



PRESENTS....

THE PHARMACROWN - QUEEN'S REIGN

2022 EDITION





Issue 2022 Editorial



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Kia ora everyone!

I've had the absolute pleasure of making this years magazine for you all & I hope you enjoy it. This has taken a great amount of time & I would like to acknowledge & give a huge thank you to my magazine committee for their hard work & willingness to give up their time.

This year has definitely been one to remember & I'm going to miss the Pharmily. Cheers to my fellow exec members for giving me a helping hand whilst producing this. I always feel very supported by you all <3

So with that said, I hope you all enjoy the pharmacy magazine for 2022!!

Your NZAPS-O Secretary,
Athena Mirambel ❤️



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DEANS REPORT



He mihi mahana ki a koutou katoa

On behalf of the staff at the School of Pharmacy, I congratulate you all on another successful year. To those who are graduating, we wish you the absolute best and extend to you our heartiest congratulations. We are so proud to have been associated with you over the last three years and have the utmost confidence in your abilities to help shape the profession as you embark on your careers.

We have endeavoured to impart a variety of life and pharmacy skills to you and hope that you will make the most of them and seize the opportunities that you are presented with. The profession of pharmacy is changing rapidly and you, as new practitioners, will be at the forefront and will help guide this change. As such, please stay true to the fact that as front-line health care providers, we are optimally placed to serve patients and enhance their quality of life. Please embrace the full scope of practice and work with patients and other practitioners to improve your patients' health outcomes.

We thank all of you for your commitment to the School of Pharmacy, the profession and to lifelong learning. Please remember that you are always a member of the School of Pharmacy as an alumnus and will always be welcome to attend reunions, participate in Continuing Pharmacy Development or post-graduate studies offered by the school, give guest lectures, or precept students. We very much value our relationships with each of you. Stay in touch.

Ngā mihi

Carlo Marra



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Celebrating The Wins - Chemist Warehouse NZ

2022 has been an especially difficult year for all in the Pharmacy profession. As we navigated through the numerous challenges presented to us, our Chemist Warehouse family stood stronger, stood united and weathered the storm together – We've got the pics to prove it too! Here is a photo of us celebrating our incredible mahi on World Pharmacist Day with goodies from our Head Office.

Over the last 5 years Chemist Warehouse has grown from a single Pharmacy in Auckland to becoming one of Aotearoa's most trusted Community Pharmacy Groups. Today, the group has over 36 Pharmacies across the Country and continues to grow to meet demand. We are proudly NZ Owned & Operated and pride ourselves in our commitment and dedication to making healthcare more accessible than ever before.

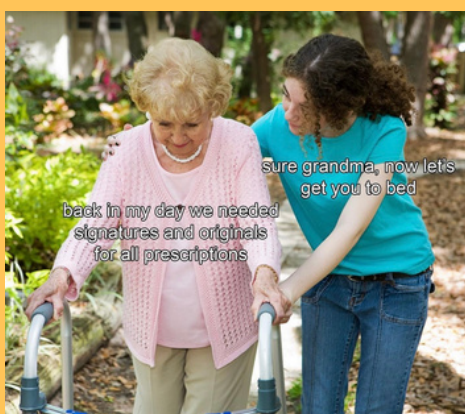
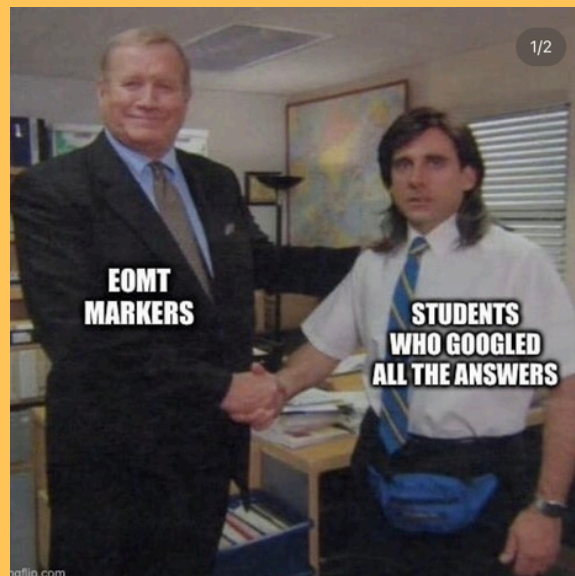
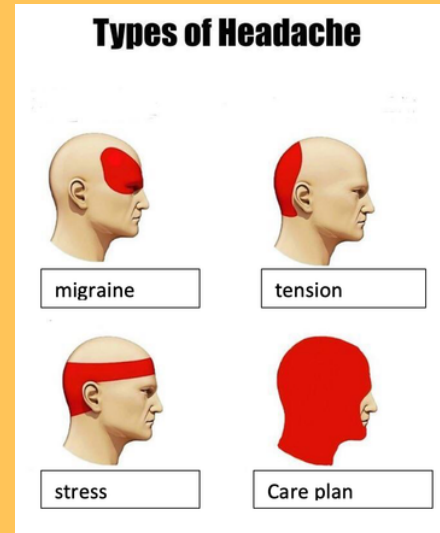
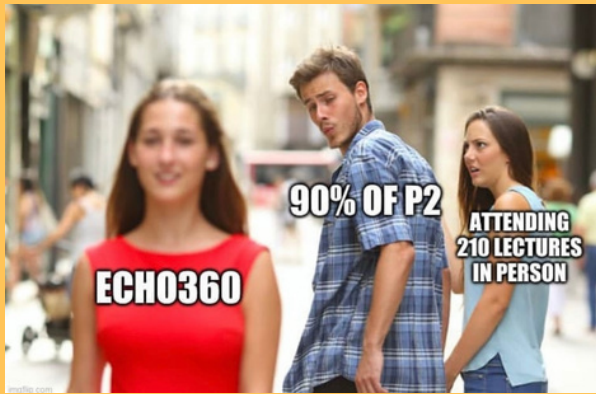
The key to our triumphs are our people. We are fortunate enough to have a team of ~1800 staff who share the same vision and are the pillar to our company's ongoing success. Our Pharmacists are all about paying it forward, which is why we are the only Pharmacy group in New Zealand who run an internal Intern programme for our Pharmacy graduates coordinated by our Head Office staff. This was first launched in 2018 and came naturally and aligned with our belief that 'to be the best, we must invest in the best' – A big part of that is investing in the growth of our next generation of Pharmacists.

As proud Gold Sponsors of the NZAPS-O and Alumni of the University of Otago Pharmacy School, we would like to extend our warmest Congratulations to all Pharmacy Graduates in the class of 2022 and wishing you and your Whanau a Merry Christmas and a Happy New Year.

Ken Yu
Education Pharmacist and Intern Coordinator - NZ
ken.yu@chemistwarehouse.co.nz



Pharmacy meme is a thing?



@rxonlymemes
@back_at_the_pharmacy



NZAPS-0 Executive 2022



President



WOOHOO the finish line is all too close now - I can't believe how quickly the last few years of BPharm have gone! Soon we'll be out in the real world and eventually become the real deal. It only feels just like yesterday when we rocked up to the buses outside the Otago Museum to head out to P2 camp in our 'Pharm-yard' camp T-shirts. Oh the pre-COVID memories, BUT we can't forget this year's post-COVID memories and all the ones in between. What an awesome year it has been.

Organizing the liquor license and the P2 camp was my first official job as president. The venue was booked, students had signed up and the schedule was ready to be thrown into action... But of course, COVID decided to rear its ugly head again causing camp to be cancelled and classes to be online for yet another semester. Damn...

Like life (and any PK graph), you can't have the highs without the lows, so we came back in Sem 2 bigger, better, and stronger than ever. Thank you to Amy for organizing our FIRST (and final for P4s) ever ball in 3 years! Surrounded by food, friends and good tunes - we all boogied the night away and made it a memorable highlight of our Uni years. The well awaited ball was a huge hit especially in a stunning venue. SO much fun!

As second semester rolls around, we finally revert to in-person teaching and events can happen again. It was a jam-packed semester filled with Flat Crawl, internship info seminars from Chemist Warehouse & Green Cross Health etc, NZAPS-O Elections, AGM and the list goes on. I was so happy to see real people again and not zoom screens; I think 3 years of that is more than enough! Speaking of seminars, I MUST commend Bronté for organizing such a great education seminar with speakers from all different aspects of Pharmacy! So awesome to be able to hear personal stories of all the amazing, limitless things you can do with a BPharm.

Another highlight this year is to see international travel open up again. Hannah (IPSF CP) along with a couple of students were able to attend the World Congress in Egypt. What a cool opportunity seeing as it was the first in-person congress in years! Snow is always a highlight and who knew we would get a surprise snow day in October?!?! Hard to believe that there was that much snow that Uni went online for the day! Dan Wright event got to relive his Canadian dreams and built a snowman. Credit to Dan's Twitter updates - SO wholesome!!

An absolute huge shout out to the amazing NZAPS-O Executive team this year. This year wouldn't have been possible without all your countless hours of hard work and dedication behind the scenes. It does not go unnoticed!! A special mention goes out to Athena and Jess for being my right hand gals and guiding me in the right direction. Sadly, our NZAPS-O journey is coming to an end, but this is just the beginning of an exciting new chapter. No doubt you will all go so far and I'm immensely proud and grateful for you all ❤️ THANK YOU FOR 2022.

Here's to the exciting year ahead and the 2023 President - BIG CONGRATULATIONS to Isaac Gee!!! I can't wait to see what your fun loving, enthusiastic self and your incredible Executive team will be able to achieve. I wish you guys all the best and I am always a message away at any time!

Lastly to the P4s, thank you for all the cracker memories we've created throughout the years. From getting kicked out of Wine & Cheese for dancing on tables, to all the queen (rip) saving BYOs at Maharajah's and Taj Mahal (also rip). It's been so fun getting to know you guys and become friends for a lifetime. It is with sadness to see us splitting off to do our own thing but I can see us doing great big things out there. All the best for your internships, don't be strangers and maybe I'll see some of you over the ditch in GC ;)

Live your BEST lives. Peace out.

Susan Zhen,
NZAPS-O President 2022





Secretary

Hey sexy people x

What a bloody year it has been! It still feels like yesterday when I went to my first event (flat crawl) as a wee P2. I remember collapsing & spilling my scrumpy all over the ground & everyone thought I had pissed myself & yet here we are now at the end of P4.

I can't believe how it's all gone by so quickly. I'd like to think I'm a little more responsible & mature now, but I guess that can always wait until I have a big girl job!

I feel extremely proud to be able to say that I have no regrets. My motto this year has been to say yes to everything & although there were times when I probs shouldn't have, the best nights out I've had were the spontaneous ones so I guess it worked out.

~~Remember everyone - it's not alcoholism until you graduate~~

Unfortunately, P2 camp, one of my favourite events, couldn't occur this year. However, I feel really grateful covid has allowed other social events. Having our first ever ball in my last year was definitely bittersweet. The social events are always my favourite and the P4 cohort of 2022 are such incredibly fun people to be around. You guys have absolutely made my time in Dunedin so priceless. My time here has been a blast; I will definitely look back on the memories and miss being a student. Just know that I feel extremely lucky to have met all of you & I hope you all invite me to your weddings ❤️

My highlight of this year has definitely been going to Sydney to represent NZAPS-O at the CPS annual meeting. I feel very grateful to have had both flights & accommodation paid for and the trip really solidified for me that I want to explore outside of little ol' NZ.

