

ePlacebo March/April 2019



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# President's Report

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Dear NAPSA members,

The beginning of April means the start of NAPSA's biggest pharmacy awareness initiative, our Charity Cup campaign. This year NAPSA is raising awareness and funds for Brain Tumour Alliance Australia (BTAA), the only national organisation for the brain tumour patient, family and caregiver. The BTAA provides support for those affected by brain tumours, whether that be the people living with brain tumours, family members, friends or caregivers. I wish all the branches best of luck as they battle to win the Charity Cup trophy with the winner to be announced at our Annual Dinner in July.

Last year NAPSA's Charity Cup was Fullife Foundation and we were able to raise over \$25,000 to fund the building of a health-post in the rural town of Shurmo, Ethiopia. During the mid-semester break, Stephanie Samios (past NAPSA Pharmacy Awareness Chair) and myself were lucky enough to travel over to Ethiopia to attend the official opening of the health-post, read further on in the ePlacebo for an article about our trip!

NAPSA attended the annual Australian Pharmacy Professional Conference & Trade Exhibition was held in the Gold Coast, from the 7<sup>th</sup> to 10<sup>th</sup> of March. The largest pharmacy conference saw many pharmacy students, pharmacists and past NAPSA members meet up for a night of networking at the NAPSA Alumni evening. The evening followed on from the Early Career Progression Stream, which was FREE for students, covering topics including pharmacy ownership, inter-professional collaboration session with an optometrist, leadership and innovation. The APP conference was jam-packed for the NAPSA Board and Chairs, but we had time to fit in an entry for AJP's Pharmacy's Got Talent, with a new rendition of the Pharmacists' Support Service (PSS) rap. Not only did we raise awareness for the fantastic PSS, we also came a close second place to NAPSA Alumni, Tyler Fenton.

The weekend of APP also saw the announcement of the scholarship recipients of NAPSA and LocumCo's Rural Pharmacy Scholarship. I would like to again congratulate the first-round scholarship recipients: Jessica Coutts (La Trobe University), Yinan Li (University of South Australia), Xenia Vrakatselis (University of Tasmania) and Kai Ying Lim (Monash University). Second round applications will be open on the 1<sup>st</sup> of July and there are 6 scholarships available!

# President's Report

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I had the opportunity to attend one day of the AMSA (Australian Medical Students' Association) National Council, which was held in Adelaide in late March. AMSA National Council is the equivalent to NAPSA's Advisory Council Meeting, however it runs over 3 days to discuss policies, activities and advocacy agenda. If you have any ideas on what more NAPSA could be doing for you and all pharmacy students, feel free to email [secretary@napsa.org.au](mailto:secretary@napsa.org.au).

The next pharmacy conference is the [APC Colloquium](#) in Melbourne held on Friday 3<sup>rd</sup> of May. The APC Colloquium held jointly by the Australian Pharmacy Council (APC) and the Australian Nursing and Midwifery Accreditation Council (ANMAC) aimed to stimulate discussion regarding the links between education and practice across the health sectors. The topic of the 2019 APC Colloquium is "Together we can do more: Educating for social accountability across the health professions: an interprofessional symposium". This unique one-day event involves interactive team-based discussions, presenters from both Australia and New Zealand as well as a 'Prophetic', which will be led by Alison Menzies and Dr Lisa Nissen.

I wish you all the best with upcoming assessments. Whilst you may be focused on your studies and exams, make sure to also focus on yourself and take some time to relax! #selfcare

Jess Hsiao  
National President  
[president@napsa.org.au](mailto:president@napsa.org.au)

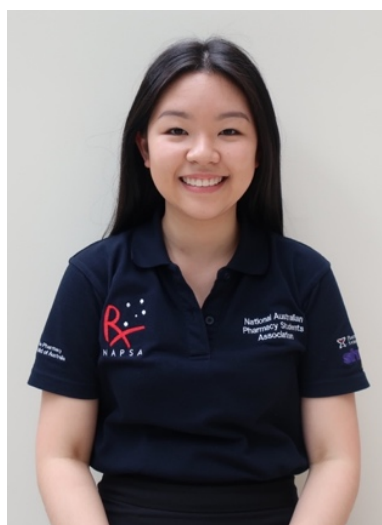


Image: AMSA President Jessica Yang and NAPSA President Jess Hsiao at AMSA National Council in Adelaide



# JCUPSA's Pharmazing Semester

The first half of semester one has been packed full of activity for everyone up here in North Queensland. First of all, we would like to thank everyone from NAPSA, the pharmacy student associations and the wider pharmacy community for your support during the recent flood event here in Townsville. Our facilities at JCU were thankfully left untouched, however several of our students and local pharmacies lost a great deal and are still getting back on their feet. It was a great example of how much can be achieved when a community comes together, and we are grateful for all the support.

