

THE SCRIPT

Quarantine Edition



Contents

What is APSA	3
President's Message	4 - 5
Vice-President's Message	6
2nd Year	7 - 8
3rd Year	9 - 10
4th Year	11 - 12
Social Reps	13 - 14
Sports Reps	15 - 16
Wellness Reps	17
Sponsors	18 - 20

What is 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.



PRESIDENTS MESSAGE

- Sue In Lee -



HELLO PHARMILY!!

How are we doing?? It's been nearly three whole months since we went into lockdown, and I'm starting to forget what campus life was like. It's the simple things that I miss most, like the three-hour chats at the IC sofas and hospital coffee runs. Life as a pharmacy student has been very different this semester. Because we've heard enough of the negativities, I want to take this opportunity to focus on the positive side of things.

Starting off, we were so lucky to have held the two biggest events of Semester 1 before the lockdown – Fresher's camp and Pubcrawl!! Coming from a notoriously tame cohort, it was relieving to see that at least the social aspect of APSA is in good hands as the second years proved themselves to be a threat to the third years, our current top extroverts. Camp tends to be the start of every solid pharmacy friendship, and it was heart-warming to see the new bonds forming over the three days.

This was followed by an AMAZING pub crawl (shout out to our extremely capable social reps) which strengthened these bonds and also gave the entire pharmily to meet each other for the first time. Although it did involve slightly more bus vomiting than ideal, it was definitely an unforgettable time! I hope that everyone has made good memories and connections in the short but wholesome times we had together and that you all feel accepted and cared for. Especially to our second years we hope that you feel welcomed, every single one of you is now a loved member of the pharmily!

Most importantly, I want to congratulate everyone on what you've achieved this semester. I know that this semester has been challenging to some, or maybe most of us. Regardless of your grades, give yourself credit in that you're being responsible for your education during a global pandemic. You all have been so patient, hardworking and understanding of the uncertainties and changes, and I am incredibly proud to be representing every single one of you. I can assure you that there are better times ahead!

I also want to take this opportunity to acknowledge and thank our extremely hardworking School of Pharmacy staff. You have worked night and day to provide us with the best education and to make the transition to online learning as smooth as possible. We are eternally grateful to have such supportive and caring staff who genuinely care for us (sorry if our grades sometimes disappoint). And to all of our sponsors, thank you. Not just for your support towards APSA, but also for the work that you have done to ensure that New Zealanders continue to receive quality healthcare during the pandemic. It has been an overwhelming time for the pharmacy profession and those in the pharmaceutical industry, and your work is truly appreciated and also looked up to by us students.

To anyone who made it this far, thank you for reading! Take care of yourselves, and always remember to put your health and wellbeing before anything else. If you need help, someone to talk to or have any feedback/suggestions, please don't be afraid to contact any of us or email us at ap-saexec@gmail.com. We would love to hear from you on what we're doing well and what we could do better.

See you all soon!



VICE-PRESIDENTS MESSAGE

- *Fahd Hussain* -



CRIKEY what a long journey this has been!

Look up the B.Pharm prospectus and it states “The BPharm is a four year full time degree (480 points)” but through my love of dispensing labs and presenting the counselling portion of care plans I have managed to turn that into a 5 year full time degree with the same 480 points. Of course, this was achieved by kindly asking the Pharmacy staff to repeat 2nd year. Why stop at four wicked wings when you can have five I say <3

Jokes aside, I have learned crucial life skills being a long standing member of the APSA committee, and I feel privileged to be able to work with an ever changing team and not only see but also contribute to APSA's growth and what we provide for the student body. I definitely stepped foot in this degree as an immature child and now I am writing this piece as a slightly less immature child. I would like to make a shoutout to Lynne Peterson who has continually supported and encouraged my growth as a student and as an individual at the university. Thank you LP.

I am proud to be able to lead this year's committee as vice president. The cliché “there has been many ups and downs” is absolutely true. The ups consist of the team providing the newly enrolled BPharm students (second year newbies) a means of meeting their fellow cohort and future colleagues in a relaxed, non-professional and possibly greasy, grimy and ultimately very DUSTY environment that is freshers camp. A few other highlights include the notorious 3 part pubcrawl, the larger-than-metformin 850 skittles counting competition at this year's club expo and giggling at Andrew Liu's TikTok talents. Fortunately for the downs, a big one being covid-19, we were able to support students via the Whakawhanaungatanga and Wellness page and with various other engagements and competitions with the cohort.

