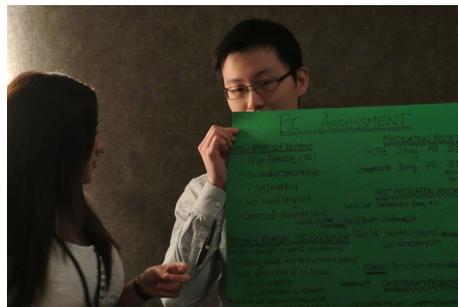
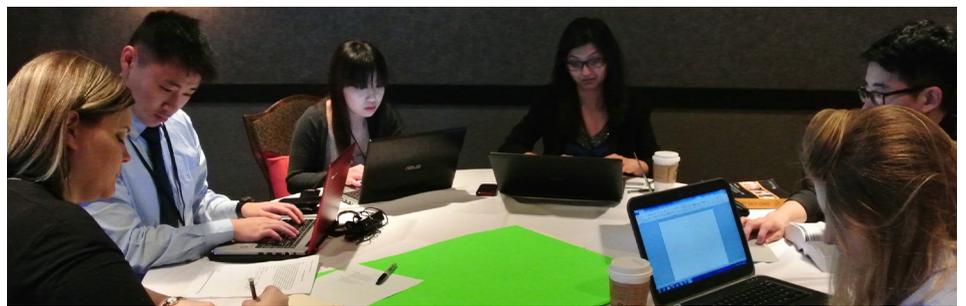


THE MONOGRAPH

VOLUME 14 ISSUE VI

VOICE OF THE PHARMACY STUDENT



OP SIS 2013 NIAGARA FALLS

UPS CORNER

Hey Pharmacy!

The end of the school year is almost here... just have to get through exams and we're free... for 4 months anyway. The month of April is draining, with many sleepless nights spent trying to study one more chapter or concept, BUT remember to breathe and de-stress every once in a while!

Congratulations to all the winners at Awards Night this year! Many deserving students and classes were recognized for their hard work and contributions to the school and our profession. Also, we hope that all of the OPSIS delegates enjoyed their weekend at Niagara Falls with us.

We encourage everyone to attend the OPA hockey tournament where U of T will take on Waterloo. It's been too long since we've won, so come out on April 6th to cheer on our team!

UPS elections are being held around this time and the new council members will assume their roles in September. It's been a blast for us to sit as President and Vice President on UPS council this year.

We hope you all have a great summer and we'll see you next year!

Good luck,

*Kevin Chow & Lindsay Dryden
UPS President & Vice-President*



WHO IS PHARMACY AWARENESS WEEK FOR?

During Pharmacist Awareness Week this year, a student asked me why we hold PAW. He reasoned that awareness campaigns are always about a disease or issue that needs to be resolved and requires public or government support. The student went on to say that by calling it "awareness" week, we're unnecessarily devaluing our already solid and established profession. He's right in that through awareness campaigns, we've now gained the support of the government and the public. As of October 2012, with the new scope of practice approval, the government seems to have gotten the point. We've known for a while that the public also has our backs. In fact, during our PAW community outreach events at Shoppers Drug Mart, we noticed that most patients have taken advantage of the fact that pharmacists can now give flu shots. However, depending on where you see the future of pharmacy, our awareness work is far from over.

During PAW's OPA talk, Billy Cheung, the OPA Chair, told us that it's pharmacists ourselves who need to be the new target of our awareness campaigns. In case you didn't attend, he explained

that if we're going to prove to the government that it's worth the hassle to figure out a new pharmacist remuneration scheme or expand our scope further, we all need to better support and embrace our recently expanded scope, for which we've fought so hard to achieve.

It's a little easier to get new graduates on board with the new scope, because as students, we don't have a set precedent when it comes to how much or little of our training to apply to our practice. Throughout our program, especially after observing CAPSI's Evidence-Based Case Competition during PAW, I've realized that we surely don't lack the knowledge to be excellent clinicians. One thing we do need going into practice is confidence, and we could all learn a little from this year's Mr. Pharmacy Pageant participants at PAW. If you're graduating soon, plan to integrate the new scope into your practice. If you've still got some schooling to do, stay current with what's happening in our profession through clubs like SOAPE and get involved with PAW (as many of you have), and you're well on your way to actively supporting our profession.

During PAW's Speed-Meet-A-Pharmacist, Marshall Moleschi, the OCP Registrar, told me that there is a real problem with more seasoned pharmacists who, despite having so much knowledge and experience, are afraid of putting their name on that prescription. And it's understandable. Change isn't a comfortable process when you've been doing something a certain way for so long. This summer, if you're doing EPE or working in community pharmacy, I want you to try a little awareness assignment. Work hard to impress your preceptors with all your pharmacy knowledge and skills, and try to get them to feel excited about where the profession is going if they aren't already. Part II of the assignment is for you to get involved in awareness and advocacy next year. Sure we're new to the profession and mostly very naïve, but by making an effort now, we'll make our own practice easier after we graduate. But most importantly, by supporting and embracing these changes, we're helping patients and improving the healthcare system.