To welcome everyone back, we hosted a free barbecue to get the ball rolling. Our expert cooking skills were so good that we ended up running out of sausages! The following week we planned a sunset picnic, which proved to be a great way to get the different year levels mixing together. As the semester started to get busier, we gave everyone a chance to let their hair down with a good old-fashioned pub crawl (circus themed, of course), complete with ridiculous costumes, cheap drinks and a lip sync/karaoke battle at the final location. A definite highlight was experiencing a soulful rendition of "Breaking Free" by our VP and Rural chair, which confirmed once and for all that pharmacists are better suited to a dispensary, and not the stage.



# JCUPSA's Pharmazing Semester

Back by popular demand this semester was The Pharmazing Race, a lightning fast dash around campus that tested even the toughest of our pharmacy students. As part of our commitment to this year's Charity Cup, we put all proceeds towards supporting BTAA. Teams were subjected to challenges including blindfolded Webster packing, olive leaf extract shots, placebo Ventolin puffer guided ping pong ball races and much much more. Our current third years placed first after a controversial time penalty cost the fourth years the lead, but all teams were grateful for the free pizza at the end of the race.

Our education event for this semester was hosted by the A2 Milk Company, who were generous enough to send one of their dieticians all the way up from Melbourne to talk to us. Over the course of the afternoon we learned all about baby formula, milk proteins, and their relevance to conditions such as reflux, lactose intolerance, protein intolerance and IBS. Finally, we hosted a barbecue at our local Officeworks to raise further funds for Charity Cup. The residents of Townsville didn't let us down and donated an unprecedented amount of money towards this great cause.

It has been a great two semester for the current committee, but it's almost time for our annual AGM and a new committee to be elected. It has been a pleasure being involved with NAPSA, and we can't wait to see what the next 12 months hold for JCUPSA.

Chris Simpson  
JCUPSA Publications Chair







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# 2019 National Student Business Plan

COMPETITION

## ATTENTION - PHARMACY STUDENTS

Do you have an entrepreneurial spirit and a desire to shape the future of community pharmacy? Do you have an innovative service idea that will contribute to a vibrant and dynamic community pharmacy network and make a genuine difference to the health and lives of our local communities?

If so, it's time to get down to business and get your business plan ready, polished and perfected for The Pharmacy Guild of Australia's National Student Business Plan Competition. Get your teams organised for the 2019 competition and share in the prize pool of over \$15,000.

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# BAPS Update

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It has certainly been a busy start to the semester for us over here in Bendigo. After recovering from Congress, we began the semester with our Market Day to show our members what deals we have and advertised our upcoming events. As well as handing out plenty of freebies of course!

In week 2 we held our AGM and elected the rest of our BAPS committee welcoming some fresh faces to the BAPS crew. We also held our welcome dinner at the local Rezzie pub which was a great night to relax and get to know our fellow classmates, before getting stuck into the academic year.

We held our Hawaiian themed walking pub crawl in week 4 which was, as always, a fantastic night. We have also held a Drug Disposal information stall to raise awareness for the safe disposal of prescription medications as part of the IPSF campaign.

Our Bunnings BBQ was also a big hit as we raised funds for our Annual BAPS Ball in semester 2! This is always the highlight of the year and will be held on August 24th so please save the date! We're excited to announce the theme of this year's ball is Alice in Wonderland!

The rest of this semester will be packed with a trivia night, our Brain Tumour Alliance Australia BBQ, our Annual BAPS Cocktail Party being held on Tuesday May 21st as well as working with ScriptWise to raise awareness for Prescription Medication Dependence Week.

For tickets or info on our upcoming events feel free to contact one of our execs!

Rachael Moncrieff  
BAPS President





# Charity Cup 2019 is in full swing!

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On April the 1<sup>st</sup> NAPSA's 2019 charity cup campaign begun. With around \$1,500 already donated to Brain Tumour Alliance Australia (BTAA)!! For members who don't know BTAA is the only national brain tumour patient and caregiver organisation in Australia. BTAA is a not for profit organisation established in 2008 by a group of brain tumour patients and current and former caregivers. BTAA is concerned about all brain tumours (neoplasms) of the central nervous system (CNS), which includes the meninges, brain and spine.

