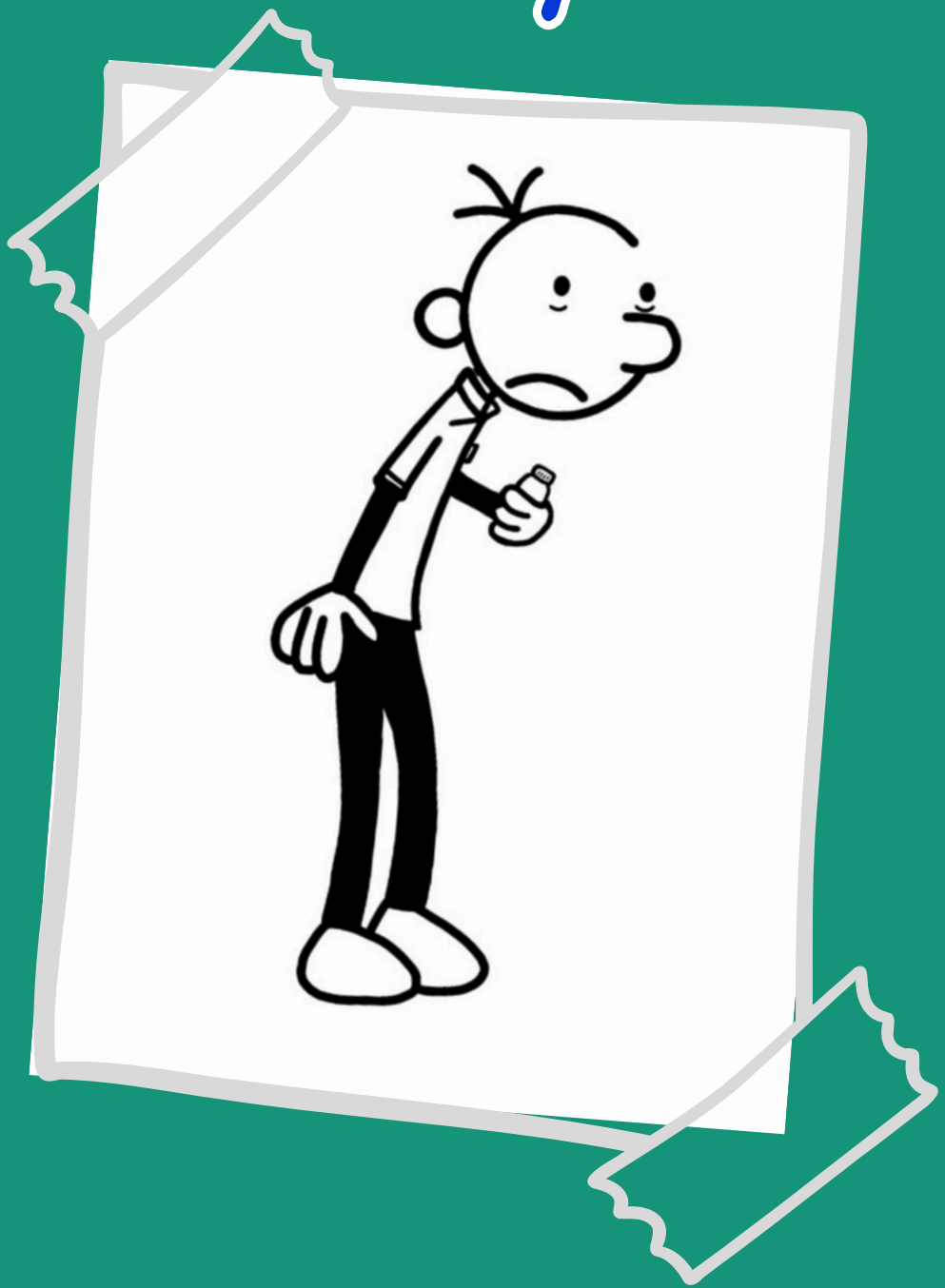
DIARY of a Pharmacy Kid



2024 NZAPS-O Yearbook

ISSUE 2024 EDITORIAL

Kia ora e te whānau!

On behalf of the NZAPS-O Sub-Committee, it has been an absolute privilege to create this yearbook for you all, and I hope you enjoy it. This has taken many hours of our time and I want to extend a massive thank you to the incredible yearbook committee for their dedication, hard work, and willingness to give up their time. Special mention to Madison Arthur for her contribution towards this yearbook.

NZAPS-O Yearbook Sub-Committee

Chief Editor	Senior Editor
Oliver Bolton	Madison Arthur

Sub-Committee Members

Sumeetha Raj	Sophie Gower
Emma Fotheringham	Thy Phan
Emma Prendergast	Zoe Ng
Shelby Rupa-Hayward	Shaiyaa Krish
Sophie McGillicuddy	Amy Su
Tammie Sibanda	Phuong Dang
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For their contributions, special thanks for:

Kalani Macdonald
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Emma Tuckey
Naomi Knox
Suraiyaa Khan
Elmira Dvoracek
Tala Farah
Chloe Salter
Heather Lindsay
Lisa-Jane Reid
Te Puna Kaitaka
Jade Tau-Manuel
Susannah Rice
Kasra Namin

As we close this chapter, I'd like to share a whakataukī that has resonated with me throughout the year: "He aha te mea nui o te ao? Māku e kī atu, he tāngata, he tāngata, he tāngata."

What is the most important thing in the world? Well, let me tell you, it is people, it is people, it is people. With that in mind, I hope you all enjoy the 2024 pharmacy yearbook as a reflection of the amazing people in pharmacy.

Ngā mihi nui,
Oliver Bolton

Skills team report

He mihi mahana ki a koutou katoa

Can you believe it's been three years since we first saw your bright shiny faces as you entered the Adams Building to embark on your pharmacy education journey? And what a journey that has been. But now you're getting close to the end this adventure and we couldn't be more proud of you all.

To all of you who are graduating, we want to wish you a huge congratulations. You have worked hard to get where you are today, shown perserverence, dedication and commitment. We feel so privileged to have been a small part of your pharmacy journey and to have seen you develop from nervous P2s into confident, knowledgable and amazing P4s. You have all improved so much over the time we have known you and we are especially proud of those who were almost too shy to speak in an OSCE scenario who are now ready to approach the real world with their heads held high and a confidence in their knowledge and ability to talk to patients.

It is an exciting time out in the world of pharmacy and you all have the ability to make changes within the pharmacy profession during your lifetimes. Your experiences at The School of Pharmacy have given you a depth of knowledge that will prepare you well for a long and fulfilling career within the health industry of New Zealand and further afield.

So, we have to say goodbye to you (all good things must come to an end) but we wish you all the absolute best out there in the real world. We know you will be amazing if you embrace all of the opportunities that are available to you, create new opportunities for yourselves and do your best everyday to work with your colleagues to improve the health outcomes of all of your patients.

One last instruction from us - and we have given you a lot over the last wee while - you must all promise to keep in touch and let us know how you're doing on your next exciting journey. This will be the best one yet. We are accepting facebook friend requests and feel free to slip into our DMs anytime. We'll miss you lots but wish you all the very best!

Love always
Chloe, Heather and Lisa Xxx

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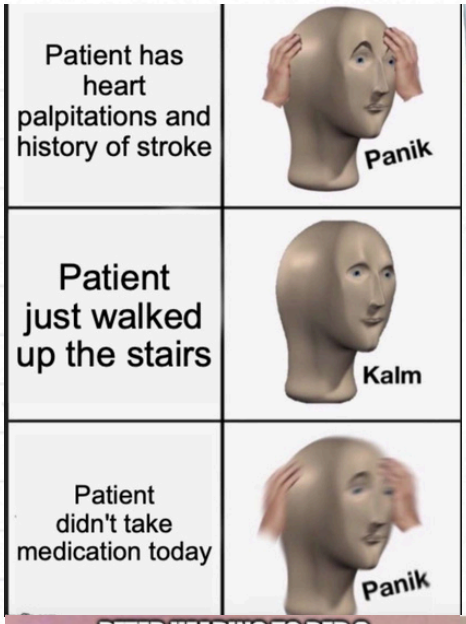
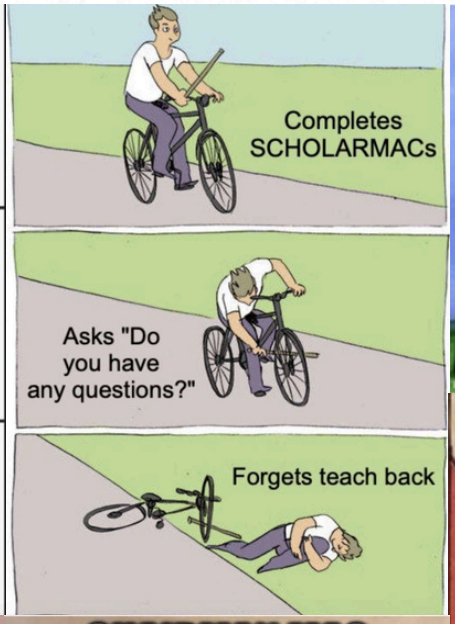

Patient has heart palpitations and history of stroke
Panik
Patient just walked up the stairs
Kalm
Patient didn't take medication today
Panik


Completes SCHOLARMACs
Asks "Do you have any questions?"
Forgets teach back

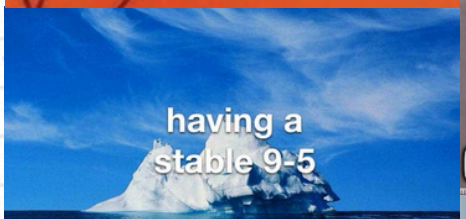
KASRA
AT THE PATIENT COUNSELLING EVENT

CAN WE PLEASE HAVE PRACTICE MCQS
SCHOOL OF PHARMACY

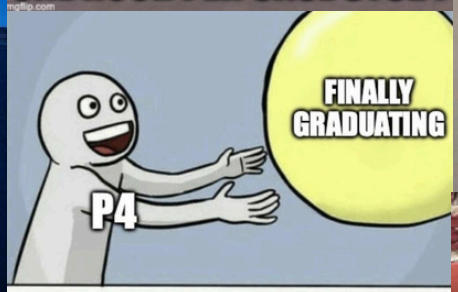
PETER HEADING TO BED 3 HOURS BEFORE OUR WORKSHOP STARTS

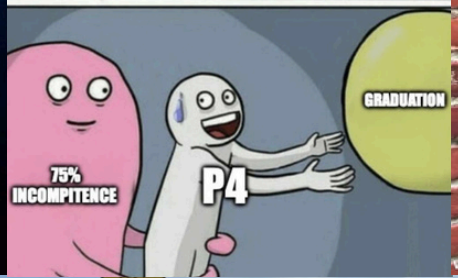
CHAIRMAN MAO
WAS IN FAVOUR OF ONE HOUR PER CASE STUDY

when you're one workshop away from that 25%

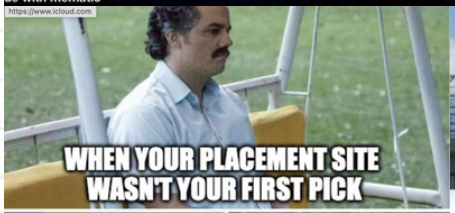

having a stable 9-5

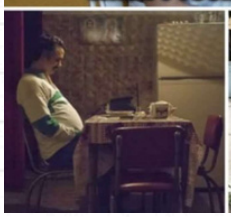
retail with consequences
de with mematic


FINALLY GRADUATING
P4


GRADUATION
75% INCOMPITENCE
P4

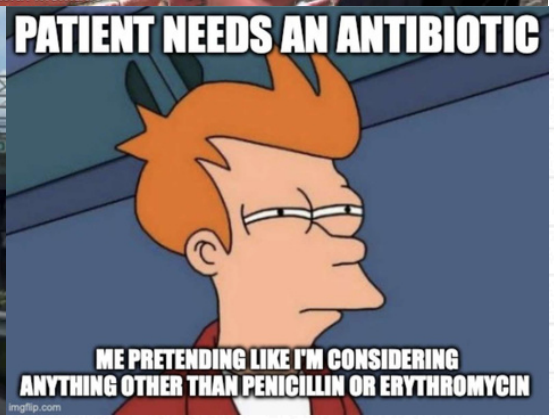
telling people not to drink on their medication
with mematic


WHEN YOUR PLACEMENT SITE WASN'T YOUR FIRST PICK



Compulsory workshop
Optional drop in tutorial

Pharamcy students

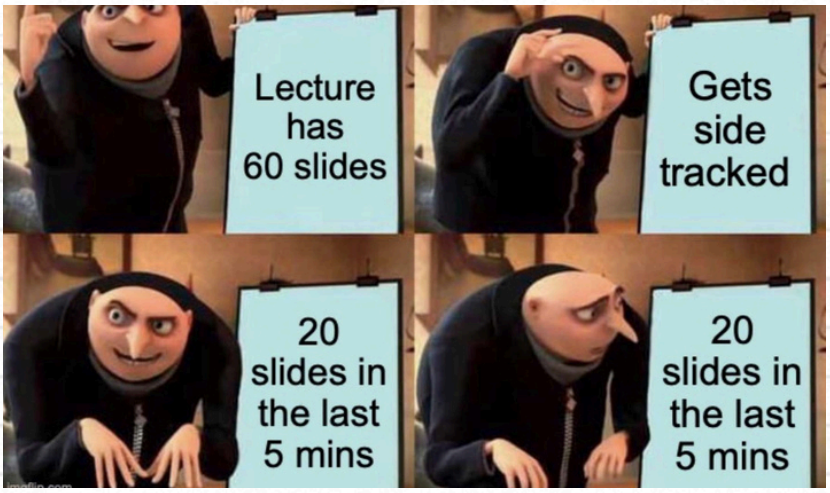

PATIENT NEEDS AN ANTIBIOTIC
ME PRETENDING LIKE I'M CONSIDERING ANYTHING OTHER THAN PENICILLIN OR ERYTHROMYCIN

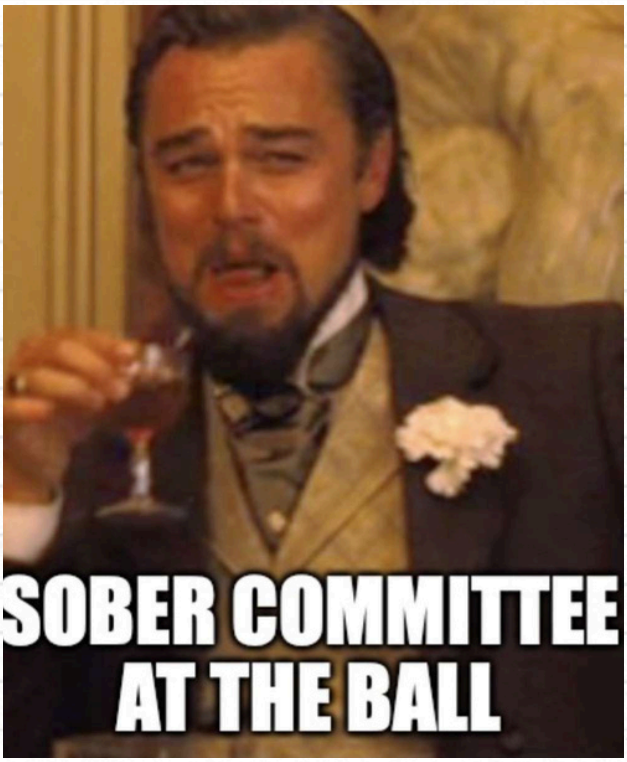
And that's how to take your medications
Oh, I just take my meds when I feel like it

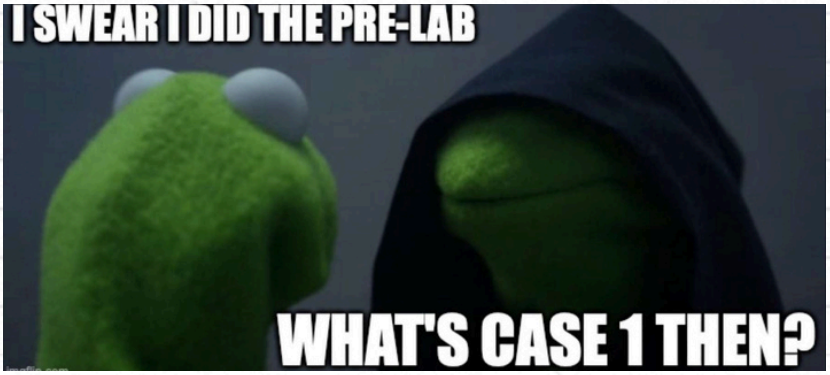
Calling the doctor
Talking to the patient

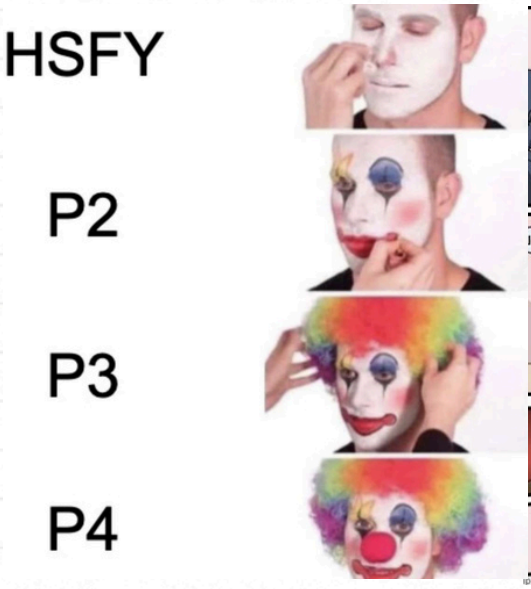
VOLUNTEERING
TO GO FIRST DURING SKILLS LABS

it says snack isle but i don't see any metformin


Lecture has 60 slides
Gets side tracked
20 slides in the last 5 mins
20 slides in the last 5 mins


SOBER COMMITTEE AT THE BALL


I SWEAR I DID THE PRE-LAB
WHAT'S CASE 1 THEN?


HSFY
P2
P3
P4

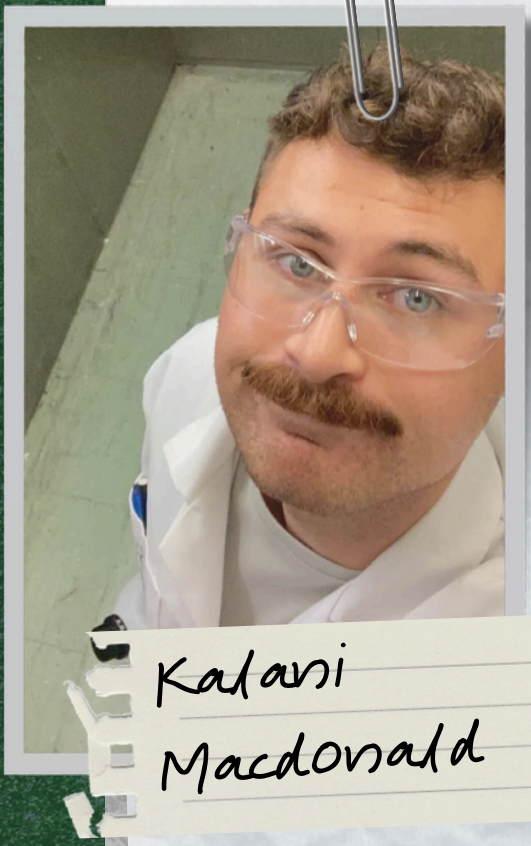
How can we increase participation?
Alcoholic events
Free events
Free food

310 is over
320

NZAPS-O EXEC

2024 NZAPSO EXEC

President	Kalani Macdonald
Secretary	Oliver Bolton
Treasurer	Emma Tuckey
Education Officer	Brianna Fisk
Marketing Officer	Kasra Namin
Welfare Officer	Sumeetha Raj
IPSF Contact Person	Naomi Knox
Social Officer	Suraiyaa Khan
SEO	Elmira Dvoracek
Sports Officer	Tala Farah



Kalani Macdonald

2024 NZAPS-O Presidental Report

Kia Ora everyone,

It's hard to believe that three years ago, we began this journey as strangers, and now we leave as close friends and colleagues. As this chapter draws to a close and we all prepare to embark on our next adventures, I want to take a moment to reflect and express my gratitude.

First, to this year's incredible executive team, thank you for making this year truly memorable. Our first challenge, organising the P2 camp, set the tone for our collaboration.

A special shout-out to Tala for your outstanding work on the camp T-shirts and sports day; that event was one of my personal favourites and a major success.

Kasra, your hard work securing new sponsorships made a tangible difference this year, thank you for all your hard work.

Sumeetha, the Teddy Bear Hospital and buddy system thrived under your guidance, bringing smiles and fostering connections across all year levels.

Suraiyaa, your leadership of the social events ensured every occasion was something we eagerly anticipated, with each one better than the last.

Madi, the open evenings you organised were both informative and fun, engaging first-year students and allowing us to share our passion for pharmacy.

Bri, the education seminar, intern evenings, and regular class rep meetings provided us with vital insights and support throughout the year, your dedication didn't go unnoticed.

