

The

The official newsletter of the Pharmacy Association of Nova Scotia

PHARMACIST

August 2013

Chair's Message

by: Andrew Buffett, Chair, PANS

Like our membership, there is a lot of diversity in this mid-summer issue of The Pharmacist. There is a lot of talk about the work/home life balance and we cover items for work and your life outside of work in this issue. [more...](#)

From the Desk of the CEO

by: Allison Bodnar, CEO, PANS

This summer has turned out to be a busy one for pharmacy across this province and the Fall months will be even busier. Here's an update on what PANS has been up to and what members can look forward to in the coming months. [more...](#)

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Three Ways to Accelerate Your Investment Returns

by: Dave Meagher, CJM Solutions+

Finance expert Dave Meagher has some important advice to help you improve your investment returns. [more...](#)

Our Partners

DAL CPE: Summer Update

by: Diane Harpell, BSc(Pharm)

With the passage of the pharmacists as immunizers regulations it has turned out to be a very busy summer for DAL CPE. Here's are some of things the staff have been up to. [more...](#)

Pharmacy Practice

Important Resources for Immunizers

by: Glenn Rodrigues, PhC

Now that the pharmacists' extended services regulations and Drug Administration Standards of Practice have passed, here are some online resources that you should be familiar with. [more...](#)

Member Benefits

Stretch Your Dollar Like an Expert Hypermiler

by: Alain Généreux, TD Meloche Monnex Insurance

It never seems to fail, the summer months come and we find ourselves doing more and more driving and the price of gas seems to go up and up.. Here are a few tips on how to make your hard earned dollars stretch further. [more...](#)

Also in this issue:

(click on link to view each piece)

[49th Annual Dal Pharmacy Refresher & PANS Annual Conference](#)

[Employment Opportunities](#)

[Foundation for Health Initiative](#)

[GoodLife Fitness](#)

[International Pharmacy Grads Bridging Program](#)

[Links of Interest](#)

[Message from the Nova Scotia Association of Optometrists](#)

[PANS Election 2013](#)

[Pharmacist Malpractice Insurance - Retroactive Coverage](#)

[Three Quick Steps to a Great Hotel Deal](#)

Pharmacy Association of Nova Scotia

170 Cromarty Drive, Suite 225, Dartmouth, NS, B3B 0G1

902-422-9583 (phone)

902-422-2619 (fax)

www.pans.ns.ca

Have an interesting story idea or know of a pharmacist we should profile, we want to hear about it. Email

amy@pans.ns.ca or call 422-9583, ext 4.

Chair's Message

by: Andrew Buffett
Chair, PANS



Many of you will be hitting the road over the next few months and our partners at TD Meloche Monnex Insurance have provided us with two articles full of valuable, cost saving tips to make the most of your hard earned dollars. Learn how to get the best gas mileage by clicking [here](#) and how to save money on a place to rest your head [here](#).

With the money you save from the tips from TD you can invest more of those dollars. Dave Meagher from CJM Solutions+ has some sound advice for you. To read Dave's piece, please [click here](#).

Before we know it Fall will be upon us. We have partnered again with Dalhousie Continuing Pharmacy Education to hold the 49th Annual Dalhousie Pharmacy Refresher and PANS Annual Conference. To learn more about this year's event, please [click here](#).

Dal CPE Coordinator Diane Harpell has written a mid-summer update that I encourage you all to read. To do so, please [click here](#).

For this first time in this province, pharmacists will be immunizers this year. Glenn Rodrigues and his team at Dalhousie University have developed a list of valuable resources for pharmacist immunizers. To learn more about this, please [click here](#).

In keeping with the theme of a good work/home life balance, we are pleased to announced that PANS has renewed its agreement with GoodLife Fitness. To learn more about this opportunity, please [click here](#).

An number of our partners have included pieces in this edition of The Pharmacists, including the Foundation for Health Initiative ([click here](#)), ISIS ([click here](#)) and Nova Scotia Association of Optometrists ([click here](#)).

Our Malpractice Insurance provider Wynward Insurance (formerly known as Grain Insurance) has written a brief piece on one of the most unique, and important, aspects of our insurance policy. To read about that, please [click here](#).

We will be having an election in District One this year. We are fortunate that we have four highly qualified individuals vying for the position. You can read their bios [here](#). If you live or reside in District One you will soon received voting information in the mail. It is very important that you vote. Every vote counts, so I encourage to so do.

As always, if you have any questions about PANS or have ideas for programs or services we should be providing, please do not hesitate to contact me.

I hope you enjoy the rest of your summer and I look forward to seeing you in the near future.

From the Desk of the CEO

by: Allison Bodnar, CEO, PANS

As we begin August, we are not only in the middle of our summer, we are also in the middle of our Minor Ailments Pilot Study. Conducted by Research Power Inc., 27 been pharmacies from across the province are participating in this groundbreaking study. The data collected will be analyzed in August and September. The findings and report will be available later in the Fall. The key learnings from the study will be presented at this year's Annual Conference.

This year's conference will be held the first weekend in November at the Marriott Harbourfront Hotel. The theme this year is "Making it Happen." Many of our members are making things happen in their pharmacies and others just need a few more tools to do the same. The objective of this year's conference is that every participant leave the weekend with new skills and confidence to help you incorporate additional pharmacy services into day-to-day practice .