This year we are aiming to raise \$30,000 for this wonderful organisation to help fund all the good work that they are doing and help fund their e-news platform. Additionally, it hits close to home for us at NAPSA as a member of SAPSA was recently diagnosed with glioblastoma.

It's great to see the efforts of branches and branch pharmacy awareness chairs in raising funds for this great cause. There have been quiz nights, Bunnings sausage sizzles, selling Cadbury chocolates and a vast array of other events with many more events to come. Keep an eye out for what your branch may have in store for you. Otherwise donate here: <https://give.everydayhero.com/au/national-australian-pharmacy-students-association>. We are halfway through charity cup with only another month to go (until the 31st of May)!

Antoni Ukalović  
Pharmacy Awareness Chair



**BRAIN TUMOUR**  
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website: [btaa.org.au](http://btaa.org.au)

# OPSA Update

On March 7th, OPSA represented the pharmacy students at our CSU Market Day, a day for all the clubs at CSU to promote their club. Here we were able to meet the first-year students and endorse the work that OPSA does. We had a jellybean guessing competition (258 jellybeans for those asking) and gave away lots of merch and free samples to our new OPSA members.

We also celebrated our 2019 Commencement Dinner and 10 Years of OPSA celebration on March 16th. Held at the Greenhouse of Orange, we got to know some first-year students, hear from some graduated pharmacy students and our lecturers over some delicious food. We had speeches from Maree Donna Simpson (Head of Pharmacy at CSU), Paul Jones (Vice president of the Pharmacy Guild of Australia New South Wales Branch) and Krysti-Lee Rigby (VP of the NSW branch of the PSA). It was particularly special to hear from Krysti-Lee, as she is both an Orange CSU graduate and a prominent figure of the PSA, who sponsored the event. We thank Krysti-Lee, Paul and Maree for their time, wise words and inspiration. I'd also love to thank the OPSA committee (especially Erin and Hayley) for their assistance and support in organising this event.

Lucy Belmonte  
OPSA President





# QPSA's Industry Awareness Day 2019

The recent Queensland Pharmacy Students' Association (QPSA)'s annual Industry Awareness Day was once again a big success for all involved. In fact, it was the biggest day in the event's history largely due to the overwhelming support of over 25 organisations that showcased all aspects of the pharmaceutical industry. The University of Queensland pharmacy students find this day invaluable as it provided them the opportunity to seek information, ask questions, try products, and sign up for student memberships. It also allows them insights into today's pharmaceutical industry, the opportunities ahead and career pathways. Not to forget to mention that everyone had fun as well. So, we all look forward to seeing you there again next year.

Eilís Rigby  
QPSA Pharmacy Awareness Representative



# NAPSA's International Impact

Last year NAPSA supported Fullife Foundation for the [2018 Charity Cup](#) campaign and raised over \$25,000 as well as packing 6,000 birthing kits. [Fullife Foundation](#) is an organisation dedicated to improving the health of women and children in Ethiopia. The funds raised by branches over the 2018 Charity Cup period were able to support the funding of rebuilding a health post in the rural town of Shurmo in Ethiopia. The health-post is the first point of contact for health checks for the community, with a large focus on maternal and child wellbeing.



During the April Easter break past NAPSA Pharmacy Awareness Chair, Stephanie Samios, and myself, travelled over to Ethiopia with Fullife Foundation Directors, Ian Shanks, Michelle Bou-Samra, Michelle's son Xavier, and CEO of [International Needs Australia](#) (INA), Pri Fernando. After getting all the necessary vaccinations and documents for the trip, it was already time to embark the 20-hour flight to Ethiopia from Brisbane.

On arrival at Bole Airport in Addis Ababa, the capital of Ethiopia, we realised how bright the sun was being 2,355 metres above sea level. The higher altitude definitely showed when climbing up even just one flight of stairs. Our trip in Ethiopia had a full itinerary of visiting various Fullife Foundation projects, early childhood care and education (ECCE) centres supported by the Bole Bible Baptist Church (BBBC) group, as well as squeezing in a bit of sightseeing on the last days.



