



Association of Faculties
of Pharmacy of Canada

Association des facultés
de pharmacie du Canada

Special Interest Group Terms of Reference Self-Care Therapeutics & Minor Ailments (SCTMA) SIG

PURPOSE & GOAL (MISSION):

Purpose: To provide a collaborative forum for Canadian pharmacy educators to advance excellence in self-care therapeutics and minor ailment education through knowledge sharing, resource development, and stakeholder engagement.

Mission: The Self-Care Therapeutics & Minor Ailments (SCTMA) SIG shall focus on, promote and address key issues related to self-care and minor ailment education. The SIG will assist programs to address current and future requirements surrounding minor ailment services, which include prescribing and OTC consultations. The SIG will support pharmacy faculty by facilitating the exchange of relevant and impactful ideas and innovations regarding teaching methodology, activities, research and scholarly activities in the self-care and minor ailments arena.

Goal: To contribute expertise in self-care therapeutics and minor ailment education, to serve as a resource for practice educators and pharmacy faculties in Canada, and to collaborate and support one another.

OBJECTIVES:

Network & Foster Knowledge Exchange

- Host at least **2 knowledge-sharing events annually** (webinars, workshops, or sessions at AFPC Conference) featuring teaching innovations, research, and emerging approaches in self-care and minor ailment education
- Curate and disseminate **an annual newsletter, e-bulletin, or resource compilation** by 2027 highlighting new teaching methods, research findings, best practices, or trends in self-care and minor ailment management/prescribing by members
- Achieve 50% member engagement with educational offerings (measured by attendance, views, or downloads) within the first academic year

Establish Best Practice Guidelines for Self-Care & Minor Ailment Education

- Develop and publish one evidence-based guideline document, commentary, or position statements on self-care topics or minor ailment education by December 2027
- Establish a review and update cycle (every 2 years) with input from at least 3 stakeholder groups (e.g., NAPRA, CPhA, provincial colleges, practice partners)

- Secure formal endorsement or written feedback from **at least 3 key stakeholder groups** (e.g., regulatory bodies, practice partners, curriculum committees) by January 2027

Strengthen Stakeholder Engagement

- Conduct **annual needs assessments** with all **11 member schools** to identify gaps between education and practice requirements
- Establish formal liaison relationships with **3 key stakeholder organizations** (e.g., pharmacy associations, regulatory colleges, community pharmacies) by Q3 2026
- Implement **at least one curricular or experiential adjustment annually** based on stakeholder feedback

Build and Disseminate a Shared Resource Repository

- Develop and maintain a **centralized resource library** [Q3 2026] containing at least:
 - **10 patient assessment templates or case scenarios for formative or summative use**
 - **4 OTC counselling cases, resources or tools**
 - **20 multiple choice exam questions** on minor ailment assessment and prescribing appropriateness/effectiveness/safety for use in curriculum
- Achieve resource contributions from **at least 50% of member institutions** within **2 years**
- Track resource usage with a goal of **10+ downloads or uses per resource annually**

Enhance Student Competency & Educational Outcomes

- Increase student confidence in self-care and minor ailment management by **20%** (measured via pre/post surveys) following implementation of SIG resources
- Develop **1 validated assessment tool** for evaluating student competency in minor ailment management by June 2027
- Achieve **80% of member schools** integrating at least **3 SIG-developed resources** into their curricula within **3 years**
- Document **measurable improvements in student performance** on self-care/minor ailment assessments (e.g., 15% improvement in OSCE scores) within participating institutions

DELIVERABLES:

A list of deliverables should be provided and modified when needed in Appendix I. The goal is to make sure that the completed SIG objectives are visible and shared.

MEMBERSHIP:

All AFPC members (faculty or staff) who are interested in the SIG's objectives are eligible to join. Invited guests can be added when required (e.g., content matter experts, students). If the list is too long, it can be reduced to one member per Faculty. The appended membership list (appendix II) should be completed and forwarded to pmoreau.afpc@icloud.com initially and when modified.

TERM LENGTH:

Chairs and Co-Chairs are nominated by and selected from SIG members and should serve a minimum of one year. The ideal term for an individual to hold each position is 2-3 years. Members can serve as long as they are contributing actively to the SIG as assessed by the chair and co-chair.

