

Dear RxA Selection Committee,

The profession of pharmacy is one that I am extremely proud of. I am grateful to be a part of something that serves others and improves the life and well-being of our citizenry. And although I am still working to learn and grow both as a pharmacy professional and as an individual, I am happy with the strides I have made thus far.

As a student, I was an advocate for pharmacy in multiple domains. In my second year of pharmacy school, I served as Vice President External of the Alberta Pharmacy Students' Association (APSA). In this role, I led our annual Movember campaign, in which we raised over \$11 500 for the Movember Foundation. Our efforts were seen all across the University campus and demonstrated the value pharmacy has on public health campaigning, patient betterment, and advocacy. My role as VP External also entailed further advancement efforts as Co-Chair of the Pharmacy Awareness Month (PAM) committee within APSA. As one of the leaders of our month-long awareness drive, I coordinated multiple public health promotion clinics where students got to teach the community about common medical conditions and how pharmacists are integral to the management of the same.

My experience as VP External inspired me to pursue further student leadership opportunities, and I was fortunate to be elected as President of APSA in my third-year of pharmacy school. Although the year brought plenty of challenges, including nurturing the pharmacy student experience in the virtual environment, supporting the executive team to ensure they could fulfill their roles in an extraordinary time, defending our Faculty autonomy when it was at risk, and highlighting disparities within our profession and vowing to make conscious efforts to improve our equity, diversity, and inclusivity, I was grateful for the chance to lead throughout it all. By enduring that unprecedented year, it equipped me with the organizational, communication, and collaboration skills that I know will bring success to my future advocacy efforts.

Being in a profession that requires perpetual self-promotion, I welcome the opportunity to advocate for ourselves. As I transition from pharmacy student to pharmacist, I plan to keep advocating. And I believe this advocacy can happen both implicitly and explicitly. Perhaps the

more obvious of the two, my belief for explicit advocacy is through being an RxA member, being an active member of the leadership cohort, explaining to friends, family, and other health professionals exactly what we do, and participating in other advancement efforts like precepting, contributing to research, and being aware of political initiatives that affect our profession. Indirectly, I plan to advocate for our profession by being the best pharmacist I can be. As a current pharmacy resident, I know that coming to rounds with evidence-based pharmacotherapy recommendations goes a very long way in promoting our profession. When other members of the health care team start to see how much knowledge we possess they start to appreciate and respect us more. Everytime we bring forward suggestions that ensure the patient's drug therapy remains effective and safe, their trust in us grows. As I continue refining my skills, I promise to take it upon myself to write the narrative on what it means to be a pharmacist. As a contributing and highly functioning member of the healthcare team, I will push our profession forward. That to me is advocacy.

Thank you for your time, attention, and consideration.

With sincerity,

A handwritten signature in black ink, appearing to read 'A. Kapelke', with a large, sweeping flourish at the end.

Anthony Kapelke, PharmD