

ePlacebo January-February 2016 Edition



NATIONAL AUSTRALIAN
PHARMACY
STUDENTS'
ASSOCIATION



Connecting Tomorrow's Pharmacists

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President's Report

Dear NAPSA member,

On behalf of the NAPSA Board I would like to welcome you all back to the start of another academic year. Boy did we start this year with a bang! On the 22nd of January over 280 NAPSA delegates from around Australia transcended to Townsville, or should I say 'TONsville', for the annual NAPSA congress. James Cook University played host to one of our biggest delegation to date for a week full of networking, education and social events. Students were inspired by education sessions from a great array of speakers from many different fields. I would like to acknowledge Ton Pham and his committee from JCUPSA for putting together such an amazing and successful week, your efforts definitely didn't go unnoticed. The volunteers deserve a huge wrap too, for all their hard work and dedication from dawn till dusk.

I would also congratulate all of those who attended the congress for not only contributing to the week but for also putting yourself forward as leaders amongst your peers. I hope you were all motivated enough to go back to your respected universities and inspire your colleagues to join what has become the movement of pharmacy. I would encourage any student to attend a NAPSA congress at least once during your time at university. Trust me, you will NOT be disappointed.

This weekend just gone was a huge one! NAPSA went along to APP on the Gold Coast, APP is Australia's largest pharmacy conference not only for owners or pharmacists but also for students. It is the perfect opportunity to network among pharmacists, pharmacy owners and industry leaders. NAPSA had an incredible time, and would like to thank all the students and Alumni that came along to the stand. It was a great time to catch up with everyone, I hope to see you all there next year!

President's Report

Just around the corner one of NAPSA's biggest pharmacy awareness initiatives commences 'Charity Cup'. This year NAPSA was very proud to announce we will be supporting 'Cystic Fibrosis Federation Australia'. I hope all the branches are ready to battle it out to claim the trophy and steal it off the hands of 'Pharmers', but most importantly I hope all branches are highly motivated to raise money for such a great cause.

Best of luck to everyone recommencing uni for the year and welcome to all our new pharmacy students. With branch AGM's coming up I would encourage you all to think about getting involved in your local branch however possible. This is always a good way to get involved in NAPSA, meet other likeminded students and get further involved in the wider profession.

Eleanna Ballis
National President
president@napsa.org.au

Charity Cup

With a new year dawns a new Charity for our annual Charity Cup. This year we are proud to be battling it out to raise funds for Cystic Fibrosis Australia (CFA)! So to start raising awareness early here's what you need to know about Cystic Fibrosis (CF) and the CFA. Cystic Fibrosis is a life threatening recessive genetic condition that affects many Australians today. It is a condition that affects the lungs and digestive systems, causing mucus to change into a thick and sticky substance. This leads to bacteria being trapped in the airways and clogging.

Those living with CF are at risk of death due to lung failure. As you can see this is not something that anyone should have to endure in his or her life. That's where CFA comes in, they work towards funding vital research into the condition, providing support as well as advocating for it, quality improvement programs for people with cystic fibrosis and most importantly they ensure the availability and accessibility of new treatments.

One of the major factors is that the CFA receives no government funding so NAPSA it's up to us to make an impact on those who are battling life everyday! Morgan Gollan who is one of our own is doing amazing things and living with Cystic Fibrosis. I asked her to explain how NAPSA supporting CFA feels for her and she said " For 25 years I've fought CF. Its always been myself, my family, my close friends, and my medical team. Its been lonely and a struggle for outsiders to see what a constant battle CF really is. This year with the help of NAPSA I feel like our army of people fighting CF has grown exponentially. When CF is cured its an exciting feeling to think that NAPSA played a part in that."

I hope that you agree with Morgan, that by supporting our own and so many others we will all be inspired. That is each and every branch and member, inspired to start getting ready to raise both funds and awareness for Cystic Fibrosis Australia! So we can fight CF together, one Charity Cup event, raffle, BBQ, trivia night and many more at a time.

Sandra Minas
Pharmacy Awareness Chair

JCUPSA's Orientation

First off, we would like to thank all of our fellow Pharmacy Students that joined us up in the North for what was an exciting and memorable week at Townsville Congress! Hopefully you all enjoyed yourselves and the PCD hasn't been too extreme!

JCUPSA kicked off the academic year by giving away some much needed Hydralyte to fellow JCU students on Market Day. If you guys thought it was hot during Congress... The heat wave during O Week was next level. Our stall at Market Day also gave us the chance to promote our Student Association and sell some of our merch to the new Pharmacy students who were all eager to sign up.

The JCUPSA social life is off to a great start this year with our Social Chairs busy planning for our first event which is scheduled for the beginning of March.

Our members, led by our Pharmacy Awareness Chairs, are already in the midst of planning events for the upcoming Charity Cup and are very proud to be able to help support Cystic Fibrosis Australia this year.

