

THE MONOGRAPH

VOLUME 14 ISSUE I

VOICE OF THE PHARMACY STUDENT



PHROSH REHAB

The Executive Team

EDITORS-IN-CHIEF

AMY LAU
JENNIFER JIN
monograph@uoftpharmacy.com

1T3 REPRESENTATIVE

IRENE LEE
iyeo.lee@mail.utoronto.ca

INTERIM 1T4 REPRESENTATIVES

DINA CAROVSKA
AMY DRESSER

1T5 REPRESENTATIVE

ANTHONY HAN
anthonyyoo.han@utoronto.ca

PHOTOGRAPHERS

MIKEY FERRER
m.ferrer@utoronto.ca
FERNAND LUONG
fernand.luong@gmail.com

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UPS CORNER

Hello everyone,

We would like to welcome back the upper years, and welcome the new Class of 1T6 into our family! It was great to see all of you at Phrosh Week, and we saw that you all had a great time! Also, a round of applause for Duke, who organized, planned, and executed a great Phrosh Week.

Even though classes have started, so have extracurriculars! Intramural sports

teams are starting to get underway, class councils are planning events, and the many student clubs are getting into full swing. We hope that you take advantage of the opportunities available to you – whether it is directly becoming involved in the profession by joining SOAPE or singing in the Pharmacy Choir, there is something available for everyone. In addition to being a great stress relief, extracurriculars give you the opportunity to meet other members in your class and upper years.

In the next couple months, UPS has a lot planned for you guys from the boat cruise to semi-formal! Come out and enjoy yourself. School is hard, but there is always time for a break from studying! Take the opportunity to get involved, meet your peers and colleagues, and have some fun. Remember, you are not a number in pharmacy, you are a member.

Looking forward to a great year!

*Kevin Chow & Lindsay Dryden
President & Vice President 2012-13
Undergraduate Pharmacy Society*



EDITORS' NOTE

Welcome to another year of school! Whether this is the first year of your pharmacy education or not, September marks a fresh start. It's a chance to reform your habits, set new goals, and try something different. We hope you really embrace this opportunity!

School may be overwhelming in the first few weeks, but everyone needs a while to get back into the academic groove. Take a look at the anti-calendar course reviews (p. 8-11) written by upper year students who have survived the courses that seem daunting to you for some golden nuggets of advice. Summer may be over now, but you can read about some exciting, educational, and amusing summer experiences (p. 14-17). It's

never too early to gather some ideas and plan for next year. Looking ahead to this school year, check out opportunities to get involved (p. 12-13), sage school year resolutions of the graduating class (p. 19), the perspective of a first year (p. 20), and everything in between.

We hope that you enjoy this first issue of the year and look out for more to come. If you have any comments, suggestions, or submissions, please e-mail us at: monograph@uoftpharmacy.com.

Send us your articles, stories, reviews, photos, art, poetry, or whatever you'd like to share with your fellow pharmacy students. We would love to hear from you!

*Jennifer Jin & Amy Lau
The Monograph Editors 2012-13*



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{ UPS Council: Who's Who? }



UPS PRESIDENT Kevin Chow, 1T4

My role: I represent and voice concerns for all of the pharmacy students at the Leslie Dan Faculty of Pharmacy. I oversee the daily functioning of the Undergraduate Pharmacy Society, and ensure that our organization provides the best student experience possible.

Advice: Be proud of where you go to school, and be proud of your profession. Getting here is an accomplishment in itself, but there is a lot more to achieve along the way. Don't be comfortable with the status quo by just going to class, taking notes, and leaving. Strive to become a better person and member of your profession - get involved in extracurriculars, go to conferences, network. I promise that you won't regret it.



UPS VICE PRESIDENT Lindsay Dryden, 1T4

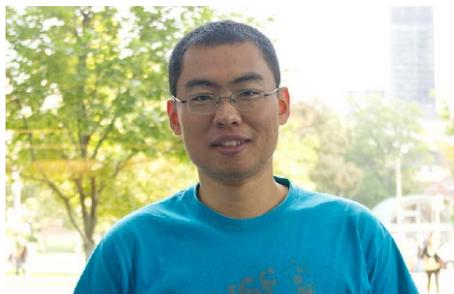
My role: I plan the orientation banquet and the awards banquet, sit on various committees, aid the president, as well as ensure that UPS runs smoothly.

Advice: Go exploring in Toronto! Find a few friends and pick a new destination every weekend.

EXECUTIVE SECRETARY Mona Younis, 1T4

My role: I'm in charge of keeping track of students' UPS points, compiling and sending out the summer mail-outs for prosh and upper years, as well as taking minutes during all UPS meetings.

Advice: Stay balanced. Don't let school take over your life and mind. I find that keeping yourself involved with intramurals, clubs, and committees that interest you (both in and outside of pharmacy) makes you manage your time better and helps you to stay productive when studying. Also, have fun!



SENIOR FINANCE OFFICER George Wang, 1T3

My role: I oversee the financial activities that occur in the student body. Through funding allocation and monitoring of spending, I make sure that the interests of our student body are upheld and activities are delivered on time and on budget.

Advice: Don't worry about what grades you get in school. In pharmacy school, there will be ups and downs, happiness and maybe even tears... just enjoy the ride with your friends and face everything with a smile. As long as you pull through, you'll be a great pharmacist! Give yourself a pat on the back for making it this far!

JUNIOR FINANCE OFFICER Angela Bains, 1T4

My role: I write cheques, make deposits, and ensure that your money is spent wisely.

Advice: B200 does not have good cell reception; bring a tin can telephone instead.





EXTERNAL AFFAIRS DIRECTOR Monica Sanh, 1T5

My role: I solicit money so that pharmacy events can be awesome. I'm also responsible for running a few community outreach programs to increase awareness.

Advice: Stop complaining so much and just get on with life.

CO-ED ATHLETICS DIRECTOR Caren Chiu, 1T5

My role: I help to run the intramurals program and organize sporting events between the upper and lower years, such as Tug of War and dodgeball tournaments. We also organize events with Waterloo Pharmacy to connect with other pharmacy students.

Advice: Keep up with the workload and make good notes as you go, so that when finals come around, you're not scrambling to make sense of the notes that you took in class. It takes a lot of time, but you're better off when you get to finals.



FEMALE ATHLETICS DIRECTOR Jennifer Ma, 1T5

My role: I help to organize all faculty-wide athletic events as well as coordinate women's intramural teams.

Advice: Don't be so shy about getting to know your class. You're all in the same boat for the next 4 years, so get to know as many people as you can and make it count! Also on an unbiased note, go to more athletic events and join more intramural sports!

MALE ATHLETICS DIRECTOR Louis Nguyen, 1T4

My role: I work alongside the other two athletics representatives in order to coordinate various athletics events. We organize intramurals, the curling bonspiel, tug-of-war, dodgeball tournaments, and the OPA Cup that will be hosted in Toronto this year. We are basically here to make the year as fun and recreational as we can.

Advice: Get out there! If you just focus on school, these next 4 years will just drag on. If you go out, meet people, and have fun while at it, you'll be looking back wondering where all the time went.



SOCIAL DIRECTOR Jacqui Herbert, 1T4

My role: It's my job to make sure you have a good time this year! I am in charge of planning faculty-wide events such as the Interprofessional Boat Cruise and Semi Formal, among other social events. I hope you're all ready for a great year ahead!

Advice: Get involved in the faculty, because there are SO many opportunities available to us – intramurals, council, social events – there really is something for everyone. Your experience is what you make it, so do everything you can to make it amazing!

WEBMASTER Paul Luu, 1T5

My role: I am the master of the internet... just kidding. In reality, I maintain the UPS website, update the UPS points website, and send out class wide listservs. I hope to convey to all of you the huge amounts of information that comes from the faculty, from your class councils, and from the UPS.

Advice: Stay healthy and keep up with the vitamin C intake. Otherwise, when exam season comes around and the ridiculous schedule rears its head, you're going to get sick. Being racked with flu during 6 exams crammed in 2 weeks is not fun!



EVENTS CO-DIRECTOR Leia Musielak, 1T5

My role: My two main roles are to organize the Pharmacy Phollies in the fall semester, and Pharmacy Awareness Week (PAW) in the winter semester. I hope this year we pharmacy students continue to show support for our profession and make PAW 2013 the best yet!

Advice: Buy less lattes from Second Cup between classes – your bank account will appreciate it.



EVENTS CO-DIRECTOR Simona Tencaliuc, 1T5

My role: Same as Leia's!