MEETINGS:

The number of meetings is not fixed and depends on the objectives and their timeline. The annual meeting should be held in conjunction with the AFPC conference CEPRC.

REPORTING:

The SIG Chair reports to the Education or the Research Committee depending on the objective of the SIG. The AFPC's executive director may ask for some reports if needed by committees, councils or the Board of Directors. Reports could be published on AFPC's website.

REMUNERATION:

There is no remuneration for participating in a SIG. Contributions are expected to be "in kind". Special funds may be allocated for Board approved projects. However, such funds cannot support the contribution of AFPC members.

APPENDIX I

Expected Deliverables

Responsible (who)	Description (what)	Timeline (when)
Chair/Co-Chair	Plan and host 2 knowledge-sharing events (webinars/workshops/CEPRC sessions)	Annually (June & January)
Chair/Co-Chair	Track member engagement with educational offerings (target: 50% engagement rate)	Ongoing, reported annually
Chair	Submit annual report to AFPC Education Committee	June (pre-CPERC)
Chair/Co-Chair	Conduct annual needs assessment with all 11 faculties	Annually (January)
Chair + AFPC Director	Launch annual newsletter or e-bulletin highlighting member innovations and best practices	Q1 2027, then annually
Chair/Co-Chair	Survey members on current status of self-care instruction across Canadian pharmacy schools	Every 5 years (due December 2026)
Chair/Co-Chair	Publish updated results on status of self-care instruction across Canadian pharmacy schools in peer-reviewed journal	Every 3 years (due 2027)
Interested Members	Develop and publish evidence-based guideline document or practice point on self-care or minor ailment education	December 2027
Chair	Establish review and update cycle for guidelines (every 2 years) with stakeholder input	January 2028
Co-Chair	Develop centralized resource library containing 10 assessment templates, 4 OTC counselling tools, 20 MCQs	Q3 2026
All Members	Contribute resources to centralized library (target: 50% of member institutions contributing)	Q4 2026
Co-Chair	Track resources usage from centralized library (target: 10+ downloads/uses per resource annually)	Ongoing, reported annually
All Members	Develop 1 validated assessment tool for minor ailment assessment/prescribing competency evaluation	June 2027
Chair/Co-Chair	Track adoption of SIG resources across member schools (target: 80% of schools using ≥3 resources within 3 years)	Ongoing, reported annually
Chair/Co-Chair	Survey students pre/post implementation to measure confidence increase (target: 20% improvement)	Annually (as resources are implemented)
Chair	Establish 3 formal liaison relationships with stakeholder organizations (e.g., CPhA, NAPRA, provincial colleges)	Q3 2026
Chair	Secure formal endorsement or feedback from 3 key stakeholder groups	January 2027
Chair/Co-Chair	Implement at least 1 curricular/experiential enhancement annually based on stakeholder feedback	Annually (by end of academic year)

APPENDIX II

SIG Membership

Role	University	Name	Year start
Chair	University of Waterloo	Nardine Nakhla	2025-2026
Co-chair	TBD		
Past-Chair	University of British Columbia	Ali Reza Ladak	
Member	University of British Columbia	Colleen Inglis	
Member	University of Waterloo	Cynthia Richard	
Member	University of Waterloo	Kristi VanGalen	
Member	University of Saskatchewan	Jeff Taylor	
Member	Dalhousie	Emily Black	
Member	Dalhousie	Natalie Kennie-Kaulbach	
Member	Dalhousie	Sarah Larose	
Member	University of Alberta	Damion Barnes	
Member	University of Alberta	Ravina Sanghera	
Member	University of Manitoba	Drena Dunford	
Member	University of Laval	Melanie Samson	
Member	University of Montreal	Alexandre Chadi	
Member	University of Montreal	Francis Richard	
Member	University of Montreal	Nathalie Letarte	
Member	MUN	Abigail Turner	
Member	MUN	Terri Genge	
Member	University of Toronto	Debra Sibbald	
Member	University of Ottawa	Laurent Montpetit	
Non-Voting (External) Member	St. Johns (USA) – representing the AACP Self-Care SIG	Emily Ambizas	

Total Current Members: 20 (+ External Non-Voting Member)

Note: 1 Co-chair position open