IN THIS EDITION...

- Charles Sturt University’s 20th anniversary
- Achieving a lifestyle in pharmacy
- NSW Pharmacy Student of the Year - CSU student, Lloyd Smith
- Pharmacy Social Weekend
Contents

Page 1 Using community pharmacy to improve asthma management and control
Page 2 Charles Sturt University’s 20th anniversary
A celebration of the past, present and future
Page 3 Pharmacy Week 2009
Page 4 Achieving a lifestyle in pharmacy in a regional environment
Page 5 Cairns - 10th annual National Rural Health Conference
Page 6 The inaugural NAPSA Charity Cup raises $7735
Page 7 Staff profile - George K John
Page 8 Staff profile - Ian Reed
Page 9 Hello fellow pharmers!
Page 10 NSW Pharmacy Student of the Year
Study Leave in South Africa
Page 11 Student profile - Amy Minett
Page 12 Student profile - Elyse Taylor

Contact us
CSU Script is produced by Charles Sturt University.
For further information contact the Charles Sturt Foundation:
Phone: 02 6338 4680
Fax: 02 6338 4833
Email: pharmacyfoundation@csu.edu.au
Web: www.csu.edu.au/special/pharmacyfoundation

Disclaimer
The opinions published in CSU Script are not to be regarded as the official opinion of Charles Sturt University. While every effort has been made to ensure accuracy and completeness, no guarantee is given, nor responsibility accepted by Charles Sturt University for errors or omissions in the information presented. Before relying on any information in this publication, readers are responsible for independently verifying its accuracy, currency and completeness.

If you would prefer not to receive CSU Script in the future, please email aimee.cook@csu.edu.au and type ‘unsubscribe CSU Script marketing’ in the subject field, or call 02 6338 4680.

The Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS) Provider Numbers for Charles Sturt University are 00005F (NSW), 01947G (VIC) and 02960B (ACT).

© Charles Sturt University 2009
While general practice remains the primary site for disease diagnosis and management, community pharmacists are often the first port-of-call for people with asthma. Medications represent 59% of health expenditure for asthma, yet recent studies have shown that only 54% of people with asthma take their medications as directed and just 24% are able to use their inhalation device correctly.

Charles Sturt University has joined with the University of Sydney, University of Queensland and Monash University to develop and implement a new pharmacy-based asthma care program. The Pharmacy Asthma Management Service (PAMS) project targets people with poor asthma control using health promotion and education in the pharmacy setting.

The PAMS research project has recruited 100 pharmacists across the eastern states to employ a wide range of asthma education and management strategies, spirometry and medication delivery device used to improve asthma control in their customer base. These pharmacies represent all six PhARIAAs. Each pharmacist attended a two-day training course in asthma education and spirometry measurement which was recognised by the Pharmacy Guild and AACP. Each attendee was required to fulfill a compulsory accreditation and credentialing process to take part in the project.

The study is a randomised repeated measure design in which a target group of 1000 participants visit their pharmacy three or four times over a six month period for a series of consultations. The study is using validated Quality of Life (QoL), asthma severity and control tools as well as spirometry to monitor the impact of education, training and self-directed goal setting on asthma control.

The Pharmacy Asthma Care Project (PACP) was the pilot for this new program. The PACP showed across-the-board improvements in control, QoL and disease knowledge, a 17% improvement in medication compliance and 49% improvement in inhaler technique. Participants and pharmacists both expressed high rates of satisfaction with the PACP protocol. The PAMS study is furthering this research by actively investigating the impact of this project on the pharmacy in terms of financial implications and benefits, staffing implications and the willingness of pharmacies to change.

The project has engaged local Divisions of General Practice and involves a defined process for GP referral for participants. The implementation team is currently working to facilitate focus groups of GPs, pharmacists and study participants to gain further insight into the service and determine how many visits are required to achieve goals and improve asthma management.

Community pharmacists have a unique role in primary healthcare, which has been underutilised in the area of asthma management. The PAMS team hopes to engage people with poor asthma control using the skills and expertise of community pharmacists to improve quality of life and promote positive health changes for people with asthma.

‘Community pharmacists have a unique role in primary healthcare, which has been underutilised in the area of asthma management.’


Charles Sturt University’s 20th anniversary

A message from Vice-Chancellor and President, Professor Ian Goulter

Charles Sturt University’s 20th anniversary year provides an opportunity to reflect on how far we have come as an institution.

While we are 20 years a university, our history of engagement in professional education and state-of-the-art, relevant research spans more than 100 years with the establishment in 1895 of the Bathurst Experiment Farm.

The first 15 years of our history as a University was a period of remarkable achievement, bringing together two distinct and successful institutions, distributed over a vast geographic area.

Over the last five years, we have focused on consolidating that achievement and have realised our ambition of being a national university, located in inland Australia, but serving the broader professional needs of our national economy at every level.