I've had a lot of fun in my role & I want to give a huge thank you to the exec this year, especially the P4's who have been lovely to work with. A special mention goes out to Bronté & Jess for always being there when I needed them and to my best friend Matt who helped me edit and has put up with my insanity & hormonal breakdowns over this magazine. I love you all lots & will definitely miss you guys. It's a shame that this is goodbye, but feel free to come visit me whenever in Sydney :)

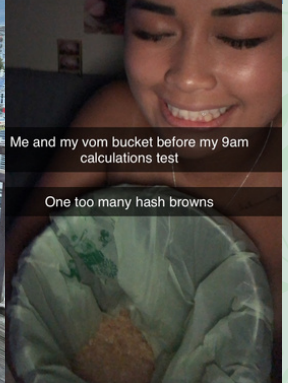
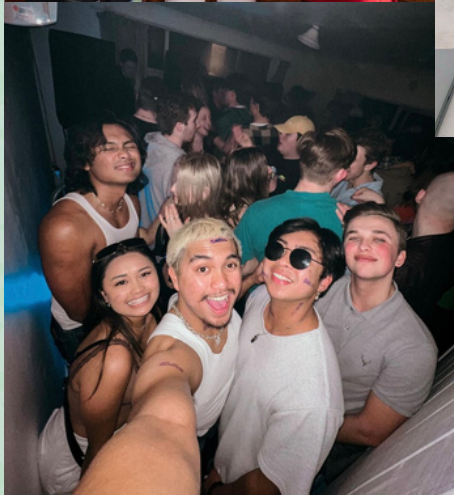
Lastly, a huge congratulations to my successor Brianna! It was great getting to know you this year & I know that you'll do the role justice.

P.S. Exec initiations with you was extremely hilarious, thanks for being a good sport x

Much love from me & my doggies xoxo

Athena Twinkle Mirambel







Treasurer

Kia Ora my Pharmily

Time flies, 4 years of pharmacy school are now coming to an end and 2023 is just around the corner, I would like to say it has been such an honour to be your treasurer for 2022. To BeReal honest, it is the most unforgettable 4 years of my life, there are way too many highlights and I cannot list them one by one here or else the whole magazine will be Jess and her highlights. A huge shoutout to everyone along the way who watched me go through the crests and troughs and still decided to stick by my side, not just watching me grow as a pharmacist but also as a human being. (Ha I shall save all this for my Oscar award speech)

It was a shame that we started the year with COVID restrictions again which means it is the first year ever that we didn't have the camp (SAD), also had to postpone our flat crawl very unfortunate. However, on the bright side, we managed to host two of our biggest events - Wine & Cheese and the Ball, without going bankrupt despite how COVID made everything expenny.

2022 is coming to an end so as my role as a treasurer, I would like to say a MASSIVE THANK YOU to the 2022 exec team (especially the P4's) and everyone along the way.

It has been such a pleasure to work with y'all, I had a fabulous year and hope the same goes for you all. A HUGE CONGRATULATIONS to AINE KELLY for becoming the next treasurer!!! I am 200% sure you will do a great job, I cannot wait to see you go out there and spread your wings to shine.

A final word,

To P2s, you are halfway there to the starting of your life

To P3s, make the most of it

To P4s, we are the best cohort, I hope we will meet again in the future

Ngā mihi mō ngā tau kei mua i te aroaro

Farewell



Jessica Gao

NZAPS-O Treasurer 2022





Stay away from positive ppl

**YOUR
VACCINATOR IS:**

Jessica Gao



1. Scan the QR code before entering the suite.
2. Enter through the door by the lockers.



GRAVITY
EVENTS



P4 PLATCRAN



Education

Kia ora whānau, me again!

Wow what a year this has been! As the 2022 uni year comes to a close, I would like to say a few words before we part ways and enjoy another wonderful kiwi summer.

P4s, It is crazy to think that it was 3 years ago that many of us sat on the bus to P2 camp or walked together on stage in the White Coat Ceremony, time has truly flown by. It has been so lovely getting to know you all – the future is so bright for us! For the P2s, I hope you have had a rewarding year, and are ready for a well-deserved break. P3s, well done, you have completed the hardest year (or two!) of the B.Pharm degree - it is only upwards from here.

This year has held many ups and downs for each of us. Beginning the year with online classes due to COVID, and those initial first aid courses before our rotations feels like years ago. It was definitely a wobbly start to the year, with omicron cases skyrocketing but we have come out the other side stronger (and now pros at zoom without even getting out of bed!).

I have had the pleasure of working on the famous Elective A paper with Sue Heydon, in aims to improve it for future students, as well as working with James Windle on HCI/420. Also, running the 2022 Educational Seminar was incredibly rewarding, thank you all to everyone that came along – we had a great turnout! A shoutout to Dan Wright, Tara Wheeler, Ailsa McGregor, and Chloe Salter for taking out the student votes at the Green Cross Awards as well.

I would like to finish off by giving thanks to some very important people. Firstly, thank you ALL for being so vocal this year (particularly the P4s!) it has been so helpful to be able to hear all your opinions and pass them onto staff. I know it doesn't always feel like you are making a difference, but the coming years will thank us for it. This would not have been possible without our amazing class reps, Daniel, Bri, Oli, Nisha, Emily, Cara, Joseph, Sai, Sua, Salma, Jiji, Caitlyn, Ella and Claudia (and Athena for her wonderful minutes). Amongst this busy year, they were gathering lots of your feedback (sorry about ALLLL of those group chat reminders!) and helping to present it to the lecturers and staff.

Secondly, I would like to give a HUGE thank you to my best friend, ✨Ella Cooper ✨ who has been my advisor, supporter, email-proofreader, and just my all-round go-to throughout the year without hesitation. Ella, you have been the biggest help, often in the background but you deserve so much credit, I cannot thank you enough. You are going to do such amazing things my friend ❤️

Another big thank you to the 2022 exec team, specifically to Jess and Athena who I have messaged at all hours of the day and night, and they have always been so willing to help. I had so much faith at every step that we could tackle anything thrown our way.

Finally, I would like to wish Joseph Vangioni the best of luck for 2023 as the Education Rep. Trust me, you may need a bit of luck when the lecturers and Carlo are grilling you for always telling them that the skills lab is too hot and 8am lectures suck....! But hey, the students have spoken! I have lots of confidence in you for next year, I know you will do an awesome job. Don't be scared to speak up and use your initiative to get stuck in.

It has been an absolute pleasure to be your Education Rep for 2022 and I have loved every second of it (even when Joel Tyndall replies to my email asking who I even am...). So, for one final time, thank you and I cannot wait to see you all achieving such amazing things in the future, wherever it may take us. And in the wise words of Becky Ye, our previous Education rep, "When in doubt, confidence is key...and so is taking a peek at NZF!"

Ka kite,
Bronté xx



Marketing



Heya B-Pharm,

Hope you've all had a fantastic 2022! Wowee what a year, with all its highs and lows, from the thrilling zoom breakout rooms to busting out our best moves on the wine & cheese dance floor, to the chaos and fun of flat crawl and everything in between - it was awesome to spend this year alongside you guys.

Huge shout out to this year's NZAPS-O team! It's been a delight to work with you guys and I have lots of love for you, absolute legends. We've supported each other through so much, and had a great time organizing all these different events, activities etc. for the pharmacy cohort.

It's been a delight to be your marketing rep for 2022. I had heaps of fun in the role, from finding some neat deals around town for our members (gotta save the bucks wherever we can) to reaching out to old sponsors and finding new ones to organising events and activities throughout the year to mix and mingle with our sponsors. And of course, the highlights: Running the merch design competition (we've got some real artists amongst us!) and sorting out the merch.

To next year's marketing rep, all the best with the role and all its responsibilities! There's a lot of fun that comes out of this role, and whenever it may feel a lil' stressful - remember that you've absolutely got this. You can reach out to the rest of your team for support, and my final bit of advice is to make the most out of your time as marketing rep!

To next year's exec team - GOOD LUCK! Enjoy your time together as a team, be there for each other, make the most of the awesome things you get to do in your roles and all the experience you'll gain, and don't forget to have fun along the way.

Sara Hashemi





IPSF Contact Person

Kia Ora,

I will start by giving you a boring but informative spiel about IPSF and what they do! The International Pharmaceutical Students Association (IPSF) is a worldwide organisation which is comprised of 500,000 pharmacy students and recent graduates from around 100 different countries. IPSF focuses on public health, pharmacy education and professional development, and delivers campaigns and initiatives to its member organisations through these. IPSF also allows NZAPS-O the opportunity to participate in their Student Exchange Programme (SEP), which gives our students the opportunity to view the world of pharmacy through the eyes of other countries. My job is to act as a liaison between IPSF and NZAPS-O. One of the main parts of this is organising delegates to attend various congresses and the regional and global assemblies. Covid only semi ruined this and we were able to go to one of the congresses in August (the other was held online). I also do a lot of behind the scenes work emailing/zooming with IPSF execs and their committees, and other CP's from the other countries. Because NZ's time zone sucks a lot of these meetings were held at times that made me thoroughly question my choice to do this role (think midnight on a Saturday :)). P.S I am keeping the tradition going of basically replicating this paragraph every year hehe

As I mentioned, one congress was held online this year and the other in person. APPS (Asia Pacific Pharmaceutical Symposium) was online and we had 8 delegates attend. I was very happy to have this many attend even though it had to be kept online. My main highlight and accomplishment was the World Congress which was held in Hurghada, Egypt! We had 3 official delegates including myself who went and braved the challenges of travelling in a post covid world (hint: everything did most definitely not go to plan). But it was an amazing experience and opportunity and I am so excited to have next year's CP grow NZ's representation in international pharmacy as borders fully open again.

I am also so thankful for the connections I have made both internationally and domestically through my role!

I had a great time collaborating with the APSA (Auckland Pharmacy Students' Association) CP on IPSF regional and global policy writing. We were able to come up with two great pieces which discussed men's mental health and sustainability in pharmacy from a NZ perspective. I have also continued to build connections with NAPSA (National Association of Pharmacy Students Australia) through the World congress and I hope we can continue this at the NAPSA congress in Jan 2023. NZAPS-O, APSA and NAPSA were also able to hold a zoom-information session about interning in each other's countries and giving presentations about how pharmacy works in each country/university. This was a massive success and so much fun to work alongside my fellow CP's.

A massive congratulations to P3 Amy Krammer who has been elected Secretary for APRO (Asia Pacific Regional Office). I hope to see others follow in her footsteps and take on roles within IPSF. And of course a massive congratulations to Kalani who will be taking over my role next year, I am confident you will do a fantastic job and represent NZAPS-O well!

Overall the last 3 years have been some of the best of my life! I cannot imagine having chosen to study anything but pharmacy and I am so excited to see where my classmates end up in their careers. It has been a massive juggling act trying to keep up working, studying, and having a social life, but I do not regret any of the late nights out and subsequent workshops hungover :p.

The exec team this year has made it an especially good one and I couldn't have asked for a better team around me. Covid has hit us pretty hard but we have started to get the ball rolling again and I am very excited to see what next year's exec gets up to!

Goodbye and good luck! <3
Hannah Maguire





Sports

Kia Ora!

The year started off with the anticipation for P2 camp that unfortunately got cancelled so none of y'all got to see my awesome t-shirts or get to race me in the egg and spoon race. Next was supposed to be Relay for life!! But as the last 3 years have gone this also got cancelled 😞

The interfaculty sports day was run for the first time since 2019 which was super exciting!! We had one team for Netball and another for Basketball and although we didn't beat Medicine like I know we all wanted to, I am so proud of all the effort that everyone put in!

During the year, we had some dedicated social sports teams that were involved in weekly games of netball, volleyball, and basketball! It was great to see a lot of people, involved in sports and taking a break from pharmacy grind! They all showed expectational sportsmanship and I couldn't be prouder. Would be awesome to see more involved next year!!

