

S C R I P T



What is the Script?

Welcome to the Script! This is where you will find all the things pharmacy students do! The Script is APSA's e-Editorial showcasing what we have done so far through this year.

We have a well-rounded selection of social, sporting, and educational events in the hope of providing a holistic university experience for budding health professionals.

Keep on scrolling and you will see that we do more than just study ;)

1st Edition 2019

designed and curated by
Jairah Perida and Fahd Hussain



Table of Contents

4- 6 President's and Vice Message

The president and vice president are the head of the Auckland Pharmacist Student's Association. The president leads the association in making executive decisions, overseeing everything that APSA does, making sure everything is running smoothly. The vice president is responsible for supporting the president's decisions and taking control when the president is unavailable. These guys are your biggest friends and they will support you in everything you do!



7-14

Class Representatives

Class representatives represent the cohort of their respective year levels. Two people get voted in during the start of the year and will be the link between students and the faculty. These guys take care of the year group's concerns and help organise their cohort in events.



15-18

APSA Executives

The APSA executives are the hard-working cogs in the APSA machine. APSA roles are multi-faceted and distinct and the members work together for the same vision which is to give pharmacy studentS the best experience while they are in the program.

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 look out 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.

3	About APSA
7-8	2nd Years
9-10	3rd Years
11-14	4th Years
15-16	Sports Representatives
17-18	Social Representatives
19-21	APSA Sponsors

President's Message

by Piyara Perera



As we head into the most stressful part of the semester and we're all knee deep in tests and deadlines (and for us fourth years, those pesky dissertations), it's important to remember the better times and memories that have come with it all!

The year kicked off with our annual pharmacy camp, where we were introduced to the brand new, unblemished, naive freshers. Honestly, most of them aren't too bad – still not sure about that Daniel kid... It was great to see the initial friendships being formed that will last throughout the BPharm programme and hopefully indefinitely. The camp was packed with fun games, sports and grassroots activities that exposed crazy competitive streaks amongst both freshers and execs. Jokes aside, the new second year students are a great group of fun and caring people and I look forward to getting to know them better as the year progresses.

Since then, all year groups have been thrown into the academic deep end. The freshers have just had their first marathon consisting of 3 tests and 2 assignments over the last 2 weeks and have barely made it out alive with about 10 hours of sleep per 5 students. The third years are coping well with the big jump up, in terms of workload and dispensing labs and will soon be introduced to the beauty of exit test care plans. By now, the fourth years have delved deep into the horrifying world of dissertations, which can only be described as a group integrated assignment on 5 different steroids with the only consistent factors being the people who never contributed anyway. It has not been easy

on anyone but we will all come out successful by working incredibly hard and leaning on each other for support. AND THEN SHADS!

The amazing APSA team has also been working hard to provide as many events as possible to allow the students to let off steam and de-stress every now and then. I would like to thank all the APSA execs, the School of Pharmacy staff and our wonderful 2019 sponsors; Greencross Health, Pharmacy Guild New Zealand, Propharma, Pfizer, RxOne and PSNZ. Only with their support and contribution, is APSA able to deliver the high quality events that the students all know and love.

If there are any students who have not yet signed up to APSA, would like to suggest ideas for future events, wanting a bit of support or have any questions at all, please do not hesitate to email apsaexec@gmail.com!



Good luck for the rest of the semester and keep your eyes peeled for upcoming APSA events!

Vice-President's Message

by Parsa Hadiyounzadeh



Hey guys, my name is Parsa and I'm the Vice President for APSA. I was born in Iran and moved here when I was five. I really enjoy pharmacy because it involves helping people as well as involving a science behind it.

This year a big part of Vice President was helping to organise hoodies and long sleeves for the pharmacy students. Future events will include organising the graduation dinner and also just having a back up voice when the president is not available.

Being Vice President is very awarding as helping people throughout pharmacy have a great time whilst on their degree and helping out with APSA set out events that help bring pharmacy together not just as students but as friends.



CLASS REPRESENTATIVES 2ND YEAR

by Vida Bojović and Vikram Setty

Hello second years!! It's been a wild one so far, hasn't it?

Yeah... wild as in 3 TESTS AND AN ASSIGNMENT in the space of a few days. But hey, we got through it (some of us with a very questionable amount of sleep hahaha). It's a bit insane to think that we are so close to being finished with semester one, and although it's been hard work it's been a lot of fun too.



