

**CAPSI Meeting**  
**November 4 2020 8:00 PM - 9:15 PM PST**  
**Online via Zoom**

<b>Senior Representative</b>	TJ Dhadial	P	<b>IT Officer</b>	Isabella Di Trocchio	P
<b>Junior Representative</b>	Celia Ma	P	<b>Community Education Coordinator</b>	Ria Garg	P
<b>Secretary</b>	Sandeep Padam	P	<b>IPSF Liaisons</b>	Amanda Sambrielaz	P
				Ting Cheng	L
<b>Treasurer</b>	Louise Araújo	P	<b>4<sup>th</sup> Year Representatives</b>	Brittany Buffone	P
<b>Vice-Treasurer</b>	Shirley Li	P	<b>3<sup>rd</sup> Year Representative</b>	Jenny Chen	P
<b>Sponsorship Coordinator</b>	Amy Jradi	P	<b>2<sup>nd</sup> Year Representative</b>	Val Carvalho	P
<b>Fundraiser</b>	Lily Zhang	P	<b>1<sup>st</sup> Year Representative</b>	Aneet Grewal	P
	Emily Wong	P		Nghi Le	P
<b>Advocacy</b>	Manrubby Dhillon	P	<b>Faculty Advisors</b>	Dr. Kathy Seto	R
				Paulo Tchen	R

P – Present, A – Absent, R – Regrets, L – Late

**1. Call to order at 8:02 PM PST: motioned by J.Chen, seconded by M.Dhillon.**

**2. Standing Business**

2.1. Motion to adopt the minutes from October 5th, 2020: motioned by M.Dhillon, seconded by J.Chen

**2.2. CAPSIL Alternative (T.Dhadial, C.Ma, A.Jradi) - (8 min)**

2.2.1.No longer pursuing CAPSIL as per September 15th meeting

2.2.2.Alternative is to post on social media or the CAPSI website: highlight events, highlight executive members (“Faces of CAPSI”) or highlight CAPSI alumni members

2.2.3.Keep it CAPSI specific

2.2.4.Would this be too similar to what other clubs are doing?

2.2.4.1. Phi, Lambda, Sigma leadership society does leadership posts

2.2.4.1.1. They could re-share our posts

2.2.4.2. Yearbook does “Faces of Pharmacy”

2.2.4.2.1. Make it more unique/different from how they do their posts

2.2.5.Plan is to start in November (lots of events)

2.2.5.1. First do monthly posts and then change frequency as required

2.2.5.2. Could make standardized questions (easier to make posts from a template of questions)

2.2.5.3. Leads: B.Buffone, J.Chen (for their respective competition winners), C.Ma, A.Jradi

### 3. New Business

#### 3.1. Storagehotel Discount Code (T.Dhadial) - (5 min)

3.1.1.Update from Jensen (company representative):

3.1.1.1. CAPSI will be provided with a 10% discount code (no expiry)

3.1.1.2. They would like us to promote their company in November and March on social media

#### 3.2. Shoreline Recovery Collaboration (T. Dhadial) - (5 min)

3.2.1.What it is: resources for people and families affected by drug abuse/overdose

3.2.2.They would like us to share their website link on our CAPSI website:

<https://shorelinerecoverycenter.com/drug-overdoses/#10>

3.2.3.Council concerns:

3.2.3.1. Is their information validated?

3.2.3.2. They are based in San Diego, what is their intent in partnering with us?

3.2.4.Alternative resource: BC Center for substance use (more local): <https://www.bccsu.ca/>

**3.2.5.BIRT CAPSI council will not pursue a collaboration with Shoreline Recovery: motioned by T.Dhadial, seconded by R.Garg**

#### 3.3. Mental Health Initiative with PhUS (T.Dhadial) - (8 min)

3.3.1.Tentative month: January

3.3.2.Revisit ideas from UdeM CAPSI Senior's Mental Health report:

3.3.2.1. Articles about Sleep Hygiene (CAPSI Advocacy Sleep Clinic)

3.3.2.2. Mental Health Week:

3.3.2.2.1. Activities each day of the week: Bell Let's Talk (in Jan), QPR training, PositiviTea/Refreshments, collaborate with PHUS and their Wall of Wellness

