

ePlacebo July-August 2016 Edition



NATIONAL AUSTRALIAN  
PHARMACY  
STUDENTS'  
ASSOCIATION



Connecting Tomorrow's Pharmacists

[www.napsa.org.au](http://www.napsa.org.au)

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## Latest Module on MyNAPSA

FESS®: Optimising Nasal Health with Saline Irrigation

Login to the NAPSA to Website to see all 12 modules, with more to come



**The Pharmacy  
Guild of Australia**



 **Pharmaceutical  
Society of Australia**

 **shpa**  
The Society of Hospital Pharmacists of Australia

 **Guild**  
INSURANCE

**GOLD & CROSS**

**FRED**

**AMH**  
AUSTRALIAN MEDICINES HANDBOOK

# President's Report

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Hi NAPSA members!

As I write my first ePlacebo entry, I would like to take this opportunity to introduce myself and say how honoured and privileged I feel to be your president for 2016/17. On behalf of my Board and committee chairs, we are looking forward to an exciting and challenging year ahead.

I'd also like to extend a big thank you to Immediate past president, Eleanna Ballis, and her Board for the hard work they have displayed in the last 12 months. Much to their success, NAPSA has come a long way to significantly increase the professional representation of pharmacy students within the industry and I look forward myself to working with an enthusiastic new team to ensure we continue to foster these relationships and success within the pharmacy profession.

This year, our Annual General Meeting was held at Monash University, Melbourne. Apart from our new elections, the winners of Charity Cup, Best Branch and Honourary Life Members were announced at our Annual Dinner. I would like to extend a big congratulations to James Cook University Pharmacy Association (JCUPSA) and Tasmanian Association of Pharmacy Students (TAPS) for winning the well-deserved Best Branch award. NAPSA's Charity cup total was also announced on the night and it is exciting to say we raised a phenomenal \$26,800 for Cystic Fibrosis Australia. Congratulations to Pharmers' Society Wagga Wagga for winning the Charity Cup Award. I would also like to congratulate our Honourary Life Members Samuel Turner and Lauren Haworth.

Over the past month NAPSA have been keeping busy working on enhancing MyNAPSA, a platform aimed at promoting access to online education, membership engagement and resources to students right around the country. This is a very exciting time for myself, the Board and chairs and we look forward to being able to collaborate as a team to ensure our changes are successful for the benefit of our members while ensuring NAPSA as an organization moves forward.

# President's Report

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NAPSA had a strong presence at PSA16 held in Sydney. The conference was opened by our Health Minister Sussan Ley and provided a comprehensive educational program for its delegates. The program led innovation in pharmacy outlining new roles and emerging opportunities, health service delivery and therapeutic updates. I would like to congratulate the students who participated in the Pharmacy Student of the Year Finals who did an outstanding job to showcase their counselling skills to the pharmacy industry. I would like to further congratulate Cara Kolopelnyk from University of South Australia who was announced as the winner of this prestigious award at the Gala Dinner. NAPSA would like to thank the PSA for such an exceptional conference, that provided NAPSA with educational and networking opportunities with the industry such that we walked away feeling inspired and motivated.

I would like to welcome back and congratulate our delegates who attended the International Pharmacy Students' Federation (IPSF) World Congress in Zimbabwe. By all accounts we've heard, NAPSA was extremely influential at the congress, participating and succeeding in many ventures of competitions, exhibitions and the general assembly. Of particular note, Mr. Yacoob Moustafa from University of Tasmania was elected as the Chairperson of External Relations.

Just a reminder, the Guild Pharmacy Connect Conference is coming up in September in Sydney and I recommend that students attend such a fantastic conference providing education on a business level in the pharmacy industry and networking opportunities, as well as to check out the National Student Business Plan Competition Finals.

