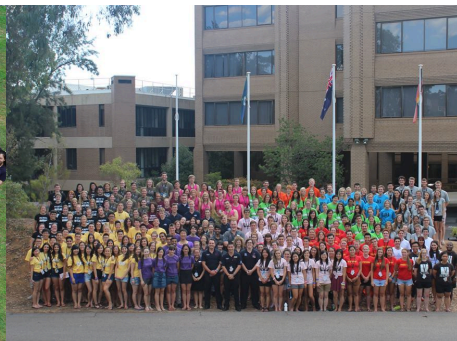


ePlacebo March-April 2016 Edition



NATIONAL AUSTRALIAN
PHARMACY
STUDENTS'
ASSOCIATION



Connecting Tomorrow's Pharmacists

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Latest Module on MyNAPSA

DermaVeen®: management of dry, itchy and sensitive skin

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

President's Report

Dear fellow NAPSA member,

I would like to firstly extend my congratulations to each every NAPSA member for completing a fantastic Charity Cup campaign! Over the past 6 weeks it has been extremely humbling to see the amount of passion and effort go into fundraising for Cystic Fibrosis Federation Australia, who provide support and services to people with Cystic Fibrosis (CF) and their carers and families.

You should all be extremely proud of yourself. I would like to make a special mention to someone who I think needs to be congratulated individually for their unique contributions/sacrifices resulting in some large amounts of money raised; Tyler Fenton (TAPS) who ran an ultra marathon consisting of 42.4km and raising over \$500. Well done Tyler, an amazing effort you should be very proud of. It was great to see so many participants' in the Crack a Cure Challenge, resulting in a huge amount of NAPSA students helping raise awareness for Cystic Fibrosis. May I add that there definitely were some very creative videos to support the challenge. Furthermore, I would like to thank Sandra Minas (BAPS) and her pharmacy awareness committee for all their hard work over the past few weeks, we look forward to hearing the fundraising results at our Annual Dinner in July!

While on the subject of Annual Dinner, not only is NAPSA's Annual Dinner coming up, so too is our Annual General Meeting (AGM). We are very excited that our constitution which took effect last year, will be put to use for an AGM for the very first time. At the AGM, we will be voting the new Board for the 2016/2017 term. Any NAPSA member who wishes apply for a board position, keep an out for emails for more information or contact your branch president and/or a NAPSA board member who can help out with your queries. AGM will be held on the weekend of July 15th with the Annual Dinner on July 16th in Melbourne. I look forward to seeing everyone there and to discuss any concerns.

President's Report

Finally, it with great sadness to say to you that this will be my last ePlacebo article as President of NAPSA. I would like to take this opportunity to thank you all as members for the honour of being your president for the past 10 months. I am extremely grateful for the opportunity to work with so many of you who have inspired me to challenge myself and really strive for the best opportunities available to us as aspiring pharmacists. I certainly could not have done it without the output of hard work and support from my board, the NAPSA committees, and the NAPSA Representative council. You guys are an amazing young group of leaders of whom I wish all the best with your future careers in pharmacy.

For now, I wish you all the best of luck with your upcoming exams!



Eleanna Ballis
National President
president@napsa.org.au

“Only dead fish go with the flow”

GUAPS' Exciting Semester

GUAPS has had an exciting start to the year with an array of various events, from social to education. We started the year off with our St. Patrick's Day *Back 2 School* party with the rest of NAPSA prior to APP, proving to be a great success and an awesome opportunity for GUAPS members to meet students from across the country.

We have had a great Charity Cup hosting Trivia Nights and parties to help raise funds. We also had the incredible opportunity to have Morgan Gollan come up to have a chat to GUAPS about life with Cystic Fibrosis. This presentation truly moved the members of the audience, and provided an opportunity for people to gain an insight into what it's like to live with the condition. Prior to Morgan's presentation Dr. Susan Ballantyne, Director of Medicines Regulation Queensland, spoke to us about the regulations around Medicinal Cannabis, and the possible down-regulation of this.

GUAPS is looking forward to the months ahead, with the GUAPS Ball coming up and some excellent education sessions planned for the next semester.

GUAPS Love,
John Quinn
GUAPS President



News From Victoria

On Sunday 17th April RAPS, BAPS and VPSA, along with the Victorian PSA and ECP (early career pharmacists) hosted the annual PSA Victorian Pharmacy Student Conference, hosted at Monash University in Parkville, Melbourne. The conference provides an opportunity for the Victorian NAPSA branches to organize a day of education for student attendees as well as hosting the Victorian Pharmacy Student of the Year Competitions (PSOTY). The conference took place on the same day as the PSA Pharmacist conference, thus giving students the opportunity to interact with pharmacists as well as visit the trade show hall.

