

ePlacebo September/October 2016 Edition



NATIONAL AUSTRALIAN  
PHARMACY  
STUDENTS'  
ASSOCIATION



Connecting Tomorrow's Pharmacists

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# President's Report

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Hi NAPSA members!

Firstly, I am very excited to announce that in addition to NAPSA's Congress Organising Chair Rosie Earl, four fresh-faced new Chairs were elected at our Special General Meeting on 7<sup>th</sup> August. Congratulations to Vasilios Sotiropoulos (Pharmacy Awareness, SAPSA), Jala Moushi (IPSF, VPSA), Emma Conway (Rural & Indigenous, QPSA) and Alicia Martin (Publications, CaSPA). The NAPSA committee is now complete and the Board look forward to working with these students in full force to assist NAPSA in further growth.

Over the past two months NAPSA have been keeping busy participating in key industry discussions. We submitted a formal response to the King Review, which can be found [here](#). We spoke out about National Credentialing of Advanced Practice Pharmacists. We released a position statement on Mental Health First Aid Education on RUOK Day. Finally, we ran a photo competition on World Pharmacists' Day and I'll take this opportunity to congratulate Katina Black from QPSA for taking out the 2017 AMH prize!

The 9-11<sup>th</sup> of September marked the Annual Pharmacy Connect Conference hosted by the Pharmacy Guild of Australia in Sydney. Seven Board members had the pleasure of attending and it was fantastic to see representation from pharmacy students from all over Australia. Not only did the conference provide a comprehensive educational program for its delegates, but also gave us the opportunity to attend interactive workshops. NAPSA participated in a Communication Essentials Master Class where we learnt how to tailor our interactions and interventions to ensure we meet patient and carer needs. I'd like to extend a massive congratulations to our friends from the University of Auckland in New Zealand for winning the Pharmacy Student Business Plan Competition, as well as the runners up from University of Technology Sydney and University of Sydney. To add to all the excitement of Pharmacy Connect, I sat down with Guild President, George Tambassis to sign our new agreement. NAPSA are committed to a stronger working relationship with the Guild and are excited to bring some of the new initiatives from this agreement to you.

# President's Report

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During that same weekend, The Australian Friendly Societies' Pharmacies Association (AFSPA) held their Annual Conference in Hobart. NAPSA Director of External Affairs, James Buckley and Queensland pharmacy students William Hagan, Allison Cooper and Alistair Meldrum were given the opportunity to attend. NAPSA has recently established an agreement with AFSPA because of their ongoing enthusiasm and support for pharmacy students. The conference proved to be a fantastic opportunity for students to gain a different perspective of the pharmacy industry as Friendly Societies pharmacies operate through a unique not-for-profit mutual business model which is different to that of other pharmacy models in Australia and in doing so, bring diversity to the industry. NAPSA is very happy to continue and develop their professional relationship with AFSPA through the initiatives outlined in the new agreement and look forward to working with them and attending future annual conferences.

While on the topic of conferences, just a reminder, the Society of Hospital Pharmacists of Australia (SHPA) annual Medicines Management conference is coming up in November in Perth and I recommend that students attend. This is the best way to network with industry professionals and hear more about what the SHPA has to offer its members. For example, the residency program which is set to start in 2017. SHPA Membership is also free for students, so sign up today!

I hope you all have had the chance to complete our annual National Pharmacy Student Survey (NPSS). Each year NAPSA uses the results from this survey to advocate your views and concerns in the profession. Whilst at the same time, identifying for branches and ourselves exactly where we can support you more in your quest to becoming a job-ready pharmacist. The survey is still open, so please make sure to complete it.

The Health Students Blood Challenge, previously known as Vampire Cup has come to an end. A big thank you to all participants. Teaming up with Australian Medical Students Association (AMSA), the Australian Dental Students' Association (ADSA) and Student Paramedics Association (SPA) was very successful as we had a great intake and I look forward in anticipation to hear

# President's Report

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the final results of total donations and branch awards at our upcoming NAPSA congress.

At NAPSA headquarters, it is all systems go in preparation for the upcoming NAPSA congress in Perth in January. WAPSA is looking forward to hosting 350 of NAPSA members and more information will be released to delegates in the coming weeks so watch this space.

As us students start to wind-down for the year, I'd like to wish all of you good luck for your final assignments and exams. Now is also the perfect time to visit our MyNAPSA Online Platform for education modules, resources and a recently launched Q&A forum to help you with your studies.



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

*"Every accomplishment starts with the decision to try"*

# WAPSA's Pharmacy Awareness Month

During the month of October WAPSA jumped straight in to promoting Pharmacy Awareness! By using several social media platforms, we promoted the importance of pharmacists and what the Curtin & UWA pharmacy students have been doing for the community.

