

SEPTEMBER 2011

PQ

PHARMACY QUARTERLY



Orientation 2011: Class of 2015 photo on the front steps of Dent-Pharm.



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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.

Introducing your new editors...

This dynamic duo hails from the decidedly delightful Class of 2014. They are delirious to dive into their duty of displaying the distinguished document: the Pharmacy Quarterly. They are: the dashing, devilish, dainty yet debonair Devin Davis; and... Tara Leong. She's cute.



Message from the APSA President

Welcome Class of 2015!!

On behalf of APSA and the entire student body, I wholeheartedly welcome our new colleagues of the Class of 2015 to our profession and Faculty! All of us are excited to meet and get to know these latest inductees into the pharmacy profession, and hope that their transition into the Faculty is as smooth as possible! I have put together the following tips for the Class of 2015 that will hopefully assist them in getting comfortable in their new setting:

1. The APSA Student Lounge is the central focus of student life while you are on campus. Located on the 4th floor in room 4084, the APSA Lounge features couches, study tables, microwaves, a foosball table, and much more that will be of benefit for new students.
2. Frequently check the www.myapsa.ca website for updates on upcoming social and professional events you will not want to miss. The new website will also feature information on job

postings, mentorship, and textbook sales. myapsa.ca is your one-stop destination for all things pharmacy!

3. Stay tuned, via the website, email, and other announcements, for information on how you can get involved with APSA. We are always looking for motivated, enthusiastic individuals to join our group, and we provide numerous opportunities to do so. From vacant Council positions, to Committee work, to volunteer opportunities through SHINE or Community Education, there are tons of ways for YOU to get involved!! If you are wondering why you should join our team, just ask any of the current Councillors about how awesome it is to be a part of a team that produces fun, meaningful events for students and you will be convinced!

Tyler Watson
President
Alberta Pharmacy Students'
Association (APSA)

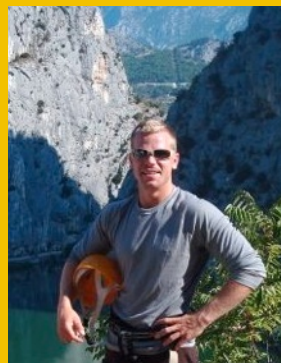
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2011 APSA council

We asked, they answered. Get to know your 2011 APSA Council!

If you could be any "pharm" animal, what would you be?



TYLER WATSON.

I'd be a donkey specializing in proctology. That way I can speak with great experience about how even being an Ass makes it difficult to know how to use suppositories!



KEN SOONG.

I would be a duck. Because I'm already a bit of a quack.

orientation



orientation



Pharmacy Current Events

An Update on the Faculty of Pharmacy Relocation and the PharmD Program



Faculty could easily be developed into a TV mini-series! I can recall in my first year (2008) being told that the PharmD Program would be unveiled during my time in the program... And although that hasn't come to fruition, there is hope that some of the final barriers to our Faculty implementing the long-awaited PharmD have been overcome!

APSA has recently been informed that the latest PharmD proposal was passed along to the Alberta Health Quality Council for review. The proposal had been with the Ministry for Advanced Education and Technology for much of the year, so the fact that it has been tracked along to AHQC at this point is reassuring news! We do not anticipate there being a long wait before AHQC provides their feedback, at which point we would be very close to the establishment of our PharmD program. Light is definitely at the end of the tunnel!

However, once the government and public review and ratify the proposal, there is still plenty of work to be done on the Faculty's end to plan the curriculum and implement the new program. Stay tuned for updates on this part of the process, especially for opportunities for students to get involved on planning committees over the next year. If you have questions about the PharmD Program or its implementation, again do not hesitate to ask!

Tyler Watson

APSA President

Faculty of Pharmacy Relocation

As most of you are probably aware, our Faculty is on the brink of a huge transition as we move into a new building. In fact, we are relocating into three new buildings: Edmonton Clinic Health Academy (ECHA), Medical Sciences Building (MSB), and the Katz Centre. Many other Health Science Faculties, such as Medicine, Nursing, and Rehab Medicine have also begun to move into this hub for medical research and teaching.

This relocation has already begun, with faculty in the Pharmacy Science Division (research and science faculty) moving into the Katz Centre in August. They will be followed by the Pharmacy Practice Division, which moves into ECHA in December of this year. Finally, in September of 2014 (yes, it is a long way down the road) our student body will move into MSB, where all of our classes, lab space, study space, and lounges will be!

The premise behind this relocation is getting different Health Science Faculties and students to mingle more frequently and create a positive inter-disciplinary environment similar to what is developing in

the health care system. It is with this in mind that I encourage all pharmacy students to embrace this change in learning environment and explore where it can take you in your development as a pharmacist.

At the same time, being immersed in a multidisciplinary facility after essentially occupying the Dent-Pharm building on our own will be a challenge as well. We will need to work hard to maintain our identity as pharmacists (in training), and preserve the traditions we so value.

Though we may not "officially" be relocating for a few years, we can still access all that ECHA has to offer us – study space, meeting room rentals, lounge space, locker rentals, and much more! If you have questions on how to make use of this space, or would like updates on the status of our relocation, just let me know!

