

ePlacebo November/December 2019



N A P S A

NATIONAL AUSTRALIAN
PHARMACY
STUDENTS'
ASSOCIATION



Connecting Tomorrow's Pharmacists
www.napsa.org.au

What's Inside

President's Report.....	2-3
The PSA Intern Training Program.....	4
The Outback Classroom.....	5-6
CaSPA Stress Less Week Stall.....	7
NAPSA Congress Newcastle 2020.....	8
The Guild Intern Training Program.....	9
SAPSA's Successful Semester.....	10-11
PSA Student Membership.....	12
PSA Upcoming Events.....	13-15

Principal Sponsor:



**The Pharmacy
Guild of Australia**

Proudly Sponsored by



LocumCo



FRED



President's Report

Dear NAPSA member,

I hope you all had a fantastic Christmas and time off spent with family and friends. Congratulations to everyone on completing another year, I hope you all survived exam season! I would also like to congratulate all the graduates of 2019, I wish you all the best for your upcoming intern year and your future pharmacy careers.

Over the past month, NAPSA attended the 3rd Emeritus Professor Lloyd Sansom, AO Distinguished Lecture Series in Canberra on the 25th of November. This year the speaker was Associate Professor Faye McMillan. Faye McMillan is a Wiradjuri yinaa (woman) and was Australia's first registered Aboriginal pharmacist. During the lecture, Faye discussed the importance of improving Indigenous health and spoke about how courageous conversations and challenging opinions without being dismissive are an opportunity to change how the future moves.

NAPSA also attended the Society of Hospital Pharmacists of Australia (SHPA) Medicines Management conference on the Gold Coast from the 14th-16th of November. This was a great opportunity to discuss ways to collaborate with the SHPA in order to provide for our members who have an interest in hospital careers and research.

NAPSA's National Pharmacy Student Survey (NPSS) officially came to a close last month. This information provided by you is crucial to NAPSA, so thank you to everyone who completed the survey, we appreciate your time and feedback. We were very grateful for the opportunity to provide you with a new platform in which to complete the survey this year courtesy of the Pharmacy Guild of Australia.

President's Report

This allowed those who participated in the survey the opportunity to complete it on a variety of platforms, including smart phones. The results from this survey helps us identify any issues, queries or concerns amongst students and gives us an opportunity to implement positive change. We are pleased to announce that the winners of the annual NPSS competition are Jacinta Lam from QPSA and Jess Coutts from BAPS, who have won a copy of the 2020 Australian Medicines Handbook. Stay tuned for the release of the survey results!

Congress is less than a month away and we are especially thrilled to bring you a wide variety of education topics and workshop sessions. The Newcastle Congress Organising Committee (NCOC) is busy preparing sessions that focus on every area of pharmacy; from community, to rural, to hospital, to industry and everything in between and beyond! If you are attending or will be around Newcastle during Congress, please keep an eye out for information regarding our Alumni event which will be held on Saturday the 25th of January. We would love to see and catch up with a large number of our NAPSA Alumni, so if you have any questions regarding this event please contact alumni@napsa.org.au. To the delegates attending Congress, you are in for a treat and for those unable to attend, follow along via our NAPSA [Twitter](#), [Instagram](#), and [Facebook](#).

I hope you enjoy the rest of your holidays, stay safe and look forward to a fantastic 2020, full of growth and new ventures and we'll see you in Newcastle for NAPSA Congress 2020!



Erin Cooper
National President
president@napsa.org.au

PSA Intern Training Program



PSA Intern Training Program

- » Superior Education
- » Quality Program
- » Experienced Support

Enrol now in the intern program that puts you a step ahead www.psa.org.au/interns



For more information about the Pharmaceutical Society of Australia's Intern Training Program visit their website!

The Outback Classroom

From my love of teaching enthusiastic students, I applied for a program called 'High School to Health Careers' with the Rural Workforce Agency NT and PHN Northern Territory. I was selected as a pharmacy student to be sent to central NT to travel around schools and promote studying a career in healthcare, in particular, pharmacy. I was also accompanied by seven other health student representatives on the program, ranging from medicine to speech pathology. The program also involved attending local clinics such as the Purple House, a dialysis centre, and Central Australian Aboriginal Congress.

