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[OPRA UPDATE]

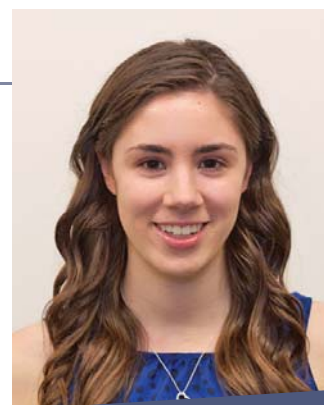
A YEAR IN THE LIFE OF A PHARMACY RESIDENT

Across Ontario, there are 41 hospital and ambulatory pharmacy residency positions. The Ontario Pharmacy Residents Association (OPRA) represents the needs of residents and plans events to support them throughout residency. As the residency year comes to an end, OPRA took some time to reflect on the challenging yet rewarding year that was residency.

Residency programs pushed residents farther than they thought possible, but enabled them to develop from recent graduates to strong clinicians and leaders. Rotating to new clinical areas every 4 to 12 weeks prepared residents to be constant learners as they gained exposure to several clinical areas in such a short timeframe. This exposure enhanced residents' ability to work up patients as a whole and anticipate potential drug therapy problems. Learning from multiple preceptors helped shape residents' future practice and teaching styles.

Highlights of many residents' experiences included the sense of value felt when contributing to the knowledge of the interprofessional team. For some residents this was most evident during in-service presentations to nurses and medical residents, for others it was felt when contributing to rounds or when solving a complex drug therapy problem by critically appraising evidence. A sense of accomplishment was felt by all when contributing to the knowledge of the profession through the presentation of research findings at regional residency poster nights.

Although there was always work to be done, residents still found time to support each other and have a bit of fun. OPRA organized two continuing education events, four networking events, and a team for a charity run. Highlights from the year included learning about Biologics & Biosimilars over dinner, challenging each other to Bocce at Track & Field, and

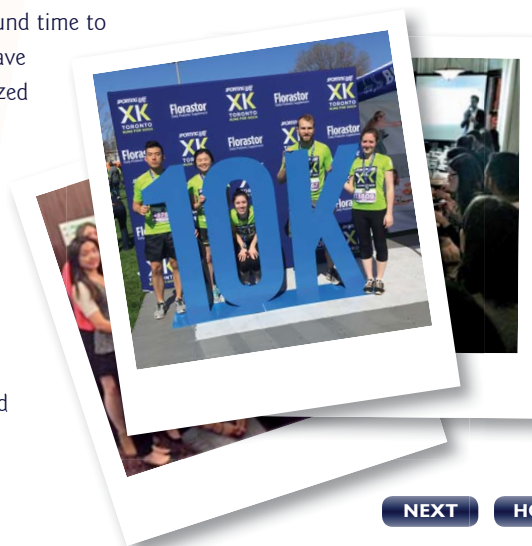


Tiana Tilli

raising over \$1,800 for Camp Ooch as runners for the Sporting Life 10K.

For more information on OPRA, visit <https://myopra.wordpress.com> or contact the OPRA President at opracouncil@gmail.com.

Tiana Tilli,
OPRA President 2017-2018



CSHP ONTARIO BRANCH IS NOW ON TWITTER

HANDLE : @CSHP_OB





[CSHP PRIMARY CARE CORNER]

AN INTERVIEW WITH DR NIKKI DOMANSKI

In 2016, the University of Waterloo School of Pharmacy (UW SOP) partnered with the Centre for Family Medicine Family Health Team (CFFM) in Kitchener-Waterloo to establish Ontario's first non-hospital affiliated Primary Care Residency. This unique residency program was designed by Dr Jeff Nagge, Clinical Associate Professor at UW SOP, to equip pharmacists with the skills required to provide exceptional patient care in ambulatory practice settings. We had the opportunity to sit down with Dr Nikki Domanski, a 2017 graduate from the UW SOP, and the first resident of this program, to discuss her experience thus far.

Nikki's motivation to pursue the UW SOP Primary Care Residency stemmed from her interest in multiple aspects of pharmacy practice. As part of the UW curriculum, Nikki completed her co-operative education work terms in three very different areas of practice: pharmacy advocacy, community pharmacy and hospital pharmacy. Nikki explained that after being exposed to many facets of pharmacy during her schooling, she entered fourth year being "more confused than ever" about the area of practice that was best suited for her. When the UW SOP Primary Care Residency was announced in Fall 2016, she viewed this as the "perfect learning opportunity" to gain additional clinical skills without fully committing to one area of practice.