WAPSA held a sausage sizzle during Mental Health week to raise money to help support those with mental health issues and to also increase students' awareness of the importance of mental health. Also, on the 19<sup>th</sup> October we had our annual Pharmacy Awareness stall where we handed out samples of Ego™ sunscreen, insect repellent and Hydralyte™. Along with some PSA self-care cards, we tried to increase university students' awareness of the importance of sun protection and how to keep hydrated during the warm summer months. It was a huge success and a big thankyou to all those who helped out with the stall!

We can't wait until next year!

WAPSA love xo

Tessa Drew

WAPSA Charity & Pharmacy Awareness Chair



# VPSA Update

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As part of VPSA's pharmacy awareness initiative, a sexual health campaign was run on the 22<sup>nd</sup> of September. The health campaign was done at the Monash campus and was specifically aimed at students to spread awareness about sexually transmitted infections. The students completed a short questionnaire, which tested their knowledge on the subject of interest (STIs) and were also given free product samples, helpful information and references for additional reading. Despite commonly being a sensitive subject, the participation of the students in the campaign was astounding with many students really eager to learn.

Next up, was VPSA's Annual General Meeting (AGM), which was held on October 4<sup>th</sup>. It was an amazing night to look back on the hard work and commitment of the 2015/2016 committee, as well as celebrate the successes of VPSA over the past year. Congratulations are in order to a whole new committee who were elected into the following positions for the year 2016/2017.

President – Daveena T Navendran  
Vice President – Caiti Daly  
Secretary – Steph Kunnel  
Treasurer – Miffy Ko  
Education Officer – Ja Yoon Choi  
Events Officer – Rachel Adkins  
Merchandise Officer – Natalie Thorp  
Sponsorship Officer – Travis Phelan  
Publications Officer - Deepali Verma  
Sports Officer – Sadaf Keshtiar  
Immediate Past President - Travis Phelan



# The Logan Homeless Connect Community Day

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The Logan Homeless Connect Community Day is an event created by the Logan Housing and Homeless Network. This event brings the community together and provides a network of support services for the most disadvantaged members of the community. Ultimately, the event is made possible by the countless volunteers from a variety of professions and skill sets along with supporting businesses and members of the community. I was privileged enough to be a part of the Queensland University of Technology's (QUT) Health Clinics Pharmacy team, as a fourth year student.

Generally speaking, working in pharmacy allows for exposure to a diverse range of members of the community. However, oftentimes it can be quite easy to get couped up in your own little bubble without stopping to realise the struggles and stories other members of the community have to share. After this day, the way which I saw my patients or customers would forever change.

The day was full of memorable encounters, however there is one in particular which remains etched into my mind. A lady presented at our stall questioning what we were here for. I explained that I was a pharmacy student and here to answer of her questions about her health or medications. From there she stated, "Sorry, I'm anti-pharmacy". Being quite stubborn and nosey in nature, I did not feel content with this response, so I prodded with more questions. It turned out she was 'anti-pharmacy' because she was a mother whose son had refractory ADHD, and she was struggling with chronic back pain and other mental health issues. I realised then and there, that despite not being able to offer her any resolutions to any of her problems, I had been someone she'd trusted to share this private information to and consolidate her.



# The Logan Homeless Connect Community Day

Upon reflection, normally the busy climate of pharmacy means that time can be a barrier in connecting with our patients and potentially if this patient had of visited me and made the same claim, "Sorry, I'm anti-pharmacy", I wouldn't have moved on to whoever was next in line. As a pharmacy student who is on the brink of stepping out into the 'real world' as a pharmacist, I take with me an outlook of open-mindedness to amount of support and hope a conversation can bring to a person.

Furthermore, the initiative provided a unique opportunity to collaborate as a multidisciplinary team. Working alongside doctors, nurses, podiatrists, audiologists, social workers, I was able to witness the immense benefit to the patient by working as a unified team. I strongly encourage anyone to find ways to engage with their members of their community, both personally and professionally. This in turn will provide a rich array of cultural development. QUT is leading the way with its lecturers, students and Health Clinics volunteers through Homeless Connect and other community initiatives by breaking social, cultural and community barriers; allowing our practice applicable in the 'real world' resulting in benefits to all members of the community.

Angelica Lagoda



# Health Students Blood Challenge

The inaugural Health Students Blood Challenge has ended! In its first year creation, NAPSA has done very well against the Medical, Dental and Paramedic student's societies. Together, we contributed a total of 299 donations to the Red25 group challenge, just shy of our goal of 320, but in the end, that's a total of 897 lives saved! Your blood will be going to those in greatest, emergency need, including cancer patients fighting infection and anaemia, people fighting auto-immune disease, patients undergoing open heart and burns surgery, and those who suffer from heart, kidney and stomach disease. Congratulations to each and every person who donated as part of our Health Students Blood Challenge campaign. It was incredible to see over half of all NAPSA branches surpass their targets! I'm looking forward to sharing the results with you all at Congress in Perth, including the branch with the highest number of member donations and the Young Blood Award!

