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NATIONAL AUSTRALIAN
PHARMACY
STUDENTS'
ASSOCIATION



Connecting Tomorrow's Pharmacists
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President's Report

Dear NAPSA member,

I am sure you are all busy studying away during this intense time of year with exam periods in process or just around the corner. Make sure you also take time from your studies to relax and have a break from all the stress of studying. Pharmacists, interns and pharmacy students are lucky to have a dedicated service established by pharmacists for the pharmacy profession that focuses on our mental health and well-being. The Pharmacists' Support Service (PSS) is always just a phone call away and can help out if you are stressed or want to talk about your mental health. They provide anonymous and confidential support every day of the year on 1300 244 910. The PSS relies on the generosity of the pharmacy profession to allow them to provide that invaluable service for us. You can [here](#) as an investment in the mental health of your profession.

September saw the celebration of our profession with World Pharmacists Day across the globe, with pharmacists and pharmacy students celebrating with the theme 'Safe and Effective Medicines For All'. This theme emphasises the roles that pharmacists play in medication safety are how we are trusted as a source of knowledge and advice, not only for our patients, but for other health care professionals. Pharmacists are the most accessible health professionals and we are able to perform a vast array of health services. World Pharmacists Day also saw the launch of PSA's new My Health Record Guidelines and I was lucky enough to attend one of the many launch events around the country alongside many students and ECPs.

President's Report

The NPSS is currently up and running and we are still looking for more responses. This is your chance to provide your opinion on the future of your profession, so if you have not had the chance to complete it, there is still time! The annual NPSS results are used by NAPSA to understand the view and current concerns of students that are relevant to the pharmacy profession; including employment, remuneration, undergraduate placement opportunities and more. This allows NAPSA to advocate for you, our members, and relay the message to peak bodies to make our student voice heard. By completing the survey, you go into the draw to win a 2020 AMH, so click on the following [link](#) and have your say!

The next upcoming conference will be the annual Medicines Management (MM2019) conference held by the Society of Hospital Pharmacists of Australia (SHPA) from the 14th-16th of November. This year the conference will be held in the Gold Coast and it will be a fantastic opportunity to network with industry and professionals. I would highly recommend that students attend or if you would like to volunteer at the conference, it'll also be a great experience. SHPA Membership is also free for students so sign up today! For more information about being a SHPA student volunteer at MM2019 see [here](#).

Another upcoming event is the 3rd Emeritus Professor Lloyd Sansom, AO Distinguished Lecture Series to be held on Monday the 25th of November in Canberra. This year's speaker is Associate Professor Faye McMillian, who will be presenting on '*Yindymarra (respect) your Narrative*'. For more information, make sure to click this [link](#) and register!

President's Report

The annual NAPSA Blood Drive (Vampire Cup) also came to an end last month, so a big thank you to all participants. This year we exceeded the past number of donations, a total of 319 compared to last year's 250, so well done to everyone that got involved. We will just have to wait for NAPSA Congress to hear the final results and which branches will take out the Vampire Cup and Young Blood Award!

Congress is just around the corner and we are all extremely excited in preparation of the 2020 NAPSA Congress in Newcastle. With the congress organising committee and NAPSA working hard to bring you amazing education and social events, keep your eyes peeled for more information on the education timetable and various topics covered.

As we come towards the end of the year, I wish you all every success with your studies for final assignments and exams. To the graduating students and interns, I would like to say congratulations on reaching that milestone, you are now one step closer to being a pharmacist!

Erin Cooper
National President
president@napsa.org.au



NAPSA and LocumCo's Rural Placement Story #1

I've always been motivated to complete my placements in regional areas, because of the increased scope of practice and strong relationships that pharmacists have with their patients. Pharmacies are health hubs and are often at the heart of their respective communities; there is a special warmth and trust associated with the regional community pharmacist. I believe it's invaluable as a student to see a pharmacist know their patients and their medicines closely and being a part of their medical journey.

And so, at NAPSA Congress in Adelaide this January, when I met the owner and proprietor of the 2018 Guild Pharmacy of the Year, Luke van der Rijt, who spoke of the multitude of health services that his pharmacy provided to their community, I jumped at the chance to organise a placement.

Southcity Pharmacy Wagga Wagga is a small pharmacy that jam-packs an incredible amount of innovative services into their space. With some invaluable funding help from NAPSA and LocumCo's Rural Placement Scholarship, I packed my bag and left Brisbane for Wagga. Luke, his business partner Michael O'Reilly and their staff were incredibly friendly and always made sure I was well looked after; helping me out with accommodation, dinners and catch-ups throughout the placement. I was made to feel so incredibly welcome.

NAPSA and LocumCo's Rural Placement Story #1

I spent time within both Southcity Pharmacy and Michael O'Reilly Pharmacy on my placement. In store, I learned from passionate pharmacists providing a multitude of innovative services such as a huge range of compounding, lactation consultation, diabetes checks, MedsChecks and HMRs as well as wound care, cardiovascular and asthma risk screening.

