

ePlacebo March/April 2018 Edition



N A P S A

NATIONAL AUSTRALIAN
PHARMACY
STUDENTS'
ASSOCIATION



Connecting Tomorrow's Pharmacists

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President's Report

Hello fellow NAPSA members,

Have you flipped for Fullife yet?

The beginning of April marked the commencement of Charity Cup 2018, NAPSA's biggest pharmacy awareness initiative. This year NAPSA are proud to be raising funds and awareness for [Fullife Foundation](#).

Fullife are a passionate group of people, determined to make a difference to the health of women and children in Africa. The group have visited Africa on numerous occasions and have witnessed people trapped in the devastating cycle of poverty, lacking hope and any thought of a future. They have seen the fragility of life, and that most deaths and disease occur from what we in Australia would class as preventable causes.

Fullife's mission is to improve the health of women and children in Africa, and specifically, Ethiopia. They aim to reduce the number of senseless and preventable deaths, especially amongst expectant mothers and their babies, and to give as many as possible, hope and a brighter future.

This year we are contributing on a different scale, as each branch from across Australia will be funding the building of a health post in a regional community in Ethiopia. Health posts provide the first contact assessment with the local community, in monitoring, immunising and supervising maternal and child health issues. This remarkable project will assist 8,000 people and will cost approximately \$48,800 to build.

The [#flippingforfullife](#) challenge was also created in a bid to raise funds for Fullife Foundation. Participants have the option of doing a forward roll, cartwheel, front flip or any kind of flip (even flipping an object) as a symbol of turning someone's life around in Ethiopia. Participants have been uploading a video to Facebook or Instagram to create awareness and keep the support going! It has been amazing to see everyone's enthusiasm! Check out the videos on Facebook!

Donate and keep up with the support through the Everyday Hero page:
<https://give.everydayhero.com/au/napsa-charity-cup-2018-fullife-foundation>

President's Report

Charity Cup 2018 ends on the 2nd June and the winning branches will be announced at our Annual General Dinner, following our Annual General Meeting (AGM) on the 14th July in Melbourne! AGM will also bring a new Board for the 2018/2019 term. If you are interested in going for a position, speak to any of your current Board members or branch president for more insight into the roles. More information on the elections and election process will also be sent out soon so watch this space!

NAPSA is also excited to be taking submissions for our SHPA pGRIT supplement journal with our recent launch of NAPSA Connect. If you are interested in contributing and article or want to learn more check out our website: <https://home.napsa.org.au/research/napsa-connect>

This year the Australian Pharmacy Professional Conference & Trade Exhibition (APP) is being held on the Gold Coast, from the 3rd to 6th May. Make sure you don't miss the opportunity to learn from amazing speakers and network with industry professionals.

NAPSA also invites you to our Alumni Networking Evening. This event is hosted by NAPSA, The Pharmacy Guild of Australia and Mylan at the Gold Coast Convention and Exhibition Centre, following the second day of education at the APP conference (Friday 4th May).

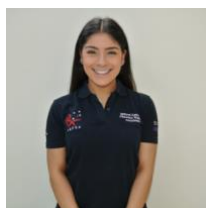
This event is open to students, interns and NAPSA Alumni!

Don't miss the opportunity to network with colleagues of old and new and passionate future pharmacists! I look forward to seeing you there! For more information and to buy tickets following the link:

<https://www.facebook.com/events/428830120892594/>

Good luck to everyone in your assessments, the end of semester is usually stressful and challenging, so make sure to look after yourself and those around you.

"Who you are tomorrow begins with what you do today." – Tim Fargo



Sandra Minas
National President
president@napsa.org.au

The PSA Intern Training Program

Your intern training, your career, your choice!

The PSA Intern Training Program is an evidence-based, high quality program that will prepare you for any pharmacy career as a competent and ‘work ready’ pharmacist.

The PSA Intern Training Program has been delivered nationally in all states and territories for more than 20 years. Our highly experienced team will provide you with tailored support and contemporary intern training that delivers a strong blend of practical, clinical, and managerial knowledge and skills.