PharmD Program

The drama that has surrounded the approval and implementation of a PharmD Pharmacy Program at our



You Learn Something New Every Day...

I'm not sure I believe in this, but my parents sure do.

I lived at home in Calgary this summer, and every day when I came home from work my parents would ask me, "What did you learn today?"

I worked in the pharmacy department at the Rockyview General Hospital. It was my first experience with hospital pharmacy and I was very lucky to have a wonderful group of pharmacists, technicians, and assistants that made sure I had a great summer. I definitely learned tons over the four months that I spent there. For example, I attended several seminars including ones on depression, smoking cessation, HIV, and Primary Care Networks. I also learned about how a hospital pharmacy functions and the different roles each person has and why they are important. I was able to shadow a number of pharmacists during their clinical rounds and every one of them made sure they taught me something new. However, whenever my parents asked me that question my answer too often was "nothing."

I'll admit that usually I was simply too lazy or too tired to think of a satisfactory answer. After a full day of work and an hour of fighting rush hour traffic, thinking

just seemed like too much effort. Obviously this mentality during the school year would probably not help my grades. Therefore, my new school-year's resolution is to find something every day that I did not know before. I am not limiting myself to scientific tidbits or interesting facts. I can also learn something about myself, my friends or about life in general.

For example, last week I learned that my roommates and I are all children at heart. I live with my older brother and my best friend, and we recently moved into a new apartment. We went grocery shopping at Superstore the other day and we had our list of things to buy: milk, juice, apples, etc. Then, while walking around the aisles looking for baking supplies, we came across the Jell-O section and immediately we all became very excited. Each of us thought (seemingly in unison): "WE SHOULD TOTALLY GET SOME JELL-O!" So we did. We promptly went home and made a batch to be devoured the next day as dessert.

Today I learned that my neighbour is a very odd yet sweet fellow. My neighbour in the apartment next door is an older man in his 70s. He lives alone and has several birds on his balcony that chirp very loudly. He also displays the Canadian and Spanish flags on his balcony, and the few times I had seen him before today he was outside adjusting these flags. This evening he came knocking on our door asking for our help moving a heavy item. He said he tried lifting it himself but he fell over and

dropped it on his chest. My empathy immediately kicked in and I hollered at my brother to come with me to help the poor man. The apartment was dimly lit and had an eerie feeling of being lived in for a very long time. Displayed proudly on his walls were several sets of antlers and a fox hide. We followed him into a room where a large metal contraption was on the floor. It was a meat cutter. Needless to say, we were sufficiently creeped out. However, he was very sweet and upon seeing my brother he grabbed his bicep and exclaimed, "Oh, look at this young man!" He needed to move the meat cutter up onto the counter so he could slice up the big slab of prosciutto he had in his kitchen. He was very grateful for our help and smiled widely as he thanked us for our time. After our good deed we bade him good night and went back to our place, charmed by the nice, creepy man next door.

My challenge to all of you for this school year: learn something new every day. It shouldn't be too difficult, considering we are all in classes every day where we should be learning things. But if you discover things about the world around you that you didn't know before, then you can fully appreciate all the wonders that life has to offer.

I wonder what I'll learn tomorrow....

Tara Leong
PQ Editor

2011

APSA council

Pharmacist, chemist, druggist, apothecarist, pill pusher, or other?



BASEL ALSAADI. Drug Dealer.



DARLENE KORN. Umm pharmacist all the way because pharmacists are all those other things (maybe not so much a pill pusher lol) and more!

If you could invent a drug, what would it do?



JOEY TON. I would invent a tablet called "Loben" and it would allow your brain to learn the USP in seconds. I would definitely be taking those tabs bid in second year!



VICTOR WONG. I would invent a drug that could make you fly. The drug would be called Flyoxytine!

Viewpoints

First year, first semester, Pharm 330 seminar...

My group sat in a circle in the pharmacy practice lab and was asked to share why we applied to the Faculty of Pharmacy and Pharmaceutical Sciences. There were number of different responses:

- "Money."
- "Because I like to work with people."
- "The paycheck."
- "Because I had the marks."
- "Money."

Another reason for joining the Pharmacy program became apparent as my class moved from first year to second and third: *Pharmacy was only a stepping stone towards Medicine or Dentistry.* With unity among pharmacists a deep-rooted concern within the profession, I look back at that seminar and wonder how are we to unite as a profession if there are people who do not really want to be here?

“Pharmacy was only a stepping stone towards Medicine or Dentistry.”

I speak from personal experience of course. I was rejected by the program after my second undergraduate year (2007) and again after third year (2008). I sometimes wonder who was awarded that spot in Dent/Pharm I wanted

so badly. Had I been successful with my first application, I would have graduated this year and would already be making money rather than borrowing more from the government. Do not get me wrong, I enjoy being a part of the Class of 2013 and know that they would have missed my loud, annoying announcements at 8am every day during our first year, but it always makes me wonder ‘what if?’ Did I get beat out by someone who did not really like pharmacy but had relatives in the field and knew it paid well? Were there any

students in those two classes that transferred to a different, preferred Faculty after one year of pharmacy, leaving me to continue to dabble in random Science courses even though all I wanted was to get in? I do realize that this is a lot of speculation on my part. In reality, however, I may have not made it into the program after two or three years of pre-professional studies regardless of other peoples’ intentions. I will never know how close I was to the top of the long list of applicants my first two tries. There are likely many other students who gave up after their first rejection or even those who after numerous applications never felt the joy of receiving an acceptance letter (for those of you who do not know, rejection letters come in a different envelope).