Very excited to see what the rest of 2020 holds for us and I will see you all at the start of semester two <3

2nd Year

- Andrew & Ayaka -



HELLO 2ND YEARS! WELCOME BACK TO OUR CHANNEL!!! ©.

It's been one heck of a semester so far.... Pandemic. PERIOD. We started off the year with a BANG at Freshers. I mean, we saw each other at our worst then. Surely, that makes us a "Pharmily", right? And when we thought we'd learn from our mistakes, Pub Crawl happened. It was an eventful night to say the least (if you remembered it). By the end of the night, we could definitely call each other our RIDE OR DIES (I mean... that's if you caught the first ride).

"Although, all good things must come to an end." (Rona, C. 2020). Those social events quickly turned into social distancing, with all of us ZOOMING with interesting backgrounds to say the least. Timetables changed drastically with workshops and labs now being replaced with nap times (Sorry Trudi and Lynne). Things quickly turned sour when Uni work felt optional and tests actually took 24 hours (taking a million breaks in between). But some things have changed for the better, now D's get degrees - Bless the grade bump.

Thank you for being such loyal subscribers. Make sure to use code: "Paracetamol" to get 50% off your next lab report grade (Apology Video coming soon). Disclaimer: Sem 1 was just a trial. LET'S MAKE SEM 2 A BANGER. Can't wait to see everyone soon! Don't forget to like, comment and subscribe ©.





3rd Year

- Laura & Michael -



Wow! We are third years and semester 1 is over!! Who would've imagined we would survive second year and we are one step closer to completing our degree? Btw this was not last minute we promise after that 12+ hour cardio test :/

It has been a rough start for us, being kicked out of our homes to "attend" our 8 am's to be shoved right back into our caves/dens to study online. But we are still here, surviving the brutal aspects of resp and cardio from the 'comfort' our screens at home. And now with placement online we have no reason to leave the house. You're all troopers and we're so proud of everyone for pushing through!

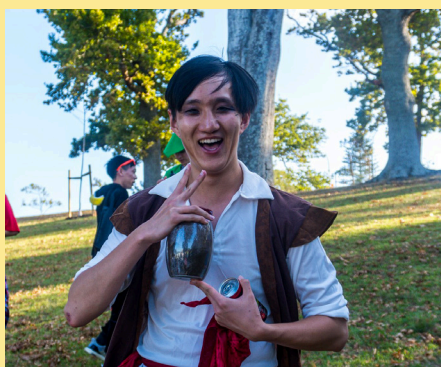
Of course, the semester so far hasn't been completely comprised of Zoom tutorials where sometimes the tutor doesn't show up on time, or of all-nighter's trying to finish our resp/cardio test. We managed to enjoy an amazing pub-crawl, where a special someone passed out before making it to the first pub after pre's you know who you are! The true definition of a pub CRAWL.





Quarantine itself hasn't been completely dull either, as we enjoyed the spectacle of the most amazing Tik-Toks by some of the most talented third years. Thanks to Vikram, Jessica, Lynette, Amisha, and one of our very own Class Reps Laura!!! Bless those who participated <3. If y'all haven't watched them you should!!

Finally, we would just like to say enjoy the rest of the semester bingeing Netflix and "saving money". We hope to see all your beautiful faces soon!! Keep practicing those C&P communication skills and ISBAR with your cat and all the best.



Love, Laura & Michael xx.

4th Year

- Wey Ern & Adele -



Hello!! Wow, we've passed the halfway mark of semester 1 already! Really seemed like it ZOOMed past, didn't it? We'd like to present this acrostic poem little recap, in case lockdown has scrambled your memory like ours.

Back to the beginning: we're fourth years now! Can you imagine that two (2) years ago we were but little babies in pharmacy, stressing over chem lab reports, finishing our batch sheets, and doing adherence assignments? We have modules that are actually cancer and truly mess with our brains (no seriously we had onc and neuro, remember?), and we constantly stress but tell the second and third years not to stress because "you'll be fine".