*Simona Tencaliuc
UPS Events Co-Director*

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The articles published in The Monograph are not reflective of the UPS, Leslie Dan Faculty of Pharmacy, or University of Toronto. They are strictly the opinions of their respective authors. If any of the articles are offensive, please contact the editors to discuss the matter.

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EDITORS' NOTE

Hi phamily,

Although we're relieved that another school year is almost over, exam period is coming. This means that late nights, caffeine overdose, and greasy take-out will be an inevitable part of student life over the next few weeks.

Before you settle deep into your exam routine, take some time to flip through



the last issue of this school year. If you want to pump yourself up for EPE placement, there are a number of informative pieces that can give you more insight into the profession (p. 5, 11, 12-13). If you want to give your mind a break from the world of pharmacy, try baking a delicious loaf of banana bread (p. 15) or choose the next instrument that you want to pick up this summer (p. 20).

It's bittersweet for us to put together our last issue of The Monograph, even though every month it's been a mad scramble. We've learned so much from each other and we're constantly inspired by the voices of our fellow pharmacy students. If you enjoyed reading The Monograph this year, please consider a submitting piece of your own in the upcoming year. We have absolute confidence in next year's editors, Bonnie Nghiem and Nusrat Amin, and expect an excellent set of issues in 2013-2014.

Finally, a huge thank you goes out to the class representatives – Chi, Anthony, Deval, and Irene – for all your hard work and contributions to The Monograph this year.

Best of luck for exams and have a restful summer!

*Jennifer Jin & Amy Lau
The Monograph Editors*



{CAPSI Corner

Hello CAPSI members,

(If you don't know by now, it's time someone told you: every U of T pharmacy student is a CAPSI member!)

I would like to take a moment of your time, and reading, to look back over the events CAPSI has organized for you over the past year, akin to our "Year of CAPSI in 6 Minutes or Less" Phollies skit this past October. This 2012-2013 summation is bittersweet for me personally, as I am the outgoing CAPSI U of T Representative. I will no longer be directly involved with CAPSI at U of T, but the time that I have been involved is filled with memories that extend beyond what is listed in this article.

A very special thanks goes out to Alysha Prata, incoming CAPSI U of T Senior Representative. Without her attention to detail and calming presence, this year would not have been the success that it was. She is incredibly talented and completes tasks like a machine. I cannot say enough about this pharma-star. I have the same confidence in the incoming Junior Representative, Aarti Patel. I wish you both the best of luck in the 2013-2014 year, and I can't wait to continue to work with you both on CAPSI's executive council!

Remember September? It seems like a lifetime ago for me too! In the first week of this school year, CAPSI distributed CAPSI perks: water bottles, backpacks, discounted textbooks, and agendas!

This year there will be a cover design contest, and the winning cover will grace the covers of CAPSI member planners across Canada! Be on the look out for more information if you're interested.

In September, we also welcomed our two first year representatives: Aarti Patel and Aoran Zhu. We couldn't have asked for more dedicated and enthusiastic contributors to our U of T CAPSI council.

October was jam-packed with competitions! I would like to recognize our CAPSI class representatives that made this possible: Joel Varsava and Maliha Hossain (1T5), Sumit Manchanda and Arman Zereshkian (1T4), and Susan Liang and Suzy B. (1T3). These students went above and beyond to organize and coordinate CAPSI events all year.

In November, all the reps helped run the CAPSI Mock OSCE, which was a booked-out event ("sold-out" wouldn't be appropriate because all CAPSI events are free for members).

In December, we prepared for PDW in Montreal, and what a success that was! In the words of Duke Boamong, during the Mr. Pharmacy pageant, "What event would I make mandatory [if I could]? PDW. 'Nuff said."

'Nuff said, indeed. PDW 2014 will be "Currents Of Change" in Vancouver, BC. Check it out here: pdw2014.ca

March was packed with Pharmacy Awareness Week events! A huge thank-you and congrats to the UPS Social Representatives, Simona Tencaliuc and Leia Musielak! As expected, the UPS/CAPSI Mr. Pharmacy Pageant was fantastic! Our pharmacy men are VERY... talented. Thank you to all the judges, participants, and attendees.

One event that I'd been looking forward to for about a year now was the unveiling and trial run of a new CAPSI competition: the Evidence-Based Practice competition! Three teams competed in a battle of research and wisdom, for what will become CAPSI's fifth national challenge. Thank you to all of the participants. Your skills and teamwork were most impressive!



We've finally reached present-day: join us for CAPSI charity fundraising events, where all proceeds go to the Candle Lighter Society. Look out for the March Madness 50/50 as well.

Mitch Eftimescu and Wilson Cheng are the U of T IPSF representatives and have organized information sessions and promotions for the 2013 IPSF World Congress, in the Netherlands: www.ipsf2013.org

Finally, I would like to dole out one final thank-you. Everyone that contributed to CAPSI events this year made my year rewarding, but I would not have been so involved or invested in CAPSI had it not been for Jen Baker. This is Jen's last year with CAPSI and her work has been extensive on CAPSI's local and national levels. Thank you for all of your hard work and dedication!

