



2018 First Edition

# The Script



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# About APSA

The Auckland Pharmacy Students' Association (APSA) is a non-profit student association that is elected by and run by pharmacy students. We aim to represent the interests of students of University of Auckland not only in the professional and academic stage, but also in smaller community settings.

APSA is committed to providing students with a well-rounded selection of social, sporting, and educational events in the hope of providing a holistic university experience for budding health professionals. Alongside our annual social and sporting events such as APSA Ball, pub-crawls, touch, indoor soccer, and inter-faculty events, we also organise Sponsors nights and educational activities too! We also offer our e-Editorial 'The Script', so keep a lookout for them!

We greatly emphasise the 'Pharmily' vibe of our small cohort, and encourage and facilitate inter-year-group mentoring and Buddy systems to ensure a strong and cohesive student body.

APSA is run by a small committee of students and we liaise with Pharmacy School staff, members of professional committees, such as PSNZ and the Pharmacy Guild, and also our important sponsors.



# Apsa Execs



President - Duncan Milne



- Runs meetings and tells people not to do dumb stuff.
- Delegates most work to Roger.
- Eats a medium sized pot of hummus every day. Sometimes without crackers.
- Professional gym junkie.
- Secretly aspires to be an instagram model (follow @duncanadavid).

Vice President - Roger Liu



- Works closely with president.
- Spams Facebook groups about hoodies. Minimum of 2 posts a week.
- Writes reports on Duncan's behalf.
- Had the idea to make the pick-up lines section of The Script.
- Aspires to be the next Colonel Sanders.



### Secretary - Ayesha Khan



- Records all information for future reference.
- Organises meetings.
- Fastest typer ever.
- Truly believes dependance is spelt with only A's.
- Fasted all throughout Ramadan.

### Treasurer - Sophie Zeng



- Manages APSA finances.
- Can squat Duncan.
- Professional eye roller.
- Ask her to show your her quads/gainZZZ.

### Marketing Reps - Doug Hong & Johny voong



- Liaises with APSA sponsors.
- Provides networking between students and professionals.
- Complains all the time about being the backbone of this company.
- Angry all the time.



- Extinct (?) animal.
- Makes surprise appearances at tests.
- Is the pretty face of the company – Doug and Zach are adamant he is not.

## Social Reps - Piyara, Fahd and Eliza



- Organises social events such as pubcrawl, camp and the Pharmacy ball.
- Also known as 'Pharmacy's Cutest Couple + Eliza'.
- Struggles when working out how much pizza to order for Pub Crawl.
- Responsible for planning the biggest open bar in history.

## Sports Reps - Patrick Cabasag and Zachary Chan



- Organises sports events.
- Patrick is really humble.
- Ask Zac about his music tastes.
- Should not be trusted on public transport.

## Media Reps - James Chen and Ella Watson



- Publishers and photographers for APSA.
- Backbone of APSA.
- Two of the most good looking people in Pharmacy.
- Both vegans (for ethical or cost reasons).
- Won the quidditch world cup 2 years in a row.

### Education Rep - Stephen Choong



- Organises textbook discounts.
- No longer allowed into Philson library.
- Aspired to be an ESOL teacher but is now a ESOL student.
- Predator numero uno.
- #quickmaths.

### Welfare Rep - Omar Mohmand



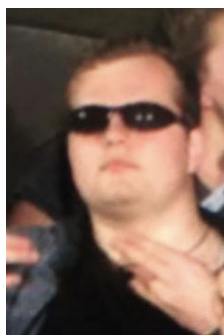
- Official daddy of pharmacy.
- Organises first aid courses.
- Self-proclaimed life coach.

### Grassroots Reps - Parsa and Celine



- Grassroots spreads awareness of the importance of health in rural areas.
- Celine shares a close bond with all 100 of her cows.
- Parsa comes from rural Iran where he eats kebabs and chills with camels.