Speaking of making it happen, the pharmacist immunization regulations finally passed in May. It has been a long time coming. Most Nova Scotia pharmacists who received the immunization training previously are required to complete a recertification course. Recognizing this additional burden, PANS has provided funding to offset some of the costs for its members who require this recertification. The reduction is applied directly to your cost when you register.

Pharmacists will be involved with the publically funded flu immunization this fall. PANS has negotiated a fee for service with Nova Scotia's Department of Health and Wellness and is working to ensure all the tools and process are in place to enable pharmacists to effectively contribute to the province's program.

Also, upcoming is the negotiation of the 2014 Pharmacare tariff agreement for Nova Scotia pharmacies. A potential fall

provincial election may impact timing but we at PANS are ready to ensure every provincial candidate is fully aware of the issues facing pharmacists. An MLA package was already circulated in June and thank you to everyone who has already met with their local candidates. We will need your help with this. Once an election is called, PANS will provide its members with additional materials and questions to ask those who are vying for your vote.

PANS is a resource for you. If there are any programs you would like PANS to offer, or resources you like to have access to through your PANS membership, please do not hesitate to contact me at abodnar@pans.ns.ca or by phone at (902) 422-9583, ext 1.

Minor Ailment Assessments



Three Ways to Accelerate Your Investment Returns

by: Dave Meagher, BBA, CFP, CJM Solutions+

Whether you are just beginning to save or you are close to retirement, this sage advice will help improve returns. As a financial consultant I review numerous investment plans, some very good ones that just need some fine tuning and others that require more work to get them on track. I am sharing with you some of the more common strategies to boost returns.

1. Diversify
2. Avoid Market Timing
3. Fees are important

Diversify

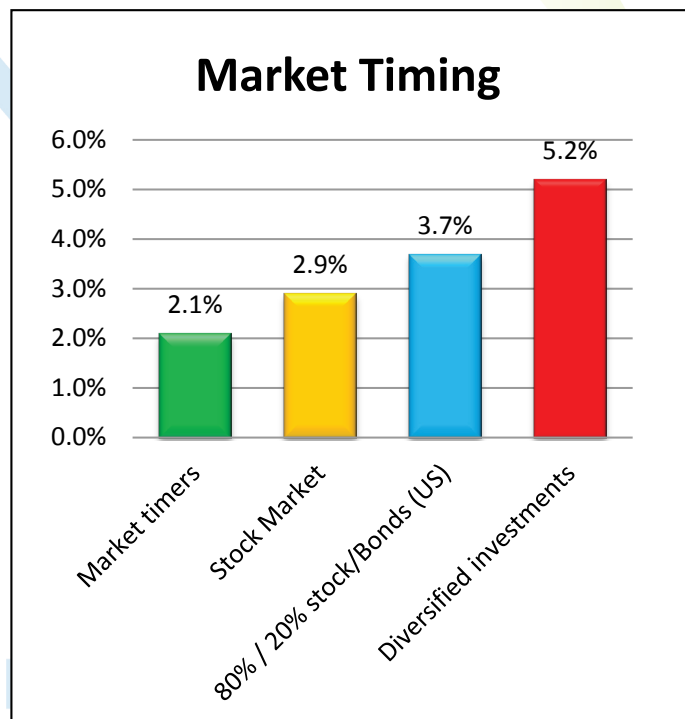
You have heard this advice before, it is no big surprise, but few do it properly. Diversifying spreads the risk of investing over many great companies, if one company fails it will hurt but it will not wipe you out. I have reviewed countless investment plans where the investor thought they were diversified. When I looked at their statements I noticed they are investing in 3 Canadian equity funds and they were not diversifying. You need to invest in a broad selection of different types of both stock and fixed income choices. When done properly it will increase your return and reduce the overall risk of your investments.

In Larry Swedroe's book "Playing the Winner's Game" he quantifies how diversification can not only reduce risk it can boost returns. His study examines investment returns during the period 1982 – 2011 Investing 40% of the savings in short term bonds and the remaining 60% in Canadian companies. During this 30 year period the savings value grew by 9.1% with a risk level of 11.1%. Adding in different types of stocks such as international, US, and real estate investment trusts, the return jumped to 10.3% and risk fell to 8.7%

Diversifying your savings has been proven to increase returns which will help you achieve your financial goals faster.

Avoid Market Timing

How many times have you wished you were not invested as the market falls? If only the investment advisor would sell near the peak and buy back near the bottom. History makes these decisions look easy but when you are in the moment it is hard to see through all of the fog and confusion. Despite this some experts prey on your hope and claim they can time (outsmart) the market.



Mark Hulbert is the founder of Hulbert Financial Digest in Chapel Hill, N.C. He has been tracking the advice of more than 160 financial newsletters since 1980. He is keenly interested in studying if experts are capable of timing the market.

He examined 20 different market timing strategies covering over 160 market timers and the results are not good. In a recent article he shared some of his findings. He noted that the average market timer had a return of 2.1% from early 2000 through this past June 30. A portfolio comprised of 80% US stocks and 20% US bonds would have gained an average 3.7% a year, and

a portfolio that was 100% invested in US stocks grew 2.9%. Even more impressive, a diversified portfolio that was divided equally among U.S. stocks and bonds, international stocks and bonds, gold and a money-market fund had a 5.2% annualized return.