Some key memories for me over the past 4 years. I must give health sci Fridays an honorable mention, if you know, you know. P2 camp, where I meet some of my best friends and had an absolute blast. The yearly wine and cheese where some cheese somehow also found its way into my handbag. Flat crawl where I definitely crawled to the last flat every time, somehow, I never learn. Sneaking in some cheeky vodka to the ball since ya girl doesn't pay \$7 for drinks. But also, being able to get a ball before leaving, that was a big thing to tick off the Dunedin bucket list. Although our last 4 years in good old dirty dinners isn't what I think anyone expected I couldn't think of a better group of people to do it with!

Now it is time for me to head on out of Dunedin on to some bigger and warmer things! Thank you to the current P4 cohort for this memorable journey and friendships that will last forever. Also, to the exec for making it a memorable year! Massive congratulations to Daniel for being allocated Sports Rep for 2023! Smash it!

See ya later,
Liv xx





Social

Wow, this year has flown past!!!

I remember being excited about being the Social Rep for 2022 last year, and in the blink of an eye 2022, and my time as a Social Rep has nearly come to an end.

The past few years have been wack with lockdowns, and things being cancelled year on year, so I'm super relieved that I've been able to host most events for you guys (other than Camp and a few other things planned for the beginning of the year being cancelled) this year!

Despite COVID restrictions early on in the year, we managed to pull through with the first event of 2022, a QUIZ NIGHT on Zoom! This was a new event - a perfect low-key way to socialise for both drinkers and non-drinkers, and to get your competitive spirits up.

Fast forward to May, we had our annual WINE AND CHEESE at the Lone Star! There were lots of food from sushi to cake and of course, lots & lots of cheese:)) to fill up our bellies & get us having a bit of a boogie to the music the DJ was playing!

In Semester 2, we were finally able to have our FLAT CRAWL that was postponed in Sem 1 cos of COVID!!! We had a throwback theme, and it was awesome to see everyone dressed in their outfits way back from the 60s hippies to the 80s' double denim look. Huge shoutout to Shannon Clearwater (P4) for winning best dressed and Sharkboy Isaac Gee (P3) for winning runner-up! There was plenty of chippies and snags to go around, and was super cool seeing all the different year groups mingling.

Finally, to top it all off, we were able to have our first PHARMACY BALL in 3 years at the Otago Museum, with a Masquerade theme! Everyone looked so so amazing, dressed to the nines!! It was a fabulous night, with lots of happy faces. Big big thank you to my Ball Committee members for helping me out - sorry for all the spams on the fb group hahahah I needed your opinions on a lot of things xx

Thank you all for a super amazing year this year! Thanks for coming along to the 2022 pharmacy events and always bringing your positive energies with you!

Adiós mis amigos, it was my pleasure being the 2022 NZAPS-O Social Representative, and massive CONGRATULATIONS to Yunbai Huang (P3) who will be taking on this role for 2023! I am so excited for you and look forward to what you will bring for us next year! You're going to be amazingggg!

With love,
Amy Chung



SEO & Welfare



Hello everyone! I have been my pleasure to be your SEO and welfare rep for 2022.

As we all know due to COVID, we have not been able to host any exchanges for two years. At the start of my mandate I wasn't sure if we would be able to host any students as the NZ borders were just opening up.

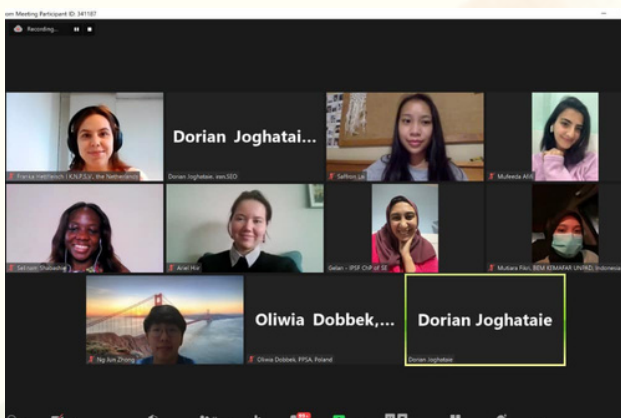
However, this year in August, we were lucky enough to be able to host two lovely students, Jeanne from France that some of you may have met at flat crawl and Mojca from Slovenia. Both girls were lovely and did their placement at Anderson's Exchange pharmacy while spending a few months exploring New Zealand. Next year, we hope to see more students come over to experience what our beautiful country has to offer in the field of pharmacy.

I also had the privilege of being an official delegate the the APPS 2022 in Taiwan but which was held online due to COVID. It was lovely to meet many other people from all over the world working for IPSF and during the SEO zoom meetings too.

As welfare rep, I continued the mentor programmes that were set up by Alex, my predecessor. I set up smaller one on one mentor groups between P2's and P3's in an attempt to have more integration between the year groups, as our annual camp this year was cancelled due to COVID. With the busy second semester of P3, I unfortunately didn't manage to organise any other welfare events, but hopefully next year - so stay tuned!

Overall, I have enjoyed my year as part of your NZAPS-O exec for 2022. Big shoutout to my friend Sara Hashemi, who's our SEO and welfare rep for 2023! You're going to be amazing - I can't wait to see what you do for the role!

From your SEO & Welfare rep,
Saffron Lai



P2 REPORT



It's definitely been a big and busy first year of pharmacy!

The year was off to a disappointing start with the unfortunate cancellation of the Pharmacy Camp and the postponing of the White Coat Ceremony due to COVID. But we didn't let that hold us back as we got stuck into a packed first semester. The majority of the first semester was spent online, giving us plenty of time to master Zoom. Labs were one of the only times we spent together as a whole group at the start.

Thankfully the second half of semester one saw the return of in person teaching, allowing us to say goodbye to those awkward zoom breakout rooms.

The Pharmacy Wine and Cheese held on May 7th was the first major social event of the year.

A well-deserved inter-semester break gave us a chance to reset and get ready to start the first module based paper.

We kicked off semester 2 with the long-awaited White Coat Ceremony in July. This may have been a blessing in disguise since it meant we already knew each other. We finally got a photo with almost all of the cohort. Most importantly it meant that we were prepared to start our skills labs.

It was exciting to have time where we could start to learn and practice the skills we will use on placements and later on in the workplace. Compounding sessions were definitely a highlight.

Semester 2 began with the rearrangement of our groups (due to small cohort numbers). While we formed close-knit groups in semester 1, it was great to have the chance to meet new people. Each new group soon gained unique reputations with the tutors.



P2 REPORT



Lecture attendance saw an improvement in the second semester. The lack of 8am lectures was probably a driving factor behind this.

One of the other main social events, the Pharmacy Flat Crawl was held on August 6th, with a Throwback Way Back theme.

After the second mid-semester break it was time to knuckle down for the last part of the year.

The downside of going back to in person teaching has meant the unfortunate return of in-person exams. We definitely have been lucky so far this year with open book tests and exams.

We lucked out with the first pharmacy ball in three years being able to go ahead on September 24th. The change in COVID restrictions meant we could swap face masks for masquerade masks. A big thanks to the ball committee for an amazing night.

Winter decided to make a comeback in October, giving us a chance to have a snow day. Not that the snow stuck around long before spring returned.

Well we've made it to the end of the year and everyone has survived it. I hope everyone had a good first year and look forward to another two years with you as we progress through pharmacy.

Thanks to all of the P2, P3s and P4s for a great year. Have a great summer everyone and see you all next year!!



-Simone Hutchinson



P2 Profiles

Name:

Jaz Anderson

**Favourite Pharmacy moment
this year:**

Wine and cheese

**Drug / condition you still can't
spell right:**

Seborrheic Dermatitis

**What annoying habit do you
wish you can vaccinate for:**

People walking slowly taking up
the entire footpath



Madison Arthur

Making emulsions in skills

Haemorrhoids

People chewing with their mouth
open

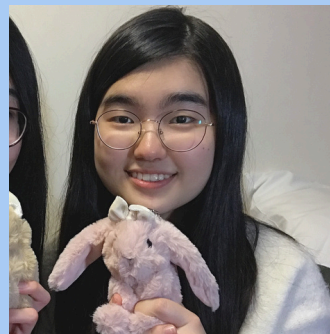


Jenny Bahng

Compounding an ointment

Arthritis

Procrastination



Oli Bolton

Getting a selfie with Dr Das

All of them

Procrastination



Angela Caisip

Anytime I use the pharmacy
elevator

Crohn's disease

Eating when I'm bored



Rhegine Cordova

Online exams

Haemorrhoids

Being an alcoholic



James Courtney

Dealing with drugs in on of the
skills lab

Vomit

Putting shoes on the wrong way
round

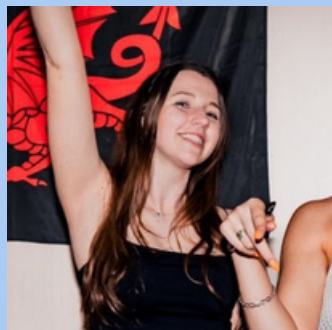


Daying

Compounding

Flucloxacillin

For Monday Syndrome



Brianna Fisk

Losing the scrumpy race (quite
badly) at flat crawl

Eczema

Slow talkers (just get to the point)



Kate Garland

Social netball

Opioid

Loud breathing



Jacob Greaney

Pharm Ball

Paracetamol

Sober driving



Alex Gregan

Wine and Cheese

Psoriasis Vulgaris

Eating when I'm bored



Jack Guo

Lucas to Sarah: "I heard a queen died, you okay?"

Amoxicillin

Eating loud



Kate Hassell

Wine and cheese (minus getting covid)

Prednisolone

Pen clicking



Zandra Hinton

Pharmacy Netball and Basketball

Diarrhoea

Slow walkers



Josh Hou

When Jack had to read in the lecture

Diarrhoea

Jack



Daniel Hussey

Turning a document into a PowerPoint while the other groups were presenting because we didn't know what we were doing

Any monoclonal antibody treatments

The urge to focus on anything but what's going on in the lecture which includes minesweeper that Aaron loves to play



Simone Hutchinson

Skills Labs

Adalimumab

Procrastination



Jess Hwangbo

P2 camp!

Rheumatoid Arthritis

Foot fetish



Meg Inwood

The Ball!

Tobramycin (the y's and the i's of the antibiotics confuse me)

To make slow walkers faster



Emma Kelly

Wine and cheese

Hyper seborrhoea

Procrastination

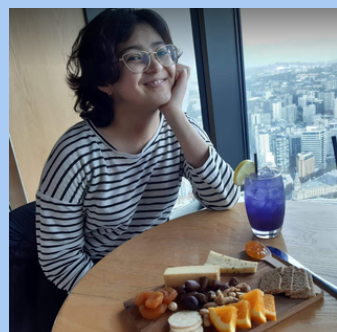


Maya Kelly

White coat ceremony

Alcohol

Cutting in line



Nisha Khan

Watching other student's weekend shenanigans via the stream group chat

The actual names of the drugs in Maviret! It's always ewwww monoclonal antibody names suck, but where's the hate for antiviral names?? What the hell is pibrentasvir??

Being oblivious to people glaring at you in the library because of noise



Jackson Anaru Le Roy

Shyamal at the wine and cheese

Ecdysterone

Having no Game



Emily Liken

Wine and Cheese!