CSU is committed to achieving excellence in education for the professions and to maintaining national leadership in flexible and distance education.

We are proud to be a leading player in international research in ethics, theology, governance, security, water, food, agriculture, education and environment.

Growing our University has been achieved through a fine balance of financial prudence and strategic investment. Like our name-sake, the celebrated Australian explorer Charles Napier Sturt, Charles Sturt University will continue on this exciting journey, exploring new and innovative ways of advancing discovery and learning.

I am grateful to our staff, students and communities for their support and look forward to enjoying with them the celebrations throughout 2009 of our 20th Anniversary of operation.

A celebration of the past, present and future

The attendance of a number of international and national guests at the Charles Sturt University (CSU) commemorative dinner on Tuesday 2 June to celebrate CSU’s 20th anniversary has been hailed as a demonstration of the scope and extent of the University’s relationships.

Countries such as China, Indonesia, South Korea and Pakistan were represented at the event, along with Australian dignitaries including the NSW Police Commissioner Andrew Scipione, the architect of the current higher education system and former Hawke and Keating Government Minister, Mr John Dawkins and NSW Department of Primary Industries Director-General, Dr Richard Sheldrake.

Head of Bathurst Campus, Mr Col Sharp said it was also a pleasure to have representatives of regional local governments at the dinner and an honour to have Bathurst Regional Council Mayor Paul Toole speak on the economic impact of CSU on its campus cities.

“The anniversary dinner and recent events such as graduation and the Charles Sturt Foundation scholarship awards ceremony have brought many people to Bathurst, staying in our hotels, motels and guest houses, dining in our restaurants and spending money in our shopping centres,” Mr Sharp said.
Pharmacy students across the nation went out into their communities during Pharmacy Week, held from 18-24 May, to promote the role of pharmacy and the many important roles pharmacists play in Australian healthcare.

The National Australian Pharmacy Students’ Association (NAPSA) holds Pharmacy Week as its annual nationwide pharmacy awareness campaign. CSU students from Pharmers’ Society on Wagga Wagga Campus and from Orange Pharmacy Student’s Association (OPSA) on Orange Campus got behind the initiative by holding shopping centre campaigns in each regional centre.

Both student committees and all students must be commended for their enthusiasm, professionalism and passion for pharmacy which was evident at their stalls. They gave out information about various health conditions, PSA Self Care cards, NPS medicines lists, placebo Webster packs and Glucojels jelly beans to members of the public, and it was fantastic to see our students becoming involved with their communities and promoting themselves as pharmacists of the future.
Achieving a lifestyle in pharmacy in a regional environment

By Tony Lawler

There are many challenges facing a community pharmacist operating a business in a non metropolitan environment, but three important questions for young pharmacists are:

- How do I get INTO business in the first place?
- How do I have a life and ensure that I will be able to have a day off and take a holiday?
- How will I get OUT of the business when I want to move on or retire?

Every person has their own way of addressing these and other issues and in my experience no one has got it all right, but I am happy to share some of the thoughts and experiences of someone in Pharmacy for 20 years...oh all right, 25 years.

These questions are all related to the availability of suitable pharmacists. Although I am told there is the beginnings of a glut of pharmacists graduating and looking for work from the five university pharmacy schools in NSW, in my experience, if your operation is more than 50km from one of those schools, the quality graduates don’t come knocking on your door if you just sit back and wait.

If the fourth agreement programs are embraced by pharmacists, doctors and the public, then the scope of work available will be both interesting and make excellent use of those pharmacists graduating who will be able to add to established businesses by expanding into disease state management like diabetes and asthma as well as being paid for HMRS and DAAs.

But back to the three original challenges. About 10 years ago my brother-in-law who had an accounting practice in a regional city paid $12,000 to a head hunting firm to place an accountant in his business after unsuccessfully advertising for several months.

About a week after the ‘non refundable period’ of six months, the accountant decided to move away so, in effect he had paid $12,000 for the privilege of securing a locum who stayed and was paid for six months.

In our family business, we had never reached crisis point where we absolutely needed a pharmacist, but we had gone close a few times, so I wondered how we could address our workforce issue in the long term.

We decided that if more local kids studied pharmacy, there was a good chance that some of them would stick around to be close to their family and friends. Even those who moved away to gain more experience elsewhere, if they had family ties to the area, perhaps they would come back at some stage to work for me, enter partnership arrangements, or buy me out!

Using the $12,000 that it cost my brother-in-law to source someone for six months as a base line, we established a scholarship scheme that paid a local student $3,000 per year to study for four years at university, provided a place for them to do some work during the university holidays, and a position for them to undertake their registration year. In return for that, they agreed to work for me for one year as a registered pharmacist.

If we did this every year, we would be paying $12,000 per year (one student in each year) but guaranteeing our workforce and potentially screening potential business partners and providing a service to the local community.

