

APSA

AUCKLAND PHARMACY
STUDENT ASSOCIATION



Introduction

Dear fourth years,

It has been a pleasure being your media reps this year and this time we bring you the Pharmag; a magazine for the fourth years aka the leavers. In here, you will find some memories and hopefully a chuckle or two. You will also discover the quotes your colleagues have provided for us and maybe learn a thing or two from them. Finally, you will hear from the sponsors. Without them, APSA's successful year would not have been possible.

The Bachelor of Pharmacy is a four year degree that is taught through lectures, labs, tutorials, seminars, placements, and many more. On the final year, a dissertation is undertaken to help with research skills. Entry into the degree now requires a first year in Biomedical Science or Health Science. Applications for the programme usually close on the 1st of October each year.

But you all knew that (we hope). What we also know is that most of us are in debt and even though we are graduating, we still have an internship year to go through. But let's not be Debbie Downers here. AFTER FOUR LONG YEARS OF TEARS, TRIALS, AND TRIBULATIONS, WE ARE FINALLY GRADUATING!

There's no better feeling than doing the walk around the streets of the city (oh wait) and walking across the stage (while concentrating on not tripping), holding that piece of paper saying that you finally achieved something. And even though it's our special day, our parents are probably prouder than we are, finally seeing their offspring do something meaningful with their life.

Internship year will be tough and it will be our last year of being able to pass on a difficult case or patient to the pharmacist. Skechers may also be required and they are definitely worth it from experience. In the end, it doesn't matter where we do our internship (hopefully). What matters is that we put the effort in and that we make the most of it because whatever happens, we will all learn heaps from it. Experience cannot be bought.

Philip and Alvis

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1st Year



Jason Qu created the group.

5 March 2013

Our journey began in first year. After going through a rigorous interview we found ourselves sitting outside Grafton like school children while we waited for the bus, the bus that would take us to

the camp. The Pharmacy girls were adept at socialising, as they formed a large circle on the concrete and shared pleasantries with each other. Meanwhile, the Pharmacy lads stood around, exchanging small talk. It was here where awkward Jason was first introduced and the name stuck. Pharmacy camp was an amazing opportunity for new students to meet one another and to not be loners when it came to the first week of uni. Ameer will forever have his mark left at Parm Camp 2013.

We were cordially invited to the Pharmacy induction day to officially be welcomed into the Pharmacy programme and school. A take home message that was ingrained in us on the day, 'Don't Get Pregnant' - Prof. Julia Kennedy, and this would be a message that would continually be reinforced for the years to come.

Our first taste of uni started with a BioSci 107 lab. The Pharmacy kids quickly came together to secure a corner of the lab, rightfully declaring it ours and shunning the Healthsci and Biomed kids. The other kids would look at us in envy of the bonds we made at camp and induction day before uni even started.



Our first lecture was probably one of the most memorable moments of our uni career. Who could forget the hustle and bustle of OGGB lectures where everyone (Biomed, Healthsci, and Pharmacy) rushed to get a seat in the main lecture theatre so they would get the best learning experience possible and not have to suffer from the terrible audio and visual qualities experienced in the overflow lecture theatres. This would continue on for the next week or so before people started to realise that they could skip lectures all together as it wasn't high school anymore and no teacher would be handing out detentions for not showing up to class. Oh, and also recorded lectures, what up. OGGB also held some of the best and earliest memories with the classic hour long breaks between Chem and Biosci lectures where we would just huddle as a group and sit outside the lecture theatre to twiddle our thumbs and make small talk. Let's be honest, how many of us utilised that time well and actually studied?

We progressed through the year, trekking from City campus to Grafton and back, making our way through Pharmacy 101 workshops (Alpha for life), Biosci and Chem labs, and learning how much Rod Jackson hates butter. A tradition that was born at the end of the first semester was the announcements that people would make about results and exam timetables being put up. Being the first to make these announcements was a huge achievement as it meant that you would get a solid 10 likes. And this was a regular occurrence that still lived through to fourth year.

Health Psych 122 had a famous assignment where we had to change a behaviour or habit of ours and reinforce it. Honest question, who actually changed their habits and did the assignment legitimately, and did it stick?



Sean D'Souza

4 November 2013

Let the caffeine biosynthesis begin.

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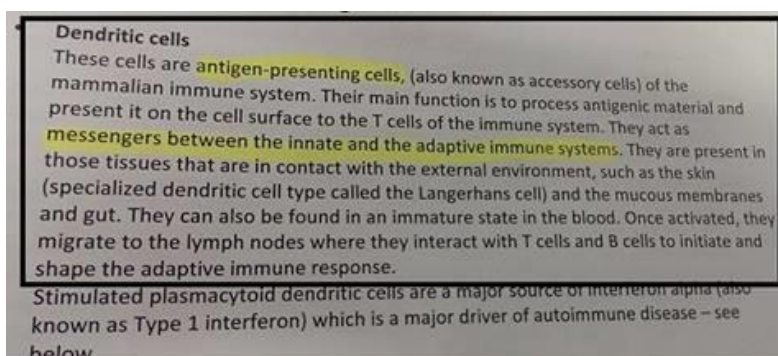
Biosci 106 was arguably one of the worst papers we had encountered over the year. The sheer number of biosynthesis and chemical reactions and cycles that we had to learn, they were endless! But, one thing came out of it, the urea cycle. Who knew that it would be important in fourth year?



Chris Jackson
27 August 2013

I wonder how much ATP I'll require to throw myself out of the window!!!

And who could forget the time 20 students used the same reference list for the one assignment? We call that 'plagiarism syndrome'. But, it was made clear that plagiarism would only apply to students; as in second year, Gaius made a shocking discovery of one of the lecturers and their lecture notes. An excerpt in the notes was identical to a Wikipedia article, how convenient.



