

2ND EDITION

DEC 2023

# THE SCRIPT

Auckland Pharmacy Students' Association



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# CONTENTS

About APSA	1
President	2 - 3
Second Years	4
Third Years	5
Fourth Years	6
Stein	7
Marketing/Rx Factor	8
Cultural Safety Evening	9
Education	10
Trivia Night	11
Multisports Night	12
Pharmacy Ball	13
Sponsors	14-16
Thank you	17

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# — *About APSA*



The Auckland Pharmacy Students' Association (APSA) is a non-profit, student-run association at the University of Auckland. Our goal is to represent the interests of University of Auckland Pharmacy students. We liaise with the School of Pharmacy staff, members of professional committees, such as PSNZ and IPSF, as well as our important sponsors.

We value our small 'Pharmily' cohort and aim to promote a strong and cohesive student body by providing a well-rounded selection of academic and social events. Through our peer-mentoring system, educational, social, and sporting events, we hope to provide a holistic university experience for our future health professionals.

— *President*

# Madeleine Roe



Kia Ora Pharmily!

I cannot believe I am writing this and saying that we have now completed a whole year of APSA! Not only that, but for us fourth years, our BPharm graduation day is just around the corner. It was truly bittersweet completing our last ever dispensing labs and PHC workshops. APSA has had a marvelous second semester for 2023 and I will never forget how special this year has been!

We began Sem 2 with movie night with the population health students! We then enjoyed badminton night with Med Imaging and Optometry Student Associations. I led a session at the FMHS Healthcare Professions Roundtable Conference where we focussed on



interprofessional issues relevant for the future health workforce of Aotearoa. We hosted internship information nights with our sponsors and the ever-entertaining RxFactor talent show.

We also had IPSF international pharmacy events, grassroots week, multi-sports night, cultural safety night, the pharmacy hoodie competition, educational workshops, the day in the life TikTok challenge, and a collective "white coat" day at uni to celebrate World Pharmacists' Day. To celebrate the end of the year we all entered the Enchanted Forest Pharmacy Ball for 2023 at Ellerslie Events Centre where I have to say the dance floor was unforgettable!



## — *President*

There's so much hard work happening behind the scenes hence I would like to give a big shout out to the 2023 APSA committee and also to everyone who attended our events this year. I also want to extend my gratitude to the School of Pharmacy for always backing pharmacy students. Next, I would like to express my deepest appreciation to our sponsors. Your support has been instrumental in making all our events possible, and we can't thank you enough. We look forward to strengthening our partnerships with each of you.

It is with great privilege I hand over to Tiran Archary, Rose Akkerman, Kajani Sivaloganathan, Mitchell Wong and the rest of the 2024 APSA exec - I look forward to seeing what you bring to APSA in 2024.

It has been an honour to be your APSA president for 2023! I wish you all the best over the summer break and I hope we cross paths in the future.

**Kia kaha,  
Madeleine**





# — *Second Years*



It feels like time has flown by. In Semester Two, we've gone from not knowing much about how to function as actual future professionals, to maybe kinda having an idea about how to do it! We're official role players now, with our first OSCE done to show for it, and with our short placements over we can now brace for our two week ones yet to come.

Let's be honest though, we've done more than just pharmacy this semester. We've bonded as a whānau even more, we've learned to rely on each other and work as a well rounded team. It feels like we've become so close in such a small period of time, but we're all so thankful to have our little cohort within the Pharmily while we continue on this journey. Some of the events we've experienced: Starting the semester with our white coat ceremony, solidifying us as part of the future of pharmacy, and our initiation into working as pharmacists in the outside world, and then Rx Factor, where we got to see our friends shine in their performances and showcase their amazing skills and talents.



Our end of semester dinner after completing OSCE 1/5, finally getting to relax knowing the eye of the storm had passed, and the last hurdle of waiting for grades was the only thing left to anticipate.

Finally, Pharmacy Ball, with a healthy half of the Part 2s attending, where we were able to let loose, get dressed into our finest attire, and dance the night away!