Advice: Take the word “mandatory” with a grain of salt.

MONOGRAPH CO-EDITOR Jennifer Jin, 1T5

My role: I work with Amy to bring you information and entertainment in the form of The Monograph. Happy reading!

Advice: Hit the gym regularly so that you'll have energy to study *and* party.



MONOGRAPH CO-EDITOR Amy Lau, 1T5

My role: I work with Jennifer to put together each issue of The Monograph. We're also in charge of chasing down any late submissions and ensuring a quality publication.

Advice: Take initiative and don't be afraid to try new things and join clubs. Being involved is an excellent way to build connections and meet lifelong friends.

YEARBOOK CO-EDITOR Mikey Ferrer, 1T4

My role: I take pictures at events and preserve your fondest memories of pharmacy school. I also design posters, brochures, and other print materials for UPS and other student clubs.

Advice: Balance work and fun. We work hard; we play hard.



YEARBOOK CO-EDITOR Fernand Luong, 1T4

My role: I am here to capture your best moments to fill the yearbook with your awesome photos.

Advice: There's going to be a lot of material over the next 4 years, so try to enjoy it and don't stress over small details.



SENIOR CAPSI REPRESENTATIVE Amber-lee Carriere, 1T5

My role: I will bring all of CAPSI's national initiatives to your doorstep (/desk-step?) this year and connect U of T CAPSI members (that means YOU!) to the national pharmacy platform! Look out for exciting events all year. From CAPSI competitions to PDW, we're looking forward to an exciting year this year! Want to know more? Check out our national initiatives on the CAPSI website:

www.capsi.ca/capsi/national-initiatives

Advice: Don't lose your CAPSI agenda!

JUNIOR CAPSI REPRESENTATIVE Alysha Prata, 1T5

My role: I will be working closely with Amber-lee and the Class Reps to make sure we bring you all of the CAPSI events you have come to know and love this upcoming school year!

Advice: Participate in more intramural sports!



SENIOR IPSF REPRESENTATIVE Mitch Eftimescu, 1T4

My role: I am responsible for promoting pharmacy internationally through presentations, health campaigns, awareness efforts, and through facilitating student exchanges. The main scope of the International Pharmacy Students' Federation (IPSF) is to lead the international advocacy of pharmacy, using students to promote improved public health through provision of information, education, networking, and a range of publications and professional activities.

Advice: Make mistakes. Make mistakes often and cherish the mistakes you make.

JUNIOR IPSF REPRESENTATIVE Wilson Cheng, 1T5

My role: I communicate with students in pharmacy schools across the world, representing our school to them and their school to us. I hope to achieve recognition for patient care in pharmacy at an international level.

Advice: Enjoying the pharmacy experience is the most important thing about being here. Make friends and digest the cow cookies your professors give you.



OPA STUDENT BOARD MEMBER Kenny Chan, 1T4

My role: I help facilitate the communication and cooperation between the Ontario Pharmacists' Association (OPA) and the UPS Council.

Advice: First year is the most exciting, so get out there and have fun, but get your act together for the next 3 years.

UTSU REPRESENTATIVE Seann Seto, 1T5

My role: I connect pharmacy students to the numerous services that are available and help you to explore university life outside of our faculty. Acting as the liaison between the members of our faculty and the UTSU Executive Board, I will voice the needs and concerns of pharmacy students as valuable members of our Union.

Advice: Get involved with a variety of extracurriculars early in the year. That way, you will have a better understanding of your interests and be able to make time for what is important to you.



1T3 PRESIDENT Kristine Galido

My role: So, basically, I preside over the 1T3 Class Council.

Advice: Don't freak out and make the most of your time here. Also, don't go on 9GAG during class.



1T3 VICE PRESIDENT David Laughren

My role: Fundraising, supporting class council activities, and representing my fellow 1T3s.

Advice: Take time to enjoy life first. School is not as important as you think.

1T4 PRESIDENT Matthew Chow

Role: I was appointed by my lovely people to lead the class of 1T4 towards a bigger and brighter future! I hold class council meetings, organize book sales, and help out my council whenever and however I can.

Advice: A good diet is essential for success in pharm school! I always have lots of fruits and vegetables in all my meals.



1T4 VICE PRESIDENT Mike De Guzman

My role: I organize the highly anticipated, ridiculously awesome Charity Week as well as other fundraising events throughout the year. I also work with class council to make the school year, not just smooth... Nutella smooth.

Advice: Live downtown, because that leads to more fun, more sleep, and more study time.

1T5 PRESIDENT Yin Cheng

My role: I help ensure this year is the best it can be for my class, organize the Big Sib Program (:D), and try to increase this faculty's appreciation of CATS. PAW really stands for Pheline Appreciation Week.

Advice: Be genuine. Don't be afraid to make mistakes. Study hard, but make time for community – all work and no play makes Jack forever alone (cry, cry).



1T5 VICE PRESIDENT Duke Boampong

My role: I am the 1T5 Vice President.

Advice: Don't procrastinate so much!



{Anti-calendars

FIRST YEAR COURSES

By ANTHONY HAN
IT5 Monograph Representative

CONGRATS AGAIN IT6 for making it into our tight-knit phamily! I will try my best to make this a realistic description of all your first year courses.

PHM145: Human Histology and Anatomy – Dee Ballyk

Our class had the privilege of having Dr. Ballyk as our professor, who is a fantastic lecturer. Anatomy requires a lot of memorization, but Dr. Ballyk's teaching style is very structured and makes it easier to grasp the concepts. The slides are detailed enough that you won't require a textbook, so don't waste your money on that. Dr. Ballyk is a very fair prof who will explicitly state what she expects of you and her examination methods. You are in awesome hands.

PHM142: Metabolic Biochemistry and Immunology Henderson, O'Brien

This course brightened everyone's day... oh, who am I kidding? How do I make this sound diplomatic? Hmm, it was hard... very, very hard. If there is one pharmacy course that you shouldn't underestimate, it is this one. Don't be fooled by Professor Henderson's friendly Ringo Starr-like resemblance, or the aloof Professor O'Brien. This course is cumulative, and the level of memorization required is enough to cause an anxiety-attack. Take your time studying individual sections and don't rush through the material. The final exam consisted of answering questions on topics that were chosen at random, so it would be wise to proportionally divest your time and leave nothing to chance. If Professor Henderson offers you bonus marks for making presentations, DO IT!

PHM112: Pharmacy Informatics and Clinical Trials Taddio, Rocchi

Staying up-to-date with clinical research is critical for any pharmacist. Informatics tries to teach you how to properly appraise research parameters and how to assess the validity of results. There are also some interesting discussions about research ethics. Dr. Taddio's teaching style is Socratic, so make sure you come to class at least somewhat prepared, because she just might ask you for your input. Students who have previously done research will definitely be one step ahead in this course, so hunt them down as study buddies! I sound like a boring old fart, but in all fairness, it is a very manageable course and you have nothing to worry about.

PHM110: Health Systems I – Heather Boon

Sharpen up those pencils and practice your writing skills

people, because this course has a heavy emphasis on writing. Unlike other courses, the final exam does have essay-like writing sections, so it is all about communicating your knowledge. Although Professor Boon is the course administrator, you will have multiple lecturers and multiple teaching styles. This course requires a different study method compared to other courses, but after you get over that, it can be relatively easy and straightforward. Being opinionated might serve you well in this course.

PSL205: Basic Human Physiology – Kee, Banks

Nohjin Kee, nuff said. The most gangsta prof in history. His metaphors are impeccable, his wits are unmatched, and he even wears his hat in the shower. In all seriousness, this is an online course that may seem mundane to some, but Professor Kee makes it all worthwhile. Make sure you keep up with all your lectures; they can pile up easily. The lectures can be anywhere from straightforward to fast-paced (Dr. Bank's lectures), but try to avoid pausing the videos as much as possible, or it might take forever to get through a lecture. A lot of the content is written on the slides anyway, so the lectures are for explaining concepts that you didn't understand. Just remember to think of Dr. Kee's wisdom whenever you are drinking beer through a straw.

PHM144: Pharmacokinetics – Cummins, Uetrecht, Dubins

PK might be the one first semester course that can feel like an exclusively pharmacy course. At least for me, it was the most engaging course that made me feel like a pharmacy student. In terms of the teaching staff, Dr. Cummins is a dedicated lecturer armed with an awesome laugh, Dr. Uetrecht has an uncanny resemblance to Santa Claus, and Dr. Dubins is a rockstar extraordinaire. It is not an overly difficult course as long as you keep up with the course content. The first half of the course is much easier than the second half, so make sure that you prepare well for the midterm, because the course is cumulative, and the material can pile up on you during exam week.