Dendritic cell

From Wikipedia, the free encyclopedia

This article is about the immune cell. For component of the neuron, see dendrite.

Dendritic cells (DCs) are antigen-presenting cells (also known as *accessory cells*) of the mammalian immune system. Their main function is to process antigen material and present it on the cell surface to the T cells of the immune system. They act as messengers between the innate and the adaptive immune systems.

Dendritic cells are present in those tissues that are in contact with the external environment, such as the skin (where there is a specialized dendritic cell type called the Langerhans cell) and the inner lining of the nose, lungs, stomach and intestines. They can also be found in an immature state in the blood. Once activated, they migrate to the lymph nodes where they interact with T cells and B cells to initiate and shape the adaptive immune response. At certain development stages they grow branched projections, the *dendrites* that give the cell its name (δένδρον or déndron being Greek for "tree"). While similar in appearance, these are structures distinct from the dendrites of *neurons*. Immature dendritic cells are also called **veiled cells**, as they possess large cytoplasmic 'veils' rather than dendrites.

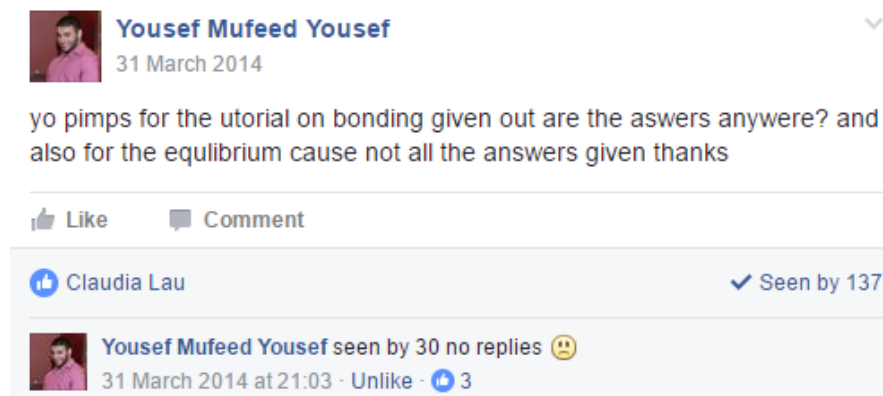
Nearing the end of the first year, the Facebook page was invaded by foreigners that would change our perception of APSA forever. The page was no longer 'Pharmacy First Years 2013' as new members were gradually joining and the numbers steadily rose. However, these were people in other year groups trying to sway our votes in the annual APSA committee elections. Bear in mind we had no idea who these people were and we barely knew what APSA even was. Their methods of campaigning may have been questionable, but the question still stands, did you guys still vote for them?

A mysterious figure that always had a strong presence in our lectures was none other than the hairy care bear that we all know and love, Yousef Yousef. He was an interesting person, to say the least. At first, everyone was intimidated by the gigantic frame of his and his overly masculine features and no one would dare to approach him. That was until he slowly blossomed into the hilarious, multi-cultural, soft, cuddly, man-child and everyone got to know him for who he was. This man has been the life and soul of the cohort



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with his funny accents and sayings that have stuck with us to this day, that's just perfect! The guys can all agree that Yousef is tabouli.



We could probably go on and on about Yousef and the impact he's had on us, but we would like to focus specifically on one aspect that's probably the most prominent, his spelling. Many times he would post on the Facebook page or comment in a thread in a language that seemed familiar, yet foreign at the same time. No one would understand what he was saying and no one would be able to respond. Slowly, but surely, his written speech improved to the point that we are now able to reply to his questions and comments, or maybe we have just taken the Yousef translator course.



First year was also a momentous year for one of the bubbly creatures in our year, Reema (Al-)Karbouli. For those of you who know her and have been in her car, you would probably rejoice when we say that Reema cleaned her car in first year. And that was the last of it.

And that concluded first year of uni, the start of something new. One year down, three to go.





Alvis Lee
10 June 2013

Do we need 50% or more in the finals for pharm to pass? or is it only 50% or more overall weighted grade?



Jason Qu
17 June 2013

hi guys. i think some of us are going to shadows straight after bio on thursday. open invitation to drown our sorrows. hopefully ill see you guys there.



A

2nd Year



Jason Qu changed the name of the group "Pharmacy First Years 2013" to "Pharmacy Second Years 2014".

26 February 2014

The second year meant a lot of things - we passed first year (woo!); more Grafton, less City Campus; and the introduction of a whole new group to the cohort!

The Fresher's camp welcomed a batch of alternative entrants. It was a great way to welcome the alties into the Pharmacy programme and for them to meet the APSA committee and the friendships made still remain to this day. A notable figure at camp was Akhila Tequila, her presence was definitely felt, and overall, the camp was a huge success!

The usual messages were drummed into us on induction day. This time another message came to the forefront, 'These are the friends that you will have for life. You'll be at your friends weddings and before long you'll be at their funerals.' - Prof. Julia Kennedy.



Jared Solloway

11 July 2014

DONT WORRY GUYS ME AND Gaius Tan PASSED 101 WE WILL CONTINUE WITH YOU

papers each semester. And the pains of going through Pharmacy 101, everybody could relate. But somehow, they managed to overcome all obstacles and reach the next destination.

As they always say, 'second year is a huge step up from first year', and first semester showed us exactly how true that statement was. From physiology in Pharmacy 205, to microbiology in Medsci 202, to pathology in Medsci 203, the list goes on. Some of us might have been thinking, 'How is this relevant?', or maybe that's just me. The assignments and labs kept piling on and a break never seemed to come.



Reema Karbouli

11 April 2014 · Auckland

Anyone else out there doing an allnighter besides me and Thillak Naidu?

