

My name is Kristen Watt, and I am the Owner and Pharmacist at Kristen's Pharmacy in Southampton. I've included my bio below but for those who are as busy as I am, I'll get right to the heart of the matter: **I am running for your Ontario Pharmacists Association Board of Directors, District N seat**

Some of you may know my work during the pandemic: advocating for our profession and bringing the voice of Community Pharmacy to the public. I'd like to do the same for you. My focus is on advocacy, logistics & planning and pragmatic implementation. It's important that what happens at any level is translatable to you, on the ground. I have been a community Pharmacist for 13 years and have seen more advancement in our practice in the last three than in the 23 since I entered Pharmacy as an assistant in high school.

As a director with the Ontario Pharmacists Association, I'd like to continue to focus on support for operational and professional changes – things like minor ailments, prescribing, technology and HR. I want to work to prevent cuts while expanding our roles. I want to bring a voice to the profession that each practitioner is unique and not defined by our practice setting. I want to work to ensure we address burnout and pressure in our profession. I want to move Pharmacy out of a small defined practice model into a dynamic, patient centric, professional practice. To do this I will bring ideas, advocacy and implementation framework to the District N seat. I will represent rural practitioners understanding the challenge they face. I will bridge the divide between hospital and community Pharmacy practice as we work toward the common goal: the health of our patients.

More about me: Graduating from the University of Toronto's Leslie Dan Faculty of Pharmacy in 2010, I have worked in many rural pharmacy settings including corporate and independent community pharmacy, corporate pharmacy management and as a long term care clinical consultant. [Kristen's Pharmacy](#) opened in 2017 & grew with me doing consulting for the local residential hospice, the palliative care physicians group and partnerships with Saugeen Ojibway First Nation.

I have been a vocal advocate for my rural community during the COVID-19 vaccine roll out as part of the Grey Bruce vaccine distribution task force and was the first pharmacy in all of Bruce County to offer Astra Zeneca in April 2021. Since then, the team at Kristen's Pharmacy has administered over 7000 COVID-19 vaccines including [1,000 in one day at a drive-up clinic in December 2021](#) during the omicron surge.

I have also spent time contributing to many documents created by the [Focused Covid Communications team](#), a group of like-minded pharmacists, physicians, researchers, and public health experts who came together during the first days of considering mixing and matching vaccines following concerns about the AstraZeneca vaccine.

During all of this, Kristen's Pharmacy has grown into a local hub for all things COVID and pharmacy – dispensing, vaccines, testing and most importantly, clinical cognitive services. In late 2021, Kristen's Pharmacy [underwent a full internal renovation](#) yielding

three office rooms that can be used for patient appointments. I have pulled my pharmacists from the dispensing area to work entirely in these offices. This has set the stage for the next stage of community pharmacy practice in Ontario – minor ailments, and what I hope to see in the future: autonomous prescribing. This model relies heavily on pharmacy technicians in their full scope.

I have contributed to many pandemic-related webinars with the [OPA](#), [CPhA](#), [College of Family Physicians of Ontario](#) and more. I also guest lecture on palliative care and community pharmacy business, management & leadership at the Universities of Waterloo, Toronto and Western University. I take on co-op students from Waterloo and have moved my pharmacy team of four technicians, three assistants and two drivers to a four-day work week to provide some semblance of work-life balance amongst all the chaos.

I have received many awards and accolades, in 2018 I was recognized by the community with the local chamber of [commerce customer service award](#), and I graced the cover of [Pharmacy Practice + Business](#) magazine to highlight the novel use of pharmacy technicians in my practice. I was incredibly humbled and honored to be named the [Ontario Pharmacist of the Year for 2022](#) by the [Ontario Pharmacists Association](#).

When not trying to effect change in the pharmacy landscape, I am a mom of two active young boys and the wife of a weekend warrior and enjoy playing soccer followed by a glass of prosecco while tweeting as [@PharmacistMama](#).