**Vasilios Sotiropoulos**

**Pharmacy Awareness Chair** | National Australian Pharmacy Students' Association  
'NAPSA - Connecting Tomorrow's Pharmacists'



# QPSA's "Indispensa-Ball"

Greetings Pharmily! In this ePlacebo article, I will be talking about the incredible "indispensa-Ball" QPSA Pharmacy Ball that was held a few weekends ago. It would be an injustice to both QPSA and the UQ pharmacy community if I did not do so.

The pharmacy ball was held at the Pullman in Brisbane's King George Square and featured ~350 attendees, a fantastic DJ (who was actually a UQ second-year pharmacy student), scrumptious food, flowing drinks, and of course a Photobooth and a photographer to ensure memories of this amazing night were captured!

Also in attendance, was an important representative from The Pharmacy Guild Queensland Branch, Tim Roberts. He kindly assisted with the drawings of names from a hat, from which two lucky attendees won a UQ Pharmacy Hoody and \$50 Uber credit.

QPSA also organised two super cool Snapchat filters for the night, which was used by attendees to share their "indispensable" evening with friends and family.

If only we could have Pharmacy Balls every weekend...

**Katin** The 2016 QPSA Executive having a ball at "Indispensable"!

Left to Right: Cathryn Carlisle, Michael Whordley, Sunita Kashyap, Katina Black, & Chloe Minns.



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# Intern of the Year Award

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The MIMS Pharmacy Guild of Australia Intern of the Year Awards are now open! The Pharmacy Guild of Australia is pleased to announce it is partnering with MIMS Australia in a search to find the 2016 Intern of the Year. The winner will receive a travel and educational scholarship to the value of \$4,000 courtesy of MIMS Australia enabling them to pursue their pharmacy career in Australia or overseas. The award is given to the Guild ITP intern who demonstrates excellence in patient-centred practice, improving health outcomes of communities, innovative pharmacy practice, integrity or communication and teamwork. We sat down with the 2014 winner, Luke Vrankovich to talk about her experience as the Guilds Intern of the Year, and what the future holds.



Pictured, Luke Vrankovich, Guild Intern of the Year 2014 and Liam Murphy (Colleague)

# Intern of the Year Award

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**Dispensary:** *Who nominated you for the award and why?*

**Luke:** *My preceptor nominated me for the work we did under the category 'improving the health of communities'.*

**Dispensary:** *What did you do with the \$4,000 prize money?*

**Luke:** *The money went towards attending the International Pharmaceutical Federation's (FIP) World Congress in Dusseldorf, Germany.*

**Dispensary:** *How do you think winning helped shape your future in Pharmacy?*

**Luke:** *The congress definitely opened my mind to the potential of pharmacy on an international scale; especially in regard to research and public/international relations. I had the opportunity to network with like-minded people from all around the world and learn what pharmacy is like in their country. It inspired me to travel using the degree and I am now venturing to all corners of Australia as a locum. You can follow 'The Roaming Pharmacist' adventures on Facebook or Instagram: [www.facebook.com/theroamingpharmacist](http://www.facebook.com/theroamingpharmacist)*

**Dispensary:** *Do you have any future goals for your career in Pharmacy?*

**Luke:** *I am currently undertaking my medication review accreditation and a certificate IV in training and assessment. I would love to be involved in teaching and upskilling— whether it be pharmacists, pharmacy students or the wider community. Pharmacy ownership and mental health research are also passions of mine that I will hopefully explore in the near future.*

**Dispensary:** *What advice would you give a current Guild Intern thinking about nominating?*

**Luke:** *Take the time to thoroughly brainstorm everything you have accomplished during your intern year. You would have achieved so much that it is often easy to overlook some of the highlights. Writing about yourself can be difficult, so check with your preceptor and peers to gain their input.*

# GUAPS Events

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GUAPS has certainly had a busy and fun second semester with educational, and (of course) social events in abundance. We kicked off the semester with a BBQ and volleyball, and kept the good vibes flowing through mid-semester with our 'Get Lei'd' pub crawl through Surfers Paradise. September also saw our second years leading the charge for Relay For Life where they walked all night and raised over \$2000 for the Cancer Council. We also had students and lecturers from Temasek Polytechnic Singapore visit us and spent an enjoyable evening playing barefoot bowls together. More recently we have held an Enhancing Employability seminar and an Early Life Nutrition workshop. The presentation about 'Nutrition for the first 1000 days' was delivered to pharmacy students by Jacqui Pear, educator from Danone Nutricia, one of the most successful health food companies in the world. This session was an excellent opportunity for pharmacy students to build on their knowledge of early life nutrition. We are currently looking forward to our GUAPS Alphapharm Professional Networking and Cocktails Evening at the end of semester, which promises to be a great night.