We were up front about the fact that it was established as a workforce solution rather than a philanthropic gesture and placed some rules around the agreement. Rules such as, if they failed a year they would lose the scholarship for the repeated year and resume when they passed that year (this did not suit us greatly as we would then have two students in the same year). We also insisted that the students were from the local area as this was a long term plan.

After running the program for some years, CSU contacted me to offer to run the scholarship on our behalf. We agreed because it was a bit of work each year advertising or writing to career officers at local schools. CSU was very flexible in setting the rules to accommodate what we wanted to achieve, giving preference to students from our area and agreeing that, if we sourced our own student who wanted to study at another university, that would be OK for that year.

There have been some minor obstacles: an example is that the University is not able to award a scholarship until...the quality graduates don’t come knocking on your door if you just sit back and wait.” Tony Lawler
a student has been accepted into the course. This means that a Year 12 student who may be on the borderline, financially, of attending university, cannot make firm plans to accept a place as they would be able to under our own model, where we could award a Year 12 student the scholarship if they got the marks.

Another small hurdle is that CSU obviously wants ‘their’ scholarship students to be high achievers academically, whereas we primarily want them to graduate from the course and be well balanced, good communicators and, if they get the University medal, that’s well and good!

Has it worked? A couple of years ago, I had a call from one of our former scholarship holders working in the Northern Territory saying that she was coming home for Easter and asking if we wanted her to work for a few days around that time so we could have a day off. A couple of days later our graduate from the following year who was working in Sydney rang to say the same thing, so we had Easter off, and a few days before and a few days after... a first for many years!

One of our graduates who later decided to study medicine came back to town (after working as a pharmacist in England) and managed one of our pharmacies for about a year while he was waiting for his medical course to start. Because we had worked with these people, we knew they were capable of doing all of these tasks.

Another of our students who came to us (more good luck than good management on our part) as a graduate, is now a valuable partner in our business and has an excellent work/family balance as she begins her family.

So the answer to the question is YES, it has worked.

---

**Cairns - 10th annual National Rural Health Conference**

By Daniel Flavel

Pharmacy students from across Australia attended the 10th annual National Rural Health Conference in Cairns, Queensland from 17-20 May. Representing Charles Sturt University, I was able to attend the conference thanks to my Pharmacy Guild of Australia scholarship.

The conference focused on rural health issues including Indigenous health, changing weather patterns and collaborating in healthcare teams.

The conference consisted of several plenary sessions with authors presenting their papers on rural health followed by concurrent sessions where attendees were able to choose which sessions they wanted to attend.

The conference was a great opportunity to broaden our understanding and knowledge of issues facing rural and remote health within Australia. There was also the opportunity to network with other students from across Australia studying pharmacy and medicine.

The conference collated a series of recommendations that were presented to the Federal Minister for Health and Ageing, Nicola Roxin. It was great to hear the voice of rural Australian health being heard.

The tropical location, Cairns, was also ideal, with a lovely temperate climate. The natural wonders around that area of Australia are simply breathtaking.

Overall, the conference was beneficial in gaining a better understanding of rural and remote health within Australia. The issues raised have made me think about the inequalities between urban and rural health.

Further information regarding the conference can be found at: 10thnrhc.ruralhealth.org.au/?IntContId=38

---

Trent Calcutt (University of QLD), Roy Packer (James Cook University) and Daniel Flavel (CSU) dress in the ‘tropical’ theme for the conference dinner
The inaugural National Australian Pharmacy Students’ Association (NAPSA) Charity Cup has raised $7,735 for The Fred Hollows Foundation. An initiative of the NAPSA Pharmacy Awareness Committee, the aim of The Cup is to encourage pharmacy students around the country to help raise money for a different national charity every year, with this year’s charity being The Fred Hollows Foundation. The Charity Cup is also designed as a fun activity that promotes social interaction and raises awareness of the health needs of disadvantaged Australians.

The Fred Hollows Foundation’s Indigenous programs (www.hollows.org/Australia), founded in 1999, work with local Indigenous organisations and communities to improve overall health and wellbeing of Indigenous people living in some of Australia’s most remote locations. Recognition of the alarming disparity between the health and wellbeing between Indigenous Australians and other Australians underlies the projects run by the charity, as the levels of poverty in many remote communities are comparable to developing nations.

The Foundation’s work is extending from the Northern Territory to western NSW and Western Australia. Unlike any other program in Australia, The Foundation focuses on supporting Aboriginal-controlled organisations and health services and works collaboratively with the local communities on projects tackling issues such as nutrition, literacy, eye health, women’s health and workforce training, thus addressing the social determinants of poor health. All of these projects aim to achieve a greater health outcome for Indigenous Australians in a truly holistic sense.

Throughout April, pharmacy students across Australia went fundraising-crazy for The Fred Hollows Foundation. Branches ran events such as car rallies, barbecues, auctions, live music nights, lawn bowls afternoons, ice-skating events, trivia nights, jelly bean counting competitions, and raffles to raise money and awareness of Indigenous issues.