The program is delivered by the peak body for all Australian pharmacists, PSA, and is underpinned by the current Competency Standards Framework for Pharmacists in Australia, legislation, Pharmacy Board of Australia and PSA codes, standards and guidelines.

Receive tailored intern training and support for any career pathway you wish to pursue – whether in hospital pharmacy, community pharmacy, residential care, general practice, industry, government, academia and more.

At completion of your training you will gain credits towards other nationally recognised qualifications including:

- Diploma of Leadership and Management (BSB51915)
- Graduate Diploma of Applied Pharmacy Practice (10373NAT)
- Master of Business Administration and other diploma courses through our Chifley Business School partnership.

Remember that the Pharmacy Board of Australia has highlighted that it is your choice which intern training program you undertake.

You can enrol in The PSA Intern Training Program in 5 easy steps, online at anytime, 24/7, 365 days per year

“As an intern, the PSA Intern Training Program supported my transition to a registered pharmacist through the delivery of an extremely innovative and advanced curriculum. Now, as a registered pharmacist, the PSA continues to provide me with a range of comprehensive resources that I use daily to maintain my level of clinical and practical knowledge” –Seema Khiani, MPS, PSA MIMS Intern Pharmacist of the Year 2017 Joint Winner.

The PSA Intern Training Program



PSA Intern Training Program

Choose the Intern Training Program with a proven formula for success

- Flexible learning options
- Dedicated exam support
- Expanded support
- Access to PSA's CPD Planning Tool
- Finish with a Graduate Certificate in Applied Pharmacy Practice
- And much more...

Your intern training, your career, your choice



Pharmaceutical
Society of Australia

Applications are open online 24/7, 365 days
per year at www.psa.org.au/intern

For more information about the Pharmaceutical Society of Australia's Intern Training Program visit their website by following the link below!

www.psa.org.au/intern

SAPSA Charity Cup off to a flying start!

For many women in developing countries, giving birth does not mean a trip to the hospital and usually doesn't even mean a midwife. Instead, they give birth in their homes which are situated far from medical services and where the risk of infection is high resulting in preventable deaths.

As part of NAPSAs Charity Cup, SAPSA set a goal of assembling 1000 birthing kits which will provide a clean and safe birthing environment for women in developing countries. These kits have all the basic requirements for providing a clean birth including a sheet, soap, gloves, string, scalpel and gauze.

We are very excited to let everyone know that our goal of assembling 1000 birthing kits was reached.

On Sunday the 15th of April SAPSA held its first Charity Cup event, the Birthing Kit assembly day. Around 30 volunteers gathered in the University of South Australia's Brookman Hall and gave up their Sunday to assemble these 1000 birthing kits.

The day began with the "preparation phase" where all 1000 sheets were folded, soap and string were cut, and gauze was bundled. After 2 and a half hours, all of our hard work had paid off and the preparation was complete. We all celebrated with a BBQ with all the profits going to the Fullife Foundation. The next part of the day was the "production line" which involved actually assembling the kits. This was by far the most enjoyable part of the day. We could see all of our hard work paying off as each box of 100 kits was placed on the stage for all to see. After each box was packed you could hear a big cheer from all the volunteers, and after the 10th box a dance party almost started. Throughout the day the mood was light and everyone remained determined to reach our goal. A big thank you to everyone who came and helped out – remember "You make a living by what you get. You make a life by what you give".

Overall, the day was a huge success and SAPSA was very happy to be a part of this wonderful initiative.

Stay tuned for more of our Charity Cup events coming up!

xoxo SAPSA love
Caela Crane - President



RAPS Hippy Whippie Ice-cream Fun

Tuesday the 10th of April saw a welcome change of scenery on campus with the arrival of The Hippy Whippie Icecream Truck.