The Primary Care Residency consists of three 8-week long mandatory rotations, and two 6-week long elective blocks. As originally intended, Nikki has gained experience in a wide variety of clinical areas throughout her residency. During Nikki's first two mandatory rotations, she was involved with multiple specialized clinics at CFFM, including the Diabetes Clinic, the Anticoagulation Clinic, the Hypertension Clinic, as well as the Medication Management Clinic. In addition to participating in these clinics, she was also responsible for routine aspects of pharmaceutical care within the family health team setting, including

answering drug information questions, performing medication reviews and providing one-on-one patient education.

During Nikki's second mandatory rotation, she had the unique opportunity of participating in a 4-week "Fundamentals of Teaching" course run by the Centre for Teaching Excellence at the UW and facilitated her first lecture on drug-induced cardiovascular diseases at the UW SOP. She subsequently completed a 4-week rotation on the Clinical Teaching Unit at Grand River Hospital where she collaborated with medical clerks and residents to manage patients admitted under General Medicine.



PRIMARY CARE CORNER... continued

After finishing her General Medicine rotation, Nikki went to Ottawa to complete her research project at Health Canada. She is now back in the Kitchener-Waterloo region and is involved with the GeriMed Risk program, CFFM Pain Clinic and CFFM Memory Clinic. This summer she will be mentored by a variety of pharmacists working in unique practice settings including the Centre for Addiction and Mental Health (CAMH), an inner-city community health centre, a rural family health team and a progressive community pharmacy.

Nikki is extremely grateful for the opportunity to gain exposure to a wide variety of practice environments throughout the residency program. She explained that, upon graduation, “many students fall into community practice or hospital practice, but don’t really know what’s out there. I have been exposed to so many different patients, clinics and conditions that I have seen the whole spectrum of what a pharmacist can do, where we can work and how we can intervene. That has been an amazing learning opportunity!”

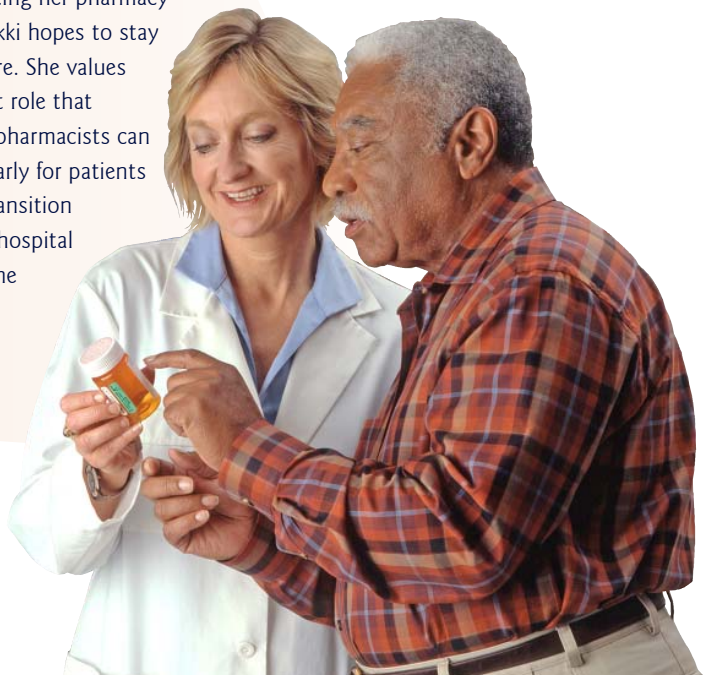
From day one, Nikki was impressed by the amount of trust and respect that the various health care professionals have for one another within the family health team. Rotating through the various interdisciplinary clinics at CFFM,

highlighted for Nikki the valuable role that pharmacists play within the health care team, as well as the significant impact that pharmacists can have during one-on-one appointment-based interactions with patients. Nikki explained: “I learned how an appointment-based model for pharmacists works... and why it works so well! You have the time to talk to your patients about everything...Patients often only have 10-15 minutes with their doctor, but when they get diagnosed with diabetes they have a million questions. When we see a patient for Diabetes Education we have the time to educate them about everything and answer all of their questions. I loved the appointment-based model!”