Thank you to all of the second years for being the most amazing cohort to spend our first proper year of the BPharm with. We have experienced the highs and lows together, and wouldn't want it any other way. This year has shown us that we can conquer anything, and despite the challenges, we should all be so proud of the achievements we've made. Finally, the class reps would like to thank the part 2s for being such a wonderful group to represent, and for voting for us in the beginning, when it was a vote on people you barely even knew. It's been an honour and we can't wait to see you all again next year to continue with pharmacy school, and to make even more memories. With that, enjoy a well deserved break (you earned it!), and have a great summer!

**Rang and Asia**



# — *Third Years*

Wow, what a year it has been! When we thought Semester 1 flew past, Semester 2 was no exception. Although the ride to the end of the year had its turbulence, we wouldn't have it any other way. This semester saw us soldier on with our module based learning as we became exposed to areas such as diabetes, gout, contraception and our two oral exams to bring everything together at the end of the year. Our placement journeys also continued on as we got to experience pharmacy in yet another stunning location in the country. A huge shoutout to those who joined Kat and I in Invercargill and Wellington respectively!!



A year cannot be complete without a little fun, and what better organisation to make that happen than our good old APSA friends. The sports events, MAPAS cultural evening, Rx factor and the Trivia Night to name a few were all absolutely amazing and it gave us a pleasant break from our studies. We finished our year celebrating as a cohort with dinner at Elliott Stables which also included evening adventures throughout the CBD, what a night to remember!! And finally, the penultimate event, APSA's Enchanted Forest Ball! A huge congratulations to our prize winners for this year and to Part III for defending the sports shield title for the second year running!

Thank you for choosing us as your class representatives for this year and want to wish next year's reps all the best.

Much love for the final time.  
Mitch & Kat





## Fourth Years

Well well well, we never thought this day would come but after years of studying we've finally made it to the end of this degree!! Throughout our time in pharmacy we've created some unforgettable memories, some of which were highly stressful (studying in Philson the day before exit tests) whilst others were positive.

It truly has been a rollercoaster from learning about our first drugs in dermatology to optimising complex medication regimens in geriatrics, we've learned so much more about drugs than we would have ever thought possible.

Having completed our FINAL OSCE and research projects, we're finally ready to utilise our knowledge (our pharma-tree) in the REAL WORLD to improve the lives of patients.

In memory of our time in Pharmacy School, we'd like to say a huge thank you to the BPharm staff for committing to our success throughout the degree and shaping us into '8-star pharmacists'.

Finally, we are SO proud of all the fourth years. As a cohort we have grown so much, we have supported each other through tough times, laughed and cried together, and through that, of course, formed many special friendships that will last beyond university.

Best of luck to everyone as we venture into the next chapter of our lives as pharmacists - \*the medicines experts in the room.\*

Your fourth year class reps,  
Mariam and Armaan <3





— highlights —

— highlights —

— highlights —

— highlights —



— highlights —

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— highlights —



# — Stein

This was definitely a highlight of Semester 2. We collaborated not just with the Medical Imaging Student Association but also the NZ Optometry Student Society!! It was a successful night, with the DJ hitting it off with bangers that were being played back to back. This was getting everyone showing off their dance moves on the dance floor. As the night unfolded, smiles and good times became the only side effects of this pharm-tastic celebration along with being dressed up in their best Y2K fits. It definitely was a night where future pharmacists not only learned about the science of healing but also discovered the art of enjoying the BPharm journey together.

Who says pharmacists can't be the life of the party? Because we sure are.

Kajani, Rose, & Tiran





# — Marketing



In Semester 2 we welcomed Totem as a new platinum sponsor for 2023. Pranto presented an information evening, sharing his inspirational journey to becoming a community pharmacy owner within the Totem group. The session highlighted the significance of pharmacy services and patient-centered care, inspiring us to strive towards becoming more proficient health professionals.



## *Rx Factor* —

Following on, we held the annual RxFactor. This is a highly anticipated talent show which brings together students, staff and sponsors for an evening of thrilling performances. This year we witnessed some of the best talents the show has ever seen, with acts including dance, comedy skits, band performances and even karate! The night was a huge success, with a full audience turnout! We would like to extend our deepest thank you to all the students and staff who made the event possible and also our sincerest appreciation to all of our sponsors for their continuing support of APSA, with a special mention to Dirk and Barnaby from Viatris, who joined us for the night as judges.