Pharmers’ Society, representing CSU Wagga Wagga Pharmacy students, had only a week in April to fundraise for The Charity Cup as they were on break for the rest of the month, so the committee was very proud of its efforts in raising $595. The events held included a Glucojel guessing competition, a Magic Squares competition ($2 a ticket, with the winner taking home $100), a fundraising barbecue at CSU Wagga Wagga’s final uni event of first term, as well as a raffle. Prizes included an APF, AMH and a ‘golden ticket’ to the five remaining major uni events for 2009 run by the Rivcoll Student Representative Council. Pharmers’ found that participating in The Charity Cup was a worthwhile experience, and will continue its participation. It demonstrated to its new committee how a group of people could work and cooperate together to run a successful event.

The $7,735 raised by the Charity Cup will go directly to The Fred Hollows Foundation and is to be devoted to its Indigenous programs, a fantastic achievement in the Charity Cup’s inaugural year! The passion and enthusiasm of all participating pharmacy students was a credit, not only to themselves and their branches, but to the Australian pharmacy industry.

The official presentation to The Fred Hollows Foundation took place at the NAPSA Annual General Meeting Dinner, on 11 July on the Gold Coast. The Charity Cup will go to the Branch that raised the most money during the month of April for The Fred Hollows Foundation and the NAPSA Charity Innovation plaque will go to the Branch that held the most imaginative event(s) during the Charity Cup period.

Organising and implementing a national campaign of this magnitude was a huge effort, but extremely rewarding. Personally, I am very proud of the campaign, and how it was embraced by pharmacy student associations nationwide. The money we have raised will make a significant difference to so many lives throughout Australia!
George K John

George has close to 14 years of experience in academia, hospital pharmacy and the pharmaceutical marketing sector on a multi-national level, and is a Registered Pharmacist in India.

Born in India, George lived in several other countries completing his education and international career in the pharmacy profession before deciding to move to Wagga Wagga in Australia. He joined Charles Sturt University as Senior Lecturer in Pharmacy Practice in the School of Biomedical Sciences. He is married to Pearlie who is an electrical engineer and they have a young son, Hezekiel.

George completed his schooling in Kenya, Nigeria and the United Kingdom. He completed his Bachelor of Pharmacy at a university in India. In South Africa, he graduated with Cum Laude in his Master degree specialising in Pharmacy Practice. He is now interested in actively pursuing a doctoral degree in Pharmacy at CSU in the area of pharmaceutical budget prediction models in rural areas.

Active in the professional development of pharmacy through the professional bodies, George has often been invited to speak at conferences internationally. He has also been invited to several important policy making workshops of the World Health Organisation and has published papers on a variety of topics.

Georges was nominated as a distinguished teacher in pharmacy while in South Africa, and is active in research. He has successfully received competitive research grants and student support funds.

His main research/teaching areas of interest are; drug utilisation review, budget modelling, and pharmacy management in the rural/public health care context. He is also a consultant for the South African National Department of Health on public health and pharmaceutical policies.

George is passionate about serving and empowering communities in the area of health and wellbeing, with the collective effort of a multi disciplinary health team. His motto on life is summed up in the following anonymous Chinese proverb:

If you are planning for a year, grow rice; if you are planning for 20 years, grow trees; if you are planning for centuries, grow people.

A better banking solution for pharmacists

At Bendigo Bank we can provide all the business banking products and services you need to manage your pharmacy. But it’s our unique brand of attention to detail and personal service that will really make the difference.

To find out more contact our pharmacy finance specialist Terry Fanning on 02 9884 8642.

Bendigo Bank Limited, The Bendigo Centre, Bendigo, VIC 3550.
ABN 11 068 049 178 AFSL 237879 (S16430) (09/07)

www.bendigobank.com.au
As the Professional Placement Coordinator for CSU’s Bachelor of Pharmacy and Bachelor of Clinical Science students, I am responsible for the administration, on Orange Campus, of the professional placement programs. It is an interesting job with many rewards and has been a fulfilling career change considering most of my life has been spent operating a farming and grazing business.

I commenced the position, combined with an administration assistant’s role, in January 2007. It was at this time that the first intake of pharmacy students on Orange Campus were commencing their third year of study, which involved them starting their compulsory placements program. It was also at this time that the first intake of students to the Bachelor of Clinical Science, who also had to complete a placement program, commenced study on Orange Campus. Following a further increase in student and academic staff numbers over the past two years, I am now solely working as the placement coordinator.

My years in agriculture were spent on a 625 hectare property in the southern foothills of the Warrumbungle Mountains halfway between Gilgandra and Coonabarabran. The property was certified Bio-dynamic/organic and we produced the traditional commodities of wool, lamb, beef and wheat and, for the last five years, we also sold free-range organic eggs mostly into the Sydney market. Without this egg enterprise, the property would not have been financially viable. Although it was financially rewarding, the enterprise was a drain on the lifestyle that my family wanted to live, so we decided to sell and move onto a new stage in life.