### MAPAS Reps - Hunter Amende



- Cultural competence is the goal.
- Uncle hunter is a nickname but you can also call me daddy.
- Helps to look after MAPAS students and anyone else.

### PSNZ Rep - Jordan Anderson



- Liaison between The PSNZ and Pharmacy School.
- Attends PSNZ meetings and organise CE evenings.
- Got denied entry to 1885 at the last pub crawl.



# Class Reps

Are the student year groups' link to the APSA committee.

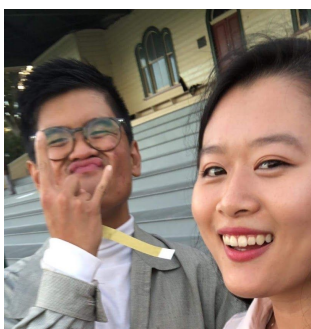
Questions students have regarding APSA events or the pharmacy courses are directed to the class reps and passed on to the respective groups.

## 4th Years - Jo and Grace



- Grace is Korean. People forget that sometimes. SHE forgets that sometimes.
- Jo was the opening act for Kevin Hart one time.

## 3rd Years - Jairah and Alice



- Jairah started from the west and now we're here SKRRRR.
- Alice is lit enough to know what a dab is but has enough self respect not to do it.

## 2nd Years - Joseph and Sue-in



- Sue In has perfect pitch, and is NOT going out with the other class rep.
- Joseph (a.k.a. traveller) went to four different high schools in five years.

# APSA President

Kia ora koutou,

As the Auckland weather turns sour and the winter coats come out, I'm reminded of how the year began. With the sun high and the grass muddy our new pharmacy recruits were inducted into their 3 years of hell integrated learning at Martin's Bay Holiday Park. Though the freshers could never have been prepared for the parties, mud wrestles and general chaos of a 60-person camp with no 'real' adults, I've been asked many times if APSA will be running any other camps this year so we must have left a strong impression.

Since then, nearly a whole semester has passed and no one could say it's been an easy ride. "Work hard, play hard" is the motto deeply embedded in pharmacy student culture so it's always a challenge for APSA to provide an enriching student experience to 300 or so die-hard bookworms with a tendency to drink a fair bit more than the WHO recommended weekly intake at the end of each module test (just you wait for next semester 2nd years).

But APSA exists to rival the rest of the student organisations in Grafton of course, so we make a top notch effort to deliver the goods and the good times for our pharmacy crew.

Some of the notable events we've already seen this year aside from the freshers camp have been our hotly contested sports games, the Country Club Pals and Preppy Boy Pals pub crawl (a very classy affair), and a continued education session in collaboration with PSNZ.

The educational activities of APSA have taken a boost this year with a new calculations workshop for fourth years, on top of our specially bargained textbook deals, first-aid courses and upcoming dispensing software master-classes.

We're starting to gear up our involvement with our slightly more diagnostic brothers and sisters over in medicine, our more people-focussed friends from nursing and our generally short-sighted cousins in optometry too. Free eye checks at Grafton optometry clinic so watch this space. You see what I did there?

APSA is a student-run organisation and none of this would be possible without our team of executives. It has been incredibly rewarding for me to watch the team grow and form such a strong bond which keeps planning and running huge events low-stress and a lot of fun.

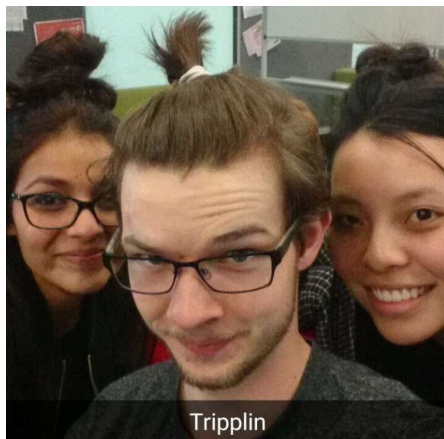
I'd also like to personally thank all of our sponsors for supporting us. Sponsor contributions are extremely important to us in maintaining the high quality of events and ongoing activities that we do, and supporting pharmacy students in every way we can.