Second semester might have been a little chiller compared to first semester. We learnt more regarding the Pharmacy profession - we made extemporaneous products that were fit for their intended purpose (shout out Anne Rew) and had our first look at pharmaceutical sciences and routes of administrations #Diffury. But, the black hole that was Chem 230 would soon consume our souls. All those damned reaction schemes

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surely had everyone thinking, 'When are we ever going to need to tell our patients the oxy-mercuration mechanism?'

A special, one-off event 'The Rx Factor' showcased some of the brightest students in Pharmacy. We were privileged with dancing, singing, and music, with special mentions going to the Alternative Admissions, comprised of Philip, Akhila, and Lucy, who did really well singing a medley of songs and achieving runner-up in the competition. On a side-note, it didn't occur to us that Nataly and Maureen were the judges of the show until this year!



Pharmacy 201 and 202 might have been some of the more memorable and enjoyable papers that we took in second year. Pharm 201 taught us how to make creams and suppositories (fun times!), vital communication skills, and showed us how poverty can really affect the way of living (especially with the tempting stuff Louise Curley was trying to sell us; she also had a gun). One of the biggest realisations that some of us made must've been paracetamol. It honestly makes so much sense if you think about why it is named paracetamol - its chemical name is para-acetylaminophenol with the acetylamino group in the para position of the phenol!

One last shoutout goes to Raymond Lo for coming to the Pharmacy 205 exam with 30 minutes left. We're glad you sweet talked your way to still graduating with us! It wouldn't be the same without the Hong Kong Dragon.

With that, two years flew by, with only two more left.



Jason Qu

22 June 2014

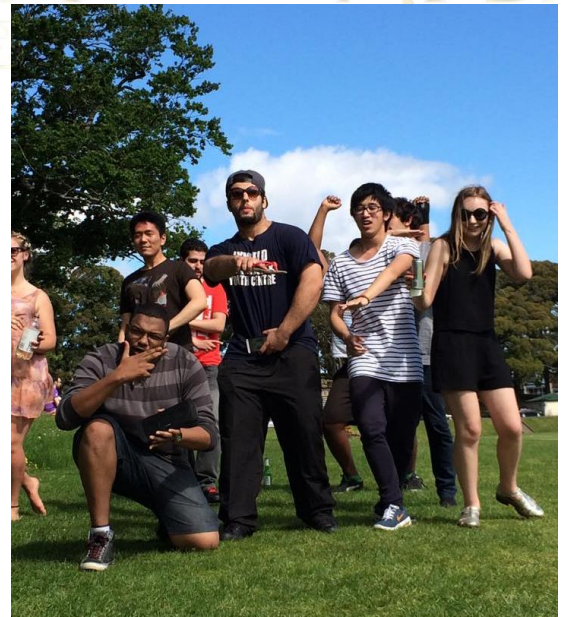
i know nothing



Hayleigh Paige Frost

20 June 2014

Shadows after chem?!



3rd Year



Jason Qu changed the name of the group "Pharmacy Second Years 2014" to "Pharmacy Third Years 2015".

30 January 2015

The next step in the journey. The hardest year of the course. The most stressful time of our lives. It's amazing we all endured and came out on top at the end of this year. We all deserved a well-earned break to go to Greymouth and undertake our hospital placements over summer!

This was the year where we could finally say, 'This is what we should be learning.' Starting off with first semester, we were introduced to Pharm 302. It might have been considered the core paper of third year as this was where our clinical knowledge was cemented. We were taught PCPs, PCPs, and more PCPs. However, to this day, I still don't know what goes in Treatment Options and what goes in Recommendations. Medsci 303 meant the use of organ baths, over and over and over and over again. I guess they had to make sure we knew what we were doing so that we wouldn't be hung up on any questions, like the tissues we used. They even told us the history of organ baths. We also had our last ever chemistry paper, which also signified the last time we would be at city campus for the next year and a half. So sad, the \$5 kebab on rice, crowded streets, and IC0 banter would be dearly missed.

In the second half of the year, we were dispensed a harsh course of harden up, prescribed by Pharmacy 301. The presenting complaint - dispensing labs. Possibly the most traumatic few months we would ever have to endure. A few of us had to be consoled by our peers after each dispensing labs as each one was a frightening experience, week after week. Medsci 305 meant a new course completely. Or not, because we still used organ baths, a lot. The mice labs were also very memorable or that could just be the screams that we remember. Screeches could be heard from all over the room; the rats on the other hand wouldn't be making too much noise. Pharmaceutics taught us the term liposomes, and it basically became a staple



word that quite possibly was used more than Miles and #Diffury. Liposomes are pretty much the ideal formulation.

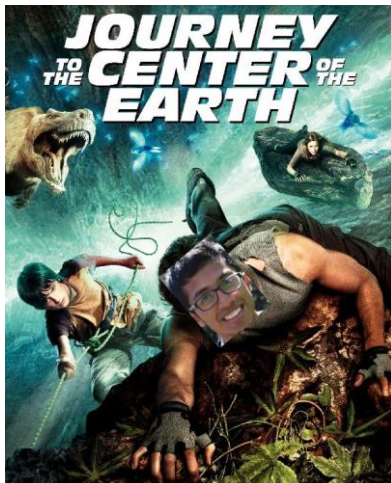
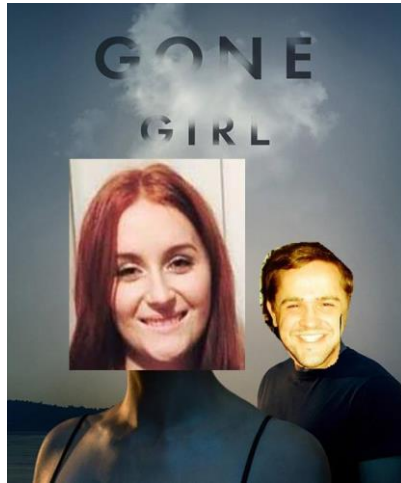
The annual Pharmacy Ball at the Langham was one to remember, but we have to point out that there is one mystery that has eluded us to this day - the hidden truth was never revealed at the end of the night. This is even more mysterious than the Twilight Zone. At least Mo had fun imitating a bouncer by ID checking everyone.