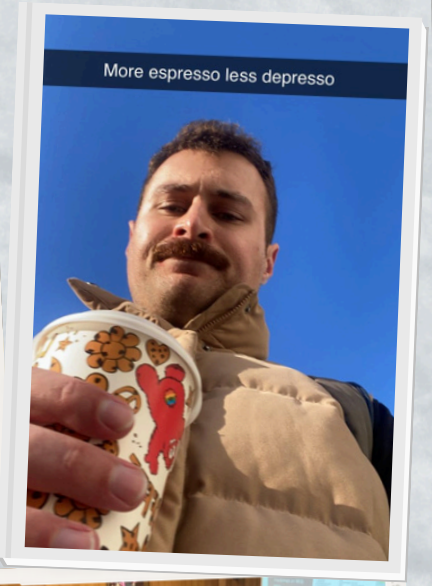
I'd like to acknowledge Naomi for managing to attend multiple international congresses this year and promoting various health awareness campaigns.

Mother Earth giving birth

Elmira, your care for our international students ensured they always felt welcomed.

Emma, managing the budget is no easy task, especially in a year with tight finances, but you handled it with grace, thank you for all the hard work.

Lastly, I'd like to recognise Oli's dedication and hard work behind the scenes as secretary made everything run smoothly. Your attention to detail and tireless dedication were crucial to our success. It's been a privilege to work alongside such a talented and dedicated group of individuals, and I'm proud of everything we've achieved together.



Finally, I'd like to congratulate the future president of 2025, Naomi Knox! I have no doubt that you'll thrive in this role. Congratulations to the rest of the upcoming exec as well, I can't wait to hear about the exciting things you get up to throughout the year.

To my fellow P4 colleagues, it's been an honour getting to know each of you and creating memories that will last a lifetime. I'm excited to see where we all end up and can't wait to hear about the impact you'll have in the pharmacy space. Best of luck with your internships, I look forward to seeing you all again in the future.

Wishing you all success and happiness in your future endeavours.

Kalani Macdonald,
NZAPS-O President 2024

OLI BOLTON

2024 SECRETARY

Kia ora e te whānau,

This year, I've had the absolute privilege of being the NZAPS-O Secretary. Alongside this role, I've also juggled many other hats: working in the Dunedin Hospital Pharmacy as a pharmacy student, being a kaiāwhina at Te Rangihīroa, and completing my honours project. While it's been a busy year, I have loved every moment of it! Firstly, I want to express my gratitude to the NZAPS-O committee. It has been a pleasure getting to know and work with each of you over the past year. I wish you all the best for the future. A special congratulations to Tala for stepping into the Secretary role for 2025, I know you'll do an amazing job!

I want to acknowledge the class of 2024. You've made this journey unforgettable, and I've truly enjoyed every moment with you. To the classes of 2025 and 2026: If I can offer one piece of advice, it's to make the most of the time you have with each other. Make the effort to get to know as many of your peers as possible. These are the people who will walk alongside you in this journey, and they will be invaluable support not just now, but in your future as well.

Earlier this week, I was chatting with some friends who study commerce and other science degrees. We were comparing our lectures, workshops, and labs. They mentioned how, in their classes, students tend to sit alone and rarely interact. That really made me reflect on how fortunate we are in the BPharm program to have such a tight-knit community. It's not common for students to form such strong connections with one another.

P2s and P3s, if you ever have questions about placements, course content, internships, general advice, or anything else, don't hesitate to reach out, I'd love to hear from you. Send me an email (oliver2.bolton@gmail.com) or message me on Facebook (Oli Bolton)

Treasurer

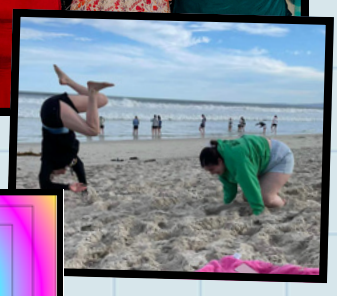
Emma Tuckey

Howdy!

2024, oh what a year it has been. It feels weird to be summarising the year when we still have a couple months left, but I guess that's the uni calendar for you. I remember when I was elected as treasurer and was a little daunted by what that entailed, but here we are, at the end of 2024, finding it hard to believe it has been a whole year since then. Time has passed as a flurry of budgets, spreadsheets, and ticket prices that always need to be lower. But we made it.

This Years Highlights

- **Wine & Cheese and the Ball**
  A special thank you to Suraiyaa; we couldn't have done these events without you.
- **P2 camp**
  This was, as always, an interesting time and we have enough t-shirts leftover that the future exec will be finding them in the office for years.
- **I didn't make us bankrupt**
  That's always a plus.
- **I made some new friends along the way**
  I guess that's a plus too.



Thank you to the 2024 exec, for being such a great group to work with and for always keeping me on my toes. As my time as treasurer comes to an end, I wish the next treasurer all the best. It's a big job but a fun job; I'm sure you'll do great!

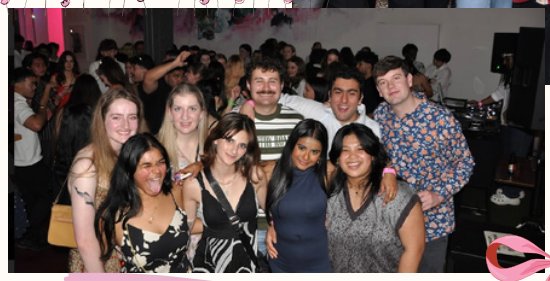
Thank you all for a great year! I hope the current P4's shift that intern pass rate above 48%, that the P3's enjoy our last year together, and that P2's survive anticoagulants and oncology.

Alas, P4 awaits. What a pleasure it has been,
Emma Tuckey

Social Officer

Suraiyaa Khan

Hello 2024 pharm cuties!
Thank you so much for making my job as social rep this year honestly the best it could have been. Organising the events was fun, but your consistent attendance to them all really makes my job worthwhile, and it has been so great getting to know you all through them as well. I want to thank Emma our treasurer for tirelessly dealing with all the things I couldn't do :) Genuinely couldn't have done it without you.



I started the role engaging in our summer zoom calls with the rest of the exec, planning the P2 camp. Seeing our hard work manifest at the start of the year was amazing, we really hope we welcomed the new cohort in with a bang. Later on in sem 1 we had flat crawl, another one of our iconic events. Everyone came "dressed as their type" which was a sight to be seen for sure. I cannot thank our hosts enough for the day <3. We ended sem 1 with Wine and Cheese at Deja Vu, one of my personal favourite events of the year. It was so fun to see everyone having a good boogie and munching on those grazing boards we put together.

Planning Pharmacy Ball at Vault 21 before exams were to take place was another highlight of the year. Another event to bring the whole degree together which was yet another amazing night that gave everyone an excuse to dress up and socialise. Despite all the rain we partied hard and everything came together for what was an unforgettable night.

It has been amazing being your social rep for 2024, and I wouldn't have changed anything for the world. Much love to all the 2024 exec. Shout out to Yuv, 2025's social rep, you are going to smash it!
Much love,
Suraiyaa xx

MARKETING OFFICER

Kasra Mahmoodzadeh Namin

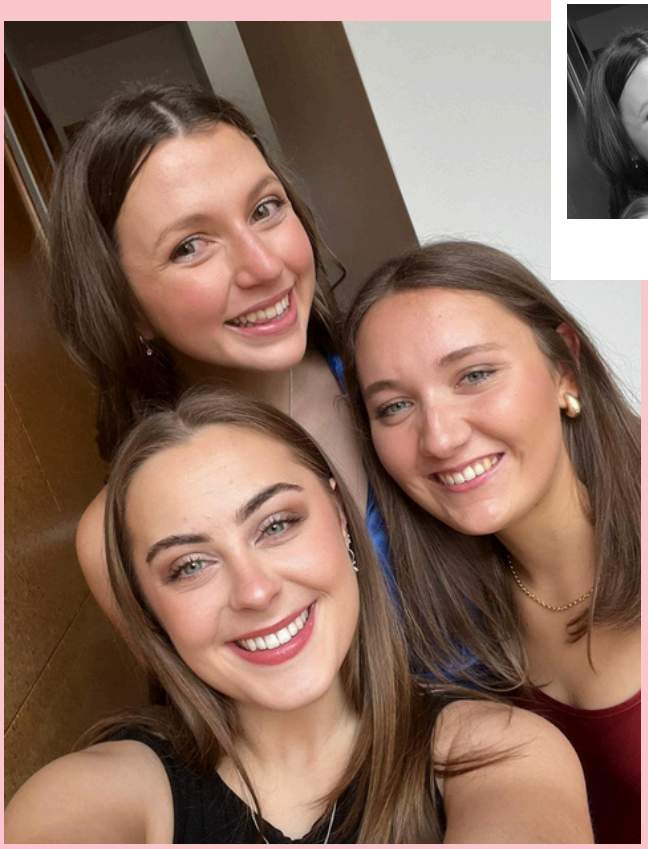
Wow! What a journey has it been. From the online lectures in P2 to now registering for internship, my journey through Pharmacy School has been incredible. This year I was given the opportunity to be the Marketing Officer for NZAPS-O, a role that I wasn't originally going for, but one that I definitely don't regret choosing. A role which involved me organising sponsors for our association to ensure our members got the best deals. While I am talking about sponsors, I just want to take a moment to give a huge thanks to all of them for choosing to support us. Your support meant a lot!

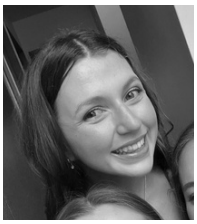
As for the exec team, thank you to each of you as well. It was a difficult year for all of us, with the P3s having to go through their hardest year in pharmacy and the P4s navigating placements and organizing their internships. None of this would have been possible without you. We got there in the end and I am proud of all you. To the 2025 exec, I wish you the best and hope you take NZAPS-O to even more exciting places. And a special shout-out to Suraiyaa, NZAPS-O's 2025 Marketing Officer—you've got this!

This journey would have not been possible if it wasn't for the people in the class of 2024. All of you are the highlight of my journey through Pharmacy School. The laughs, fun, and memories you have given me will not be forgotten. It is an absolute honour graduating with all of you!

To Oli and Kalani, thank you to both of you for being by my side through Pharmacy School. I'm so grateful to have friends like you and I really could have not gone through this journey if it wasn't for you two.

Thank you and best wishes to everyone!
Kasra





EDUCATION OFFICER

Brianna Fisk

Kia ora! As the 2024 academic year draws to a close, I want to take a moment to reflect on this incredible year.

P4s, It's crazy to think that three years ago, we stood side by side at the White Coat Ceremony. Time has flown by, but I am incredibly grateful to have been a part of the Class of 2024. We've come so far, and it has been an absolute privilege to walk this journey with you all. P3's, Huge congratulations! You've survived the hardest year of pharmacy school. That's a major achievement, and I know you're all ready for what's next. P2's, I hope you've enjoyed your first semester of clinical content. There's plenty more to come, and I encourage you to make the most of your time at Otago - the next two years will fly by before you know it.

One of the highlights of my role this year was running the Education Seminar. We had an awesome turnout with some amazing speakers, and it was so rewarding to see the enthusiasm from everyone involved.

This year would not have been successful without the support of my amazing class rep team. A huge thank you to Emma, Sophie, Batool, Zoe, Thy, Elmira, Yuvraj, Naomi, Jacob, Maya, Kasra and Caitlin for all your hard work, dedication, and commitment. You've been incredible, and I couldn't have done it without you. Shout out to Oli for writing minutes at these meetings too!

Secondly, I would like to give a MASSIVE thank you to Caitlin who has been by my side throughout this role. You have been the biggest supporter, email-proofreader, and my all-round go-to throughout the year without hesitation. I couldn't have done it without you and cannot thank you enough. Who knew I would have such an amazing friend ❤️

To the 2024 Exec Team, you've been incredible this year. Whether it was last-minute help or just being there through the highs and lows, I knew I could count on you. Together, we tackled everything that came our way, and I'm so proud of what we've accomplished.

Finally, I want to wish Jacob the best of luck as the 2025 Education Officer. I know you'll do an awesome job, and I'm excited to see how you'll take on the role next year.

Kā kite,
Brianna

Admissions Liaison

Madison Arthur

I am extremely proud to finish off both my last year as Admissions Liaison and as a Pharmacy student, seeing how far we've all come as a group.

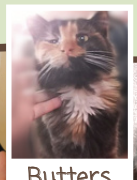
This year has gone by scarily quickly and I'm still convinced that there's at least half a year between me and internship.

Unfortunately timing and placements meant having to miss a few of the key events this year, but as always the open evening remains the most successful, and fun, admissions event each year. I want to thank my amazing friends and team of volunteers who helped the staff and I with this amazing event.

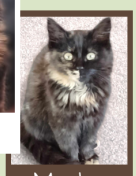
While the role of admissions is still in it's infancy stage, I truly believe it has the potential to grow more and create real change on how Pharmacy as a degree and profession is viewed. I also believe that the new Admissions liaison for 2025, Emma, will be able to pull it off !

My role within the exec has brought me so much joy and satisfaction, and the experiences will stay with me for life. I would call my efforts a success both this year and last, especially when I look at the amazing P2 cohort we had this year (yes I claim every P2 as my success story. IDC, prove me wrong).

But I am genuinely so proud and excited to see what amazing things you all continue to do.



Butters



Mocha

Good luck to the 2025 exec, and know I will continue to cheer you all on from the sidelines !

Over and out,
Madi xx

This Years Highlights

Pharmacy open evening

Pharmacy Ball

The Escape rooms

The Marae trip

STUDENT EXCHANGE OFFICER

Elmira Joy Dvoracek

Kia ora, Mabuhay, Talofa, Mālō e lelei and hello. It has been a pleasure being your Student Exchange Officer for the 2024 academic year.

This year has been a busy year with our exchange programme starting up again. We have been fortunate enough to have 3 students come over from France/Tahiti, Taiwan and South Korea. Cynthia, Peter and Heejung did their placements at antidote Meridian and Anderson's Exchange Pharmacy! They had the chance to learn and experience what it is like to be working in pharmacies here in NZ while also exploring a bit of Otepoti and Aotearoa. NZAPS-O also offers their P3 and P4 members the chance to go overseas and experience what pharmacies are like in different areas of the world. Next year, and hopefully in upcoming years, we hope to see more students from NZAPS-O to have the opportunity to fly, travel and experience what other countries have to offer in the pharmacy world and for more students within the IPSF organisation to experience all the Aotearoa has to offer.

As SEO this year, I had the pleasure of meeting other SEO's within the IPSF through our late night training sessions and also attending online RA and GA sessions online. I unfortunately was unable to attend the Asia Pacific Pharmaceutical Symposium in Thailand and the IPSF World Congress that was held in Seoul, South Korea in person, but hope to attend the upcoming APPS in Malaysia in 2025.

I now pass the floor to our next SEO! I can't wait to see what you do for this role!

From your 2024 SEO,
Elmira Joy Dvoracek

STUDENT WELFARE OFFICER

Sumeetha Raj

Hi everyone! It has been my great pleasure to serve all of you guys as Welfare Officer this year. This role is and has been very close to my heart. It is a very wholesome part of my pharmacy journey. This role has given me a lot of opportunity to have meaningful conversations with a lot of you, especially the P2s. It has also given me the chance to participate in giving back to the course and the society in meaningful ways.

This year, we had a very successfully run P2-P3 mentorship programme. A lot of our P2s have benefited from this partnership and it has helped ease them into their first year in pharmacy better. I can safely say the highlight of this year for me was the Teddy Hospital. We had many volunteers this time and although there was a schedule, a lot of you guys stayed longer than the stipulated timing because of how much you enjoyed it! The children thoroughly enjoyed themselves and I hope this is an event that continues to run for a long time!

I am very grateful to my fellow exec members for all their input and help not only in the welfare events but in every event that we have had to work together. I hope we have made your year in pharmacy more eventful and memorable through our contributions. I look forward to bringing many more fun memories and opportunities for pharmacy students as the IPSF CP next year alongside with the other exec members!

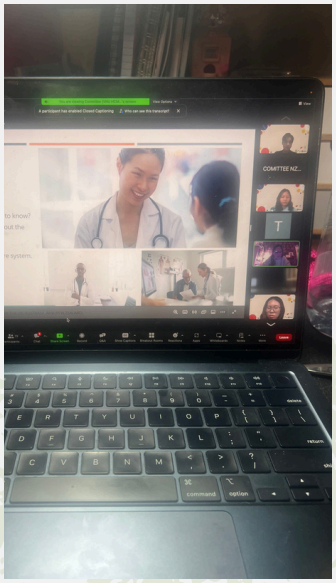
NAOMI KNOX

11/05/2024

ipsf cp 2024 review

Kia Ora! I'm Naomi Knox, your outgoing IPSF CP for NZAPS-O. I have had such a blast running many IPSF-associated events and organising collaborations! I truly have loved my role, and I hope I have successfully introduced IPSF and our values to you! IPSF CP is such a rewarding role and I hope my successor loves it as much as I have! A special thanks to my APRO family for always supporting me! I hope to do you all proud <3

NAOMI'S HIGHLIGHTS



1. DISPENSING RACE

The dispensing race was the first IPSF competition I ran! It was terrifying, but overall was very successful and people had a blast! Teamwork made the dream work!

2. PATIENT COUNSELLING COMPETITION

As I'm writing this, the Patient Counselling Event hasn't occurred. I am sure that it was a success! This is the first time the PCE has been run since 2019 and with 23 participants, its going to be a blast!

3. PUBLIC HEALTH COLLABS

In collaborations with a variety of different member organisations from Auckland, Australia, Indonesia, Vietnam and Singapore, I have organised International Collaborations to best share public health and pharmacy roles to our members!

4. INTERNATIONAL REPRESENTATION

This should really be at the top. I have loved attending all of the IPSF events I have so far and plan on attending as many as I can! I strongly encourage all of our members to attend if they can!!

viva la IPSF, viva la Pharmacie, viva la APRO

SOCIAL SPORTS

TALA FARAH

Reflecting on the year as the sports rep, it's awesome to see how much we've achieved. Our weekly social sports, like netball, basketball, and volleyball, were a blast, giving everyone a chance to have some fun, and hang out with some new friends. It was great to see people of all skill levels getting involved and enjoying themselves. With Relay for life and Interfaculty sports happening also it was a very eventful and exciting year for sports.

HIGHLIGHT OF THE YEAR

The P2 camp sports day was definitely a standout and the highlight of the year. It was such a fun day filled with excitement, teamwork, and good vibes all around, the perfect way for all the 2nd years to get to know each other. Whether it was the competitive matches or the more relaxed activities, everyone really got into the spirit of things. It was a perfect way for the P2s to mingle and make new friends.

Thank you to all the exec members who made this year as amazing as it can be, I'm so excited to see how we can keep the energy going next year!

To the next sports rep I'm sure they're going to smash it. I loved being sports rep this year and I'm sure they'll love it too!

See ya!

Tala :)

Te Puna Kaitaka - Māori Pharmacy Students Association

This year saw a new executive kōmiti with three of our third-year tauira (Jade Tau-Manuel as Tumuaki Tuarua (Vice President), Christopher Griffiths as Kaituhi (Secretary), Te Aniwa Tutua as Kaitiaki Pūtea (Treasurer), and Erana Ikimau as Tumuaki (President)) in her fourth year. One of our kaupapa (goals) for this year was to build and support connections, encouraging whakawhanaungatanga between all cohorts and other rōpu.

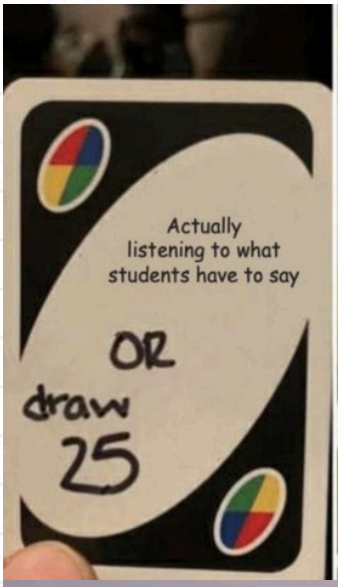
We aimed to meet each month with a fun event that would help tauira to get connected and have some fun amongst studies. Throughout the year we organised exam workshops, tutorials, rugby games, bowling, movies, noho marae, fundraising events, and plenty of kai.

A highlight of this year was in September when we hosted tauira-led hui at Ōtākou marae. This event brought together tauira from Tāmaki Makaurau School of Pharmacy, and members of Ngā Kaitiaki o te Puna Rongoā (Māori Pharmacists Association). It encouraged whakawhanaungatanga between rōpu (groups), and was a good opportunity for tauira to learn more about our profession as future Māori pharmacists, focusing on enhancing services for our hapori (communities).

Following this, we partnered with NZAPS-o for Te wiki o te reo Māori, promoting social media posts, and ended the week with shared kai, kōrero, and kēmu (games)!