If you're a student reading this and you aren't a member of APSA yet, it isn't too late! Email [apsaexec@gmail.com](mailto:apsaexec@gmail.com) and we can still sign you up so you can take advantage of discounted tickets to events (of which there are many more to come including our annual Ball), and get a free APSA member pack in 2nd semester.

One last thing. If you have a suggestion for an event, or if you want APSA to do something like run tutoring groups or get a particular textbook discount, tell us! Emails to [apsaexec@gmail.com](mailto:apsaexec@gmail.com) come straight to my phone, and your class representatives can also pass on any messages to us for you.

I wish you all the best of luck for final tests, and a relaxing winter break.

Noho ora mai.  
Duncan Milne



# Sports Reps

Hello friends, its ya sports reps Patrick and Zac. Here's a quick breakdown of what's happened so far regarding sports.

The first sporting-related event of the year started off with a bang. On a calm Sunday morning, the pharmacy crew attended the annual Round the Bays run. The pharmily came out in huge numbers with a whopping 14 people participating this year!! Congrats to Zac (who came 1<sup>st</sup> out of the pharmacy kids) and Paddy (the 1<sup>st</sup> loser) who were the leading runners from pharmacy and set a good example for everyone else #notcockyatatall. We would just like to thank everyone who participated as for a great cause; to support the Cancer Society. Shout out to Philip Zhang who was being cocky and bragged about his ability to beat Patrick but fell short by 5 minutes.



We would also just like to mention touch as this turned out to be a successful event. The finals were between the 3<sup>rd</sup> and 4<sup>th</sup> years and this was a hugely competitive game. Nothing separated the two teams in the end and so the 3<sup>rd</sup> and 4<sup>th</sup> years had to settle for joint first place (Zac feared the 3<sup>rd</sup> years and refused to continue playing because it was too 'dark' and so both teams settled for a draw). It was amazing to see the talent that was displayed at this event LMAO. Shout out to the 2<sup>nd</sup> years for trying their best.





The next sporting event was a goodie - Turbo touch aka Speedball. This was an unfamiliar game for most, but everyone quickly adapted. Congrats to the 4<sup>th</sup> years for comprehensively taking out first place and to the 2<sup>nd</sup> years who were the runners up. Thank you to the 3<sup>rd</sup> years for making up the numbers. All in all, it was a fun event and a good laugh.



We would just like to thank Sachin for being the referee for both sporting events. It was greatly appreciated. Can't wait to see you guys at the upcoming sporting events next semester as they will be bangers.

Just remember, 'winning isn't everything but losing makes you a loser'.

Chur,

Patrick and Zac.

# Social Reps

Our 2018 social calendars started off with the infamous Freshers camp, introducing a whole new babe pool for the hungry 4th years and a new range of camp scandals. The amazing race had everyone getting down and dirty followed by some extremely muddy sports the next day. Fresher initiation was wrapped up with an 'If I didn't get into Pharmacy' themed beach party, which had some pretty worrying costume choices and a few nanas who didn't make it past 9 PM.