Third year also meant a lot of heartbreak (Megan Veail). Community and hospital placements were the new big thing (Megan Veail). Those lucky souls that got to stay in Auckland for their community placements while others had places out of Auckland (Megan Veail). But that didn't mean that everyone didn't like it. In fact, Sean was super stoked with getting his first choice - Ngaruawahia. And of course, the infamous thread on Facebook regarding hospital pharmacy placements was declared one of the best threads on Facebook, better known as #BringHerHome project. Poor Megan. We hope she had a fun trip. The thread became so popular that #BringHerHome and #Greymouth became top trending hashtags all

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across the globe for the night. The OSCE the next day didn't stop people's procrastination with plenty jumping on board to do a bit of photoshopping to contribute to the thread. The photoshops that came out of this placement commotion definitely made everyone's night and the procrastination worthwhile.

Everyone, we survived third year!





KLANKY
IDENTA



A

4th Year



Jason Qu changed the name of the group "Pharmacy Third Years 2015" to "Pharmacy Fourth Years 2016".

3 February

The last year of the journey was different. The cafe seemed quieter than normal and the couches were unusually empty most of the time. No one saw each other. The split classes meant that half the class would be at uni on one week and the other half would be at uni the next week. Dissertation was probably the main culprit though, with everyone hiding in their group meetings, isolated from the rest of the world and Grafton.

Following on from third year, Megan's luck continued as she didn't get any of her top 5 choices for the research project (but we're sure she was happy with her group in the end, it's not like she can exchange them like the needles they studied!).



Megan Veail

7 March

Did anyone else get a dissertation project that wasn't in their top 5? 😊

In first semester, lit review kept us occupied for most of the time, but it was hella lit. On top of that, dispensing labs were at a new level of stress and some people began falling in a state of delirium (hi there, Miles).

As the year progressed, we became more stressed; with the likes of internship hunting and completing the dissertation projects, and not to mention the perpetual need to catch up on work you missed due to spending the week on dissertation. Every other conversation would be, 'Have you applied at...?', or for some people, 'Have you updated your CV...?' Writing that CV must have increased our CV risk, as everyone was becoming hypertensive from the pressure of finding an internship (I'm actually the man for thinking of this pun -Mo). In the end, we all knew we were going to be okay, but for the meantime, time was the enemy.

We also had a change of scenery with the IPL session over at Tamaki Campus with Nursing and Med students. It was a good experience to change it up from the regular Grafton site and to actually utilise our knowledge with the other health professional students. It was nice to appreciate how much nurses could do. How did you guys feel about it? What did you take away from the simulations? I personally felt quite useless in the seizure simulation. 'Tramadol lowers seizure threshold.'

There were many highlights of the year. The first aid course we undertook with roleplaying with mannequins in the corridor shouting, 'You, call the ambulance and tell me when it will get here. You, get the defibrillator and attach it to the body.' Remember your DRS ABCD. Narae,



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we hope your head is all right after walking into the detectors at the entrance of Philson library. In addition, Philip now requires assistance with making popcorn, as the last time he did it he burnt them and in the process set off the fire alarms which resulted in 3 fire trucks arriving at Grafton. One standout guy from this year was Jay Hart. The constant notifications would probably annoy most people, but not @Jay Hart.



On top of all this, we have dominated the sporting events throughout the year. This year, we rightfully became the inaugural winners of the ProPharma Sports Shield to show everyone that we were the force to be reckoned with.



At the end of the year, even though we were in our final exams, we were still left wondering, 'Why are we doing this?', 'Do we really need this?', and 'Is this relevant?'.

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And to tie this whole journey all together, Reema finally decided to clean her car again and in the process she found 2 house keys, high school biology notes, the Holy Grail, and Tupac. Amazing.

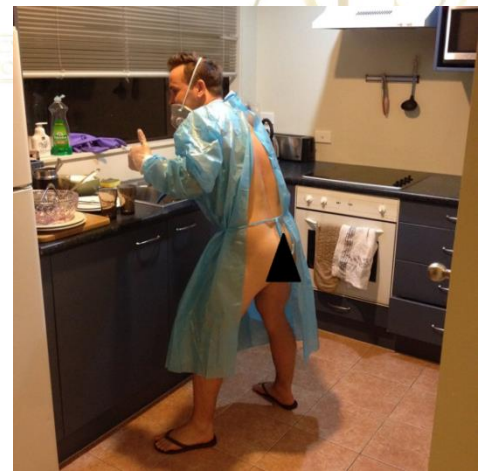
Just remember in life, sing to yourself happy birthday while you wash your hands; hygiene is key. Remember to properly clean your hands with the proper aseptic technique, for the right amount of time. Here's an example of good aseptic technique.

Congratulations everyone on completing four years of Pharmacy and graduating. Now, the final leg of the journey - Internship. Best of luck everyone!

Here's to the future!