The RAPS committee worked hard to organise this incursion which helped fund-raise for the NAPSA Charity Drive. Weather gave light rain but we still managed to raise a massive \$210 for the Fullife Foundation. This has brought us much closer to our fundraising target and has brought NAPSA closer to its fundraising goal.

With this kind of momentum RAPS will reach its contribution target without a problem. Ian from the Fullife came to talk to us on Wednesday after icecream and he took time to educate us on the charitable work he oversees in Ethiopia. He wished he'd known about icecream the day before! We are proud to be a part of NAPSA's Charity Drive and are looking forward to seeing the Health Post renovation finished.

Stephanie Salvatore
RAPS



JCUPSA Update

JCUPSA's biggest social event this semester was a pub crawl that was themed "Carn the Cowboys" as it fell on the night of Queensland's biggest rivalry (next to JCUPSA and QPSA of course 😊) between the Queensland Cowboys and the Brisbane Broncos. Everyone dressed in their best blue and gold gear to hit up several bars and pubs headed in to town. Even a cow showed up to indulge in some of Northern Queensland's favourite beer, XXXX.

Some of the fourth-year students got involved in public health by participating in a Slips and Falls expo that was held at the Townsville Hospital for staff and the public. There were a number of other booths, including physiotherapists, occupational therapists, and businesses specializing in orthopedic shoes. Each of the participating fourth year students made posters featuring common medications that can increase people's risk of having a fall and why they can be risky. There was also a risk assessment form with the featured medications, ranging from analgesics and antihypertensives to alcohol and antihistamines, which people visiting the expo used to assess their cumulative falls risk. It was a lot of fun to get involved in public health care and education. We all can't wait for the next expo at the Townsville Hospital to get involved and showcase what pharmacists can do!

Everyone at JCUPSA is very excited about 2018's Charity Cup and the Fullife Foundation! We are still finalizing our plans to have everyone come together to complete 600 birthing kits. The birthing kits will benefit pregnant mothers in Ethiopia by enabling safer deliveries for themselves and their infants. We also have some super fun events planned to help raise money for Fullife Foundation as well. Charity Cup is such a great reminder of what all of us pharmacy students across Australia can accomplish when we work together.

Lastly, I'd like to give a warm welcome to JCUPSA's new members. This semester we have had 40 new memberships, which wasn't limited to first year students. We are so happy to have you join us as colleagues, classmates, and lifelong friends.

Xx JCUPSA Pharmily



OPSA Update

OPSA have had a great start to 2018!

Our year kicked off with two members attending the NAPSA Congress, creating 280 new pharmacy friends and bringing back heaps of new ideas for our club to implement throughout this coming year.

During O-Week we had the opportunity to meet all the new pharmacy students and look forward to having them as members of our Orange phar-mily. We had a fantastic response to our barefoot bowls fundraising event which also allowed students from across all four years to have a chance to meet. Our largest event of the year our annual Commencement Dinner was also a success with everyone enjoying the great company, fantastic food and educating speeches.

We have kick-started our 2018 Charity Cup Campaign with a bake sale and are busily preparing for the remainder of our events throughout these next couple months including a bunnings barbeque and our committee members #flippingforfullife.

We are looking forward to the rest of what 2018 will bring!
#MakeOPSAGreatAgain

Until next time!

Erin Cooper xx
Vice President
OPSA



NAPSA in Research - progress from foundations

At NAPSA Congress Sydney 2018, NAPSA announced initiatives, with a focus on undergraduate research, for its members. This was particularly exciting for NAPSA, and since then we have worked tirelessly to grow and develop these projects further to bring you, our devoted members, more!

Some of you may question - why focus on research? One of the domains in the National Competency Framework 2017 focuses specifically on education and research, and it is an expectation of all pharmacists to be able to evaluate current evidence and apply it to their practice. Hospitals in Australia are now investing in their pharmacy departments to conduct research, which drives budgeting, clinical practice, quality use of medicines, and overall enhances the quality of healthcare in Australia.