I enjoy helping others and got a lot of satisfaction from helping people who were interested in organic farming or the free-range egg business, so I was interested in finding new work with a customer service focus. I also enjoyed my time at university many, many years ago, so was pleased when I was offered my position at CSU.

My role consists of informing the students about the requirements for their professional placement program, which includes the forms that need to be completed and the risk management requirements of the program. The completion of forms is at times frustrating, as it involves the prodding of students to have these completed on time, and the cooperation of their supervisors to complete and sign the forms by the due date - “not another form” is a comment I’m sure is often mentioned.

The rewards of this position include listening to the positive stories from the students on completion of their placement, successfully organising the placement program at the hospitals, travelling to Broken Hill to see what the students do while they are there on placement and also being involved with tours of the Royal Flying Doctor Service and the Mardi Mardi Aboriginal Medical Clinic. One day, I would like to travel on the Darwin trip with Professor Patrick Ball and students.

I am also involved in organising meetings, taking and distributing the minutes for meetings of the Charles Sturt Pharmacy Foundation and I act in an administrative role with arrangements for the Foundation and pharmacy staff to man a stand at the Pharmacy Expo. Finally, I am responsible for setting up the three CPD days that the University holds during the year.

My wife works with the Royal Life Saving Society in administration but is also an Austswim presenter and a qualified instructor for all ages and types of swimming and resuscitation. I have three children with the oldest (daughter) living in England, another daughter in Year 12 with an interest in journalism, and a son aged 14.

My current interest is cycling with the main focus on participating in charity rides. I have ridden from Orange to Griffith to raise money for a Ronald MacDonald House to be built in Orange and I hope to ride in the Sea2Summit Challenge (Merimbula to Mt Kosciusko in a day) to raise money for Redkite later in the year.

The change in career has created new challenges from growing good quality food to improve our health to finding other ways to live a healthy life. It has been rewarding seeing students realise their dreams of becoming practicing pharmacists and I have gained greater insight into the valuable role our pharmacists play in helping our community.
Hello fellow pharmer's!

By Emily Diprose

It’s hard to believe nearly 10 years have passed since waving goodbye to CSU Wagga Wagga and all the people who were part of the experience! I still remember the first day of orientation and have many fantastic memories of the four years spent studying and living the uni life (well, when I wasn’t on RA duty anyway)!

After leaving Australia’s largest inland city, I headed east to our nation’s capital to begin my career as a pharmacist. I had taken a position at The Canberra Hospital and, as I was the first graduate for some time, it was not only a new experience for me but a change for the department as well. I was a welcomed addition to the staff during a time when hospital pharmacists weren’t readily available, so that was really positive.

As I’m sure it is for everyone, my first year was a huge learning experience and at times overwhelming, but I survived and managed to get through the PGTC and pass the Board Exams to finally obtain registration. I enjoyed my time in Canberra, playing basketball and I took up women’s AFL which was a great outlet and really social. I also became involved in the local branch of the Society of Hospital Pharmacists of Australia (SHPA) as Secretary which was interesting, but by the end of 2002 I didn’t feel I was really achieving or making a difference and was unsure about where my career was heading.

A change in direction saw me take a position with the community pharmacy group I had been working for part-time since leaving uni. I completed the Consultant Pharmacist course in order to conduct HMRs and remained involved in organising local CPD events between SHPA, PSA and the Guild. I was able to buy a house, and after 12 months I changed stores having been promoted to manager. Unfortunately, this new store had a huge focus on servicing nursing homes with various Webster Pak systems, and although I remained there for 18 months, it was quite stressful and not exactly the most rewarding work. It was then I decided it was time for a big change and travelling overseas was my next adventure.

After a short stint of eight months back at The Canberra Hospital to refresh my clinical skills, it was in 2006 I found myself in England, working as a locum and travelling every weekend possible. Heartlands Hospital Birmingham became my new workplace and learning to snowboard in Italy became my new claim to fame. It was a refreshing 18 months away from home and although it was a heap of fun, I developed professionally as well, finding a renewed interest in clinical pharmacy practice.

It was another steep learning curve and my new colleagues became close friends. It also confirmed that hospital pharmacy was where I wanted to continue practising.

On returning to Canberra, I was unable to secure a full-time job at either of the major hospitals (well done CSU for boosting the workforce!), so I took a joint position between Calvary Hospital as a Clinical Pharmacist and the University of Canberra as the Clinical Placement Co-ordinator. I saw this as a great opportunity to get some exposure to students and pharmacy education, which has been an area of interest of mine for some time. I was responsible for organising both community and hospital externships locally and throughout Australia and also managing the Guild’s Rural Pharmacy scholarship program. Obviously, the role was primarily administrative but I also enjoyed being involved as a tutor, guest lecturer, research supervisor, examiner, marker and anything else I could get involved in. It brought back many memories of studying in Wagga Wagga and I was happy to be on the other side of the lectern!