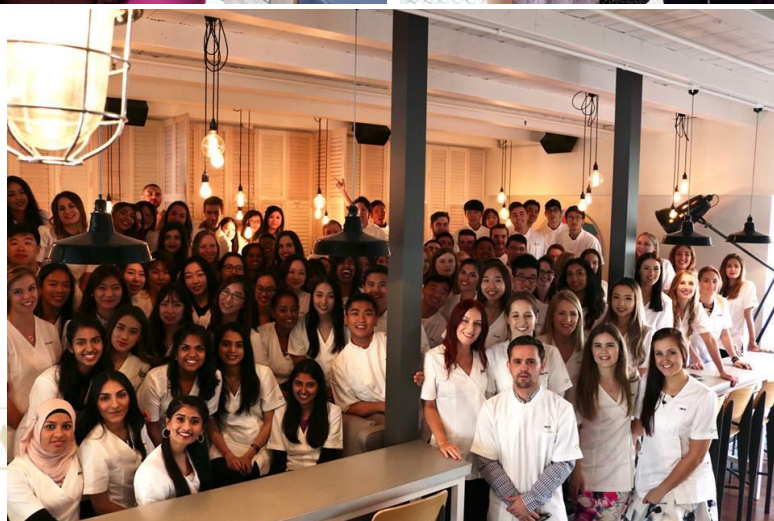


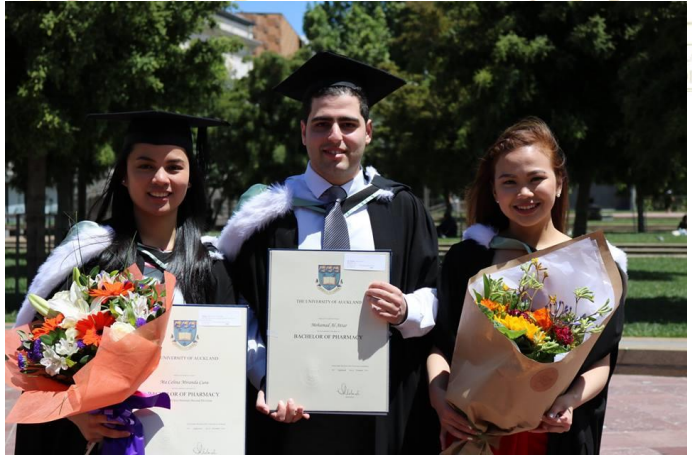
Jason Qu changed the name of the group "Pharmacy Fourth Years 2016" to "Pharmacy Interns 2017 (Auckland)".
18 November at 18:17





Graduation





Achievements

- Jordan Hinton – winning the summer studentship presentation for his research project. 1:0



- Kim Oosterbeek – completion of two Oxfam Trailwalkers and raising over \$7000. She is looking to do her third one in 2017!



- HealthX award winners
 - Hei Tsun Tsang (presenter) – Best Non-Doctoral Oral Presentation Award
 - Anusha Dravid (presenter) – First Runner-up in the Elevator Pitch
- NaturEd (Akhila Puthigae, Surbhi Patel, Philip Cabasag, Sean Turner) – winning the National Student Business Plan Competition run by pharmacy Guild of Australia



Most Likely To

- ... be late to their wedding – **Raymond Lo**
- ... not turn up to his wedding – **Gaius Tan**
- ... summon Exodia on his first turn – **Jordan Hinton**
- ... give birth to dogs – **Selena Lemmens**
- ... walk the length of NZ – **Kim Oosterbeek**
- ... ditch internship to make her Black Sticks debut – **Phoebe Bint**
- ... sleep throughout internship – **Ewen Wong**
- ... get notified – **@Jay Hart**
- ... own a Toyota Corolla – **Carol Tai**
- ... administer IV wine – **Shambhavi Patil**
- ... quit pharmacy to breakdance – **Sean D'Souza**
- ... have tuna two times on a Tuesday – **Thu Bui**
- ... turn down for what – **Gaby Watt**
- ... have a 10% chance of being sedated by cetirizine – **Zihan Lin**
- ... streak Grafton – **Sean Turner**
- ... become a fireman – **Philip Cabasag**
- ... frape Sally – **Cyril Bagsic**
- ... be a fisherman – **Louise Fisher**
- ... be a farmerman – **Kate Farmer**
- ... be right – **Lucy Wong**
- ... be a good mother – **Vicky Ma**
- ... score a goal 1:0 – **SJ French**

Awards

- Most tabouli award – **Yousef Yousef**
- NaCl award – **Jared Solloway**
- #Diffury hashtags award – **Miles Denton**
- Dad Joke award – **Mario Pavićević**
- Frappucino award – **Mohamad Al-Attar**
- Best carrot award – **Sally Zhu**
- Tiptoe award – **Sara Shah**
- Best cleavage award – **Stephen Sutjipto**
- Best couple – **Nigel Ong and Mark Li/Stephen Sutjipto**
- Ceebs award – **Sudad Dragh**
- Cleanest car award – **Reema Al-Karbouli**
- Best OC for PCOS award – **Jin Kim**
- Environmental award – **Ameer Kafilhussain**
- Mm mm mm mm award – **Sean Turner**
- Ahhhhhward – **Daniel Holt**
- Mum award – **Tayla Bowers**
- Dairy award – **Bree Murphy**
- Health and Fitness award – **Megan Veail**



Miles Denton

13 August 2014

#diffury



The Rumour Mill

- Kate Farmer and Maureen are actually the same person. Evidence: Have you ever seen them together in the same room? [1][2]
- Philip isn't actually from the Philippines.
- Louise, Phoebe, and Laura will star in the next Charlie's Angels movie. [3]
- Sudad's real name is Sumum. [4]
- Nystatin is actually the most effective statin, but Big Pharma doesn't want you to know that. [5]
- Maree Jensen is Big Pharma. [5]
- There is actually a 3rd Sally in our year.
- If you need advice on cooking Italian cuisine, ask Nikki.
- Raymond Lo played an extra in The Fast and the Furious: Tokyo Drift. [6]
- Bridget France isn't from France, but SJ French is French. [7]
- Ruby's favourite Pokémon game is Pokémon Sapphire. [8]