Jumping in and out of the market requires an unbelievable amount of discipline and courage. Most investors exit the market after a sudden drop. Without question the hardest part is buying back in. The thought of taking your life savings and investing it when the market falling and the media is full of doom and gloom is almost unbearable, even for the most well-informed investor. In my experience, investors who have exited the market usually re-invest their savings at higher values than their exit point, causing them to miss out on growth. If they had done nothing they would have more savings. Ignorance is sometimes bliss.

Fees are important

You get what you pay for is great advice but it is not if you are over-paying. No one likes paying too much. Management Fees charged by banks, credit unions, insurance companies, and financial planners and alike are necessary to run the fund and pay the advisor. Sometimes the fees are too excessive. Fees reduce your return, so if you want to earn more you need to pay less. It works like this, if an investment has a gross return of 10% and a management fee of 2.5% your savings would grow 7.5%. Not much to complain about, but what if your neighbor

was paying 1.5% in fees and had a return of 8.5%? Over time paying too much in fees will cost you a lot of money. Imagine investing \$100,000 and earning 8.5% versus 7.5%, over a period of 20 you will be \$86,000 richer by reducing your fees. The PANS group RRSP Plan has fees in the range of 1.5% with some slightly above and below this amount.

One last thing, don't pick your investment based on past performance. This has been attempted by many frustrated investors. Selling a losing investment and buying the best investment of last season gives you a feeling of accomplishment, out with the old – in with the new. The vast majority of time this change creates lower returns. Sometimes doing nothing is the right decision.

This article is by no way exhaustive of all of the tips and strategies to improve returns and some of the advice may not be suitable for your unique situation. Consult with a professional before making any changes to your own plan and always work with a qualified financial consultant who will help you fine tune your investment plan to suit your needs.

As member of PANS you are entitled to a free review of your investment plan to ensure you are on track to reach your financial goals. You can contact Dave Meagher of CJM Solutions+ @ 1-902-421-1908 or 1-800-565-1908 to get your complementary review.



At CJM Solutions+, we are independent consultants.

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www.cjmsolutions.ca

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DAL CPE: MID SUMMER UPDATE

by: Diane Harpell, BSc(Pharm), MBA, Coordinator, Continuing Pharmacy Education, College of Pharmacy, Dalhousie

We all jumped for joy at Dal CPE when we received the news that pharmacists in NS were given authorization to provide injection services for patients! This is such exciting news and another important step forward for our profession. We then quickly went into planning mode in order to coordinate and deliver more than 15 sessions of the IIARP (Immunization and Injection Administration Refresher Program) and IIATP (immunization and Injection Training Program) across the province. Between June and October, we hope to be able to offer training to all the pharmacists aiming to be certified in time for flu season!

We are fortunate to have a pharmacy student working with us this summer to provide support with injection/immunization training as well as other projects. Michelle MacLellan will be entering her fourth year of pharmacy in the fall. She has been doing a terrific job with Dal CPE and we hope she will continue to assist us with projects throughout her last year in the pharmacy program.

Nicki Cluett, community pharmacist, has also joined the Dal CPE team on a casual basis to assist us with the immunization and injection training and refresher programs. Nicki will be helping coordinate course offerings throughout the summer and fall while continuing in her current role with Walmart Pharmacy.

There are several other projects on-the-go at Dal CPE. Recently, five pharmacists (Diane Harpell, Kim Sponagle, Harriet Davies, Andre Hache and Dan Pike) travelled to Robert Gordon University (RGU) in Aberdeen, Scotland to participate in the "pharmacist independent prescribing course" offered at this school. Pharmacists in Scotland have been providing prescribing services for over ten years. The Scotland initiative was made possible through a partnership between Dal CPE, RGU, the Dal College of Pharmacy (CoP) and the New Brunswick Pharmacist Association (NBPA). The four organizations are continuing to work together to allow our experience to impact prescribing in the Maritimes.

Dal CPE will use our new knowledge to help guide future course offerings for licensed pharmacists. The CoP is planning a partnership for students between the two universities. The CoP will also consider what was learned in Scotland when developing prescribing modules in the undergrad curriculum. The NBPA is in a unique position to be able to use insight gained in Scotland during negotiations related to funding and legislation while that province continues to move forward towards minor ailment prescribing.

Dal CPE is also busy working with PANS, planning for the 49th Annual Dalhousie Pharmacy Refresher and PANS Annual Conference. We are very excited about the agenda that is developing and we are looking forward to seeing everyone at the event from November 1st to 3rd in Halifax!

Finally, we continue to work on providing you with other learning opportunities, such as several recent and upcoming webinars. Dr. Marie Laryea recently presented "The Patient with Liver Disease: Clinical Pearls from a Hepatologist," and the Academic Detailers presented "Lipids in Primary Prevention: A Calculated Risk." Both of these terrific webinars are available as a recording/archive. Please contact us at dalcpe@dal.ca if you would like to view either of them. We have a webinar scheduled on September 10th entitled "How Pharmacists can Support Patients who are Breastfeeding." You can register for this and other Dal CPE programs at <http://www.dalcperegistration.ca/programs/>.