After completing her pharmacy residency, Nikki hopes to stay in primary care. She values the important role that primary care pharmacists can play, particularly for patients who are in transition between the hospital and their home environment. Furthermore, she feels empowered by the strong collaboration that occurs amongst all

health care providers in this setting. At the end of the interview, Nikki shared a message that she wanted to pass along to all students who are interested in pursuing a pharmacy residency – “Be selective and be passionate about the program that you are applying to”. Nikki urges students to reflect on why they are considering a residency and to apply to those that are best suited to them. She wanted to remind students that if the passion for a given program is genuine, it will shine through during the application and interview process.

CSHP-OB wishes Nikki all the best in the remaining months of her residency!





CSHP PHARMACY RESIDENCY NIGHT 2018

OTTAWA VALLEY & QUINTE-ST. LAWRENCE CHAPTERS

The Ottawa Valley and Quinte-St. Lawrence CSHP Chapters held their joint Pharmacy Residency Presentation Night on Tuesday, June 12th, at the Centurion Conference and Event Centre in Ottawa. Five pharmacy residents from The Ottawa Hospitals and four pharmacy residents from Kingston Health Sciences Centre (KHSC) presented their research in short PowerPoint presentations to approximately 50 pharmacists from the chapters followed by facilitated poster presentations for discussion of results, questions, and answers.

In order of the residents pictured above, their respective topics included 1) Impact of take home naloxone program to reduce opioid related mortality in Ontario; 2) Assessing the Impact of a Layered Learning Practice Model on the Delivery of Clinical Pharmacy Key Performance Indicators within an Oncology Unit in a Tertiary Care Centre; 3) Chemotherapy in the Intensive Care Unit: An Evaluation of Context and Outcomes; 4) Evaluating the Efficacy, Safety & Practicality of Tacrolimus Monitoring Practice in Bone Marrow Transplant Patients at The Ottawa Hospital: A Change in Practice Assessment; 5) Determining Patient

Values and Experiences with Oncology Services in an Outpatient Oral Anticancer Therapy Program: A Qualitative Needs Assessment; 6) Documentation by Pharmacists Participating in Multidisciplinary Care Rounds: A Pilot Study in Critical Care; 7) Accuracy of Best Possible Medication Histories Collected by Nurses in Pre-Surgical Screening of Elective Surgery Patients; 8) Evaluation of the Use of Intravenous Magnesium Replacement Therapy in Adult Medical and Surgical Patients; and 9) Validation of a Weight-Based Vancomycin Dosing Protocol in Patients Undergoing Intermittent Hemodialysis.



Pictured from left to right are Xiang Wang (TOH), Jason Yung (TOH), Erica MacLean (TOH/ Montfort Hospital), Jacky Cheung (TOH), Kavetha Selvathilagan (TOH), Leigha Laporte (KHSC), Brittany Wagner (KHSC), Willa Zhang (KHSC), and Lu Xuan (Lisa) Sun (KHSC).

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REASONS TO BECOME A HOSPITAL PRECEPTOR FOR EARLY PRACTICE EXPERIENCE ROTATIONS

We are recruiting hospital pharmacists to precept our second year PharmD students for Early Practice Experience Rotations.

NEW GRADUATES
are welcome to apply!
Rotations begin
May 2019.

Connect with us:
oee.phm@utoronto.ca

Grow your
teaching
skills

Share
clinical
knowledge

Shape the
future of
pharmacy

Access
UofT
Libraries

Continue
learning

Give back
to the
pharmacy
community



Announcing the 2018 Research Grant Competition!

The CSHP Foundation is pleased to announce the availability of funding for the 2018 Research Grant Competition. It is important to acknowledge the CSHP 2018 Strategic Business Plan and the CSHP values of excellence and innovation in patient care, inter-professional collaboration and professional development and mentorship.

A total of \$30,000 is allotted for funding research grants in 2018. A portion of these funds will be available for eligible research projects submitted by novice researchers. Novice researchers have served as principal investigator for fewer than 3 research publications AND fewer than 5 different research presentations (podium or poster). The remainder of the funds will be awarded at the discretion of the Grant Review Subcommittee, based on their evaluation of the submission using established criteria, and may not equal the total budget for the project. Please note that the average value of individual research grants awarded over the last three years is \$11,343. For information about recent research projects awarded grants and the amount of the grants, please see the [Research Grant Recipients](#) page on the Foundation's website.

Did you know that Systematic Reviews and Meta-Analyses qualify as grant proposals in the CSHP Research Grant Competition? We invite you to consider a submission for a systematic review or meta-analysis on any topic of relevance to the pharmaceutical sciences or pharmacy practice. The Canadian Journal of Hospital Pharmacy welcomes this type of submission for publication.

