

# Alberta Doctors' Digest

## Pauwlina Cyca

Pauwlina Cyca is a first-year medical student at the University of Calgary's Cumming School of Medicine. She is also a long-standing pharmacy operations executive with experience overseeing the operations of Alberta hospital outpatient pharmacies, long-term care and specialty pharmacies, 90 community pharmacies in British Columbia and the Yukon, and 41 rural and remote pharmacies in New Brunswick. She is a pharmacist who holds a graduate degree, has practiced in many provinces, is injection certified, and has additional prescribing authority in Alberta.

Pauwlina began her career in health care within the intensive care units and surgery floors in the geriatric hospitals of Halifax, Nova Scotia, and later transitioned to community pharmacy. Pauwlina owned and operated several drug stores before becoming involved with policy and regulatory affairs, serving as president-elect of the New Brunswick College of Pharmacists and on the National Association of Pharmacy Regulatory Authorities board of directors, which contributed to her exposure to and appreciation for the privilege of professional self-governance.



Pauwlina Cyca, Calgary

Pauwlina's desire to help others reaches beyond the world of health care practice. After giving birth prematurely to twin girls, Pauwlina's desire to contribute to her community and advocate for the health of marginalized populations accelerated. She volunteered on a weekly basis at a hospital, serving on the steering committee for scientific studies and providing advocacy and parent support for new parents admitted to the NICU with their premature babies.

On a national level, Pauwlna brought her energy, enthusiasm and caring to the Canadian Premature Babies Foundation, serving on their board of directors for two years, making it her objective to raise public awareness about prematurity and to educate the public and health care professionals on this subject.

Pauwlna is a proud mother to three young children. After moving to Calgary, the health and wellness of her young family became an increased focus. Pauwlna, her husband, and three children all train for and race in triathlons as family exercise. “It gives us a family goal and keeps us focused on good nutrition and healthy exercise. It provides a tangible way to tackle adversity and discomfort on purpose.”

“It has always been my objective to be at the forefront of my profession, and a life-long goal to study medicine – driving it forward for the betterment of public health. I have learned it is the *profession* that is driving me, providing a medium to influence and help in the lives of so many Canadians.”

Pauwlna has been practicing within health care for 10 years and practicing purposeful resilience every day.

“It is a dream come true and a privilege to be part of the U of C’s Cumming School of Medicine Class of 2023 and to have been recently elected the class government advocacy and affairs committee representative”.