Following our busy summer and fall, we are working to deliver other courses for pharmacists in the Maritimes related to Prescribing, Injection/Immunization and other topics. Keep an eye on our website, facebook page and twitter feed for more information!

Have a great summer and fall and see you at a Dal CPE event soon!

Diane Harpell
Coordinator

Phone: (902) 494-3460
Email: diane.harpell@dal.ca

Johanne Jell
Administration &
Communications

Phone: (902) 494-3461
Email: dalcpe@dal.ca

Immunization Resources

by: Glenn Rodrigues, PhC

It's great to work with pharmacy students (in this case Reilly Brown). After reviewing the standards, webinar and attending the NSCP meeting I wanted to let you know we've (Reilly) updated the Pharmacist Practice Tools Links on DIR to include a page for Immunization. The link contains the references required from the NSCP standards, the documents on cold chain storage, the links to the alerting e-mails for Immunize Canada and Recent NACI statement, and since we are in NS we have a small section for NS links.

We are trying to create a concise, useful practice tool. We wanted to let you know as the site may be useful in your respective roles. Also we want you to forward to us other links that we should include. We have in some instances (Preg/Lact) created two pages, one, a condensed list of the most widely accessed resources for practice and two, a dense list of multiple resources for those looking for greater information. I have a feeling we will need to do the same for this.

Here's the link:

<http://www.dal.ca/diff/druginfo/index/immunization.html>

Canadian References

- Canadian Immunization Guide (Public Health Agency of Canada)
- Immunization Competencies for Health Professionals (Public Health Agency of Canada)
- Adverse Event Following Immunization form (AEFI) (Public Health Agency of Canada)
- Infection Prevention and Control Best Practices for Long Term Care, Home and Community Care including Health Care Offices and Ambulatory Clinics (June 2007)

Alerting Services

- Recent Statements of National Advisory Committee on Immunization (NACI)
- Immunize Canada Newsletter

Nova Scotian References

- Nova Scotia Immunization Manual, 2008 (Public Health Services, Nova Scotia Department of Health and Wellness)
- It's the Law: Reporting Adverse Events Following Immunization (AEFI) (Nova Scotia Public Health Services)
- Communicable Disease, Information for Professionals (NS Public Health Services)
- Keep Vaccine Safe
- Public Health Offices in Nova Scotia
- Standards of Practice: Drug Administration (Nova Scotia College of Pharmacists)

Vaccine Storage and Handling

- National Vaccine Storage and Handling Guidelines for Immunization Providers,
- 2007 (Public Health Agency of Canada)
- Vaccine Storage and Handling Guidelines for Physicians, Pharmacists, and Other Immunization Providers (NS Department of Health and Wellness)



Jamie Flynn is the first Nova Scotian pharmacist to receive his immunization recertification. Dr. Kathy Slayter and nurse Cynthia Barkhouse-MacKeen observe. Dalhousie 4th Year pharmacy student Michelle MacLellan was the willing volunteer.

Stretch Your Gas Dollar Like an Expert Hypermiler

by: TD Meloche Monnex Insurance

"Hypermiling has nothing to do with making modifications to your vehicle or what kind of car you drive," explains Wayne Gerdes, owner of CleanMPG.com, and the man who coined the increasingly popular term. "It does, however, have everything to do with how you drive," he says.

According to our expert, any driver can become a hypermiler. "If done properly, the average driver can beat the Transport Canada Combined Fuel Consumption Rating (CFCR) of his or her vehicle by 40-50% in the summer and 10% in the winter," he explains. Even hybrid owners can increase their CFCR.

That adds up to huge savings at the pumps — not to mention the benefits to the environment.

Hypermilers take a two-pronged approach: maintaining their cars to be more fuel efficient, and being aware of their driving style and environment.

Set up your vehicle for maximum fuel efficiency

Hypermiling starts before your key turns in the ignition:

Pump up your tires. Inflate your tires to the proper sidewall recommendation. You'll find the recommended PSI (pounds per square inch) listed on the tires themselves.

Install a scan gauge. If your car doesn't have one, install an aftermarket scan gauge that gives you an instant fuel-consumption reading. "This trains you to be a more fuel-efficient driver. You can buy one for about \$170 plus shipping," Mr. Gerdes estimates.

Reduce the weight of your vehicle. "No junk in your trunk," he says. "And don't tow anything unless it's absolutely necessary." flags and hitches.

Maintain to sustain. For maximum fuel efficiency, follow your owner's manual and ensure that the engine is well tuned and that filters are clean.

Five driving tips to improve your gas efficiency

Always go the speed limit. Whether you're on the highway or making your way through a busy downtown core, don't go faster than the speed limit — even if other drivers are passing you.

Drive at a steady pace. "You don't want to accelerate or brake heavily. Doing so reduces fuel economy by as much as 33% at highway speeds and 5% around town," warns Mr. Gerdes. It's far more fuel-efficient to stick to a set speed rather than change pace.

Practice smart braking. "Use your brakes as little as possible," he advises. "That means slowing down when approaching a red light so that it may turn green by the time you reach it. You'll save yourself from idling at a red light."

Don't idle unnecessarily. "If you're driving in the city, it doesn't make sense to turn your engine off at every red light," Mr. Gerdes clarifies. "But if you're waiting for your kids to get out of school or swim class, turn your engine off."