Best of luck with exams everyone!

Rachel Horner,  
GUAPS Rural, Indigenous and International Chair



# Semester Two with CaSPA

CaSPA has had a really busy semester, we've held heaps of great events and have another one coming up! We held a free wound-care course for our members in our mid-semester break, which had a great turn out and was super informative. We also organised two networking events with the PSA and SHPA to help students gain a better understanding of the pathways they can take in pharmacy and what to expect for the future!

We recently had several of our committee members volunteer to help out with a World Thrombosis Day health promotion at the University which was great, so thanks to everyone who volunteered!

Now as we all prepare for our exams we have one final event to look forward to – our End of Semester Cruise! It will be the perfect way to celebrate the end of the uni year and we welcome any NAPSA people who will be in Canberra on the 19<sup>th</sup> of November to come along and join us for a night on the lake!

CaSPA love xx.



# JCUPSA's Hectic Semester

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What a hectic few months for JCUPSA!

We ended August with the annual JCUPSA Pharmacy Ball, which included a lovely dinner and drinks package at the venue that was complemented by a great photographer, photo booth and a variety of music to dance to. Everyone who attended had a wonderful time, and we had one of the best turn outs we have ever had to a Pharmacy Ball.

Pharmacy Awareness month is upon us all again, and NAPSA has taken a focus on mental health awareness this year. So far we have held a bake sale for 'R U OK?' Day with all proceeds going to Mental Health Australia, held a World Mental Health Day sausage sizzle for all JCU students, from which all donations will go to Mental Health Australia; and hosted a trivia night to raise awareness for mental health. Some members of the JCUPSA team also visited a few of the local highschoools in Townsville and spoke to the senior students about why they should think about Pharmacy as a career, and to consider studying Pharmacy at JCU after they graduate.

In the meantime all of the JCUPSA congress delegates are getting really excited about going to Perth and catching up with Pharmacy kids from all across Australia!

There are many exciting times ahead, so keep your eye on JCUPSA!

# JCUPSA's Hectic Semester



## **NaturEd Pharmacy – University of Auckland Team Captain – Akhila Puthigae**

Being given the opportunity to take part in the National Student Business Plan Competition was a truly enjoyable, and life-changing experience. Taking part in the competition, and attending Pharmacy Connect allowed our team to learn more about pharmacy in general – we were able to compare how pharmacy is run in New Zealand to how pharmacy is run in Australia. We also met incredible people, formed life-long connections and friendships, and have developed a greater love for the profession and community pharmacy.

It is amazing what community pharmacies can do to improve the health of their communities – I feel that this is greatly underestimated, and while we are taught what we can do for our patients and customers, as future pharmacists, we just aren't given the opportunity to fully understand the extent of the impact that we have on our communities, just by going to University.

Attending Pharmacy Connect and partaking in the competition gives us that opportunity. We were able to become more innovative than what we initially were at the start of the competition – I can confidently say that each and every one of my team members has come out of this experience with the knowledge and experience to be able to develop a successful and feasible business plan that will allow us to be pharmacy owners that make a real difference.

# National Student Business Plan Competition 2016 Winners

I would strongly recommend taking part in this competition – I hope that our participation will encourage more students from both sides of the Tasman to seize the opportunity and to come up with more innovative ideas and plans for Pharmacy – we are the future of the profession, and the leaders of Tomorrow. So go out there and give it your best shot – NaturEd Pharmacy can guarantee that you will not regret it!



# PSA's Upcoming Education Events

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## November

### **Australian Capital Territory**

28 Members Christmas Function and Evening Seminar – Canberra

### **New South Wales**

13 PSA Immunisation Training – Bankstown

19 Pharmacy Re-Entry Course and FRED Software -Chatswood

### **Queensland**

01 PSA Immunisation Workshop- Brisbane

10 PSA Immunisation Workshop- Brisbane

15 PSA Immunisation Workshop- Brisbane

24 PSA Immunisation Workshop- Brisbane

29 PSA Immunisation Workshop- Brisbane

### **South Australia and Northern Territory**

06 Seminar: Spring Refresher 2016 – NOACS - Adelaide

12 Medication Management Review Stage 1 – Adelaide

14 PSA Immunisation Training - Adelaide

15 Epilepsy Management (Drugs and Diseases Series) - Adelaide

20 CPD Plans: Meet the new PBA requirements – Port Lincoln

### **Tasmania**

12 Tasmanian Pharmacist Dinner and Awards – Hobart

### **Victoria**

08 Hepatitis C Medication Update: A Guide for Pharmacists – Melbourne

### **Western Australia**

05 Provide Advanced First Aid - Perth

22 Advanced Wound Care Masterclass - Perth