We look forward to seeing more involvement from all tauira in Te Puna Kaitaka events and are excited to partner with NZAPS-o, Te Rōpu Māori, PIPHSA, and other organisations next year.

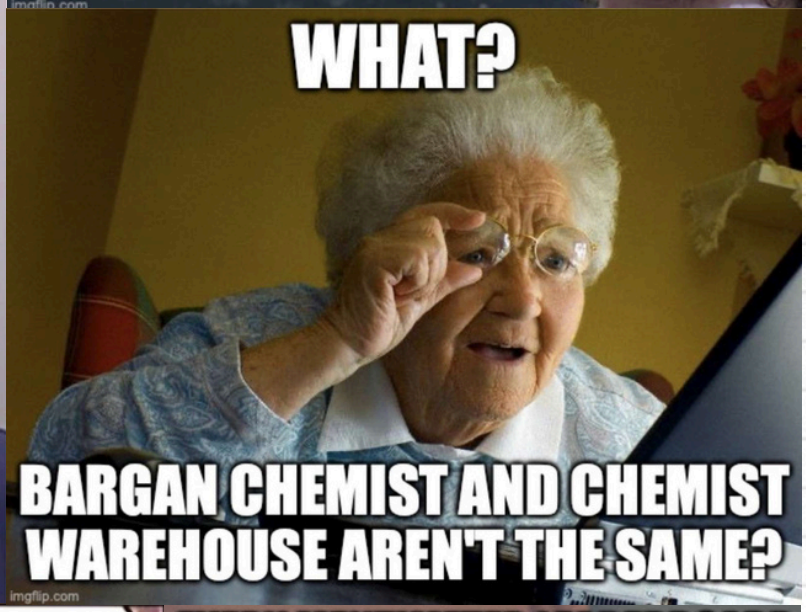
'Ki te kotahi te kākaho, kā whati, ki te kāpuia, e kore e whāti
When we stand alone we are vulnerable, but together we are unbreakable.'
Tumuaki Tuarua 2024 - Jade Tau-Manuel


Actually
listening to what
students have to say
OR
draw
25

School of Pharamcy

SCHOOL OF PHARMACY 10 YEAR REVIEW
CARLO LEAVING
AFTER 9 YEARS

mewing for the white
coat pic
made with mematic


WHAT?
BARGAN CHEMIST AND CHEMIST
WAREHOUSE AREN'T THE SAME?

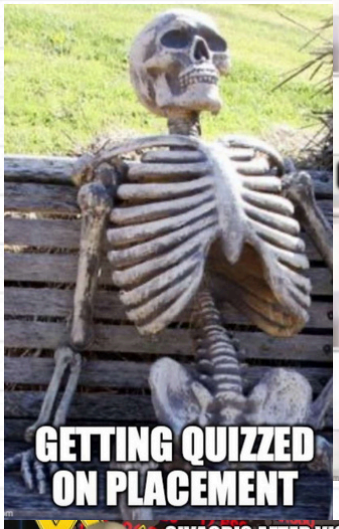
On placement
in a busy pharmacy

THIS IS FINE.
Pharamcy student

EVERY MENTIMETER LEADERBOARD
PETER, PETER EVERYWHERE

EMMA SMITH CONGRATULATING
US FOR REPEATING
HER ANSWER SHE JUST TOLD US

PETER HEADING TO BED 3
HOURS BEFORE OUR WORKSHOP STARTS



Advice to P2's

Save all the money you can during the summer. You will splurge it in the following years (P3 + P4).

do the Lts

mind maps for conditions is really helpfull! ALSO if you get Wellington for one of your placements, order a Snapper card online

Get a job in a pharmacy as early as possible

do pharm events. you only have 3 years to piss up - use them

DON'T LET ASSESSMENTS STOP U FROM PARTYING HARD - I GOT MY BEST GRADE AFTER A RED CARD

Q&A with Saif Al-Shebaini

Chemist Warehouse North Island Regional Manager and Manager Partner

What was your student experience at Otago University?
I loved it, I was there for a total of 6 years and it taught me everything I needed in terms of life skills. I've made life long friends and connections that I can always tap into now and not just in the field of Pharmacy. Some of my best memories are from Otago.

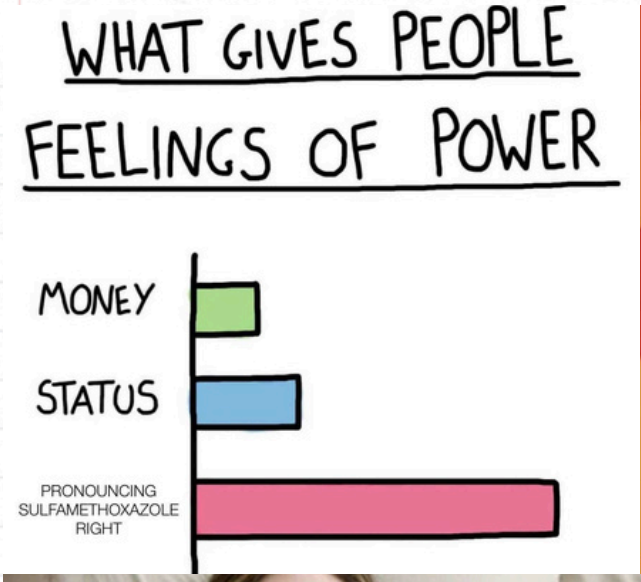
Tell us your pharmacist journey so far!
When I started my Pharmacy degree down in Otago I used to work in Auckland during the school holidays, that really taught me and widened my eyes in terms of the potential opportunities. Like any field it is what you make of it and what you can do to excel in it. I finished up in Otago and relocated back to Auckland where I did my internship, worked in Auckland for a few independent pharmacies/banner groups. At the point of my registration, there was no pharmacist shortage so it was actually quite hard to get a job! So you really had to be on your A-game and stand out from everyone else. Around 2017 I reached out to Chemist Warehouse regarding any potential opportunities, left my stable job and decided to join Chemist Warehouse St Lukes in the first Chemist Warehouse branch. Moved to Botany as the Pharmacist In Charge and helped develop that store into what it is today. I got given the opportunity to become a partner outside of Auckland and was given the opportunity to relocate to Hamilton, I have done that for a few years now, recently I have stepped up into becoming the Regional North Island manager looking after the operations side of the pharmacy along with my commitments as a partner in Hamilton.

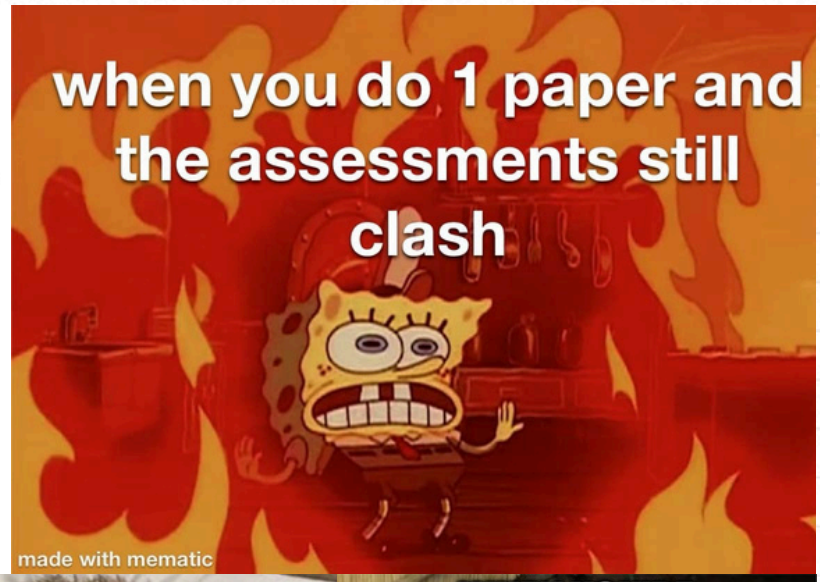
What major milestones did you have to overcome to be where you are today?
Initially jumping into the unknown, when I first joined Chemist Warehouse there was no physical store and I didn't really know what I was getting myself into, but as you can see I have absolutely no regrets.

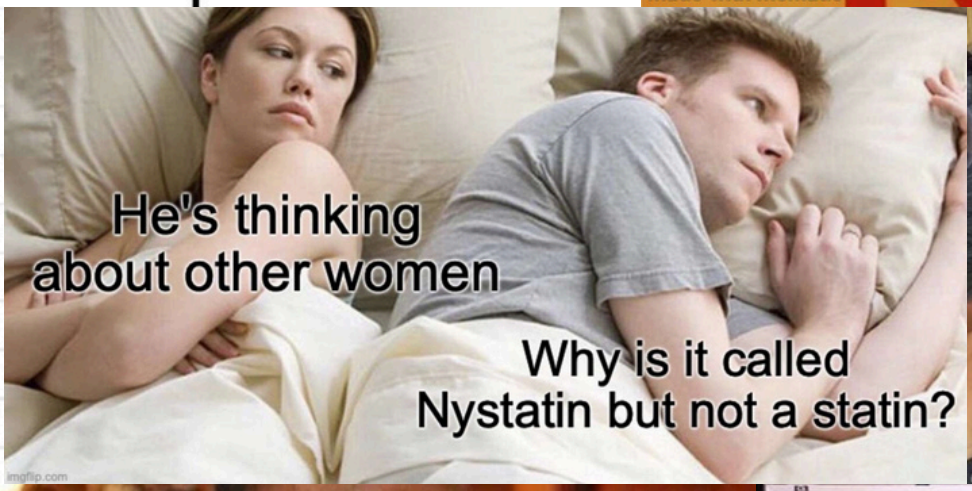
What are your goals for the next year?
To keep growing within the company as I have been year on year, each year I set my self personal goals that I like to achieve.

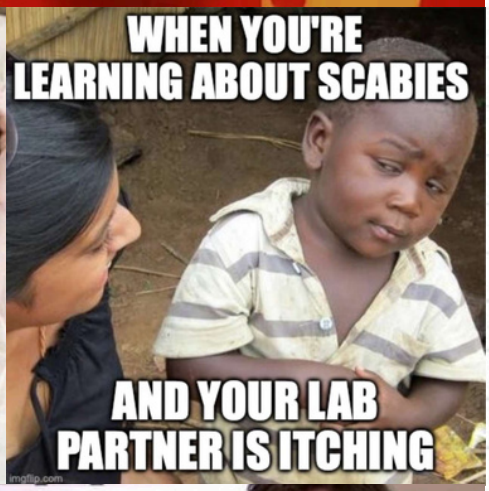
Always here for you.

CHEMIST® WAREHOUSE


WHAT GIVES PEOPLE FEELINGS OF POWER
MONEY
STATUS
PRONOUNCING SULFAMETHOXAZOLE RIGHT


when you do 1 paper and the assessments still clash
made with mematic


He's thinking about other women
Why is it called Nystatin but not a statin?


WHEN YOU'RE LEARNING ABOUT SCABIES
AND YOUR LAB PARTNER IS ITCHING

when the bitches in your group project won't do their work

The reason we pick pharmacy is because unlike in other healthcare fields...
We don't have to touch anybody

Hesh convincing us that 310 paper layout makes sense

writing the 100th care plan in a workshop

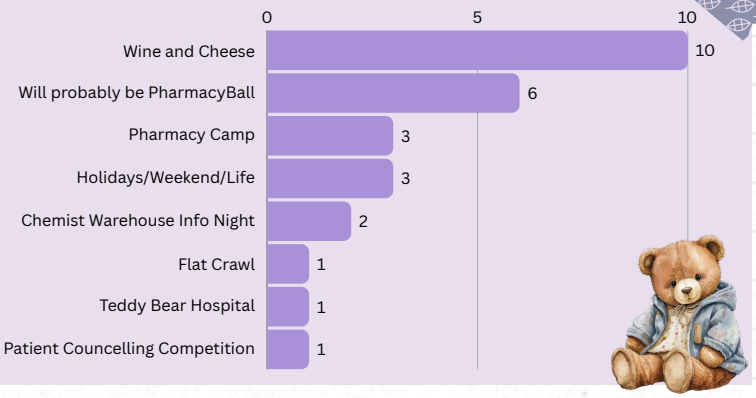
P2 MOMENTS

2024

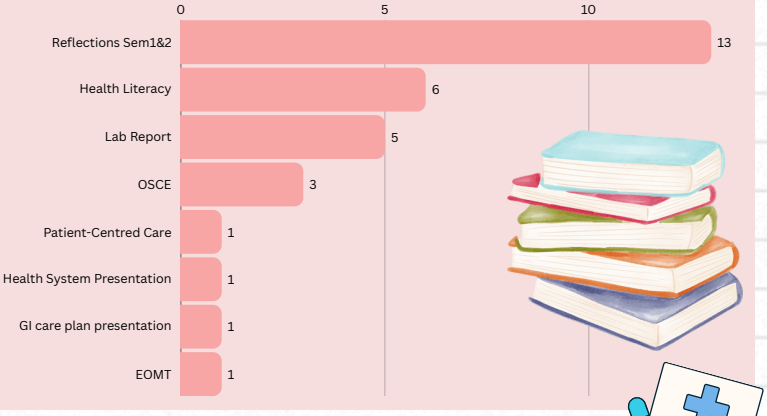
HIGHLIGHTS OF P2!!

- **Skills Labs:** Students appreciated the hands-on practice they gained, particularly in compounding and developing practical pharmacy skills. Shout out to our lovely tutors and patients in our OSCE practices!
- **Getting to Know People:** Many highlighted the amazing friendships they formed in P2, the sense of community, and learning from peers' aspirations.
- **Pharm Camp and Marae Trip:** These experiences were popular and provided bonding opportunities and enjoyable activities.
- **Pharmacy Experience:** Students valued gaining real-world pharmacy experience, as through health literacy assessments, OSCE practices, and tutorials.
- **Extracurricular Activities:** Some mentioned loving volunteering for Relay for Life during sem 1 and participating in inter-pharmacy sports.
- **Lectures and Tutorials:** Shout out to Shyamal's lectures and tutorials as mentioned by a student!
- **Assessments:** Shout out to the student who was the star of their health literacy assessment :)

FAVOURITE EVENT OF THE YEAR?



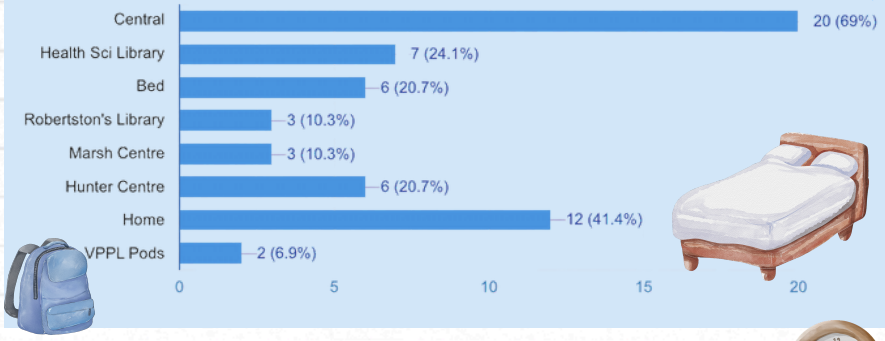
FAVOURITE ASSIGNMENT?!



FAVOURITE PLACE TO EAT AFTER CLASS

- Central Cafe
- Mom's Chicken
- Miga Hako
- The Jitsu
- Subway
- Jooni's Crepe
- Bond Bakery
- City of Tea
- Rob Roys Dairy
- Futomaki
- Buster Greens
- New World - for pies!
- Rice + Cake
- O and bowl
- Hikari sushi
- Harry's Kitchen
- Huzur Kebab
- Sals
- Seoul
- My flat (home)

FAVOURITE STUDY SPOT



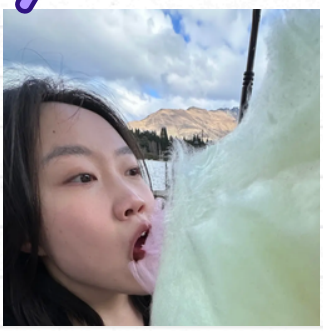
CHALLENGES

- **Balanced Lifestyle:** Keeping up with study habits. Motivation to study everyday. Balancing life. Adjusting to a weekly-changing timetable. Finding a suitable study habit. Making new friends
- **Adapting to the Pharmacy Course :** Having to memorise all the drugs (especially antibiotics) and conditions. Adapting to more community and team-work environment. Knowing what details are examinable.
- **Skills Labs and Lectures:** Compounding and Communication (OSCEs are scary). 14 lectures a week is crazy to keep up with in PHCY211!
- **Extra:** Everything. Nothing. Spelling haemorrhoids.

Diary of P2 Students

Aditya Abhishek

Favourite pharmacy moment?
Skills Lab
Favourite drug and why?
Omeprazole - fun to say
Where are you doing your summer community placement?
Hamilton



Sihyun Ahn

Favourite pharmacy moment?
Going to the 9am labs as a zombie
Favourite drug and why?
Hydrocortisone cream - fingertips
Where are you doing your summer community placement?
Auckland

Josephine Ainuu

Favourite pharmacy moment?
PRESENTATIONS💅
Favourite drug and why?
PANADOL.....FIXES MY MIGRAINES FROM PHARMACY
Where are you doing your summer community placement?
UNICHEM PHARMACY

Hussain Albloushi

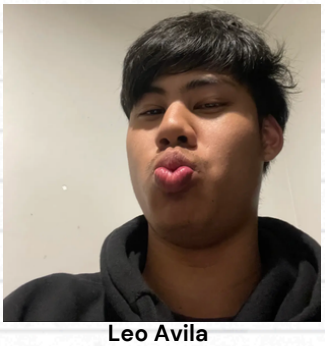
Favourite pharmacy moment?
!!!!!!!
Favourite drug and why?
Antibiotics, are Interesting
Where are you doing your summer community placement?
Waverly Pharmacy

Lucas Allen

Favourite pharmacy moment?
P2 Pharmacy Camp!
Favourite drug and why?
Gentamicin, due to it's effectiveness in treating life-threatening infections
Where are you doing your summer community placement?
Hawke's Bay

Andrea Austin

Favourite pharmacy moment?
Skills Labs!
Favourite drug and why?
Omeprazole capsules bc the insides look like sprinkles😆
Where are you doing your summer community placement?
Dunedin



Leo Avila

Favourite pharmacy moment?
JESSIE BEING CALLED OUT IN GIW13
Favourite drug and why?
SILDENAFIL - JEFF STITCHED ME UP ON THE PRESENTATION ABOUT IT
Where are you doing your summer community placement?
CHRISTCHURCH

Georgia Barnett

Favourite pharmacy moment?
THE MARAE TRIP, IT WAS FUN SPENDING THE DAY ALL TOGETHER!
Favourite drug and why?
OMEPRAZOLE, IT'S COOL HOW IT IS DESIGNED!
Where are you doing your summer community placement?
AUCKLAND

Emma Broadley

Favourite pharmacy moment?
Meeting People
Favourite drug and why?
Paracetamol because it's the only one I can spell
Where are you doing your summer community placement?
Palmerston North

Aidan Broome

Favourite pharmacy moment?
Marae Day was a lot of fun, cant forget about the food
Favourite drug and why?
Coal Tar; smells nice and acts in a similar way to Hydrocortisone in reducing redness and inflammation for psoriasis
Where are you doing your summer community placement?
Dunedin :(

Finlay Brown

Favourite pharmacy moment?
MEETING BAXTER @ PINT NITE
Favourite drug and why?
PROBABLY RITS..
Where are you doing your summer community placement?
DUNEDIN

Ruby Budge

Favourite pharmacy moment?
Compounding in Skills labs
Favourite drug and why?
Omeprazole - Because its the one drug that I remember every detail about, there is too many drug's to choose from
Where are you doing your summer community placement?
Balclutha

Diary of P2 Students

Kieran Cassidy

Favourite pharmacy moment?
Exams
Favourite drug and why?
Morphine - *euphoria*
Where are you doing your summer community placement?
Mackenzie Community Pharmacy

Pam Conway

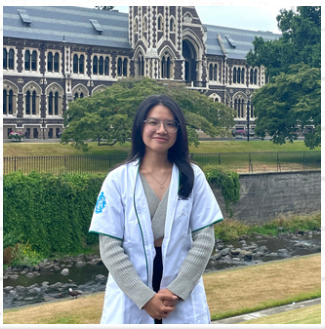
Favourite pharmacy moment?
My favourite moment in pharmacy so far was playing pukana with my group and Ellery during the marae day. It was fun and engaging and brought a lot of laughter to our group!
Favourite drug and why?
My favourite drug that I've learned about is mesalazine, because its various formulations can be tailored to target different areas of the GIT
Where are you doing your summer community placement?
Unichem Knox Pharmacy in Dunedin

Sean Cowper

Favourite pharmacy moment?
ACCIDENTALLY GETTING SLOSHED AT THE CHEMIST WAREHOUSE PRESENTATION
Favourite drug and why?
OMEPRAZOLE BECAUSE THAT'S A MEDICATION I CURRENTLY TAKE
Where are you doing your summer community placement?
CHRISTCHURCH

Isabella Cross

Favourite pharmacy moment?
Making a health literacy music video
Favourite drug and why?
Fexofenadine HCl - my personal favourite antihistamine
Where are you doing your summer community placement?
Rangiora



Anna Dang

Favourite pharmacy moment?
Communication Skills Labs :)
Favourite drug and why?
Biologics because of how they interact with cells and proteins is kinda cool
Where are you doing your summer community placement?
I have not decided yet

Radhika Devi

Favourite pharmacy moment?
Making new friends
Favourite drug and why?
Morphine
Where are you doing your summer community placement?
Weymouth Whanau Pharmacy

Ashley Dingcong

Favourite pharmacy moment?
INFORMATION GATHERING. I'LL LEAVE IT TO YOUR OWN INTERPRETATION.
Favourite drug and why?
LOPERAMIDE. JUST SOMETHING TO BE REMINDED OF IN TIMES OF EMERGENCY REALLY.
Where are you doing your summer community placement?
HAMIIII

Trelise Edwards

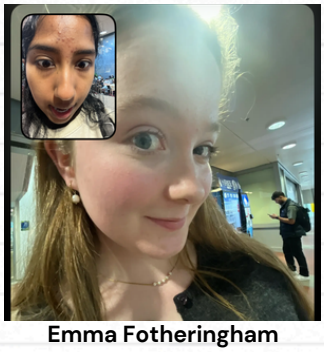
Favourite pharmacy moment?
WINE AND CHEESE NIGHT!
Favourite drug and why?
PERMETHRIN, BECAUSE I NOW KNOW WHAT TO TELL MY FRIENDS TO EXPECT IF THEY GET SCABIES.
Where are you doing your summer community placement?
GLADSTONE PHARMACY, INVERCARGILL

Breanna Ferris

Favourite pharmacy moment?
The Marae trip
Favourite drug and why?
Paracetamol <3
Where are you doing your summer community placement?
Gisborne

Sione Fifita Uhi

Favourite pharmacy moment?
Semester 2 and everything in it
Favourite drug and why?
Morphine, because it kills pain
Where are you doing your summer community placement?
Wellington



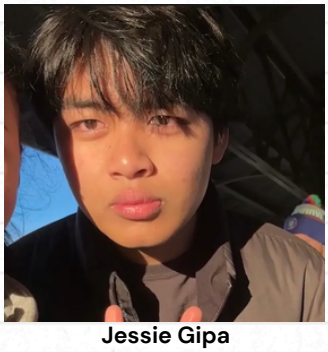
Emma Fotheringham

Favourite pharmacy moment?
PHARMACY CAMP 💪
Favourite drug and why?
ADAPALENE GEL - BECAUSE IT PREVENTS FUTURE ACNE
Where are you doing your summer community placement?
GORE!