# NAPSA's International Impact

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It was an early start on the first full day in Ethiopia as we drove about 5 hours south of Addis Ababa to the town of Hosaena where the Fullife Foundation maternal and child health post was rebuilt. We visited the newly build site in Shurmo about 10 minutes north of the Hosaena township where we were greeted by the local school children eager to see what was going on. The new health post is one block constructed of 4 rooms, which will serve as a consult room, maternal delivery room, clinical waiting room (admin area) and a health-extension worker waiting service room, it also has a newly built latrine and water line extension. The health post that NAPSA partially funded is part of a bigger project by Fullife Foundation, INA and BBBC, the Integration Health and Water Project - Shurmo Program. This larger project also consisted of the construction of a new water reservoir with 4 water points (each with 4 faucets constructed) for the community to access clean water. The fantastic thing about these projects is that they are creating jobs for local people, which makes a huge impact in the community. The health post along with the potable water output will have over 20,500 direct beneficiaries!

On the day of the official opening of the health post, the elders, leaders and women of the community all gathered to address the new health post. There were speeches from the elders of the community, leaders of the woreda (district), water board representatives, BBBC, INA, Fullife Foundation and NAPSA. Students from the high-school next to the health post also gathered to listen, and their smiles during the speeches showed it all as they were the future of the community moving forward. The official opening consisted of the ribbon cutting of the health post, a traditional coffee ceremony and traditional food buffet. The community also presented NAPSA, Fullife Foundation and INA representatives with a modern variation of the traditional Hadiya attire. The rest of the day we visited various projects by both Fullife Foundation and BBBC. About 6 km north of Shurmo we visited an ECCE centre (built by BBBC) and a health post which was in desperate need of an upgrade with holes in the wall, limited lighting and ventilation. We also visited the [Maternal Health Centre](#) in Shurmo sponsored by Fullife Foundation, which had been opened last year. Since the opening of the maternal health centre, it has delivered about 65 births and of those births there has been no maternal deaths since the re-build in January 2018.

# NAPSA's International Impact

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We also had the opportunity to meet with Valerie Browning AM, an Australian Nurse who now calls the Afar her home. Valerie was awarded an Order of Australia in 1999 for her service to international humanitarian aid through promoting health and literacy programs in the horn of Africa. Valerie (also known as Maalika to the Afar people) has now lived among the Afar nomads for almost 30 years and is a founding member, with her husband Ismael Ali Gardo, of the [Afar Pastrolist Development Association](#) (APDA). APDA is an organisation that aims to bring health and education to the people of the Afar region to contribute to the development and wellbeing of the Afar people. Listening to Valerie speak was an exhilarating experience, someone with an overwhelming passion and dedication even at the age of 68 and no signs of stopping.

We also received an invitation from the Australian Embassy in Ethiopia for a reception at the Ambassador's residence in Addis Ababa. We were welcomed by His excellency Mr Peter Doyle, Ambassador to Ethiopia, and members of the Australian Embassy.

On the last day of our trip, we met with 3 pharmacy students from the Afar region who were currently studying in the 5-year degree at Addis Ababa University. Two of the students were sponsored by Fullife Foundation through the [Barefoot Initiative Education Scholarship](#) to study in Addis Ababa which is very far from their home in the Afar region (over 500 km). The students highlighted the key issue with pharmacists currently in the Afar is that they speak Amharic and not the Afar language. Due to the communication barrier with current pharmacists working in the Afar, there is also a lack of trust from the community with reports of wrongdoing and neglect by the pharmacists. When the students become pharmacists, they will be accepted into the community and be able to communicate the safe use of medicines and educate about the side effects, expiry dates and storage, a lot of what we take for granted as a given in Australia.

Being about 12,684 km from home, we also took some time to explore the city of Addis Ababa and what Ethiopia had to offer. We visited the biggest and busiest vegetable and fruit market in Addis Ababa (named Atikilt tera) and the largest open-air market in Africa (spice market, Mercato). There was also an opportunity to try and bake some injera, a traditional Ethiopian flatbread made from fermented teff flour (a type of grain native to Ethiopia).

# NAPSA's International Impact

We would like to say a special thank you to [Pharmacy Alliance](#) for sponsoring NAPSA's trip to Ethiopia to allow us to meet the people we had helped with the opening of a new health-post in Shurmo. Our gratitude extends to Ian Shanks, director and founder of Fullife Foundation, as well as Michelle Bou-Samra, director of Fullife Foundation (and NAPSA Honorary Life Member), for making this trip happen and showing us the impact NAPSA has made on a global scale. NAPSA would also like to acknowledge the support from International Needs Australia (INA) who have helped with the organisation of the trip and for their work on the ground in Ethiopia as well as other countries in Africa.