The 10-day program was inspiring and has made me want to venture into central Australia in the future to practise pharmacy. I loved presenting my workshop to the kids; making 'Webster' packs with lollies and also 'cream making' with aqueous cream and food dye powder. The EpiPen and placebo inhaler demonstrations were also a highlight. I would go back to Alice Springs and Maititjulu in a heartbeat and I am now keen to further explore in the Top End and remote Western Australia. This opportunity has made me realise how lucky I am, as although I am a rural student who has had to move away from home to study, it has not been a 5-hour drive and then a 6-hour plane ride away from home, as is the case for these remote locations.

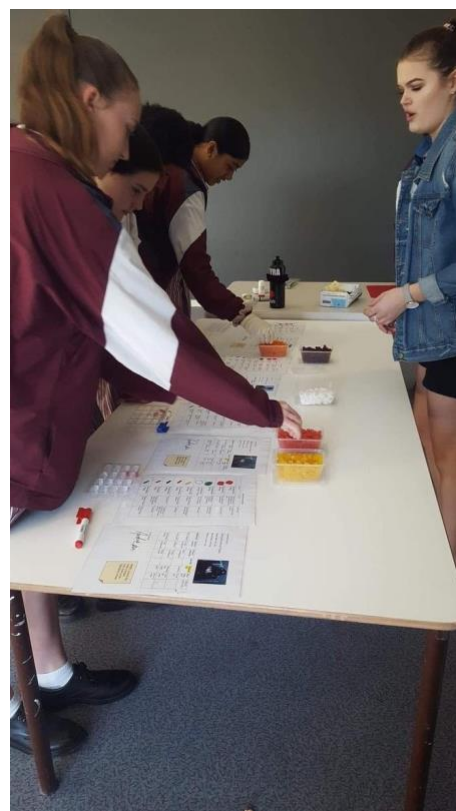
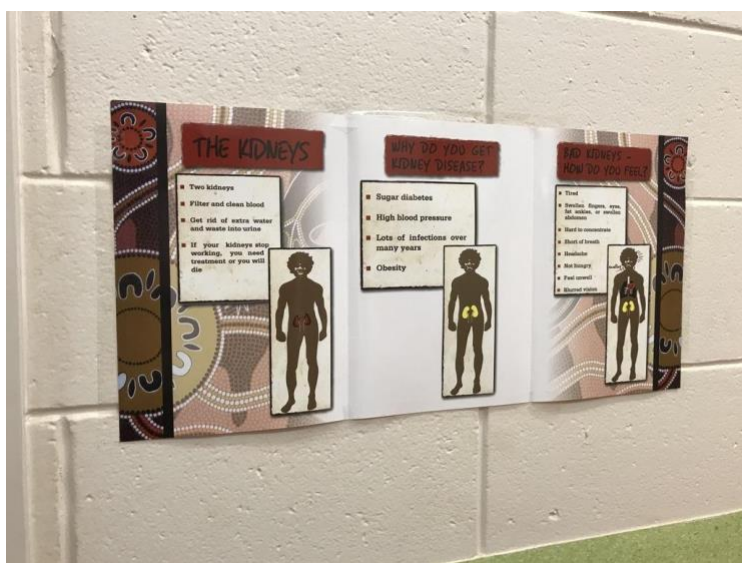


The Outback Classroom

The program also included cultural awareness training, where I learnt about the local language, family networks and culture from a local Indigenous elder. My eyes were opened to how sheltered I was, and I see the need for the implementation of more educational programs in Australian communities in order to teach and create awareness about the specific needs of Indigenous communities. One example that I often saw was the family network model, with a child being raised and brought up by the entire community. Aunts and uncles were referred to as mum and dad and important community leaders referred to as aunts and uncles. The communities here truly support one another and help raise other children.

The program runs around April and May, and even though I missed out on two weeks of university, I learnt more in the bush than I could ever imagine! For those interested on the program itself or just working rurally, I recommend visiting <https://www.ntphn.org.au/nt-high-school-to-health>.