Jonathan & Jessica



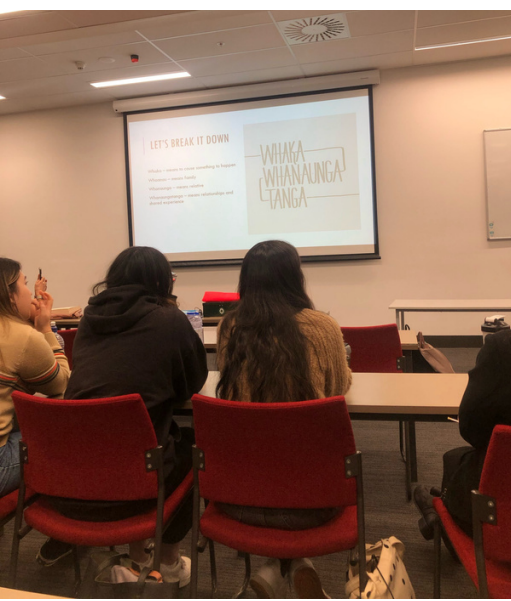
# — *Cultural Safety Evening*

During our Cultural Safety Event on the 27th September, the significance of sharing lived experiences became vividly apparent. Our esteemed guest speakers, Sharnee Breingan, Jess Hutchings, and Dr. Jason Zhou, shared their personal beliefs, values, and experiences. This sharing of lived experiences was instrumental in fostering a deeper understanding among the students about the diverse perspectives and challenges within the healthcare system, particularly in pharmacy practice. Through the stories and experiences we heard, we gained valuable insights into the complexities of cultural safety. It's one thing to learn about theories and guidelines, but the real impact comes when we connect with real stories. The speakers' openness allowed us to see the human side of healthcare, beyond textbooks and lectures.

Furthermore, the event underscored the necessity of being open-minded. Each speaker brought forth a unique narrative, challenging preconceived notions and encouraging us to approach healthcare with a more inclusive mindset. Being open-minded is crucial in healthcare, where patient experiences can vary widely. It's not just about understanding cultural differences but also acknowledging and respecting them. The speakers showed how being open and accepting can help break down barriers and promote a more inclusive and culturally sensitive healthcare environment.

In essence, the event served as a reminder that textbooks can only teach us so much, and true understanding comes from engaging with real stories. The willingness of speakers to share their lived experiences has left a lasting impact, emphasising the importance of being open-minded and empathetic in our journey towards cultural safety in healthcare, especially in our pharmacy practice. As we look forward to future sessions, we carry with us the lessons learned and the commitment to embracing diversity with open hearts and minds.

Faith







# Education

It has been an honour to watch pharmacy students, staff, past students, and outside teams help with education in the Pharmily this year! The busy year began with the peer mentoring programme, in which over 50 mentor-mentee pairs were formed to help students along their pharmacy journey! Thank you to all the mentors who signed up to help, including past students!

The fourth years started their busy journey to internships at the beginning of the year with zoom meetings for developing their CVs and advice from current hospital interns for hospital internship applications.

The second years were prepped for starting 'the modules' with the second-year survival zoom, in which fourth year helpers explained the different curriculum to them and gave valuable tips and tricks for the rest of their pharmacy degree!

The OSCE workshops were a blast, with eusthanistic second and third years coming to hear OSCE tips and to practice their communication! A huge thank you to the fourth year helpers who gave their valuable knowledge!

Lastly, I would like to say thank you to the APSA team and all the pharmacy students for their outstanding participation in these education events! Bring on 2024!