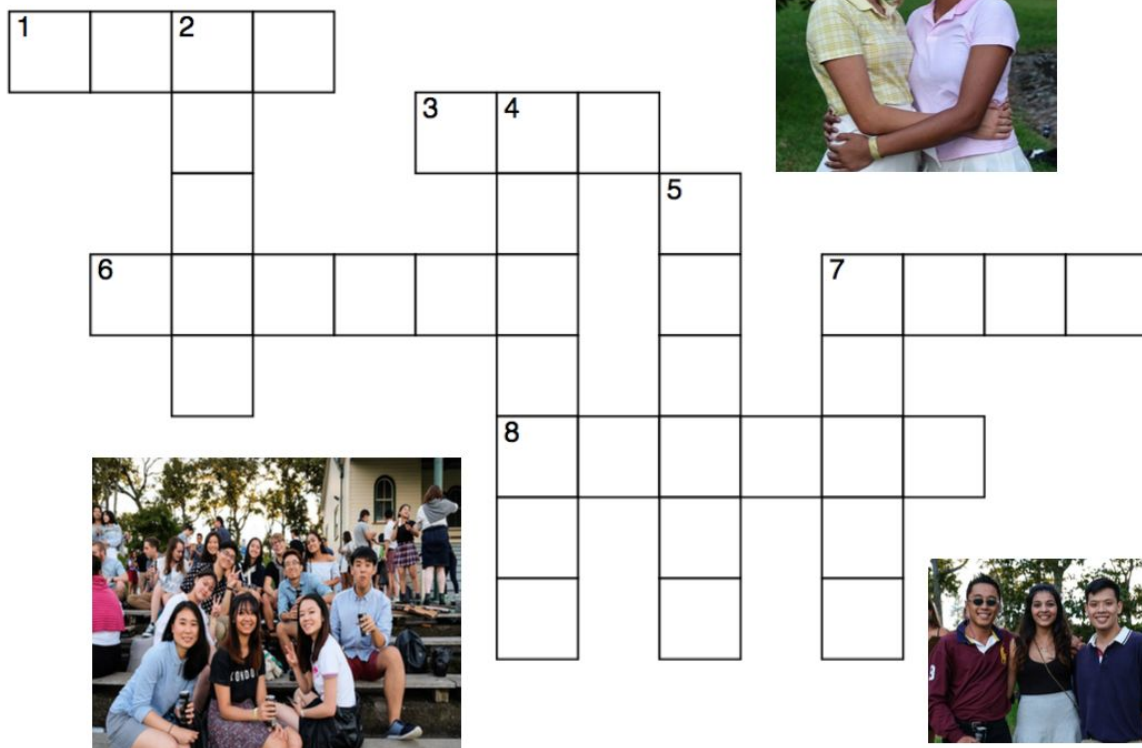


With the buzz of Freshers Camp still hanging around, we held our first Pub Crawl of the year in the early weeks of Semester One. This was an opportunity for Pharmacy's most high-fashion, polo-loving, sweater-wearing kids to come out and party. And boy oh boy, we sure did. With Double Black cans in hands and enough pizza to feed a small village, the Country Club Gals and Preppy Boy Pals were in for a night to remember.



Most of us won't be able to accurately recall the nights of Freshers and Pub Crawl, so we've decided to help you out with a crossword. Fill in the blanks to fill in your memory of some of the best nights Pharmacy has ever had.





### Across

1. This fresher gets screams from Omar AND kisses from Hunter
3. What 4<sup>th</sup> year would fight for their love of EDM?
6. Zachary Chan extended his role of Sports Rep to Politics when he formed a strong coalition with which 3rd year during Freshers?
7. What is Stephen Choong's favourite choice of drink?
8. In the dark of the night at Freshers 2018, who did Jordan Anderson go swimming with?

### Down

2. What exec does Ayesha hate the most?
4. Once upon a time Parsa was the other half of her heart, now he's without this secretary
5. What 3rd year couldn't stay the whole night at Pub Crawl because she had to get home to keep up her GPA, which is a nine?
7. From comatosed to Class Rep, which Fresher went from zero to hero?

# 4th Years

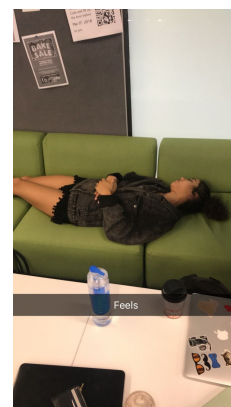
“Let’s get it started, in here!!!” Long gone are the days when we worried about angina and triple whammies. No more do we need to think about preventers, relievers, cold sores, allergies, coughs, dry eyes, conjunctivitis (Joelson) ... Oh Wait! Wait a sec... “Everything from 2nd year and 3rd year is included in the OSCEs”.



