

ePlacebo May-June 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



SAPSA's Hosting a Ball!

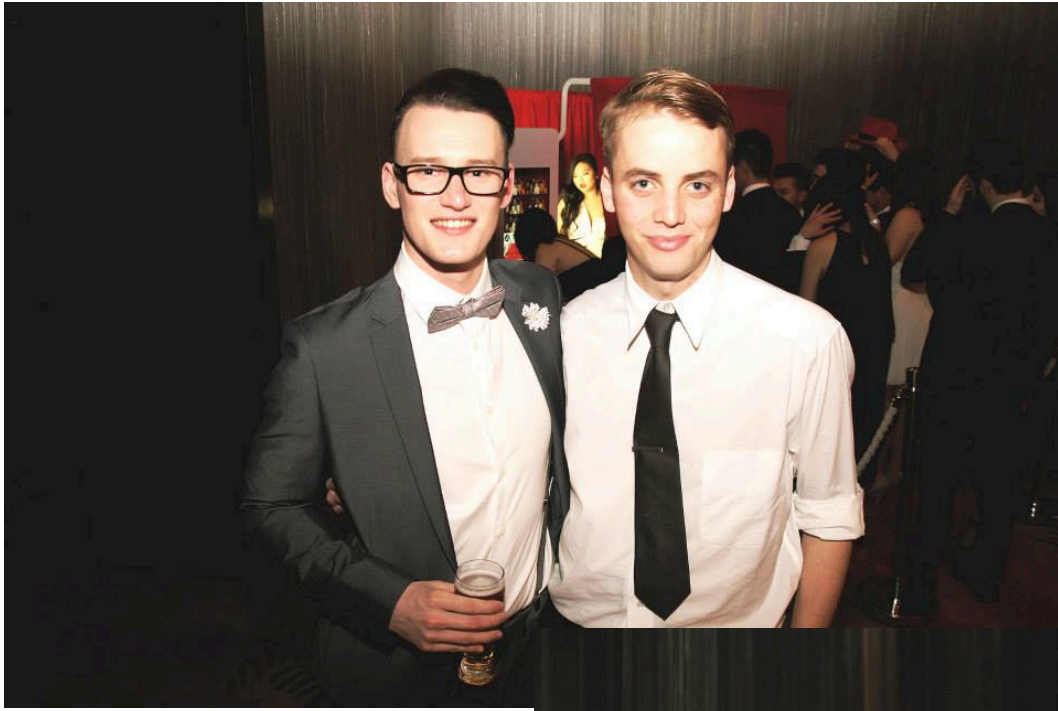
The South Australian Pharmacy Students' Association invites all NAPSA members to our 2016 Guild Pharmacy Ball – Secret Garden, on the 9th September, at 6:30 pm. The Ball is held annually, and is SAPSA's most anticipated event each year. Attendees in the past have been greater than 300 in number, however SAPSA looks better its previous years' attempts by hosting it at the nationally acclaimed National Wine Centre. With a history of awards, such as 2014 SA Function Centre of the Year, 2014 SA Caterer of the Year, and MEA Industry 2013 National Specialty Event Venue of the Year, it is no doubt that the quality of this year's venue will be difficult to match by any.

The night will be a chance to dress up, let your hair down and enjoy an incredible night in one of the most beautiful buildings in Adelaide overlooking the picturesque Botanic Gardens. There will be a five hour drinks package featuring some of the best wines Australia has to offer, as you would expect in a dinner held inside the National Wine Centre, a delicious three course dinner as well as the music, entertainment and antics SASPA is famous for!

To our very special SAPSA-friends from interstate NAPSA branches, we would love as many of you to attend as possible. We understand an interstate weekend is not cheap (even in Adelaide), so if you would like to contact us at sapsa.unisa@gmail.com, we will be able to assist you with ticket and accommodation options as well.

We would like to thank our sponsors, the Pharmacy Guild of Australia (SA) and PDL, for enabling us to host this fantastic event.

We hope to see as many SAPSA, and other NAPSA branch members, as possible at the event to make it a memorable and successful night!



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

QUTSPA's Semester Wrap-up

QUTSPA started off 2016 eager to provide our members with ample opportunities for networking. The beginning of the year saw The Pharmaceutical Society of Australia (PSA) hold a presentation providing important information for preparing for your intern year and beyond. Further, this was a fantastic opportunity for students to network and liaise with some of the industry's best, with representatives from Terry White Chemists, Good Price Pharmacy, hospital and rural pharmacy. Overall, the evening saw a huge turnout and provided invaluable information about our internships.