In the grand scheme of things, as pharmacy moves forward and we push the boundaries of practice in all settings of healthcare, a strong, unified voice is needed. Without a sense of community or trust among members of the profession it will prove to be very difficult, if not impossible, to fulfill goals that should be ‘ours’, not ‘mine’ or ‘yours’. Everything from payment for cognitive services to advancing our practice portfolio relies on our ability to sway the populace and the government with a united message.

This leaves us with two options in my opinion: leave the demanding job of carrying the profession forward on the shoulders of a few dedicated and motivated persons or we start becoming more selective in who we accept into the program and have them sign a contract stating they must spend the rest of their lives as patient-caring, forward thinking, pill consultants.

Neither option sounds very practical....

Anita Cumbleton
Publications Director

Share your thoughts on the above viewpoint!

Email PQ@myapsa.ca and selected pieces will be published in our next edition!



Canadian Breast Cancer Foundation
CIBC  Run for the Cure[†]

Motor and Pestle: \$100, Pharmacy Textbooks: \$1200
Two guys with ties on their heads pointing at you to join the run for the cure: Worthless

But joining the run for the cure... Priceless

For more info please visit the website or send us an email!

When: October 2, 2011 | Where: Sir Winston Churchill Square | <http://www.runforthe cure.com>

important dates

Additional information may be found on the APSA website

www.myapsa.ca

september

21 Wednesday
CHSP Membership Drive
12:00 - 1:00 p.m.

22 Thursday
Value Invest Business Club
Information Meeting
7:00 p.m.

23 Friday
TGIF at The Rack

29 Thursday
Value Drug Mart Career
Lunch

october

2 Sunday
CIBC Run for the Cure
7:00 - 10:00 a.m.

15 Saturday
Campus Cup at Hudson's on
Campus

november

23 Wednesday
Mr. Pharmacy

Welcome Back and Updates from RxA

Welcome back fellow classmates!

I hope you have enjoyed your summer and are ready to dive back into the world of pharmacy. To start, here is an update from RxA that informs you of what will be happening in the fall.

Results from the 2011/2012 Board of Directors elections have been posted. Neil Cameron and Matthew Rushfeldt have been elected to the RxA Board for a three-year term starting in October.

Registration is now open for the RxA Fall PD Event, 'Trusted Partners in Health.' It will be held in Calgary on Saturday, October 1. It opens with the RxA Annual General Meeting where the new board members will be introduced. To find out more about this year's program go to www.rxa.ca and click on Continuing Education & Events. In order to register for the event, you must be an RxA member.

In government relations, RxA has joined with ACP and other representatives from the pharmacy community to meet with the PC leadership candidates in order to inform their health policy platforms. The importance of ensuring that pharmacists remain part of the health care team in a sustainable way has been stressed. In

addition, the need for pharmacist professional services was further addressed. To find out more visit, www.rxa.ca, login and access the capsule under Publications.

For the incoming class of 2015 and pharmacy students who are not currently RxA members, sign-up by faxing your complimentary membership form to 780-990-1236 or e-mail your complete information (details under the student membership link) to rxa@rx.ca

Sheldon Chow
(RxA Student Representative - incoming)

Stephanie Moore
(RxA Student Representative - outgoing)

2011

APSA council

The end of the world is nigh. Zombies have taken over the world and Dent-Pharm is teeming with the undead.

You have: a mortar and pestle, Flintstones vitamins, and empathy. How will you save your fellow students?



SHELDON CHOW. To save my fellow students, I would empathize with the zombies by playing dead on the floor. As they slowly surround my body, I will surprise them by devouring the Flintstone vitamins to gain Fred-like caveman powers, which will allow me to use my mortar as a helmet and pestle as a drumstick to bonk the zombies in the head.



JEREME PARENTEAU. Saving OTHER students?! I would use my empathy to trick everyone into making a human wall while I run away from the zombies. Also making a pestle gun, like a potato gun would be my first priority, zombies have nothing on me.

If I was stranded on an island, the one fruit I would want most of all on a constant basis would be watermelon.

I love watermelon. The taste, the smell, the process of selecting a good watermelon, it's all such a wonderful thing - and it's good for you!

I'm always giddy when watermelon season rolls around. They go on sale for about \$4 per watermelon. I buy three in one stop and finish them in a week or two. When I go to the supermarket, it is always a funny sight watching me select a good watermelon. I take my time selecting with a deliberate "scientific" process. I always wonder how people can just grab any old watermelon and be satisfied. Perhaps I'm a watermelon snob.

The process of selection begins visually for me. Eyeballing to judge based on size. I then go from watermelon to watermelon giving it a quick hard knock with my knuckles. If it responds feeling solid and like a piece of wood and if the echo within sounds high pitched and very solid instead of low and muffled, I know that there is a good chance this watermelon has a good amount of liquid in it. I will then take my short list of watermelons and bring them up to my ear. Holding my ear to them I give them another hard knock and listen to the sound that comes from within. If the sound that echos to my ears is low and muffled I know that this watermelon is not good. It has low water content and it is almost too ripe. If the sound that echos back is hard, very pronounced and almost high pitched then I know that this watermelon has good water content.