References

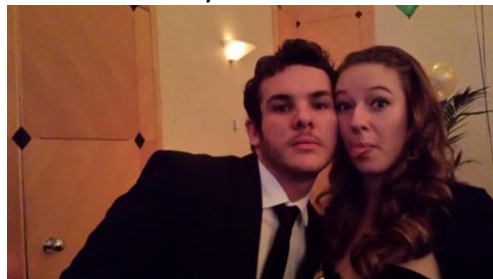
1. BPAC: The secret identity of Maureen
2. https://en.wikipedia.org/wiki/Killing_of_Harambe
3. [https://en.wikipedia.org/wiki/Charlie%27s_Angels_\(film\)](https://en.wikipedia.org/wiki/Charlie%27s_Angels_(film))
4. Sudad's mum
5. AMH
6. https://en.wikipedia.org/wiki/The_Fast_and_the_Furious:_Tokyo_Drift
7. https://en.wikipedia.org/wiki/French_people
8. https://en.wikipedia.org/wiki/Pok%C3%A9mon_Ruby_and_Sapphire

People that should get together

- Mark + Claudia



- Mario + Tracey



- Selena + Antihistamines

- Anna + Megan



- Ameer + Yousef



- Maureen + Maree

- Bree + Cheddar

- Philip + Surina



- Kathleen + Hip hop/Rap

- Gaby + Tayla



- Jordan + Canoe Polo

- Sang + Hoon

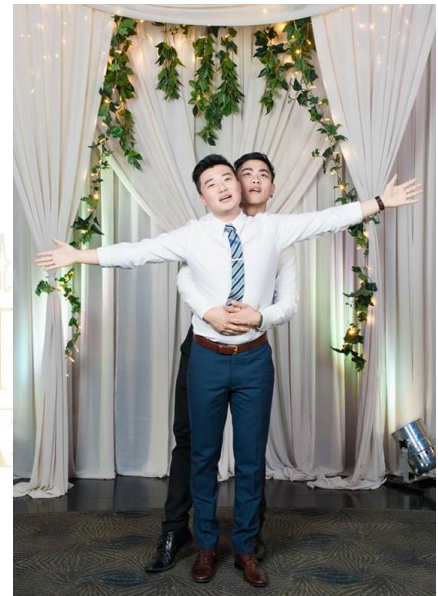
- Mo + Knees

- Narae + Esther

- Dan + The Wok

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- Nigel + Mark/Stephen





Graduating class



Bachelor of



Pharmacy

Class of 2016



A





Miyar Abumaree

Everyday we change the world. But to change the world in a way that means anything takes more time than most people have.



Mohamad Al-Attar

With great power, comes great lighting.



Reema Al-Karbouli

I would like to thank Google and energy drinks and the pharmily for getting me through this degree.



Malali Amad

"Don't count the days, make the days count"- Muhammad Ali



Anju Anil

Just keep smiling because life is too short for regrets.



Cyril Bagsic

Nothing is impossible, the word itself says "I'm possible"!



Ji Hye (Emily) Bing

Off on an adventure.



Phoebe Bint

Pharmacy froths



Tayla Bowers

Metformin-induced vitamin B12 deficiency you say?



Thu Bui

Difficult roads often lead to beautiful destinations.



Philip Cabasag

Don't leave your popcorn unattended in the microwave.



Abby Fitzharris

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.



Katie Chan

This is just the beginning.



Alice Chang

Say no to drugs.



Jonathan Cheng

The more problems you solve, the more problems you create.



Sophia Choi

Be happy, be yourself.



Olivia Choi

Life is short. Don't waste it.



Lizzie Collings

Don't be afraid to stand up for what you believe in. Even if it means asking for something to be relabelled 3 times.



Ma Celina Cura

Sorry I'm late, I caught the 881.



Miles Denton

*Slinging pills to pay the bills
#diffury.*



Sudad Dragh

Whatever you decide to do, make sure it makes you happy.



Anusha Dravid

Don't forget to ask for allergies!



Sean D'Souza

It's just 4 years of Pharma-C.



Kate Farmer

Procaffeinating



Alan Feng

Jump! Overcome your challenges and create new passages



Louise Fisher

Be somebody who makes everybody feel like a somebody.



Bridget France

Bridgeey 1:0



SJ French

1:0 SJ



Hayleigh Frost

Love the life you live. Live the life you love.



Kendall Fryer

Laughter is the best medicine... except for treating diarrhoea.



Rukshar Gobarani

If you keep being negative, we are going to be as done as my eyebrows.



Nikki Graziotti

Hey Joneeesy, give us a hand on Saturday, she's a pretty big job!



Stacey Hales

Naaaaah mate, you're dreamin'!



Zahra Hamandi

*"Keep refreshing the page to see if your marks have changed" - Mum.
P.S. no, I haven't shopped at Zara.*



Jay Hart

@JayHart



Jordan Hinton

Medicine, pharmacy, nursing and optom - a long time ago, the four disciplines worked together in harmony.



Mei Mei Ho

We will find a way, we always have.



Daniel Holt

Yeah, hey, look, cheers.



Ruby Jeon

*"You will do great things" -
fortune cookie.*



Ameer Kafilhussain

*Don't tell me the sky is the limit when
there are footprints on the moon.*



Esther Kang

*Esther-C three times a day
is all you need.*



Anna Katavich

*Happy to graduate with a Bachelor of
Pharmacology (Hons).*



Jin Kim

Jinet, the best everyone can get.



Min Kim

*is officially free from uni and
6am starts :3*



Narae Kim

is ready for the bright future.



Yoo Jeong Kim

Mum I made it!!!



Ha Young Kweon

Holy cow I made it this far.



Young Jun Kwon

I like pharmacy.



Claudia Lau

Fries before guys.



Alvis Lee

What a dumb.



Jenny Lee

Smile because we deserve it :)



Ka Yin Lee

Wishing everyone a wonderful journey ahead.



Karen (Eunsu) Lee

Time spent with cats is never wasted.