Haemorrhoids

Procrastinating

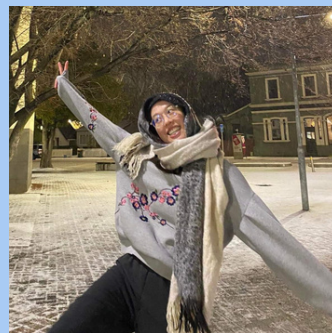


Howard Liu

Compounding, feeling like a real drug dealer

Ustekinumab

Procrastination

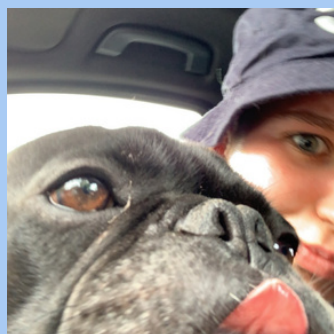


Bethany Lo

you xx

Osteoarthritis

To sleep whenever I want

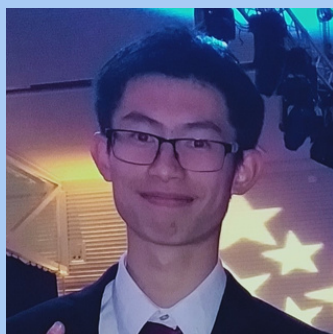


Nicole Lockie

Wine and Cheese

Seborrheic Dermatitis

Procrastination

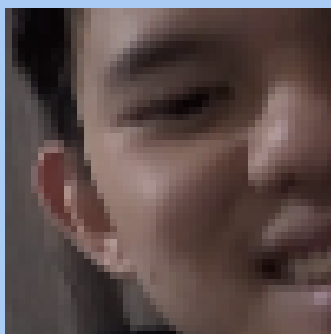


Aaron Loh

Entering myself into Toniq while a supervisor was watching over me and pressing yes to "see notes", forgetting that I had set it as "This guy is a d*ck"

Upadacitinib

Scrolling mindlessly on Instagram and Tiktok



Jonas Loo

When Daniel taught Justin how to use Chopsticks

Haemorrhoids

Slow walkers

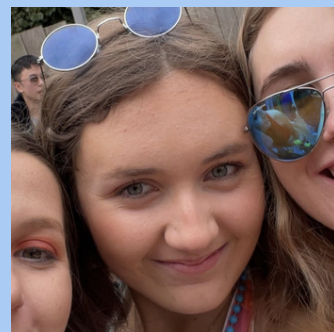


Kalani Macdonald

Becoming TikTok famous!

Diarrhoea

Stupidity



Hannah Mercer

Wine & Cheese

Penicillin

Always saying "like"



Shrima Parachuru

White coat ceremony

Flucloxacillin

Vaccine for people who talk loudly in the library



Susannah Rice

Making our first ointment. So satisfying!

Codeine

Instant memory of course material



Rebecca Rietveld

Finding out the 220 exam is closed book

Penicillin

Disorganisation

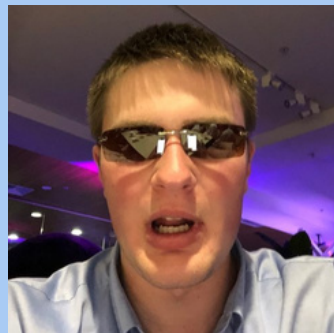


Tarryn Roxburgh

Anatomy museum

Diarrhoea

Pen clickers



Leo Staufenberg

Every Lecture with Shyamal Das

Diarrhoea

Zoning out



Ray Su

Meeting people in person after lockdown

Metronidazole

Procrastination

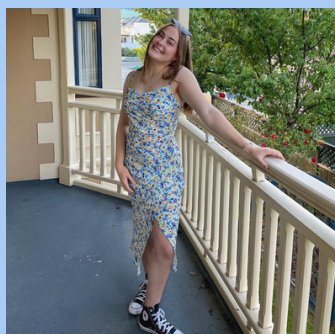


Charlotte Tappenden

Compounding the ointment, staining myself blue, and getting called a smurf by my classmates

Haemorrhoids

Dunedin drivers without knowledge of the road code



Caitlin Wade

Wine and Cheese (minus getting covid)

Arthritis

Stop overthinking



Humaira Warsi

White coat ceremony

Paracetyatomorrow

Procrastination



Amber Wee

Having friends and family come support me for the white coat ceremony :)

Paracetamol

Nose picking



Chloe Wong

The pharmacy ball!

Adalimumab

Procrastinating



Junyi Yang

Compounding in skills labs

Onychomycosis

To make people wash their dishes instead of leaving them in the sink



Andrew Ye

Boys Roadie

Diarrhoea

Not going to the gym



Jessica Yu

Meeting new people and making new friends

Majority of them, there's too many

Hiccups



Mabel Zhou

Making new friends :)

Adalimumab

Overthinking





P3 Profiles

Name:

Yahia Bahr

Fav drug & why:

Multivitamins - makes the most money

Biggest flop or flex during placement:

Being told that I have an "eye problem" by a patient

Best part of P3:

The glorious Group A 9am starts



Kendall Coker

Caffeine & Nicotine because I probably wouldn't be here without them

Flop: Having placement the week of mid sem & having both placements back to back

Having all my friends in my stream



Sara Hashemi

Caffeine, enough said

Biggest flop during placement was literally flopping on the floor. Stay hydrated kids x

Pharm ball, beautiful night with beautiful people :)



Zain Khan

Aspirin: that's how I give my ❤️ out

I went to QUEENSTOWN... you can take it how you want ;)

Honestly, online exams were the best part of pharmacy

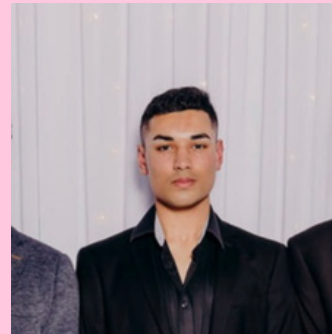


Noor Aisha Mann

Diltiazem-XR 120mg capsules - looks cute

Made 250g of salicylic acid paste in a mortar and pestle

My friends

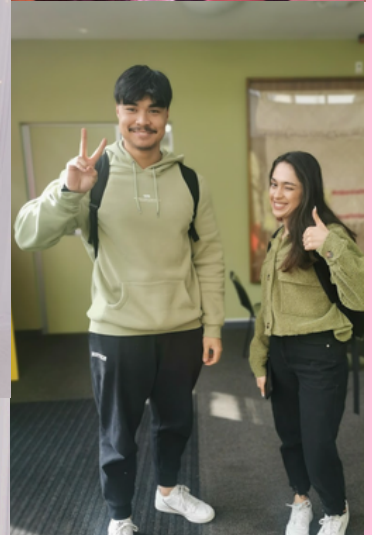


Ozair Sahib

Empagliflozin

Correcting a pharmacist on an insulin calculation

Being in Group A thus having 9am start times, which has allowed me to adapt a healthy & proficient early morning lifestyle



P4 MOMENTS

Placements

This year, the P4's underwent a 4-week placement in both Sem 1 & 2. For some, it was a valuable time to further develop knowledge & also stake out possible internship places for next year.

Personally, I really enjoyed the IPE sessions I got to do this year, especially with the Otago Polytech students & the Chch med students. Some students got to experience working in less conventional workplaces such as in a GP clinic or the Otago Pharmacy Clinic.

Overall, it was a good learning experience although I'm sure many of us are used to the swing of things now & are quite ready to start working after grad!

Honours

Our Honours research project began in November 2021 where we all undertook a 10 week summer studentship. The major part of our Honours project was the development, implementation and reporting of an original individual research project as a 15,000 word dissertation with assistance from our supervisors. The dissertation involved a literature search and our own research. Many of the honours students are now looking to publish their research in academic journals.

In addition to our dissertation we had an interim presentation to get feedback from other staff, presented our poster at the research symposium and gave a flash talk at the symposium.

The difference for honours 485 students compared to 432 was an extra EBM assignment for a patient case in a 'grey' research area.

-Emilia Price

PHCY430 & Symposium

Our 430 paper this year involved creating a grant proposal & research poster in a group setting. For these groups to be decided, we had to rank our choices of the topics we were interested in & their respective supervisors.

From the randomisation of groups, to the lack of deadlines, it was definitely a bit of a challenge organisation-wise. Nonetheless, everyone's posters looked incredible at the symposium & it was a real testament to the hard work of all the groups throughout this year. You should all be super proud of yourself! Congratulations also to the groups that won prizes!

A special mention goes out to Alesha Smith in particular, who has received numerous praises about her swift replies to emails & thorough feedback! Ka pai!

PHCY420 - HCI

Our 420 paper involved creating a HCI or Health Care Initiative within the same groups from PHCY430. This makes the group you land in quite crucial as you are working on 2 full year papers in the same groups. Some were lucky, others not so much.

Fortunately, a part of your mark is dependent on peer evaluations where you evaluate each other based off of how much work each other has done. Although, it can still be pretty frustrating when someone doesn't pull their weight.

Thankfully, unlike 430 this paper does have deadlines for different sections which helps some groups avoid doing the whole proposal last minute. At the end, we had a presentation that did not account for our grade & gained feedback which was definitely valuable!

-ATHENA MIRAMBEL

P4 Profiles

Name:

What has been your favourite Pharmacy moment over the years:

Where do you see yourself in 5 years:

Graduation Quote:



Ebraheem Alqattan

Everything! Well maybe not when we had 6 lectures a day 😊

Giving aunties & uncles free medical advice 😊

It's due at 11:59 right?!



Bronté Alvis

The social events - everyone really comes out of their shell!

Overseas making big money :D

Hey guys, me again!!!



Liv Austin

Meeting all my life long friends & the social events weren't toooo bad

Living somewhere overseas living my best life

What are they going to do? Kick me out lol



Junhyuk Bahng

Group Assignments

Hopefully working as a pharmacist

Thank you!

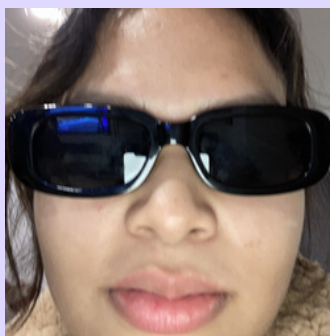


Nabin Basnet

Meeting new people & spending time in the skills labs

Owning 5 pharmacies 🍌

Go low, go slow



Aira Bermundo

SimPharm debriefs to be humbled

Ur mum :)

Though your beginnings may be humble, so prosperous your future will be. Job 8:7 NIV



Alisa Chen

The friends I made ❤️

Being able to buy things without looking at the price tag

Get your fucking ass up and work -Kim Kardashian



Kristy Cheong

Meeting my lifelong friends 😊

Hopefully still a pharmacist ;)

Next Chapter.



Jiji Chokvareeporn

Meeting amazing people & changing my hair colour more often than I can count

Cat mommy 🐱

When something is delicious, it's zero calories



Ruby Clapp

Online Exams

Travelling or working overseas

For the love of God, please fix the elevators already



Shannon Clearwater

Practising for 3 pharmacy revues but never actually getting to perform one :)

Working somewhere warm & sunny

Mannn I miss Pharma Mia



Ella Cooper

Having the opportunity to meet so many amazing people & grow my passion for pharmacy ❤️

Travelling overseas living it up

Every time getting out of the Adams building lift "God I'm never getting this lift again"



Karina Croitoru

Taking weeks to get initiation liquid smell out of my hair

Hopefully not still in community pharmacy haha

I am committed to life long professional development :D



Nicole D'Souza

Getting to know amazing people

-

I'm broke



Michaela Duerre

Always being in the best Group - D!!