PHM105: Medication Therapy Management I Rocchi, Singh

This might be the course that formally introduces you to the world of pharmacy, although it is not a totally realistic portrayal of pharmacy life. You can breeze through Prof. Rocchi's lectures. The labs can take quite a lot of time to prepare. Some people can choose to divide the preparation with a group of friends, but some feel that individual preparation would be better for their performance. If you brush up on all the required knowledge, everything will proceed as planned and you will do fine. Attention to detail is critical for any pharmacist, so make sure you adopt a good set of habits early on. You'll find that one simple mistake can mean the difference between a 0 and a 10.

PHM101: General Medicine I

Raman-Wilms, Kellar, Yamashita

Gen Med is all about details, so learn to back up your recommendations with clinical findings. This is the only course where textbooks are quite useful. Make sure that you are completely familiar with the systematic approach involved in a Pharmacotherapy Work-Up and Care Plan. You are given plenty of time during examinations, so take your time and summarize your thoughts in a detailed and cohesive manner instead of rushing through. There aren't a lot of multiple choice questions but a lot of marks are allocated to them, so make sure you think over the answers thoroughly.

PHM114: Social and Behavioural Health

Thompson, Austin

Professor Zubin Austin may be the most engaging lecturer you will ever witness in your life; he should probably do public speaking. This course often feels like the first year psychology course you took during undergrad, and many of you will be familiar with the concepts. It is not a particularly difficult course and will not take up too much of your time. The writing assignment may be vague for some, but it takes up a large portion of the marks and merits attention. If you are confused, make sure to contact Professor Thompson early on and find out what exactly what she expects from you.

PHM143: Pathobiology and Pathology – Bendayan et al.

If pathobiology was not tested via multiple choice, the level of detail required in this course would drive one mad. Like Health Systems, you will have multiple guest lecturers in the course. Most of the lecturers are distinguished medical doctors who bring a wealth of knowledge from their respective fields, so it is definitely a good learning experience. However, like in Health Systems, the learning experience can be inconsistent depending on the lecturer, and sometimes it is difficult to track which lecturer would present on a particular day. The lecturers themselves prepare exam questions for their section, so the format of the questions and the level of difficulty can widely vary. Although the exam is multiple-choice, the questions are more detailed and require more thought than the questions in PHM145 and PSL205. Don't go into the midterm thinking that it will simply require regurgitation of facts.

PHM140: Molecular Pharmacology

Ma, Angers, Cummins, Pennefather

At the beginning of this course, Professor Ma will give you “the bible.” Learn to love it, and learn to hate it. On one hand, it is a convenient study guide; on the other hand, it is an endless source of study material. Like in PK, the midterms are much easier than the final, which is cumulative. Therefore, it is highly advised that you perform well in the midterms and do not underestimate the “cumulative” aspect of the final. The bright spot of this course is Dr. Stephane Angers, who was nominated as Prof of the Year by the 1T5s. For Dr. Ma's section, it is highly recommended that you practice off the numerous practice exams posted on the course website.

PHM141: Pharmaceutics – MacGregor, Chalikian, Wu

You'll find that you would need to re-learn some of your PK knowledge for Dr. MacGregor's section of the course. Dr. Chalikian's section requires the adoption of the “mini bible.” For those of you wondering why physical chem was required as your pre-req, this course is your answer. Some of the calculations may be simple, but others mirror equations witnessed in physical chemistry. The course is not heavily reliant on memorization like others, but the emphasis is more on understanding key concepts and equations.

Don't be afraid to approach the 1T5's if you have difficulties with your schoolwork. Good luck with your first year, and we'll see you next May. Hermit mode engaged!

SECOND YEAR COURSES

By AMY DRESSER and DINA CAROVSKA
1T4 Faculty Representatives

NOTE: Although the curriculum taught to us, the 1T4s, cannot be compared to that taught to you, the 1T5s, many courses and/or their content have surely been retained. Thus, we hope you still find use in our senior advice!

PHM228: Professional Practice II – Vinita Arora et al.

The name of this course (Professional Practice) really sums up what it's about! The content was focused on jurisprudence and compounding – two very important topics for pharmacy practice. The course was coordinated by Vinita Arora and featured many guest lecturers along with lectures from Prof. Arora herself. The testing style was a combination of multiple choice and short answer questions (with mostly short answer). Know how to do all of the calculations from the lectures, of course, and also make sure to know the chart called “Summary of Federal and Provincial Laws” inside and out. The course is really memorization heavy, especially focusing on little details so really make sure to know everything!

PHM220: Self Care 1a – Debra Sibbald

With Debra Sibbald as the creator of this course now having left the faculty, it's hard to say what will come of it and its content. I think that most would agree the material taught was directly applicable to community pharmacy practice with topics such as acne, warts, athlete's foot, lice, scabies, dermatitis, etc. while the non-traditional panel teaching style took some getting used to. So that you're not completely lost during panel it would be a good idea to read the corresponding chapter in Patient Self Care ahead of time although this is usually impossible due to competing time constraints! Second best is taking really good notes during panel so that you can capture the thought process you're expected to use when working through the patient scenarios on tests. Advice: Beware of the extremely lengthy scenario-type questions on the tests and watch the time! Overall, this content will really help you feel like a pharmacist-to-be so enjoy!

PHM222: Medicinal Chemistry

Utrecht, Wells, Angers, Pennefather, Cummins

From what we've heard, your class has already had a taste of Med Chem - one of the most frustrating courses this faculty has to offer! The content taught by Utrecht, Cummins and Angers comes as a blessing compared to that of Wells and Pennefather when studying for the final exam. In general, most of the course content seems very distant from what one would think a pharmacist would need to know to be a great practitioner but apparently dense theory is useful in some universe. Advice: study hard so you never have to look at the stuff again!

PHM224: Pharmaceutics

MacGregor, Chalikian, Dubins, Wu, Reilly

Word on the street is that you've already been introduced to the wild world of powders and emulsions. Dave Dubins' pharmaceutics lab course nicely compliments the theory taught in the lecture portion. To succeed, I recommend reading the manual ahead of time so you know what you're doing, pay attention to the post-lab talks for the report answers and remember to always clean your balance. Your mark in the class is the product of a variety of assessments from problem sets, quizzes, lab reports and a final exam. The exam is long answer and I would recommend reviewing tutorial examples and problem set questions while studying. Advice: for the Winter term labs pick group members who you know will work hard and preferably have experience writing lab reports.

PHM233: Early Hospital Experience – Doris Kalamut

The Faculty introduced this new mini course during our second year. Hospitals around the GTA generously hosted small groups of students to expose us to what a day in the life of a hospital pharmacist involves. Students were placed via lottery system to a site during one of four three-week rotations. Although some sites required a lengthy commute from downtown, the overall feedback was great! Students learned about the dispensing process, did medication reconciliations, and counselled patients on their discharge medications.

PHM231: Pharmacology – Mary Erlik

This was probably one of the most useful courses of second year! Topics covered included many of the top-prescribed medication classes, such as drugs of the ANS, thyroid-related therapies, NSAIDs, GI medications, respiratory drugs and more. Mary Erlik both coordinated the course and delivered the majority of lectures herself. Although at times Mary flies in right at the start of lecture, she takes class time seriously and wants you to succeed. If she doesn't know the answer to your questions off the top of her head, she will follow up with you in the next class. Evaluations included a midterm and final exam. Advice: Stay on top of the material or, at the very least, give yourself a few extra days to study than you would normally – there's way more material and details to memorize than you think! Also, be sure to attend the pre-exam review sessions and do the posted practice questions to get a glimpse of questions very similar to those on the test.

THIRD YEAR COURSES

By IRENE LEE

IT3 Monograph Representative

CONGRATULATIONS on surviving the boredom that is 2nd year and welcome to 3rd! Haha... I bet you didn't know it took 2 YEARS of pharmacy school before you get to learn all the good stuff. Now that that's over with, you can finally start feeling like a pharmacist. Retrospectively speaking, 3rd year ain't so bad. It's tough, no doubt, but I'm confident that the majority of you will survive 3rd year to tell its gruesome tale. I hope this anti-calendar will be useful to you to help guide you through 3rd year challenges and make it out alive before you are brutally destroyed in 4th year. And remember: Nothing is five-oh and go anymore! But six-oh and go is still good right??