Sang Hoon Lee

Do you ever feel like a plastic bag?



Selena Lemmens

Thank you to everyone for all the memories, here's to our exciting future :)



Mark Li

Should've done nursing eye.



Lisa Li

With enough coffee, nothing is impossible.



Sohee Lim

Love more than less.



Zi Han Lin

Zyrtec, Infacol, Hysite, Anusol, Nausicalm - and no, I did not get sponsored.



Raymond Lo

"We are all stranger creatures than what we started out as kids" - Twenty One Pilots and I'm glad



Jocelyn Luo

Opportunities are like sunrises. If you wait too long, you'll miss them.



Vicky Ma

*AT LEAST I DON'T GET
DISULFIRAM REACTIONS*



Jerril Mathew

*Keep calm, Drink coffee and Keep
on studying.*



Kathleen McAskie

Yousef, where's my hat?



Mayden Millare

Luceat lux vestra



Bree Murphy

*I didn't choose the ginger life, the
ginger life chose me. Designated
ginger of class of '16.*



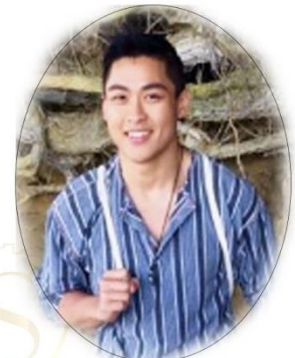
Jenna Nasir

*Anaphylaxis to sitting exams does
exist - I am living proof!*



Jacintha Nellipudi

"Pivot!" - Ross Geller



Nigel Ong

*Spitters are quitters, don't make me
make that suspension.*



Kimberley Oosterbeek

Mischief managed.



Michael Paik

Chill



Aarzu Patel

Mom's spaghetti



Surbhi Patel

Dream Big. Work Hard.



Shambhavi Patil

*Use your smile to change the world,
don't let the world change your smile.*



Mario Pavićević

What a lamotrigine guy.



Surina Puri

Shoutout squad slash team



Akhila Puthigae

*Life is a game - Play like there's
no tomorrow.*



Jason Qu

*I hate when I'm on a flight and I wake
up with a water bottle next to me like, "Oh
great, now I gotta be responsible for this
water bottle".*



Monica Ranchod

*Somebody once told me the
world was gonna roll me.*



Tracey Reyburn

Ms. Chanandler Bong



Sara Shah

*Keep your head, heels and
standards high.*



Rosalie Simich

"I'll show you" - Justin Bieber



Ashna Siraj

*"Be who are and say what you feel
because those who mind don't matter
and those who matter don't mind"
- Dr Seuss*



Laura Skidmore

Kinda classy, kinda hood.



Jared Solloway

Preventing sunburn is always an achievement.



Anusha Suresh

My parents thought I was doing a Med degree.



Stephen Sutjipto

Can I come back please?



Sally Ta

Don't be afraid to start over. It's a brand new opportunity to rebuild what you truly want. Learn from the past and keep MOVING FORWARD



Carol Tai

Oops I'm late again!



Gaius Tan

IT IS TIEM TO DUEL!



Abhi Thapar

Greatness from small beginnings.



Henissa Tong

What did the doctor tell the scared patient? Take it ECG.



Hei Tsun Tsang

Placebo works better than you think.



Sean Turner

Get rich or die trying.



Kim Tzou

Add me on steam/bnet @ ThisChair



Susan Ung

Too much Monday, not enough coffee.



Megan Veail

Bring her home #Greymouth.



Cindy Wang

Script your future.



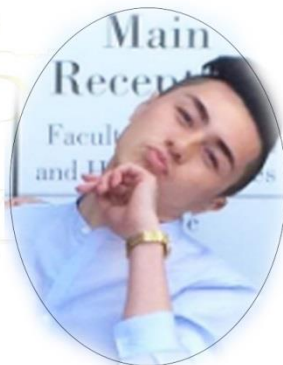
Joyce Wang

Every end is a new beginning.



Gaby Watt

Watt is my last name?



William Williams

Someone's always watching, don't bore them x



Ewen Wong

In life, Ewensome and you lose some.



Louisa Wong

The robbed that smiles steals something from the thief.



Lucy Wong

Don't forget to smile, laugh and enjoy the journey along the way!



Fivian Gebru

The dream is free but the hustle is sold separately!



Yousef Yousef

The pain you feel today (studying pharmacy) is the strength you'll feel tomorrow (baller) and das just perfect - Da horsz feat. Yousef



Sally Zhu

Genius is 1% talent and 99% hard work.



Harambe

Please stop the memes about me.

Every year APSA depends on the generosity of sponsors to assist in financing and facilitating our non-profit organisation events. In return, APSA provides sponsors with brand promotion at our events, privileged speaking opportunities, the right to advertise through APSA marketing and communication platforms, and importantly, the ability to liaise with pharmacy students throughout the year.

APSA greatly values the support that it receives from its sponsorship team. The organisations promoted on our Sponsors page are leaders in their respective fields. The financial support and relationship provided is vital to APSA's ongoing success and our commitment to pharmacy students.

Please take some time to explore and review our sponsors. Many have details about their place in pharmacy and the healthcare industry, including links to their own websites for further information.

Thank you to this year's sponsors for your partnership and valued contribution to APSA.
<http://apsa.ac.nz/sponsors/>

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ProPharma

Since our beginnings as H.F.Stevens in 1886, ProPharma has been recognised as a leading specialist in health logistics and a valuable contributor to the healthcare industry. We supply and support pharmacy across New Zealand with branches throughout, including our Head Office branch here in Auckland.