Research is also an avenue for students to develop skills in critical thinking and analysis, teamwork, harnessing technology and software, professional and academic writing, and growth as a health professional; it is also a compulsory aspect across all undergraduate pharmacy programs in Australia as part of the new integrated honours streams. It is these skills that are essential, and will stand out to future pharmacy employers. And from what we gathered at Congress, you are all excited about it too!



NAPSA Connect

Together with the SHPA, we are bringing you the Pharmacy Growth, Research, Innovation and Training student and intern supplement in Winter 2018. We received multiple submissions, ranging from opinion pieces, placement reflections, as well as original research.

Congratulations to those who did make the most of this opportunity, and we look forward to reading your work in its hard-copy form!

At NAPSA Congress, myself and Alumni Chair, Matthew Perry collaborated to produce and submit an abstract to the Life-Long Learning in Pharmacy 2018 Conference in Brisbane. Our work is central to substantiating the need for NAPSA's own journal, as it focuses on highlighting the significance and benefits for having student-led research published in undergraduate journals. We are excited that our abstract was accepted for oral presentation, and NAPSA will have their first-ever opportunity to present research conducted by the organisation at a conference! This is a big step forward for us, and it is my hope and intention that this will only continue to grow, as we expand our research interests in the organisation and support our members to take these opportunities for themselves.

Our future goals now lie in developing our own journal, with the intention of having the first issue released at the end of this year! For students looking to have their research projects published in a peer-reviewed paper, this could be your chance to have your work recognised! We will be opening expressions of interest for student reviewers to work with academics who will form part of the peer-review process. Stay tuned for more information, as we look to grow our next project!

Any questions, email Vasilios at connect@napsa.org.au.

Vasilios Sotiropoulos
Executive Director of Research and Transformation

Rural Spotlight

Spotlight on Rural

Alice Springs, Northern Territory – Brittany Parish

Brittany Parish recently graduated from Newcastle University, during which time she undertook placement at Alice Springs in the Northern Territory. Alice Springs is the third largest town in the Northern Territory and is home to approximately 24,000 people.

“My experience in Alice Springs was a once in a lifetime opportunity. I got to experience two very different pharmacies which gave me a really good insight into the differences of pharmacy in a remote community.

A particularly rewarding experience was flying out to remote communities with the pharmacist to visit remote clinics. I was able to see the way these clinics ran and talk with the nurses and other staff in these clinics to understand what they do and the types of things they see in the community. Learning about the s100 scheme for supply of medications to remote aboriginal communities was something very new to me and I enjoyed being about to learn and understand this process and how important it is to the remote communities.

My time working in the aboriginal health clinic dispensary also gave me a great insight into the s100 process along with being able to experience a totally new pharmacy environment to me. Working in the aboriginal communities really helped me develop my communication skills. I believe that these experiences are something very unique to remote Australia and it is an experience that will shape my views as a pharmacist for the duration of my career.”

If you are interested in learning more about rural placement, you can find more information at <http://www.napsa.org.au/page.jsp?p=Community-Pharmacy> or email rural.indigenous@napsa.org.au if you have any questions or would like to chat about rural pharmacy.



GUAPS Update

On behalf of GUAPS, I would first like to welcome everyone back from mid-semester break. As many of you would know the Gold Coast recently hosted the Commonwealth Games. Whilst this did give us an extra week of holidays, it also made our first week back Just a little stressful.

A lot has been happening here at GUAPS over the past few months. During O-Week, we were given the chance to engage with our new first-year students by running the orientation session. This allowed us to show what great opportunities GUAPS and NAPSA have to offer, while also being able to provide support and wisdom as many students take their first steps into Pharmacy (and for many, university as a whole). This turned out to be a massive success, with a greater number of first-year students joining than in previous years.

Following a successful O-Week, we held our Annual General Meeting. Whilst it was hard to say goodbye to the amazing committee of 2017, it was a chance to bring about change and new ideas. This year saw a shift in our representation of students, with nearly half of the GUAPS committee being students in the Bachelor of Pharmacology and Toxicology program which started in 2016. For many years GUAPS and NAPSA have provided great opportunities to students in the Bachelor of Pharmacy program, and in 2018 we aim to provide similar opportunities to our Pharmacology students as well.