At the beginning of this year I finished working at the uni and am now the Quality Use of Medicines Pharmacist at Calvary Hospital. While still a clinical position, I have a large role to play in medication safety, policy and education within the hospital, while maintaining my links with the university. I really enjoy living in Canberra, have met the love of my life, and am settled amongst wonderful family and friends. I’m still playing local basketball and have been fortunate enough to have travelled all over Australia representing the ACT playing AFL. I even get back to Wagga Wagga for at least one weekend visit each year when we play the Riverina girls during the footy season.

For now, I’m looking forward to the 2009 ski season and giving my new snowboard a work out, and also returning to the UK and USA via Thailand and Canada on an extended holiday next year.

“After a short stint of eight months back at The Canberra Hospital to refresh my clinical skills, it was in 2006 I found myself in England, working as a locum and travelling every weekend possible.” Emily Diprose
NSW pharmacy student of the year

(Charles Sturt University student Lloyd Smith of Wagga Wagga Campus was announced the winner of the NSW Pharmacy Student of the Year at the Pharmacy Expo held in Sydney last month.

The competition is sponsored by Alphapharm and aims to recognise outstanding pharmacy students by showcasing their counselling skills to the pharmacy profession.

The finalists, University of Sydney student Anjana Rao, University of Newcastle student Olivia Thornton, and Lloyd, delivered their presentations on the Saturday morning of the expo and the winner was announced that evening at an extremely well attended cocktail party hosted by the PSA Early Career Pharmacists.

As well as receiving the prestigious certificate, Lloyd won a flight and accommodation package to attend PAC in October where he will compete for the National title.
*Story and photographs courtesy of Pharmacy Daily

Study leave in South Africa

Dr Philip Kerr of CSU’s School of Biomedical Sciences will spend the next five months at the University of Pretoria participating in the Phytomedicine Program while on Special Studies Program (SSP) study leave.

CSU backed and supported ‘Dr Phil’s’ application to take five months leave from his teaching duties on Wagga Wagga and Orange campuses while pursuing the study of some African medicinal plants for their potential development for use in human and animal health. As is well-known to his students, Dr Kerr has a passionate interest in the use of plants as potential medicinal agents for the treatment of cancers, diabetes and serotonin disorders such as depression and anxiety. Such an opportunity comes infrequently to CSU’s research program, so this is a very welcomed event.

The Phytomedicine (or plant medicine) Program was established in 1995 with a view to investigate traditional African medicines derived from plants from a chemical and pharmacological perspective, placing ‘herbal medicines’ on an evidence-based platform. This is not surprising considering that around 70% of all new drug entities for the treatment of cancers are derived from plant products.

While on his studies, Dr Kerr plans to learn a range of new skills and techniques for the isolation and purification of a range of plant constituents that are finding increased use in ‘orthodox’ medical practice. Of especial interest are the compounds known as terpenoid saponins. Such compounds have been identified as being anti-inflammatory, have wound healing properties, anti-cancer activity and anti-diabetic activity. In his studies of Australian plants, these compounds have proved elusive and so Dr Kerr is confident that his overseas experience will prove invaluable to the University (as well as being intrinsically interesting).

It is Dr Kerr’s hope to establish a similar research program at CSU using the African Phytomedicine Program as a model.

So, for a period of time in his research career, Dr Kerr will be the learner and not the teacher. He plans to ‘pick the brains’ of Professor JN (Kobus) Eloff, the founder and director of the internationally acclaimed Phytomedicine Program at the University of Pretoria.

We wish Dr Kerr well in his study leave and hope to have him back full of new ideas to promote the Phytochemical Research Centre at CSU, using Australian plants.
What attracted you to a career in Pharmacy?
Pharmacy has always appealed to me because of its versatility. With a strong science background, a passion for talking and helping people, teamed with a background of pharmacy employment since the age of 15, pharmacy seemed the most logical choice for me. I love the fact that the profession I have chosen allows me to pursue academia, travel, a variety of different career choices, lifelong learning as well as holding such an esteemed position in the community by improving health.

Why did you choose CSU?
I grew up in Taree on the NSW mid-north coast and, after finishing high school, I didn’t quite have the confidence to launch myself into the hectic city lifestyle of Sydney or Brisbane. My parents and brother are CSU alumni in different occupations and studying in Wagga Wagga has allowed me to enjoy every aspect of university life in a fun, friendly and relaxed setting. CSU pharmacy students also enjoy smaller class sizes, increased contact with lecturers, have great employment prospects and graduates have an increasingly excellent reputation within the industry.