Owning a pharmacy

You do you bro



Max Edwards

Sarah Hook's lectures

Prague

I'm not tall, you're just short

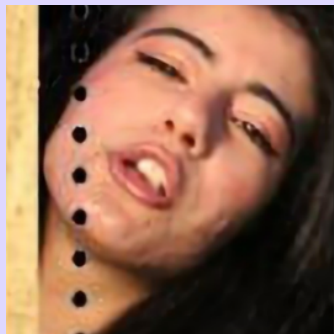


Izzati Effindi

Taking care of fake patients on simPharm

Pharmacist prescriber

Gtt it like it's hot! 🔥



Rawaa Elhanafy

Placements, not :))

Retired

Just to make sure I have done my job properly, can you please repeat how to take this drug



Angela Fan

Meeting lots of lovely people

Hopefully I can still be able to enter into pharmacies

Be rich be happy



Mayreen Fualau

Elective B

High on life

It's not peer pressure, it's just your turn x



Jessica Gao

Um... winning the self-loathing pharmacist

Rich 🤑

One minute of reconciliation is worth more than a whole life of friendship -One Hundred Years of Solitude



Tina Gheidian

The flat crawls

Retired, hopefully

It's showtime folks

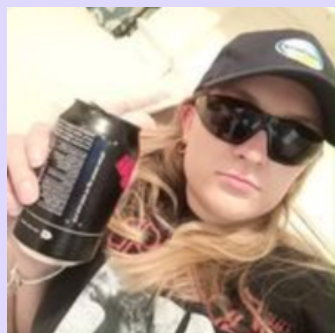


Darna Hewes

Meeting all the great people

Overseas

4 years down, a lifetime to go

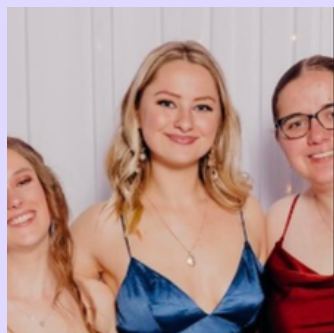


Jade Horton

Learning that I've been taking meds wrong most of my life

In the wop wops surrounded by animals

I've graduated 🤪

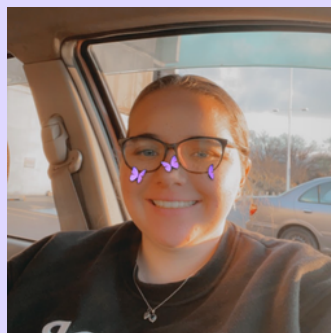


Amelia Howe

Meeting great people along the way

Qualified hopefully

Girls go to college to get more knowledge...



Amy Hudson

Making lifelong friends

Successfully working in a rural or community pharmacy

I remember NOTHING lol



Jake Hungerford

Flatcrawlllllll

Hopefully not in community pharmacy

The king is a tosser

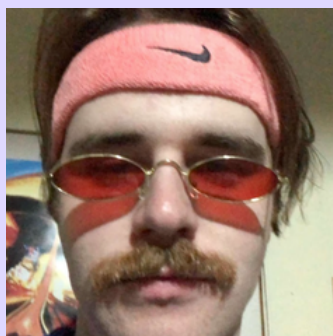


Ryan Hwangbo

Not OSCEs for sure

Head of Pfizer

Be honest with yourself & you will leave no doubts or regrets



Josh Hyde

P2 Group C presentations

As the CEO of Arthritis

Your hard work & talent will not pay off -Bo Burnham



Hirushi Jayasinghe

The cohort 🍷

Living, Laughing & Loving

Is this due at 11:59 pm?!



Sunny Jeon



Jemma Jeong

Online classes coz of covid

Continuously being grateful about having a blessed life

You cannot be happy everyday, but there are happy things everyday 🐻❤️



Domenic Johnson

Skill's labs, free stuff and friends

Enjoying being a pharmacist making an impact in my community

Whakawhanaungatanga coming to a pharmacy near you



Tara Keene

Meeting all the amazing people I have, you have all made this an amazing journey!!

Bruce Russel V2.0 #majorfangirl

You never lose - you either win, or learn



Heidi Kristono

The pharmily I've made <3

Crocheting & procrastibaking on my days off

Does anyone feel like chatime? 🍷🍷



Eugene Kwon

Meeting good friends

Wherever fate takes me

Good afternoon, good evening &
good night



Zac Lay

Learning about reverse phase high
powered liquid chromatography &
capillary electrophoresis for testing
the encapsulation efficiency of
liquid nanoparticles

Encapsulated in a lipid
nanoparticle

Yo, that's flares



Susie Lee

Meeting my life long friends :)

:)

I <3 U Pharm Slaves x



Chofa (Fa) Lekhakul

Free food & drinks at Green cross
Diarrhoea

Quit pharmacy & own a cafe with
many cats

This is my pathway to a green
card

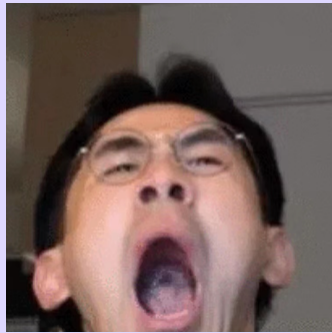


Claudia Leonard

All the group work XD

Being an actor in the P3 OSCE's

nzf.org.nz



Ethan Li

The curriculum, I had so much
time for my hobbies

Everywhere but a community
pharmacy

Stay curious, stay spontaneous



Karen Liang

Finding such amazing, beautiful
souls. I love them all so so much!

Thriving & happy!

Some people bring you a million
blessings

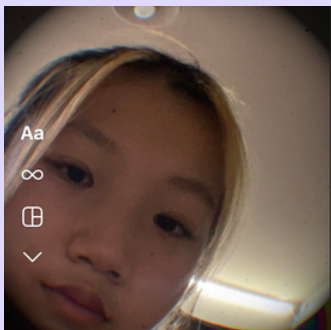


Joshua Lin

Drugs

On a remote island probably

Fuck it what's the worst that can
happen



Vivian Lin

SimPharm

In my tree house

Does P4 worth \$10,000?



Manyi Ma

Janky whakawhanaungatanga

Slaving away with a sugar daddy
on the side

Health is wealth - eat your
veggies



Hannah Maguire

Making some of my best friends

Not in New Zealand

Liv is my walking calendar



Samuel Mathew

Workshop banter

Probably not Wellywood

Smooth seas don't make good
sailors



Arthur May

Handling controlled drugs

Adalimumab

Smells like updog in here

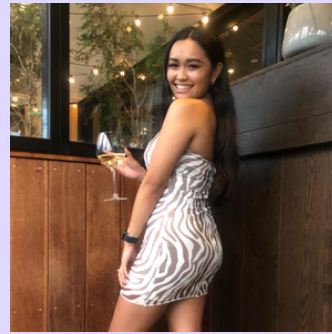


Shea McDonald

Graduating

Graduated

Graduation



Athena Mirambel

Flatcrawls - I'll miss you guys 💜

Married to a British or Aussie man/woman with the yummiest accent & still sinking piss in a way uni me would be proud of

Girlboss. Gaslight. Gatekeep. ★



Abbey Morton

The people

27 years old

This for everybody going through tough times. Believe me, been there, done that. But everyday above ground is a great day, remember that -Mr. Worldwide



Drew Olsen

The awkward silence in the Adams building elevators

Typing "iT OD AD" into Toniq or playing piano (we will see how the next few years pan out)

Nobody wants to admit they ate the whole box of Hashbrowns



Nayan Patel

2020 Flatcrawl

-

There's more to them than meets the eye -Optimus Prime

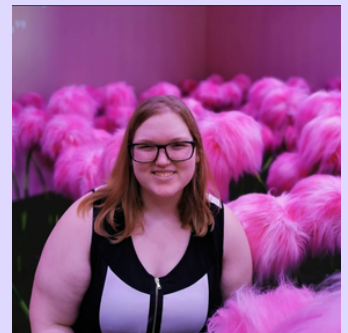


Hannah Poole

All the social events & time spent with our cohort!

Maybe hospital, maybe Canada, maybe not working at all

May the rest of our lives be the best of our lives!



Tylee Pratt

-

-

Your future professionally qualified drug dealer

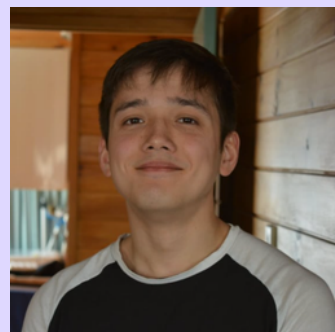


Emilia Price

The people & green team!!!

Um that's a good question

Now for the real world 🙄



David Pyle

Everything but the assignments

Honestly no clue, I'm just happy to be here

Oh you graduated? No I decided I was finished

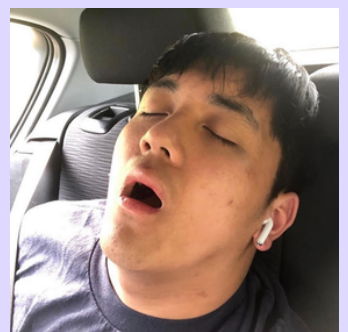


Aslinn Reid

Meeting everyone

Still not being able to pronounce all the drug names

Prescription drugs not inappropriate hugs



Chandler Rodriguez

Learning about the role of a staggered herringbone micromixer in a parallelised microfluidic device

In a staggered herringbone micromixer factory

I like staggered herringbone micromixers



Caitlyn Rolfe

I have really enjoyed all the social events & OSCEs

Hopefully not as a pharmacist lol

Try it before you buy it



Mikaela Ross

Seeing myself & my peers evolve into knowledgeable, confident & caring future pharmacists

Owning a pharmacy in Australia

Counting pills to pay the bills



Jaanavi Santram

Being able to say I'm studying to be a drug dealer

Retired

All for the degree, bitches love the degree



Charlotte Siermans

Being able to meet so many like minded people

Hopefully be working on research in the areas of medicine utilisation & health equity

Pharma-see yah

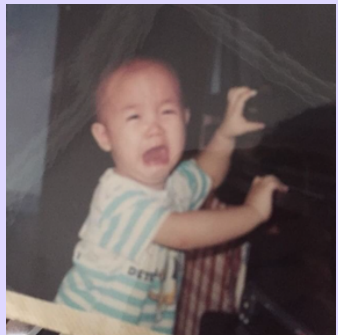


Pardeep Singh

Meeting awesome people

Managing partner in a multi billion dollar corporation

Shoot for the stars, aim for the moon 🌙



Min Jue Soh

My friends :)

Free from the shackles of pharmacy

WE DID IT GUYS!!

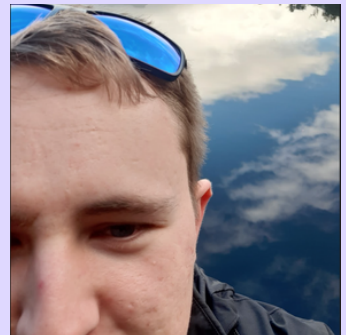


Alice Stevenson

-

Anywhere but community pharmacy

Yes, I would love to look at your rash :)



Josh Sturgeon

Workshop Kahoots

Rural bumhole Australia in my mansion

Why did you do that? -Stephen Duffel



Catherine Su

Learning about the past, present & future

Somewhere I never thought I would be

All is well (repeat often)



Nicole Tang

The dance floor

Living my sedentary life :)

I long for that day when I finally figure out how paracetamol knows where my pain is

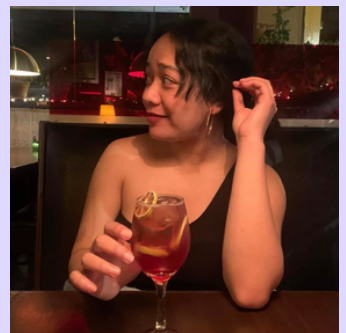


Amy Templer

TIPE Gisborne placement

Anywhere but here

Cheers to new beginnings!



Fisi'ilose Veatupu

The people I made friends with: Zac Lay Trust Fund & B****

With a husband & slaying my PhD

It wasn't easy but it was worth it



Kelly Vong

All the trips along the way:)

Hopefully 'my future' has more than 83 cents

Maccas run??



Eason Wang

Chill and friendly study environment. Everyone is so nice. Really Really like all the parties we had together. Such a meaningful and valuable experience

Hopefully already retired with millions of dollars in the bank lol. Nah I really like this job, think I will still be a 5 star pharmacist, yep still a pharmacist, don't really want to own any pharmacy

To Cure Sometimes, To Relieve Often, To Comfort Always.