The next step in selection is to roll the watermelon in my hands. I do this physical check to ensure that there's no dents, breaks in the skin, or other nasty things that have happened to the exterior. I also like to look to make sure that the watermelon has a yellow spot. If it has a



yellow spot it means that it ripened on the ground. I like watermelons that ripen on the ground. They always seem to be sweeter. The final check is to take my thumbnail and do a slight press on the skin. If the skin responds with a bit of give, then I know that the husk is thin. If the skin does not respond with any give but feels very hard, then the husk is likely very thick. A thick husk for watermelon is not always good. It can distort your perception of the sound that echos back. It could be the husk itself that is causing the sound to be very high pitched and pronounced. I try to steer away from watermelons with a hard husk. If all of these things look good for the watermelon, I put it into my shopping cart, take it home and slice it up for some yummy in the tummy. ;)

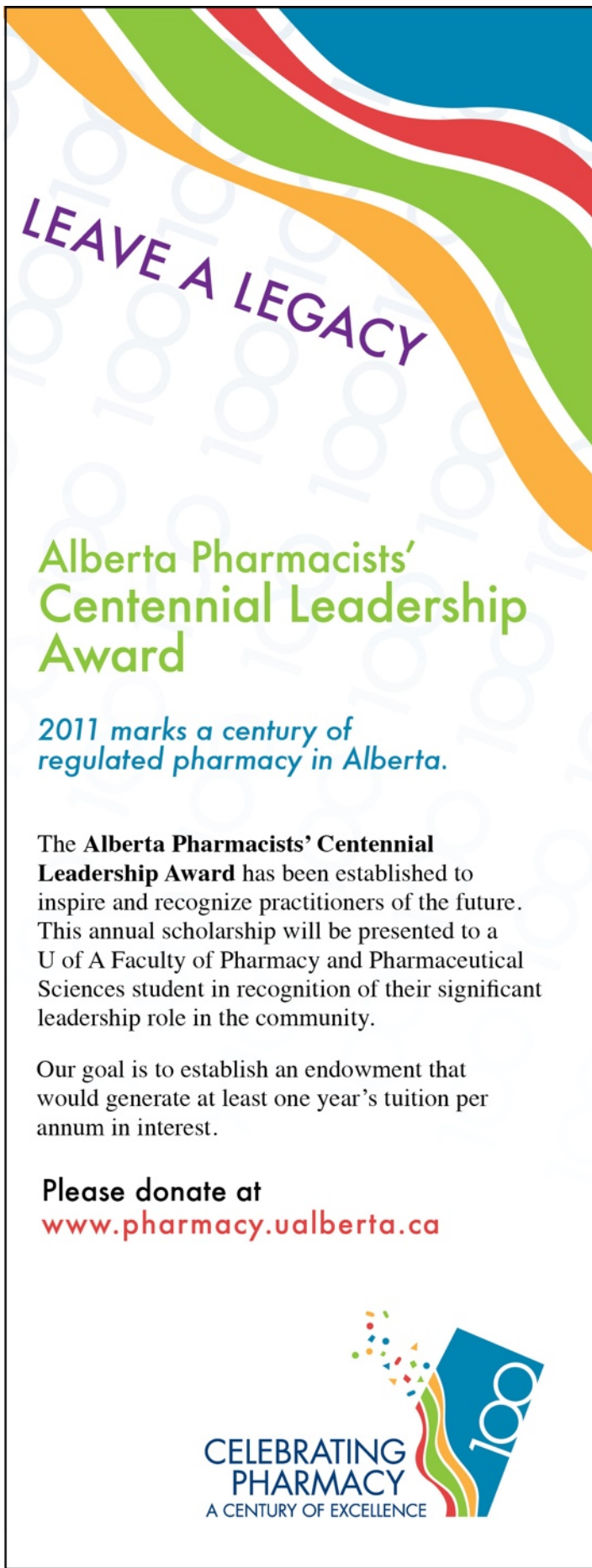
Give this method a try! I know that watermelon season won't be for another year until next summer, but the next time you're in a supermarket and you're looking to buy a watermelon, remember these scientific tips. They have never failed me and they have been perfected from years of slicing and dicing watermelons. The only thing this method is not able to fully test is sweetness. I am working on that and when I find out how to decipher sweetness by judging the skin and the sound of a watermelon, I will let you know.

Here's to a very wonderful year together in Pharmacy!

Cheers :)

Ken Soong

President-Elect



LEAVE A LEGACY


Alberta Pharmacists' Centennial Leadership Award

2011 marks a century of regulated pharmacy in Alberta.

The **Alberta Pharmacists' Centennial Leadership Award** has been established to inspire and recognize practitioners of the future. This annual scholarship will be presented to a U of A Faculty of Pharmacy and Pharmaceutical Sciences student in recognition of their significant leadership role in the community.

Our goal is to establish an endowment that would generate at least one year's tuition per annum in interest.