Ian Gao

Favourite pharmacy moment?
Skills labs
Favourite drug and why?
Paracetamol, most commonly prescribed analgesics in New Zealand
Where are you doing your summer community placement?
In Dunedin

Diary of P2 Students



Jessie Gipa

Favourite pharmacy moment?
Leo tripping 3 times in the lab
Favourite drug and why?
Sildenafil – empowers men
Where are you doing your summer community placement?
Tauranga

Devika Gounder

Favourite pharmacy moment?
Making suspensions
Favourite drug and why?
Paracetamol due to its versatility of treating various conditions, while remaining both safe and effective
Where are you doing your summer community placement?
Auckland

Sophie Gower

Favourite pharmacy moment?
MEETING NEW PEOPLE
Favourite drug and why?
OMEPRAZOLE, IT HAS A SATISFYING NAME!
Where are you doing your summer community placement?
MERRILANDS PHARMACY - NEW PLYMOUTH

Violet Grant

Favourite pharmacy moment?
Looking at the structures of morphine, codeine, and heroin in pymol. Seeing how directly connected they were completely took me off guard. I spent a while joking to my friends "What do you mean it's all morphine?!" afterwards.
Favourite drug and why?
Adalimumab! It's super interesting, super cool, and has multiple uses. I'm excited about the future of biologics, and adalimumab is a great example.
Where are you doing your summer community placement?
Unichem Buchanans Tikipunga

Abby Gutschlag

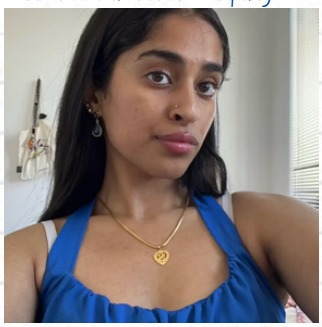
Favourite pharmacy moment?
Wine and Cheese
Favourite drug and why?
Acne treatments as it is useful for students our age
Where are you doing your summer community placement?
Larson's Pharmacy

Raj Hamlai

Favourite pharmacy moment?
Pharmacy wine and cheese
Favourite drug and why?
Omeprazole as it is one of the most used drugs
Where are you doing your summer community placement?
Auckland

Hannah Hogan

Favourite pharmacy moment?
BEING ACCEPTED INTO THE SCHOOL
Favourite drug and why?
PREDNISONE, BECAUSE IT'S SO PROBLEMATIC AND I RESONATE WITH THAT.
Where are you doing your summer community placement?
CHRISTCHURCH!

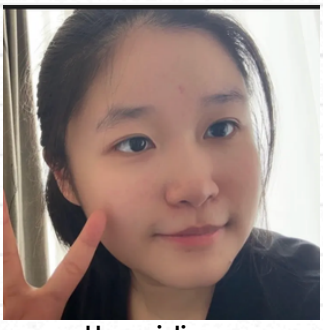


Sehaj Hothi

Favourite pharmacy moment?
THE MARAE TRIP
Favourite drug and why?
I DON'T HAVE A FAVOURITE, THEYRE ALL GREAT
Where are you doing your summer community placement?
DUNEDIN

Jeffrey Hunter

Favourite pharmacy moment?
Missing my 10% presentation cuz my alarm didn't go off
Favourite drug and why?
3,4-MethyleneDioxyMethAmphetamine because of its high efficacy and bioavailability through nasal delivery
Where are you doing your summer community placement?
Dunedin



Hengyi Jiang

Favourite pharmacy moment?
Marae trip
Favourite drug and why?
Paracetamol, paracetamol is everywhere
Where are you doing your summer community placement?
Christchurch

Do Won Kim

Favourite pharmacy moment?
QUALITY ASSURANCE TESTS
Favourite drug and why?
PARACETAMOL: BECAUSE IT'S THE MOST COMMONLY USED DRUG
Where are you doing your summer community placement?
IN DUNEDIN, INVERCARGILL, OR CHRISTCHURCH

Jenny Kim

Favourite pharmacy moment?
Wine and Cheese
Favourite drug and why?
All of them :)
Where are you doing your summer community placement?
Dunedin

Diary of P2 Students

Minjun Kim

Favourite pharmacy moment?
Following Hussains footsteps, Fake it until you make it.
Favourite drug and why?
Cocaine and meth sounds like something that Hussain and I would sell
Where are you doing your summer community placement?
Auckland

Victor Kim

Favourite pharmacy moment?
Skills
Favourite drug and why?
Paracetamol because of it is the go to drug
Where are you doing your summer community placement?
Christchurch

Sreeakshaiyaa Krishnakumar

Favourite pharmacy moment?
GOING OUT FOR ICE CREAM WITH MY FRIENDS AFTER THE EOMT
Favourite drug and why?
PENTASA (PROLONGED RELEASE) - AS IT RELEASES ALONG THE WHOLE GI TRACT
Where are you doing your summer community placement?
DUNEDIN

Bethany Kueh

Favourite pharmacy moment?
Marae day!
Favourite drug and why?
Penicillin
Where are you doing your summer community placement?
Auckland

Jueun Kwon

Favourite pharmacy moment?
Compounding lab
Favourite drug and why?
Omeprazole, only drug I can remember right now
Where are you doing your summer community placement?
Still planning

Xinyu Lai

Favourite pharmacy moment?
Marae Trip
Favourite drug and why?
Paracetamol - No side effects
Where are you doing your summer community placement?
Timaru

Aidan Lazarus

Favourite pharmacy moment?
MAKING A SONG ABOUT HEALTH LITERACY W MY FRIENDS
Favourite drug and why?
MELATONIN BC IT MAKES ME EEPY
Where are you doing your summer community placement?
CHRISTCHURCH

Jimin Lee

Favourite pharmacy moment?
STUDYING, HANGING OUT WITH NICE PEOPLE
Favourite drug and why?
ANY GI DRUGS, BECAUSE I FOUND THEM INTERESTING
Where are you doing your summer community placement?
DUNEDIN

Jueun Lee

Favourite pharmacy moment?
When I realized I passed PHCY211
Favourite drug and why?
Shymal is my favourite drug, he is the G.O.A.T
Where are you doing your summer community placement?
Christchurch

Nicholas Levy

Favourite pharmacy moment?
Driving up to the marae with my bf Ryan Mairs
Favourite drug and why?
Omeprazole because I mix with tequila
Where are you doing your summer community placement?
Dunedin

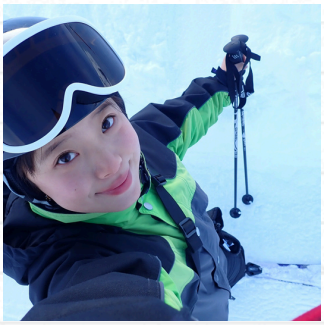
Raelyn Lim

Favourite pharmacy moment?
WHEN THE LECTURERS/TUTORS FINISH WORKSHOPS EARLY
Favourite drug and why?
AMOXICILLIN AND CLAVULANIC ACID. BECAUSE MY FRIEND AND I STUMBLED OVER THE NAME OF DRUG MULTIPLE TIMES :)
Where are you doing your summer community placement?
DUNEDIN!

William Ly

Favourite pharmacy moment?
When Sophie told me I am the Wei Loh of P2
Favourite drug and why?
Loperamide because the booze poos lowkey hit me too hard
Where are you doing your summer community placement?
Nelson

Diary of P2 Students



Wenyi Ma

Favourite pharmacy moment?
White coat ceremony
Favourite drug and why?
Omeprozole – I'm also taking it.
Where are you doing your summer community placement?
Christchurch

Ryan Mairs

Favourite pharmacy moment?
Blasting Adele on the way to the Marae visit with my new mates
Favourite drug and why?
Ondansetron for nausea and vomiting cause it sounds like a transformer that would give Optimus a run for his money
Where are you doing your summer community placement?
Mcglashen pharmacy in Nelson

Sophie McGillicuddy

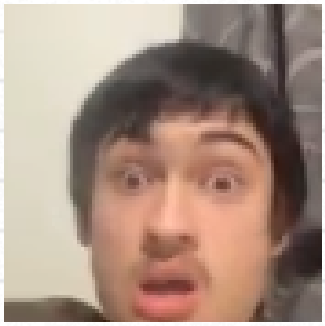
Favourite pharmacy moment?
I HAVE MADE SOME AMAZING FRIENDSHIPS, THERE ARE SOME PRETTY COOL PEOPLE IN PHARMACY!
Favourite drug and why?
I LOVE SALBUTAMOL IT HELPS ME TO BREATHE #ASTHMA #SURVIVOR
Where are you doing your summer community placement?
CHRISTCHURCH!

Amy Mikha

Favourite pharmacy moment?
Mixing creams
Favourite drug and why?
Paracetamol because it's easy
Where are you doing your summer community placement?
Chemist Warehouse

Kael Monoy

Favourite pharmacy moment?
Flat Crawl
Favourite drug and why?
Codeine – super interesting stuff
Where are you doing your summer community placement?
Rolleston



Patrick Moore

Favourite pharmacy moment?
Doing the group assignments
Favourite drug and why?
Atorvastatin. very cool name
Where are you doing your summer community placement?
Whangarei

Declan Murphy

Favourite pharmacy moment?
MARAE VISIT
Favourite drug and why?
METHOTREXATE, HAS A COOL SOUNDING NAME
Where are you doing your summer community placement?
KAPITI

Batool Nakshbandi

Favourite pharmacy moment?
PHARMACY CAMP
Favourite drug and why?
FLUCLOXACILLIN BECAUSE ITS A TONGUE TWISTER AND EVERYONE LAUGHS WHEN YOU TRY TO SAY IT.
Where are you doing your summer community placement?
CHRISTCHURCH

Zoe Ng

Favourite pharmacy moment?
Compounding skills labs ifykyk :)
Favourite drug and why?
Flucloxacillin it just sounds funny, flu + class of antibiotic (kinda)
Where are you doing your summer community placement?
Christchurch

Heidi Nguyen

Favourite pharmacy moment?
Wine n Cheese
Favourite drug and why?
Omeprazole cos it's the most familiar one in daily life
Where are you doing your summer community placement?
Wellington

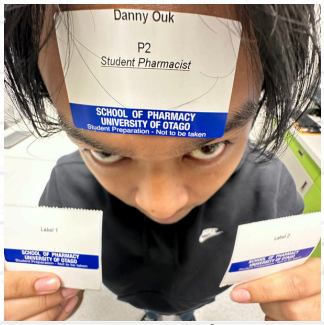
Nhi Nguyen

Favourite pharmacy moment?
FINISHING THE PHCY210 SEM ONE FINAL EXAMS (FELT SO GOOD)
Favourite drug and why?
AMOXICILLIN, HEALED MY RIGHT LUNG
Where are you doing your summer community placement?
UNICHEM KNOX

Bella Noble-Campbell

Favourite pharmacy moment?
Wine and Cheese night
Favourite drug and why?
Warfarin - it has a lot of interactions
Where are you doing your summer community placement?
Waiheke

Diary of P2 Students



Danny Ouk

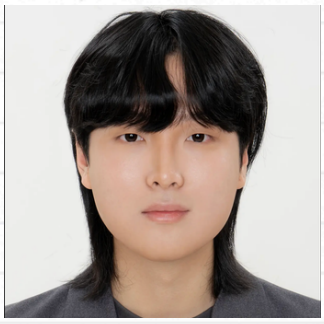
Favourite pharmacy moment?
Making Labels.
Favourite drug and why?
Macrogol/molaxole:
Good way to start shit.
Where are you doing your summer community placement?
Christchurch

Jasmine Paneda

Favourite pharmacy moment?
Wine and cheese, getting to know new people
Favourite drug and why?
H1 antagonists! I'm terrible with long car rides and didn't know they helped with motion sickness as well as allergies
Where are you doing your summer community placement?
Hometown - Hokitika

Jenny Park

Favourite pharmacy moment?
MARAE TRIP
Favourite drug and why?
ASPIRIN, ITS PINK AND HEART-SHAPED
Where are you doing your summer community placement?
DUNEDIN



Taehun Park

Favourite pharmacy moment?
White Coat Ceremony
Favourite drug and why?
Paracetamol - drug I feel most confident dispensing
Where are you doing your summer community placement?
Dunedin

Thy Phan

Favourite pharmacy moment?
"The genomes of mice and humans are highly similar ~99%. But you know, sUrPriSiNgLy, we look quite different." - Greg Walker {PHYC211:MD36}
Favourite drug and why?
Cinchocaine - because it is 'xinh🎀'
Where are you doing your summer community placement?
Dunedin

Emma Prendergast

Favourite pharmacy moment?
Wine and Cheese
Favourite drug and why?
Bacteriophages because it is super interesting!
Where are you doing your summer community placement?
New Plymouth

Shavonne Ramiah

Favourite pharmacy moment?
DOING MY FIRST FUNNEL AT FLAT CRAWL
Favourite drug and why?
ADALIMUMAB, IYKYK
Where are you doing your summer community placement?
WELLINGTON

Jaspreet Rattu

Favourite pharmacy moment?
GROUP PRACTICALS
Favourite drug and why?
PARACETAMOL BECAUSE LEARNED A LOT ABOUT IT AND ITS MOST USEABLE DRUG!!
Where are you doing your summer community placement?
AUCKLAND

Yekta Reddy

Favourite pharmacy moment?
Marae trip!
Favourite drug and why?
Omeprazole. It's the second most common medicine prescribed, making it crucial for us to know how to provide proper counselling on its use :))
Where are you doing your summer community placement?
Clive's Chemist

Jaxon Reid

Favourite pharmacy moment?
Compounding an omeprazole suspension and using tonic (skill labs).
Favourite drug and why?
Sulfasalazine because of how it's cleaved in the colon with bacteria.
Where are you doing your summer community placement?
Blenheim

Kate Robertson

Favourite pharmacy moment?
GREG'S EXCEL WORKSHOP
Favourite drug and why?
ANTACIDS BECAUSE THEY HAVE A COOL MOA
Where are you doing your summer community placement?
CHEMIST WAREHOUSE

Hiroka Ryu

Favourite pharmacy moment?
Compounding
Favourite drug and why?
Amoxicillin - the name is cute :)
Where are you doing your summer community placement?
Antidote

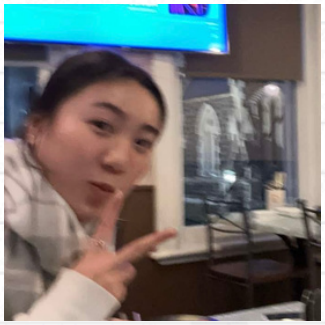
Diary of P2 Students

Jess Shepherd

Favourite pharmacy moment?
Every skills lab
Favourite drug and why?
Theres too many that are interesting.
Where are you doing your summer community placement?
Chemist Warehouse-Wellington

Katelyn Smit

Favourite pharmacy moment?
The teddy clinic
Favourite drug and why?
Antihistamines, because my partner has every allergy in the book, so we have an abundance of them at home.
Where are you doing your summer community placement?
Chemist Warehouse Bayfair



Amy Su

Favourite pharmacy moment?
MEETING NEW PEOPLE AND COMPOUNDING LABS!!
Favourite drug and why?
IBUPROFEN AND PARACETAMOL. SOLVES MAJORITY OF MY PROBLEMS :)
Where are you doing your summer community placement?
PALMERSTON NORTH

Rahul Suri

Favourite pharmacy moment?
The BALL
Favourite drug and why?
Ondansetron because it sounds like a transformer (Megatron)
Where are you doing your summer community placement?
Dunedin

Athena Tiumalu

Favourite pharmacy moment?
Meeting new people and making new friends!
Favourite drug and why?
Any prodrug - they sound cool!
Where are you doing your summer community placement?
Auckland

Julie Toimoana

Favourite pharmacy moment?
Sitting w the girls x
Favourite drug and why?
Tripotassium Dicitratobismuthate - 1st time pronouncing it right was during presentation woo
Where are you doing your summer community placement?
Good question

Lochanna V Ganesan

Favourite pharmacy moment?
WINE AND CHEESE
Favourite drug and why?
NAPROXEN, BECAUSE OF HOW IT CAN CAUSE PEPTIC ULCER XD
Where are you doing your summer community placement?
DUNEDIN

Maia Van Den Hende

Favourite pharmacy moment?
PASSING MY TESTS WOOHOO
Favourite drug and why?
I DON'T HAVE ONE
Where are you doing your summer community placement?
IN AUCKLAND NEAR WHERE I LIVE

Hope Wanchan

Favourite pharmacy moment?
Amazing race for P2 camp was the best!
Favourite drug and why?
Doxycycline because I'm currently taking it for my acne and it's good to know in more details of what I'm taking.
Where are you doing your summer community placement?
Wellington

Danny Wang

Favourite pharmacy moment?
Ophthalmics, law, antibiotics and philosophy/ethics
Favourite drug and why?
Methotrexate - "the misinterpreted hero"
Where are you doing your summer community placement?
Invercargill

James Wang

Favourite pharmacy moment?
MID SEMESTER BREAK
Favourite drug and why?
PARACETAMOL 15MG/KG EVERY 4-6HOURS MAX 4G AS REQUIRED FOR PAIN. DO NOT TAKE WITH ANY PARACETAMOL CONTAINING PRODUCTS.
Where are you doing your summer community placement?
TAURANGA

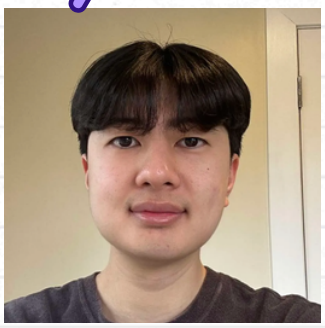
Jordan Wells

Favourite pharmacy moment?
Enduring OSCE practices
Favourite drug and why?
The polio vaccine which has prevented millions of people from becoming paralyzed
Where are you doing your summer community placement?
Auckland

Diary of P2 Students

Katie Westphall

Favourite pharmacy moment?
Making ointments for the first time
Favourite drug and why?
Hydrocortisone as it does wonders to my skin
Where are you doing your summer community placement?
Life Pharmacy Wilkinsons

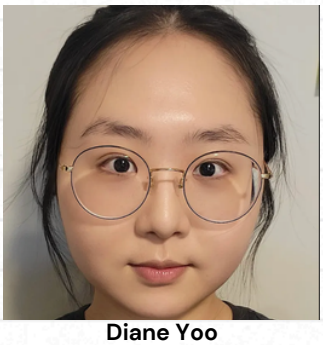


Michael Wu

Favourite pharmacy moment?
Spending the whole day at the marae with the entire P2 cohort
Favourite drug and why?
Mometasone furoate as my best friend uses it and the name souds cool, its a potent corticosteroid so I like to tease him with 'Damn, you on that strong stuff aye!'
Where are you doing your summer community placement?
Auckland

Nadea Yee

Favourite pharmacy moment?
COMPOUNDING IN THE SKILLS LAB
Favourite drug and why?
PERMETHRIN CREAM AS THE PACKAGING MAKES IT FEEL LIKE THE EXTERMINATOR IN A BOX - AND RIGHTFULLY SO 💅
Where are you doing your summer community placement?
ROTORUA



Diane Yoo

Favourite pharmacy moment?
Skills lab
Favourite drug and why?
Omeprazole - I used to have them during HSFY
Where are you doing your summer community placement?
Hamilton

Amy Yu

Favourite pharmacy moment?
White coat ceremony
Favourite drug and why?
OmepraZole. I like the letter O
Where are you doing your summer community placement?
Auckland

Victor Yung

Favourite pharmacy moment?
When I won my parlay during a workshop
Favourite drug and why?
Fentanyl
Where are you doing your summer community placement?
Christchurch

Ethan Zhang

Favourite pharmacy moment?
THAT "AHA!" MOMENT WHEN EVERYTHING CLICKS INTO PLACE AND I FULLY UNDERSTAND A CONDITION AND HOW A MEDICATION WORKS.
Favourite drug and why?
SULFASALAZINE - ITS ENTERIC COATING ENSURES IT REACHES THE COLON INTACT BACTERIA RELEASE THE DRUG, TARGETING INFLAMMATION IN INFLAMMATORY BOWEL DISEASE.
Where are you doing your summer community placement?
BROCKVILLE PHARMACY

Sarah Zhang

Favourite pharmacy moment?
THE MARAE TRIP, THE ENVIRONMENT WAS AMAZING AND IT WAS NICE TO LEARN ABOUT MĀORI CULTURE
Favourite drug and why?
AMOXICILLIN + CLAVULANIC ACID. I FEEL LIKE THEY WOULD WIN THE BEST COUPLE AWARD
Where are you doing your summer community placement?
AUCKLAND

P3 MOMENTS

OF 2024

PLACEMENTS

P3 came with new opportunities, notably experiencing rural and hospital pharmacy settings. It was the first time many of us had to juggle missing classes to attend placements and catching up in our own time. It is fair to say hospital placement was the hot favourite for most of us. Overall, an amazing time!