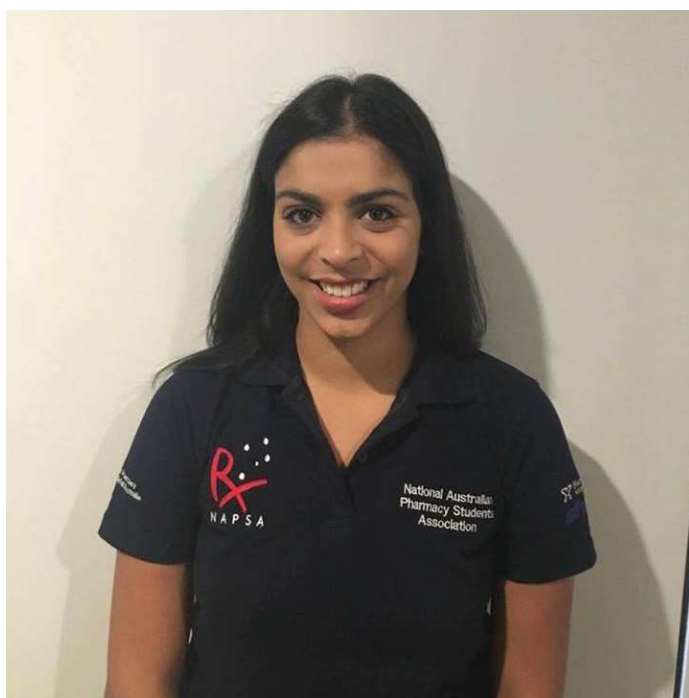
# President's Report

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Applications for NAPSA Congress at Perth have commenced and it is great to see so much interest already. From the 24<sup>th</sup> to the 30<sup>th</sup> of January 2017, members from all 18 universities across Australia and even New Zealand will descend in Perth for a week jam packed with networking, social and educational events. Delegates will have the opportunity to get out there and meet like-minded students and industry leaders, motivated to move forward and excel within the profession.

Finally, I urge you to visit our exciting MyNAPSA Online Platform for new education modules, resources and to keep up-to-date with NAPSA!

I very much look forward to my 12 months ahead as President and can't wait to see everyone face to face at Congress in January!



Shefali Parekh  
National President  
[president@napsa.org.au](mailto:president@napsa.org.au)

*"Start by doing what's necessary; then do what's possible;  
and suddenly you are doing the impossible"*

# BAPS Ball and More

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BAPS have had a busy start to second semester. In July, three BAPS members attended the NAPSA AGM where Sandra Minas was elected to the NAPSA board. The 2016/2017 term is the 4th term that BAPS has had a member representing our organisation on the NAPSA board!

When we headed back to university, we manned a market day stall to promote our organisation to new students. We also held a free member BBQ to welcome our members back to uni and get the ball rolling for the semester. Planning for our 15th Annual BAPS Pharmacy Ball is well under way. The ball is to be held on the 27th of August and is shaping up to be a fantastic night of celebration for our members. With members for other NAPSA branches in attendance, pharmacy students will gather together to show Bendigo how it is done. We hope to see you there!

In the coming weeks, BAPS will be holding a pharmacy awareness event at a local pharmacy where our members will provide free health checks to members of the community. We plan to tie this event in with our Health Students Blood Challenge campaign of which we are currently sitting in third place!



Eleanor Stewart  
BAPS President



# Health Students Blood Challenge

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This year, NAPSA are participating in the annual Red25 blood drive to help increase the Red Cross Bloods Service donations, and for pharmacy students across the country to raise awareness of the importance of donating. We have undergone recent changes to incorporate the Australian Medical Students Association (AMSA), the Australian Dental Students Association (ADSA) and the Student Paramedics Association (SPA) blood challenges into one exciting, overarching competition now known as the 'Health Students Blood Challenge'. We hope that this will foster inter-professional friendly competition, and, more importantly, allow each student branch of medicine and health to actively engage in better patient outcomes for those in critical need. Under the Health Students Blood Challenge for 2016, NAPSA hopes to contribute at least 320 donations to a total goal of 2700.