Please donate at www.pharmacy.ualberta.ca



CELEBRATING PHARMACY
A CENTURY OF EXCELLENCE

2011

APSA exec

What member on APSA council would you be most likely to develop an addiction to, and why?



BRYSON LE. Ken. He's so dreamy...hands down. More like hands ON ow ow.



KATIE REID. Definitely Anita! Because she's super sweet (and I have a major sweet tooth). Over the last 2 years I've definitely developed some "Anita-seeking behaviors," especially when I need advice or help with an important task!

If you could invent a drug, what would it do?



SARAH MCGONIGAL. I would invent a drug that allowed me to cure grumpiness. It would obviously be in the form of a gummy bear.



CHERYL BORODY. Bisphosphonate burnout - It would save me from getting burnt out by the overload of school and instill a sense of calmness, happiness, and perspective on life.



EMILY YU. I would invent a drug that makes people happy all the time ... oh wait, I think they already have those...

SU Update

Hello Pharmacy Friends!

My name is Sarah and I hold the sole seat for Pharmacy on Students' Council, the ultimate authority in the Students' Union. If you have ever ridden transit using your U-Pass, used SUB facilities and services, or utilized your U of A health plan, then you have experienced the things that your SU does for you!

Council meets regularly over the summer and over the past few months, a number of things have transpired and may affect you.

A Get Out the Vote (GOTV) campaign has been started by your Students' Union VP External to raise awareness of Alberta's upcoming election and to make the voting system as effortless for students as possible. If you live on campus and are eligible to vote in this riding then expect enumerators to come knocking on your door to register you! The government that is voted in this year will

likely have an impact on your future as a pharmacist working in Alberta.

By the time you read this Week of Welcome will be over. I hope that you have all had a chance to take in the fun and games in Quad, the awesome concerts and various free events like the ever popular pancake breakfast.

The SU by-elections to fill the empty seats on the General Faculty Council, the highest ruling body on academic issues at the U of A, is at the end of September. The GFC pharmacy seat is still open so make sure you get your nomination package in by September 19!

Feel free to e-mail me at pharmacy@su.ualberta.ca. Ask me about the mentorship program! Council meets every second Tuesdays at 6 PM and all students are welcome. There is always free food!

Cheers,

Sarah Zhao
SU Pharmacy Councillor

PDW 2012

Halifax, Nova Scotia

January 11-15, 2012

- Information session to be held at beginning of October, watch ASPA e-mails for details
- Many activities, events, and speakers planned, check out www.pdw2012.com for more information
- Hotel will be the Harbourfront Marriott, beautiful ocean view
- We may do group booking for flights depending on number of students, more info to come
- If you have any questions e-mail Jereme CAPSI Jr. (jereme@ualberta) or Victor CAPSI Sr. (victor2@ualberta.ca)





Calling All Super-Heroes!

The student body of the University of Alberta Faculty of Pharmacy is now registered with Canadian Blood Services as a "Partner for Life." This is just to recognize us as an organization that contributes as a group to the cause of blood donation.

Many people don't realize the importance of blood donation, but blood is required for so many treatments from cancer treatment, which uses approximately eight units (8 donations) per week, to liver transplants, which can use up to one hundred units (100 donations). It doesn't matter what your blood type is; the need for blood is real.

If you are interested in donating blood on behalf of the Faculty of Pharmacy, please register as a Partner for Life member, and your donation can count towards our year-end goal of 40 donations. You can register online at <http://www.blood.ca/joinpartnersforlife> with reference to the Partner ID#: **PHAR011866**.

If you have questions about blood donation and its process or you would like to register via hard copy, please feel free to contact Emily Yu at ewyu@ualberta.ca. Thank you for making a difference.

Do you want to SHINE?



The SHINE Youth Clinic is a completely student run clinic that offers free health services to underserved inner city youths of Edmonton. SHINE is among 1 of 4 student run clinics in Canada and has been in operation since 2004. It is an interdisciplinary clinic that involves 9 different health faculties, including Pharmacy. The clinic offers a spectrum of comprehensive services to address the needs of Edmonton's inner city youths.

We are currently recruiting enthusiastic and passionate pharmacy students interested in gaining meaningful experiences in an unconventional environment. Volunteers will be working alongside other health science students with mentoring from pharmacists and other health care professionals as a team.

Interested individuals can go to the SHINE website (www.shineclinic.ca) and click on "Volunteers" to start a meaningful process. Application deadline is September 24, 2011. Inquiries or questions can be directed to Cindy and David, SHINE Pharmacy Representatives (pharmacy@shineclinic.ca).



PQ CONTEST

Our first PQ contest is:

PHARMACY HAIKU

A haiku is a short poem consisting of three lines of 5, 7, and 5 syllables.

A pharmacy haiku is one that incorporates pharmacy as a faculty or a profession.

Extra points will be given for cleverness and humour.

Example

The PQ is sweet
They give out awesome prizes
Will you win this one?

E-MAIL US YOUR HAIKU:

PQ@myapsa.ca

We will pick our favourites to print and winners will be announced in the next issue.

HSSA Update

Thank-you for taking time to divert your attention from undoubtedly more entertaining articles in the PQ to read the first ever (hopefully not the last) HSSA/Inter Professional Director update!