Jess Hsiao  
NAPSA President





# NAPSA's International Impact





# NAPSA and LocumCo Rural Placement Scholarship

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In the 2017/2018 National Pharmacy Students Survey (NPSS) conducted by NAPSA, it was highlighted that there was a decrease in students taking part in rural placement opportunities. This was due to a lack of financial support combined with the higher costs of independent living experienced while on a rural placement.

At the start of this year NAPSA announced that Sue Muller's company LocumCo, is generously funding Rural Placement Scholarships for students who were not eligible to access other funding and wished to undertake a rural pharmacy placement. LocumCo's funding is awarded to students through an application process.

The scholarship would be an opportunity to close these gaps and enable successful applicants to undertake a rural placement with reduced financial pressure.

The scholarship recipients for the first round of the NAPSA and LocumCo Rural Pharmacy Scholarship are:

- Jessica Coutts (La Trobe University)
- Yinan Li (University of South Australia)
- Xenia Vrakatselis (University of Tasmania)
- Kai Ying Lim (Monash University)

Together with LocumCo, NAPSA would like to extend congratulations to these successful recipients.

The logo for LocumCo features the word "LocumCo" in a bold, blue, sans-serif font. A thick yellow horizontal bar is positioned directly beneath the text.

# PSA Intern Training Program



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With the digital version of APF, all the essential information you need to further your skills is at your fingertips. It is accessible on all mobile devices, with the advanced search and bookmarking tools making it easier than ever to find the information you require.

Some more great benefits for PSA student members include:

- Online access to *Australian Pharmacist*, the most closely read pharmacy journal in Australia.
- Invitations to regular PSA events, seminars and workshops in metro and rural locations throughout the country. Many of them are either free or offer exclusive discounts to PSA student members.
- Exclusive opportunity to compete against your peers nationally for the coveted annual title of Pharmacy Student of the Year (PSOTY).
- Gain access to quality, accredited pharmacist education materials to assist you in your studies.
- Receive support and be inspired by leading pharmacists to develop confidence, a professional network and get your career started on the right track.

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# PSA Upcoming Events

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For more information on any of the PSA's Upcoming Events check out their website - <https://www.psa.org.au/networking-events/all-events/>

## May 2019

### **Australian Capital Territory**

- 08 Overcoming barriers to My Health Record implementation – Deakin
- 12 Immunisation Practical Workshop - Deakin
- 22 My Health Record for accredited pharmacists - Deakin

### **Queensland**

- 01 Atrial fibrillation and primary stroke prevention – Ipswich
- 07 Antimicrobial Stewardship Workshop - Toowoomba
- 14 Antimicrobial Stewardship workshop – Cairns
- 16 HLTAID001 CPR only training – Brisbane
- 16 HLTAID003 Combined First Aid & CPR training – Brisbane
- 21 Antimicrobial Stewardship Workshop – Rockhampton
- 25 Immunisation Practical Refresher – Brisbane
- 25 Immunisation Practical Workshop – Brisbane
- 28 CPD Planning Workshop - Brisbane

### **South Australia**

- 08 Antimicrobial Resistance and the Role of Every Pharmacist – Adelaide
- 21 Overcoming barriers to My Health Record implementation – Adelaide
- 22 My Health Record for accredited pharmacists - Adelaide

### **Tasmania**

- 04 Vic/Tas Annual Therapeutic Update - Melbourne
- 07 Antimicrobial Stewardship – Hobart
- 07 Antimicrobial Stewardship – Launceston
- 17 PPI Management – South Hobart
- 19 Immunisation Practical Workshop - Hobart



# PSA Upcoming Events

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## May 2019

### **New South Wales**

- 01 Intern Training 2019 Workshop 1 – Sydney
- 07 Inflammatory Bowel Disease - Kogarah
- 07 Inflammatory Bowel Disease - Liverpool
- 08 Inflammatory Bowel Disease – Baulkham Hills
- 14 Inflammatory Bowel Disease – Parramatta
- 14 Inflammatory Bowel Disease – Concord West
- 15 Inflammatory Bowel Disease – Dee Why
- 18 Blended Mental Health First Aid – Orange
- 19 Provide First Aid – North Sydney
- 19 Provide CPR – North Sydney
- 21 Inflammatory Bowel Disease – Randwick
- 21 Sleep Apnoea Workshop – Charlestown
- 21 Inflammatory Bowel Disease – Greenacre
- 21 Inflammatory Bowel Disease – North Sydney
- 28 Inflammatory Bowel Disease – Port Macquarie
- 28 My Health Record for accredited pharmacists – North Sydney