The day hosted a range of interesting speakers which provided students a glance into particular areas of pharmacy practice. The first official speaker was Amy Page, a consultant pharmacist who now works in a general practice, and is the current PSA Early Career Pharmacist of the Year. She enlightened students with her interesting career path, and shared her experiences of what it is like to work side by side with doctors in a medical practice. Benjamin Lee, a pharmacist at Peter MacCallum Cancer Centre, bestowed students with his expertise in how to effectively deliver medication information to patients. Kate Petrie delivered a talk about her experience going through the new EU registration of pharmacists, being the first Australian to complete the new system. Our final speaker for the day was Liam Murphy, who opened our eyes and our minds about personal development, and how his experienced have shaped him into being the “Roaming Pharmacist”.

The PSOTY finals took place after lunch, with 2 representatives from RAPS, BAPS and VPSA respectively participating. Lorena Reynolds from RMIT University was eventually the victor, and we wish her all the luck in the national finals this year! #teamVIC

Travis Phelan
VPSA President

Raw Date Cacao and Matcha Chocolate Bars



20 fresh dates (350g), pitted
1 cup (160g) almonds
1 cup (150g) cashews
2 tablespoons coconut oil
½ cup (50g) cacao powder
¼ cup (20g) matcha powder, plus extra
for dusting
2 tablespoons black chia seeds
½ cup (50g) LSA

1. Place the dates, almonds, cashews and coconut oil in a food processor and process until the mixture comes together.
2. Add the cacao, matcha, chia seeds and LSA, and process until the mixture sticks together.
3. Press the mixture into a 20cm x 20cm lightly greased square cake tin lined with non-stick baking paper.
4. Refrigerate for 2 hours or until firm.
5. Remove from the tin, dust with matcha and cut into 2cm x 10cm bars to serve.

Source: Body+Soul May 2016: www.body+soul.com.au

CaSPA's Been Busy!

CaSPA has been very busy this semester! We recently hosted a first aid course thanks to Australia Wide First Aid, which was very successful. This is the first year we have had enough members to run a first aid course through NAPSA so we were very happy with the turn out!

We also recently kicked off our Charity Cup campaign. We had several students participate in the Australian Running Festival to raise money for Cystic Fibrosis Australia, with a good boost to our fundraising total early on. We then held our major fundraising event, our annual ball! This year's theme was "Secret Garden" with the ballroom decked out in green lights with beautiful garden themed centerpieces and decorations. We used to the night to both raise money for Cystic Fibrosis Australia, and recognise the achievements of our students, with the pharmacy faculty taking the opportunity to give out awards and scholarships to deserving students from all year levels. We were delighted to see a huge number of NAPSA friends in attendance, and would like to thank everyone who came from out of state to attend! I think all in attendance would agree that it was a fabulous night with good food, great friends and even better dancing ;).

We will also be holding a charity movie night with Hoyts to raise even more money for Cystic Fibrosis Australia, so stay tuned to see how much we raise!



SAPSA's Welcome to the Year

Hope you have all had a fantastic holiday and are looking forward to getting stuck into another year of Pharmacy, or in the case of many of our first years starting their first year at University! To help kick off the Uni year SAPSA held a number of events for our members to enjoy.

SAPSA's Flashback Friday Pubcrawl!

SAPSA went back in time to celebrate all of the fantastic shirts, puns and memories we've had over all of our past pubcrawls.

BBQ #1

First of the BBQ's for the year, as always a free sausage and bread, vege burger and soft drink for members. It was a great chance for the first years to meet everyone.

PSA Career's and Networking Night

SAPSA worked with the PSA for this networking event with the aim of showcasing the various career options for students post-graduation with a particular focus on internships. This event was more focused for third and fourth year students but any curious first and second years were also welcome to attend.

Charity Cup Masquerade

Every year SAPSA takes part in NAPSA's annual Charity Cup competition over April-May to see who can raise the most money for this year's charity, which for 2016 is Cystic Fibrosis Australia. Our first Charity Cup event will be a Masquerade cocktail night at the Ambassador's Hotel on King William Road.



Xoxo SAPSA Love
Tom Browne

TAPS' Fight for CFA till the Last Breath

We are well into the second half of our Charity Cup campaign now, and TAPS have kept very busy over the past few weeks organising and running several events, in hope of raising as much money as possible for Cystic Fibrosis Australia (CFA).

TAPS kicked off the Charity Cup season with our annual Gourmet Barbeque, where we cooked up a storm selling the most delicious burgers and sausages on campus. We also held our first charity boxing class with current Australian Featherweight Boxing Champion, and Australia's 2012 London Olympic Games boxing captain, Luke Jackson. We were incredibly fortunate to have Red Frog volunteers at both of these events, as they were a major asset and whipped up the most delicious pancakes!