Use the highway when you can. For city drivers, hypermiling includes bypassing gridlock for more fuel-efficient highway driving, even if it's a longer ride. "On the highway, you'll take about 12% longer to get to your destination, but hypermiling can increase your fuel economy by 50%," explains our expert. "Alternatively, driving 10 kph over the speed limit can mean that you're not even achieving your automobile's combined fuel consumption potential."

*Ideas and advice from the experts brought to you by:
TD Insurance Meloche Monnex*

www.melochemonnex.com/pans.ns

Three Quick Steps to a Great Hotel Deal

by: TD Meloche Monnex Insurance

Finding a comforting home away from home isn't very hard to do. Getting one at a good price, however, can be tricky. Take this advice from Brice Gosnell, Lonely Planet's Americas publisher, and you're a mere three steps away from the comfort of a hotel — and savings.

Step 1: Search your travel site of choice

"A good rule of thumb is to go to your favourite online site — such as Travelocity or Expedia — to get a sense of published rates," advises Mr. Gosnell. "But you shouldn't stop there."

Expert tip: These sites, known as consolidators, don't necessarily offer the same rooms at the same price as the hotels themselves. "The online consolidators might have a deal with the hotels to get a certain percentage of hotel rooms at discounted rates," he explains. "The downside is that in some cases, those aren't the best rooms. Unfortunately, there's no way to know what the room will be like until you get to the hotel."

Step 2: Check a hotel's website

"Compare the consolidator's rates with the hotel's own rates," he says. "Many hotels have online deals that the consolidators can't carry." But your journey isn't over just yet.

Step 3: Place a call

Even with the popularity of online trip planners, you still can't beat the power of the telephone when it comes to getting the best price. "Your next step is to call the hotel and ask them if they have any special deals," Mr. Gosnell continues.

"In some cases, calling a hotel directly will get you savings over and above what you can find online, since they have the most up-to-date information on cancellations and so on."

Expert tip: "It's better to call the hotel directly rather than use their central 1-800 number, since they'll have the most up-to-date information on recent cancellations and local deals — which can mean additional savings," advises our travel expert. "Of course, you can call both the 1-800 number and the individual hotel to get a better point of comparison."

The hows and whys of asking for a deal

"When it comes to hotels, you should always aim for additional savings," says Mr. Gosnell. The following quick questions could lead to money-saving answers:

- Have you had any recent cancellations you're trying to fill?
- Do you have any unpublished rates I might qualify for?

But do they really work? "From my own experience, asking works 50 per cent of the time," offers Mr. Gosnell. "There's no harm in asking. And you should ask when you check in as well, since occupancy can change."

Getting a room upgrade. "Most places aren't willing to offer an upgrade at the same price as a standard room, even if you ask," he says. "However, at check-in, you can ask if they could give you an upgrade at a discounted rate. That works for the hotel since it's better to occupy the room at a reduced rate than letting it sit empty."

What about staying longer? Depending on the hotel, you may be able to get a deal if you book for a longer period of time.

"If you stay for four days, you may get the fifth one free," Mr. Gosnell advises. "Or you can get a reduced rate if you stay for the entire week. Call and ask, especially if you can't find the information on the hotel's website."

Expert tip: Hotels that offer discounts for a Saturday night stay are usually frequented by business travellers. "A trendy hotel that's popular with locals — for example, one that has a cool bar scene — is less likely to offer a Saturday night discount."



Insurance

Meloche Monnex

For more information on TD Meloche Monnex Insurance or to obtain a quote, please [click here](#).

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Pharmacists' Addiction Assistance Program



PANS

49th Annual Dalhousie Pharmacy Refresher and PANS Annual Conference

For the past few years the Pharmacy Association of Nova Scotia has partnered with Dalhousie Continuing Education to present the Dalhousie Pharmacy Refresher and PANS Annual Conference. This year, the two organisations have joined to present a weekend themed "Making It Happen." As the name suggests, sessions will focus on giving pharmacists the tools to make expanded pharmacy services happen in their pharmacies and in their daily practice. A key component of these services is Minor Ailment Assessments.

Online registration will open August 6. Once again, there will be the option to register for the full weekend or a specific day. Don't miss out on the Awards Gala Saturday night where we honour the best in Nova Scotia pharmacy. Gala tickets are included in the full weekend registration fee or Saturday's fee. Tickets may also be purchased separately.

Partners

IMMIGRANT SETTLEMENT AND INTEGRATION SERVICES (ISIS): International Pharmacy Graduates Bridging Program

The International Pharmacy Graduates (IPGs) Bridging Program at ISIS assists IPGs with understanding and meeting standards of practice in Canada and achieving professional goals such as licensure and employment.

On behalf of ISIS board, management, staff and IPGs, we would like to thank all current and previous pharmacists, employers and supporters who contributed to the success of this program.