We are now one month into the challenge and NAPSA have currently contributed 108 donations! Our beloved Pharmers' Society in Wagga Wagga are showing the branches how it's done, topping the leaderboard with 20 donations, with JCUPSA and QPSA not far behind. One month now remains until the competition closes on the 19th September, so make sure you register as a donor, get to your nearest Red Cross Donor Centre, and donate to help your branch reach their target and top the leaderboard! Remember, all branches' efforts in raising awareness surrounding blood donation, promoting the Health Students Blood Challenge, and communicating with their local Red Cross Branch will not go unnoticed, each bit of effort helps! If you have any questions about what you can do to help boost your numbers and raise awareness for blood donation, feel free to e-mail me at [pharmacy.awareness@napsa.org.au](mailto:pharmacy.awareness@napsa.org.au).

We are looking forward to which branch will win the inaugural Health Students Blood Challenge.

Keep up the fantastic work!

Vasilios Sotiropoulos  
Pharmacy Awareness Chair



# Health Students Blood Challenge

**NAPSA  
IS UNITING WITH RED25 TO  
ACHIEVE 25% OF AUSTRALIA'S  
BLOOD DONATIONS.**

## What is Red25?

Red25 is the group blood donation program created by the Australian Red Cross Blood Service.

**1 blood donation can save 3 lives!**



## GET INVOLVED



### 1. Book your appointment

Contact 13 14 94 (new donors) or visit [donateblood.com.au/make-appointment](http://donateblood.com.au/make-appointment) to make an appointment



### 2. Join our Red25 group

Visit [donateblood.com.au/red25](http://donateblood.com.au/red25) and search for your respective NAPSA branch



### 3. Track our progress

Keep checking [donateblood.com.au/red25](http://donateblood.com.au/red25) to see how many lives our group has saved.



## CAN I GIVE BLOOD?

If you're between 16 and 70, weigh more than 50kg and are feeling well, you may be able to donate right now. For more information around eligibility, including around living in the UK, tattoos or recent travel, visit [donateblood.com.au](http://donateblood.com.au) or call 13 14 95.

**RED25** UNITE TO SAVE LIVES

 **Australian Red Cross  
BLOOD SERVICE**

# CaSPA Welcomes Back Semester Two

CaSPA welcomed back semester two with a market day stall to bring in new members and more importantly advertise the Health Students Blood Challenge! We aimed to promote the importance of blood donation and encouraged everyone to donate and register with our Red25 group! We had a laptop set up so that people could book their appointments on the spot, and if they did we rewarded them with a lolly bag! We have a Mobile Donor Unit coming to the University of Canberra on Monday the 5<sup>th</sup> and Tuesday the 6<sup>th</sup> of September so hopefully we'll get a lot of donations on those days. There are still appointments available so if you're reading this and you're from Canberra, book in and donate to save three lives!

We also recently held our AGM and have just welcomed a brand new committee. We are so excited about a semester full of social, educational and networking events!

CaSPA Love xx.

Alicia Martin  
CaSPA President



# Pharmacy Connect

FREE Registration valued at \$260 to Pharmacy Connect! The Pharmacy Guild of Australia is offering 3<sup>rd</sup> and 4<sup>th</sup> Year B.Pharm and 1<sup>st</sup> and 2<sup>nd</sup> M.Pharm NAPSA members FREE registration to their new annual event, Pharmacy Connect! NAPSA members will receive access to educational conference sessions on Friday and Saturday, trade exhibitions and Welcome Reception on Friday evening. Pharmacy Connect is hosted by the New South Wales Branch at Four Points by Sheraton Sydney in Darling Harbour from September 9-11. Register today!

