Contest:

Send us the correct answers to this issue's crossword.

Submit your entries to PQ@myapsa.ca

PHARMACY POETRY:

Happy (belated) Valentine's day

Ramipril is red

Zopiclone is blue

Viagra turns me on

And so do you!

Generic Drug Rebates

(Money)Easy come easy go

Accessible and trusted is what we show,

Compensated services will have to do,

Patient centered care, watching out for you!

It's fun!
It's professional!
It's **Community Education!** (featuring Buggy from "Do Bugs Need Drugs?")

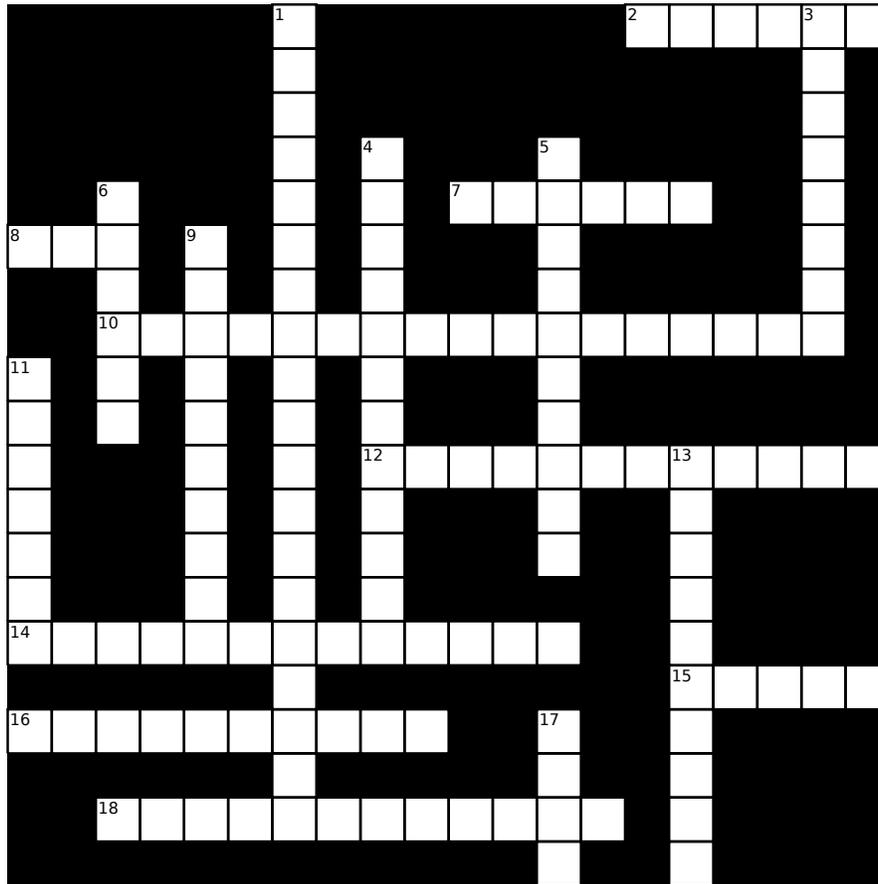
Take advantage of this great opportunity, and pick up a reference letter or gift card too!**

email **APSAspeakers@gmail.com**

**some conditions may apply

The poster features a cartoon bug character named Buggy, who is purple with a yellow belt and a green head. He is surrounded by various medical icons like pills and a syringe. The text is in a mix of red, purple, and black fonts.

crossword



Across

- 2 The second phase of the inflammatory response
- 7 Salicylic acid can be prepared from this bark
- 8 Number of cyclooxygenase isoforms
- 10 Corticosteroid toxicity can cause
- 12 Abnormal fats in the blood
- 14 This drug is used to treat seizures and 'tic douloureux'
- 15 Men over this age should be screened for dyslipidemia
- 16 This american town had a cardiovascular risk score named after it
- 18 The analgesic effect of acetic acid is only observed when there is

Down

- 1 'tic douloureux' is also referred to as
- 3 The only NSAID that is a single isomer
- 4 Treating viral infections with ASA in children may result in
- 5 NSAIDs can cause this to the gastrointestinal tract
- 6 Local anaesthetics act on this channel
- 9 ASA is contraindicated in
- 11 The most common cause of dyslipidemia in children
- 13 A non-selective COX-1/2 inhibitor
- 17 This protein is located on atherogenic lipoproteins such as LDL

horoscopes



Aricept® (March 21-April 20)

Your head is somewhat in the clouds today. You find it difficult to remember things. Try to develop a system - maybe a Remembrall!



Tacrolimus (April 21-May 21)

Now is the time to find love. Don't worry about rejection - go for it!



Gentamicin (May 22-June 21)

You need a change in your life, it doesn't have to be a big change. Stationary is on sale this time of year, go get a new pen.



Candesartan (June 22-July 23)

Rural rotations this spring may be a chance for you to meet someone new! How is your blood pressure? Might be time for a check up.



Oxyneo™ (July 24-Aug 23)

Exciting times lie ahead of you, now might be a good time to kick an addiction or vice.



Viagra® (Aug 24-Sept 23)

A recent dream may remind you of an old romance, what's the harm in just an innocent phone call...



Levitra® (Sept 24-Oct 23)

Now is a time for personal growth and maturation, good for you!



Scopolamine (Oct 24-Nov 22)

There could be an opportunity for travel and adventure, keep your eyes open for seat sales.



Strattera® (Nov 23-Dec 21)

You haven't been giving school work enough focus, try and buckle down for final exams.



Captopril (Dec 22- Jan 20)

Be careful at the punch competition at blue and gold this year, everything in moderation.



Aerius® (Jan 21-Feb 19)

Spring is fast approaching! Be sure to go outside and enjoy some fresh air.



Pioglitazone (Feb 20-Mar 20)

How's your diet? Try eating 2 servings of fish each week.



FEATURE PICTURE

Just a few of the many 2nd Year volunteers at the White Coat Ceremony.
Thanks, Class of 2015, for the personalized Thank You valentines!

Thanks to...

APSA
Anita Cumbleton
Annie Lo
Emily Yu
Hedy Fu
Jenny Carbon
Joey Ton
Ken Soong
Lauren Samycia

Margaret Wing
Matt George
Michael Johnson
Mike Newman
Patrick Jones
Sarah Zhao
Dr. Simpson
Sheldon Chow
Shu-Wen Tham

Thanks for reading! 😊

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

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

PQ@myapsa.ca



PHARMACY AWARENESS WEEK