QUTSPA's rounded off the semester with a busy few weeks of educational events, having held two events over the break. To kick start the holidays, QUTSPA held a Motivational Interviewing and Communication Strategies session with Debbie Rigby, an expert in the field. Students had their skills put to the test with case-based scenarios, exploring topics such as smoking cessation and asthma. It was extremely beneficial to fine-tune our abilities in patient centred care.

We followed with an event from Sanofi, overviewing complementary medicines. The session covered popular complementary medicine brands including Ostelin and Nature's Own, discussing their uses in a variety of health conditions.

Excitingly, we begin the semester with our Annual Ball. This year held on **Saturday, August 13th** at **Victoria Park**. Member tickets (including NAPSA members) are \$85. Your ticket includes four hours of drinks and canapés with a frozen night of entertainment. Head to our Facebook page for more event details!

We've had a successful first half of the year and we're looking forward to what Semester Two has in store!



QUTSPA



FREE Registration valued at \$260 to Pharmacy Connect! The Pharmacy Guild of Australia is offering Final Year B.Pharm and 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



The Pharmacy
Guild of Australia



PHARMACY
connect

9-11 SEPTEMBER / FOUR POINTS BY SHERATON SYDNEY



Tasmania's Latest

It feels like we are flying through 2016 with another semester complete here at TAPS and this one has been jam packed with activity and has definitely kept us on our toes...

Charity Cup was a whirlwind six weeks for us but it was well worth it as we not only managed to reach our target but exceed it! This result has made us very proud as it has allowed us to provide extra support for such a worthy charity, Cystic Fibrosis Australia. We were so fortunate for Luke Jackson, Australia's featherweight champion, to hold a boxing session for students, helping up to raise funds and get us all a little 'out of breath' in the name of CFA. We would also like to give honorable mentions to Tyler Fenton who completed a marathon to help us raise money and increase awareness of CFA, as well as recognize our TAPS president, Monique Scott, who cut 6.5 inches off of her dearly treasured hair for the cause.

It is with great pride that three of our members will be heading to the IPSF World congress in Zimbabwe at the end of this month. This is an amazing opportunity and we wish them the most incredible time (albeit with a little bit of envy) during this once in a lifetime experience.

Finally, TAPS are excited to announce that the final details are being put together for this year's annual TAPS Ball. This year we are holding it at the picturesque Home Hill Winery on the third of September with the theme of 'All That Glitters'. It is set to be a great night where we will be switching our study notes for suits and our drug knowledge for dresses. If you are willing to make the journey, come and have a ball with us!

TAPS



Ebony Burgess
Vice-President
Tasmanian Association of Pharmacy Students
University of Tasmania

Pharmers' Do It Again

The Pharmers' Society has some exciting news in this edition of the ePlacebo! Pharmers' is incredibly proud to announce they have taken out the 2016 Charity Cup Competition! We are so proud of this achievement with an amazing effort made by our committee. Eliza Benson our 2016 Pharmacy Awareness Chair deserves a special mention for pouring her heart and soul into Charity Cup this year and extending beyond her limits in an attempt to take out the cup. This year's Charity Cup posed even more challenges than usual to our club with a massive drop in members, falling from 80 members to just 25. We sat through 12 hours of bake sales, 8 hours of BBQ's, trivia nights and raffles to raise our money in support of Cystic Fibrosis Australia.

Pharmers' hopes our donation can help make a difference in the lives of those affected by cystic fibrosis and although we won't be around to participate in Charity Cup 2017, we look forward to watching out for next year's winner!

Current and past members of the Pharmers' Society are getting excited about the upcoming Farewell Pharmers' Ball on the 13th of August at one of Wagga's finest venues, the Magpies Nest. We would love our interbranch friends to join us on the night to celebrate Pharmers' rich history and our strong involvement at a local and national level. With so many achievements behind us we believe Pharmers' deserves a huge send off. If anyone would like to purchase tickets to our Farewell Ball they can be purchased here or alternatively you can email president.pharmers@gmail.com with any questions or queries.

Taylor Baxter.
Pharmers' President.



