

ePlacebo May/June 2017 Edition



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PHARMACY
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ASSOCIATION



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President's Report

Dear NAPSA member,

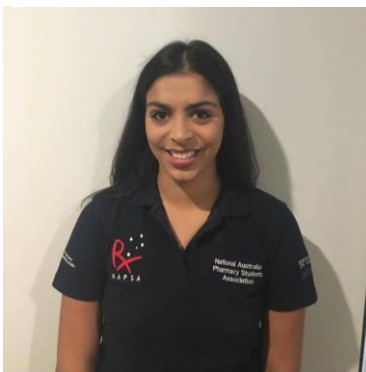
I would like to firstly extend my congratulations to each and every one of you for completing a fantastic Charity Cup campaign! It has been extremely humbling to see the amount of passion and effort go into fundraising for LIVIN.

You should all be extremely proud of yourself. I would like to thank Vasilios Sotiropoulos and his pharmacy awareness committee for all their hard work. I look forward to hearing the fundraising results at our Annual Dinner in July!

A reminder that NAPSA's Annual Dinner is coming up, as well as our Annual General Meeting (AGM). At the AGM, we will be voting the new Board for the 2017/2018 term. Any NAPSA member who wishes to apply for a board position should contact their branch president for more information. Applications close Saturday 1st July. AGM will be held on the weekend of July 15 th in Melbourne. You can purchase tickets to the dinner by following this link: <https://www.trybooking.com/book/event?eid=293484> . I look forward to seeing everyone there.

The Pharmaceutical Society of Australia's PSA17 Conference is coming up in July in Sydney and I recommend that students attend such a fantastic conference providing education and networking opportunities, as well as to support your peers as they battle it out in the National Pharmacy Student of the Year Finals.

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 12 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, committee chairs, and the Advisory Council. You guys are an amazing young group of leaders of whom I wish all the best with your future careers in pharmacy.



Shefali Parekh
National President
president@napsa.org.au

"The only real failure in life is the failure to try"

SAPSA Education Update

In addition to the many wonderful social events we have held this semester, SAPSA has also been busy playing host to numerous education sessions.

Kicking off the education program was *Journey from Intern to Owner* presented by Star Pharmacy Group. This was an opportunity to hear about success stories, leadership principles, and how to overcome fears.

Next up was a chance to glance back in time. A history lesson from National Pharmacies, a highly respected South Australian icon, allowed us to reflect on and appreciate how far the pharmacy profession has come throughout the years.

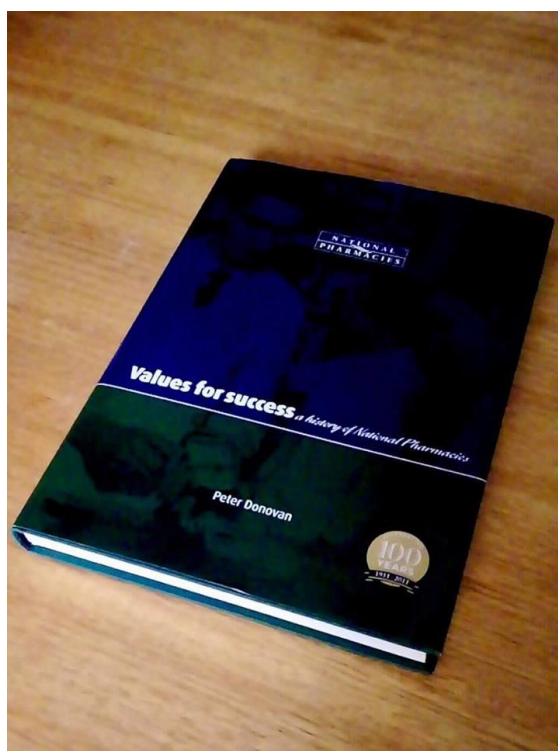
Thanks to the PSA SA/NT Branch, we were able to learn about *Health Destination Pharmacy*. This interactive session gave us insight into the business transformation model. We were also lucky enough to have the Pharmacist-In-Charge of the SA pilot site join us to share her firsthand experience.