Why did you choose to complete your Honours?
I am always up for a challenge; you never know what you can do until you have a go! By completing an Honours project, I am able to gain skills in research, time-management and planning that will aid me in obtaining work as a pharmacist in industry or pharmaceutical organisations like the Pharmacy Guild and PSA later in my career. I believe in leaving all doors in life open and Honours will allow that. I have an interest in the stigmatisation by pharmacists and students and hope to discover the extent to which it affects the health outcomes and quality of care offered to patients.

What has been the highlight in your course?
To be the Chair of Pharmacy Awareness of the National Australian Pharmacy Students’ Association (NAPSA) for 2008-2009 has been a whirlwind ride and a completely rewarding experience! I am responsible for facilitating the major annual Pharmacy Week Campaign, where students promote the pharmacy profession to the public on a national level with a shopping centre campaign. My absolute highlight has been establishing a national charity program for Australian pharmacy students. With its inaugural year in 2009, the NAPSA Charity Cup Campaign is an initiative which envisages pharmacy students raising awareness and funds for an elected charity on a national level and thus contributing to improving the health of the Australian public.

As a student, what do you believe are the current issues being faced by rural pharmacy?
First and foremost, the lack of pharmacists practising in remote and rural areas is a huge problem. Without sufficient practitioners, people living in rural areas will always suffer poorer health outcomes. The lack of facilities and support networks for multidisciplinary healthcare provision has a major impact, and can compromise the quality of care received in comparison to metropolitan centres.

What are your plans for when you complete your studies?
Going on a fantastic holiday is a definite plan! Being in third year, I still have a reasonable amount of time to consider my options, however I will be completing my graduate year somewhere back on the coast. I’m leaning towards hospital pharmacy, but nothing definite yet.

Where do you see yourself in 10 years?
The scope of the pharmacy profession excites me! My future could hold a myriad of experiences; to head a hospital pharmacy department, pursue further research opportunities in industry, work in journalism as a consulting pharmacist or be a partner in a community pharmacy.

I will most definitely be an advocate for the changing face of pharmacy in the future. We have such a huge opportunity to improve publicly and professionally together.

Hopefully I’ll be able to fit a family in there somewhere too.

What do you do outside of pharmacy?
In my free time I thrive on meeting new people, playing the piano, making jewellery, spending time with friends and playing sport, especially hockey.
Student profile - Elyse Taylor

What attracted you to a career in pharmacy?
I worked in a community pharmacy setting for three years before heading off to university, however I had a lot of difficulty deciding between medicine and pharmacy. Both professions are wonderful because you can help people. I thought about where I would be in 10 years’ time and, if medicine was my career of choice, I would still be studying. Hence, pharmacy became my career and I haven’t regretted my decision for a second!

Why did you choose CSU?
Growing up in Canberra, I looked to quite a few pharmacists for advice and the majority of those pharmacists studied at CSU. I did have the privilege of working with many pharmacists from many different locations (including Tasmania, Sydney and Queensland) and was able to ‘compare’ to some extent. CSU graduates appeared to have excellent communication abilities and I felt that was the type of pharmacist I wanted to be. In addition, Wagga Wagga as a campus is much closer to Canberra than other pharmacy schools, so I am able to visit my family often.

What has been a highlight in your course?
There have been quite a few highlights lately! I have been granted the Capital Chemist Scholarship two years in a row now, which is a huge help. I have been a member of the Pharmacists’ Society (our pharmacy club) for the past two years, and most recently, served as our first Health Promotions Officer. I was elected the NAPSA Rural and Indigenous Chair, which has provided me with industry contacts, visits to the Guild in Canberra and sent me to conferences all over Australia, which I couldn’t have experienced without this role.

Most recently, from OTC counselling practice on placements and in practicals at CSU, I was elected the NAPSA wildcard entrant for Pharmacy Student of the Year competition in 2009. It is difficult to select one of these accomplishments as the highlight because they are all happenings which have given me so many advances in this degree.

As a student, what do you believe are the current issues being faced by rural pharmacy?
I believe the most current issues in rural pharmacy stem from an inequality of services between metro and rural Australia. Probably the rural issue which I am most passionate about is finding a sustainable healthcare system for Indigenous Australians to help create equal health outcomes between our cultures.

Obviously, a shortage of pharmacists in rural pharmacy settings is another issue, which hopefully can be alleviated with new graduates who have a commitment to improve our nation’s health.

I believe pharmacists are to become extremely versatile health professionals in the coming years, with talks of pharmacist practitioners and I do hope that many CSU graduates, along with me, use their initiative and rural experiences to expand our profession’s boundaries and show Australians how valuable we can be to the health of future generations.

What are your plans for when you complete your studies?
I plan to complete my graduate year back in Canberra with Capital Chemists (community pharmacy). From there, the sky is the limit. I also think I will be continuing to study long into my 50’s. I love learning new things and I cannot stand the thought of only keeping up-to-date for the rest of my career. I would like to complete a Graduate Diploma in Pharmacy Management and also explore the Graduate Diploma of Rural Health that Flinders University is currently working on. In fact, I do hope that CSU develops some Graduate Diplomas like these to re-iterate it’s strong support of rural healthcare into the future, and that our graduates take advantage of these opportunities.