These pharmacies work collaboratively with sleep specialists in their communities to provide type 2 sleep studies and have an impressive sleep apnoea knowledge and service. I learned about specialist braces fitted by the pharmacy on referral from a physio and the incredible in-pharmacy COPD risk screening program developed in the stores, which has identified and referred patients at risk of COPD to treatment, addressing a priority health issue in the area. The dedication, innovation and time these pharmacies have taken to form meaningful relationships with their patients and other healthcare professionals, provide exceptional counselling, care, and improve their community's health is amazing.

Perhaps the most impressive and important part of all is the quality time that Luke, Michael and their team took to teach me, guide me and help me learn. I am so grateful for the hours of time that their pharmacists took to sit down and teach me about so many things, including business management, clinical skills and knowledge, ethics and pharmacy practice and so much more. The experience has been invaluable to my growth, learning and development as a future pharmacist.

NAPSA and LocumCo's Rural Placement Story #1

I would like to encourage every student to travel to a regional or remote area for placement. There is so much on offer, and the opportunity to learn from pharmacists that are committed to the quality relationships, services and conversations that make a real difference to patient care is second-to-none.

Melinda James
3rd Year Pharmacy Student
Queensland University of Technology



PSA Intern Training Program



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

JCUPSA's Busy Semester

Wow! What a busy semester JCUPSA have had so far. Our wonderful new committee has started their new term off on a high note by hosting a range of fantastic events for all our year levels. Our first major event for the semester was our annual Pharmacy Ball. This year we had a record turnout that enjoyed great food, the best song selection in Townsville and a cheeky game of Knights/Mounts/Cavaliers. Everyone looked amazing and had a blast, all thanks to our Social Chairs who worked tirelessly to make the event a success.

Our Pharmacy Awareness Chairs have also been incredibly busy this semester, organising two events to promote the health and wellbeing of students and the general public. Our 'R U OK? Day' bake sale was held on the 12th of September to raise money for the R U OK? Organisation. The whole team swapped our clinical uniforms for all shades of yellow to pitch in for this great cause. On the 20th of September, JCUPSA hosted our first ever Plasma Party at the Townsville Red Cross Donation Centre in order to boost donations for this year's Vampire Cup. The event attracted several sponsors from the Townsville region, meaning we could provide free food and fantastic prizes to participants. We smashed our donation target for the year and provided invaluable plasma for those in need!

On the 14th of October, our Social Chairs hosted our annual Trivia Night; this year themes 'Pharmily Feud'. Teams dressed as their favourite families and battled it out across a variety of topics, with our third year students coming out on top as this year's winners. Thanks to some of our sponsors, we had many great prizes to offer, which really heated up the competition. This event was completely free, and our last major action before the beginning of exams.

JCUPSA's Busy Semester

Finally, it is a milestone year for the JCU School of Pharmacy, with the discipline celebrating 20 years since its inception in 1999. To mark the occasion, JCUPSA put together some limited edition shirts, which were quickly snapped up by students, staff, lecturers, local interns and pharmacists. We are very proud of our program here in North Queensland, and we hope the next 20 years are just as memorable.

Thanks for reading! We can't wait to see everyone at Congress in a few months!!

Chris Simpson
JCUPSA Publications Chair



NAPSA and LocumCo's Rural Placement Story #2

My placement experience with Direct Chemist Outlet Emerald was fantastic! Throughout my one-month placement, I worked closely with pharmacists and staff to not only deliver traditional medication consultation services, but also to participate in MedsCheck and design a medication counselling checklist. The pharmacy is famous for its comprehensive healthcare services in the region, so I was able to gain skills and knowledge that may not have been possible in an urban setting.

I also had the chance to visit Emerald Plaza Pharmacy – a sister pharmacy of my placement pharmacy, which provides holistic care for a variety of medical conditions, and offers a sleep clinic and naturopath services. The pharmacy also takes a proactive role in enhancing the health of the local community suffering from chronic illness through the 'My Health for Life' program, which emphasizes the future role of the pharmacist in patient education.

Emerald is a town that celebrates active lifestyles, with green and gym-equipped parks surrounding the central business area. Every weekend, I went for a morning walk at the Botanic Gardens, which was beautifully laid out along the Nogoia River. Emerald is a place where you could learn the most with a holiday mood, which is what we have been dreaming of in pharmacy school!

Zheng Jie Chia
University of Queensland



Guild Intern Training Program



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

NAPSA and LocumCo's Rural Placement Story #3

From the 23rd of September to the 6th of October I completed a two-week placement in Rockhampton, at the Rockhampton Base Hospital. Two friends and I left very early on the 22nd and road tripped up the coast. I was extremely excited and anxious about commencing this placement as it was my first experience in hospital pharmacy. On my first day, it was like trying to navigate a labyrinth, my head was running with excitement, intrigue, and questions. I finally found the entrance to the pharmacy and met my preceptor Jacob and a number of other pharmacists, whom were all lovely and were such good mentors. I was extremely surprised to see Rachel, who I had met through NAPSA and was previous a Rural and Indigenous Chair, now interning there. That definitely helped settle my anxiety just having a friendly face around! I was handed a list of different places in the hospital that I was going to see throughout my two weeks, I was excited to start!