YEAH. Take in the feels.

So it’s fair to say that fourth year has been a blur of study so far. The SPEED (pun intended) at which we are learning new things is increasing dopamine levels, stimulating our brains. It has been a pretty full on first semester filled with back-to-back lectures, workshops, assignments, submissions, placements, practise OCSE and exit tests.

We are proud to say that we have been impressing 5th year med students at IPL with our extensive knowledge, clinical skills and pharmacy practice. ISBAR and WHAAM are now ingrained in our DNA (fingers crossed). The two most common phrases you’ll hear a fourth year say are “I’m tired” or “I’m going to a group meeting”. We really do have a lot of meetings. Mostly because of the big D. The DISSERTATION project (get your mind out of the gutter). Extra special shout out to Stephen for organising our books, EVOLVE internship session and the calculations & CV workshops, he really has outdone himself.



On the more chill side of the 4th year pharm life, three brave souls have completed the Rural health placement. Ishank is now the most passionate advocate for rural health among the 4th years. All you 2nd and 3rd years reading this, ask him loads of questions. On a less serious note though, 4th year pharms had a great time at Pub Crawl. True to the theme, “Country Club Girls & Preppy Boy Pals” it is easy to say the fourth years looked dashing and dazzling. \*NO FURTHER DETAIL FROM THIS EVENT WILL BE MENTIONED HERE\*





We have absolutely dominated the sports events so far, by winning both Touch and Speed ball. Cause “all we do is win win win no matter what” Johnny and Roger have been carrying us all throughout the years, bless their souls. The sports events followed the tradition of two injuries. Omar, our designated nurse, provided first aid and more. To our advantage, he also managed to sack-tap John from second year, to win us a game.



We have gone through quite a few Hell weeks in our time, like that week after placements where everything seemed to be due at the same time!!! And we probably have to prepare ourselves for a couple more of those, but we got a lot of love and support going around this year and we’ve got each others backs. Lastly, the internship cloud is looming over our heads, but there are approx 30 more sites than there are students, so we are the lucky lot. Remember to hang in there fam, this is the last stretch!

Your Class Reps,

Johaina and Grace - getting you through fourth year; one little pill emoji at a time.

# 3rd years

HELLO FELLOW 3RD YEARS

I hope all of you guys are still pretty lit despite dropping 3 GPA points but it's all good because I can see that everyone has increased at least 10 SKUX points .

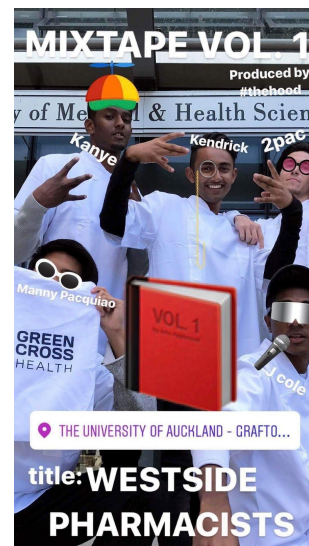
Third year has been quite hectic! It's safe to say that everyone has had more than their fair share of exacerbations. It's been a busy sem full of missing lecture recordings and green pens, and with first sem coming to a close, it's amazing looking back and seeing how much we've all achieved.



One year ago we were learning to see and realising that the person we swore we've never seen before was actually in our year - now our pharmatrees are blossoming and we (mostly) know each other's names!

It's really cool seeing the cohort help each other out, especially recently in online group chats etc. MAJOR shout out to the people saving us and answering everyone's Medicine Information Queries within like 2 minutes (you guys know who you are).