- Allan Rappolt
- Angela Wadden
- Ashu Joshi
- John Burgess
- Kathy Walsh
- Kent Tomb



49th Annual Dalhousie Pharmacy Refresher and PANS Annual Conference

November 1 - 3, 2013

PANS
PHARMACY ASSOCIATION OF NOVA SCOTIA

AWARDS GALA

HALIFAX MARRIOTT HARBOURFRONT
Saturday, November 2, 2013
Reception 5:30 pm
Dinner & Awards 6:00pm

ON SALE AUGUST 6, 2013
TICKETS MAY BE PURCHASED THROUGH DAL CPE'S ONLINE REGISTRATION SYSTEM
INDIVIDUAL TICKET: \$99
TABLE OF EIGHT (8): \$750

isis | Immigrant Settlement & Integration Services

Links of Interest

Palliative Care Drug Coverage Program –
Nova Scotia

<http://pans.ns.ca/palliative-care-drug-coverage-program-nova-scotia/>

Pharmacists' Addiction Assistance Program
(P.A.A.P.)

<http://pans.ns.ca/2579-2/>

PANS Member Benefits

<http://pans.ns.ca/member-benefits/>

Nova Scotia Medication Review Forms
(Advanced and Basic)

<http://pans.ns.ca/medication-review-forms/>

RxFiles - PANS Member Access

<http://pans.ns.ca/rxfiles/>

ACP Pier - PANS Member Access

<http://pans.ns.ca/tools/>

PANS Calendar

<http://pans.ns.ca/calendar/>

Pharmacy WoRx

<http://www.pharmacyworx.com/>

Canadian Foundation for Pharmacy

<http://www.cfpnet.ca/>

Canadian Foundation for Pharmacy

<http://www.pharmacists.ca/index.cfm/pharmacy-in-canada/blueprint-for-pharmacy/>

Canadian Drug Shortage Database

<http://www.drugshortages.ca/drugshortages.asp>

Nova Scotia Respiratory Watch

<http://www.gov.ns.ca/hpp/cdpc/respiratory-watch.asp>

Drug Information Resources: A Guide for
Pharmacists (Dalhousie University: College of
Pharmacy)

<http://dir.pharmacy.dal.ca/index.php>

Minor Ailments List

<http://pans.ns.ca/minor-ailment-assessments/>

Employment Opportunities

[Director of the College of Pharmacy, Faculty of Health Professions, Dalhousie University](#)

[Full-Time Pharmacy Technician, Shoppers Drug Mart, Tacoma Drive](#)

[Full time pharmacy technician, City Drugs](#)

[Relief Pharmacist Required, Costco](#)

[Permanent, Full-time Pharmacist, Pharmacy Services, Competition No. SSR 012-13R, South Shore Health](#)

[Part-time or Full-time Pharmacist, Dartmouth Gate Pharmacy](#)

[Part time pharmacist required, Your Pharmacist Drug Store](#)

[Pharmacist, Valley Drug Mart](#)

Member Benefits

GoodLife Fitness

Evelyn Hall, Membership Coordinator, PANS

PANS has renewed its corporate partnership with GoodLife Fitness for the 2013-2014 term

The start date of this new contract is September 1, 2013. If you are interested in a GoodLife membership and you are a **new member** to GoodLife simply forward your name, contact information (including email address), and payment of \$460.00, **payable to PANS**, to the PANS office, attention Evelyn on or before **August 15, 2013**. Once this information is received you will be sent instructions on activating your membership and how to obtain your corporate key tag membership card and new member guide. **Note: to ensure your membership begins on September 1st your name and payment must be received by the PANS office no later than August 15th.** If you have an **existing membership** with GoodLife please click the link below to access the GoodLife Membership Cancellation Form. GoodLife will ensure your individual membership is cancelled and your bank deductions are stopped before you are switched to the PANS corporate membership. **Note: Existing members of GoodLife will be placed on a waiting list until we have three "new to GoodLife" members subscribing as GoodLife has imposed a ratio of three new members to each existing member.** This ratio does not apply to existing active members of GoodLife who have joined through the PANS Corporate partnership as your membership will be **considered a renewal**.

[GoodLife Membership Cancellation Form.](#)

Contact evelyn@pans.ns.ca should you have questions regarding this offer.



Pharmacy Association of Nova Scotia

CORPORATE PARTNERSHIP

- Save up to 50% off regular GoodLife Fitness membership rates
- PANS Negotiated rate: \$400 + applicable taxes = \$460.
- Access to over 280 GoodLife Fitness Clubs across Canada
- State-of-the-art cardio equipment
- All free weights and weight machines
- World-renowned Group EXercise fitness classes
- Professionally trained staff to assist you in achieving your goals
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Contact your program facilitator, Evelyn Hall directly to learn more about this partnership at evelyn@pans.ns.ca

To find a club near you, visit www.goodlifefitness.com or call 1-800-597-1348.



PANS

PHARMACY ASSOCIATION OF NOVA SCOTIA

Pharmacy Association of Nova Scotia

170 Cromarty Drive, Suite 225
Dartmouth, NS
B3B 0G1

Phone: (902) 422-9583
Fax: (902) 422-2619
Email: pans@pans.ns.ca
Website: pans.ns.ca

PANS Election 2013

By: Evelyn Hall, Membership Coordinator, PANS

Candidate Bios: District 1

There will be one election this year, in District 1. The following have been nominated to serve as that district's representative.