**FREE REGISTRATION VALUED AT \$260!**

LEARN MORE & REGISTER: [www.pharmacyconnect.com.au](http://www.pharmacyconnect.com.au)



The Pharmacy  
Guild of Australia



PHARMACY  
**connect**

9-11 SEPTEMBER / FOUR POINTS BY SHERATON SYDNEY



## Cauliflower 'Fried Rice'



Cauliflower - 1/2 head  
Mixed frozen veg - 1 cup  
Spring onion - 1/4 cup  
Tamari soy - 2 tablespoons  
Omelette - 1-2 eggs

1. Make cauliflower rice using a cheese grater or blitz in a food processor for 30 seconds, set aside
2. Pre-heat a non stick frying pan, add a touch of olive oil or spray oil
3. Using a fork, whisk 1 or 2 eggs in a cup and cook a flat omelette on the heated pan
4. Remove omelette and wipe pan clean with a damp cloth or sponge
5. Heat pan to a medium - high temperature and sweat frozen vegetables
6. Make a well in the centre of the vegetables and add cauliflower
7. Drop heat to a medium, add tamari soy sauce and cover for 1-2 minutes to let vegetables sweat
8. Serve and garnish with omelette and spring onion

Source: Body+Soul August 2016: [www.body+soul.com.au](http://www.body+soul.com.au)

# JCUPSA's Eventful Semester

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Happy August everyone!

JCUPSA has been rather busy so far this semester, particularly with social events. To start off the new semester, JCUPSA paired up with the JCU Business Society on the 12<sup>th</sup> of August for a joined Zombie Apocalypse themed pub crawl. The night saw us entering venues not regularly listed on JCUPSA pub crawls – with tenpin bowling and laser tag being added to the proceedings of the night for the first time. A great – rowdy – night was had by all and a big thank you goes out to our social chairs: Ash and Batul, who worked tirelessly to make sure this event would happen.

The work hasn't stopped for the JCUPSA Committee with our much anticipated Annual Pharmacy Ball being held on Friday the 26<sup>th</sup> of August at The Venue. We're busy finalising all the details to make sure this event will go down as one of the best and will definitely NOT be one to miss!

Our Pharmacy Awareness Chairs have also been hard at work brainstorming some ideas to kick start our planning for the upcoming Pharmacy Awareness Month and liaising with our members as part of the Health Students' Blood Challenge. We are off to a great start and hope that pharmacy can work together to beat the other disciplines! Best of Luck to all the branches!

We have also been starting to ignite the Congress Spirit, with the opening of our branch applications, aiming to encourage participation from all students at JCU. The committee is also working on some new Merchandise to showcase at Congress as well – so watch this space.

The JCUPSA Committee is very excited to be moving forward now that the Semester has set in and we have all become accustomed to our new roles.

Until next time,

Gemma Latter  
JCUPSA Publications and Merchandise Chair



# SUPA Exciting Times Ahead

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SUPA has already had a very busy start to semester! We are all 'supa' stoked to be hosting the Congress in January 2018. This was brilliant news to kick start our semester and has everyone very eager for Perth, with an overwhelming amount of applications. We are in early stages of getting together our Sydney Congress Organising Committee (SCOC) and planning accommodation and the Gala Ball.

On August 3rd SUPA played host to the Society of Hospital Pharmacists of Australia (SHPA) hospital pharmacy night. The night saw hospital pharmacists and hospital interns discuss their experiences and provide insight regarding applications for hospital intern positions. A variety of students from 1st to 4th year in the B.pharm degree as well as the M.pharm students from both Sydney University and our cousins down the road from UTS attended and found the night extremely informative.

Recently SUPA had yet another successful pubcrawl. The theme for event was Where's Wally. This time the SUPA squad roamed the streets of Glebe and the general consensus from the evening was that it was one of the best SUPA pubcrawls in recent memory.

In other news, the SUPA common room has undergone some impressive updates for their members to enjoy. The supply of brand new computers has enabled the set up of the projector system. This has seen members enjoy privileges such as using the smart board to prepare presentations as well as enable live streaming of the Olympics. Also, with special thanks to the team at ZSoftware, SUPA has also gained access to the ZSoftware dispensing program allowing members to develop their dispensing skills using this relatively new program!