In true GUAPS tradition we held our customary barbeque and volleyball afternoon, welcoming both commencing and continuing students to a new year. While we discovered that some of our members are volleyball super stars, we also confirmed I'm very much an academic.

Here at GUAPS we are looking forward to APP and catching up with friends from across Australia, and we're twice as excited as we have organised a night out in Surfers in support of the Fullife foundation on May 4th. For those interested just hit going on our Facebook event to get free entry and drink specials at Cocktails night club. \$10 for each person attending will be generously donated to Fullife.

With this being my first article as president of GUAPS, I would like to take the time to acknowledge the wonderful work done by our team in 2017 and to wish all students across all branches a happy and productive year.

Nicholas Rosser – GUAPS President

PSA Upcoming Events

May 2018

New South Wales (NSW)

- 02 Biological Therapy and Dermatology interactive workshop – Bankstown
- 06 Provide CPR/Provide First Aid – Burwood
- 06 PSA Immunisation Practical Refresher Workshop – North Sydney
- 07 Biological Therapy and Dermatology interactive workshop – Orange
- 08 Biological Therapy and Dermatology interactive workshop – Armidale
- 15 Biological Therapy and Dermatology interactive workshop – Dubbo
- 15 Preparing for PrEP on the PBD – Newcastle
- 20 Clinical Update – Bowral
- 22 Biological Therapy and Dermatology interactive workshop – Mudgee
- 23 Biological Therapy and Dermatology interactive workshop – Wollongong
- 29 Biological Therapy and Dermatology interactive workshop – Newcastle

Queensland (QLD)

- 09 BTG Anxiety and Depression – Toowoomba
- 14 Biological Therapy and Dermatology interactive workshop – Brisbane
- 19 Asthma Update for Pharmacists – Queensland Multicultural Centre
- 21 Biological Therapy and Dermatology interactive workshop – Townsville
- 22 Immunisation Training Program for Pharmacists
- 29 PSA Immunisation Practical Refresher Workshop – Emergico

Victoria (VIC)

- 01 Monthly learning with peers; Medicinal Cannabis – Parkville
- 11 Industry Connect Program – Melbourne
- 19 Mental Health First Aid – Horsham
- 27 Victorian Pharmacists Immunisation Training Program – Melbourne

Australian Capital Territory (ACT)

- 26 Medicinal Cannabis Course – Canberra

PSA Upcoming Events

South Australia (SA) / Northern Territory (NT)

- 06 PSA Immunisation Training Program for Pharmacists – SA PSA
- 16 Clinical Update; Infectious Disease and Palliative Care – Tracy Village
- 22 Biological Therapy and Dermatology Interactive Workshop - Adelaide

Western Australia (WA)

- 08 PSA Immunisation Training Program for Pharmacists – PSA WA
- 23 Provide Advanced First Aid – PSA WA
- 24 Provide Basic Emergency Life Support (CPR) – PSA WA

June 2018

New South Wales (NSW)

- 03 Clinical Update – Lismore
- 03 Provide CPR/ Provide First Aid – Cabramatta
- 03 Mental Health First Aid – North Sydney
- 05 Advances in Understanding and Treating ADHD – Gosford
- 24 Mental Health First Aid - Gunnedah

Queensland (QLD)

- 02 Provide CPR/Provide First Aid – PSA Boardroom

Victoria (VIC)

- 02 Victorian Pharmacists Immunisation Training Program – Melbourne
- 05 Monthly Learning with peers; Heart Failure Masterclass – Parkville
- 16 Mental Health First Aid – Shepparton
- 17 Victorian Pharmacists Immunisation Training Program – Melbourne

Western Australia (WA)

- 10 2018 Annual Therapeutic Update WA – Perth Convention and Exhibition Centre