DEVIN COVEY

Devin is the pharmacy manager at Sobeys 670 in Lower Sackville. He is a proud graduate from the Dalhousie Pharmacy Class of 2001, and his entire pharmacy career to date has been community-based. Beginning in New Brunswick as a provincial relief specialist, from there he moved into management for two Sobeys pharmacies, first in Amherst, NS followed by Riverview, NB. In 2005, he was offered the management position at a dedicated Long-term Care site in Moncton, and provided consulting services to the nursing home partners for the next 2 years. Presented with an opportunity to move back home to the Halifax area, Devin was offered the Pharmacy Services Specialist role with Lawtons Drugs corporate office, a position he held until Aug 2012.

In addition to his corporate experience, Devin has also been involved as a 4th year lab demonstrator at Dalhousie, and has recently been appointed Secretary-Treasurer for the Dal Alumni Division (DUCPAD). His clinical pharmacy passions are mental health and geriatrics, leading to opportunities to contribute to More Than Meds, a mental-health community outreach project, as well as the Atlantic Long-Term-Care Network (ALTCN). Devin's latest project is called PharmAspire, an online blog that hopes to bring together thoughts and ideas from pharmacy leaders to help pharmacists embrace and thrive in expanded scope practice.

Devin currently resides in Bedford with his wife Diane and their 2 girls, Jazlyn and Alexis

ROSE DIPCHAND

Rose Dipchand is a pharmacist first when it comes to her career. She has been the Manager of Professional Affairs for Pharmasave Atlantic for the past 13 years in addition to working as a pharmacist in community part time. Rose's work experience in addition to her history of committee involvement and

teaching, lends her an excellent understanding of pharmacy practice and business issues (past, present and future). Rose has been an active participant on numerous committees and an advocate of the profession over the last fifteen years including being involved in the last four Nova Scotia Tariff Agreement negotiations, new practice and business legislation, private payer market and government relations.

Rose has demonstrated her commitment to PANS by being a Past President as well as Past Chair of the Economics Committee. While Rose is still a member of various committees, she feels her experience will be best served by being a member of the Board again. Rose recognizes that PANS has another crucial year ahead with negotiating a new Tariff Agreement and fees for Expanded Pharmacy Services, implementing new practice and business legislation and the DIS system. Rose has built and maintained excellent government, third party plan, patient group and other stakeholder relationships over the years that can be useful branches for the advocacy work that needs to continue by PANS. A team player, an experienced advocator, a strong passion for pharmacists and pharmacy. Rose, a pharmacist, would consider it a privilege to sit on the PANS Board of Directors.

DIANE (HODDER) HARPELL

Diane is from a "family of pharmacists", growing up working in her father's independent pharmacy in Halifax. Following this experience and after working as a student at Pharmasave, Diane graduated from the Dalhousie College of Pharmacy (CoP) in 2001. Diane has since worked as a Staff Pharmacist, a Relief Pharmacist, the Regional Pharmacy Recruitment Manager (Atlantic Canada) for Loblaw Companies Limited and as a Pharmacy Specialist in Ontario and Nova Scotia with Sobeys Pharmacy Group. Diane has also worked as a preceptor and lab demonstrator for the CoP throughout her career.

Currently, Diane works as the Coordinator of Dalhousie Continuing Pharmacy Education and is responsible for the development and delivery of programs which support the changing role of pharmacists in the Maritimes.

In 2007, Diane received her MBA from Saint Mary's University where she was president of the MBA society and nominated as student-of-the-year by her peers.

Diane is a member of the PANS Pharmacy Practice committee and the NSCP Standards of Practice committee, where her involvement allows her to have insight into current pharmacy issues and to build relationships with key pharmacy stakeholders.

Diane lives in Halifax with her husband Matt and her son Leo. She plays soccer for "The Halifax Hotspurs", is an avid Habs fan and is working her way back to running long-distance since becoming a mom.

Diane's varied pharmacy background, ongoing involvement in the profession, and strong business acumen make her an ideal candidate to represent pharmacists on the PANS Board of Directors.

ALVIN THOMPKINS

Alvin Thompkins grew up on the South Shore of Nova Scotia, in the beautiful town of Liverpool. He graduated from the College of Pharmacy, Dalhousie in 2000. He is currently the associate/owner of Shoppers Drug Mart Tacoma Drive in Dartmouth. Alvin has been an associate/owner for the last 10 years but prior to that worked as a community pharmacist and/or pharmacy student in many different environments including Lawtons/Sobeys, QEII HSC and Pharmasave group. He has served as a member of national working groups representing associate owners within the Shoppers Drug Mart system and has been a member of the Membership Committee for PANS. Alvin is currently a member of the organizing committee for the College of Pharmacy Annual Golf Tournament. His pharmacy is also a participating pharmacy in the PANS Prescribing Pilot Study.

PANS supports the professional and economic interests of its members to advance the practice of pharmacy and improve the health of Nova Scotians. The results that PANS have been able to achieve in negotiating with government over the past few years are very encouraging. Alvin would like the opportunity to represent you as pharmacy navigates through this time of change.