3.3.2.3. PharmaSports: Informal basketball, frisbee, or outdoor soccer drop ins, salsa classes

3.3.2.4. Study-O-Thon Sessions: Virtually?

3.3.2.5. Yoga Classes:

3.3.2.5.1. Instructors cost around \$40 per session: free for CAPSI members and charge non-members

3.3.2.5.2. Could find an official instructor for pharmacy (Ria's contact from pharmacy graduate society)

3.3.2.6. Stress-O-Meter Surveys: Regular surveys to keep track of student stress levels

3.3.3. Other mental health initiatives/groups in Pharmacy:

3.3.3.1. Mental Health Task force -> implemented events such as suicide prevention

3.3.3.2. BCPhA QPR training

3.3.3.2.1. Could help by advertising their training

3.3.3.3. CAPSI Advocacy initiative:

3.3.3.3.1. New clinic on educating students on when to seek help from medical professionals in regards to their mental health

3.3.3.3.2. Will be followed by a de-stress event such as painting

3.3.3.3.3. The Advocacy committee focuses on mental health so it is appropriate for them to hold this type of event (it will be approved by OEE)

3.3.4. Council will support the Advocacy initiative -> they can present at the next executive council meeting

3.3.5. CAPSI Cares will be happening this year (Advocacy committee is running it)

### **3.4. Annual General Meeting (T.Dhadial, S.Padam) - (5 min)**

3.4.1. Finalized date: Wednesday November 25th at 7:00 PM PST

3.4.2. All executive members need to be in attendance (as per operating manual)

3.4.3. General and executive members are allowed to propose changes to the operating manual

3.4.4. Timeline:

3.4.4.1. November 8th: Email a Google form for proposed amendments and an attendance form to all CAPSI members

3.4.4.2. November 15th: Due date for the aforementioned forms

3.4.4.3. November 18th: Distribute a document with all proposed changes (1 week before the AGM)

3.4.4.4. November 18th: FB advertising will start

3.4.5. Raffle prize money (we need at least 20 general members present for motions to be passed)

3.4.5.1. Idea 1: 3 raffle draw gift cards (\$50, \$50, \$100 to Amazon, Starbucks, Best Buy, Walmart, or Tim Hortons -> winner preference)

3.4.5.2. Idea 2: Guaranteed gift cards of \$10 each to first 20 meeting attendees (Google sign up form)

3.4.5.2.1. This idea might draw in more attendance -> council approves

3.4.5.3. **BIRT that UBC CAPSI will allocate \$200 towards the AGM attendee prizes: motioned by T.Dhadial seconded by B.Buffone.**

3.4.6. **ACTION:** executives please read through your respective section of the operating manual and see if you have any proposed changes

### 3.5. NTP (L.Zhang, E.Wong) - (8 min)

3.5.1. Finalized date: Friday November 27th at 7:30 PM PST via Zoom

3.5.2. Prizes 1st place: \$250, 2nd place \$100, 3rd place \$50

3.5.3. Timeline:

3.5.3.1. November 8th: Deadline for participants to sign up via Google form

3.5.3.1.1. No one has signed up so far

3.5.3.2. Date TBD: Deadline for participants to upload their talent video

3.5.3.3. November 27th: Event

3.5.3.3.1. Raffles prizes, spelling games, trivia, Kahoot for attendees

3.5.3.3.2. Talent videos will be played

3.5.3.4. Talent video will then be posted on FB and winners will be chosen by number of likes

### 3.6. CAPSI Competition Updates and Discussion (T.Dhadial, C.Ma) - (15 min)

3.6.1. OTC (A.Grewal, N. Le)

3.6.1.1. Finalized date: November 23rd 6 - 8 PM PST via Zoom

3.6.1.2. Will be similar to IA OTC assessments:

3.6.1.2.1. Student will be sent to a breakout room to do a consultation

3.6.1.2.2. Will provide RxTx as a resources (screen share so we can monitor)

3.6.1.3. Paulo will be able to evaluate the videos (but cannot attend live)

3.6.1.4. No reply from Dr. Frankel

3.6.1.5. **ACTION:** Reach out to Jon, Tony, Ali, Michelle or other IA leads as alternative judges

3.6.1.6. Standardized patient: V. Carvalho

### 3.6.2. Patient Interview (J.Chen)

- 3.6.2.1. Finalized date: November 18th 6:00 - 8:00 PM PST via Zoom
- 3.6.2.2. 3 judges have been chosen
- 3.6.2.3. Waiting for participants to sign up (1 person so far)
- 3.6.2.4. Standardized patient: A.Jradi