### **Victoria**

- 04 HLTAID003 Provide First Aid – Parkville
- 04 Vic/Tas Annual Therapeutic Update – Parkville
- 07 Overcoming barriers to My Health Record implementation – Parkville
- 12 Immunisation Training Program - Parkville
- 13 Immunisation Training Program – Parkville
- 18 Get that job: resume and interview skills workshop – Parkville
- 20 Deprescribing For an Aging Population – Webinar
- 24 Immunisation Training Program – Parkville
- 27 APSIG May: Update: Heart failure and atrial fibrillation management - Parkville

# PSA Upcoming Events

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## May 2019

### **Western Australia**

- 01 Alcohol and Other Drug Training for Pharmacists – Bentley
- 02 Provide Basic Emergency Life Support – Subiaco
- 02 Provide Advanced First Aid - Subiaco
- 05 Alcohol and Other Drug Training for Pharmacists – Kimberley Broome
- 12 Alcohol and Other Drug Training for Pharmacists – Pilbara Karratha
- 15 Immunisation Practical Workshop – Perth
- 19 WA Annual Therapeutic Update – Perth
- 26 Alcohol and Other Drug Training for Pharmacists – Albany

## June 2019

### **Australian Capital Territory**

- 29 Get that Job: Resume and Interview Skills Workshop – New Acton

### **Queensland**

- 03 Antimicrobial Stewardship workshop – Brisbane North
- 08 Mental Health First Aid -Brisbane
- 12 Antimicrobial Stewardship workshop – Sunshine Coast
- 13 Immunisation Practical Workshop – Brisbane
- 13 Immunisation Practical Refresher - Brisbane
- 13 Antimicrobial Stewardship workshop – Mackay
- 15 HLTAID001 CPR only training - Brisbane
- 15 HLTAID003 Combined First Aid & CPR training – Brisbane
- 18 Atrial fibrillation and primary stroke prevention – Bundaberg
- 19 Atrial fibrillation and primary stroke prevention – Hervey Bay
- 24 Antimicrobial Stewardship workshop – Townsville
- 26 Antimicrobial Stewardship workshop – Mount Isa

# PSA Upcoming Events

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## June 2019

### **New South Wales**

- 01 Inflammatory Bowel Disease – Tamworth
- 01 Provide First Aid – Bankstown
- 01 Provide CPR – Bankstown
- 02 Inflammatory Bowel Disease – Broken Hill
- 04 Inflammatory Bowel Disease – Newcastle
- 05 Inflammatory Bowel Disease – Wollongong
- 15 Blended Mental Health First Aid – North Sydney
- 17 Inflammatory Bowel Disease - Orange
- 17 Inflammatory Bowel Disease – Moruya
- 18 Inflammatory Bowel Disease – Mudgee
- 18 Inflammatory Bowel Disease – Armidale
- 19 Inflammatory Bowel Disease – Wagga Wagga
- 19 Inflammatory Bowel Disease – Dubbo
- 19 Inflammatory Bowel Disease – Gosford
- 23 Prescription Medicine Safety workshop – Charlestown

### **Victoria**

- 03 Intern Training 2019 Workshop 1 - Parkville
- 04 Voluntary Assisted Dying Update: the process and its impact on all pharmacists – Parkville
- 05 Victorian Opioid Pharmacotherapy Program Part 2 - Webinar
- 13 Voluntary Assisted Dying Update – Webinar
- 24 Immunisation Training Program - Parkville



# PSA Upcoming Events

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## June 2019

### Western Australia

- 08 Alcohol and Other Drug Training for Pharmacists – Wembley
- 09 Alcohol and Other Drug Training for Pharmacists – Northam
- 16 Alcohol and Other Drug Training for Pharmacists – South West Bunbury
- 20 Anxiety: Rethinking the options - Subiaco
- 23 Alcohol and Other Drug Training for Pharmacists – Geraldton
- 30 Alcohol and Other Drug Training for Pharmacists – Kalgoorlie