Freshers was a solid start to the year for many of us as we learnt the ways of the “Pharmily”, and got to participate in some fun and games organised by the execs (including a 50 person game of duck duck goose in our togas!) Since then things have gotten a bit more serious as we have spent many long days at uni learning to see, compounding ointments, and expanding our drug knowledge. Some of the lectures have been long and content-heavy but shoutouts to the 211 lecturers for rewarding our efforts with chocolates - you da best!! OH and who can forget our notorious 3-5 hour timetable gaps, in which we are either getting free coffee from the hospital, St. Pierre’s, Gong Cha, or all of the above. (Also possibly napping in the student commons, let’s be honest).

Lectures have been long and content-heavy but shoutouts to the 211 lecturers for rewarding our efforts with chocolates - you da best!!



Thank you all for being such a cool cohort, it’s amazing seeing how supportive everyone has been towards each other. Here’s to many more Wednesdays wearing pink, messenger games and trying to stay awake in 8am lectures. All the best for upcoming assessments and exams



CLASS REPRESENTATIVES 3RD YEAR

by Priya Patel and Kevin Tang

Semester one is growing closer to an end and we all thought it was going to be okay when Yash stopped asking questions in class. But then everything changed when the resp results attacked.

But we're not going to get into that because it gets tiring reading about how hard the semester has been. We're all about positive vibes here and we hope to remind you of some of the good times. So then, what better way is there to do exactly that than to highlight some memorable moments so far?

We came back to Uni after a great summer break and it was then that marked the beginning of the year



of the highlights and dye-jobs (particularly blonde). Thanks for brightening our lives by just being you (yes, we're looking at you Louise, Wey-Ern, Natalee, and Catherine).

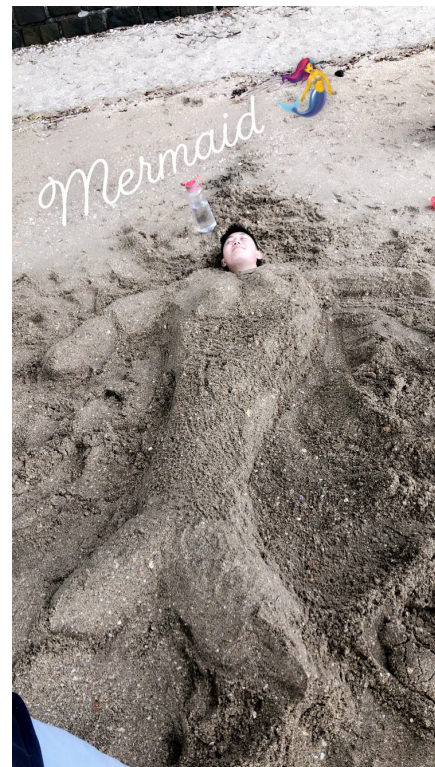
Then we had our APSA netball and basketball sports event organised by our sports reps, Yang and our very own Louise. We not only came first, but our year also had the biggest turnout and largest cheerleading team! Drugs aren't the only thing we shoot!

Of course, we can't forget about our Luau-themed pub crawl organised by our social reps John, Karen, and Taylor. We were a sea of colour everywhere we went, except on the

photo that we were supposed to take during pres (#calledout). It was filled with riding the mechanical bull, singing our hearts out, getting wasted, and dancing the night away. By the end of the night, Farhan luau'd too hard and ended up with a broken ankle. He really added a new meaning to pub CRAWL. We had so much fun—we can't believe Nana was going to ditch us for the Engineering one!

This year, the faculty came together in the wake of the events that occurred in Christchurch. Our community grew closer and it was so amazing to see everyone in Grafton out in the foyer watching the big screen as we paid tribute.

That ends the first chapter of the year. Here's hoping we get even greater vibes next semester!



To end off, we thought we would share some study tips:

- Always ask a pharmacist, not a medicinal chemist.
- Laminate your notes so the tears roll off.
- If you need a pick-me-up, you can bet Wilson has some great jokes on the Pharmily group chat.
- Sirintip.

CLASS REPRESENTATIVES 4TH YEAR

by Tina Sun and Junting Wei



Hello everyone! It's fourth year! What a journey!

This year started off with a very intense research skills intensive. It was quite intensive so many of us stopped paying attention by lecture 8 or 9 (which happened to be the most important lectures... rip dissertation)





In the exciting oncology module, we had the privilege of welcoming back our haematology module leader! It was great fun to learn alongside him again <3 Gone are the days of 3 modules 1 test! But it was actually cancer and we're all kind of glad it's domperiDONE.