PHM320: Pharmaceutical Care Ib – Debra Sibbald

Deb Sibbs is at it again with another round of fresh cases for self care topics. If skin conditions weren't your forté last year then you might have some better luck this year as most of the self care topics are bathroom related. Nothing to be alarmed about in this course though, as each lecture takes the form of a panel with an expert leading the discussion. Hopefully by now, you and your peers have mastered the art of using the microphone! Something to look forward to at the end of 320 is the OSCE evaluation which tests you on your verbal communication and patient interaction skills on self-care topics covered in both 2nd and 3rd year. Easy breezy, right?!

PHM321: Pharmaceutical Care II – Woods, Shaw

A.K.A Therapeutics, this course is packed full of dense material you will eventually need to become a knowledgeable pharmacist. Each week you'll solve between 1-2 cases in your therapeutics group, which are assigned ahead of time. Group drama can exist, so you better pray that you're in a good group. In case you haven't memorized the therapeutic thought process from Sibbald's class, it will be reinforced here. There are 3 case study seminars (CSS) during the year that use problem-based learning to come up with the best therapeutic plan for the patient. Students last year have found CSS to be the best learning experience so far. The exams are all written with some MCQs except the last one, which also tests you orally. Staying ahead in this course is ideal, because you don't want to fall behind. You may never be able to catch up...

PHM322: Pharmacology and Medicinal Chemistry Tutorial – Jack Utrecht

Compared to 2nd year med chem, 3rd year med chem is a completely different ball game – and I mean that in a good way! If you had to get an A in any of your courses this year, make sure you get an A in med chem! There's no excuse why you shouldn't anyhow, because you'll find the answers if you look carefully enough *wink wink.* The lectures are presented in panel format covering topics from dose-response curves to cardiovascular health, sex hormones, herbal products etc. The key to this course is to keep your answers short and to

the point. Remember, as a courtesy to your fellow peers, speak clearly and slowly into the mic as everyone is scrambling to take notes down as you talk.

PHM323: Applications of Pharmaceutical Analysis – Reilly

Applications of pharmaceu-*yaaaaawwwn*...ZZzZZZZzzzzZZZZzzzz... I might have dreamt about this, but I'm pretty sure this is an easy course to do well in. The tutorials and assignments are practically giving away free marks as long as you follow the rubric. What's nice about this course is the link between technology used in health care, understanding lab values, and how simple lab tests are performed. Reilly will continue to lecture on the use of radiopharmaceuticals, laboratory tests, and imaging used in clinical settings in his usual monotonous voice – so be prepared to stay awake with a strong cup of java.

PHM324: Pharmacokinetics – Dubins, Piquette-Miller

Last year you were introduced to the concept of pharmacokinetics and ADME. This year you'll learn ADME in depth to the point where you can integrate and derive equations backwards and forwards until your eyes bleed. If you're good at math, you may enjoy this course. I'd advise you not to print out the slides unless you really need to. They're step by step PowerPoint presentations telling you how to do the math with lots of graphs and they're usually over 90 slides total. If you're a weaker student in math, it's helpful for you to print them just to follow along. Marks-wise, there are mini problem sets worth 10 marks each and 2 exams. A helpful hint: study from past exams!!! You'll be glad you did! In the winter term, you'll be introduced to pharmacogenetics, which is less empirical, less mathy, and less fun.

PHM325: Introduction to Toxicology – Peter Wells

You'll be required to memorize in great detail all the biochemical processes of free radical reactions, ROS, and the wonders of GSH. The exam is written in "essay" format with diagrams that you have to draw in 50 minutes on your exam booklet. Tutorials help by going over past exam questions and giving hints about what is required to score points on the exam. Some argue they're not that useful, but it's better than going into the exam room blind. Did I mention you get to watch movies in this course??

PHM326H1: Pharmacy Practice Management – Bill Wilson

What do you get when you combine the best prof ever! with an easy course?? "It all depends!" as you'll soon learn from 326. Many students attend not just for the lecture material, but also to listen to Bill Wil's life stories on success; you'll soon find out how much you missed storytelling time. From tips on writing cover letters and resumes to teamwork and management models, you'll get the confidence you need to apply to real pharmacy jobs in the summer! Exams are based on memorizing short lists of information, definitions, and key concepts from lecture. Listen to everything Bill Wil has to say because it's GOLD.

PHM328: Professional Practice – Debra Moy

The truth about drug interactions will be unveiled in this course, but along with that, your pharmacy knowledge will be enriched with more jurisprudence and critical appraisal skills. Debra does talk a little quickly sometimes, so record the lectures if you can't jot down everything she says in class. She also claims that the midterms are easy, but it doesn't feel that way coming out of the exam. What's nice about this course is that all the lecture notes are printed out for you; just be sure to grab the handouts before they all run out. Sometime in March, there will be a mandatory component for IPE called Pain Week. Don't be alarmed; it's not painful at all, but rather the most relaxing week you'll ever have in the month of March.

PHM 329: Professional Practice Labs – Lee, Tan

This is where pharmacy practice comes to life!! You won't be learning about third party coverage plans, but instead you'll be solving patient cases in 1.5 hours for the technical skills component. This includes considering individual patient characteristics, such as allergies, medical conditions, medications, possible drug-drug interactions, and side effects. The written cases are intended to fall in line with what you've learned from therapeutics. Bottom-line, whether or not these cases really have an answer is a real test of applying your therapeutic knowledge. Be sure to remember useful links from 321 and use credible sources for your references. As usual, there's a counseling session where you work with a TA in small groups. The quality of the TAs is variable – some are extremely nice and fair, others are brutal and tricky! Annie Lee offers make up tutorials to cases and approaches to solving them the following week after PPL. If you find you've been failing your written component, these tutorials should help you understand what the TAs are looking for and I encourage you to attend them even if you've passed all components.

PHM330: Clinical Biochemistry, Pathophysiology, and Pathology – Crandall et al.

In theory, this course is supposed to reinforce material learned in therapeutics. In practice, not really. While decent information is presented during lecture, often times the schedule doesn't overlap in the way that it should. Many lecturers come in to present each topic, so be patient if English is not their first language, or if they're disorganized. The most brutal topic was renal pathology, so brace yourselves. The best thing about this course is that all the questions on the test are MC, so the answer is there somewhere, right??

PHM331: Pharmacology II – Mary Erlick

It's no surprise that you'll be learning about the mechanism of action of drugs in this course. After the disorganization of 330, you'll be thankful that lectures are posted ahead of time with the slides in order. There's nothing tricky about this course when it comes to writing exams. If you know your material, you are bound to do well! There's only one midterm and one final exam, which gives you only two opportunities to do well.

VOLUNTEER FOR SENIORS OUTREACH

WELCOME IT6s and hello again, everyone else! Have you been itching to give back to the community? Do you have some spare time after homework, classes and maintaining a social life? Well, look no further than Seniors Outreach!

What is Seniors Outreach?

We are an interprofessional program (currently based in the faculties of Pharmacy and Medicine) that provides students an opportunity to give back to the elderly community. In association with Central Neighbourhood House, our program seeks dedicated volunteers that are interested in biweekly visits to a home-bound senior (at their place of residence) in order to provide them much needed social interaction and joy! These visits are strictly casual, with activities decided between you, your senior and your partners (that can be from Medicine, Pharmacy or other professional programs). This includes anything and everything from watching TV, conversation (unforgettable story-telling), board games and card games (cribbage is really hard!), to simple assistance with card-writing during holiday times. It's a light time commitment, but it means so very much for the seniors and perhaps for yourself as well!

What's in it for me? Besides a thumbs up from our coordinating team, our healthcare population is rapidly aging. Our program aims to facilitate a means of building interpersonal experiences with seniors for our students, as well as allow them to dabble in an interprofessional environment. Our program also provides educational seminars on topics in geriatric pharmacy taught by experienced (and super-friendly) hospital geriatric pharmacists. If you are interested or curious about the roles of a pharmacist in geriatric pharmacy and interprofessional care, keep your eyes peeled for our ListSers in the near and distant future! Alas, we also throw story-sharing parties before Christmas, a meet-and-greet for all participating students from all faculties, and an end-of-year party. AND you can get UPS points for participating in our program or our events. But most importantly, your visit means a lot to our seniors, so we hope you will join us!