To wrap up the semester, SA Dental Service presented an informative session on *Oral Health Promotion in the Pharmacy*. This enabled us to 'brush up' on our dental knowledge, and helped us become more confident when counselling patients with oral health care issues in the pharmacy.

SAPSA would like to extend our thanks to all of our presenters, and we look forward to another semester full of engaging education events.

Nghi Chau
Education Chair
SAPSA

SAPSA Education Update



SUPA Handover

The 2016-2017 SUPA Committee are wrapping up their term. They have worked together to successfully continue the long standing legacy of SUPA, one of the University of Sydney's largest clubs/societies. In this past term our members felt like an integral part of a close knit community and are proud to call themselves future pharmacists. SUPA have had an exciting AGM to say goodbye to one generation and welcome another committee. This year the AGM had record-breaking attendance from many SUPA members who celebrated with dinner and drinks afterwards. The new executives and committee members are familiar to NAPSA members from all over Australia as many of them travelled to Perth in January and are eagerly preparing for NAPSA Congress Sydney (January 2018).

The new Committee will be led by Bec Loder (President) and the NAPSA Councillor for the next term will be Anthony Moussa. Please direct all enquiries to them. We love joining with UTS for social and education events, or any other branches where possible, so feel free to reach out and make yourselves known to Bec and Anthony.

Since the last ePlacebo, SUPA Members have enjoyed numerous (and varied) successful events!

The biannual Harbour Cruise was a highlight, especially as Sydney's famous Vivid Light Festival had just begun! Ticket sales were record-breaking, and last minute strings were pulled to secure a triple decker boat for one of our biggest cruises ever. SUPA members and their friends donned fluoro attire as we sailed underneath the Sydney Harbour Bridge and around Sydney's beautiful Harbour.

SUPA are also "stoked" to have smashed our Charity Cup target. As a team we raised \$6822.45 for Livin! We couldn't be prouder!

You may have noticed, SUPA have been "super" engaged on social media in the past couple of months! Follow SUPA for more updates and pharm memes!



@supapharmacy



@supapharmily



@supa_usyd



@SUPAstudents

Submitted by Melissa Faehrmann (SUPA NAPSA Councillor and NAPSA Congress Chair)

SUPA Handover

Out with the old and in with the new! SUPA AGM and Committee Handover 2017. →



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Sweet Potato Hash Browns

Ingredients (makes 8)

400G sweet potato, peeled/grated
2 eggs
1/2 cup almond meal
2 spring onions, white part only, cut
in 2cm lengths
good pinch of sea salt
1 tablespoon coconut oil

To serve: sautéed kale, chilli flakes,
black pepper, avocado and a good
squeeze of lemon



Method

In a medium size bowl, whisk eggs, then add grated sweet potato, almond meal, spring onions and sea salt. Heat a large frypan on medium high heat, and add coconut oil. Measure hash browns using about a 1/4 cup measure and squeeze together gently to form a hash brown about the size of your palm. Gently drop into the pan. Cook 3 minutes each side so they're golden and crispy.

Serve with sautéed kale, a good squeeze of lemon, a sprinkle of chilli flakes, black pepper and a generous dollop of avocado.

BAPS Cocktail Night

BAPS has had a busy end to the semester with numerous events and plenty of study in between.

Recently BAPS held their annual Cocktail Party in association with The Pharmacy Guild of Australia Victorian Branch. We would like to thank our sponsors for a wonderful night and for providing our members with the opportunity to meet and network with industry leaders. All BAPS members had an enjoyable night, taking time out from the books.

BAPS finished Charity Cup meeting their fundraising target with BAPS members, staff, family and friends all contributing to the worthy cause.

BAPS has plenty to offer next semester with education sessions now confirmed, halfway dinner plans underway and our annual BAPS Ball quickly approaching. BAPS ball will be held on the 19th of August at the Bendigo Town Hall so save the date and get in contact with our committee for further details.

We would like to wish everyone good luck with their results from Semester one and look forward to seeing you all refreshed and ready for Semester two.

BAPS Cocktail Night



Rural Pharmacy

“Rural Pharmacy.” It seems to be the buzz word when talking about your options for Pharmacy after you graduate. The opportunities seem endless, the perks seem surreal, but what does it really entail on a day to day basis? How do you go about breaking into this elusive honey pot of practice?