First of all, I'll start by reporting the move to ECHA ... or rather absence thereof... It turns out, you lucky first years, you, will be the first to be able to experience the glory of the new building in 2014 ... or will you? Time will tell, but for now, the important thing to note is that our Faculty has jumped buildings to the offices of the Katz Centre (with the exceptions of Professor Sanghera and Dr. Guirguis). What does this mean to you? Well, unfortunately rather than having the great luxury of having our faculty right in the immediate vicinity of Dent-Pharm we will have to venture to the glorious Katz building to see our professor's bright and smiling faces. Although a farther journey, some good news is that the trek will be greatly eased by the opening of the Education-MedSci pedway. Ah, nothing is better than the warmth of inter-faculty conduits during the dead of winter. But I digress...

Of course, there will be the first ever Inter-Professional Social event with a date yet to be decided. Currently the theme is held as a "Lock and Key" party... From that I will allow you to establish your own interpretation, mostly because I myself am not 100% sure of exactly what that means... Despite this, I can provide the generic promise of 'more details to follow,' but be warned ... there will be limited ticket sales (ah, the ingenuity of supply and demand).

Additionally the first ever Inter-Professional launch will be occurring on September 16


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

and September 23, where first years across faculties will work together to establish relationships and a collegial relationship through participating in case studies. This is an event that the faculty is playing the primary role in facilitating, but our assistance is appreciated greatly. If you're a first year, lucky you: you get to participate in this event... If you're in 2nd 3rd or 4th year, volunteering an afternoon of your time would be greatly appreciated.

Finally, the HSSA (Health Science Students Association... I know, the acronyms are exhausting) will be having their first meeting of the year soon where we will discuss such Inter-Professional wonders as: the Annual Inter-Professional Conference, the Iron Chef competition, Allied Health Week, and Save

Stan. Again, I will forward more details as I myself become aware of them.

So, that's about it for this edition of the 'Inter-Professional Corner' (Self-dubbed, but hopefully my pop-culture-savvy lingo will recruit you back for more). Please keep your eyes and ears peeled (Ears peel right?) for blonde hair and a shrill voice venturing though your classroom in desperate attempts to get your attention. This will likely be me, and if you listen up, I may just have something worthwhile to listen to-Buuuuuu no promises.

Cheers!

Serena Westad
Inter Professional Director
HSSA

2011

APSA council

The end of the world is nigh. Zombies have taken over the world and Dent-Pharm is teeming with the undead.

You have: a mortar and pestle, Flintstones vitamins, and empathy. How will you save your fellow students?

Additional Q&A with the APSA Council will be posted on www.myapsa.ca
Be sure to check it out!



ARIEL XUE. I will use the mortar as a cauldron and brew tons and tons of Polyjuice Potion to turn all students into "zombies"! Since zombies cannot talk and are infinitely stupid, we can use secret codes to meet and build an underground army that will eventually destroy the real zombies! =D



NIGEL PEREIRA. Empathy would be useless since the zombies don't have a functioning brain to process this complex art form. I would crush up the flintstones vitamins in the mortar and pestle then find a suitable vehicle in the compounding lab to mix it in so it can be shot out of a spray bottle. I shall deliver the essential vitamins and minerals the zombies are missing, disengaging their hunger for brains! If that doesn't work, blunt force trauma to the head with a pestle should work.



- Pharmacy student news
- Class pages
- APSA events calendar
- Pharmacy job postings
- ...and MUCH more!

www.myapsa.ca

Celiac Disease

Sitting down at a restaurant and mentioning to a server that you have celiac disease used to be met with a blank stare and the question "what's that?". Now it's become astonishing how many establishments will bring out an alternative gluten free menu. The general awareness of this condition has recently increased dramatically, as has accommodation for people with celiac disease.

Celiac disease, for those of you who have not had the discourse, is a condition where the immune system reacts to gluten; a protein found in wheat, rye, and barley. The villi of the intestine become atrophied: essentially the person's intestine goes from being a shag carpet to linoleum. Although nowadays there are gluten free alternatives to just about any product in the grocery store, it remains a highly restrictive and, unfortunately, expensive diet.

Not that long ago celiac disease was thought to be quite a rare diagnosis, affecting perhaps 1 in 10,000 people. Now it is thought to be closer to approximately 1 in 100. Celiac disease has gone from being something most people knew very little about, including health care practitioners, to what some have called 'a hidden epidemic.' Part of the increased awareness for this disease can be attributed to the development of a few straightforward blood tests which can be used to diagnose this

condition. Although a biopsy remains the gold standard, the blood tests are quite sensitive and specific. Celiac disease is remarkable in that it remains the only disease with an autoimmune component which is essentially resolved through diet changes alone.

To become better informed about this condition, an excellent review in the January, 2002 New England Journal of Medicine by Farrel and Kelly (N Engl J Med, Vol. 346, No. 3) is available on PubMed.

Devin Davis
PQ Editor

RECIPES

Dawn's Salad Dressing

- 1 large egg
- 2 tbsp of lemon juice
- 1 tsp of Worcestershire sauce
- 1 clove of garlic
- Pepper to taste
- 1 tsp of anchovy paste
- 1 cup of oil

Put everything except the oil in a blender. Pour the oil in very slowly as the blender is going.



