

BI-ANNUAL

June 2026

NEWSLETTER

C S H P N L B R A N C H O U T



Canadian Society of
Healthcare-Systems
Pharmacy
NL BRANCH



Société canadienne
de pharmacie dans les
réseaux de la santé
FILALE DE T.-N.-L.

Branch Out

Bi-Annual Newsletter
June 2026

What's Inside?

Branch Council & Committees	P.3
New Branch Council Members	P.4
Membership & Liability Insurance Renewal	P.6
Branch Events	P.7
Updates	P.11
Hospital Residency	P.12
Fall CE Day	P.13



Newsletter

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CSHP NL Branch Council 2026-2027

President: Stephanie Delaney

President-Elect: Caitlyn Coles

National Delegate: Rebecca Tobin

Treasurer: Heather Slaney

Secretary: Evelena Verge

Advocacy Representative: Dion Ross

Student Representative (Senior): Maysam Minerva

Student Representative (Junior): Lauryn Pitcher

Branch Committees 2026-2027

Awards: Stephanie Young (chair), Barbara Thomas, Lorie Carter

Membership: Dion Ross (chair), Elizabeth Reelis, Jill Bonnell

Communications: Caitlyn Coles (chair), Melanie King, Heather Slaney, currently recruiting

Education: Co-chairs - vacant, currently recruiting; Lauryn Pitcher

Nominating Committee: Caitlyn Coles (chair)

We are recruiting for the Communications and Education Committees,
send us an email at cshpnlbranch@gmail.com,
if you would like to volunteer.



MEET

Caitlyn

Your President-Elect

Caitlyn has extensive experience with CSHP having participated in events throughout pharmacy school, having completed a hospital residency, and by serving as our Chair of Communications this past year.

She will be a huge asset to the branch. Please join us in congratulating, Caitlyn, and welcoming her to this new role on branch council.



MEET

Evelena

Your Secretary

Evelena is very well suited for this role with her organizational skills, experience as pharmacy manager, and her current role as Provincial Professional Practice Consultant - Pharmacy.

Please join us in congratulating, Evelena, and welcoming her to this new role on branch council.

MEMBERSHIP & LIABILITY INSURANCE RENEWAL

Deadline

June 30

Membership Pricing (provincial fee not included)

Type	Regular	Regular (Year 1)	Regular (Year 2)	In-Training	Leave of Absence	Retired
Pharmacist & Pharmacy Graduate	\$415	\$205	\$305	\$105	\$105	\$205
Pharmacy Technician	\$185	\$75	\$95	\$95	\$95	\$95
Supporter	\$415	\$205	\$305	\$105	\$105	\$105
Student	\$65	Free	\$35			

Pharmacy and Technician Students:
free for the 1st year and ½ price for the 2nd year

New Pharmacist and Technician Members:
reduced rates for 1st and 2nd years of membership

CSHP liability insurance meets CPNL's requirements, plus CSHP benefits financially when you switch to their insurance.

STUDENT SYMPOSIUM

Pharmacy Appreciation Month

March 2026

Thank you to our
volunteers!



Pharmacists from various areas of work spent time discussing their work, career paths, opportunities within hospital pharmacy and answering questions from pharmacy students.

Inspiring future pharmacists

RESEARCH PRESENTATIONS

Management and Outcomes of Individuals with Acute Intracerebral Hemorrhage in One Canadian Health Region: A Retrospective Cohort Study
 SARAH O'REILLY¹, KWADWO OSEI BONSU², OLIVIA PERRY¹, STEPHANIE YOUNG^{1,2}
¹Pharmacy Program, Newfoundland and Labrador Health Services, St. John's, NL, Canada; ²School of Pharmacy, Memorial University, St. John's, NL, Canada

INTRODUCTION
 Leading cause of death and long-term disability worldwide categorized into ischemic stroke (about 72%) and hemorrhagic stroke (about 28%) [1]. For hemorrhagic stroke, the estimated 30-day mortality rates for stroke (27-50%) [2] are higher than that of ischemic stroke. Risk factors for hemorrhagic stroke include hypertension and anticoagulant use. Intracerebral hemorrhage (ICH) is the most common subtype of stroke with patients experiencing poor clinical and functional outcomes, with limited treatment options and effect on about this population in Newfoundland and Labrador.