Everyone had great placements! There were so many opportunities and so many lessons learnt. We flew all over New Zealand and took home heaps of take-home messages. These were experiences of a lifetime! Patients may forget what you do for them but they will never forget how you made them feel <3

Now we're in neurology! Everyone's stumbling around trying to find out how to write a lit review but no one really knows what we're doing! That's okay! It's just a draft, right? :D It's been a pretty tough ride and we're all pretty DONEpezil. Every assignment pushes our limits and those all-nighters are really no joke

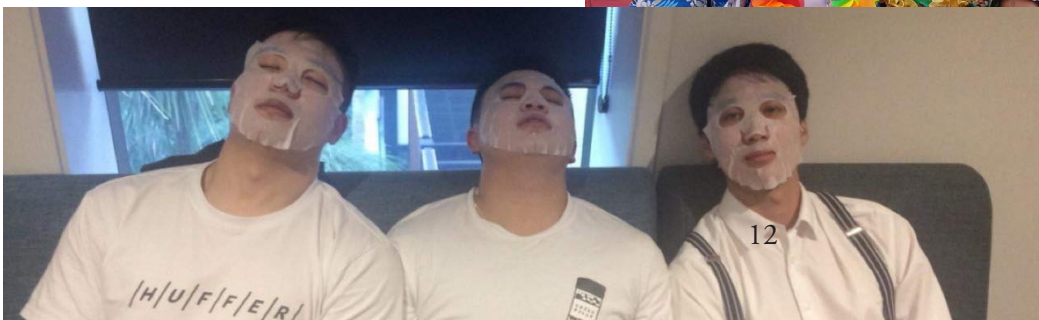
At the same time, we're loving having breakdowns in front of each other at the couches. Such a heartwarming thing to be able to ask for loperamide and ondansetron in the group chat <3 Who would have imagined these party kids would become such hardworking-to-be health professionals? We're all so incredibly proud of each other <3

We're now in our final year of the degree, with the time before graduation coming close to the time it took oncology results to come out. It's important to reflect back on our progress. We've made it through 3 years of some of the toughest tests, the most high pressure OSCEs and demanding assignments.

Let's continue to be each other's dopamine. Let's hold each other steady when we're trembling, make each other smile and happy, inspire each other to do new things.

Stay positive, keep havin fun, and we look back, it really will be a LIT review (as in we're reviewing the year and we look back and it's like damn that was LIT haha - ok sorry I'm done).

*Together, let's make
this year a year to
remember.*



4TH YEAR EXIT TEST

Want to find out which character from Avengers End game you are? COMPLETE THIS QUESTIONNAIRE. The rules are below.

Each of the answers are worth a possible ONE to FOUR points.

The points are distributed as followed:

A = 1 points, B = 2 points, C = 3 points, D = 4 points

Add your points up at the end to get your total points. For example, if you answered "A" for all 10 questions you will have 10 points.

1. What time do you normally arrive to lectures?			
A) 5 min early	B) On time	C) 30 min early	D) Lectures are recorded for a reason silly
2. How many hours was the breast cancer case workshop?			
A) Not too sure	B) At least 5 min long	C) Still not too sure	D) 3 hrs
3. What's another word for an all time low?			
A) Trough	B) Pit	C) Neurology	D) Nadir
4. What's the most iconic question out of the following?			
A) Name 3 types of traditional Chinese medicines including their Chinese name and their binomial nomenclature	B) What are the different HTA perspectives?	C) True or false: metformin causes weight gain	D) What are the dimensions of a suppository?
5. Which medicine cannot be administered through continuous subcutaneous infusion?			
A) Haloperidol	B) Metoclopramide	C) Clonazepam	D) Diazepam
6. How many slides per page do you do?			
A) 2	B) 6	C) 9	D) 18 (because I'm James and I'm a monster)
7. What bond is the strongest?			
A) Ionic	B) Covalent	C) Ricoh - Chandni	D) Daniel Craig
8. Who is the cutest couple in pharmacy?			
A) Mo x Lyn	B) Jono x Tiffany	C) Ricoh x Chandni (again)	D) John Allos x the SSS GVNG GVNG
9. Which of the following is true:			
A) Matt and Tina are related	B) Pharmacy is easier than med	C) Fish oil has greater evidence than NSAIDs as an adjuvant in cancer cachexia	D) You can get melon-flavoured Fortisip
10. Which medicine would best cure headaches from studying pharmacy?			
A) Paracetamol	B) IV Fish oil	C) IV Cilazapril	D) Ibuprofen

Now for your result!

Which superhero are you???

10-17 points:
The Hulk



18-23 points:
Captain America



24-31 points:
Iron Man



32-40 points:
Trudi Aspden



SPORTS REPRESENTATIVES

by Yang Gao and Louise Kim

The year began with the annual Round the Bays also known as the charity 'fun' run. We had an awesome turnout consisting of 2nd, 3rd and 4th year students and even joined the med students for bbq after the race (although most of us didn't eat because the line was way too long). We highly encourage everyone to have a go next year even if you walk the whole way!