I would also like to go on a working holiday through the Northern Territory to see how I can contribute to the health issues within Indigenous Australian communities. I hope to give as much of my knowledge and support as possible to communities and healthcare services that are not as developed as the metropolitan equivalents.

Where do you see yourself in 10 years?
I would like to be involved in pharmacy ownership by this point in my life, and hopefully occupy a chair position of some description at the Guild. I also hope to be a preceptor for up and coming pharmacy students. I have an interest in education so perhaps there could be some pharmacy lecturing in my future, who knows! As long as I am contributing to the improvement of our profession I will be content. I don’t think I could sit still and watch everything change around me, I want to be involved in that change.

What do you do outside of Pharmacy?
I do volunteer work and coach some primary school children in sport after school in Coolamon. Spare time is rare, but if I am lucky enough to have some, I love dancing, shopping (even the grocery kind!), catching up with friends and family, and sleep-ins.
CSU Pharmacy Foundation
Supporting Rural and Metropolitan Pharmacy

“Pharmacy Social Weekend”
Wagga Wagga

6 – 8 November 2009

Festivities include:

Friday
A leisurely round of golf

Friday Evening
Enjoy drinks and canapés

Saturday
To see and do –
Tours of Charles Sturt University’s Winery and Cheese Factory
Pharmacy school and laboratories

Saturday Evening
CSU Pharmacy Foundation Dinner
Guest Speaker

Sunday
Pharmacy Cricket presents:
City v Country – Annual Challenge
and
CPE Lectures
Speakers include: Geoff Sussman

Please contact Belinda Boshier, Charles Sturt University Pharmacy Foundation on 6338 4680 or bboshier@csu.edu.au
Thank you

The Charles Sturt Pharmacy Foundation would like to acknowledge the invaluable support of donors and supporters of the program:

Alpha Pharm  
Amcal  
Richard Andrews  
Australian Pharmaceutical Industries  
Domenica Baskin  
Baybrooks Pharmacy  
Bendigo Bank  
Blayne Pharmacy  
Bloom the Chemist  
Bowral Pharmacy  
George Bruce  
Capital Chemist  
Peter Carroll  
Chemcoast  
Colin Coleman  
Corporate Leasing  
CountryPharm Group  
Jeanine Delemare  
Dowley’s Amcal Pharmacy  
Ron Dunford  
Barry & Elizabeth Frost  
David Fry  
Peter Gissing  
Lindsay Hamill  
Hillston Pharmacy  
Ian Howie  
John Matthews & Co  
Chemworld Chemist  
John Mylott Pharmacy  
Jim Jackson  
Lawrence Knight  
Lawlers Family Pharmacies  
Lithgow Valley Healthsense Pharmacy  
Alan Hurdle  
Tony Lamb  
Robert Lazzarini  
Colin Lelean  
Patrick Mahony  
Martin Phillips Pharmacy  
Gerald McInerney  
Bruce Mitchell  
John Mueller  
Gino Musemeci  
Michael O’Reilly Chemist  
Connell Peoples  
Pfizer  
Pharmaceutical Defence Limited  
Pharmaceutical Society of Australia  
Pharmacy Practice Foundation  
The Pharmaceutical Locum Company  
The Pharmacy Guild of Australia (National Branch)  
The Pharmacy Guild of Australia (NSW Branch)  
Warwick Prentice  
Malcolm Rosborough  
Stewart & Catherine Ross  
Roma Sinclair  
Gerard and Ethe Stevens  
Tocumwal Pharmacy  
Tolland Pharmacy  
Tuncurry Pharmacy  
USF Dispensaries  
Stewart Ward  
Symbion  
John Wells  
Anthony Zirilli

If you would like further information on how you can invest in the future generation of pharmacists please visit: www.csu.edu.au/special/pharmacyfoundation

Pharmacy Foundation Membership

I would like to support the Charles Sturt Pharmacy Foundation by becoming a (please tick one):

- □ Governor - $5,000 per annum
- □ Donor - $1,000 per annum
- □ Supporter - $250 per annum

OR I would like to donate the amount of $_______________________

Name:______________________________________________________
Address:____________________________________________________
_______________________________________ Postcode:____________
Phone:_____________________ Email:___________________________

Payment options:
Please invoice me in ___________________(month) each year for the above amount.
OR Make cheques payable to ‘Charles Sturt Foundation’ and forward to the address below
OR Please charge my credit card:
□ Bankcard □ Visa □ MasterCard □ American Express

Cardholder’s name:
Expiry date:_________________________________________________
unt of authorisation:_________________________________________
Signature of cardholder:______________________________________

Please return to:
Charles Sturt Foundation c/- Charles Sturt University
Panorama Avenue, Bathurst NSW 2795 Fax (02) 6338 4833