### 3.6.3. Poster (C. Ma)

- 3.6.3.1. Competition for students to submit and present a research poster that highlights their research
  - 3.6.3.1.1. Last year, 3 students participated, and 2 winners received travel compensations to PDW (subsidized by UBC faculty)
  - 3.6.3.1.2. Winners usually get a spot at the Health Fair at PDW to share their poster
  - 3.6.3.1.3. Not all schools participate in this competition
- 3.6.3.2. Council still interested in hosting this (it is a good experience to present posters)
- 3.6.3.3. **ACTION:** Contact faculty to ask about subsidy (confirm this first before planning)
- 3.6.3.4. **ACTION:** Confirm if other clubs have any poster/presentation events around the same time?
  - 3.6.3.4.1. Only the BCPhA Poster competition in spring
- 3.6.3.5. Proposed date: January
- 3.6.3.6. Only CAPSI members can participate (how it has been done in the past)

### 3.6.4. Student Literacy (B. Buffone)

- 3.6.4.1. Finalized deadline: November 22nd
- 3.6.4.2. 1000 word article submitted to B.Buffone by the deadline (potential for publishing)
- 3.6.4.3. 2 people have signed up
- 3.6.4.4. Judges: Jane and Vaughn

### 3.6.5. Advice for Life (C. Ma)

- 3.6.5.1. Postponed by National Council until Term 2 (tentative submission deadline early February)

## 3.7. **Student Exchange Program Info Session (A.Sambrielza, T.Cheng) - 5 min**

- 3.7.1. Proposed date: Week of November 16th? (will confirm)

3.7.2. One hour long information session on the SEP (council members please attend)

3.7.3. SEP fund (~100\$) used to provide food -> switch to raffle prize

3.7.4. Deadline to apply for SEP: December 31st 2020

### 3.8. Feedback on Recent Events (T. Dhadial, C. Ma) - (10 min) -> defer to next meeting

3.8.1. GSK Lunch and Learn: Voltaren

3.8.1.1. What went well:

3.8.1.2. Improvements for next time:

3.8.2. Career Avenues

3.8.2.1. What went well:

3.8.2.2. Improvements for next time:

3.8.3. First Year Representatives By-Election

3.8.3.1. What went well:

3.8.3.2. Improvements for next time:

### Roundtable - 5 min

Position	Update/Announcements
Senior Representative	<ul style="list-style-type: none"> <li>• CAPSI Notebooks have arrived <ul style="list-style-type: none"> <li>◦ Will hold a pickup date</li> </ul> </li> <li>• CAPSI Laurel Prize for Excellence in Pharmacy <ul style="list-style-type: none"> <li>◦ Ask your CAPSI friends to apply</li> <li>◦ Applications due at the end of November</li> <li>◦ Executive members can apply</li> </ul> </li> </ul>
Junior Representative	<ul style="list-style-type: none"> <li>• General members are welcome to join our meetings <ul style="list-style-type: none"> <li>◦ We sent out a Google form inviting members to attend</li> </ul> </li> <li>• Award of Professionalism <ul style="list-style-type: none"> <li>◦ 3 applicants</li> <li>◦ Winner announced in 2 weeks</li> </ul> </li> <li>• PAM (planning) <ul style="list-style-type: none"> <li>◦ Currently hiring executives (see FB for sign up form)</li> <li>◦ Held in March</li> </ul> </li> <li>• PDW T-Shirt Design Contest <ul style="list-style-type: none"> <li>◦ Not being held as PDW is cancelled</li> </ul> </li> <li>• Reminder to put all CAPSI events, deadlines, and tentative dates on CAPSI calendar (for other execs to see):  <a href="https://docs.google.com/spreadsheets/d/1ZuAAQ0ZHf2kEMNa08waZk5ViSQIyviMaiwUQLAsMPo/edit#gid=709421052">https://docs.google.com/spreadsheets/d/1ZuAAQ0ZHf2kEMNa08waZk5ViSQIyviMaiwUQLAsMPo/edit#gid=709421052</a> </li> </ul>

	<ul style="list-style-type: none"> <li>• Reminder to send CAPSI events to PhUS VP Internal to put on the PhUS Calendar</li> </ul>
Secretary	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
Treasurer	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
Vice-Treasurer	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
Sponsorship	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
Fundraising	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
IT Officer	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
Community Outreach	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
IPSF Liaisons	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
Advocacy	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
4 <sup>th</sup> Year Representatives	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
3 <sup>rd</sup> Year Representative	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
2 <sup>nd</sup> Year Representative	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
1 <sup>st</sup> Year Representative	<ul style="list-style-type: none"> <li>• NTR</li> </ul>
Faculty Advisors	<ul style="list-style-type: none"> <li>• NTR</li> </ul>

#### 4. Reimbursements - 2 min

- 4.1. Motion to reimburse I.Trocchio for \$250 for the godaddy website: motioned by T.Dhadial seconded by M.Dhillon

#### 5. Payments

#### 6. Adjournment at 9:14 PM PST: motioned by M.Dhillon, seconded by B.Buffone.