Lydia Youssef

Seeing the growth and progress we made from P2 to P4

Beyond community - Working to improve the health system for pharmacists

"Keep your heart with all diligence, for out of it spring the issues of life."



Joyce Zhang

Meeting my amazing friends!

Travelling :)

All the best to everyone going into their internships!

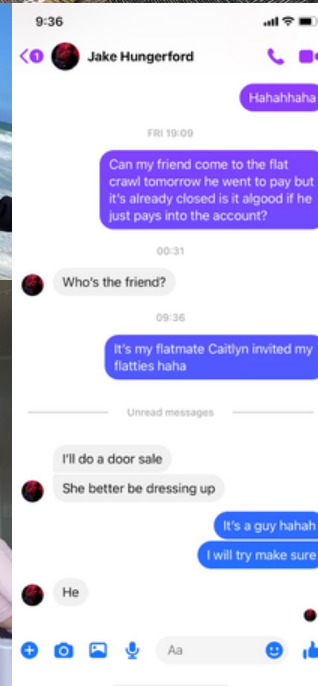
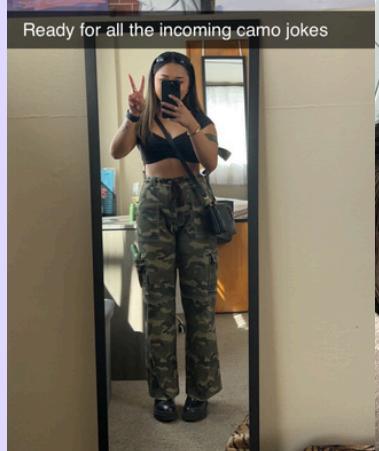
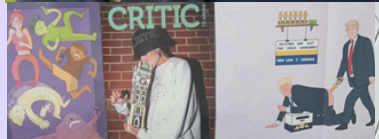


Susan Zhen

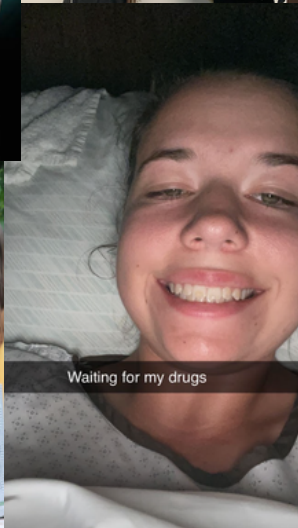
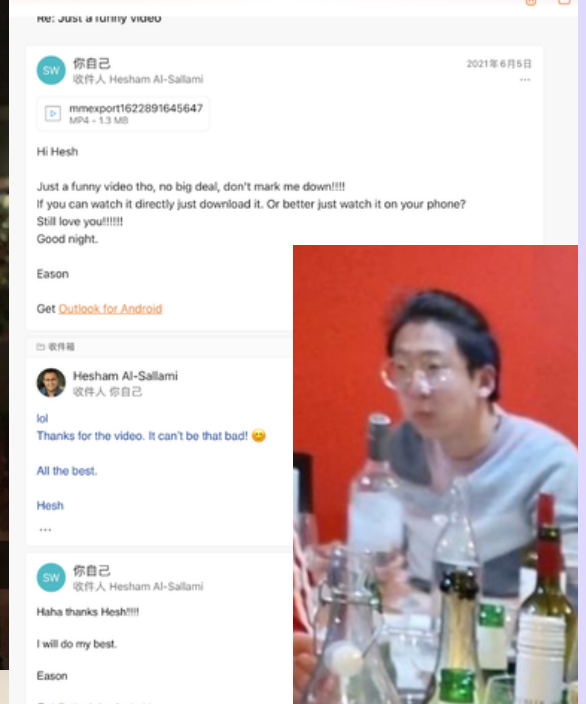
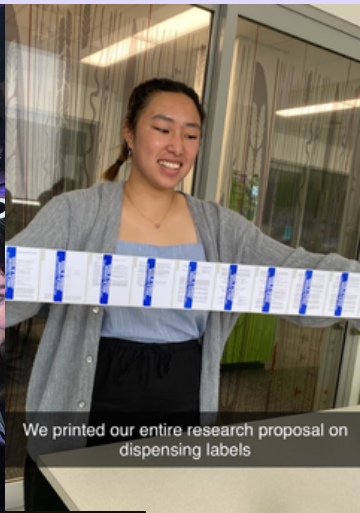
Handing in every assignment at 11:59

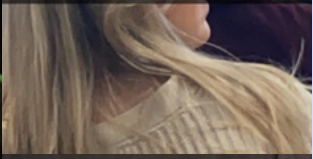
As a trophy wife sipping cocktails in Santorini x

If in doubt, paracetamol



120 Isotretinoin Capsules 20mg (ORA)
Procreation recommended. Take TWICE daily before and after coitus for mint orgasms.
Mike Oxloug \$58.90
300728/0 18Aug22 Dr A Brown
SCHOOL OF PHARMACY
UNIVERSITY OF OTAGO
Student Preparation - Not to be taken





Wine and Cheese

As the first in-person event of the year, wine and cheese was highly anticipated. Cancellations left and right due to the ongoing pandemic left students frothing for an opportunity to let off some steam. This event offered the perfect harmony of class combined with a fun and social night. Who doesn't love an excuse to dress up, paired with a glass of wine?

As Lone Star began to fill, and the bar line grew, it was clear that everyone would be going all in on this night. The spread of food across the tables was spectacular and an undoubtably popular area of congregation. It had everything you could ever want to live out your cheese tasting dream. We must be the best-looking group of health professional students as everyone came dressed to impress and did just that.



The highlight of the night hands down had to be when Shyamal hit the dance floor, showing up everyone with his best moves. I guess that proves that even lecturers know how to party. This had to be the most valuable thing they learnt throughout their endless years of study, right? The DJ rattled off popular tunes that had many people screaming the lyrics, we definitely wore out the dance floor and our vocal cords.

Lone star proved to be something of a haven, shielding us from the cold air that waited outside. As the very successful event came to a close, it became obvious that for many, the night had only just begun.

A big thank you to Amy and everyone else who helped make this event such a success!

- Brianna Fisk









Interfaculty Gala

Every year word spreads that this is not an event to be missed. Once again, the interfaculty gala has lived up to its claim. Tickets were snatched up as eager students counted down the days until the promising event arrived.



The line into subs looked nothing like it does on a usual night with the wait being short and the room full of familiar faces on entry. For many, the night was spent harassing the photographer for more photos, waiting in lines for the \$2 shots and mingling with the other health professional students on the dance floor. It was an opportunity to brag to anyone that would listen that pharmacy is by far, better than any other course.

To top off the night, platters of bar food made a brief but popular appearance before completely disappearing into the mouths of hungry students. The night flew by quickly, with so many new people to meet names flew through one ear and out the other. As people entered and left the transition from the end of interfac into the usual subs we know all too well was seamless and left us dancing the night away.

– Brianna Fisk





FLAT CRAWL

Our annual pharmacy flat crawl occurred on the 6th of August this year. Usually, it happens in the first semester however due to covid it had to be postponed. The theme was ~Throwback Wayback~. Of course, like usual we had boxes of Scrumpy's from our sponsor to give out to the eager beavers who arrived at the first flat. Thank you Scrumpy <3

This year we had 2 flats hosting - Jake Hungerford's flat & Drew Olsen's flat. We started the day at Jake's flat where we had a mean BBQ going to fill our tummies. Chef Joseph Vangioni was definitely the grill master of the day. There was plenty of beer pong & lots of conversations yelled over the house music playing in the background.

Here we had the iconic P2 vs P3 vs P4 scrumpy race where the P3's took out the win. Shout out to Shannon Clearwater for winning best dressed with her hippie costume with an honourable mention to her fellow hippies!

The second flat consisted of chiller vibes with lots of opportunity to socialise. At that point some people had to take themselves home before they lost any more of the dignity they had left. Drew's flat was definitely a bit of a wavey one!

Cheers to Jake & Drew for hosting and shout out to Amy for organising the event. It was definitely a day to remember - or should I say one we can't remember ;)

-Athena Mirambel







P4 Flatcrawl



What started as a fever dream became a reality on the 17th of September with the first P4 Flatcrawl. Before this all happened, I brought the idea to a few other 4th years who shared my dissatisfaction with the number of events that COVID had crushed. The plan was simple: gather a few flats, a bunch of 4th years, a stack of pizzas and a remarkable quench for some spicy fizzy drinks.

This was the result.

2:00PM - FLAT 1 (WH**E HOUSE)

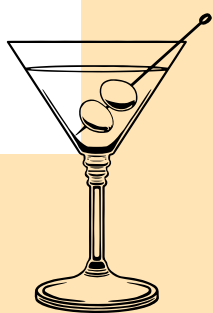
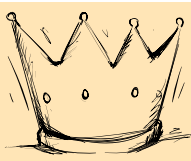
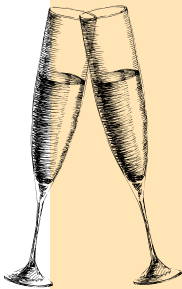
Thirst Level: Hospitalised for polydipsia

The gods of all major religions must've been on our side on this glorious day because the weather was stunning. Approximately one hour after the event started, we started the first event: Hells Kitchen. Spread out on a table in front of the teams was a variety of unidentifiable ingredients. The teams had 5 minutes to prepare a dough that would be baked at 180C for 30 minutes (m.d.u wikiHow). The moment I said go I was shocked, stunned & bewildered as the self-respecting 4th years tossed out every crumb of sanity and went to town creating their abominations. After being baked (the bread), frankly, they all tasted terrible however Hannah Maguire, Darna Hewes and Liv Austin managed to edge out the competition and win the first award of the day.

4:45PM - FLAT 2 (THE BURROWS)

Thirst Level: Jacinda announcing an alcohol buy-back scheme

What was planned for the second flat was a stack of pizzas and some succulent chips from the famous squiddies. But in a turn of events, squiddies were not responding to my booty calls so while being clearly intoxicated, I called dominoes requesting additional pizzas. I didn't arrive until this flat was well underway which caused a bit of a surprise when I eventually saw dozens of pizzas boxes impaled on a clothes line and some aspiring porn stars attempting to pop balloons using the hips their mothers gave them.





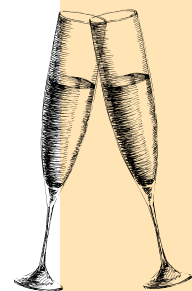
P4 Flatcrawl

The flat theme was inspired by Love Island, I'm not sure how downhill Love Island has gone but I wasn't expecting this. Some additional prizes were somehow awarded to Athena Mirambel and myself for being the Love Island king and queen and Shea McDonald for being the most likely to fuck a lecturer.

~6PM - FLAT 3 (ANIME CLUB)

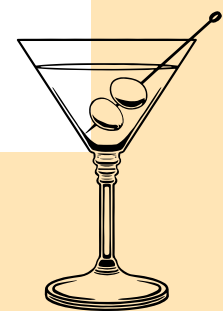
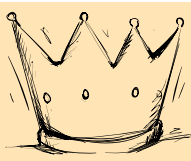
Thirst Level: Drinking a big glass of water at 3am

The details of what transpired by this point are patchy but I was enthusiastic about the final chapter of day. After the long treacherous journey to the final flat, it was time for the Un-Official Official Pharmacy Awards 2022. The votes were in and they were counted. There was some hilarious nominations including Runze Liu being unanimously voted as the most concerning potential pharmacist in 2024. And Caitlyn Rolfe proving herself as the whakawhanungatanga queen by claiming in an OSCE that she had quit smoking "10 years ago." Some confessions, however, were not announced - here's a few:



JOSH STURGEON	De-escalating a very angry Hasan during a zoom skills session while wearing a unicorn onesie
CLAUDIA LEONARD	Carrying her group on her back the entire year
ANON	Not being able to distinguish any of the white girls in their group apart
SHEA MCDONALD	Getting an allowance to skip a class after being the victim of a violent bird attack
OWEN PARKINSON	Making a connection during an OSCE with a patient experiencing aphasia by recalling the time when he couldn't speak either - as a baby

- JAKE HUNGERFORD





P4 FLATCH



P4 FLATCH



P4 FLATCH



P4 FLATCH



P4 FLATCH



P4 FLATCH





Pharmacy Ball

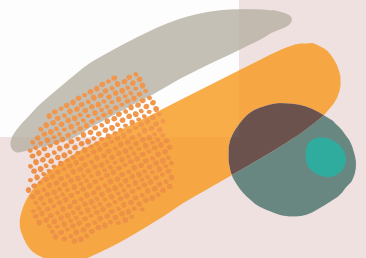
Our annual (or at least supposed to be) pharmacy ball occurred on the 24th of September at the Otago Museum. The theme this year was masquerade. It was a hugely anticipated event and there was a notable buzz amongst the P4's in particular. This is because despite being in our 4th years, due to covid, it was our first ever Pharmacy ball. 2 years of buying a ball dress excited to wear it & 2 years of disappointment. Fortunately, this was our lucky year!