# SUPA Exciting Times Ahead



# WAPSA Update feat. CONGRESS!

What's this, an ePlacebo article from WAPSA? Get ready for a barrage of updates from the other side of Australia!

WAPSA's first event of this semester was the WAPSA Gala Ball, held this year at the Hyatt Regency Hotel on the 13<sup>th</sup> of August. And what a night it was! We brought back an old award called the WAPSA Excellence Award, which congratulates a final year student on both their academic achievement and their involvement in the pharmacy community. This year's inaugural winner was fourth year B.Pharm student Phoebe Gadd, whose passion and professionalism towards pharmacy earned her the grand prize of \$1200 towards professional development. We are also thankful to PSA WA and SHPA WA for sponsoring the award.

Coming up soon for WAPSA is our yearly trade show, being organised by our awesome education chair Joshua Jones. Also in the educational vein, our University of Western Australia chapter UWAMPS (UWA Masters Of Pharmacy Society) also held a Pharmacy Seminar on the 18<sup>th</sup> of August, where students from both Curtin and UWA listened to some very inspiring and insightful talks from people such as Theresa Di Franco, the 2016 PSA WA Young Pharmacist of the year, and Swarup Afsar, owner of the 2016 Guild Pharmacy of the Year, among others.

Finally, progress is very much underway for the 2017 NAPSA Congress in Perth. NAPSA Congress Chair Rosie Earl and the Perth Congress Organising Committee (hence the peacock in the logo- get it now?) have been doing a tremendous job of organising the event, from getting in keynote speakers to booking out the Curtin Tavern and the Crown Casino. Be prepared for a week of fun, pharmacy and, most importantly, reuniting with the rest of NAPSA! Your branch should have registration open now, so if you're interested in attending this awesome event, please contact your appropriate president!





# WAPSA Update feat. CONGRESS!

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Perth, the capital of Western Australia, surrounded by beautiful beaches and amazing landmarks, we have nothing but the best to offer you during your time at the NAPSA Congress 2017. Keep your eyes out for the awesome merchandise available – you will definitely want to get your hands on one of our limited edition bucket hats. Starting from the 24th all the way through to the 30th of January – pack your sunscreen stay hydrated and get ready to have an amazing week you'll never forget!

The Perth Congress Organising Committee has been hard at work to bring you nothing but the best when you join us for Congress in January. We have amazing speakers, hands on and interactive workshops and educational experiences that will take your pharmacy knowledge from zero to getting nothing but 10's on those CRF's. For more information, have a look at the website ([www.napsacongress.org.au](http://www.napsacongress.org.au)) and be sure to follow us on social media @NapsaCongress to have a sneak peek at the behind the scenes and to keep up to date will all that's happening. We look forward to seeing you in the new year! Get excited!

Mortar Love,

Perth Congress Committee



# PSA's Upcoming Education Events

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## September

### **Australian Capital Territory**

- 07 CPD Plans: Meet the New PBA Requirements
- 14 PSA Intern Training 2016 Workshop Two – Canberra