Greek Salad

- Olive oil
- Oregano
- Lemon juice
- Feta cheese
- Olives
- Tomatoes
- Peppers
- Cucumbers
- Onion (*optional*)
- Romaine lettuce

My Pharmacy Experience....

University of Alberta Hospital, Summer Student

We locked eyes and she said, "I'm not afraid to die...I was just hoping to be pain free for my last few years."

Only on week two of my new job and this being my first patient interview flying solo, the patient's statement caught me off guard. I was thrilled when I found out I would be working with Family Medicine at the University of Alberta Hospital for the summer and fully expected to be faced with death when the average age of your patients is 70. But I expected I would have more time to prepare myself before such a blunt and casual statement. I'm sure I had that stunned, deer-in-headlights look all of us students get when we try to search for that perfect empathetic response. My internal scramble to recall Pharm 315 was interrupted when I heard my patient, Mrs. B, sigh and state, "How am I supposed to eat these eggs when they don't add any seasoning to them?"

As I helped her open the small packet of Mrs. Dash the kitchen had sent along with her breakfast, I would like to think I regained composure and pulled off the rest of the interview without any further stumbles. Mrs. B was a 73 year old woman who had come to Family Medicine for monitoring and rehabilitation after surgery just days earlier. She had fallen down her steps at home resulting in a fractured hip and extensive bruising.

Although I was still new to the hospital setting, I already had a good idea what was likely to happen to this sweet, adorable little lady who reminded me so much of my own grandmother. It was likely that Mrs. B would not be returning to her home where she had spent the last four or so years alone since her husband's death, and with no children to help care for her she would be put on a waiting list for placement in a long term care facility if she was unable to regain her independence. On top of that, although the surgery was successful, Mrs. B's left hip would continue to cause her pain and discomfort until the day the rest of her body decides it has had enough.

I knew that the field of geriatric practice would not be easy for me. Creating attachments to people only to watch them suffer or pass on was my biggest fear, although such experiences were not new to me. However, some of the most profound and eye-opening experiences I had over the

summer were not with the patients themselves, but with their family members....

I had worked with a patient, Mr. E, and his daughter Laura on multiple occasions over a two month period doing everything from a medication history upon admission, inhaler teachings and follow-ups, and natural health product interactions research just to name a few of our encounters. Laura's regular presence on the ward was invaluable as her father only spoke German and she was always happy and willing to translate for us. As the weeks went by, Laura became a friendly face and we stopped and chatted regularly. She shared with me her worries and concerns, especially as her father's condition continued to decline. Just days before her father's death, after hours upon hours of worrying and nights of sleeping in a chair in her father's room, Laura broke down in tears during one of our meetings. There was nothing I could do but stay with her and hold her hand. It has been almost three full months since that encounter and it still puts a lump in my throat to think about it.

My interview with Mrs. T stands out as my most memorable experience from the summer and continues to tug at my heart strings much like Laura's story does. Mrs. T's husband of 48 years had been rushed to the U of A hospital with extreme weakness, fatigue and difficulty breathing. His awareness had decreased to the point that I had to rely on his wife for a medical and medication history. A light workload that day allowed me to spend some extra time with Mrs. T, so the medication history was side tracked with a number of stories as she told me about how they had met and married a few years after, their two sons, and about the plans they had made to go traveling next spring. She spoke about how stubborn he was and how he had almost refused to come to the hospital in an 'angry-because-I-care' manner that only a loving partner can express.

Two days later I came by the ward and saw Mrs. T in the hallway. I gave her a friendly hello and inquired whether she had a chance to speak to anyone regarding her husband's condition: as she had commented to me earlier that she did not quite understand what was going on.

Mrs. T tried to return my smile, but instantly I could feel that something was wrong. "I spoke to the doctor when he came around this morning," she said, "and it doesn't look good for my hubby." As she began to cry and reach for a tissue in her coat pocket I lead her to the nearest chair I could find. I offered to make her a tea and take some time to talk or take a walk, but she kindly declined and stated that both her sons would be arriving shortly. I stayed with Mrs. T for a few more minutes until she felt composed enough to return to her husband's room.

I learned a great deal during my time at the U of A Hospital, but the greatest thing I took away from the experience is the knowledge of the level of human interaction that I previously did not think existed in hospital practice. By being there for my patients and their loved ones I provided comfort. It also reminded me of the reason I decided another four years of education would be worth it....and it has definitely paid off.