It was really lovely to see everyone all dressed up, as opposed to the usual comfy uni kit. And I must say everyone looked absolutely beautiful & handsome! Dressing up is always fun, although I personally can't tolerate wearing heels for very long. Heaps of us girls brought extra pairs of shoes to wear & I for one was definitely rocking my crocs quite early into the night.

Shout out to the magazine committee & Amy our social rep for all the organisation & hard work put into the night. Thank you to the Otago museum staff & security for making sure everything went smoothly for us & cheers to Gravity Events for the Photobooth & DJ/music! It was a very fun & unforgettable night!

I'll let the photos speak for themselves ;)

-Athena Mirambel 









Educational Seminar

The annual NZAPS-O Educational Seminar (kindly sponsored by MAS) is an event where various speakers are invited to present about their careers in pharmacy and provide advice to us future pharmacists. The Educational Seminar this year was held on the 17th of September, and we were lucky enough to have the seminar and majority of the guests attend in person, compared to the previous year when it was held on Zoom during the lockdown. There were over 60 students present at the in-person event.

This year, five speakers from varying areas of pharmacy were invited to present. The seminar began with NZ Defence Force Pharmacist, Lieutenant Will Lusher who spoke to us about the unique and rewarding pathway of working in the army as a pharmacist. The students were fascinated to hear about day-in-the-life for Will, and the extra responsibilities that come from his army duties.



NZAPS-O presents...	
Pharmacy Educational Seminar Schedule	
17/09/22 Barnett	
10:00	WELCOME
10:05	Lieutenant Will Lusher NZ Defence Force Pharmacist
10:25	Professor Rhiannon Braund Pharmaceutical Society of New Zealand President
10:45	Leanne Te Karu Prescribing pharmacist
11:00	MORNING TEA
11:15	WORD FROM OUR SPONSORS: MAS
11:20	Arisha Samad Douglas Pharmaceuticals
11:40	Linda McLay Southern DHB, mental health pharmacist
12:00	FINISH / MINGLE

Secondly, Professor Rhiannon Braund, President of the Pharmaceutical Society of New Zealand, presented an overview of her career and the varying roles she has had throughout. It was inspiring to hear the range of 'hats' Rhiannon wears through her many roles and her passion to advocate for the profession. Students were curious how she could fit it all in!



Pharmacy Education Seminar

Find out where you can take your BPharm

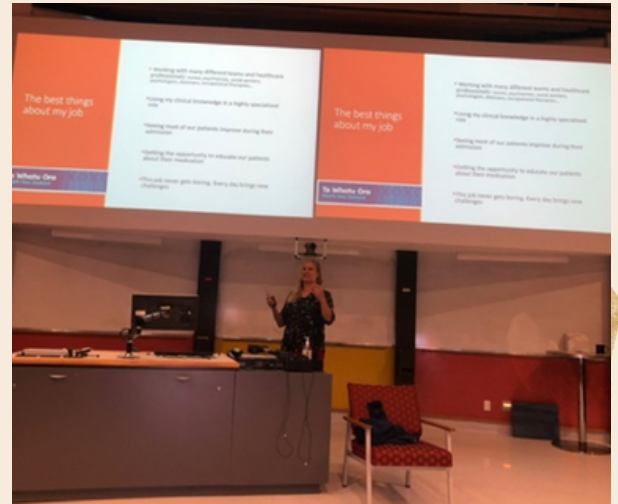
Saturday 17th September 2022





Educational Seminar

Our third speaker was Leanne Te Karu, a prescribing pharmacist, and the dean of the Māori Pharmacy School. Leanne spoke about her passion for optimising health outcomes and addressing unmet health needs, and the positive impacts she has made in Aotearoa through her work as a prescribing pharmacist. It was motivating for students to hear the avenues in which a prescribing pharmacist qualification can take us.



When the seminar resumed after some light refreshments, we had Arisha Samad from Douglas Pharmaceuticals explain her career journey in the field of drug development in New Zealand and Australia. Students were interested to hear what was involved in the role and Arisha's experience working in the two countries.



As our final speaker of the event, Linda McLay from Southern DHB, spoke about her experience as a mental health pharmacist in the Dunedin hospital. The students were engaged and intrigued to learn more about the everyday life of a hospital pharmacist in the speciality of mental health, the challenges she faces in the role, and her advice for students interested in making a difference in mental health for Aotearoa.

Students left the seminar feeling inspired by the presentations of each speaker, particularly through their range of roles and immense passion for the pharmacy profession.

-Ella Cooper



Green Cross Pharmacy Awards

Undergraduate Awards:

Emily White

Top Student 2021 for PHCY210

Shari Harvey

NZCRS Pharmaceuticals Prize: Top Student 2021 for PHCY211

Toniq Prize: 2021 Top Student in the Second Year of the BPharm Programme

Victoria Hutt

Pharmacy Guild of NZ Prize in Pharmacy Practice: 2021 Top Student in PHCY220

Eliza Jani

Top Student 2021 for PHCY310

Ella Cooper

Top Student 2021 for PHCY320

Bronté Alvis

Top Student 2021 for PHCY320 OSCE Award

Ella Cooper

Pharmaceutical Society of NZ Prize: Top P3 Student 2021

Eliza Jani

Douglas Pharmaceutical Integrated Modules Prize

NZAPS-O Teaching Awards

Ailsa McGregor

Best Female Lecturer

Dan Wright

Best Male Lecturer

Tara Wheeler

Best Workshop Tutor

Chloe Salter

Best Skills Lab Tutor

Big congratulations to all winners





World Congress (Egypt)

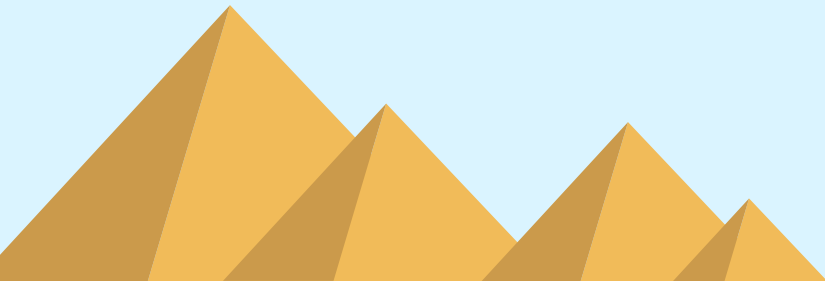


The International Pharmaceutical Students Association (IPSF) is a worldwide organisation which is comprised of pharmacy students and recent graduates from 100 different countries. They work closely with the International Pharmacists federation (FIP) and the World Health organisation (WHO). IPSF focuses on public health, pharmacy education and professional development, and delivers campaigns and initiatives to its member organisations (MO's) through these working groups. IPSF also allows NZAPS-O the opportunity to participate in their Student Exchange Programme (SEP), which gives our students the opportunity to view the world of pharmacy through the eyes of other countries.

NZAPS-O is a member of the Asia Pacific Regional office (APRO), meaning that each year we are able to attend the APRO Asia Pacific Pharmaceutical Congress (APPS) alongside the World Congress (WC). Due to covid restrictions in the Asia Pacific region, this year's APPS was held online based in Taiwan in July this year. We had 3 official delegates attend this congress, alongside 5 regular delegates who participated in the online events.

After 2 years of covid restrictions we were very lucky to be able to attend this year's World Congress (WC) which was held in Hurghada, Egypt, in August. We had 3 official delegates attend; Liaison and Contact Person, Hannah Maguire, alongside one other fourth year student Charlotte Siermans and one third year student, Brittany Shaw. This was a 10 day congress, the majority of which was taken up by the General Assembly (GA). We were joined by many other organisations at the GA, as each MO has the ability to send up to 3 official delegates to attend these meetings. These included countries such as Australia, the UK, Iraq, Algeria, and Korea to name a few.

As full members of IPSF, NZAPS-O has voting rights in the decisions regarding IPSF. During the GA we voted on accepting reports from the IPSF executive, the new IPSF executive committee for the next mandate, whether or not to accept new member organisations into the federation and motions presented by MO's (to name a few). We worked alongside BPhD, Germany this year to present a motion on sustainability at future events. This was passed unanimously by the MO's and means that in the future organisers of IPSF events will need to include a sustainability paragraph in their progress reports to show the steps they are taking to ensure a level of sustainability is reached. This was very exciting to work on and really showed the vitality of countries working together for a shared objective.



World Congress (Egypt)



Outside of the GA there were workshops and competitions held for the delegates to attend.

Due to their timing coinciding with the GA we were not able to compete in all of these, however Charlotte was able to enter the advanced patient counselling event, and Brittany the beginner patient counselling event. There were three stages of the competition, introductory, semi final and the final. The night before each round the participants were sent a case of what the patient could be presenting with in the pharmacy. The cases were either counselling a new medicine, motivational interviewing, or making a recommendation for an OTC product. There was a 10 minute time limit on the interaction. Although we all have slightly different pharmacy education the knowledge is universal in our profession and it was an amazing opportunity to have feedback from pharmacists all around the world.

Charlotte won the advanced patient counselling section and Brittany made the final for the beginner section. Both students were commended on their ability to form a connection with the patients.

We were also able to attend social events throughout the congress. These included a pool party, auction night, beach party, international night and an awards and gala evening to close the conference. We had such a great time getting to know everyone outside of the serious events and learn more about how pharmacy works in their countries. We were able to talk to not only people who come from similar backgrounds as us (such as Australia and the UK), but also those whose countries are very different to what we are used to. For example I got to complete a workshop in a group with a girl from Algeria, from whom I learnt they undergo 6 years of study to come out with a Doctor of Pharmacy and this is mandatory to become a pharmacist. We were also able to make close connections with the German delegates who were seated in front of us throughout the GA. They study for the same length of time as us, however they focus much more on industry pharmacy and spend much more time in a laboratory throughout their time at university.

The international night was especially entertaining as we were able to try food and alcohol and see traditional clothing and dances from around the world! We bought marmite, whittakers chocolate and poi with us for everyone to try and see. Everyone seemed to love the chocolate but the marmite was another story. We were also able to explain to everyone the significance of poi in Māori culture which they found very interesting.

Next year the APPS will be held in Yogyakarta, Indonesia and the World Congress will be held in Bali, Indonesia.

Yours sincerely, Hannah Maguire
Contact Person/Liaison representative for NZAPS-O



World Congress (Egypt)



Hannah, Charlotte & Brittany as the official delegates



Group photo with delegates from NZ, Aus, Slovenia, Uk, Algeria, Malaysia, etc.