Our next sports event was basketball and netball. Since ProPharma came along to join us, the competition ended up being between the third years, fourth years and ProPharma. Michael, the only 2nd year that showed up came to the rec centre to join in but where were the rest of the second years?!

In terms of competition, ProPharma were too strong of an opponent for any of us. Once again the third years dominated the fourth years in netball but it was a close

match for basketball with third years taking the win. Special shoutout to Xiaoxin and Basil for reffing and to our supporters for cheering on their team!





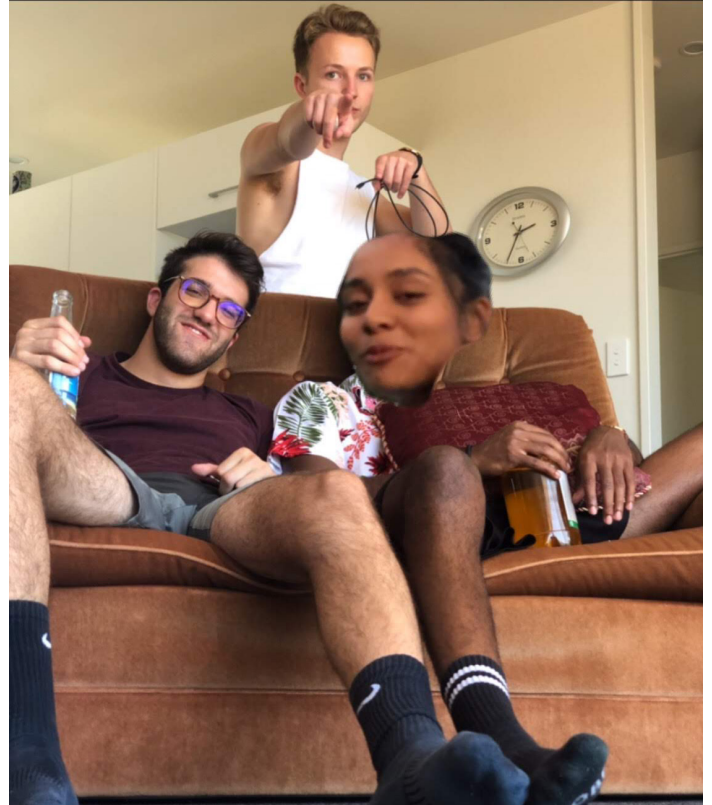
Current point standings: 3rd years: 3 points
 4th years: 2 points 2nd years: 1 point - (pity point)
 There are lots more events to come such as futsal and turbo touch. Lots of love, Yang and Louise

SOCIAL REPRESENTATIVES

by Taylor Jillings, John Allos, Karen Laurencio

If you're the type of person to be reading the script then you probably don't go to social events, so nobody knows who this page's target demographic is.

To the seedy grads still reading here's a rundown of the social events of the year so far. From the limited combined memory of the social reps, freshers camp was a blur of tragic attempts at flirting combined with the new intake of second years flexing wherever possible. Despite harsh weather and poor rapport building skills, some lasting connections were made both among the first years and with the execs (some more intimate than others.....).



We didn't get much of a chance to recover with pubcrawl a few weeks later. We started things off with our iconic pre-party in the domain, then with everyone dressed for a tragic luau we made our way to Shooters. One of the grottiest bars available in Auckland but an essential to any good pub crawl. Glad to say that most of the crawl team survived the first stop this year (with some notable fourth-year exceptions). Although, whoever thought that combining a pub crawl with a bucking bull was a good idea needs to see our bruises.

The remainder of the night gets progressively messy, but somehow we made it, with the bonus of having all bus windows intact and no public complaints against the association (cough, med, cough cough).

Social events are our passion and an amazing opportunity to get to know the cohort that you are going to be stuck with for the rest of your academic and professional career. We still have more planned and would love to continue the amazing turnout we have seen so far.



Social events are our passion and an amazing opportunity to get to know the cohort that you are going to be stuck with for the rest of your academic and professional career.



SPONSORS

Pfizer New Zealand is part of the Global Pfizer Cares project and we have been involved the past three years assisting families living with Dementia on our annual Colleague Engagement day. This involves Pfizer employees going to selected properties and assisting the families with whatever chores they need help with.



Pfizer
CARES

Doing good for goodness sake

Caring is fundamental to Pfizer. This includes developing innovative medicines that save and change lives, encouraging diversity and excellence in the workplace, supporting the community and taking steps to reduce our impact on the environment.