Outside of having myocardial infarctions with every "grade changed", it's been great seeing people taking the time to relax and have fun - either playing sports and repping the year, dressing up for pub crawl and waiting for 30 mins outside 1885, or having post-test shindigs, we've had a wonderful year and it's only going to get better!





With our two-week placements over and our ePortfolios in, we're now heading back into the world of cold 8am lectures in the Robb lecture theatre, frequent trips for that free hospital coffee, and trying to come up with questions in case workshops.

It's pretty crazy to think that we're more than halfway into our whole degree and in a year and a half we'll be interns working those PHC skills. With this in mind, I just encourage everyone to hit a yeet, relish every moment, and attend as many events (and lectures lol) as you can! Forget integrated assignment, now is a better time than ever to integrate friendships and make the rest of our degree a blast - make as many meaningful connections with each other as possible and work hard, because we're all CAPable of doing amazing things.



Love,  
Jairah and Alice xxxxxx

## 2nd years

Annyeong! Your favourite Koreans here. First of all, congratulations to all of us on surviving our first semester in BPharm!

It's hard to think that only three months have passed since our first days in pharmacy, when we were still naive freshers - little did we know back then of the hectic and stressful semester ahead.

So far second year pharmacy has been an interesting experience packed with stress, cramming, decreasing lecture attendance, extreme confusion and fatigue. To top it all off, we even have a love triangle in the making - yeap, we have the complete package. Shout out to the new couple; Alden, Adrian (the 'waifu') and Zhang-ming-Brian who are taking one for the team to create gossip in our supposedly 'boring' cohort. Well at least we ain't incestual (\*cough cough\* not referring to any year level in particular).



The first event of the year took place before we were even properly introduced to Pharmacy. Needless to say, freshers camp did a pretty damn good job at giving a taste of what Pharmacy is like. The amount of fun and drinks consumed were unaffected by our turnout. A total of 6 male participants came to the glorious Martin's bay Holiday Park, but we have put that behind us and attempted to form strong bonds within our

cohort, (hopefully) our future colleagues.

Most of us didn't know what to expect from this 'introductory camp'. On the 'To Bring' List alcohol was described as something that is 'optional, but recommended' which turned out to be more of a compulsory item. Many activities were organised by the APSA exec team including greasy pig, wrestling in a pool of food scraps, and who knows what else as well as other sports. As entertaining as





they were these activities proved to be purely excuses for the execs to get to know us a little better, as through all of these our main form of hydration was alcohol. Shoutout to the exec team for the camp of our lives! And of course, a massive shoutout to John Allos, the heir to the throne of the biggest drinker in Pharmacy (successor of the king Zac Chan) and to the three Korean girls for providing entertainment with their physical demonstration of the power of soju (never drink soju from a bottle kids). Last but not least congratulations to those who got a little 'closer together' in the midst of all this chaos, who shall remain unnamed.



In terms of team spirit, us second years have an abundance of that, and this was evident in our sporting efforts. Despite being disgustingly robbed of 1st place in turbo touch (fourth years cheated - A LOT!) we decided to be the bigger people and continued to show good sportsmanship, allowing the fourth years to win. However, third years - you were straight trash.



Pub crawl was basically an extension of freshers, where our alcohol tolerance was extensively challenged. Despite the roasting from all year levels for our lack of numbers, we can proudly say that our attendance was much better than the fourth years by a large margin of 11 people (although there certainly is room for improvement). From the first stop which provided some great laughs with the ride-on bull being the life of the party (sorry for your tooth Jesse!), to the

last stop where majority of us were bounced, it was a fun night (certainly better than med pub crawl) enjoyed by all.

The rest of this semester has been a mixture of attempting to study, pretending to study and treating ourselves with food which we don't deserve. The cohort is still recovering from the shocks of our first set of tests (especially the CPP exit test) and the amount of work that BPharm requires which we are reminded of on a daily basis by watching the suffering third years and fourth years nearing death.