*Farewell
Pharmers' Ball*

*You're invited to join in celebrating the history of the Pharmers'
Society Wagga Wagga*

*The event will be held at the Magpies Nest
Wagga Wagga on the 13th of August*

Arrive at 6pm for a 6:30pm start

*Tickets are \$35 per person for 3 courses and
entertainment*

*We look forward to seeing you and saying farewell to the club
that brought us all together*

Arden Volunteers in Cambodia

I recently travelled to Battambang, Cambodia for two weeks of volunteer work alongside 8 other Griffith Health students with the Challenges Abroad team. It was such an incredible experience where I was exposed and encouraged to participate in their beautiful culture and everyday practices. Part of our scheduled work was at a rural health clinic where we observed and participated in basic health care; this really opened my eyes to the immense difference of health standards, pharmacy, health education and medication availability at home here in Australia versus over there in Cambodia, a third world country. We have such a readily available plethora of medication and knowledge we can use everyday to cure simple ailments, yet over there their lack of means simple ailments become much more complicated issues. Altogether, I could not highly recommend participating in such an experience, not only as it was a fantastic way to travel to such a diverse area of the world, see and be involved in variations of healthcare and connect with people of different cultures, but it also made me realize how invaluable our knowledge of how to look after ourselves is and how easily we can transfer this to someone else so they can better their life!



PSA's Upcoming Education Events

August

Australian Capital Territory

30 CPD Plans: Meet the New PBA Requirements

New South Wales

9-10 PSA Intern Training 2016 Workshop 2 - Newcastle

13 HLTAID001 Provide CPR - Black town

13 HLTAID003 Provide First Aid – Black Town

16 CPD Plans: Meet the New PBA Requirements - Merimbula

17 CPD Plans: Meet the New PBA Requirements - Moruya

21 PSA Immunisation Training- NSW - St Leonards

28 PSA Immunisation Training- NSW Gosford

28 HLTAID001 Provide CPR - Newcastle

28 HLTAID003 Provide First Aid - Newcastle

28 CPD Plans: Meet the New PBA Requirements - Gosford

29 CPD Plans: Meet the New PBA Requirements - Taree

30-31 PSA Intern Training 2016 Workshop Two - Sydney Two

30 CPD Plans: Meet the New PBA Requirements – Charlestown

Queensland

3 CPD Plans: Meet the New PBA Requirements - WOOLLOONGABBA

4 CPD Plans: Meet the New PBA Requirements - WOOLLOONGABBA

9 CPD Plans: Meet the New PBA Requirements - Maroochydore

16 Brisbane Evening Lecture - Deprescribing

17 CPD Plans: Meet the New PBA Requirements - Broadbeach

23 CPD Plans: Meet the New PBA Requirements –Dutton Park

31 Dementia Friendly Pharmacy Toolkit - Pharmacist Workshop–Dutton Park

PSA's Upcoming Education Events

South Australia & Northern Territory

- 15 CPD Plans: Meet the New PBA Requirements - Unley
- 16 CPD Plans: Meet the New PBA Requirements - TBC
- 18 CPD Plans: Meet the New PBA Requirements - Gepps Cross
- 24 CPD Plans: Meet the New PBA Requirements - TBC
- 29 Workshop: Dementia Friendly Pharmacy Toolkit - Unley
- 4 CPD Plans: Meet the New PBA Requirements – TBC NT
- 5 CPD Plans: Meet the New PBA Requirements – TBC NT

Tasmania

- 16 CPD Plans: Meet the New PBA Requirements – Hobart
- 17 CPD Plans: Meet the New PBA Requirements - Launceston
- 18 CPD Plans: Meet the New PBA Requirements - Latrobe
- 21 CPR Refresher - Hobart
- 21 Provide First Aid – Hobart

Victoria

- 2 Monthly Lecture: CVD Bleeding Management
- 7 Parkville Sunday - Annual Medicines Update 2016
- 7 Vic Program of Study For Immunisers - Parkville
- 14 Vic Program of Study For Immunisers - Parkville
- 17 Webinar: Victorian Pharmacy Pharmacotherapy Part 2
- 22 APSIG – August Monthly Meeting
- 28 Echuca Sunday - Annual Medicines Update 2016
- 30 Dementia Friendly Pharmacy Toolkit: Pharmacist Workshop

Western Australia

- 3 CPD Plans: Meet the New PBA Requirements - Geraldton
- 9 CPD Plans: Meet the New PBA Requirements MANDURAH
- 10 CPD Plans: Meet the New PBA Requirements BUNBURY
- 11 CPD Plans: Meet the New PBA Requirements Busselton
- 15 CPD Plans: Meet the New PBA Requirements Albany
- 24 CPD Plans: Meet the New PBA Requirements SUBIACO
- 24 CPD Plans: Meet the New PBA Requirements SUBIACO – 2nd session
- 31 CPD Plans: Meet the New PBA Requirements Kalgoorlie