Our relationship with APSA began with sponsorship and quickly grew to welcoming students to our Auckland branch in Mt Wellington for a work book session/e-portfolio, on how we fit in the supply chain from manufacturer to pharmacy. We found a way to your hearts with the supply of pizzas and mini chocolates during these visits. We think this might be your enduring memory of us and that is just fine. However do remember us too should you ever find yourself in a position of wanting to buy into pharmacy. There is much advice and support we can provide.

This year saw the introduction and our sponsorship of the ProPharma Sports Shield which was won by 'your year' so huge congratulations on your great win of this inaugural event. (photo below)

Thank you for the opportunity to attend Freshers Camp and the annual ball. Our Auckland Branch Manager, Kevin Renwick (in photo) represented ProPharma at both events this year. Not forgetting those sports events where we supplied teams from our warehouse. I am sure those of you who played against them will attest to their prowess. It must be all the walking and lugging of stock that helps perhaps?

We take particular delight in our relationship with APSA having been supporters since it's inception and have to say your Marketing Executives this year (Megan & Miles) have represented you fantastically well. We look forward to continuing our links with APSA and with yourselves when out there in the big wide world.

We would like to take this opportunity to wish each and everyone of you, great success and a wonderful future ahead within the realms of pharmacy and where it might take you.



Future pathways for community pharmacists

The Pharmacy Guild of New Zealand (the Guild) is a national membership organisation representing community pharmacy owners. We provide leadership on all issues affecting members and advocate for the business and professional interests of community pharmacy.

One of the benefits of Guild membership is our monthly magazine, *Contact*. Please find an article from a recent edition of *Contact* magazine below which talks about future opportunities available to pharmacists as their role in health care expands.

The Pharmacy Action Plan reflects the value that pharmacists' clinical expertise can bring to a patient's health care team, as well as acknowledging the importance of pharmacists' traditional dispensing and quality assurance roles. In the New Zealand Health Strategy the Ministry of Health articulate that they would like to see the health system operate as a cohesive whole. To work cohesively together it is important that all health services delivered by health care professionals are complementary to those being delivered by other health care professionals.

As the population ages, the rate of chronic disease grows and therapies become more complicated, the demand for pharmacists' involvement in patient care will only increase. To meet this demand the way primary health care is delivered must change.

Pharmacists are vital collaborators in the entire health care process, and are in a position where they can advise patients about general health topics such as diet, exercise, and stress management, and provide information on products, such as home use medical equipment or home health care supplies.

Studies have demonstrated that on average consumers interact with pharmacists 12 to 15 times per year, yet only visit their doctor three to four times per year. This means pharmacists are in a better position to monitor the progress of patients and their responses to medicines. This role will grow in importance and opportunity in the coming decades.

Internationally, and in New Zealand, the roles of pharmacists are expanding to assist in providing integrated comprehensive care as part of the multidisciplinary health care team.

Some of these roles include:

- Collaborating with health care teams and providing recommendations to prescribers.
- Prescribing treatment for anticoagulation, hypertension, dyslipidemia, diabetes, heart failure, pain, psychiatry and transplantation within their specific scope of practice.
- Assisting patients in achieving goals set by their doctor with specialised pharmacy services in infectious disease, mental health, oncology, palliative care, solid organ transplant, cardiovascular disease and anticoagulation.
- Contributing to preventative health care in the areas of immunisation, smoking cessation, polypharmacy assessment and medicine reconciliation.
- Playing a critical role in health information technology by establishing clinical guidelines and pathways, and prescribing templates to assist providers in being more efficient and improving medicine safety.

General pharmacist training will provide a strong foundation to deliver some of these growing roles. Some pharmacists may choose to undertake additional education to take advantage of the opportunities likely to be presented in the near future. In other jurisdictions, pharmacy training is beginning to closely resemble that of medical training, in that it can include additional years of study as well as one to two year residency programmes or fellowships. Pharmacy residencies are postgraduate training programs in pharmacy practice and usually require the completion of a research project. Pharmacy fellowships are highly individualised programs that are designed to prepare participants to work in a specialised area of pharmacy.

The Pharmacy Action Plan sets out a roadmap for change that will impact all aspects of the primary health care sector, and the role of community pharmacy within it. While change is inevitable, pharmacists are well placed because of their knowledge, unique skill set and accessibility. In the future pharmacists will play a vital role as we progress through the inevitable changes to the delivery of primary care.

Visit www.pgnz.org.nz for more information on the Guild and what we do.



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PHARMACEUTICAL SOCIETY of New Zealand Incorporated



Checklist for Checking Process

1. Patient name
2. Patient address
3. Prescriber name
4. Prescriber address and phone number
5. Patient subsidy code
6. Prescription date
7. Pharmacy stamp & correct date
8. Medicine name – any interactions, what is available (check the most recent schedule)
9. Medicine strength (if more than 1 available)
10. Dose instructions or frequency – Safe? Effective?
11. Quantity to dispense or period of supply – annotate
12. Close control (if a stat medicine)
13. Enter prescription into computer
14. Check medicine entered is correct brand/strength
15. Check instructions match exactly those on prescription
16. Read all C&A labels for that medicine (use dispensing guide) & add to label, if possible.
17. Read label on screen before printing (If in doubt, get a tutor to check it)
18. Put through all labels for all medicines on script
19. Get medicine from shelf – check strength/dosage form against SCRIPT, not label!
20. Check expiry date & batch
21. Dispense correct amount – check with your annotations on script
22. Label container – check correct container – CRC or not? If in doubt, ask a tutor
23. Dispense next item on prescription – work from top to bottom of script
24. When all items dispensed, check each item against prescription, one at a time – read every word on label to yourself. (Including patient name, prescribers name & expiry dates). Does it make sense? Could an 8 year old understand it?
25. Get someone else to check your work – including the medicine inside container
26. Recheck your work yourself
27. Would you be happy for that prescription to be given to your child/ mother?
28. Well done –tidy up and start the next prescription