But all aside, this first semester has been a pleasant experience, and on behalf of all second years we would like to thank the staff and students of the School of Pharmacy for the warm welcome and support we have received over the past few months. As for the rest of our cohort, let us use the upcoming events as opportunities to repair our social reputation - after all, we don't want to be labelled as the 'boring' year right?

Lots of love from your beloved class reps (and the Alpha male of Part II),  
Sue In, Joseph, and John

# Marketing Reps

Hi guys,

Firstly we'd like to extend our most sincere thanks to each and every one of our sponsors. They provide APSA with a great deal of support and without their extensive backing, the events and initiatives put forward by APSA would not be possible. As a student-run non-profit organisation, we rely on the generosity of our sponsors to keep APSA running and it's important to recognise the contributions they make towards the running of APSA.

This year's line-up of sponsors is; Platinum Green Cross Health, Gold Propharma and Pharmacy Guild of New Zealand, Silver RxOne and Bronze Pharmaceutical Society of New Zealand. Each of these sponsors are leading companies in their respective fields. They see the students of pharmacy as the future face of the profession and the support they provide us is an investment to develop a strong relationship between themselves and us as future business partners.

We hope to extend the positive relationships we've had with our sponsors furthermore and build on them every year. So far this year, we've seen a number events involving our sponsors including an appearance from Alison and Kevin from Green Cross Health and Propharma respectively at the annual freshers' camp, a one-sided basketball match against Kevin's boys at Propharma, and a corporate golf tournament which all students were invited to- many congratulations to Zackery Chang for sweeping the competition. We've also been able to host a RxOne Masterclass session for 4th years to prepare us for internship next year.

We have several more events in the works for the rest of 2018; further Masterclass sessions for 2nd and 3rd years by RxOne, sponsors night + our annual talent show, and a careers evening, where we hope to see even more engagement from you guys! Good luck everyone for the rest of the semester, and we'll see you all (welcome back Fahd) in semester 2.

Your marketing reps,  
Doug and Johnny

# APSA Sponsors

## Platinum sponsor



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**Green Cross Health is a proud Platinum Sponsor of the Auckland Pharmacy Students Association and we are committed to supporting the Pharmacy profession to expand their scope of practice to continue to enhance the delivery of people centred care within our communities.**







## ProPharma

Since its beginnings as H.F. Stevens in Christchurch in 1886, ProPharma has been a leading specialist in health logistics and a valuable contributor to the healthcare industry.

Today, ProPharma is the largest and only national pharmaceutical and OTC medicine wholesaler in New Zealand, with nine branch warehouses strategically located across the country. We provide support and service to pharmacies, hospitals and medical clinics, ensuring products are always available when they're needed, no matter where that may be.

ProPharma is backed by EBOS Group, NZ largest and diverse health care provider.

ProPharma drive for efficiency is backed up by sophisticated IT and logistics systems to ensure predictable and consistent delivery, renowned customer service and the "Can do, Will do" attitude of the ProPharma team.

ProPharma support and Sponsor Pharmacy students with Gold APSA Sponsorship, ProPharma Sports shield, Industry Placement Programme with ProPharma visits (including PIZZA), and APSA Annual ball night.

ProPharma – supporting New Zealand healthcare, every day, every way.

Can do ✓ Will do

## Kick start your career at the Pharmacy Business Network!

**What:** Our business management conference is open to current and aspiring pharmacy managers and owners, with concurrent sessions on business and people management. Speakers include mental health activist **Mike King**.

**When:** Saturday 28 July 2018, from 8.30am to 4.30pm

**Where:** Pullman Hotel in Auckland

**Cost:** Student registration only \$249 plus GST (early bird rate available until 27 June)

Visit [www.pharmacybusinessnetwork.nz](http://www.pharmacybusinessnetwork.nz) to view the programme, learn about our expert speakers and to register.



