

Reflection from CSHP 2014 Summer Intern



Two months, two conferences, and three provinces later, I am sad to see my term as CSHP summer intern coming to an end. The time I spent in Ottawa has been truly memorable and I am extremely thankful for the wonderful people at the national office for welcoming me with open arms and allowing me to peer into the inner workings of the Canadian Society of Hospital Pharmacists (CSHP).

I began my internship in Saskatoon, Saskatchewan, where I was fortunate enough for the opportunity to attend the Canadian Pharmacists Conference. In addition to attending numerous educational sessions and being introduced to many hard working and dedicated people, I was able to partake in several CSHP joint officer meetings with organizations such as the National Association of Pharmacy Regulatory Authorities, the Canadian Association of Pharmacy Students and Interns, and BDM IT Solutions. These were, as I would come to learn, simply a glimpse as to what summer had in store for me.

Soon after the close of the Canadian Pharmacists Conference, I boarded a plane and made my way to Ottawa, Ontario, where I officially began my work at the CSHP national office. Within the first two weeks, I was able to attend meetings with the Blueprint for Pharmacy Steering Committee and the Specialization in Pharmacy Task Group, where I obtained a bird's eye view of various issues affecting the practice of pharmacy in Canada. In addition to meeting with various external organizations, I was able to engage with the several internal CSHP committees on topics such as advocacy, CSHP 2015, membership, and pharmacy practice standards. Witnessing so many people from across the country work towards common goals was truly inspiring and has proven, at least in my mind, that the future of hospital pharmacy is indeed looking very bright.

Coming to Ottawa, I of course brought my own set of goals. I was eager to help make a difference wherever I could, however small. The various projects I was assigned were both compelling and personally rewarding. Some of these projects included summarizing the data obtained from the recently completed membership survey, reviewing the Compounding Guidelines for Pharmacies, undertaking a literature search on seamless care, and collaborating with the CSHP Student Delegate in order to put together a student welcome package. I cannot speak highly enough of all the volunteers involved with these initiatives and I am extremely grateful for having been given the opportunity to gain new perspectives in these critical areas.

Projects and meetings kept me pretty busy throughout June and July and, before I knew it, August rolled around and it was time to hop on another plane heading east for the 2014 Summer Educational Sessions (SES). SES 2014 turned out to be a whirlwind of activity addressing the goals and initiatives of CSHP on a national stage. I was able to witness firsthand the decision making process of the CSHP Board, partake in the strategic planning of a new vision for CSHP, and attend many informative educational sessions regarding hot topics in hospital pharmacy. If that wasn't amazing enough, everything took place in picturesque St. John's, Newfoundland.

Reflecting on my time in Ottawa, it is astonishing to realize just how much I have taken away from this unique experience. It is not every day that one gets to rub shoulders with the VIPs of the hospital pharmacy world. One thing I learned is just how humble and down to earth each and every one of them really is. It makes me all the more proud to call myself a pharmacist in the making and I can only hope to one day fill at least a small portion of the large shoes of those who have come before me.

Thank you once again to the staff at the CSHP national office and to all the dedicated pharmacists who selflessly devote their personal time to CSHP initiatives. I cannot speak highly enough of the Society or the summer internship program and I would very much encourage my fellow students to consider getting involved and coming to Ottawa. Trust me when I say it would be the time of your life!

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