Pfizer CARES is a program of Corporate Social Responsibility that encapsulates these efforts.

It is an opportunity to bring staff together, to empower us all to improve the community we live and work in, both now, and into the future.

RxONE
MORE CARE BETTER BUSINESS

POS

DISPENSE

COMPOUND PRO

HEAD OFFICE

Beautiful Pharmacy Software

Everything you use at your fingertips

Superior Stock Management

Saves time, hassle & money

Unified Database

Improve accuracy & business productivity

- We can provide you with a certificate to validate your new skills if you come for a training. Contact us now!

Visit us to learn and experience RxOne

✉ info@rxone.co.nz 19 ☎ +64 9 300 7007

WWW.RXONE.CO.NZ | AUCKLAND | MELBOURNE

Working together to support healthier communities.

This is our purpose.

We are passionately committed to the health and wellness of New Zealand, and to providing the best support, care and advice to our communities.

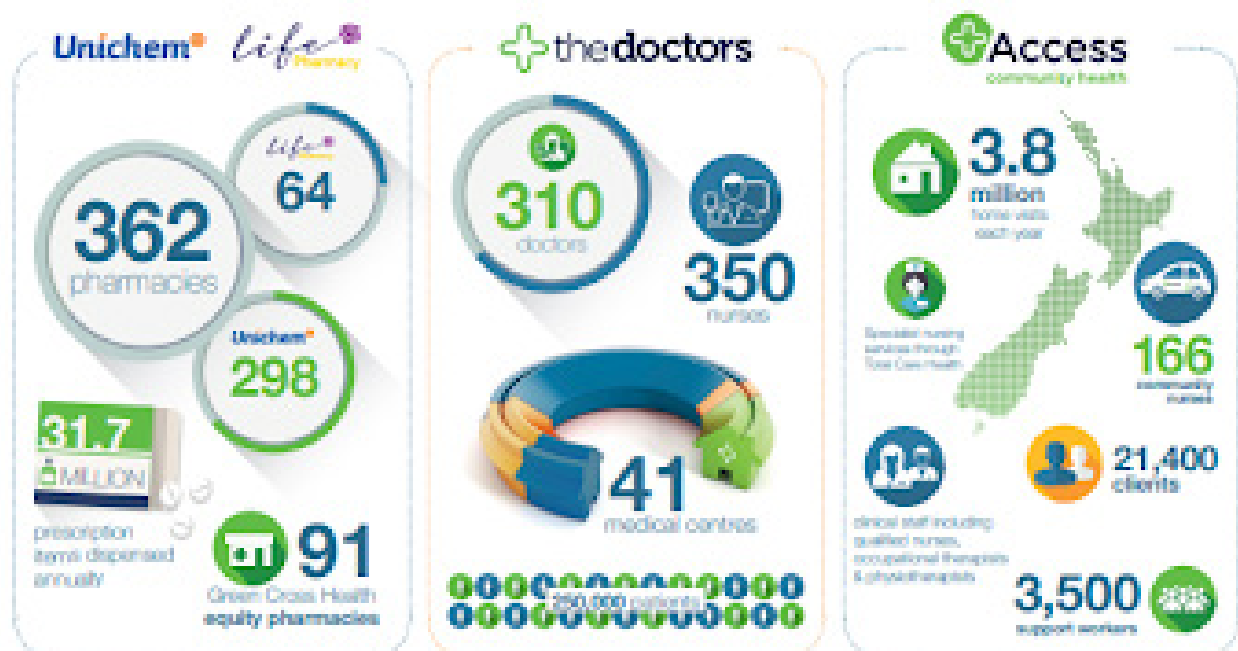
This is our promise



care + advice

As a leading provider of primary health care in New Zealand we are an 8,000-strong team united by our values – care for our community, work together, look after each other and do the right thing.

We are committed to raising the profile of pharmacy as part of the primary care team and to supporting the development of our pharmacy teams, to expand their scope of practice and leadership skills through our Green Cross Health Academy. We value our partnership with the School of Pharmacy and are proud to be a Platinum sponsor of the Auckland Pharmacy Students Association.



As at October 2015

www.greencrosshealth.co.nz

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 psychologist and television icon **Nigel Latta**.

When: Saturday 3 August 2019, from 9.00am to 4.30pm

Where: Pullman Hotel in Auckland

Cost: Student registration only \$299 plus GST (with additional attendees only \$249)

Visit www.pharmacybusinessnetwork.nz to view the programme, learn about our expert speakers and to register.



**PHARMACY BUSINESS
NETWORK**



ProPharma

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