HIGHLIGHTS:

- COMPOUNDING LABS
- WINE & CHEESE
- PHARMACY BALL
- GROUP C BYO
- 21ST SEASON!!
- COFFEE DATES

ON TO 2025...

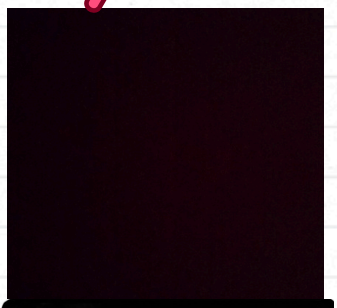
As we move into our final year of the degree, many of us will be moving about at different times of the year to various places for our rotations. I think the '25 pharmacy cohort is one of the most cohesive ones and I hope we all find ways to make the best memories in our last year!

Diary of P3 Students

⚠ May cause sedation or drowsiness

Guntas Ahluwalia

Favourite memory this year?
I should have gone to more events
Weirdest question a customer has asked you?
I think I need to talk to more customers



⚠ I actually don't know!

Shaimaa Alkhabaz

Favourite memory this year?
The rural placement was fun !

Weirdest question a customer has asked you?
Customers were never weird around me, I am always weird around customers😅

⚠ Finish the entire course of gummies - to prevent agitation or irratibility

Jenna Bae
Favourite memory this year?
WINE AND CHEESE
If there were a CAL label for you, what would it say?
FINISH THE ENTIRE COURSE OF GUMMIES - TO PREVENT AGITATION OR IRRITABILITY

⚠ Warning: May cause sleepiness

Susanna Chen
Favourite memory this year?
Getting top 3 with my group in the dispensing race

⚠ Caution: Too many balls to the face

Melanie Burt
Favourite memory this year?
Going to ball when it was a state of emergency

⚠ Will tell you why Pharmacy is the most underrated health profession

Aisling Casey
Favourite memory this year?
Going on placement in Akaroa and Lower Hutt and learning more about Pharmacy practice and clinical pathways
Weirdest question a customer has asked you?
N/A

⚠ Fein

Sai Chakrahari
Favourite memory this year?
WINE AND CHEESE

⚠ Do not take with pseudoephedrine

Rui Yin Chung
Favourite memory this year?
DRINKING SODIUM CHLORIDE 0.9%

⚠ May catch travel bug

Belle Chang
Favourite memory this year?
End of semester party Sem 1

⚠ Only effective for 2 minutes. Have multiple doses

Yuvraj Chaudhary
Favourite memory this year?
Wine and Cheese
Weirdest question a customer has asked you?
Where were you on the night of the 14th?

⚠ Lay on my bed, call it a day

Rui Yu Chia
Favourite memory this year?
When class cancelled 😀

⚠ Won't cause sleepiness but will always be sleepy

Phylicia Chong
Favourite memory this year?
Transferring over and meeting new friends!

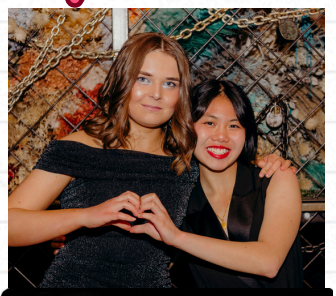
Diary of P3 Students

⚠ May cause financial strain

Sophie Clarke

Favourite memory this year?
THAT ONE WORKSHOP DR DAS DID

Weirdest question a customer has asked you?
NOT A QUESTION BUT I ASKED A MIDDLE AGED MAN IF HE HAS A SORE TUMMY



⚠ WARNING: Attracts chaos

Grace Dixon

Favourite memory this year?
Placement! :)

Weirdest question a customer has asked you?
Can you make me a cup of tea please love?

⚠ Drink alcohol with this medication

Kieran Draper

Favourite memory this year?
ALL THE SOCIAL EVENTS, ALTHOUGH I DON'T REMEMBER THEM

Weirdest question a customer has asked you?
ARE YOU DUMB

⚠ For oral use only

Elmira Dvoracek

Favourite memory this year?
BYO

Weirdest question a customer has asked you?
DO YOU WORK HERE?

⚠ Warning: May cause awkward silence

Tala Farah

Favourite memory this year?
ray ray at ball

Weirdest question a customer has asked you?
do the washing machines make noise in the pharmacy?

⚠ May cause overthinking, handle with care and encouragement

Rama Fashwal

Favourite memory this year?
Placements

Weirdest question a customer has asked you?
Im allergic to cats can you give me an inhaler ?

⚠ Limit alcohol intake

Zoe Fissenden

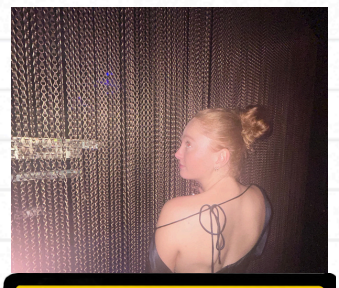
Favourite memory this year?
TAUIRA HUI

⚠ With food

Muhan Gao

Favourite memory this year?
Meet boyfriend at chemist warehouse information night

Weirdest question a customer has asked you?
can't think of any



⚠ May cause your cheeks to hurt from excessive smiling, laughter and joy!

Isla Gellaty

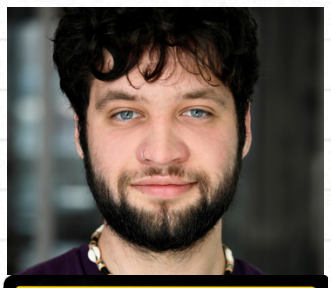
Favourite memory this year?
END OF YEAR SOCIAL GATHERINGS

⚠ Tolerable in small doses

Josephine Grant

Favourite memory this year?
Afterparty

Weirdest question a customer has asked you?
What's your favourite drug?

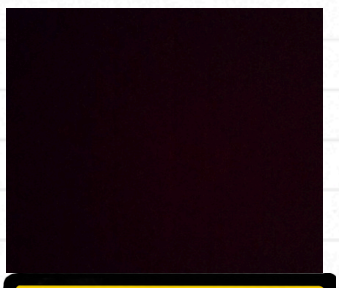


⚠ *LIMIT ALCOHOL*

Chris Griffiths

Favourite memory this year?
Anxiety and post stroke depression

Weirdest question a customer has asked you?
Do you have toe spreaders and latex free condoms?

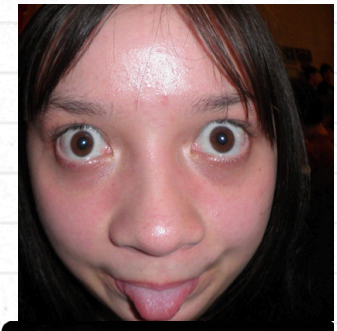


⚠ I don't know LOL

Aaref Haidar

Favourite memory this year?
Hospital Placement

Diary of P3 Students



⚠ May bite or chew

Minh-Tam Haldane

Favourite memory this year?
Eating fried chicken at flat crawl

Weirdest question a customer has asked you?
"Mikä on Thaimaan pääkaupunki" - See Ray ray for answer

⚠ WARNING: Powered by curiosity and occasional bursts of mischief

Mohammed Hayat

Favourite memory this year?
QT TRIP

Weirdest question a customer has asked you?
ANSWER 3

⚠ May cause sleepiness

Annisa Izham

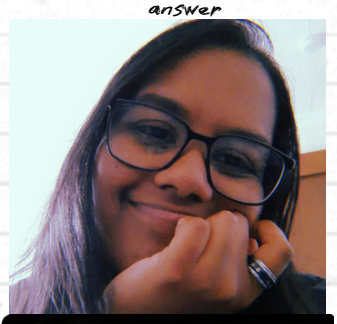
Favourite memory this year?
Making friends as a new comer

⚠ Do not stop studying until finish the exam

Geumyeong Jang

Favourite memory this year?
Rural Community placement

Weirdest question a customer has asked you?
Does this lip balm taste good?



⚠ Procrastination levels may exceed safety limits

Abigail Kakumanu

Favourite memory this year?
INITIATION CEREMONY

⚠ Rinse mouth after each use

Suraiyaa Khan

Favourite memory this year?
MAKING AIR FRYER CHICKEN AFTER FLAT CRAWL(YOU'RE WELCOME MINH X)

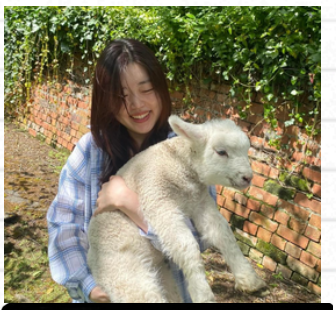
Weirdest question a customer has asked you?
A)BANGKOK, B) BANGDIK, C)BANGPUSI, D)BANGTITS

⚠ Will not stop yapping

Naomi Knox

Favourite memory this year?
APPS CHIANG MAI

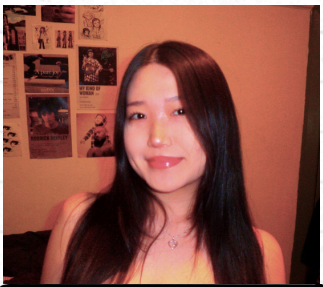
Weirdest question a customer has asked you?
WHERE THE CONDOMS ARE



⚠ Do NOT stop drinking coffee, may never wake up

Sol Lee

Favourite memory this year?
THIRD-WHEELING BABIES (ᵔᵕᵔ)✧



⚠ Talk to your pharmacist about the consequences of intra-degree mingling

Stacey Lee

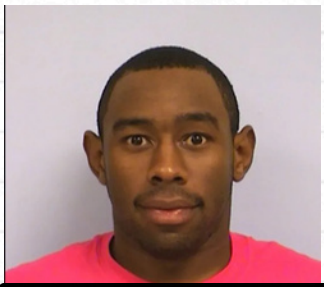
Favourite memory this year?
GETTING BEST P3 COUPLE <3

⚠ VOLATILE CONTENTS

Brynn McBurney

Favourite memory this year?
Unlocking my art skills on google docs and discovering my passion for graphic design

Weirdest question a customer has asked you?
Can you just refill these? They normally do when I come here!



⚠ Protect from sunlight

Morgan Mills

Favourite memory this year?
Passing the OSCE

Weirdest question a customer has asked you?
Unsure

⚠ CAUTION: Will attach to friends at social events

Kakneka Nem

Favourite memory this year?
Seeing my friends & going to the ball with my friends
If

Weirdest question a customer has asked you?
How old are you?

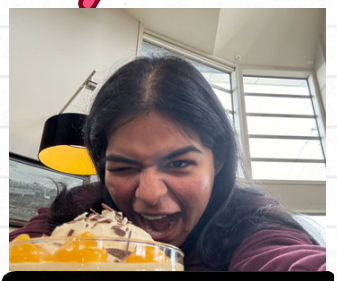
Diary of P3 Students

⚠ Take with food

Pearl Park

Favourite memory this year?
BINGING LECTURES 3 DAYS B4 EXAMS

Weirdest question a customer has asked you?
PATIENT TAKING VIAGRA RIGHT IN FRONT OF ME, STARING INTO MY SOUL (REPETITIVE EVENT).



⚠ Swallow whole

Sumeetha Raj

Favourite memory this year?
Pharmacy Ball

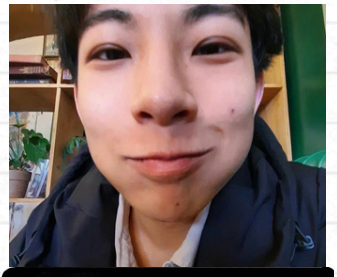
Weirdest question a customer has asked you?
Will wearing socks help this cream absorb faster into my feet.

⚠ WARNING: Lack of spatial awareness

Shelby Rupa-Hayward

Favourite memory this year?
Sleeping in the front seat on the way back to Ōtākou

Weirdest question a customer has asked you?
Do you cut toenails here?



⚠ /a

Koshun Shoji

Favourite memory this year?
Clubbing with my pharmacist

Weirdest question a customer has asked you?
A group of girls asked for dildos and their sizes

⚠ Do not store in freezer

Jonah Smith

Favourite memory this year?
Workshop with the boys

Weirdest question a customer has asked you?
How do I swallow😐

⚠ Sight impaired

Jacob Spijkerbosch

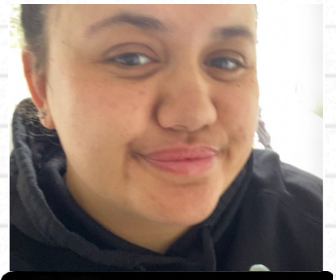
Favourite memory this year?
I THINK I HAD MAYBE ONE SKILLS LAB AT 9AM. THAT WAS NICE IG

Weirdest question a customer has asked you?
DO YOU GUYS SELL KETAMINE? (THEY ACTUALLY MEANT GLUCOSAMINE)

⚠ Keep in fridge - do not freeze

Natalie Su

Favourite memory this year?
MALE URINARY INCONTINENCE PRESENTATION



⚠ May spontaneously burst into song

Jade Tau-Manuel

Favourite memory this year?
Anything to do TPK crew

Weirdest question a customer has asked you?
So do you just count pills?

⚠ Protect your food - may cause spontaneous sharing

Xin Pei Tay

Favourite memory this year?
When lecturer said, "You don't have to memorise this"

⚠ Caution: Breaks down easily

Emma Tuckey

Favourite memory this year?
When 2 lecturers in a row didn't turn up :)

Weirdest question a customer has asked you?
Can I show you my rash?

⚠ Warning: Cytotoxic

Zoe Turner

Favourite memory this year?
NEARLY GETTING CRUSHED BY THE ELEVATOR DOORS IN ADAM'S

Weirdest question a customer has asked you?
"WHAT'S THE TIME?" BUT THEN THEY TOLD ME I WAS ✨WRONG✨

⚠ Not Subsidised, will drain your bank account

Te Aniwa Tutua

Favourite memory this year?
Buying $500 "room supplies" for TPK

Weirdest question a customer has asked you?
can you even reach the top shelf?

Diary of P3 Students

⚠ Avoid sunlight exposure

Sam Ward

Favourite memory this year?

P Cap

Weirdest question a customer has asked you?

Want to see my foot?

⚠ Too good at Wordle

Grayson Westgate

Favourite memory this year?

ERECTILE DYSFUNCTION GROUP PROJECT

⚠ Take it in the morning with a large cup of coffee

Wakana Yamaji

Favourite memory this year?

WINE AND CHEESE

⚠ Sight impaired

Hana Yim

Favourite memory this year?

wine & cheese! 🍷

Weirdest question a customer has asked you?

A couple asked me where the durags were but i thought they said durex so I lead them to the wrong isle 💀 they were so confused lol

⚠ Avoid exposure to sunlight - will melt

Min Yi Yit

Favourite memory this year?

CLASS CANCELLED:)

⚠ May cause drowsiness, avoid alcohol

Winnie Zeng

Favourite memory this year?

😌

Weirdest question a customer has asked you?

Where to find more pseudoephedrine 🤨

⚠ For use in the rectum only

Gyan Lumo

Favourite memory this year?

When it's 5pm and I can go home. I'm going to drop out

Weirdest question a customer has asked you?

"Are you single?" I get asked that constantly. My pharmacy deals with lots of models, many of them with Victoria secret, and all of them have asked me that. For all the ladies (and men out there) yes I am.

⚠ Keep away from children

Andy Jung

Favourite memory this year?

Having Sumee fill this up for me with her own creativity

Weirdest question a customer has asked you?

Are you sure I can't just spit it out?

P4 MOMENTS

Est 2022 – 2024 School of Pharmacy Dunedin, Otago

Honours

Our 10-week summer research projects began in November 2023, extending throughout the year. These were summarised into a 15,000 word dissertation which showcased our ability to develop, implement, and report our original research topics. The interim and poster presentations provided further opportunity to communicate our ideas, important for science and research development.

PHCY 485 & 432

These papers are identical for both honours and non-honours students, and is revision of everything we've learned over the past few years. Since there's no new content, the focus shifts to the frequent assessments to test our knowledge. Overall, this was an enjoyable paper and truely prepared P4s for their internship year!

Placements

P4 students are required to complete 4 weeks of unpaid placements in each semester to gain valuable experience and explore potential internship sites next year. There's ongoing discussion with OUSA about the possibility of making placements paid. I personally prefer unpaid placement, as it allows students to have fewer responsibilities and expectations, making the experience more focused on learning. . It will be interesting to see what happens in the future!

PHCY 420 & 430 & 410

The 420 & 430 papers teach us about business and research projects respectively, completed as group assignments. While group work can be hit or miss, hard work pays off, with most groups achieving decent grades across all the assessments. The 410 paper is completed in pairs, requiring 120 hours of community service and offers plenty of creative freedom. Some students really enjoyed the opportunity to get inventive and make the most of the experience

Kalani Macdonald
BPharm honours - Class of 2024
NZAPS-O President 2024

CERTIFICATE
Chloé Coyle in
Pharmacy

Kasra is on the floor pissing and crying

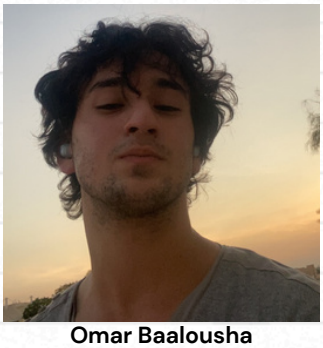
Diary of P4 Students

Jasmine Anderson

Favourite Pharmacy memory
P3 Kerikeri placement
Every class skipped = 1 shot
How wasted are you?
a lil tipsy
Graduating Quote
The tassel was worth the hassle!!