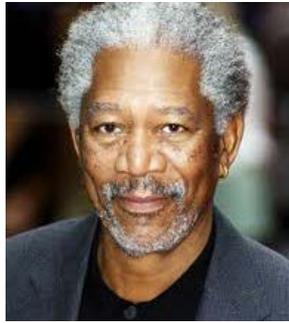
Oh okay, I guess I'm sort of interested! How do I join?

What!? "Sort of" interested!? No matter, if you would like more information on how to sign up for Seniors Outreach, be on the lookout for our ListSers for the official sign-up. You can contact us at uoftseniorsoutreach@gmail.com! And lastly, feel free to bug our coordinators if you have any questions, concerns, or if you're interested about the program.

Yours sincerely,

Henry Leung IT4, Yin Cheng IT5, and Andrew Nguyen IT4
Senior Outreach Coordinators 2012-13

12 THE MONOGRAPH



Disclaimer: None of the seniors who you will visit will be Morgan Freeman.

1-MINUTE READ:

5 THINGS YOU NEED TO KNOW

1. The number of MedsChecks continues to increase month to month, with a total of 2.6 million MedsChecks completed between April 2010 and March 2012.
2. OxyContin (an oral pain medication) was replaced by Oxy-Neo over six months ago due to users abusing the drug via intravenous injection. Unfortunately, heroin has made a dramatic appearance in many Ontario towns and cities as it is now cheaper and easier to access than OxyContin.
3. Since healthcare reforms began in 2007, the number of pharmacies has actually gone up year-to-year. There were around 8100 pharmacies in 2007 and about 8800 pharmacies in 2011.
4. 1 in 4 Canadians earning less than \$30 000 annually have delayed or stopped taking prescription drugs because they did not have money to pay for the treatment, whereas only 1 in 30 Canadians making more than \$60 000 annually have trouble paying for necessary medication, a new poll shows.
5. Nearly 25% of adults and two-thirds of children report that they are at least a little bit afraid of needles, one thing to keep in mind as we prepare to administer flu injections!

GETTIN' FRESH WITH SOAPE

SOAPE is a new and ambitious student-run organization. We want to inform the public of the competence of pharmacists to improve public health care. We give students the opportunity to use their skills and talents to join in activities that promote tangible changes for their profession.

YOU are the key to SOAPE. The student voice is important and active student advocacy is very influential. At the risk of sounding corny: you are the future of pharmacy, so why not do something to make it even better?

Last year, SOAPE held two advocacy events updating students on what's what in the world outside U of T, delivered seminars on safe medication use to over 150 seniors, presented student survey research at two pharmacy conferences (CPhA and OPA conferences), and reached out to over 1000 members of the public to promote pharmacists during Pharmacy Awareness Week.

If you are invested in your future as a pharmacist, we welcome you to join SOAPE to bring positive change to your profession. Visit us at www.soape.ca!

Students for Optimizing and
Advocating Pharmacy Endeavours

Kenny Chan
President 2012-13

Hey U of T Pharmacy!

First, we would like to start off by congratulating the incoming class of 1T6 in addition to welcoming back all of the 1T5s, 1T4s and 1T3s. We hope everyone has had an adventurous and entertaining summer.

Now school has started and it's back to the daily school routine. CAPSI has been working hard this summer and will continue to do so over the 2012-13 school year to put your CAPSI membership to good use.

During the summer, 30 CAPSI national members attended the first in-person meeting of the year in beautiful Whistler, BC. We spent May 31st-June 4th discussing symposium topics, the changing scope of practice in each province, sponsorship additions, and we brainstormed ideas for new events to bring to the student body. Here is a quick summary of what you have to look forward to this school year:

In September, don't forget to pick up your CAPSI agenda and first years, make sure to grab your Apotex/CAPSI backpack. Look forward to attending CPhA (Canadian Pharmacist Association) and CSHP (Canadian Society of Hospital Pharmacists) lunch-and-learns, in addition to the CIBC Run for the Cure in support of the Canadian Breast Cancer Foundation on Sept. 30.

In October and November, get ready for competitions! Compounding, OTC, PIC, and mock OSCE will be here again this year!

In January, the most adored of all CAPSI events: *Professional Development Week* (PDW) will be taking place this year in Montreal, QC. The theme of this conference is "A Common Goal." Check out the website for more details at:

www.pdw2013.com

Throughout the year, also keep an eye out for the professor auction during

charity week, NCAA basketball pool, Mr. Pharmacy pageant during *Pharmacist Awareness Week* (PAW), and two symposium presentations on the topics of non-traditional pharmacist careers and implementing clinical practice in community pharmacy.

Lastly, we will be bringing back the CAPSI cupcake this year! Anytime it is a friend's birthday or another occasion to celebrate, send us an email and for only the cost of a toonie, your friend will be surprised in class with a sweet treat.

We hope you all have a great year and participate in as many events as possible!

Amber-lee Carriere
Sr. CAPSI Representative
srcapsi@uoftpharmacy.com

Alysha Prata
Jr. CAPSI Representative
jrcapsi@uoftpharmacy.com

PHARMACY ATHLETICS

Welcome back 1T3s, 1T4s, 1T5s, and congratulations to the new 1T6s!

Whether you're a seasoned intramural participant or are looking to get involved with something new, we highly encourage you to sign up for our male, female, and co-ed intramural sports teams! Pharmacy athletics is a great way to stay fit, relieve stress (trust us, you'll need it), as well as meet your fellow pharmies! We have a wide variety of sports to choose from including volleyball, basketball, ultimate Frisbee, flag football, soccer, water polo, and hockey! Look out for sign up sheets in the lower basement student lounge.

Even if you're not into sports, we organize a wide variety of other events

over the course of the year, including challenges between classes, which count towards the Robax Platinum Cup. A class will be declared the winner of each Robax Cup challenge. The more you win, the closer your class becomes to taking home the trophy at the end of the year. And remember, participation counts, so grab your friends and help your class take home the cup! The first event of the year will be the annual tug of war challenge between classes. Each class will face off and pull their way towards victory!

One last incentive for taking part in pharmacy athletics is that your participation will earn you UPS points. We also hand out awards for MVPs in each sport, as well as male and female athletes of

each month. We highly encourage everyone to come out and participate! Look out for emails and class announcements about upcoming events and how to get involved. Feel free to also contact us at anytime if you have any questions.

See you out there!

Louis Nguyen
Male Athletics Director

Jennifer Ma
Female Athletics Director

Caren Chiu
Co-ed Athletics Director

athletics@uoftpharmacy.com



PHARMACY PRACTICE IN **NAMIBIA**

By ERIN READY, 1T4 and AMBER-LEE CARRIERE, 1T5

BLAZING through the desert on quad bikes. Sunrise hikes up golden red sand dunes. Seaside jogs in Swakopmund at sunset. Gazing up at the constellations of the Southern Hemisphere in the middle of the Namib Desert. Cheering as Namibia scored the winning goal against Kenya in the FIFA World Cup qualifier soccer match. Adding the term “condomize” into our daily vocabularies. Learning traditional dances to drum and pop can beats. Relaxing by a waterhole at Etosha, entranced by the beauty of elephants, rhinos, and giraffes under the moonlight. Ask either of us about our experiences with the Namibia Internship Program and these are just some of the memories that pop into our minds. For us, the summer of 2012 marks an incredible journey.

We completed our service placement at the Katutura Health Centre (KHC), which consists of two clinics. The main clinic offers primary health care services and the antiretroviral (ARV) clinic delivers specialized treatment for the approximately 9300 HIV-positive patients that the clinic serves. The majority of our work took place in the ARV clinic pharmacy, where we became part of an interprofessional team to deliver patient education and medical services.

We dispensed ARVs, antibiotics, medications for the prophylaxis of tuberculosis and other opportunistic infections, and medications to treat some of the side effects associated with ARVs. We counselled patients on their medications (in English, basic Oshiwambo, and basic Afrikaans).

In addition to our time at the KHC, we travelled to three remote areas where outreach clinics are stationed to provide health services to locals. Meeting patients at the outreach clinics who had travelled as much as a day by donkey certainly put a different perspective on accessibility to health care!

During our placement we also conducted research on patient wait times (a parameter used to monitor and manage the quality of HIV care provided within the country) and reasons for appointment nonadherence. We used the data and our personal experiences to develop several projects aimed at improving patient care at the clinic. We found that a number of patients fail to adhere to follow-up appointments due to missing the handwritten date amongst the other handwriting in their health passports.