Maegan Johnson
NAPSA Rural and Indigenous Chair



CaSPA Stress Less Week Stall

On the 30th of October, the Canberra Student Pharmacy Association (CaSPA) ran a stall as a part of the Stress Less Week – a series of events designed to help relieve stress and anxiety during the week before final exams. Throughout the day, CaSPA gave out Webster Packs filled with lollies for a gold coin donation. This was a bit of fun but also helped raise awareness surrounding the importance of medicine management, particularly among elderly patients. All the proceeds from our collection went towards the Breast Cancer Foundation as a part of Breast Cancer Awareness Month. We also sold chocolates to fundraise, and took the opportunity to discuss the role of pharmacists in ensuring medicines are taken safely and appropriately to those who didn't already know.

Stress and anxiety can be quite debilitating and we would like to remind our members that Pharmacists' Support Service (PSS) provide free counselling and peer support for pharmacists, interns and students 365 days a year.

For more information visit: www.supportforpharmacists.org.au

Juliet Contreras
NAPSA Executive Director



NAPSA Congress Newcastle 2020



NAPSA Congress – the event of the year is proudly hosted by the University of Newcastle Association of Pharmacy Students (UoNAPS)!

In less than 30 days, over 200 enthusiastic pharmacy students from all over Australia and New Zealand will be travelling to Newcastle to attend NAPSA Congress – a weeklong conference which provides students with an insight into the pharmacy career and allows them to build networks and connection with members of the profession.

It is a pleasure to acknowledge the Diamond Sponsor (Pharmaceutical Society of Australia), the Platinum Sponsor (Pharmacy Guild of Australia) and the Gold Sponsors (Star Pharmacy Group, Mylan and Discount Chemist Outlet) for contributing to the highlight of NAPSA's calendar, NAPSA Congress Newcastle 2020.

The theme for this year's Congress is – A World of Possibilities – with an exciting Early Career Pharmacist panel and amazing race style activities to showcase what our profession has to offer! For more information visit <https://sites.google.com/view/napsacongress2020> and follow NAPSA Congress on [Facebook](#), [Twitter](#) and [Instagram](#).

The UoNAPS Committee is really looking forward to hosting NAPSA Congress 2020 and can't wait to see you all here in Newcastle!

Holly Pole-Cini
NAPSA Congress Organising Chair 2020

Guild Intern Training Program

GUILD INTERN TRAINING PROGRAM
ENROLMENTS ACCEPTED YEAR ROUND

NOW INCLUDES FREE VACCINATION TRAINING
valued at \$640

WWW.INTERPHARMACIST.COM.AU

 **The Pharmacy Guild of Australia**
INTERN TRAINING PROGRAM

For more information about the Pharmacy Guild of Australia's Intern Training Program visit their website!

SAPSA's Successful Semester

SAPSA had a successful semester and two of our biggest events this semester were the SAPSA Guild Ball and a panel session about “Life as a Hospital Pharmacist”. Our annual ball held on the 20th of September 2019 at the Adelaide Town Hall was a crowd-pleaser, thanks to our social secretaries! The spread of food and drinks was pleasant and we definitely danced all night long! Some of the titles awarded on that night were “Best Dressed”, “Lecturer of the Year” and the names of the students who will be part of the Guild Pharmacy Mentoring Program were also announced. A big thank you to the Pharmacy Guild of Australia (SA Branch) for their collaboration with SAPSA to provide this exclusive opportunity to our pharmacy students!



SAPSA's Successful Semester

On the 10th of October, the “Life as a Hospital Pharmacist: A Panel Session” was held at the University of South Australia. This event had a large turnout and was a collaborative event between SHPA SA/NT branch and SAPSA. The panel included (from left to right) Vanessa Koumi, Deanna Mill, Annabel Calder, Juliet Richards, Dr. Jacinta Johnson, Madeline Spencer and Khadeeja Rawther.

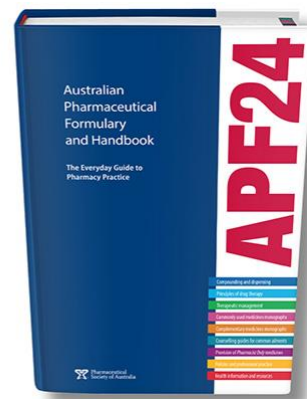


The panel session discussed all walks of life in hospital pharmacy; from the success stories to challenges and the personal experiences of each member. The event illustrated the passion of the pharmacists coming from various backgrounds in their careers and the pathways they took to shape their profession to be as it is today. SAPSA would like to thank all the panellists for sharing their words of wisdom and all attendees definitely went home with a clearer picture of all things hospital pharmacy, including how diverse it can be!