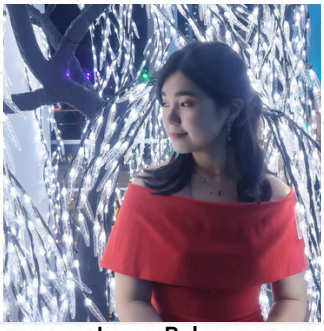
Madison Arthur

Favourite Pharmacy memory
Taking shots at the ball with Mabel (and showing her the joy that is tequila)
Every class skipped = 1 shot
How wasted are you?
Pretty sober, but ready to change that
Graduating Quote
Pharmacy is people expecting hospital level healthcare at Maccas level speed



Omar Baalousha

Favourite Pharmacy memory
WHITE COAT CEREMONY
Every class skipped = 1 shot
How wasted are you?
I'M DEAD
Graduating Quote
DON'T DO PHARMACY



Jenny Bahng

Favourite Pharmacy memory
White coat ceremony
Every class skipped = 1 shot
How wasted are you?
Does it include not going to in-person lectures? If that's the case, umm...
Graduating Quote
onto our next adventure

Seleena Bhana

Favourite Pharmacy memory
trips to ADJO before class
Every class skipped = 1 shot
How wasted are you?
depends if it's tequila
Graduating Quote
later losers

Oliver Bolton

Favourite Pharmacy memory
Amber cackling while nabeel is finding where i am tingling. Kalani pissing his pants in the dental school
Every class skipped = 1 shot
How wasted are you?
Plastered, but still less drunk than Kasra at the P2 ball
Graduating Quote
See you on the HDC website

Toor Butt

Favourite Pharmacy memory
MY FRIENDS
Every class skipped = 1 shot
How wasted are you?
I DON'T DRINK
Graduating Quote
JUST COMMITTED SECOND-DEGREE MURDER

Angela Caisip

Favourite Pharmacy memory
Cry-laughing in workshops with my favs ♡
Every class skipped = 1 shot
How wasted are you?
Sober but not enough to drive
Graduating Quote
It's about the journey not the destination fr

Justin Chin

Favourite Pharmacy memory
The marae
Every class skipped = 1 shot
How wasted are you?
Gone
Graduating Quote
A small ripple can turn into a big tidal wave

Rhegine Ashley Cordova

Favourite Pharmacy memory
Marae visit
Every class skipped = 1 shot
How wasted are you?
A bit tipsy
Graduating Quote
They said the road to success is paved with hard work.
They forgot to mention it's also full of drug names we still can't pronounce.

James Courtney

Favourite Pharmacy memory
Pharmacy placements
Every class skipped = 1 shot
How wasted are you?
Would be more alcohol than human
Graduating Quote
Alls well that ends well

Brianna Fisk

Favourite Pharmacy memory
Pres at the palace 🏰
Every class skipped = 1 shot
How wasted are you?
Your sober d x
Graduating Quote
graduATE

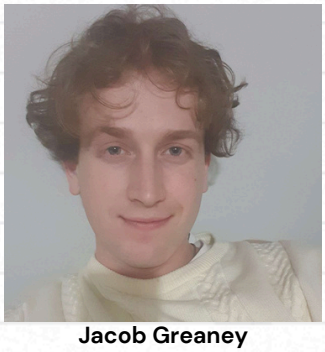
Diary of P4 Students

Kate Garland

Favourite Pharmacy memory
ball in 2nd year
(even though I don't remember it)
Every class skipped = 1 shot
How wasted are you?
would be friendly with the bartender but not as much as Lydia
Graduating Quote
keep your head up queen, your crown is slipping

Aisling Goatley

Favourite Pharmacy memory
Marina the moa
Every class skipped = 1 shot
How wasted are you?
As wasted as Kasra's back support order from Sigvaris
Graduating Quote
Sigvaris is the only compression brand I'll use



Jacob Greaney

Favourite Pharmacy memory
Filling out this form I guess
Every class skipped = 1 shot
How wasted are you?
: (
Graduating Quote
Im finally finished!

Alex Gregan

Favourite Pharmacy memory
Wine and cheese night and Pharmacy ball
Every class skipped = 1 shot
How wasted are you?
A bit tipsy
Graduating Quote
pharmaslayyy

Jack Guo

Favourite Pharmacy memory
Every drinking Pharmacy event
Every class skipped = 1 shot
How wasted are you?
Will still beat Hannah at beer pong
Graduating Quote
Sell drugs is always another option

Kate Hassell

Favourite Pharmacy memory
Being ubered home by Mudassir
Every class skipped = 1 shot
How wasted are you?
Hospitalised
Graduating Quote
Slinging pills to pay the bills

Josh Hou

Favourite Pharmacy memory
Dan wright
Every class skipped = 1 shot
How wasted are you?
Not very
Graduating Quote
You don't get mats from breaking other peoples builds

Farisha Hussein

Favourite Pharmacy memory
Aahad "practicing" OSCE cases at midnight
Every class skipped = 1 shot
How wasted are you?
I can't remember
Graduating Quote
I'm 100% sure that I'm 0% sure of what I'm doing

Daniel Hussey

Favourite Pharmacy memory
Attending the 2023 Exec Initiation
Every class skipped = 1 shot
How wasted are you?
compulsory class = slightly tipsy
lectures = dead
Graduating Quote
Expect the best, be prepared for the worst

Simone Hutchinson

Favourite Pharmacy memory
P3 placements
Every class skipped = 1 shot
How wasted are you?
Probably sober
Graduating Quote
We made it :)

Daying Huxut

Favourite Pharmacy memory
Be friends with you guys!
Every class skipped = 1 shot
How wasted are you?
Can't even recognize who am I
Graduating Quote
爷毕业啦哈哈哈

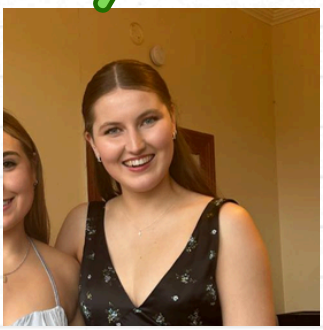
Jess Hwangbo

Favourite Pharmacy memory
Every year but P4
Every class skipped = 1 shot
How wasted are you?
Would need to tacky
Graduating Quote
5 digit student loan just to say Lemme check NZF

Diary of P4 Students

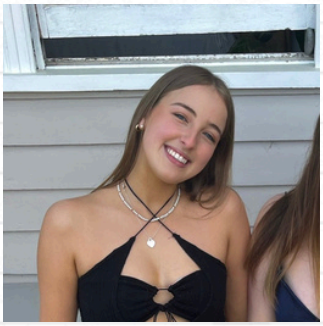
Erana Ikimau

Favourite Pharmacy memory
All the pharmacy events
Every class skipped = 1 shot
How wasted are you?
SOBER
Graduating Quote
Owe it all to chatGPT



Meg Inwood

Favourite Pharmacy memory
Wine and Cheese 2023
Every class skipped = 1 shot
How wasted are you?
Completely sober because I crave academic validation
Graduating Quote
"Yeah" - Lil Jon



Emma Kelly

Favourite Pharmacy memory
P2 wine and cheese or ball <3
Every class skipped = 1 shot
How wasted are you?
a bit tipsy
Graduating Quote
pharmaslay

Maya Kelly

Favourite Pharmacy memory
The friends we made along the way
Every class skipped = 1 shot
How wasted are you?
Stone cold sober but still confused
Graduating Quote
Fake it till you make it!

Marina Kenton-Smith

Favourite Pharmacy memory
The pies at Marae day
Every class skipped = 1 shot
How wasted are you?
Pretty tipsy :)
Graduating Quote
consistency is key...
like me being two minutes late to every class

Nisha Khan

Favourite Pharmacy memory
Getting distracted in Hunter instead of doing uni work
Every class skipped = 1 shot
How wasted are you?
Very, but also I'm a lightweight, so a week's worth plus one here and there would more than do the job
Graduating Quote
Time is a weird soup - Fearne Calloway (Ashley Johnson)

Polina Kim

Favourite Pharmacy memory
Aahad "practicing" OSCE cases at midnight
Every class skipped = 1 shot
How wasted are you?
I'd do milkshake shots and get sugar-high
Graduating Quote
Follow your heart, but take your brain with you

Kye Shen Kok

Favourite Pharmacy memory
Placements?
Every class skipped = 1 shot
How wasted are you?
Sober
Graduating Quote
Fake it till you make it

Lindsay Konsane

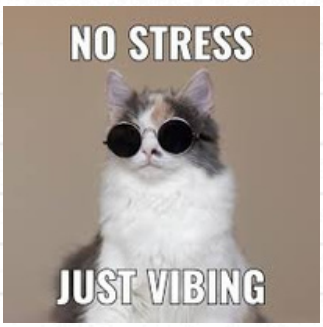
Favourite Pharmacy memory
Getting to meet such inspiring and loving people throughout the course
Every class skipped = 1 shot
How wasted are you?
I'd be ready to work!
Graduating Quote
New chapter, no map, no compass, just the twists and turns with all the fun in between.

Maali Kyle-Ford

Favourite Pharmacy memory
mega calves
Every class skipped = 1 shot
How wasted are you?
dead sober, never late
Graduating Quote
table tennis in 10?

Jackson Le Roy

Favourite Pharmacy memory
Lucas Lin's Fortnite birthday party
Every class skipped = 1 shot
How wasted are you?
Dead from alcohol poisoning
Graduating Quote
I spent 4 years studying just to get a license to deal drugs



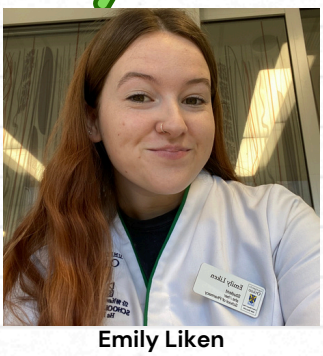
Wonje Lee

Favourite Pharmacy memory
eating food
Every class skipped = 1 shot
How wasted are you?
I'm pretty sure I'll be dead
Graduating Quote
chur

Diary of P4 Students

Romina Leilua

Favourite Pharmacy memory
When I actually turn up (very rare)
Every class skipped = 1 shot
How wasted are you?
Deceased from alcohol poisoning
Graduating Quote
I'd like to thank Beyoncé



Emily Liken

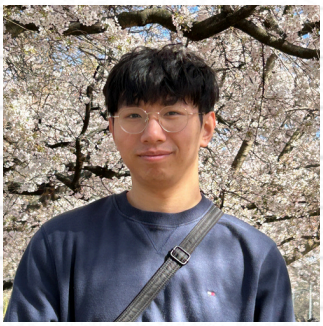
Favourite Pharmacy memory
Completing my first OSCE and thinking I might actually be able to do this job.
Every class skipped = 1 shot
How wasted are you?
Enough to have a lot of fun
Graduating Quote
We did it!

Yong Wan Lim

Favourite Pharmacy memory
Tertiary cup tournament w. my fav peeps
Every class skipped = 1 shot
How wasted are you?
∞
Graduating Quote
Please fix Adams Building's elevator :)

Lucas Lin

Favourite Pharmacy memory
I FOUND JOY
Every class skipped = 1 shot
How wasted are you?
NOT VERY WASTED COMPARED TO OMAR
Graduating Quote
KACHOW



Howard Liu

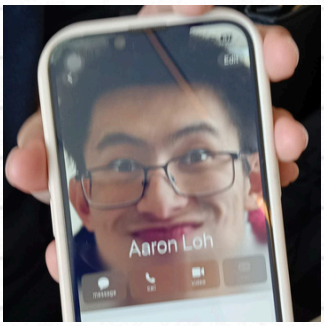
Favourite Pharmacy memory
Dodge ball after P2 final exam
Every class skipped = 1 shot
How wasted are you?
Anaphylaxis
Graduating Quote
No more addition to student loan

Bethany Lo

Favourite Pharmacy memory
Going to the marae
Every class skipped = 1 shot
How wasted are you?
Too sober
Graduating Quote
Bye

Nicole Lockie

Favourite Pharmacy memory
P2 Flat crawl
Every class skipped = 1 shot
How wasted are you?
dead sober
Graduating Quote
If all else fails, there's always delusion



Aaron Loh

Favourite Pharmacy memory
Hanging out and just chatting after workshops and exams - the fellowship <3 :))
Every class skipped = 1 shot
How wasted are you?
Nurse: "I've never seen an AST/ALT ratio higher than the legal drinking age before"
Graduating Quote
All of you will make awesome pharmacists - I'll see you out there <3

Jonas Loo

Favourite Pharmacy memory
Random road trip
Every class skipped = 1 shot
How wasted are you?
Recycled
Graduating Quote
¯_(¬_¬)_/¯

Kalani Macdonald

Favourite Pharmacy memory
Literally anything but pharmacy
Every class skipped = 1 shot
How wasted are you?
I'd still pronounce drug names better than Kasra
Graduating Quote
Always keen to try something new, except if it's Leo's home brew

Kasra Mahmoodzadeh Namin

Favourite Pharmacy memory
KNOWING I WILL NEVER BE SEEING HUMAIRA AGAIN.
Every class skipped = 1 shot
How wasted are you?
NOT TOO WASTED, BUT STILL ON THE FLOOR
Graduating Quote
PLEASE DEFEND ME IF YOU SEE ME IN A HDC COURT CASE

Raziel Manuel

Favourite Pharmacy memory
The friends we made along the way
Every class skipped = 1 shot
How wasted are you?
Passed out in the Octy
Graduating Quote
Insert bars

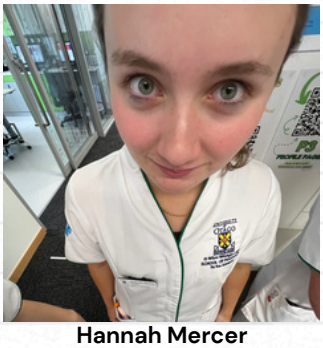
Diary of P4 Students

Stella McClure

Favourite Pharmacy memory
Flat cocktail night playing Jackbox party games with a few of the pharmacy girls.
Every class skipped = 1 shot
How wasted are you?
Pretty Sober
Graduating Quote
The tassel is worth the hassle

Harriet McMillan

Favourite Pharmacy memory
The Sildenafil counselling skills lab :)
Every class skipped = 1 shot
How wasted are you?
4 years sober
Graduating Quote
Just finish yourself off



Hannah Mercer

Favourite Pharmacy memory
2ND YEAR FLAT CRAWL
Every class skipped = 1 shot
How wasted are you?
CAPABLE OF DRIVING
Graduating Quote
SLAY

Tyler Mitchell

Favourite Pharmacy memory
Chanelle finishing lab on ST Patty's day in 5 minutes
Every class skipped = 1 shot
How wasted are you?
Not able to walk
Graduating Quote
Got a degree. Next steps: being a wag

Aahad Mukhar

Favourite Pharmacy memory
Midnight OSCE "practice" at Adam's Building
Every class skipped = 1 shot
How wasted are you?
Not Applicable lol
Graduating Quote
I came. I saw. I dispensed.

Shrima Parachuru

Favourite Pharmacy memory
The time spent with friends!
Every class skipped = 1 shot
How wasted are you?
I'd be tipsy...on apple juice!! lol
Graduating Quote
On a scale of 1 to 10 how would you rate your pain

Anika Perenara

Favourite Pharmacy memory
Lucas falling down the stairs in Barnett
Every class skipped = 1 shot
How wasted are you?
Sober and on time
Graduating Quote
Someone ask Maali what the reversal agent for the toxicity of sodium fluoride toothpaste is

Olive Pujol

Favourite Pharmacy memory
Tyler & Chanelle <3
Every class skipped = 1 shot
How wasted are you?
Tipsy
Graduating Quote
Cheers !!!

Rebecca Rietveld

Favourite Pharmacy memory
Seeing the beef between Kasra and Humaira
Every class skipped = 1 shot
How wasted are you?
I'm just lucky I don't drink
Graduating Quote
Don't worry I have paid for parking.

Susannah Rice

Favourite Pharmacy memory
MEETING MEG ON THE CORNER EVERY MORNING ☀️
Every class skipped = 1 shot
How wasted are you?
I'D BE THE DESIGNATED DRIVER!
Graduating Quote
WHAT FEELS LIKE THE END IS OFTEN THE BEGINNING...

Tarryn Roxburgh

Favourite Pharmacy memory
Greymouth IPE placement
Every class skipped = 1 shot
How wasted are you?
Utterly sober
Graduating Quote
Thanks Pharmacy School

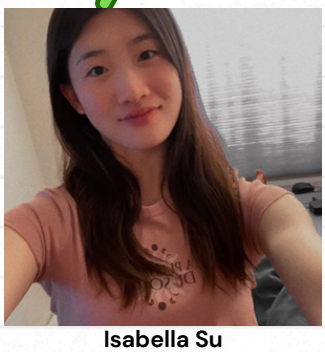
Nabeel Shakur

Favourite Pharmacy memory
Being in Hamilton
Every class skipped = 1 shot
How wasted are you?
Dead
Graduating Quote
Be the ritonavir to my nirmatrelvir. Make me bio available.

Diary of P4 Students

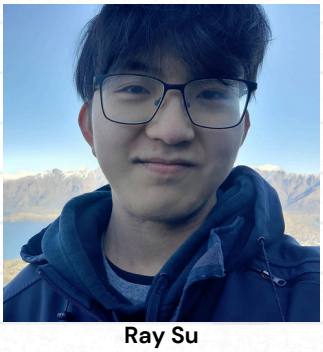
Leo Staufenberg

Favourite Pharmacy memory
Attending lectures
Every class skipped = 1 shot
How wasted are you?
Still a better driver than Jack
Graduating Quote
I'll come to the next lecture



Isabella Su

Favourite Pharmacy memory
Placements and escape rooms.
Every class skipped = 1 shot
How wasted are you?
Not enough to be wasted... surely...
Graduating Quote
People grow through experience if they meet life honestly & courageously. This is how character is built.



Ray Su

Favourite Pharmacy memory
Free food from P2 online
Marae visit
Every class skipped = 1 shot
How wasted are you?
Tipsy
Graduating Quote
Education is what remains after one has forgotten what one has learned in school

Lydia Swaney

Favourite Pharmacy memory
Watching Jack flirt with middle aged women after the Chemist Warehouse event
Every class skipped = 1 shot
How wasted are you?
On the floor
Graduating Quote
Officially a drug dealer!

Charlotte Tappenden

Favourite Pharmacy memory
Every time I made it to class on time (it was rare)
Every class skipped = 1 shot
How wasted are you?
Sober through P2&P3, on the floor P4
Graduating Quote
When the going gets tough, the tough get going x

Caitlin Wade

Favourite Pharmacy memory
Flat crawl!
Every class skipped = 1 shot
How wasted are you?
Stone cold sober
Graduating Quote
Long story short I survived

Humaira Warsi

Favourite Pharmacy memory
Knowing I will never be seeing Kasra again.
Every class skipped = 1 shot
How wasted are you?
Keeping it HALAL at all times <3
Graduating Quote
\(ᓀ‸ᓂ)/
I can't believe I survived this!!

Amber Wee

Favourite Pharmacy memory
2024 pharmacy ball
Every class skipped = 1 shot
How wasted are you?
Too sober
Graduating Quote
I'm so done guys

Chanelle West

Favourite Pharmacy memory
Meeting Tyler and Olive
Every class skipped = 1 shot
How wasted are you?
Quite tipsy
Graduating Quote
Out of all the things that I have learnt the word slay is my favourite

Thomas Wilson

Favourite Pharmacy memory
P4 BALL
Every class skipped = 1 shot
How wasted are you?
UNDER THE TABLE
Graduating Quote
TUFF TIMES NEVER LAST

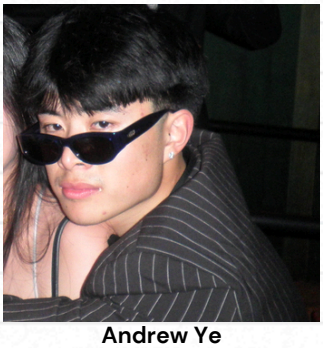
Chloe Wong

Favourite Pharmacy memory
P2 ball
Every class skipped = 1 shot
How wasted are you?
Passed out on the floor
Graduating Quote
One of us from our year is going to be a serial killer

Junyi Yang

Favourite Pharmacy memory
Talking to my friends after exams and hoping we all guessed the same answers
Every class skipped = 1 shot
How wasted are you?
Deceased
Graduating Quote
N2F is saving my career

Diary of P4 Students



Andrew Ye

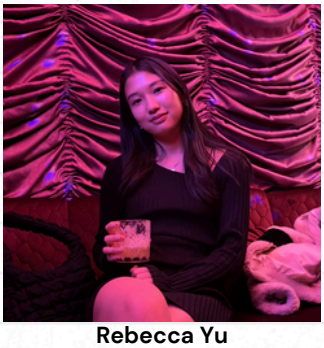
Favourite Pharmacy memory
P4 Ball
Every class skipped = 1 shot
How wasted are you?
so cooked
Graduating Quote
If you only do what you can, you will never be more than you are now.

Issy Young

Favourite Pharmacy memory
Hanging with my friends!
Every class skipped = 1 shot
How wasted are you?
Very sober
Graduating Quote
Seleena is my silliest friend

Jessica Yu

Favourite Pharmacy memory
The opportunity to meet new people and make new friends
Every class skipped = 1 shot
How wasted are you?
Sober asf
Graduating Quote
One door closes, another one opens



Rebecca Yu

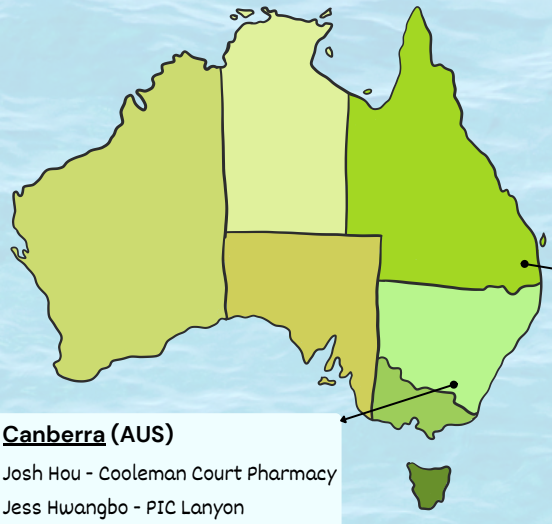
Favourite Pharmacy memory
Meeting all my pharmacy friends!!
Every class skipped = 1 shot
How wasted are you?
Very tipsy
Graduating Quote
Can't wait to become a legal drug dealer soon

Mabel Zhou

Favourite Pharmacy memory
Escape rooms during skills :)
Every class skipped = 1 shot
How wasted are you?
Still sober
Graduating Quote
Adios fellas

Where to now?