“never a dull moment”

To address this concern, we designed custom rectangular rubber stamps, with unique symbols for easy recognition of service, to more clearly demarcate the appointment date. The healthcare practitioner scheduling the appointment can then use the appropriate stamp to highlight the patient’s follow-up date.

We also created a counselling tool that helps explain and highlight important HIV and health related facts with corresponding patient handouts in English, Oshiwambo, and Afrikaans. These tools, which also explain the stamp system, were developed to help the pharmacy assistants and adherence counsellors in the counselling sessions of new, returning, and defaulting patients.

Another highlight of our experience was completing a one week placement at Windhoek Central Hospital (WCH). We were particularly intrigued by and interested in the work done by our preceptor within the Therapeutic Information and Pharmacovigilance Centre (TIPC) at WCH. Subsequently, we dedicated one day a week to working at TIPC, learning about our preceptor’s research and reporting adverse medication reactions

through the World Health Organization (WHO)’s national database.

We feel so blessed to have been embraced by the Namibian community. There was never a dull moment; there were always local friends to spend time with, stories to exchange, lessons to learn. With the Namibian people, we shared meals, laughter, and celebrations. This experience enriched us not only as students, but also as people. We really feel as though we put down roots in Namibia and made lasting friendships.

We are incredibly thankful to Mr. Aaron Yarmoshuk and Dr. Dan Allman, our program coordinators, for introducing us to Namibia and looking out for our safety abroad. To Dr. Jillian Kohler, our supervisor at the Faculty of Pharmacy, thank you very much for your insight on all of our internship endeavours. Thank you also to the Student Experience Fund and the UPS Student Initiatives Fund for helping make this experience financially possible. To Heather Bannerman and Priya Bansal, the 2011 Namibia interns, thank you for all the advice and encouragement you offered leading up to our departure date! Last but not least, thank you to our colleagues and newfound friends in Namibia; you will always hold a special place in our hearts.

Thank you very much Namibia, we will miss you! Tangi unene Namibia; ohandi kekudjulukwa! Baie dankie Namibia; ons sal julle mis!

If you want to find out more about our experiences, check out our blog at www.namibiapharmacy2012.wordpress.com. Better yet, email us - we’d love to hear from you!

Erin Ready
erin.ready@mail.utoronto.ca

Amber-lee Carriere
carriere.a@gmail.com

SEP IN LITHUANIA

By DINA CAROVSKA, 1T4

THIS SUMMER I spent the month of July in Kaunas, Lithuania as part of the IPSF Student Exchange Program (SEP). My placement was in a university pharmacies where I volunteered for 2 hours per day for a total of 2 weeks. Aside from the time spent at our placement, the other international students and I took the opportunity to tour around Kaunas and other cities within Lithuania. Klaipeda, one of the cities on the Baltic Sea, was my personal favourite. With some of the best beaches in Eastern Europe, I had no trouble working on my tan!

Although I met some amazing people and had some unforgettable experiences, the best part was the opportunity to converse with other pharmacy students from Serbia, Egypt, Germany, Slovenia, and Czech Republic about curricula. What I found most notable were the common complaints of too much theory, not enough practice, and Med Chem! There were also, of course, a lot of differences between curricula. For example, all the European students had courses on botanicals and even studied Latin!

The pharmacy in which I did my placement specialized in compounding, something I couldn't compare to Canadian practices since I didn't have much experience. What stood out most was that the pharmacies there are stand alone shops not associated with grocery stores or cosmetic stores like they are here. In addition, none of the medications are available for self-selection, making the patient-pharmacist interaction a requirement before each sales transaction! This instantly gave the pharmacies and

pharmacists a more professional feel and it seemed as though the customers saw them in this light as well. This had me thinking about the difficulty we're having here within Toronto and surely, across Canada regarding the public image of pharmacists as simply sales people. The root of the problem, in my opinion, stems from the environment, in which the majority of community pharmacies are found – Shoppers Drug Mart, Loblaws, Metro-like establishments where customers enter for a quick shop around and so expect the same sort of service from the pharmacy inside. This leaves little room for establishing solid patient-pharmacist relationships, never mind doing a full 30 minute MedsCheck. So although the practice model for community pharmacy in Lithuania may not be as advanced as the one in Ontario, it does seem that they at least have a solid, professional public image which will serve them well in any practice model advancements they wish to pursue in the future.

For anyone interested in participating in SEP next summer I would definitely recommend it as it really allows one to see how pharmacy systems vary around the world. It's also a great opportunity to travel on a budget if a country in which the Canadian dollar is stronger or if a country offering free accommodations is chosen. In addition, tapping into the UPS Student Initiatives Fund and the Student Experience Fund available at Faculty of Pharmacy is a great idea. A short application form explaining your trip, how it relates to pharmacy and how it will benefit you, other students, and the faculty is all that needs to be filled out. So I would encourage all of you to at least apply to SEP – you'll surely return with many great memories and maybe even a new perspective on pharmacy!

UNDERGRAD SUMMER RESEARCH PROGRAM

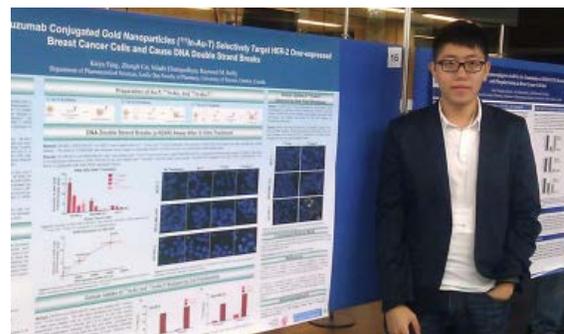
By ANTHONY HAN

1T5 Monograph Representative

EVERY SUMMER, the Graduate Department of Pharmaceutical Sciences allows undergraduate students to take part in a research program under the supervision of a faculty member. At the end of the program in August, students have the opportunity to present their work to the faculty and their peers. The winner of the Poster Award is invited to present their poster at next year's meeting of the Canadian Society of Pharmaceutical Sciences in Vancouver.

Congratulations to Kyle Yang (1T5) for winning the 2012 Poster Award! Under Dr. Raymond Reilly's guidance, Kyle investigated the potential of gold-conjugated trastuzumab antibodies on decreasing the survival of breast cancer cells. A special mention goes to Jonathan Shloush (1T5), who placed first runner-up. Jonathan's research under Dr. Garipey explored the possible role of nanoparticles as a drug delivery system for chemotherapeutic agents.

Lastly, congratulations to all the students who participated in this year's summer research program and thank you for your commitment to research. Students interested in future summer research should contact the Graduate Department of Pharmaceutical Sciences for additional information.



Kyle with his poster entitled ¹¹⁹In Labeled Gold Nanoparticles Conjugated to Trastuzumab Selectively Target HER-2 Overexpressed Breast Cancer Cells and Cause DNA Double Strand Breaks.



PHARMACY APPS!

By NIKHIL GANDHI, 1T4

MY IPHONE was my best friend this summer as I did my EPE at a hospital and worked my usual job at a community pharmacy. There are several pharmacy applications available for smartphones that I found useful even as student just out of second year. Here is my review of what I presently feel to be the top five:

1. Canadian Pharmacist's Letter

The uniqueness of the CPL is that it gives brief, insightful, and objective reviews of current drug topics. It even has updates of new OTC products that you're likely to be asked about. For example in May, it gave a run-down on raspberry ketone supplements that were endorsed on TV by Dr. Oz. Sure enough that month, my pharmacy was full of patients with questions about the supplements. This app gives you access to past and present issues, with the ability to search articles. Use of the app requires a subscription to CPL, which is included as part of OPA membership.



2. Medscape

Medscape is a very well-known resource used by many health professionals. On top of drug information, it includes organized explanations of diseases, tests, and procedures. All of the information is referenced, and most of the primary articles are easily accessed with a quick tap. This app was a great way to learn about diseases and procedures. The app is completely free. However, Medscape is owned by WebMD, which is directly sponsored by drug companies, so there is a chance that its drug therapy recommendations are biased.



3a. Micromedex Drug Information

We've all used the Micromedex website in PPL (or "MTM," for you fancy 1T5s). This app presents the same information contained on the website in a brief, organized way. I especially liked the "Mechanism of Action" and "Clinical Teaching"



information, which is not found in all DI apps. The app is completely free. The only drawback is that it only lists drugs available in the US, and there are a surprising number of drugs available in here Canada that are *not* available in the US.