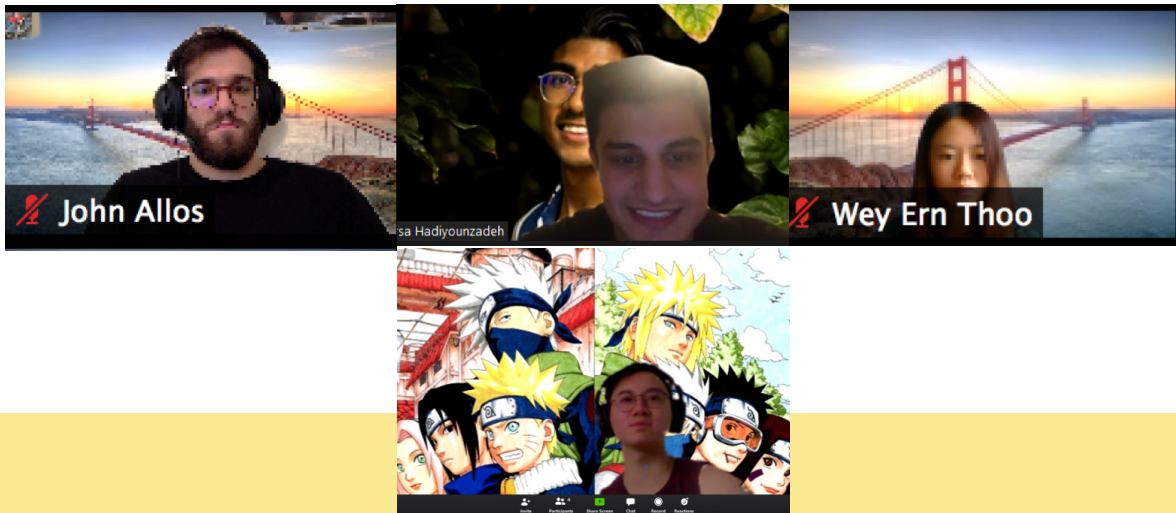
All things considered, this was looking to be an okay year. Sure, we'd all heard fourth year was tough, but they did make the Research Skills Intensive a little less intensive, Maureen had her wholesome team-building workshop, and we had a wonderful pub-crawl organised by our social reps (from what I can remember).

Meetings were probably the one thing keeping us somewhat productive over lockdown. (95% confident it's what got you out of bed too lmao) We're also 95% confident that you've seen your dissertation group members the most out of everyone and you've probably worn your pajamas to said meetings with your hair not brushed and eating throughout. Seeing as we're in these groups for the long haul, better get comfortable with each other, right?

Backgrounds on Zoom have made lockdown and online uni a lot more interesting. Ironically, it's become apparent that a lot of us have been breaking Auntie Cindy's lockdown rules and going to San Francisco, outer space, transporting ourselves into our favourite animes, just to name a few.

Oh and while we're on that note, let's show you a little bit of what we mean.





Our placements were also really wild this semester. Let us break it down to you: Panik! when our original placements got cancelled. Panik! when we were about to become call centre representatives during a pandemic. Kalm! Panik! when this didn't end up happening and we escaped having to do graveyard shifts but now placement is an online module. Panik! At the Disco (<10 ppl pls)

Z is for zoom. If you haven't noticed, zoom has been intrinsic to our time at home. Workshops, meetings, lectures, practice OSCEs. Most of this piece has also been about zoom. We <3 zoom

Look at you, you smart little cookie! You may be wondering why events and things haven't been mentioned in chronological order. There's a point to it, we promise. Everything has its place in therapy (Thoo & Zhao, 2020)*

*look ma, proper APA 7 in-text citations and everything (l)

Unfortunately we have all also had to learn the pain that is vancouver

Exit tests have been fun too, haven't they? We love them so much that we're spending on average over 10 hours crafting beautiful answers. Our test results have never been better. <3 And with this grade bump for semester 1, what if we were able to boost our GPAs from the downward spiral following third year...aha ha, just kidding.. unless..?



That concludes our little acrostic poem, hope you'll be able to see what type of a semester this has been :) that's all from us for now. See you all in semester 2!

xoxo ur class reps

Social Reps

- Jess, Amisha & Vikram -



HELLO PHARMILY, It has been a short yet sweet year so far. COVID may have separated us before but now we are back and ready to partyyyy!!!!

We started the year off with the legendary “Fresher’s Camp” like always, we lured the innocent second years to a campsite just north of auckland and made them endure 3 days of hehehehehehe. Not to mention this year was the birth of Martha APSA OFFICIAL. Martha maybe be new but she has welcomed with open arms and everyone loved her.

The Amazing Race was the first event that was bestowed upon us and believe us it was as amazing as it sounds. Although we had the second years get sloppier and messier, each team loved it? (Hehe) The different stations had a mix of non-alcoholic and alcoholic activities and here are some highlights, sculling a DB and soju, the human pyramid and props to all the people who had to run into the ocean! My god. What an initiation. Welcome to the PHARMILY 2ND YEARS!! We’re sorry and we love you!