Thanks for reading and on behalf of SAPSA, we would like to wish you all the best for the holidays and a very Happy New Year! A big congratulations to the graduating class as well, here's to all the best in your profession!

Prabhnisha Kaur Keshminder Singh
SAPSA Publications Chair

PSA Student Membership



DISCOUNT on essential reference text for your pharmacy studies

Become a FREE Pharmaceutical Society of Australia (PSA) student member and as an added bonus receive a \$130 discount off the APF24.

APF24 is an essential resource to aid your studies and assist in preparation for exams and professional practice. It covers a vast range of topics to support your studies, such as counselling, extemporaneous dispensing, cautionary advisory labels, complementary medicines, wound care and more.

Become a FREE PSA student membership and order your APF24 at www.psa.org.au

Want even more from your APF? APF is now available in digital.

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.

APF24 – the best health information at your fingertips

PSA Upcoming Events

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

January 2020

Queensland

- 17 Immunisation Practical Workshop – Brisbane
- 22 Intern Training 2019/20 Workshop 2 – Brisbane

New South Wales

- 19 Provide First Aid HLTAID003 – North Sydney
- 19 Provide CPR HLTAID001 – North Sydney
- 22 Immunisation Practical Workshop – North Sydney
- 29 Immunisation Practical Workshop – North Sydney
- 30 Intern Training 2019/20 Workshop 2 – Sydney
- 31 Immunisation Practical Workshop – North Sydney

Victoria

- 13 Intern Training 2019/20 Workshop 2 – Melbourne

Western Australia

- 20 Intern Training 2019/20 Workshop 2 – Perth

February 2020

Australian Capital Territory

- 29 Immunisation Practical Workshop – Deakin

Tasmania

- 09 Immunisation Practical Workshop – Launceston

PSA Upcoming Events

February 2020

Queensland

- 07 Provide First Aid HLTAID003 – Auchenflower
- 07 Provide CPR HLTAID001 – Auchenflower
- 08 Immunisation Practical Workshop – Brisbane
- 21 Provide First Aid HLTAID003 – Auchenflower
- 21 Provide CPR HLTAID001 – Auchenflower
- 22 It's time! Pharmacists in general practice and aged care – Brisbane
- 28 Immunisation Practical Refresher – Brisbane
- 28 Immunisation Practical Workshop – Brisbane

New South Wales

- 02 Prescription Medicine Safety Workshop – Blacktown
- 02 Immunisation Practical Workshop – North Sydney
- 05 Provide First Aid HLTAID003 – North Sydney
- 05 Provide CPR HLTAID001 – North Sydney
- 08 Immunisation Practical Workshop – North Sydney
- 16 Provide First Aid HLTAID003 – North Sydney
- 16 Provide CPR HLTAID001 – North Sydney
- 21 Immunisation Practical Workshop – North Sydney
- 23 Provide First Aid HLTAID003 – Gosford
- 23 Prescription Medicine Safety Workshop – Bowral
- 23 Provide CPR HLTAID001 – Bankstown
- 23 Provide First Aid HLTAID003 – Bankstown
- 28 Immunisation Practical Workshop – North Sydney

South Australia

- 15 PSA/SHPA Collaborative Research Showcase Day – Adelaide
- 28 Pharmacist Awards 2020 SA/NT – Adelaide

PSA Upcoming Events

February 2020

Victoria

- 07 Immunisation Training Program – Parkville
- 08 Immunisation Training Program – Parkville
- 09 Immunisation Training Program – Parkville
- 10 Immunisation Training Program – Parkville
- 13 Victorian Opioid Pharmacotherapy Program Part 2 Webinar – Online
- 16 Immunisation Training Program – Parkville
- 17 Immunisation Training Program – Parkville
- 23 Immunisation Training Program – Parkville
- 24 Immunisation Training Program – Parkville
- 25 Immunisation Training Program – Parkville

Western Australia

- 25 Immunisation Practical Workshop – Perth