3b. Micromedex Drug Interactions

Unlike the Micromedex Drug Information app, this app is not free, but we have access through the U of T library. (Our tuition dollars at work!) You can open the Micromedex website through the library website and get a password for the app. The app works like the website: you enter multiple drugs and it checks for interactions between them.



4. MedCalc

Like the name suggests, this app is a calculator of numerous medical values based on patient parameters. Although I don't know what 90% of the formulas are used for (no Michaelis-Menten or Hill equations here!), I found it useful for calculating a bunch of serum levels from lab values during my EPE. There are free and paid versions of this app.



5. Epocrates

This is another app that is used by many health professionals, but I found that the information contained in it was less extensive than in Medscape. However, it includes a neat "Pill ID" tool. Punch in the appearance of the dusty pill you found behind the pharmacy computer, and out comes a list of possible drugs along with photos. It also has a few calculators, lists of formulas, and reference tables. The app is free, with the option of paid add-ons. Like Medscape, Epocrates is funded by drug companies, so its recommendations could be biased.



All of these apps are available for iOS and Android. (Blackberry? Do people still use those things?) I encourage you to check them out.



Chicken Scratch }

By YIN CHENG, 1T5

THERE MUST BE some kind of pact among doctors that prescriptions must be written with only the heaviest and most illegible hand. I distinctly remember taking a handwriting class in grade 3. It is the pinnacle of hilarity that there exist doctors with decades of education behind them who have less legible handwriting than an 8-year-old.

There is a strange series of events when you get one of their prescriptions. You always start to ask yourself if you have forgotten how to read. Once you decipher what it is the doctor was prescribing, you must then determine which doctor out of (at least) 10 doctors at the walk-in clinic actually wrote that masterpiece. The signature looks like nothing in particular. You first squint at the CPSO license number. Is that a 6 or an 8? Is that a 5 or a weird-looking 3? You are confused, so you go back to the instructions. Does that say QD? But wait, there is a little mark between the Q and the D, does that say QoD? QID? Does that say 50 mcg or 50 mg? Whew! You are tired. You give the clinic a call, crossing your fingers that you can use the name of the patient to trigger some sort of memory in one of the doctors.

You are put on hold. After 8 minutes of listening to some sort of weird concoction of Shania Twain and Cher, the receptionist picks up. By this point, your throat is so dry that nothing comes out when you open your mouth. You hear the receptionist growing angrier, "Hello? HELLO?" You clear your throat.

"HI, MYNAMEISYINTHEREGISTE

REDPHARMACYSTUDENTATTHIS-PHARMACY” – gasp – you remember your best MTM skills, and you finish with a flourish – “I was wondering if you could tell me the name of the physician who treated Mrs. So-and-so on May 22nd, I was hoping to confirm some information about her prescription.”

The receptionist grumbles but puts you on hold again. That music is back on. Why does nothing impress you, Shania? Yes, I DO believe, Cher! The receptionist is back. You stop your singing mid-syllable, and there is awkward silence. You debate whether or not to make a joke to crack the silence, but then a physician comes on the line. He tells you his name is Dr. Namehere, and he saw Mrs. So-and-So on May 22nd. You quickly type his name into the CPSO website. The 6 was a 6, and the 5 was a 3. You squash down the desire to say “HAY, GURL!” as he asks you what the problem was. You chuckle nervously, apologize for the inconvenience, and mumble that you just wanted to confirm that you interpreted his prescription correctly.

He happens to have a copy of it. He wants you to read what you have entered into your system. You clear your throat nervously, put on your best telephone voice, and say, “You prescribed Mrs. So-and-So ramipril 2.5 mg daily.” He is laughing at you. You experience a weird desire to hang up the phone. He tells you he will type out everything he wanted (you are apparently completely wrong) and fax it to the pharmacy. You are momentarily pleased, you thank him for his time, and you exchange goodbyes.

You hear the fax machine come to life. You stare at the fax. Dr. Namehere decided to handwrite his gift to you. Your right eye starts twitching. You start panicking. Your pharmacy technician comes back from break and asks if everything is all right. You then walk up to them and say, “Everything’s going great! This prescription was just dropped off, do you mind processing it? I have some prescriptions to fill from earlier,” then walk away to count some metformin.

The next day, you send CPSO a letter recommending all physicians type their prescriptions. You receive a handwritten letter back.



THE **** THAT HAPPENS IN PHARMACIES

By JIHYE HAN, IT4

I HOPE everyone’s had a wonderful summer; I know I have. But amidst friends and trips, I also spent many hours in the pharmacy trying to make a dent in our ever-rising tuition. Whenever I tell my non-pharmacy friends that I work in a pharmacy, the response is invariably that it seems like a nice, relaxed job. I’ve even gotten a few questions about whether it’s true that we tell people to wait 15 minutes just so that they’ll go spend money in the front store. I laugh off the insult and try to explain to these sweet people how hundreds of annoying situations arise. I’m sure you can commiserate.

So I began compiling a list of these daily situations that eat up our time, causing us to miss our 15-minute deadline. Here are some of my favorites... And remember, no matter what happens, don’t lose your cool. People can smell your fear.

- A patient wants to transfer his Rx to our store, but cannot tell me where his original pharmacy is located, or what it’s called.
- The August ODB deductible. Enough said.
- A child’s Rx is rejected by insurance despite having the correct name, DOB, and card #. After staring at the screen trying to figure out why, I call insurance and I’m put on hold. Finally, I find out that the father put the wrong DOB on file - which is why the mother couldn’t provide the “correct” DOB.
- A hospital doctor has neglected to identify himself on his prescription. We must call and solve this mystery.
- We faxed a doctor to tell him that his Rx is not covered by the patient’s insurance. We wrote in very large letters asking for an alternate drug. The doctor faxes the page back with two numbers: quantity for reauthorization and number of repeats.
- A patient used to get brand name medication, but his insurance will no longer pay for the brand because the generic was released. He insists that we are trying to steal his money since he’s always gotten his brand name meds for free. He may also take back his Rx and tell you triumphantly that he is never returning to your establishment.
- We order a medication for a patient, but the item is missing when we receive our order. We must inform the patient of this inconvenience, and refer them to another pharmacy.
- For various reasons, a patient wants a refund on their Rx. Upon informing him of the no-refund policy for prescriptions, he becomes upset.
- A doctor didn’t write the LU code/patient’s OHIP #/CPSO #/mitte/strength. We must call back to find out. Meanwhile, the patient insists that he should get his medication immediately.
- A patient brings in a bottle/tube/ripped label of a foreign product. The patient also does not speak English. I google the product to find out what it is and recommend a similar product. The patient may or may not be impressed by my efforts.

Lastly, this list makes the world sound terrible and makes it seem like only the pharmacy contains intelligent people. This is not true. Pharmacy team members also make mistakes that delay the dispensing process, but self-blame is bad for the soul.

Now please tell me that somebody cracked a smile, or else an hour of my life has been wasted...

WHY I DO NOT SUPPORT THE QUEBEC STUDENT PROTESTS: A STUDENT'S PERSPECTIVE

By ANTHONY HAN, IT5
PFEC Coordinator

IN HIS BUDGET SPEECH of 2012, Quebec Premier Jean Charest proposed an annual tuition hike of \$325 per year over five years starting from September 2012. This would represent a 63% increase in total tuition and fees, from the current \$2890 to \$4700 by the fall of 2016. Understandably, the students of Quebec took to the streets in protest of the tuition hikes, galvanized by leaders of student unions.

Every student can relate to financial hardships and overwhelming tuition fees. This essay is not to discredit the

ical high ground necessary to be considered a legitimate movement.

Tuition hikes, unfortunately, are not isolated to students of Quebec; Ontario has seen it, the rest of Canada has seen it, heck, the entire Western world has witnessed it. The Great Recession of 2008 shattered balance sheets everywhere and tuition costs were one of the many casualties of governments scrambling to balance their budgets. To put things into perspective, public tuition rates in the UK increased three-fold, from a maximum of £3,000 (\$4,700) to £9,000 (\$14,100) within the span of one year. Comparatively, Premier Charest's revised offer proposed marginal increases of \$254 over seven years, along with more bursaries being made available to students of lower-class background. At a time where the rest of the world is experiencing tuition increases, it is unrealistic for Quebec's tuition rates to remain stagnant.

Throughout this entire discourse, student unions have mentioned the

tem, regardless of tuition increases. For months, student unions have gone on strike and intimidated fellow students into skipping classes through physical and psychological means. In this reality, the establishment is not hindering advancements in education; the student unions are.