RESULTS
Table 1. Patient Characteristics

Characteristic	No. (N) or Mean ± SD
Age (years)	69.8 (11.6)
Sex, male	37 (56.3)
Hypertension*	58 (87.9)
Diabetes mellitus*	29 (45.0)
Coronary artery disease*	36 (55.4)
Atrial fibrillation	34 (52.3)
Beta blocker	21 (32.4)
Statins	34 (52.3)
Angiotensin converting enzyme inhibitor	38 (58.2)
Calcium channel blocker	9 (13.8)
Angiotensin receptor blocking agent	9 (13.8)
Alpha blocker	6 (9.1)
Current/previous oral anticoagulation, n (%)	14 (21.5)
Direct oral anticoagulant	10 (15.4)
Warfarin	4 (6.1)
Direct oral antiplatelet	7 (10.8)
Aspirin	6 (9.1)
Single antiplatelet agent	13 (19.9)
Modified Rankin Scale at presentation, n (%)	144 (214.7)
Score = 1	53 (36.8)
Score = 2	35 (24.3)
Score = 3	31 (21.5)
Score = 4	25 (17.4)
Score = 5	10 (6.9)

Table 2. Additional follow up and outcomes

Characteristic	No. (%) or Median [IQR]
Length of hospital stay, days	14.0 (9.0-20.0)
Need readmission of reoperation at discharge	1 (0.7)
Mortality	20 (14.2)
30 days	21 (14.6)
90 days	21 (14.6)

Figure 1. Mean blood pressure from presentation to Day 7

Figure 2. Modified Rankin Scores at discharge

CONCLUSIONS
 In this single Canadian health region, most patients with spontaneous ICH presented with elevated blood pressure and nearly half were receiving antithrombotic therapy. These results highlight the increased 30- and 90-day mortality and substantial functional impairment despite guideline concordant management. These results underline the need for continued efforts in ICH prevention, early intervention and post-discharge support. Future work should prospectively capture ICH severity measures, time metrics and patient-reported outcomes.

REFERENCES AND ACKNOWLEDGEMENTS
 1. Flegel VL, Stark BA, et al. *Lancet Global Health*. 2021 Oct 20;10(10):e1992-2001.
 2. Algotz-Schneiders J, Gassner F, et al. *Clin Stroke*. 2022 Apr 15;13(4):1004-29.
 3. Zhang P, Pang S, et al. *BMC Geriatr*. 2023 Nov; 23(1):1818.

Dr. Sarah O'Reilly, PharmD, ACPR

PHARMACISTS' PERSPECTIVES ON THEIR ROLE IN PROVIDING CANNABIS-RELATED PATIENT CARE
 Dr. Caitlyn Coles,¹ Dr. Lisa Bishop,² Dr. Daniel Bear,² Dr. Sandra Gerges,³ Kelsey Westall,² Dr. Ashley Hosker-Field,² Marilyn Crosswell,² Dr. Jennifer Connor,²
¹Memorial University of Newfoundland, ²Humber Polytechnic

BACKGROUND
 Of the 10% of Canadians who reported using cannabis for medical purposes in 2024, only 18% had documentation from a healthcare provider (HCP).
 Only half of Canadian pharmacists who completed an online survey in 2019, reported being comfortable with counselling on cannabis or answering questions on its use.
 The 2024 Cannabis Act Review recommends that pharmacies play a role in the distribution of medical cannabis.
 This study explores the perceived roles and needs of pharmacists for providing cannabis-related patient care.

METHODS
 Qualitative semi-structured interviews were conducted to better understand the role of pharmacists in providing cannabis-related patient care.
 Semi-Structured Interviews
 October 1, 2024 - January 23, 2025
 Virtual interviews across Canada
 10 Canadian pharmacists who worked

QUALITATIVE RESULTS
 21 pharmacists interviewed
 4 major themes identified

Attitudes towards cannabis
 Attitudes varied between pharmacists; most were supportive of medical cannabis, while a few were less supportive.
 "I believe we're in the position, but also not just that we're in the position, but it's providing cannabis educational to be of the accountability of our profession." -Lizbeth

Pharmacist cannabis education, knowledge, and expertise
 Most pharmacists emphasized the need for education and training to fill the knowledge gaps and be able to provide cannabis-related patient care.
 "I don't feel coming out of pharmacy school super equipped for patient's cannabis, whether it be recreational or medical cannabis." -Suzie

Operational & regulatory considerations for expanded cannabis roles
 Pharmacists highlighted the need for reimbursement, workflow changes, and policies.
 "So, I need to make sure that it's viable for me to do that, because otherwise, then that's not going to be good for keeping the lights on of the business. So as much as it's hard to talk about some times, there are factors that need to be considered." -Suzie

Pharmacists' Perceived Role in Providing Cannabis-Related Care
 The current landscape with regards to cannabis care and the role of pharmacists varied across practice sites, with the perceived roles grouped into five sub-themes.
 "It should be going through pharmacies, because it is a drug, it does have that prescription, people need to be consulted and I think pharmacists are a place to dispense it." -Suzie

Distribution-Related Patient Care
 "I feel very just in a good position to [assist patients on cannabis] use." -Suzie

Providing Patient Education
 "I feel like, first of all, the pharmacists need to be more educated on cannabis, and then we can discuss some related issues." -Suzie

Workload Reduction
 "I think we need to have more support in terms of having someone to help with the paperwork." -Suzie

LIMITATIONS & IMPLICATIONS
Limitations
 • Did not capture pharmacists' comfort levels.
 • There was no identified participation from the territories and northern provinces.
 • There may be self-selection bias among the participants.
Implications
 The PAC3 team will use the data on desired educational elements and knowledge gaps, along with other data collected by the team to develop pharmacist education materials to help pharmacists provide cannabis-related patient care.