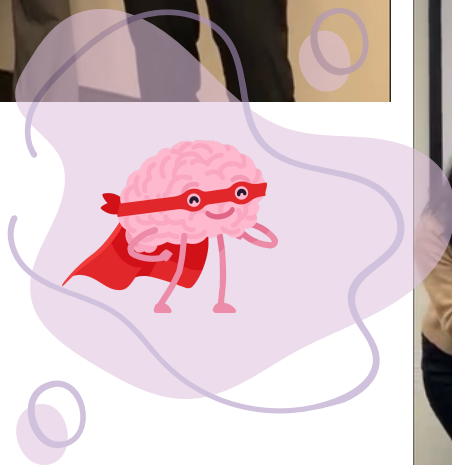
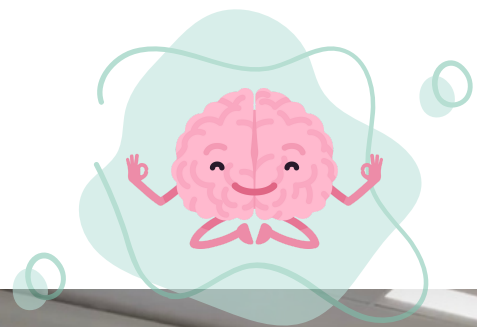
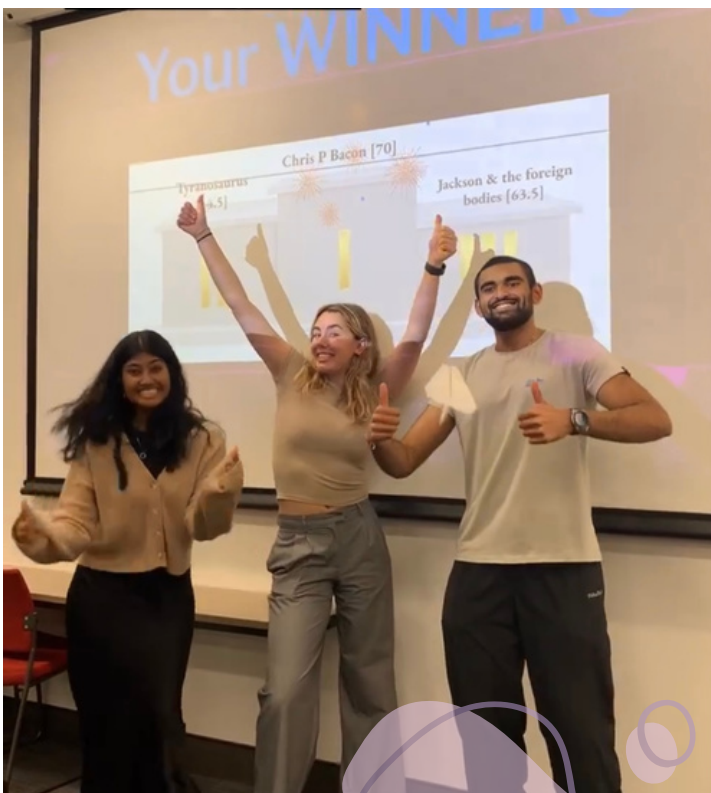
Genevieve



# — Trivia Night

Well well well it just keeps getting better and better. In between exit tests we all needed a well earned break which prompted us to host a trivia night. This is the first year APSA has done a trivia night and my what an evening it was. From entertaining team names, mind boggling trivia questions and some amazing prizes; The students and teaching team really put their thinking caps on. We would like to say a thank you to all those who turned up to our trivia night. It was a great evening and we hope to continue this tradition into the near future.

Love from your Socials,  
Kajani, Rose & Ti





# — *Multisports Night*

In a thrilling showdown, sponsors, faculty, and students clashed fiercely in exhilarating rounds of basketball, netball, bench ball and dodgeball! The energy was electrifying, especially as the Viatrix team showcased their prowess, giving the students no quarter.

For the second year in a row... THE CLASS OF 2024 EMERGED VICTORIOUS! The battlefield witnessed awe-inspiring feats of competitiveness and athleticism, but the third years dominated, seizing the coveted Sports Shield for 2023! The entire event showcased an astounding display of skill and determination from all participants. Overall, it was an incredible evening of sportsmanship and fun!



Jess & Zane





# Pharmacy Ball



After what had been a pretty hectic year, it's safe to say the Enchanted Forest Ball was a way for students, staff and sponsors to let loose and have a bit of a boogie. As fun as the night was - let us tell you it was an absolute MISSION to plan!!! Honestly, we began planning this in November of last year, and started contacting people about it in January. So yes, this ball has been one long course of treatment but we have hopefully cured the cohort of their post-exam blues, and will hopefully act as a bit of prophylaxis to tie us all over until the 2024 events begin !!!