It is absolutely heartbreaking to witness a student movement so out of touch with society. This is a poignant reflection of our me-first generation. Demonstrators at one point clashed with the police, shut down the Montreal subway system, and blocked the Champlain Bridge in the middle of rush hour. Student unions like CLASSE narcissistically framed the issue around their future, their province, and their entitlements, jeopardizing the harmony of their province and country. In a desperate ploy to win over their support, Parti Quebecois leader Pauline Marois has told students that she does not support the tuition hikes and recommends that they withhold paying tuitions until after the elections. In a scary Quebec under Ms. Marois' government, the looming separatist agenda and uneasy finances threaten to disrupt the national harmony of Canada.

It is deeply troubling to see student unions acting like regular old special interest groups, where closed-door political dealings are common, and one-dimensional interests take precedent over the unity of the country. Union leaders are overplaying their hands and risk the livelihood of other students over their individual delusions of grandeur. Our fellow students in Quebec must realize that in times of economic hardship, they are not the only demographic expected to share the burden. The Great Recession has claimed multiple casualties. The protests and violence in Quebec are immature overreactions to one of many challenges we will face in life, and the rest of La Belle Province and Canada does not deserve this kind of indecency. University life is a journey of self-reflection and a time of increased responsibilities. In the spirit of reciprocity, I sincerely hope that the students of Quebec overlook personal hardship in favour of shared sacrifice in this period of economic uncertainty.

CLASSE dismissed.



PHOTO FROM NATIONAL POST

essence of student movements and the right to protest, but to disfavour the merits of Quebec Protests. Past student protests (regardless of right or wrong), like the Vietnam War Protests, have provided alternative voices against policies of the establishment that many thought were draconian. In contrast, the mercurial and irrational series of events in months past have characterized the Quebec Protests as having a toxic political agenda that lacks the moral and log-

moral issues of access to education and increase in student debt. However, the majority of the students protesting are middle to upper-middle class students whose access to education will be relatively unhindered by Mr. Charest's proposal. This is an anti-establishment movement feigning oppression to legitimize their cause. Under the current proposal, it is reasonable to believe that a motivated student can find success in Quebec's post-secondary sys-

NEW (SCHOOL) YEAR'S RESOLUTION

By IRENE LEE
IT3 Monograph Representative



AS I WRITE this article, I am hit by a blanket-full of memories, those god-awful flashbacks from 3rd year. Despite what you may hear from other upper years, 3rd year isn't so bad, and I say this in hindsight. Although 3rd year passed by like a blur, I can still remember the bitter details of studying for midterms amongst a sea of upcoming midterms and fighting for a desk and breathing space in the quiet study area. I remember leaving my care plans until the last minute and losing motivation after I failed my first tox midterm. I remember my agenda being filled with too many things to do and disorganized lecturers that made me angry to the point where I

wanted to rip my slides in half. And who could ever forget studying at PB in the lonesome evening... but never staying later than the late night crew! =P

Even though I made it out alive, 4th year presents new challenges, but I'm ready because I'm making my New (School) Year's resolutions – and here they are!

1. Start studying NOW for current and upcoming topics – hypertension, hypercholesteremia, etc.
2. Don't leave things last minute, especially when studying for midterms/final exams and I shall do so by planning due dates for assignments and midterms on a weekly basis
3. Play all sports and learn to shoot (basketball, not guns)
4. S: Read notes qd uf, no repeats
5. Get more vitamin D and fresh air
6. Volunteer in class for answers or at least try to be more inquisitive during lectures
7. Print my notes ahead of time and REMEMBER to bring them
8. Eat healthier and a varied diet - not just Est West everyday
9. Try to sleep over at least once in PB just to know what it feels like =D

What the students of IT3 say:

“To not miss any classes this year – or spend less late nights studying in PB.” – AP

“Participate in more extracurriculars.” – JW

“To not procrastinate.” – BH

“To network more.” – Anonymous

“I want 8 hours of sleep EVERY night.” – EH

“Try to sleep more. It would be a nice change to know that I will be able to function the next day.” – CN

“Spend more time with my wife and child, and enjoy the fall weather and so on.” – PB

“Study early so I can watch the Beach House concert in October.” – AP

“I want to give procrastination a boot out

I want to study till my neurons blow out
I want to gym till my arms fall out

I will not use another energy drink to burn out

When all is said and done,
I want to leave very left to doubt” – TK

“I just want to take the time to enjoy and appreciate school more because it's our last semester.” – Anonymous

“I would like to stop buying so much coffee and start thinking about bringing some from home - I'm sure my wallet would thank me.” – KG

“Actually ‘use’ my \$170+ physical copy of the pharmacotherapy book. Maybe I can do better if I actually open it, if not sleep on it as a pillow. ALSO, get out of the lecture and into the microwave line quicker for lunch.” – AT

CHARITY GOLF CLASSIC

By MONICA SANH, IT5
UPS External Affairs Director

EVERY YEAR the faculty holds a charity golf tournament and this year they decided to bring those who matter most, the students, into the action. Several IT5s volunteered for the day and let me tell you, those who volunteered did so not for the free shirt, but for the opportunity to drive a golf cart. Yes, driving one of those beasts always turns a good day into an amazing one.

Of course, I also had the opportunity to chat with golfers on the course as they came by. Each set of golfers seemed interested in my experience at the faculty as well, and I made sure to thank them for supporting the Student Experience Fund, which contributes to bursaries, scholarships, internships abroad, and other student initiatives.

Although most students haven't met these generous individuals, keep in mind that they are in the background helping to support us through our four years at the Leslie Dan Faculty of Pharmacy.

Summer Fades to Fall

By CHRISTINA MAI, 1T6

HIGH TEMPERATURES plunge to cool the air, green leaves alter to an orange-red tinge, and a spontaneous summer fades to a mundane fall. Moonlit walks, long bike rides, and swims in tropical oceans fill my memories of a season I cherish. Books, assessments, and stress loom in the seasons that follow. Recollections of the past few months rush back as I try to savour the remains of summer.

The black fabric hung loosely on my body and concealed the dress I wore underneath. The baggy long sleeves swept over the knuckles of my hands. The garment's hemline brushed against my lower calf and revealed the black strappy shoes I wore. The large, dimly lit, dome shaped room filled with people. Chatter, laughter and music rang in my ears. I stood in a single file line. In front of me, a girl donned an identical garment. A white trimmed hood rested on her back. She stood a few steps away from the stage. Behind the podium several men and women donned similar garments in different colours. Some of them wore caps with tassels. The University of Toronto's crest was imprinted on the dark blue wall behind them. I looked over to my left. My parents sat two rows from the front with their cameras in hand. Happiness and pride beamed from their faces.

The master of ceremonies announced into the microphone a name I didn't recognize and then mine. I made my way up on stage, shook hands, posed, and waved before I made my way down the stage with a large envelope in hand. I returned to my seat in the sea of individuals who donned identical garments. I peeled the envelope open and took out the document inside. I smiled as I ran my fingers over the piece of paper that read "University of Toronto, Honours Bachelor of Science."

My heart pounded against my chest and beads of sweat slid down my forehead and my legs struggled to support my weight. A rough rocky surface scraped the bottoms of my feet as I stood. My sun kissed skin absorbed heat. I squinted and looked straight ahead. The cloudy blue skies met the open oceanic waters of Jamaica. The cool ocean breeze caressed my face. In my peripheral vision, a sign made of wood stood to my left with the words "Rick's Cafe" engraved on it. I inhaled and looked down from where I planted my feet. Thirty-five feet below me, seawater crashed against the rocky surface of the cliff that elevated me. The transparent blue oceanic water rippled and sparkled against the sunlight. The crowd's chatter filled my ears. I took one step closer to the edge, and inhaled one last time. I counted 1, 2, 3... and jumped.

I scroll through pictures on my laptop dated from May to August. Snapshots of moments I cherish flood my memories. A family photo in Jamaica stirs up feelings of support and unconditional love. A group photo of high school friends at a barbecue stirs up feelings of comfort and familiarity. A group photo of undergraduate classmates at a formal event stirs up feelings of endings and new beginnings.

I look up from my laptop and gaze at my blank whiteboard calendar. An alarm clock, dictionary, pencil holder, and acceptance letter from U of T's Faculty of Pharmacy clutter my desk. I reach for the blue removable marker. My mind races to remember all the significant events in September. I pen in on the 3rd "Labour Day," on the 5th "Victoria's birthday," and on the 10th "classes begin."

THE MONOGRAPH