Hannah, Charlotte & Brittany with their table set up for international night



Charlotte receiving her medal for the patient counselling event



NZ & Australia official delegates

TE PUNA KAITAKA

Te Puna Kaitaka is an not-for-profit organisation run voluntarily by a student executive committee who represent He Rau Kawakawa (The School of Pharmacy, Otago) and Māori Pharmacy students.

Te Puna Kaitaka was established in order to create whakawhaungatanga within the rōpū and between health professionals. We work alongside Ngā Kaitiaki o Te Puna Rongoā o Aotearoa (Māori Pharmacists Association, MPA) to facilitate connections and support between Māori Pharmacy Students and Māori Pharmacists.

Te Puna Kaitaka executive team work closely together to help protect the integrity of Māori within He Rau Kawakawa, promote the interests of all Māori pharmacy tauira and organise events for Māori tauira throughout the year. These events include student Hui with Auckland School of Pharmacy, Shield events (in collaboration with Te Roopū Māori) and much more!

Te Puna Kaitaka is a free association for Māori pharmacy tauira. As an association, we are here to support and encourage academic achievement for all Māori tauira enrolled within He Rau Kawakawa. We are passionate about the pharmacy profession and have a commitment to Māori health gains. We promote involvement from all of our tauria both socially and academically no matter where they are on their journey.

Mā te katoa... ahakoa ko wai, ahakoa nō hea – For everyone ... no matter who you are, no matter where you're from

-Tylah Maniapoto



Tairāwhiti Interprofessional Education Programme (TIPE)

For my first placement rotation I was lucky enough to have the opportunity to be a part of the Tairāwhiti Interprofessional Education Programme (TIPE) in Gisborne, which was 5- weeks long and an amazing experience.

TIPE takes health professional students from across New Zealand, in my rotation we had a variety of disciplines including Nursing, Dentistry, physiotherapy, pharmacy, and dieticians. I stayed in the same pharmacy for five-weeks which allowed me to create good working relationships with the staff and get an inside into the community. I was able to experience both retail and dispensary work including compounding, patient counselling, dispensing, communicating with the GP practice next door etc. I really enjoyed being in one pharmacy the whole time as it allowed me to get to know some of the regular patients as well as the weekly routine of the pharmacy.

Due to COVID we were not able to participate in the observational placements at other health professional sites, however we were still able to learn so much about the roles of other health professionals by discussing what we had each done each day when we got home. This allowed us to learn what other health professions do during their day and when it might be appropriate for us as pharmacist to refer them to their services. We had many different zooms from various people around Māori health including an interesting session on Taha Wairua as well as Rural health. All these sessions were really interesting and helped me develop a better understanding on rural health, Hauora Māori, and interprofessional work.



Tairāwhiti Interprofessional Education Programme (TIPE)

There are various assignments and presentations that are due throughout the 5-weeks including a group community project. These do take time, but they are not hard and are mainly group work except 4 written reflections. Ensuring to dedicate time during each week to work on the assignments makes it very achievable if you don't leave it till the last minute and still allows plenty of time for exploring!

Being in Block 2 meant that we were there May 9th – June 3rd. This meant that the weather was still nice and warm compared to Dunedin and sunny nearly every day allowing us to do many outdoor, water-based activities including Rere rockslide and surfing. You have access to the DHB cars which allowed us to travel up and down the coast exploring the beautiful scenery and activities the Tairāwhiti region has to offer. This including travelling to Mahi, visiting the Mōrere hot springs, and Tolaga Bay to just name a few. It was during these drives that we could really see the barriers people living in rural community's face when trying to access healthcare.

When in Gisborne you live together with other students in two flats on the hospital grounds with the odd cockroach too. At first it can feel a little strange living with strangers but now those people are my friends. In the flats is where you can really learn about the other professions and where some of the best learning happened. This is also where you can see the interprofessional practice happening. E.g., on one day the dietician wrote a prescription for a patient that then one of the pharmacy students dispensed.

The Five weeks went by so fast, I meet amazing people and enjoyed exploring a part of the country I had never been to before. I'd highly recommend applying for the Tairāwhiti interprofessional education programme. If I was able to repeat this placement again I would definitely, do it.

-Amy Templer



NZAPS-O AGM 2022

2023 EXEC TEAM

President - Isaac Gee
Secretary - Brianna Fisk
Treasurer - Aine Kelly
Education - Joseph Vangioni
IPSF Contact Person - Kalani McDonald
Student Exchange Officer - Sara Hashemi
Sports - Daniel Hussey
Marketing - Tanya Chan
Social - Yunbai Huang
Revue - Maya Kelly
Admissions - Madison Arthur

ANNUAL AGM

Our annual AGM meeting was held on the 30th of September in the OUSA Evison Lounge where the annual reports & newly elected executive team was announced for 2023.

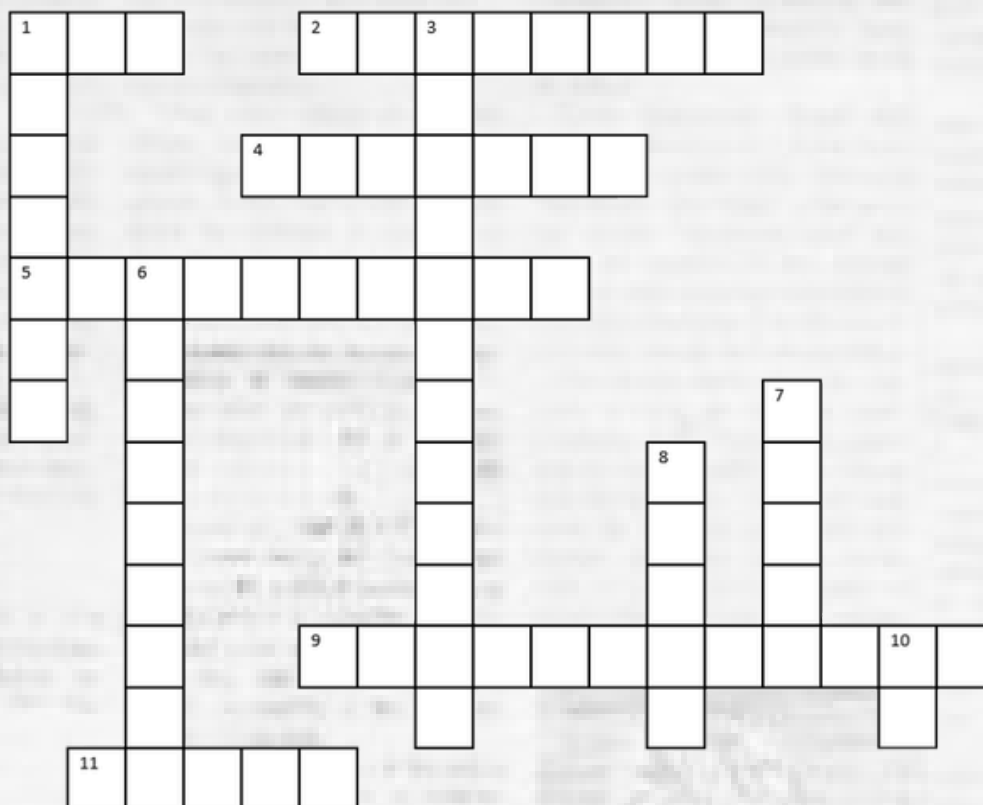
Shout out to all the candidates this year for putting their name forward & running for their respective positions. It takes a lot of courage to put your name forward. We were very impressed with the way you all answered the questions we threw at you all during speech night. What an incredible job!

A big congratulations to those successful in their candidacy & all the best for 2023!

CONTRIBUTION AWARD

Congratulations to Dominic Johnson & Ella Cooper for receiving the NZAPS-O appreciation awards of 2022, for their continual support for NZAPS-O Exec members & events.





Across

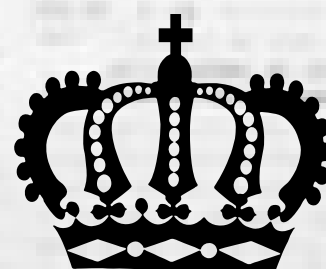
1. Triple Therapy consists of two antibiotics and a _____ (3)
2. Justice, Non-maleficence, Beneficence and (8)
4. VPPL stands for _____ Professional Practice Laboratory (7)
5. Ball theme this year (10)
9. Where the NZAPS-O office is located (12)
11. Drug class containing ibuprofen and aspirin (5)

Down

1. Who decides what drugs will be funded in NZ (7)
3. Class of antibiotics containing doxycycline (12)
6. Interaction information on NZF is provided by _____ Interaction alerts (9)
7. NZAPS-O president for 2022 (5)
8. Toniq abbreviation for discard unused contents after (5)
10. Prescription (2)

Y	Y	R	H	U	N	M	O	R	P	H	I	N	E
S	G	G	Y	H	M	I	T	O	M	Y	C	I	N
A	E	V	D	O	I	B	U	P	R	O	F	E	N
L	N	S	R	M	Z	V	J	D	E	P	M	I	Y
B	T	I	O	E	W	M	N	N	Z	O	Y	K	S
U	A	L	C	P	M	C	O	D	E	I	N	E	E
T	M	D	O	R	R	G	G	H	W	N	S	A	M
A	I	E	R	A	I	X	K	J	V	Z	C	B	R
M	C	N	T	Z	L	O	R	A	Z	E	P	A	M
O	I	A	I	O	H	U	P	D	V	R	L	H	N
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D	Z	X	E	C	I	T	A	L	O	P	R	A	M

HYDROCORTISONE
 IBUPROFEN
 CODEINE
 LOPINAVIR
 SALBUTAMOL
 SILDENAFIL
 CENTAMICIN
 OMEPRAZOLE
 MORPHINE
 CITALOPRAM
 LORAZEPAM
 MITOMYCIN
 KETAMINE

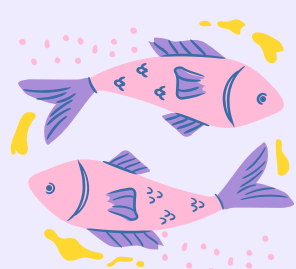




Aquarius

Jan 21 - Feb 20

The most loyal friend but don't expect them to comfort you after you've just bombed an OSCE. Won't take anyone's help because they're capable of doing it themselves



Pisces

Feb 19 - March 20

Has probably cried in an OSCE once or twice. Secretly wishes they could just drop out & go live their best life in Europe.



Aries

March 21 - April 20

Can you sit still for one damn second? Usually the friend that convinces you to make bad decisions by saying "if you do it, I will"



Taurus

April 20 - May 20

The friend that somehow still looks put-together even after a big night. Usually the kindest people but hella stubborn. What gave you a stick up your ass?



Gemini

May 21 - June 20

Gets a lot of slack from the other signs and probably justified. Floaters & social butterflies & will send you memes all day instead of studying for exams.



Cancer

June 21 - July 22

The most dramatic people I've ever met but the most loving friend. Low-key so manipulative but you have to give them credit for it.



Leo

July 23 - August 23

Self-centred ego maniacs but can you blame them when they're such baddies? Will ace group presentations because they're naturally charming



Virgo

August 23 - Sept 22

The friend that tells you when you look like shit. Absolute perfectionists. Can rely on them to have screenshotted receipts from drama.



Libra

Sept 22 - Oct 22

Flakey & indecisive so never let them choose the brunch spot. The one that cheers everyone up because they're people pleasers.



Scorpio

Oct 23 - Nov 21

Overthinkers and secretive. Good with money and usually handles flat finances. Don't get in an argument with them because they're persistent as fuck



Sagittarius

Nov 21 - Dec 21

Has probably attended every pharmacy event & will take any opportunity to ignore their uni work. Sends you the "hey, u up?" text at 2:42am



Capricorn

Dec 22 - Jan 19

Powerhouse that carries their group in projects & will judge everyone hard. Will either manage own pharmacies or ditch pharmacy altogether, no in between

 **SIGN**
Here



