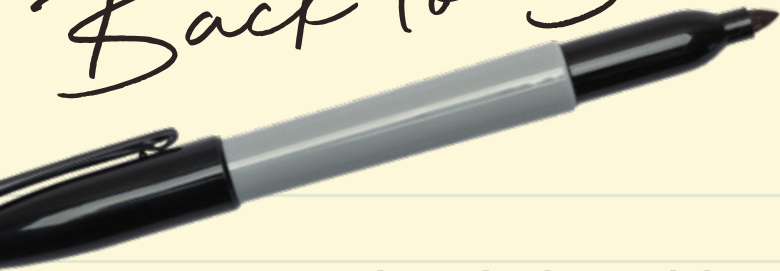
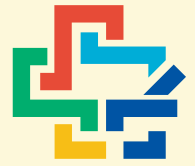


Back to School



Canadian Society of
Hospital Pharmacists



Société canadienne des
pharmaciens d'hôpitaux

Hey, my name is Catherine and I'm a final year BSc pharmacy student at Memorial University in Newfoundland.

I got to spend the summer in Ottawa working for the Canadian Society of Hospital Pharmacists' head office as the pharmacy student intern. I didn't join CSHP as a Student Supporter until my third year of pharmacy school. Every September I would get hit with way too many membership forms and fees and, being totally overwhelmed, I would just fill out whatever was mandatory and ignore the rest. I wasn't sure what all these memberships offered and why I needed to join. Long story short, it was a mistake not joining CSHP earlier. CSHP has *SO MUCH* to offer pharmacy students. If you're thinking about joining or renewing, here's how you can get the most of your membership!

(Also, if you don't know what CSHP is, it's a national, voluntary organization committed to patient care through the advancement of safe, effective medication use in hospitals and other collaborative healthcare settings. CSHP has over 3,000 members across Canada.)

- 1** Get involved with your **local branch**! During my first year of being a student supporter, my branch offered students a residency information session and an information session on the different areas of hospital pharmacy practice. I was also able to shadow an ICU pharmacist through the coordination efforts of the NL Branch. Branches also offer Continuing Education events throughout the year, which are great learning opportunities for students. I was able to volunteer for my local Continuing Education day, which is a wonderful way to get involved. Some branches also offer mentorship programs. Reach out and ask what opportunities are available.
- 2** Apply for a **continuing education travel grant**. Attending conferences or other educational events can be difficult on a student budget. Student supporters are eligible to apply for continuing education grants to help offset the cost.
- 3** Student supporters of CSHP can function as local representatives or as a **national Student Delegate**. To become a local representative, contact your School of Pharmacy regarding the election process. The national Student Delegate must apply to CSHP head office when a call for applications is announced (announcements will appear on the CSHP website, but will also be posted to our social media – so go follow us on **Twitter**, **Facebook**, and **LinkedIn**!). Student Delegates serve for a two-year term.
- 4** **Volunteer on CSHP committees!** During my time working as the CSHP pharmacy student intern, I learned a LOT from committee meetings. Volunteers make valuable contributions to official publications, drive new projects forward, and offer input on various regulatory issues as organizations, such as Health Canada, seek feedback. Plus, volunteering on a committee looks pretty great on a resume (which never hurts).
- 5** Apply for **awards** through CSHP! There are both national and local branch awards offered every year.
- 6** Use the **Pharmacy Specialty Networks (PSNs)**. These are forums where pharmacy professionals across the country can ask practice-related questions, post polls, and more. There are PSNs for a lot of practice areas, such as psychiatry and infectious disease. You can use PSNs to survey pharmacy professionals for a project for school, ask your own questions, or to peruse questions others have posted. Also, if you would be interested in joining a PSN just for pharmacy students across the country, let CSHP head office know! If there's enough interest a new PSN could be made.
- 7** Use your access to **CSHP publications** and the **Canadian Journal of Hospital Pharmacy**! Here you can find **Canadian Medication Optimization Briefings** to access on clinical rotations, journal articles to cite in projects, and resources to help you learn more about pharmacy practice.
- 8** Apply for the **Pharmacist Student Intern Position**. I was the extremely fortunate student chosen to be the 2019 student intern. I would recommend any interested student supporters to apply! It's such an amazing experience and you get a completely different perspective on the national vision for hospital pharmacy practice.

My student supporter fee went a LONG way towards giving me new learning and networking opportunities, and yours can too! This membership is worth your time and money. Not only can you benefit from everything mentioned above, the **Interactions** e-newsletter will keep you up-to-date on the world of pharmacy and also lists **job opportunities**. And if you have any questions, you can always reach out to your local representatives, the National Student delegate, or CSHP head office.

Best of luck in the school year!
Catherine