
Internship at the CSHP Office in Ottawa



Over the summer of 2018, I had the opportunity to be in Canada's capital as a pharmacy student intern at the Canadian Society of Hospital Pharmacists (CSHP). This was an opportunity that held invaluable experience. Being in the BSc. Pharm/MBA program at the University of Alberta, I was given the opportunity to exercise skills in clinical hospital pharmacy, management, as well as policy. In addition, the team at CSHP went out of its way to ensure that I maximize the amount of experience within the three-month period of my internship. What I enjoyed the most in this position is that it is flexible to tailor this opportunity to fit the interests of the intern while still meeting the goals of the position.

The team members at the Ottawa office are extraordinary and talented individuals. They assisted me during my transition in Ottawa and provided me with countless opportunities to be involved within the organization.

I was tasked to work on one of CSHP's commitments to Health Canada's Joint Statement of Action to Address the Opioid Crisis. This project consisted of an international environmental scan of facilities' standards and operations to reduce drug diversion in hospital settings. I compiled and presented a report of my findings. Other opportunities included attending a meeting of the Multi-Stakeholder Steering Committee on drug shortages and the various strategies that can be employed to combat effects of drug shortages on patients' health. Furthermore, I also attended Health Canada's stakeholder engagement session, Regulation and Health Innovation, where I heard various deputy ministers speaking about the evolution and future of regulation as it pertains to health innovation and access to innovative drug therapy.

Some of the other research projects I worked on included an evidence search to support CSHP's draft recommendations for the Choosing Wisely Canada's campaign, as well as a literature search to assess the impact of pharmacist prescribing on patient outcomes. Furthermore, I was given the opportunity to attend office tours at CADTH and the Public Health Agency of Canada. This exposed me to a whole new realm of potential where pharmacists are involved in ensuring the safety and treatment of Canadians as well as pharmacist involvement in preparing for catastrophic and unanticipated events. I was also given the opportunity at the Children's Hospital of Eastern Ontario (CHEO) to shadow a pharmacist at the PICU and CHEO's outpatient concussion clinic where I was able to observe the interdisciplinary interaction between the pharmacist and pediatrician in providing optimal patient care. In addition, I attended CSHP's Executive Committee meetings and experienced decision making to drive the future of the organization into action.

Work aside, Ontario, in general, is a great province to explore if the time allows you to do so. Within Ottawa, there are many museums to explore such as the Canadian Aviation and Space Museum, Canada Science and Technology Museum, the Museum of Nature, amongst many more. You can also enjoy your summer days on the patios in the ByWard Market. Near Ottawa, you can spend a day and enjoy the beautiful scenery in Quebec at Gatineau National Park. And it goes without saying, Parliament Hill is a must-see! There were many activities to do during my free time, and the team at CSHP were very helpful in ensuring that I enjoyed myself outside of the office, too.

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