There were so many acronyms and different ways to get around the hospital I wasn't sure I was going to remember any of it (luckily, I did). I had amazing preceptors in all areas of the hospital, from the emergency department, to cardiac wards, to oncology, to paediatrics and even an outpatient service called hospital in the home.

I loved the atmosphere of the pharmacy and the hospital and the amount of collaborative work between pharmacist and other members of the hospital staff. One of my favourite things was seeing the amount of extra educational seminars. Some were held by multi-disciplinary teams and some were also run by pharmacists for pharmacists within the pharmacy. Everyone was always willing to help out another team member, even if it was to cover whilst on lunch.

NAPSA and LocumCo's Rural Placement Story #3

From the dispensary to the nurse's station, on the wards the culture was amazing. I learnt so much about Queensland Health and working in a regional area that will inspire me for a long time. I feel extremely privileged to have been able to take on a regional hospital experience, and it has allowed me to learn what a hospital pharmacist does in a range of areas.

I also had the chance to explore Rockhampton and Yeppoon. We went and explored a national park and had a dip in a waterhole, along with attending Rockhampton's food and wine festival and trivia night managing to place 2nd and 3rd two weeks in a row! I felt warmly welcomed and my knowledge tested. It is an experience I have been proud to have and I encourage my fellow students to take the risk and go rural!

Abby Richardson

3rd/4th Year Pharmacy Student at Queensland University of Technology
QUTSPA President 2019





HAVE YOUR SAY! FILL OUT THE NPSS TODAY!

The National Pharmacy Students' Survey (NPSS) is now available. Students are invited to provide their views on a range of topics spanning the pharmacy curriculum, rural placements and future employment.

By filling out this survey, you will go into the draw to WIN a 2020 Australian Medicines Handbook (AMH)!



Please use the QR code or follow the link to fill out the survey:
https://pharmacyguild.au1.qualtrics.com/jfe/preview/SV_9smZqFz_hzoZiDQx?Q_SurveyVersionID=current&Q_CHL=preview

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/>

November 2019

Australian Capital Territory

- 02 Immunisation Practical Workshop – Deakin
- 07 Atrial Fibrillation and Primary Stroke Prevention – Deakin
- 14 Mums & Bubs & Dads too... - Heart Health – Deakin

New South Wales

- 06 Heart Failure in Primary Care Workshop – Gosford
- 12 Mindfulness in Pharmacy Workshop – Sydney
- 19 Heart Failure in Primary Care Workshop – Tweed Heads
- 19 Research in the Regions – Gunnedah

Queensland

- 13 Inflammatory Bowel Disease – Ipswich
- 19 Inflammatory Bowel Disease – Rockhampton
- 19 Heart Failure in Primary Care Workshop – Tweed Heads
- 23 Provide First Aid – Brisbane
- 23 Provide CPR – Brisbane
- 26 Heart Failure in Primary Care Workshop – Toowoomba
- 27 Inflammatory Bowel Disease – Mt Isa
- 30 Provide First Aid – Brisbane
- 30 Provide CPR – Brisbane

South Australia

- 17 Penola Regional Seminar – Penola
- 23 It's time! Pharmacists in General Practice and Aged Care – Unley
- 27 Immunisation Practical Workshop – Adelaide

PSA Upcoming Events

Tasmania

- 03 Mindfulness Workshop – Hobart
- 07 Mindfulness Workshop – Launceston

Victoria

- 10 HLTAID003 Provide First Aid – Parkville
- 10 HLTAID001 Provide CPR – Parkville
- 13 Immunisation Training Program – Parkville
- 21 PSA Victorian Pharmacist's Dinner – Parkville
- 24 Victorian Opioid Pharmacotherapy Program Part 1 – Warrnambool
- 24 Victorian Opioid Pharmacotherapy Program Part 2 – Warrnambool
- 28 Harm Minimisation Forum 2019: A professional approach – Parkville

Western Australia

- 06 Antimicrobial Stewardship Facilitated Workshop – Albany
- 12 Antimicrobial Stewardship Facilitated Workshop – Bunbury
- 12 Immunisation. Practical Workshop – Perth
- 13 Antimicrobial Stewardship Facilitated Workshop – Karratha
- 18 Pharmacy Practice Forum 2019 Legal & Ethical Dilemmas – Perth
- 19 Antimicrobial Stewardship Facilitated Workshop – Geraldton
- 20 Antimicrobial Stewardship Facilitated Workshop – Broome
- 20 Antimicrobial Stewardship Facilitated Workshop – Kalgoorlie
- 30 Immunisation Practical Workshop – Perth

December 2019

Victoria

- 01 Mindfulness in Pharmacy: Refresh, Revive, Re-Energise – Parkville

Queensland

- 02 Inflammatory Bowel Disease – Sunshine Coast
- 07 Immunisation Practical Refresher – Brisbane
- 07 Immunisation Practical Workshop – Brisbane