As a born and bred country gal, I could preach about how amazing our local pharmacist was for hours. In a small town, where locum doctors were the norm, our pharmacist was our consistent and trusted health care professional. From triage advice about broken bones and lacerations, to problem solving problem solving antibiotic suspension storage when the power went out. Our pharmacist was our consistent go-to for all of our health care needs.

All very well and good, you may think. Having grown up in a rural area, it must be easy to get back out and find a place to do a placement, get some experience and secure a job.

Yes, the opportunity for placements are endless, but it can definitely be intimidating going rural for the first time and pushing yourself out of your comfort zone. So here are some handy hints to help convince you to take the plunge!

1. Buddy up. Rural placements are worlds easier if you have a friend to go exploring and meeting people with. It can be daunting travelling to a brand new place by yourself, so if you are nervous, convince one of your friends to try it with you.
2. Do some research. Rural areas will often have something on during the week or on the weekend, which the locals tend to frequent. Ask your preceptor, stalk the town on Facebook and find out what is on! You can guarantee that everyone will be welcoming and it is a great way to meet people.

Rural Pharmacy

3. Pick a place that is easy to get to if you are nervous about travel and accommodation. Rural doesn't necessarily have to be out in the sticks of Australia. You may be surprised that you only have to travel an hour or two from Brisbane to be classified as "rural". The myNAPSA website has a great interactive map which has plenty of options for rural placements listed.
4. It's not forever. Taking the plunge with rural placement can be scary, but it is always good to remember that it is only for a short time! University is the time to try new things and figure out whether they fit in with what you want to do for the rest of your life. If you don't enjoy your rural placement, it is only a week or two that is lost, but you will never have to question whether you made a mistake by not experiencing it while you could!

So if you are hoping to be fulfilled by your pharmacy experience, not just be a dispensing robot and form an unbreakable connection with your patients, then I suggest Rural Pharmacy as one of the many avenues for you to accomplish this. There is nothing lost by spending a placement deciding whether you like rural pharmacy or not, but everything to gain.

Feel free to shoot me an email at rural.indigenous@napsa.org.au if you have any other questions.

Emma Conway



Program highlight:

Women in Leadership Panel



PSA17

With the majority of registered pharmacists in Australia being young females, it is clear where the future of the pharmacy profession lies. In the first ever panel of its kind at a pharmacy conference, PSA17 is proud to have Shefali Parekh, NAPSA president, on a panel with other high-profile female leaders such as the Managing Director of Pfizer Australia, the world's largest pharmaceutical company. The Women in Leadership Panel session aims to inspire the next generation of leaders to make a difference to the health of Australians through excellence in pharmacist care.

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GUAPS Update

Wow, what a whirlwind the last couple of months have been, we hope you've all done well on your exams and enjoying a well-deserved break! GUAPS kicked off May with an education session on wound care delivered by Smith & Nephew which saw a great turnout. Students learnt a lot, got to try plenty of wound care products and received their favourite thing (free samples!) With the success of the session, and lots of positive feedback, we will be holding a further wound care education session in the next trimester to step up wound care knowledge even further.

We also wrapped up charity cup for 2017 with a Top 100 drugs raffle, a night out at Cocktails in Surfers and many more chocolates sold! A huge thank you to everyone who helped us to support LIVIN during the course of Charity Cup!

June is always an exciting month for GUAPS because we get to host our biggest event of the year- our annual Gala Ball. We had our 2017 GUAPS Masquerade Gala Ball in the Grand Ballroom of the Hilton Surfers Paradise on Friday the 16th of June and I think it's safe to say everyone had an amazing time! It was a wonderful night of masquerade fun, excellent company and great music. We danced the night away to everything from the Macarena to Low (and of course Horses), and enjoyed every minute of it! Thank you to everyone from our NAPSA Pharmily who travelled to attend the ball- we loved seeing you and hope you had an amazing night.