### **New South Wales**

- 05 CPD Plans: Meet the New PBA Requirements – Blacktown
- 06 CPD Plans: Meet the New PBA Requirements – Coffs Harbour
- 07 CPD Plans: Meet the New PBA Requirements – Port Macquarie, Broken Hill
- 08-09 PSA Intern Training 2016 Workshop Two - Sydney Three, Ultimo
- 10 HLTAID001 Provide CPR - St Leonards
- 10 HLTAID003 Provide First Aid - St Leonards
- 11 PSA Immunisation Training- NSW , St Leonards
- 12 CPD Plans: Meet the New PBA Requirements - Mt Pritchard
- 12 Bridging the Gap workshop – Diabetes Clinical Update – Woollahra,
- 13 Bridging the Gap workshop – Diabetes Clinical Update– Liverpool, Kogarah, St Leonards
- 13 HLTAID001 Provide CPR – Wollongong
- 13 HLTAID003 Provide First Aid – Wollongong
- 13 CPD Plans: Meet the New PBA Requirements – Goulburn
- 14 PSA Immunisation Training- NSW – Wollongong
- 14 CPD Plans: Meet the New PBA Requirements – Wollongong
- 14 Bridging the Gap workshop – Diabetes Clinical Update – Parramatta
- 14 CPD Plans: Meet the New PBA Requirements – Dee Why
- 17-18 Mental Health First Aid – Blacktown
- 19 CPD Plans: Meet the New PBA Requirements – Armidale
- 20 CPD Plans: Meet the New PBA Requirements – Tamworth
- 21 PSA Immunisation Training- NSW, St Leonards
- 21 CPD Plans: Meet the New PBA Requirements – Chatswood
- 26 CPD Plans: Meet the New PBA Requirements -Springwood
- 27 CPD Plans: Meet the New PBA Requirements – Bathurst
- 28 CPD Plans: Meet the New PBA Requirements – Orange

# PSA's Upcoming Education Events

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## Queensland

- 3-4 PSA ITP 2016 First Intake Workshop Two – Townsville
- 7 CPD Plans: Meet the New PBA Requirements - Ipswich
- 8 CPD Plans: Meet the New PBA Requirements – Bundaberg
- 12 CPD Plans: Meet the New PBA Requirements – Cairns
- 13 CPD Plans: Meet the New PBA Requirements – Townsville, Tweed Heads, Sunshine Coast, Maroochydore
- 14 CPD Plans: Meet the New PBA Requirements – Ayr, Mackay
- 15 CPD Plans: Meet the New PBA Requirements -Rockhampton
- 17-18 PSA ITP 2016 First Intake Workshop Two – Dutton Park
- 18 Brisbane Senior First Aid and CPR Course
- 19 CPD Plans: Meet the New PBA Requirements – Gladstone
- 21 CPD Plans: Meet the New PBA Requirements – Chermshire
- 24-25 PSA ITP 2016 First Intake Workshop Two – Dutton Park

## South Australia & Northern Territory

- 04 Seminar: Spring Refresher 2016 – NOACS, UniSA City East Campus Adelaide
- 04 CPD Plans: Meet the New PBA Requirements - UniSA City East Campus Adelaide
- 15 Workshop: Optimising Medication Management - Peer Support, PSA SA Office

## Tasmania

None

# PSA's Upcoming Education Events

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## Victoria

- 06 Monthly Lecture: CPD Plans: Meet the New PBA Requirements
- 11 Torquay Sunday - Annual Medicines Update 2016
- 14 Parkville: Harm Minimisation Forum
- 19 Pharmacy Practice Forum - Legal and Ethical Dilemmas - Parkville
- 21-22 Medication Management Review Stage 1 Workshop - Parkville
- 25 Vic Program of Study For Immunisers - Parkville
- 26 APSIG September Monthly Workshop – Renal Medicine for Pharmacists
- 28 HLTAID001 Provide CPR - Parkville
- 28 HLTAID003 Provide First Aid – Parkville

## Western Australia

- 4 CPD Plans: Meet the New PBA Requirements - Broome
- 6 COPD: Overview, Management and the Role of the Pharmacist - Subiaco
- 7 CPD Plans: Meet the New PBA Requirements – Subiaco (Morning)
- 7 CPD Plans: Meet the New PBA Requirements – Subiaco (Afternoon)
- 7 CPD Plans: Meet the New PBA Requirements – Subiaco (Evening)
- 14 Provide Advanced First Aid - Subiaco
- 19-20 Mental Health First Aid Course - Subiaco
- 28 Hepatitis C Medicines - SHPA/PSA Joint Event