If races arent your thing we gotchu, the second night was all about partying and when we say party we mean TOGA PARTY and of course its not Freshers without at least one person caking it, or in this case, nearly every second year plus a certain exec who shall not be named (his name rhymes gallon).





And the trend continued to the pub crawl...

The pub crawl was our FIRST official social event of the year and it was a banger!!! Partying our night away in our favourite Disney character costumes, what more could you want. Our pre drinks were once again tradition held at the domain. After funnels and more funneling paired with an ungodly amount of pizza and cruisers, Martha was exhausted! Finally we got ready to get on the bus. The bus was a hit, they don't call it a party bus for no reason! Everyone was hyped, signing to music and boogying it out. However, distracted by everyone dressed spectacularly and partying hard in their fave Disney character no one was supervising our youngest children (the second years), barely making it to our first stop. And believe or not the night only got crazier. Then came the pubs, some special mentions to the bull, the poles, Parsa the DJ and the BEST music at Cassette. We really hope you guys have an amazing time because we sure did!

Let's do it again sometime.

Sports Reps

- Daniel & Lynette -



As sports reps of the pharmacy cohort, we have an obligation to increase physical activity levels and participation in sports events but in a fun and innovative way!

Our first unofficial event of the year were sport activities at the one and only freshers camp! There was nothing better than watching everyone battle in a tug of war fuelled by alcohol, we mean excitement and energy. It brought tears to our eyes to watch everyone participate in our sporting events at camp with a positive and cheerful attitude, especially the newbies to our pharmacy cohort!! In the end it was the WHITE team who triumphed over the other teams in our sporting events and they were rewarded judiciously with a 1L bottle of delicious all-natural Jägermeister!!!





Now, onto our ONE AND ONLY OFFICIAL EVENT for the whole of semester one due to unforeseen circumstances -_- was Round the BaYs!! Who thought running/walking/crawling a mega 8.4kms would be fun!! It wasn't for some (aka Dan da man) but it was for others (aka Sam the hundies guy, Lynette the fitspo and Fahd the lank). All participants were rewarded with a cheeky Bunnings snag after completion once they found their way to the med stall (due to an unintentional detour led by Vasu). We had several sporting activities planned for semester one but were unable to see them through due to COVID19. However, watch this space as we have big tings planned for semester 2!! Lastly, we encourage each and every pharmacy student to get involved in our sporting events! We aim to increase participation by stepping away from the intense and competitive nature of sports to adopting a more fun, innovative, and friendly environment where we can have a laugh at one another (e.g. Vikram the gimp tripping over his own feet). Stay tuned folks and stay fit!

Yours truly, Daniel and Lynette <3 xx



Wellness Rep

- Sarah -



Whakawhanaungatanga, a Māori word for building relationships and relating to others, is a word that we often struggle to pronounce but something we all need to master. With only three weeks into the first semester, we faced what possibly was the biggest barrier to whakawhanaungatanga - Covid-19 lockdown.

Yet even the coronavirus could not defeat us, as the Pharmily remained virtually tight despite being physically distant. While everyone was getting used to a new normal, our Facebook page and Instagram went live, initiated by our lovely Trudi and led by the Media Reps, Welfare Rep and Jhansi (a 4th year Instagram master). These platforms were not only an extension of the SoP Whakawhanaungatanga and Wellness Walks, but also a place to share anything “healthy” we were getting up to during isolation.

The outcome? A pretty successful one. From President Lee’s grocery shopping workout to Lynne and Trudi’s far-from-normal Easter celebrations to showcasing our fluffy friends, we all had a laugh and got some inspiration for surviving the lockdown. Even though our life under Level 4 is over (unless...?), our journey of whakawhanaungatanga does not end here. Our Facebook page and Instagram are still up and running (if you haven’t posted anything yet, it’s not late to do so now, don’t be shy), and we look forward to seeing your beautiful faces in real life soon!



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Protect yourself and others from COVID-19



Wash your hands
with soap and water
often (for at least 20
seconds). Then dry.



Cough or sneeze
into your elbow or by
covering your mouth
and nose with tissues.



Clean and disinfect
frequently touched
surfaces and objects,
such as doorknobs.



Don't touch your eyes,
nose or mouth if your
hands are not clean.



Put used tissues
in the bin or a bag
immediately.



Stay home if you
feel unwell.

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