All grant applications, including novice researcher submissions, will be judged according to the criteria established for the CSHP Foundation Research Grant Competition. Selection will be based on the submitted written proposal and budget, which must conform to the guidelines provided by the Foundation. Each submission will be objectively evaluated and ranked by reviewers external to the Foundation. Please contact the Research Committee Chair, Dr. Sean Gorman at sean.gorman@interiorhealth.ca with any questions arising in the preparation of your submission.

Please Note: At the conclusion of the research grant project, the researcher is expected to use his or her best efforts to publish the results in a recognized scientific journal.

The following **research grant application documents** are now available on the Foundation's website at www.cshpfoundation.ca: Criteria and Submission Checklist, Criteria for Evaluation of Submissions, Budget and Workplan Template, and Sample Budget and Workplan. **Definitions** of novice researcher, principal investigator and research publication are provided in the Criteria and Submission Checklist.

NOTE: The online grant submission process for this 2018 grant offering is now available at <https://cshpfoundationgrants.msubmit.net> Please register at this site and submit all of your application documents in PDF format. If you have any questions about the grant application process, please contact Janet Lett at jlett@cshp.ca.

The deadline for submissions is **October 12, 2018**.



Announcing the Availability of Education Grants in 2018!

The CSHP Foundation is pleased to announce that it is now accepting applications for education grants in the following categories:

- **Thematic Conferences Development:** organization of a targeted group which will focus on issues in pharmacy practice and/or education.
- **Educational Programs or Materials Development for Pharmacists:** development of resources for pharmacists with a focus on optimizing pharmacotherapy.

The Foundation believes that shared knowledge is a powerful practice tool. As an organization, we believe dynamic opportunities for peer education are critical to continued, positive change in both our profession and the lives of our patients.

Eligible education proposals will reflect CSHP members' innovative approaches to identifying or developing opportunities for professional education, dialogue and knowledge transfer for pharmacists. The ultimate goal of each program will be to **advance pharmacy practice and patient care in hospitals and other collaborative healthcare settings.**

The following types of initiatives are not eligible for educational grants: conference attendance and related travel, residency or fellowship programs, enrolment in accredited academic degree programs, and research projects.

The average value of individual education grants awarded over the last four years has been \$4963. A total of \$20,000 is allotted to fund education grants in 2018. For information about recent education projects awarded grants, please see the [Education Grant Recipients](#) page on the Foundation's website.

Education Grant Applicant Criteria

The principal applicant must be a CSHP Member, Member-in-Training, or Student Supporter and have been a CSHP member for at least 12 months at the time of the grant application. Only one grant application may be submitted each year, and the principal applicant may only be awarded a grant every two years. Full details on the education grant program and the application process are available on the Foundation website at www.cshpfoundation.ca.

To apply for a 2018 education grant, please register at the following website, and submit all application documents in PDF format through this site: <https://cshpfoundationgrants.msubmit.net>
If you have any questions about the grant application process, please contact Janet Lett at jlett@cshp.ca.

Please note, applications for sabbatical grants are not being accepted at this time.

The deadline for submissions is **October 12, 2018.**

On behalf of the
CSHP Ontario Branch Education Committee

[**SAVE THE DATE!**]

FOR THE CSHP ONTARIO BRANCH ANNUAL GENERAL MEETING AND EDUCATION SESSIONS

NOVEMBER 17, 2018

The 70th Annual CSHP Ontario Branch Annual General Meeting and Education SESSIONS will take place this fall on **Saturday, November 17**, followed by our Awards Night.

The Annual Conference will be held at the Leslie Dan Faculty of Pharmacy at the University of Toronto.

Once again the Education Committee members are striving to bring you exciting educational sessions and valuable workshops. Please save the date and be on the lookout for our brochure which will be coming out soon.

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Vivian Law and Suzy Badr
Co-Chairs, Education Committee
Ontario Branch CSHP



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HOSPITAL PHARMACY IN ONTARIO

EDITOR

Samantha Yau
Baycrest Health Sciences
Toronto, ON
Email : syau@baycrest.org

COMMUNICATIONS COMMITTEE

Samantha Yau - Co-chair
Jessica Robinson - Co-chair
Peter Zhang - U of Toronto rep
Kelsey-Ann Mae Prior
- U of Waterloo rep

Lily Zhang
Amanda Lee

Design Rework & Layout
Brian Graves
BriKen Graphic Design