49th Annual Dalhousie Pharmacy Refresher and PANS Annual Conference

November 1 - 3, 2013

OTHER BOARD MEMBERS

The following individual will be acclaimed and join PANS' Board of Directors this year:

- Georgie McNeil (District 4)

The following individual will be acclaimed and will return to PANS' Board of Directors this year:

- Andrew Buffet (At Large)

The following individuals were not up for election and will return to PANS' Board of Directors this year:

- Paul Zinck (District 2)
- Sandeep Sodhi (District 3)
- Ian Smith (At Large)
- Curtis Chafe (At Large)
- Jennifer Turple (CSHP Representative)
- Rowan Rafuse-Kell (Student Representative)
- Brent Evans (District 1)

PANS' full bylaws can be downloaded [here](#).

Pharmacist Malpractice Insurance - Retroactive Coverage

by: Angela Walton, Wilson Insurance

Grain Insurance may have changed its name but your insurance coverage remains as strong as ever.

Wynward Insurance Group offers a very broad Pharmacists Malpractice product to all Pharmacy Association of Nova Scotia members. One of the pillars of this product is the extended coverage period for incidents occurring in the past, commonly known as the Retroactive Date.

Wynward provides a Retroactive Date extending to when the insured pharmacist first became a member of the Pharmacy Association of Nova Scotia, going as far back as December 31, 2002.



What does this mean? For every current in-force policy, coverage exists for prior acts should they first be reported during the current policy period. In addition, Wynward's Pharmacy Malpractice coverage is provided on an 'Occurrence' basis, which means claims that occurred during the policy period but are reported after the policy expires (when the pharmacist retires, for instance) will continue to be paid.

This is not the case with policies written on a 'Claims Made' basis unless an extended reporting period is explicitly provided. Wynward is privileged to be the officially endorsed insurer of PANS, and will continue to be an industry leader providing occurrence based coverage in conjunction with a generous retroactive date for our Pharmacy Malpractice insurance.



Pharmacy Practice

Message From The Nova Scotia Association Of Optometrists (NSAO)

by: Dr. Raman Parkash, NSAO

The NSAO would like to remind our pharmacist colleagues that optometrists are able to see patient on an urgent basis for conditions such as red eye treatment. Optometrists can prescribe antibiotic, antivirals, antihistamines and steroid drops.

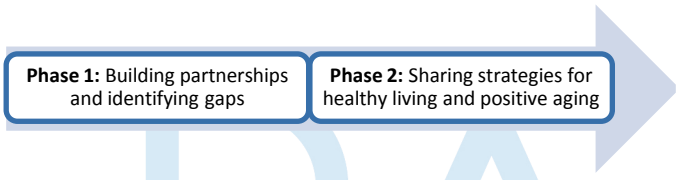
There are over 110 optometrists in Nova Scotia. Urgent cases can generally be seen the same day. Medically necessary care is covered through MSI so the patient will not have to pay out of pocket.



Foundation For Health Initiative

Madison Holmes, CDHA

Seniors are currently the fastest growing population in our society, and we all want to maintain our health and quality of life as we age. The Fountain of Health Initiative is a program to encourage, coordinate and focus services that support seniors in positive aging activities. Our target audience is seniors and pre-seniors, but we encourage everyone to take charge and take steps to age well!

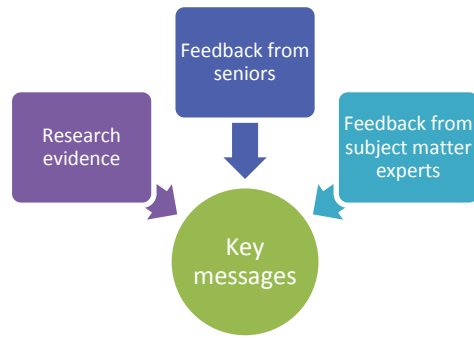


Phase 1 of the FOH was funded by the Mental Health Foundation of Nova Scotia. The purpose of the project was to begin addressing the need for prevention and health promotion related to seniors by reaching out into the community and forming partnerships among the many organizations already engaged in providing services for seniors and/or their families.

Now, in Phase 2, we are developing and sharing positive aging messages with the public throughout Nova Scotia. We are releasing a key message every two months through social media, newsletters and websites. Each message is focused on a particular aspect of positive aging.

February	• Positive Aging
April	• Social Activity
June	• Positive Thinking
August	• Physical Activity
October	• Mental Health
December	• Life-long Learning

The 6 messages are backed up by evidence, and provide concrete steps that seniors can take to improve and maintain their health. An Advisory Committee, including seniors, Dalhousie University students and caregivers are providing input on the messages alongside the experts in each topic area.



Phase 2 of the FOH has been made possible due to funding from the NS Department of Health and Wellness and the Positive Aging Grant Program of the Nova Scotia Department of Seniors. Caregivers Nova Scotia Association is the lead organization for this phase of the project. Our key partners include:

- The Nova Scotia Seniors Mental Health Network
- The Atlantic Centre for Contemplative Science and Technology
- Community Links
- The Nova Scotia Centre on Aging at Mount Saint Vincent University

Our goal is that 10 years from now Nova Scotia seniors will have improved physical, mental and cognitive health. Increasing awareness of the resources available and educating people about the concrete steps they can take towards healthy living and positive aging is an essential step in accomplishing this goal.

To view the messages and learn more about FOH you can “like” us on Facebook:

<https://www.facebook.com/pages/The-Fountain-of-Health-Initiative/517377021648553>

Or visit:

<http://www.caregiversns.org/foh>