Now you're up to date, stay cool

Mandy Dreger
Publications and Merchandise Chair
JCUPSA



Corn and Zucchini Fritters



1/2 cup skim milk
2 eggs
1 cup self-raising flour
2 cups sweet corn
3 large zucchini, roughly grated, squeezed of excess moisture
1/2 cup grated low-fat cheddar
2 tablespoons chopped chives
2 tablespoons chopped flat-leaf parsley
1 teaspoon lemon zest
Cooking oil spray
4 teaspoons tomato relish
4 tablespoons light sour cream
8 cups salad greens, to serve

1. Whisk milk and eggs in a bowl then gradually add flour until a smooth consistency is formed.
2. Stir in corn, zucchini, cheese, chives, parsley and lemon zest
3. Spray a large frying pan with the oil, set to a medium heat
4. Spoon 3 x ¼ cupful's of batter into pan, cooking for 3 minutes. Spray again, and cook all 12 fritters
5. Serve with relish, sour cream and salad

2016 Townsville NAPSA Congress

The annual National Australian Pharmacy Students' Association (NAPSA) Congress is the largest student event of the year. In January the James Cook University Pharmacy Students' Association (JCUPSA) hosted the event in Townsville, North Queensland. Annually the event draws in roughly three hundred pharmacy students nation-wide as well as many industry groups and educators.

In 2015 Congress was held at the Gold Coast by GUAPS, who set the bar high for JCUPSA this year. Delegate Morgan Gollan (University of Newcastle) said she "...wasn't sure they (JCUPSA) would be able to live up to the amazing time we had last year on the Gold Coast..." .Yet with the standards set, JCUPSA stepped up to the plate and "...pulled out all the stops".

"Topics in the Tropics" was the theme this year. Infectious diseases, travel health, rural pharmacy, and indigenous culture were some of the topics covered. Everyone had the chance to get hands on at workshops which included the "country's largest strapping course" along with sports nutrition, business basics and antibiotic resistance.

"There was never a dull moment..." said Cathryn Carlisle (University of Queensland). Cathryn praised the organisers for their choice of education topics, saying they were "inspiring" and "informative".

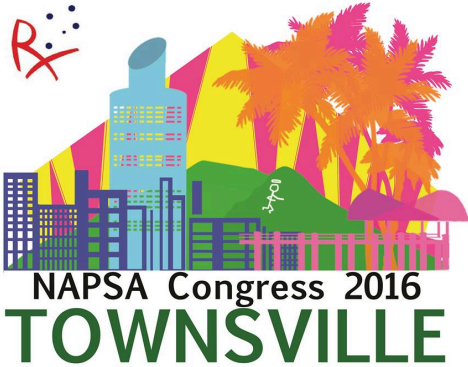
Representatives from industry groups such as The Pharmaceutical Society of Australia, The Pharmacy Guild of Australia, NAPE, Ethical Nutrients, Hydralyte et. al. were given the opportunity to speak one-on-one with delegates at the trade hall.

Delegates were not only impressed with the education events but also the social events for the week. The "Pharmacy Army" pub-crawl and Gala Ball were stand-out events amongst the students. The social events this year "...captured...the spirit of congress and the city..." commented Cathryn, who also noted that "nothing comes close to the atmosphere created on those nights".

2016 Townsville NAPSA Congress

When asked how they felt about this year's congress, delegates said, "the week was amazing..." and "I can't wipe the grin from my face". Once again, the NAPSA Congress was a huge success and everyone has started the countdown to Congress 2017, which will be held in Perth. The Townsville Congress Organising Committee (TCOC) wishes the Perth Congress Organising Committee (PCOC), all the best for next year's event.

NAPSA would like to thank our sponsors, The Pharmaceutical Society of Australia, Mylan, James Cook University, PDL, The Pharmacy Guild of Australia, The Society of Hospital Pharmacists of Australia, The event happen.



A Glance Across the Country



A Glance Across the Country



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A Glance Across the Country

The Pharmacy Practitioner Development Committee is pleased to announce that a public consultation paper on the revised draft competency standards framework has been released.

Based on the outcomes of the 2015 national consultation and further considerable work by the PPDC and Consultant, the Draft 2016 Framework has been developed.

Notable changes from the [current \(2010\) framework](#) include the following:

- eight Domains were consolidated into five
- Domains 4 to 7 have been amalgamated in a way that provides a balanced emphasis between the dispensing functions, patient care and education
- Leadership and management Domain has been substantially expanded and now includes two Standards (Show leadership of self and Manage professional contribution) which are universally applicable to all pharmacists
- existing Standards from the [Advanced Pharmacy Practice Framework](#) were aligned and integrated into the revised draft to produce a single competency standards framework overall in order to enhance visibility of the ‘continuum of pharmacist practice’ concept.

It would be appreciated if the consultation paper could be disseminated widely through NAPSA’s membership, constituents and networks. The consultation period will close on 28 April 2016.

If you have any queries about the consultation stage, please don’t hesitate to contact me (shane.jackson@utas.edu.au or kay.sorimachi@psa.org.au).