This year we got the opportunity to step it up - with new and improved photo booths and oysters in the buffet, we were all pretty happy with how the night turned out and it was the most amazing way to send off our beautiful fourth years who we will miss so dearly.

The ball marked the end of our legendary time in the social rep office, but do not fear; we make up 3 of the Big 4 and cannot wait to be involved in events again next year. This year has truly been filled with ups and down, and saw the start of new friendships and relationships. From the bottom of our hearts - we truly love the Pharmily and we hope you have enjoyed our events as much as we enjoyed planning them for you (which was probably more stressful than fun but that's okay).

Lots of love always,  
your social reps, Rose, Ti &  
Kajani  
XOX





highlights

highlights

highlights

highlights



highlights

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highlights



# — SPONSORS —

A massive thank you to our sponsors! This year's APSA memories would not have been possible without your support.

## PLATINUM



# GREEN CROSS HEALTH

## 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.*



### Our purpose:

**Working together to support healthier communities.**

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.**



We believe easy access to good health care is a right of everyone in New Zealand



### our values

- 1 / care for our community.
- 2 / work together.
- 3 / do the right thing.
- 4 / look after each other.



### The story behind Green Cross Health

Since the 12th century, a green cross has been used to represent health professionals and first took the form of a serpent wrapped around the jade hilt of a sword, used by the Hospitaliers of St Lazarus in Greece. Widely recognised in Europe and the USA as identifying a place to find health care and advice, we are proud to embrace this legacy in our company name and the icon we use to identify ourselves.





# PLATINUM

# Totem

We are proud to join as a *platinum sponsor* of APSA. Thank you for accepting this partnership, we hope to continue supporting you for many years to come.

**We are a network** of 26 individually owned and operated pharmacies, working towards similar goals, with the same ideologies at the core of our practice. **Our vision is to create a generation of strong, competent and independent community pharmacists who have patient care at the core**



Pranto Rahman (centre) with long term employees and interns pharmacists for 2024 Jun Ding (left) and Max Yeung (right) along with attendees of first Totem presentation at UoA School of Pharmacy.

## Why choose a Totem Pharmacy?

There are of lots passionate and intelligent pharmacy students coming out of the University of Auckland School of Pharmacy. This is a testament to both the school and the students that choose to join this rewarding career pathway. For this reason, **our belief in future of pharmacy and those that will go on to pioneer our profession is stronger than ever.**

Pharmacy practice is rapidly evolving and we know that in order to reach our vision, we must be innovative. The pharmacies in our network are focusing on creating progressive ways forward by involving new ideas from students, interns and the pharmacists of tomorrow, like yourselves!

Totem Pharmacy Group is on **a mission to provide supportive working environments and a mentorship programme** that encourages the natural progression of pharmacy students through the early stages of their career, internship, management and ownership for those that are outstanding.

**The first step we have made towards this is by designing a fully supportive internship programme; we've got a lot of exciting things ahead for 2024 and beyond. Concurrently, we will be taking on board feedback from students and interns in order to improve and enhance the way we support you.**

**More information about Totem and the programs we offer will be available at our next presentation held in early 2024.** If you cant wait till then, feel free to reach out directly to our Student Liason and Programme Coordinator via email.

We look forward to meeting you!

- Pranto Rahman  
Student Liason and Programme Coordinator, Totem Pharmacy Group  
pranto@totem.nz



Pranto Rahman (right) with 2023 Totem Pharmacy Group interns, at our end of year training session at Unichem Lunn Ave



## GOLD



## SILVER



## BRONZE



## LOCAL SPONSORS

Gong cha 貢茶





## — *Thank You* —

Semester Two was once again filled with precious and unforgettable memories. We have enjoyed documenting and sharing these memories with our pharmacy family and hope that you have enjoyed reading 'The Script - Second Edition'. Thank you to the APSA team and class reps who have helped make this script, and thank you to our pharmily who engaged with APSA events, and the school of pharmacy staff who have supported us throughout the year.

We wish everyone good luck and happiness for next year!



2023 Media Reps,  
Hester & Evan