2025 Internship Locations



Brisbane (AUS)
Jasmine Anderson - Blooms the Chemist

Canberra (AUS)
Josh Hou - Cooleman Court Pharmacy
Jess Hwangbo - PIC Lanyon
Kalani Macdonald
Lydia Swaney

Whangārei
Erana Ikimau - Whangārei Hospital
Lindsay Konsane

Auckland
Jenny Bahng
Justin Chin
Kate Garland - Auckland Hospital
Jack Guo
Polina Kim - St Luke's Chemist Warehouse
Kye Shen Kok - Westgate Pharmacy
Romina Leilua - Cox's Pharmacy
Lucas Lin
Nicole Lockie
Hannah Mercer - Unichem Lunn Ave
Susannah Rice - Unichem Campus Pharmacy
Thomas Wilson - Auckland Chemist Warehouse
Rebecca Yu

Tauranga
Jackson Le Roy
Tyler Mitchell - Tauranga Hospital
Chanelle West - Tauranga Hospital

Hamilton
Olive Pujol - Waikato Hospital
Junyi Yang

New Plymouth
Madison Arthur - Taranaki Base Hospital
Simone Hutchinson - Taranaki Base Hospital

Palmerston North
Toor Butt
Stella McClure - Vautier Pharmacy
Ray Su

Whanganui
Brianna Fisk - Whanganui Hospital

Wellington
Seleena Bhana
Alex Gregan - Unichem Kilbirnie
Daying Huxut - Unichem Miramar
Maya Kelly - Wellington Hospital
Nisha Khan
Bethany Lo
Andrew Ye - Life Pharmacy Johnsonville

Nelson
Charlotte Tappenden - Hurst & Taylor
Mabel Zhou - Nelson Hospital

Christchurch
Oliver Bolton - Christchurch Hospital
Angela Caisip
Kate Hassell - St Martins Pharmacy
Daniel Hussey - Life Pharmacy Rangiora
Meg Inwood - Christchurch Hospital
Marina Kenton-Smith - Life Pharmacy Barrington
Wonje Lee
Emily Liken - Alabasters Pharmacy
Yong Wan Lim
Howard Liu - Rolleston
Aaron Loh
Raziel Manuel - CWH Rolleston
Caitlin Wade - St Martin's Pharmacy
Issy Young
Jessica Yu

Timaru
Shrima Parachuru

Wānaka
Leo Staufenberg

Dunedin
Omar Baalousha
James Courtney - Antidote Dunedin
Aisling Goatley - Taieri Unichem
Jacob Greaney - Bargain Chemist George St
Farisha Hussein- Chemist Warehouse
Maali Kyle-Ford - Bargain Chemist George St
Jonas Loo
Harriet McMillan
Kasra Namin - Life Pharmacy City Centre
Anika Perenara - Dunedin Hospital
Isabella Su
Rebecca Rietveld - Dunedin Hospital
Tarryn Roxburgh - Larsons Pharmacy
Amber Wee - Woolworths Pharmacy Dunedin
Chloe Wong - Woolsworth Pharmacy

Queenstown
Humaira Warsi - Queenstown Pharmacy

Invercargill
Rhegine Ashley Cordova
Emma Kelly - Gladstone Pharmacy

Other
Nabeel Shakur - Another degree

Pharmacy Camp!

2024

Bright-eyed and bushy-tailed, these new pharmacy students came to Dunedin two weeks early. Passing up the opportunity for daytime drinking on Castle Street, eager to dip their toes into what Pharmacy had in store for us.

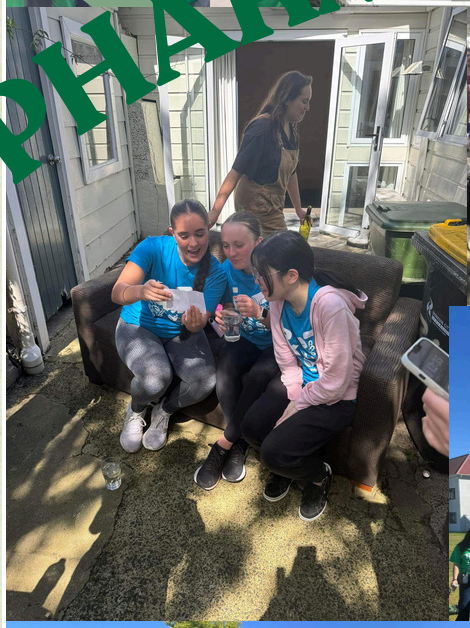
In true back to school fashion, we began our camp with a sports day! There was something there for everyone. Whether you are more athletically inclined, and felt drawn to dominating the tug of war, or whether you preferred to try and corn-hole your way to some sponsored merch (thanks MAS). Pharmacy camp was already proving to go down a treat! We sun-blocked up and competed in our teams, making new friends and memories.

Even though the sun was still bright, we decided to herd the fun indoors. Our numbers dwindled slightly, some P2s becoming casualties to Castle Street mischief-making. But a core group of us remained unfazed! The second day was time to put our non-existent skills to the test! Some of our P2s really shone! We got acquainted to the VPPL, which we can now call home and got stuck into our taskmaster challenge. Activities ranged from counting pills (not busting any misconceptions there!), making TikToks, and trying our best to draw Kalani blindfolded.

Last but not least, the moment we all waiting for... the drinking! The final stretch in our pharmacy camp was to complete an amazing race. But not without boat racing Tuis first!

This strong start was quickly met with adversity. One of our first tasks was to finish a bottle of wine between our groups. Seems easy but the P3s and P4s failed to mention that the wine was laced with chilli flakes. But this was not enough to make any P2s bat an eye. After this we were challenged to a series of other tasks. Getting photos with strangers, rage cage and searching for ping pong balls in the Woodhaugh gardens. Amazing race was the last hoorah to a very fun pharmacy camp! We finished off the night at the Hockey Club and had time to chat with our new friends, including the lovely P3s and P4s!

PHARMACY CAMP '24



flat crawl

On the 16th of March, pharmacy students took off their white coats and transformed into our types for an afternoon. At 1 pm we started our day of drinking at Royal Terrace where we found all the essentials: music, beer pong, and funnels.

We then headed to Queen Street where we were greeted by a much needed sausage sizzle. However, things weren't all sunshine and rainbows, we were all about to face our greatest challenge yet... the scrumpy race, which was won by the P4s.

Finally, we ended the day at Leith Street. Despite this being the last flat, the energy certainly did not drop. There were a variety of drinking games to keep us entertained, and an awards show was featured, which crowned Yuv and Kieran as best dressed.

I ♥ TARA YUMMY

I ♥ TARA YUMMY

BEST DRESSED

I ♥ TARA YUMMY

OVERRATED AND UNDERRATED FOOD

HOT TAKES WITH ZOE :)

From Places in Dunedin

TOKYO HOUSE

Overrated Recommendation

UDON OR JAPANESE CURRIES, TBH THIS IS WHAT IS MAINLY BROUGHT FROM THIS RESTAURANT. IN MY OPINION IT IS NOT THE BEST ORDER.

Underrated Recommendation

SUSHI

I THINK IT TASTES SO MUCH BETTER MADE TO ORDER (FRESH!). I REALLY LIKE THE SALMON SUSHI FROM HERE.

TOKYO HOUSE
SALMON SUSHI

TOKYO HOUSE
UDON & CURRIES

REBURGER

Overrated Recommendation

ORIGINAL BOX

THE ONE ON TIKTOK, VERY PRICY BUT THE DUNEDIN REBURGER IS GOOD SO I WOULD SAY ITS WORTH

Underrated Recommendation

LOADED FRIES

IDK ITS KINDA WHAT YOU WOULD THINK SHOULD BE MID AT A BURGER TAKEAWAY, BUT ITS GOOD ACCORDING TO MY FRIEND HAHA

REBURGER
SUPERNASH BURGER,
LOADED FRIES

HARRY'S KITCHEN

Overrated Recommendation

CHICKEN AND RICE/CHIPS FR, LIKE THE WHOLE MENU LOOKS LIKE ITS THIS LOL

Underrated Recommendation

RAMEN

LIKE ITS REALLY GOOD FOR THE PRICE

HARRY'S KITCHEN
CHASIU RAMEN,
CHICKEN & CHIPS

HARRY'S KITCHEN
CHICKEN RAMEN

City of Tea

Overrated Recommendation

ANYTHING FROM THEIR BEST SELLERS LIST

Underrated Recommendation

YOGURT DRINKS

THE MANGO YOGHURT DRINK + PURPLE RICE IS GOOD, JUST ITS *COUGH COUGH*

$12

CITY OF TEA
MANGO YOGURT & PURPLE RICE
70% SUGAR

Futomaki

Overrated Recommendation

ALL FOOD ITEMS ON THE MENU,
I LOVE THIS RESTAURANT

Underrated Recommendation

RAMEN

LIKE I WOULD SAY ITS AS GOOD, IF NOT BETTER THAN HARRY'S KITCHEN RAMEN

FUTOMAKI
CHICKEN KARAAGE RAMEN

FUTOMAKI
SPICY CHICKEN RAMEN

Rice + Cake

Overrated Recommendation

TTEOKBOKKI

I THINK ITS GOOD FROM HERE

Underrated Recommendation

THE TAKEAWAY BOWLS, I THINK THEY'RE CALLED DOSIRAK ?

RICE + CAKE
TTEOKBOKKI

NZAPS-O presents...

WINE & CHEESE

On the 3rd of May this year, the annual Wine and Cheese event was held at Deja Vu Eats. This was a great event that allowed for socialising between Pharmacy students across all years! The Wine & Cheese event was the perfect chance to unwind, network, and indulge after a busy semester. With laughter, good vibes, and new connections made, it was an evening to remember and celebrate. The night was filled with fine wine, gourmet cheese and great company, along with an awesome DJ who brought out THE BEATS!!

03/05/2024

THIS YEAR ON WELFARE

P2-P3 MENTOR PROGRAMME

The mentorship programme was the first major project that fell under welfare. I must also say it was a very fulfilling one for me. I got the opportunity to meet many P2s during this process and hear their problems and concerns about starting BPharm and how having a mentor could be helpful to them. Having one-on-one conversations with some P2s helped me to better tailor the programme towards their specific needs. My biggest takeaway through this programme was making a new friend who has turned out to now be one of my closest friends in uni, my own P2 mentee, Lochanna!

TEDDY CLINIC 2024

We had m&m chocolates in counting trays and 'paracetamol' in mission bottles for the kids to count tablets and measure out medications in syringes

Teddy clinic is and will always be the highlight of all health professional programmes. It is undoubtedly the most wholesome welfare project of the year.

I think it is safe to say that our little ones and our student volunteers had a great time. I would like to take this opportunity to thank every one of you who came along on a Sunday to make this happen!

NAOMI'S THOUGHTS

CAFÉS

WE LOVE *Coffee*

everyday
8:30 am - 10:30 pm

WE NEED *free wifi*

QUICK COFFEE

THE FIX 7/10

Situated right by Walsh, the Fix is an easy journey to pick up a much needed pick up between lectures.

STRICTLY COFFEE 9/10

The BEST coffee ever. They have inexpensive brews, great cabinet food and are slightly out of the hustle. slightly small.

CENTRAL CAFE 7/10

A good break from the hell that is Central. Love the kai, the coffee is good. I always find myself stealing the cups oops.

COOKIE TIME 5/10

At the start of 2024, this was the place to be. $1 coffees used to be the highlight of my life. Now ... $3 is too expenny.

STUDY SESH

GOV'S 9/10

If I'm not in Hunter, I'm in Govs. From the long blacks to the loaded chips (and toasties) ... I love it. Dear Govs staff ... thank you. Vibes = amazing, wifi = free.

MAGGIE'S 8/10

A bit further away than the others on this list, but worth the journey. Very artsy and vibes. For when those antibiotics are getting you down, the in-house dog is there for cuddles.

AUAHI ORA 7/10

Just past the link there is a new space for chats, coffee, kai and study. A great place for a chill vibe and closes at 4 pm!

JOE'S GARAGE 8/10

Joe's is good for more than the 2024 end-of-year-party (IFYKYK). The kai is great. The wifi is free. and when pathophysiology gets you down ... an aperol spritz is there.

SPECIAL MENTIONS

MARBECKS - WEI SAYS YAY (FREE COFFEE TOO)

CATALYST - BOTTOMLESS BRUNCH

CJ'S - SNACKS + DRINKS SLAP

VENDING MACHINES - EFFICIENT + CHEAP

KAI & KŌRERO

ADJO 8/10

Adjo is more than a porridge place (I too was surprised). The creamy mushrooms 10/10. I wouldn't re-order the coffee + tonic, too adventurous for little old me.

MODAKS 8.5/10

This would be on the study sesh if it had free wifi. The vibes = immaculate. The bagels always hit. The 6 shot coffee 10/10. Love the local art on the walls.

KIKI BEWARE 8/10

This was my p2 haunt. The Mexican iced coffee haunts my dreams. Minh Tam is a big fan of the sandwiches (will steal them from you). Unfortunately, its too small for all my homies.

THE GOOD OIL 8/10

This is pretty decent. The food is always good, the coffee is never burnt. What more could a girl want? Unfortunately, its always full at lunch time :,(.

MAGGIE'S 8/10

The only one to be featured twice. Maggies is more than a cafe, open late, its also a bar? The kai hits, the coffee slaps. Maggie's only con is that its in the Octy.

BUSTER GREENS 9/10

The matcha is amazing (has Sol's seal of approval - "good but unique"). The brekkie is great. The staff are amazing (thank you for the ice when i concussed myself omw to brunch). love love love

OAKEN CAFE 7/10

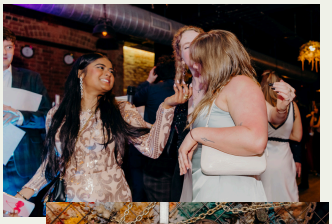
A bit further from our trusted Adam's Building. The food is good, the vibes are cute. Less filled with other members of the multidisciplinary health team which is a pro.

NAOMI'S GO-TOS

LONG-BLACK	9/10
POUR-OVER COFFEE	10/10
LOADED FRIES	8/10
MATCHA	9/10

NAOMI GOT PAID $30 FOR THIS. It will be spent on coffee :p

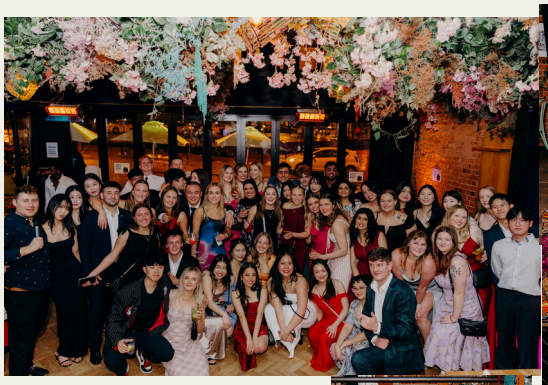
CHEMIST WAREHOUSE



2024 NZAPS-O

Pharmacy BALL

SPONSORED BY CHEMIST WAREHOUSE, 2024 PHARM BALL WAS HELD AT VAULT 21. WITH GOOD FOOD, GREAT COMPANY AND BANGING MUSIC, THE ENTIRE COHORT CAME TOGETHER FOR A NIGHT TO REMEMBER. DESPITE THE RED LIGHT WEATHER WARNINGS, THE RAIN DIDN'T STOP US FROM HAVING THE NIGHT OF OUR LIVES.



CERTIFICATE
Cutest Couple in Pharmacy

SOCIAL SPORTS

This semester's pharmacy social sports were the best time and I thoroughly enjoyed being the sports rep for the year. We played basketball, volleyball, and netball, and had fun all around. Netball was especially exciting, as we won nearly all our games, showing some great teamwork. Volleyball was just as successful, filled with laughter though we still played our hardest and we got better in the end. Sadly, basketball was only played during the first semester, but even with the short season, it turned out to be a big success. Sports are a great bonding experience for all year groups and it's a great way to connect with everyone, and I had the best time running them.

We also participated in interfaculty sports playing both basketball and netball. We played against med, dent and physio and even if we lost most of the games we had the best time and it was lovely to see everyone that showed up to support :) Overall, it was a fantastic year of sports. It was a great way to unwind from studies, make new friends, and have fun playing together.

Tala Farah

RELAY FOR LIFE

WRITTEN BY: HANA, GYAN AND ZOE

Earlier this year, we participated in relay for life to help raise funds for cancer research in New Zealand. Many of us involved have been affected by cancer in one way or another, so it was really special to be a part of the event to take a stand against it, and to celebrate and remember those who have been affected. Our group took turns running/walking the course, fueled by the baking and sweet treats our friends (shoutout to Jazelle and Roisin) had kindly supplied us with. We spent time meeting other participants, and we had the honor to run along side cancer survivors, carers, and loved ones, which was really heartwarming.

There were also activities throughout the day such as creating a bag for the candlelight ceremony, spot prizes and watching some brave individuals take part in the live/ onstage head shaving for cancer awareness (shoutout to Gyan). There was also fierce competition for best dressed, most enthusiastic and greatest distance covered throughout the day. As night rolled in, we finished off with the candlelight ceremony. This ceremony allowed us to mourn and remember the beautiful souls affected by cancer who were no longer here with us - young to old. With many tears shed, we honoured those who have battled cancer and commemorated them. It was an emotional, yet heart-warming and fulfilling day for all of us, and we will never forget the endless love and support that was felt throughout the event. We highly recommend taking part in the event - any amount of support helps!

PHARMACY OPEN EVENING

The Pharmacy Open Evening is an annual event run by the Pharmacy Admissions team which invites HSFY students or those interested in joining Pharmacy to come along and learn more about what it means to join Pharmacy and have a go at some of the activities and skills we learn.

As usual, the night opened with a small talk about Pharmacy and NZAPSO from Hesh, Amber, HeeSeung, Kalani, and Naomi. This was followed up by free pizza.

Students were then brought down to the VPPL and split into four groups. These groups were taken around 4 different pods which had 4 activities run by a mixture of staff and student volunteers;

- Vaccinations
- Dispensing (lip balm making)
- Inhalers
- BP monitoring

This year we had just shy of 75 students attend (well above our normal cap of 60) which is in par with how many we had pre-covid. Again we're hoping to hold two seperate nights next year.

Madi xx

2023 STUDENT PERFORMANCE AWARDS

2023 P2 Awards

Grace Dixon ..... NZCRS - Prize in Pharmaceutics

Anna Mason ..... Best in paper PHCY210

Amy Wang ..... NZCRS - Prize in Pharmaceutics

..... The Pharmacy Guild of New Zealand (Inc) Year 2 Prize

2023 P3 Awards

Jasmine Anderson ..... Top Score on PHCY320 Written Final OSCE

Meg Inwood ..... Best in paper PHCY320

..... Douglas Pharmaceuticals Integrated Modules Prize

..... The Pharmaceutical Society of New Zealand Prize (300 Level)

Emma Kelly ..... Best in paper PHCY310

Nisha Khan ..... Top Score Overall in PHCY320 Final OSCE

Huge Congratulations to all students for amazing effort

IPSF International Events

ATTENDED BY AND NOTED ON BY NAOMI KNOX

As the IPSF Contact Person for NZAPS-O, New Zealand, I had the privilege of representing both NZAPS-O and my country at the Asia Pacific Pharmaceutical Students' Symposium (APPS) and the 69th IPSF World Congress. This experience has been profoundly rewarding, not only as the sole representative of NZAPS-O but also through the lifelong friendships I've formed, particularly within the Asia Pacific Regional Office (APRO). The skills and knowledge I've gained throughout this journey are invaluable, and I will carry them with me for the rest of my life.

WHAT IS IPSF?

The International Pharmaceutical Students' Federation (IPSF) is the premier global advocacy organization for pharmacy science students and recent graduates. IPSF spearheads initiatives in Public Health, Professional Development, and Pharmacy Education on an international scale. The organization also hosts social events, student exchange programs, competitions, and fosters global collaborations. Partnered with key institutions like the WHO, UNICEF, and FIP, IPSF represents its members at prominent global platforms such as the World Health Summits and beyond.