In May, TAPS are holding a 65 Roses themed party with all proceeds going towards CFA. Additionally, our annual raffle is currently underway, with prizes such as an AMH and a ticket to this year's TAPS Ball up for grabs (just to name a few!). This raffle will be drawn at the end of Charity Cup.

This year we have two TAPS members, Tyler Fenton and Monique Scott, who have created Facebook pages for their 'Every Day Heroes' campaigns. At the end of Charity Cup Tyler will be tackling a 65km marathon, and TAPS president Monique will be cutting 6.5 inches off her luscious long locks; both in theme of CFA's 65 Roses initiative.

Earlier in the semester TAPS collaborated with Early Career Pharmacists to host a 'Welcome Back' Cocktail. At this event we were privileged to have the inspirational Kenny Lee, '2015 WA Young Pharmacist of the Year' speak of his pharmacy journey thus far.

In May, TAPS will once again be heading to Agfest in northern Tasmania. We have eleven pharmacy students attending this year. We believe this will be an excellent experience to display our knowledge, interact with the community, and also, importantly, promote the pharmacy profession and studying at the University of Tasmania.



Irini Moutsatsos
NAPSA Liaison Officer
Tasmanian Association of Pharmacy Students
University of Tasmania

QPSA's Busy Start to the Year

QPSA had a busy start to the semester beginning with O-week! During this week, incoming UQ pharmacy students attended a "First-Years Only" BBQ run by QPSA, whereby they got to meet and mingle with one another, and learn about the 10000 reasons why they should join QPSA. We were very excited that the majority of the incoming cohort became members! We were so proud.

The following day was the University of Queensland's annual Market Day, and QPSA had its very own stall. Here we engaged passers by with Jelly Beans (a pharmacy favourite), membership and gift bags full of Hydralyte to assist with their recovery post O-week parties.

QPSA is also excited for the following events, which will be occurring in the coming weeks: Trivia Night, Industry Awareness Day, Bake Sales, a Pain Management Seminar and a pre-exam BBQ/Sports Day! That's all for now, but don't forget to add us on SNAPCHAT at qpsa_rx to view our shenanigans live.

QPSA PHARMILY xxx



PSA's Upcoming Education Events

May 2016

New South Wales	
1	PSA Immunisation Training NSW – Orange HLTAID001 Provide CPR – Parramatta HLTAID003 Provide First Aid - Parramatta
9	Bridging the Gap - Sydney East, Woollahra
10	PSA Immunisation Training NSW – St Leonards
11	Bridging the Gap - North, St Leonards
25	Short Course - MWH - Prostate Health, St Leonards
Queensland	
15	Brisbane Senior First Aid and CPR Course - DUTTON PARK
South Australia & Northern Territory	
19	CPD Learning Plans for Pharmacists: What the requirements are and how to develop your CPD plan - Adelaide
Tasmania	
9	Developing your CPD plan-Hobart Developing your CPD plan-Launceston Developing your CPD plan-Latrobe Developing your CPD plan-Burnie
Victoria	
3	Monthly Lecture: National Webinar, Parkville and Regional Satellite Centres,
14-15	The Great Victorian Rural Weekend 2016, Melbourne- Ballarat- Hamilton- Geelong- Melbourne, VIC
14-15	Mental Health First Aid– Parkville
23	APSIG Clinical Meeting
26- 27	Medication Management Review Stage 1 Workshop - Parkville
Western Australia	
29	WA Annual Seminar: Pharmacy In Today's World, Perth

PSA's Upcoming Education Events

June 2016

New South Wales	
1	Short Course - MWH - Gender Differences For CV Risk– St Leonards
8	Short Course - MWH-Sexual Health In the Reproductive Years– St Leonards
15	Short Course - MWH-The Change And Beyond– St Leonards
Queensland	
19	Brisbane Senior First Aid and CPR Course - Dutton Park, Brisbane
21	Common Childhood Illness – Dutton Park, Brisbane
26	Workshop on Diabetes - Who's At Risk? - Gold Coast
South Australia & Northern Territory	
4-5	Workshop: Stage 1 Medication Management Review - PSA SA Office
22	Drugs and Diseases Series: Smoking Cessation
Tasmania	
4-5	Tasmanian Clinical Weekend 2016 - Hotel Grand Chancellor, Hobart
Victoria	
5	Warrnambool: Victorian Pharmacy Pharmacotherapy Training
7	Monthly Lecture: Dermatology, Parkville and Regional Satellite Centres,
20	Webinar: Victorian Pharmacy Pharmacotherapy Part 2, Online
27	APSIG: The Ageing Skin - Parkville
Western Australia	
15	Provide Advanced First Aid - Subiaco
28	Everyday Wound Care - Subiaco



Photos from Charity Cup 2016 and Across the Country













GRIFFITH UNIVERSITY

Getting strapped #mybitch 😂😂