Anita Cumbleton
Publications Director

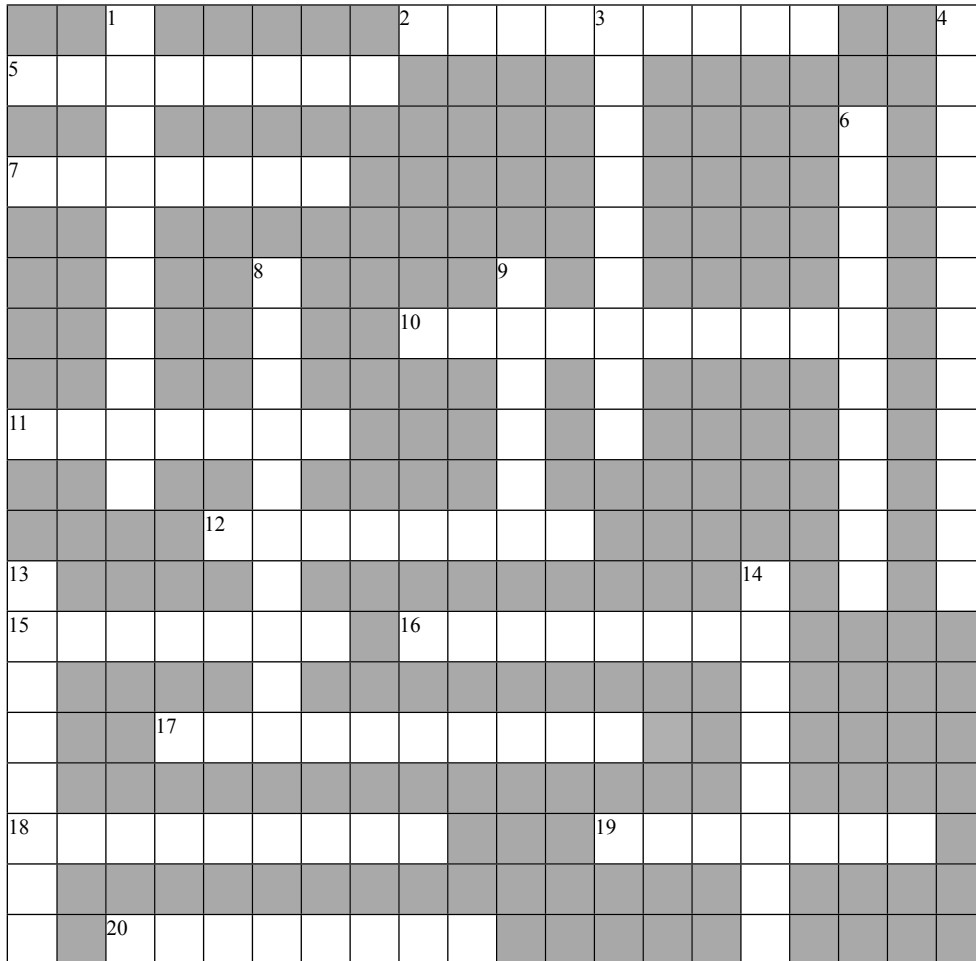
Some details have been changed to ensure patient privacy.



Distractions

Pharmacy Crossword

created by: Devin Davis



ACROSS

- 2. Can produce amnesia as an anesthetic
- 5. For high blood pressure
- 7. Inhibits cyclooxygenase
- 10. Antibiotic, can be used against *Staph aureus*
- 11. For pain and fever
- 12. White pill, pain killer and narcotic
- 15. To control blood sugar
- 16. Powerful pain killer
- 17. Antipsychotic
- 18. Anti-inflammatory
- 19. The world's most expensive drug
- 20. The milk of anesthesia

DOWN

- 1. Proton pump inhibitor
- 3. Sleeping pill
- 4. To manage cholesterol
- 6. Synonymous with epinephrine
- 8. Water pill
- 9. Used during myocardial infarction
- 13. The sun vitamin
- 14. Dissociative anesthetic and painkiller

Ibuprofen
Adrenaline
Atorvastatin
Soliris
Ketamine
Peracet
TNKase
Vancomycin
Guetiapine
Zopiclone
Insulin
VitaminD
Propofol
Midazolam
Morphine
Tylenol
Omeprazole
Aspirin
Ramiptil
Furosemide

ANSWERS

A man goes in for an interview for a job as a TV news broadcaster. The interview went quite well but the trouble was he kept winking and stammering. The interviewer said, "Although you have a lot of the qualities we're looking for, the fact that you keep winking and stammering disqualifies you." "Oh, that's no problem," said the man. "If I take a couple of aspirin I stop winking and stammering for an hour." "Show me," said the interviewer. So the man reached into his pocket. Embarrassingly he pulled out loads of condoms of every variety - ribbed, flavoured, colored and everything before he found the packet of aspirin. He took the aspirin and soon talked perfectly and stopped winking. The interviewer said, "That's amazing, but I don't think we could employ someone who'd be womanizing all over the country." "Excuse me!" exclaimed the man, "I'm a happily married man, not a womanizer!" "Well how do you explain all the condoms, then?" asked the interviewer. The man replied, "Have you ever gone into a pharmacy, stammering and winking, and asked for a packet of aspirin?"





FEATURE PICTURE

Our APSA President, Tyler Watson, relaxes in the lounge while demonstrating his innate ability to look good no matter what he's doing. Sorry ladies, he's taken.

Thanks to...

APSA Council	Joey Ton
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Jessica Luong	Victor Wong

Send us your pictures and articles!
Tara (taleong@ualberta.ca) or
Devin (dwdavis@ualberta.ca)

* YOU'RE INVITED!! *

what: casual publications committee meetings

when: Oct 3, Oct 31, Nov 28 at 5:00 PM

where: Avenue Pizza (8519 112 St. NW)

join us for a drink and help us make the PQ better

WE WOULD LOVE TO SEE YOU THERE!