APPS HIGHLIGHTS

This year, the Asia Pacific Pharmaceutical Symposium (APPS) was held in Chiang Mai, Thailand. APPS serves as the annual gathering of member organizations within the Asia Pacific Regional Office (APRO). The highlight of my experience was connecting with people from across the APRO region. As this was my second APPS, I had the opportunity to reconnect with friends I made last year, while also forming new and meaningful connections. My favorite aspect of APPS is the chance to engage with fellow pharmacy students, sharing experiences and learning from one another.

WHAT IS RA AND WHY DO WE ATTEND?

The Regional Assembly (RA) is the highest decision-making body within the Asia Pacific Regional Office (APRO). As the full member representing New Zealand, NZAPS-O holds voting rights on critical matters such as passing reports, elections, and more, with each country allocated one vote. During the RA, each Member Organization presents a report detailing their annual activities, sharing ideas to inspire others. The assembly also conducts elections, policy sessions, and reviews various reports to guide the region's direction.

WC HIGHLIGHTS

This year, the 69th IPSF World Congress took place in Incheon, South Korea. This annual gathering brings together all member organizations of IPSF. I had incredible opportunities to connect with pharmacy students from around the world and to engage closely with the Executive Board. I gained a wealth of valuable ideas to pass on to my successor in this role. It was truly inspiring to form lifelong connections and friendships!

WHAT IS GA AND WHY IS IT IMPORTANT?

The General Assembly (GA) is like the Regional Assembly (RA) but on a much larger scale. It is a great way to crash course information about IPSF. It was fascinating to learn about the Student Exchange Programme and other aspects of IPSF that I hadn't been exposed to before. Joining in person GA is something I'll never pass up.

The GA is crucial because it ensures that IPSF is being managed effectively and that the Federation's actions align with the needs and views of the majority of its Member Organisations. It provides a platform for us to share our perspectives through discussions, voting, and presenting motions. This year, NZAPS-O successfully seconded two motions and a successful Honorary Life Membership nomination.

WHATS HAPPENING NEXT YEAR?

Exciting news for next year! If you're interested in traveling, meeting new people, getting involved in public health, or simply having a great time, keep an eye out for updates from my successor.

Next year, the Asia Pacific Pharmaceutical Symposium (APPS) will be held in Kuala Lumpur, Malaysia—and it's open to all NZAPS-O members!

Additionally, the IPSF World Congress will take place in Nairobi, Kenya. This event is open to 3rd and 4th-year NZAPS-O members (who are not on placement).

VIVA LA IPSF, VIVA LA PHARMACIE, VIVA LA APRO
NAOMI KNOX

International Pharmaceutical Students' Federation
👍 ❤️ 😂 😮 😢 🙏 +
is czpsa still cunted as being in the room?
10:30 AM
Star
Reply
Forward
Copy
Delete
More...
The 23rd ASIA PACIFIC PHARMACEUTICAL SYMPOSIUM 2024
New Zealand

Professional Development Competitions

Dispensing Race

2nd place!

In semester 1 we (NZAPS-O) started a brand new event ... dispensing race! Kindly sponsored by Countdown Pharmacy (now Woolworths), we ran 2 days of competitions. Teams of 3-4 competed against each other to dispense a prescription as quickly and accurately as possible. We aimed to mimic the team-environment within community pharmacies and the stress around those waiting prescriptions.

Patient Counselling Event

In semester 2, we (NZAPS-O) re-started an event we haven't held since 2019! This IPSF-associated event was a great success. We had over 20 competitors show up on a Saturday to compete in our cases! A HUGE thanks to Brian Wong, Madi Arthur and Pam Conway for taking the time to judge and moderate. It was great fun and a good way to practice the OSCE environment.

Beginner winner

Māori Language Week with Te Puna Kaitaka

This year for Te Wiki o Te Reo NZAPS-O and Te Puna Kaitaka teamed up to celebrate Māori Language. We partnered on a social media campaign, educating us all on Reo to learn and the importance of Reo.

We ended the week with kai, kōrero and kēmu in Walsh. This was an amazing collaboration < 3

written by Naomi, organised by Naomi ... you're welcome

More Than Just a Placement!

IPE Rotation 2024

Gold Panning

Cape Foul Wind

Breakwater

Farm Visit

Kiwi Spotting

Lodge Views

The IPE placement offers a unique experience compared to typical P4 placements, taking place in rural towns like Greymouth (with Gisborne as another option).

Over the five weeks, you live in shared accommodation with eight other health professional students (e.g., Medicine, Dentistry, Nursing etc). Sharing the kitchen and communal areas was a great way to connect with others, whether over dinner conversations, competitive games of Articulate, or watching Love Island together.

I chose Greymouth, a place I'd never visited before, making it a great chance to explore a new part of New Zealand. Our weekly routine kept things interesting: from Monday to Wednesday, we worked at our usual placement sites, such as the pharmacy. Thursdays were dedicated to shadowing different health professionals in the morning, with afternoons reserved for community projects. During my placement, I spent time with a social worker, a prescribing pharmacist, an emergency department nurse, and medical technicians in the hospital. Fridays were the highlight, filled with community activities designed to help us explore the area and bond with each other. Highlights included cultural experiences like flax weaving and stone carving, farm visits, kiwi spotting, and the Hokitika zip-line and tree-top walk.

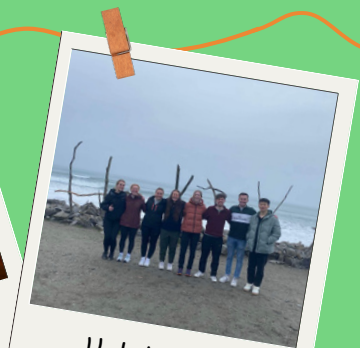
Weekends were for group bonding and exploring. We enjoyed a mix of tourist activities, from gold panning at Shantytown to scenic walks all along the West Coast, and even going to see a movie at the local cinema. Though Greymouth doesn't have much of a nightlife, we made the most of it by visiting the local pub, where the welcoming locals even let us pour pints behind the bar!

Looking back, I'm incredibly glad I applied for this placement. I made lifelong friends, unforgettable memories, and I highly recommend it to all incoming P4s! - Susannah Rice

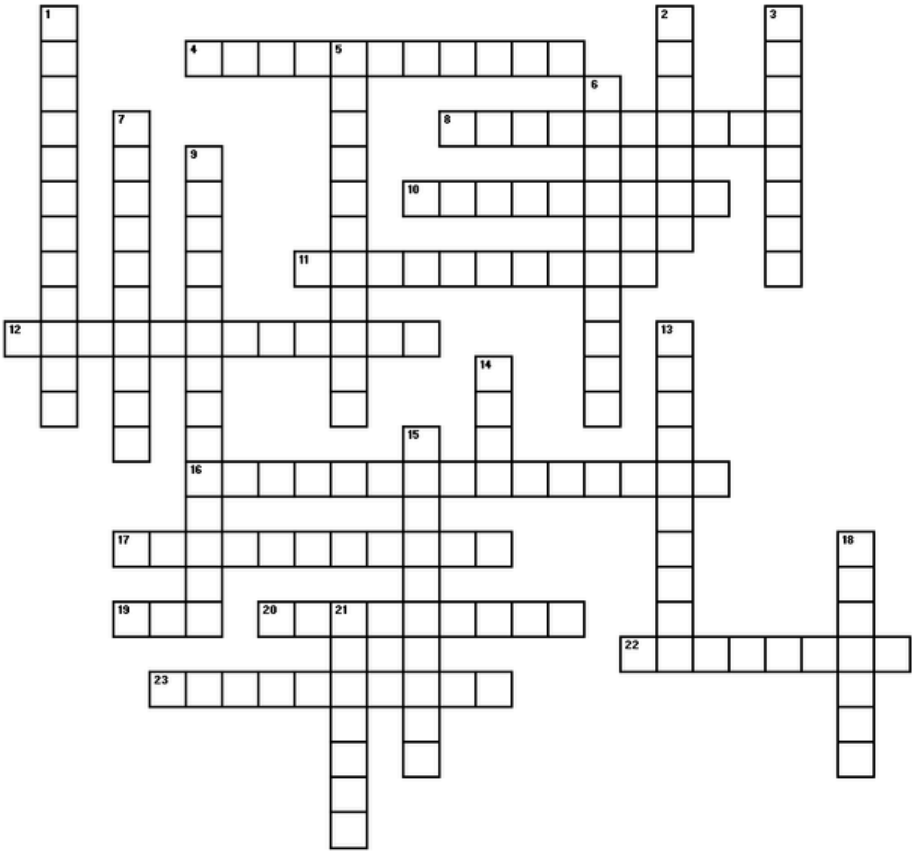
Saturday Nights

Shantytown

Historic Pharmacy



Hokitika



ACROSS

4. Acetaminophen synonym (11)
8. When particles are dispersed throughout a fluid (10)
10. Stage four of drug metabolism (9)
11. Class of medicines that treat and prevent vomiting and nausea (10)
12. Stage two of drug metabolism (12)
16. Side effect (7,8)
17. Compliance pack (7,4)
19. "Let it be labeled" (3)
20. Class of medicines used to help improve sleep (9)
22. Cautionary _____ Label (8)
23. Product of 7 down (10)

DOWN

1. Rx (12)
2. Pharmacy bottle which holds liquid, perhaps (7)
3. Mitte (8)
5. Preparation of custom medications (11)
6. A medicine which must be purchased from a pharmacist (10)
7. Stage one of drug metabolism (10)
9. A polymer coating that prevents disintegration in the stomach (7,7)
13. Used to help patients remember what their medicines are (6,4)
14. Quantity to be taken (4)
15. Stage three of drug metabolism (10)
18. Medicines funder (7)
21. Inactive form of medication activated by the body (7)

FIND THE GENERIC DRUG NAMES OF EACH OF THE BRANDS LISTED BELOW

(Hint: there is space provided for you to write the generic name below each brand)

Celebrex _____	Nilstat _____	Setrona _____
Doxine _____	Panadol _____	Topamax _____
Enlafax _____	Pradaxa _____	Vasorex _____
Galvus _____	Quetapel _____	Vedafil _____
Logem _____	Redipred _____	Vigisom _____
Losec _____	Rizamelt _____	Voltaren _____
Myloc _____	Salair _____	Zista _____

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

4	6	2	5				3	8
7	9	3	8		2	5		4
	8				4	6		
	5			2	9	1	8	6
		1	6	5	8	3	2	7
6	2			3				
8		9				2		
2	3	4	9			8		
5						9	4	1

		5		1			9	4
2			7				5	
			9			2		
		1		8	9			
6	2		4			9	8	
	9		5				4	1
7	3	6	2		8	4		9
					4			2
	5		1		7		3	6

	7	9				2		
	8			4	5		3	
				3		1		8
	2	1						
4		6			3		1	
	5						2	
	4			9		6		
		5	6	7	2			1

WHICH PHARMACY ARE YOU MOST LIKELY TO WORK AT?

(AN ALL KNOWING QUIZ)

How many of Monday's lectures are you going to?

A. All of them - I ain't no slacker

B. Only the ones after 11am - can't take my bedtime seriously

C. Watching then from the comfort of my in own home... two weeks later...

Favourite place to be in-between classes?

A. Top floor health sci library - I need to be on the quietest floor

B. Hunter centre - where I get to run into everyone I went to halls with

C. Back to my criminally cold flat :(

Which assignment is most likely to give you reoccurring nightmares?

A. Anything 210

B. Care plans

C. Group assignements ifykyk

Favourite NZAPS-O event this year?

A Pharmacy camp

B Wine and cheese - or lots of wine and a little bit of cheese!

C I'm not an NZAPS-O member

What are you most likely to forget for a skills lab?

A Pen

B Calculator

C White coat

Mostly As...

Independant pharmacy

You're old school, thorough, and have a bit of a superiority complex. A bit uptight, you roll your eyes at the lack of $5 prescription fees and roll up your sleeves to manually count all those pills because you don't make enough money for an electronic pill counter. There's more to pharmacy than your grade from 211 Try loosen up a little ;)

Mostly Bs...

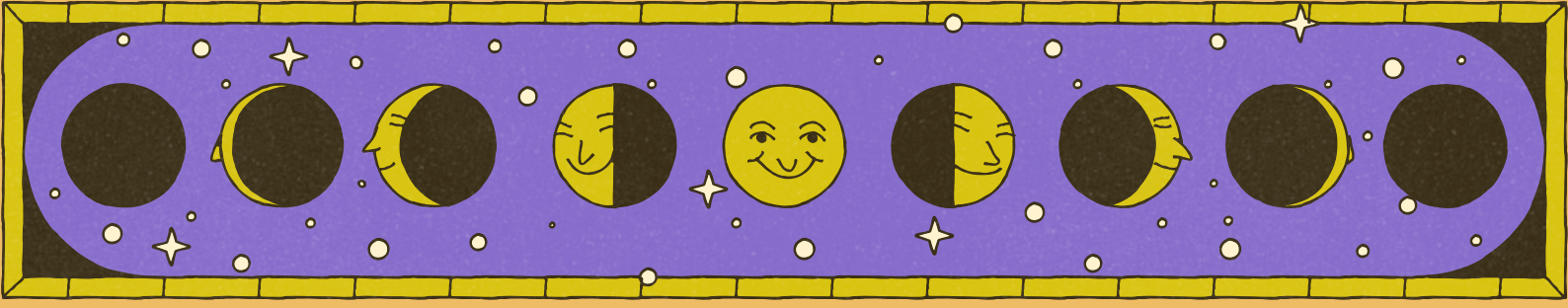
Chemist Warehouse

You're cool and effortless and we wish we were like you. Always looking fanctastic you say its because you match your sambas to you top but really you know you just have a great aura. Your love of boujee skincare and makeup does not go unoticed, but try not to beat yourself up that you're not allowed in the dispensary yet (haha checkouts for you). Keep slaying baddie!

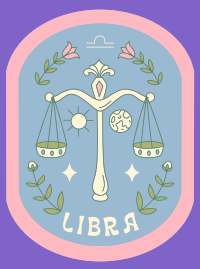
Mostly Cs...

Countdown Pharmacy

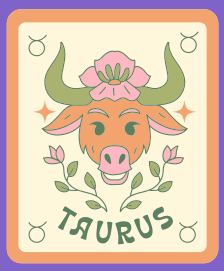
For the love of God, we'd love you to look up from your dispensing to see there's a line of people waiting for their scripts, but it's okay they can grab some kai for dinner in the next aisle (so efficient and fun!). A round of applause, between explaining that you work in Countdown PHARMACY, not the checkout, and putting up with the rat jokes you truly are proof that patience is a virtue. Truthfully we're just jealous, between that staff discount and your hourly rate, we want to be you.



You are probably the most prepared going into exams with more flashcards than anyone can count, just try to get more than 4 hours of sleep.

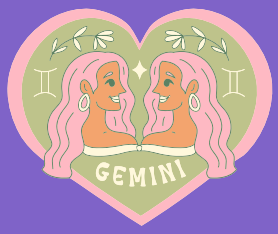


I don't know how you've done it but you've missed at least 50% of workshops this year and gotten away with it, try and show up to at least one morning class next year, we miss you.

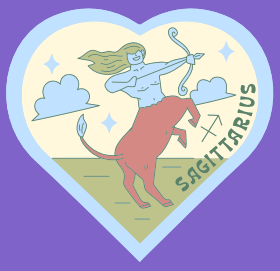


You haven't gone to lectures all year, but it doesn't matter, your grades are still perfect. It's OK to leave your room, fresh air can be nice sometimes.

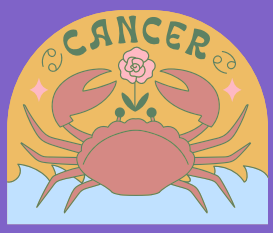
Your best grades were from 210 and you haven't been able to get close since, but at least you've attended every pharmacy event this year. Next year try not to get so drunk at them.



The end of the year is a good time to start making changes in your life. I'd recommend washing your white coat, we don't want to know what those stains are.



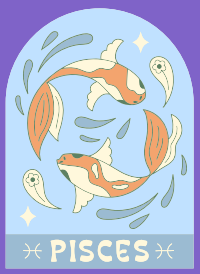
You've spent most of this year day dreaming instead of partcipating in workshops. Remember you're not in love, just bored.



You absolutely smashed it in your OSCE's but now that it's over, stop using teach back in every conversation, move on.

You've gone to more pint nights than lectures. You could study but it's frankly too late, summer can start early for you.

We get it, you go to every single lecture! However, your attendance at social events is subpar. We expect to see you at ball next year.



You're the first one to know when the grades are posted because you check blackboard religiously. It's okay to take breaks, theres a life outside of pharmacy.

You've made it through this year without a scratch and you're waiting for summer, but remember you can't use chatGPT in the final exam.

You're an academic weeapon and lead every group project. Might as well start saving now for your furture pharmacy.

Annual AGM

Our annual AGM meeting was held on the 30th of September in the OUSA Evision Lounge where the annual reports & newly elected executive team was announced for 2025.

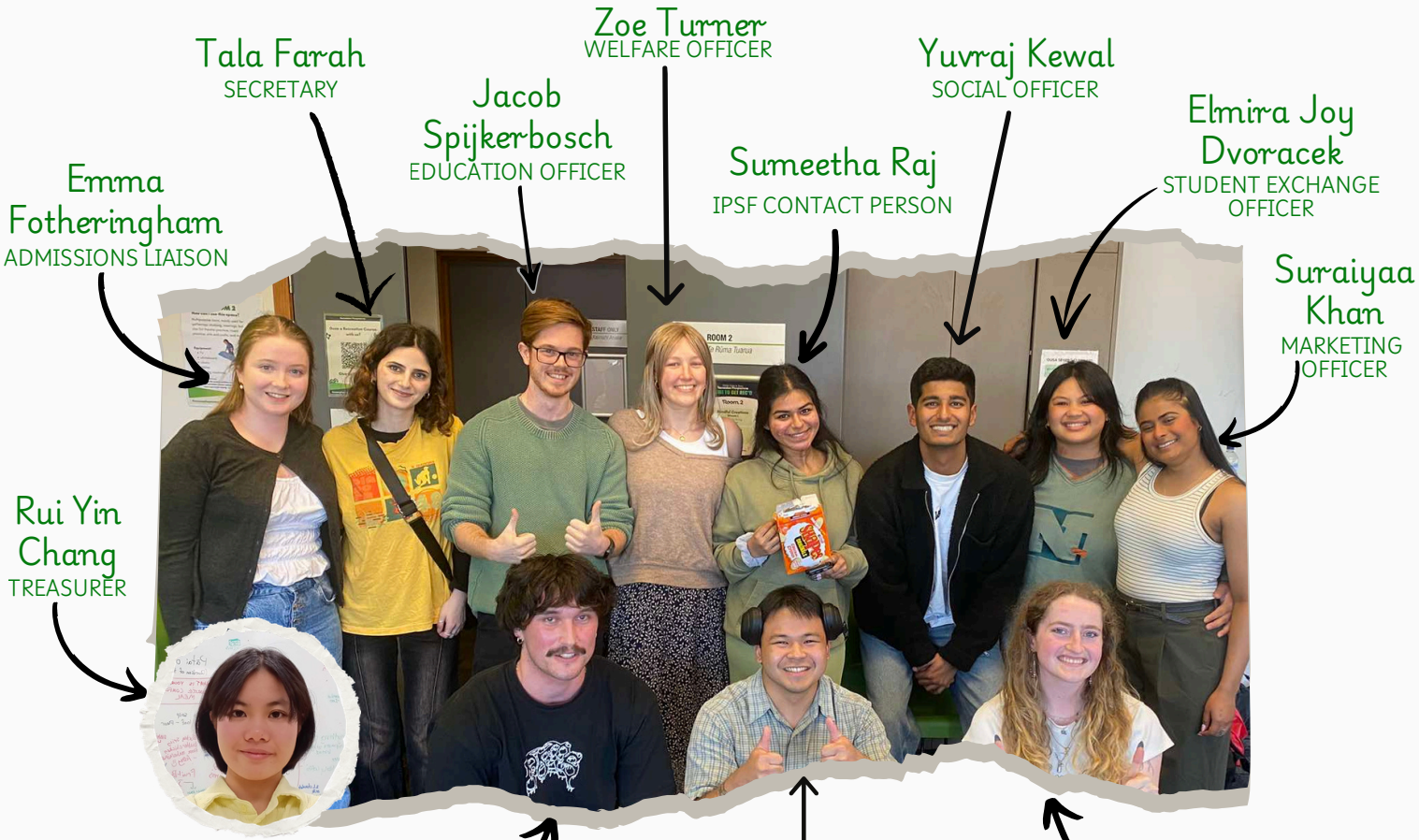
Shout out to the many wonderful candidates this year for putting their name forward & running for their respective positions. We were flushed for choices. It takes a lot of courage to put your name forward. We were very impressed with the way you all answered the questions we threw at you all during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

A big congratulations to the new executive committee & all the best for 2025!

2024 Contribution Award

This years contribution award went to Madison Arthur for her work as the first ever Admissions Liaison and carving out the role herself.

YOUR NEW 2025 EXECUTIVE TEAM



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