CONCLUSION
 Pharmacists express an interest in expanding their role to support patients using or seeking information about cannabis.
 Additional education, training, and operational supports are essential to expand their role.
 Regulatory changes, including updates to the Cannabis Act, are essential to support pharmacy-based cannabis care and dispensing.

ACKNOWLEDGEMENTS
 Funded by the Canadian Institutes of Health Research (CIHR) and the Department of Health Services, Memorial University of Newfoundland.

Dr. Caitlyn Coles, PharmD, ACPR

May 2026



Annual General Meeting & Continuing Education Event

Members gathered at the JAG Hotel in St. John's for a delicious meal for the AGM and CE event.

Branch council members provided reports and updates on their committees' work.

Thank you to the education committee and our sponsors for making this event possible.



Dr. Sherif Mahmoud, BSc (Pharm), MSc, PhD, FNCS

Dr. Mahmoud delivered a continuing education session on "Epilepsy Management". The recording is available under the "Members Only" section of our website, in case you missed it.

Award Recognition

Esther Pippy



***First Recipient of the
Interprofessional Partner Award***

Congratulations, Esther!
So well deserved.

DESCRIPTION

Recognizes a non-physician member of the medical team whose attitude, dedication and collaboration significantly improve the resident experience.

ELIGIBILITY

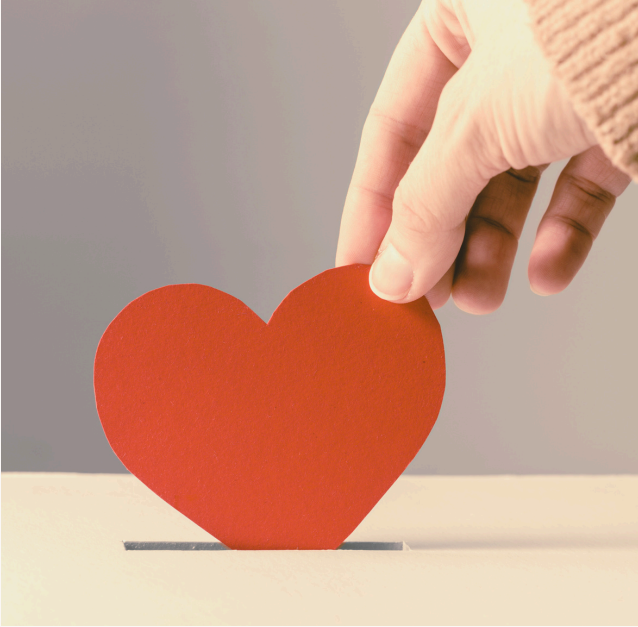
Any member of the interdisciplinary team including but not limited to nursing, social work, pharmacy, physiotherapy, occupational therapy, administrative staff, ward clerks, housekeeping, dietary, etc.

SELECTED BY

Internal medicine resident nomination and a vote.

UPDATES

CELEBRATING CORCARE TRANSITION & ADVERTISING VOLUNTEER OPPORTUNITIES



TRANSITION TO CORCARE

We would like to acknowledge everyone's hard work and dedication as the provincial health authority transitioned to CorCare.

We know the last couple of months have been challenging; we admire everyone's perseverance.



VOLUNTEER OPPORTUNITIES

We are looking to add members to our Education and Communications Committees. We welcome pharmacists, technicians and students. Contact us, if you are interested in volunteering.

Education Committee: Working with committee members to plan Fall CE Day and the Spring CE event.

Communications Committee: Sharing posts on social media and creating bi-annual newsletter.

RESIDENCY

Registration details and deadlines to be released online, check the website below.



CSHP  SCPRS
**Pharmacy Residency
Application Roadmap**

CSHP RESIDENCY APPLICATION ROADMAP

CSHP has developed a focused program to support you through the highly competitive residency application process. This course provides practical, hands-on learning through CV/application reviews and mock interviews, designed to help you refine your application and strengthen your interview skills.

NLHS RESIDENCY INFO SESSION

Date: Tuesday June 23

Time: 5:30-6:30 pm

Location: Lecture Theatre B



**NL Health
Services**

Come hear from NLHS Residency Coordinator and past residents about the benefits of completing a hospital residency and the out-of-province options.

TENTATIVE DATE:
NOV. 7, 2026



Fall Continuing Education Day

Call for Ideas



If you have a topic you would like to present or a topic suggestion for Fall CE Day, email us at cshpnlbranch@gmail.com

Enjoy your summer!

From, CSHP NL Branch

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