Until next time,

GUAPS Love 😊

GUAPS Update



CaSPA's Welcome to the Profession Evening

In combination with the ACT PSA early career pharmacists group, we hosted the annual Welcome to the Profession Evening a few weeks after exams were over for semester 1. Every year this event invites students to network with early career pharmacists who are keen to welcome new students to the pharmacy world. This year's theme was "pitch me perfect" and the night was all about building your personal brand and setting yourself apart from the crowd.

We heard from some inspiring local speakers including Francis Owusu, founder and CEO of Kulture Break a non-profit arts youth organisation that has impacted over 400,000 young people from around the world. And Phillip Jones, a fellow of the Australian Institute of Management who speaks regularly on professional relationships and networking.

We had a great turn out and can't thank the PSA enough for their efforts in arranging such excellent speakers.

CaSPA Love xx



PSA's Upcoming Education Events

July

Australian Capital Territory

11 Breakfast Briefing: 2016 Rising Woman of Spirit – Canberra

New South Wales

04 BTG Falls Prevention - Crows Nest

04 BTG Diabetes – Newcastle

05 BTG Diabetes – Wagga Wagga

05 BTG Falls Prevention – Gosford

08 Provide First Aid – Hurstville

08 Provide CPR – Hurstville

Queensland

18 Evening Lecture - Bites and Common Rashes – Dutton Park

19 PSA Immunisation Training – Dutton Park

South Australia

12 CPD Plans: Meet the New PBA Requirements – Unley

18 Effective Communication For Meaningful Patient Outcomes – Unley

Victoria

02 Pharmacotherapy Training Program – Traralgon

04 Practical Considerations Associated with Biosimilar Medicine – Parkville

20 Provide First Aid – Parkville

20 Provide CPR – Parkville

23 Vic Program of Study For Immunisers – Parkville

24 APSIG: Falls and You – Parkville

Western Australia

05 Dementia Friendly Pharmacy - Pharmacist Workshop – Subiaco

19 Seeing Eye To Eye - Macular Degeneration – Subiaco

PSA's Upcoming Education Events

August

Australian Capital Territory

29 PSA Intern Training 2017 Workshop Two – Canberra

New South Wales

06 Clinical Update – Albury

08 PSA Intern Training 2017 Workshop Two - Sydney B – Ultimo

13 Provide First Aid – Bankstown

13 Provide CPR – Bankstown

15 BTG Diabetes – Tamworth

15 BTG Diabetes – Orange

22 PSA Intern Training 2017 Workshop Two - Sydney C – Ultimo

22 CPD Plans: Meet the New PBA Requirements – Liverpool

30 CPD Plans: Meet the New PBA Requirements – Kogarah

Northern Territory

10 COPD Treatment and Management – Palmerston

Queensland

01 Insulin Pumps and Diabetes Management - Woolloongabba

01 Insulin Pumps and Diabetes Management – Townsville

02 Insulin Pumps and Diabetes Management – Toowoomba

03 Insulin Pumps and Diabetes Management – Cairns

05 Provide First Aid – Woolloongabba

05 Provide CPR – Woolloongabba

07 Insulin Pumps and Diabetes Management – Bundaberg

08 Insulin Pumps and Diabetes Management – Broad Beach

08 Insulin Pumps and Diabetes Management – Rockhampton

09 Insulin Pumps and Diabetes Management – Mackay

14 Insulin Pumps and Diabetes Management – Sunshine Coast

South Australia

20 PSA Immunisation Training SA – Unley

PSA's Upcoming Education Events

Tasmania

- 04 Immunology - Allergy and Anaphylaxis in Child Health – Hobart
- 20 First Aid Training – Hobart

Victoria

- 06 Medicines Update 2017 – Parkville
- 13 Vic Program of Study for Immunisers – Parkville
- 14 Webinar: Victorian Pharmacy Pharmacotherapy
- 27 Medicines Update 2017 – Lorne
- 28 APSIG Clinical Meeting – Parkville

Western Australia

- 01 COPD Medicines and Inhalers: Stepping Through the Options – Subiaco
- 15 CPD Plans: Meet the PBA Requirements – Subiaco
- 22 Metabolic Syndrome – APSIG – Subiaco
- 30 Provide Advanced First Aid – Subiaco