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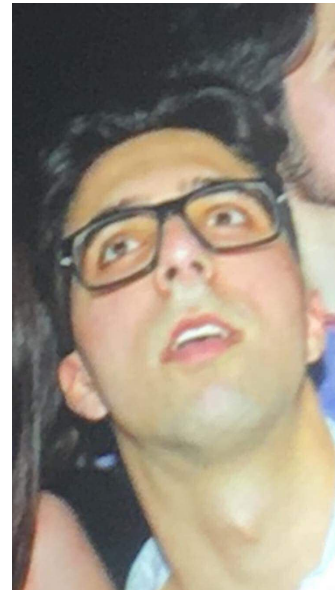
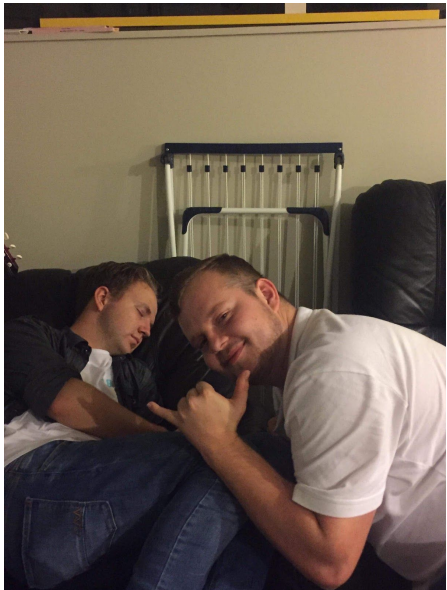
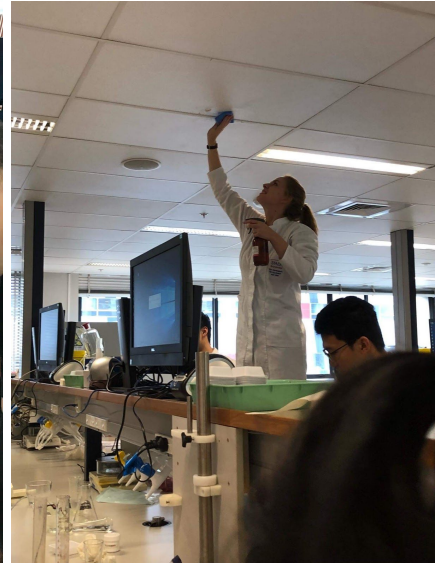
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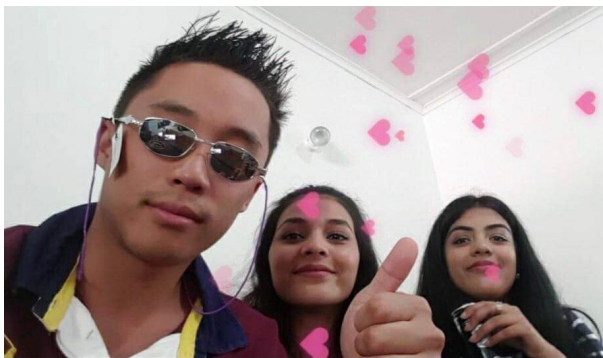
## Pharmacy Near Misses Register













# Pharmacy Pick Up Lines

*"Are you Aspirin? Because I think I need you for the rest of my life..."*

*"You must be SABA, because I need to keep you close by at all times..."*

*"Are you taking Warfarin? Because I like to monitor you..."*

*"I need an antibiotic, because my love for you burns stronger than my urinary tract infection..."*

*"Are you two credible references? I can't help but check you out..."*

*"Well aren't you a sight for psoriasis!"*

*"I don't need to take furosemide to feel thirst around you..."*

*"I'm going to recommend you some aldosterone, because you're looking a little salty..."*

*"Are you a box of BD pen needles? Because you are ultra fine!"*

*"If you were a medication, you would be terbinaFINE..."*

*"Are you nitrofurantoin? Because you take my breath away..."*