As I close this article, I encourage everyone to participate in, and attend, CAPSI events next year. I can't wait to see what the incoming CAPSI U of T council will bring for the 2013-2014 year and I'm looking forward to all of the Run for the Cure fundraising events!

Cheers,

Amber-lee Carriere
Senior CAPSI Representative

IT'S NEVER TOO EARLY TO START

PLANNING YOUR CAREER IN PHARMACY

By ONTARIO PHARMACISTS' ASSOCIATION

SO YOU'RE STUDYING to become a pharmacist, but have you decided what type of setting you would like to practice in? Whether you are in your first year of pharmacy school or about to graduate, it's important to learn about your employment options. Don't hesitate to ask around – professors, colleagues, and fellow students can all help you decide what route is best for you. Take every opportunity to network and attend events that can help put your career options into perspective. Some popular practice settings include the following:

COMMUNITY PHARMACY

In addition to dispensing medications and providing patients with pharmacy services related to their health and well-being, community pharmacists closely collaborate with other healthcare professionals to prevent and resolve drug-related problems. These pharmacists regularly counsel patients on prescription and over-the-counter medications as well as on the proper use of devices such as inhalers and blood glucose monitors.

HOSPITAL PHARMACY

In the hospital environment, pharmacists work closely with other healthcare professionals to assess and oversee all aspects of medication use. Hospital pharmacists have a clinical role in monitoring drug therapy and ensuring appropriate use of medications to help meet therapeutic goals.

FAMILY HEALTH TEAM

Pharmacists play a clinical role as part of Family Health Teams where they work alongside physicians, nurses, social workers, and other professionals to optimize patient care.

LONG-TERM CARE CONSULTANTS

In this role, pharmacists oversee medication use within a facility, adapt dosages, assist in creating individualized care plans for patients, recommend treatment options to other healthcare professionals, and provide education to the healthcare team.

EDUCATION AND TEACHING

Careers in the pharmacy schools at Canadian universities provide pharmacists with the opportunity to lecture, do research, and develop curricula. Pharmacists in this field usually have advanced degrees such as a Master's Degree or Doctor of Pharmacy.

GOVERNMENT OR REGULATORY

Pharmacists in government deal with the laws affecting drug products and pharmacy practice. They work for the federal or provincial governments or for the provincial licensing bodies responsible for ensuring that pharmacists practice in compliance with the law.

PHARMACEUTICAL INDUSTRY

Within the pharmaceutical industry there are different types of roles for pharmacists including marketing, regu-

latory affairs, and medical information. Pharmacists working in these areas can also assist with medication research, development, and education

PROFESSIONAL ASSOCIATIONS

Pharmacists working for professional associations advocate for the profession of pharmacy and for pharmacists working in all settings. They advise government agencies and regulatory bodies to help shape the future of the profession and the practice environment. Unique opportunities within associations may include drug information, education, and research.

Being part of a professional association like the Ontario Pharmacists' Association is one good way to stay up-to-date on what is happening in the profession, learn more about your chosen career, and network with other students and practicing pharmacists.

Looking for networking opportunities this summer? Don't miss out on OPA's Conference 2013 at the Metro Toronto Convention Centre from June 20-22. Register by April 22 and take advantage of our "early early bird" pricing. For more info, visit: www.opatoday.com

Stay connected with OPA on Facebook (OntarioPharmacistsAssociation) and Twitter (@OntPharmacists).

PHARMACY ATHLETICS

This month wraps up our winter term of intramural sports. This term has seen some of our strongest team performances. All of our teams made it to the playoffs, a number of them made it all the way to the championships, and two teams took the championships home.

MEN'S SPORTS



In men's basketball playoff action, with a fourth place finish in pool play, our boys met Rotman in the first round. They came out on top with a score of 41-34. This advanced the team to the quarter-finals where they faced off against SGS A. The final score was heartbreaking with our boys down by two points. SGS A then went on to win the championships.

In men's indoor soccer action, our boys received a bye to the quarterfinals due to their first place pool finish. This put the team up against Chestnut B after a long break. Sadly, our boys were too slow to get into the swing of things to beat Chestnut B, who had to fight their way to the quarterfinals.

In men's volleyball action, our boys finished pool play in first giving them a bye straight to the semi-finals. With the time off, our boys found no problems putting Medicine away 3-0. The team then faced off against PT/OT in the championships. The game began very rough with PT/OT taking the first set. The boys finally got it together and stole the second set despite the initial point deficit. This brought the two teams to the third set where the boys' momentum overwhelmed PT/OT. The men's volleyball team claimed the championships for their third term in a row!



In men's hockey action, our boys finished off the regular season third in their pool. This put them up against Dentistry in the quarterfinals. Our boys won it in a nail-biting overtime with a score of 4-3. In the semi-final game, our boys met up with Architecture. Unfortunately, the boys fell short a hair's breadth from the championships.

With such a strong year-long performance by our hockey team, we expect to see a very competitive OPA Cup this year. Best of luck!

Lastly, great job to all of the players on our men's teams! Can't wait to see next year's results.



WOMEN'S SPORTS

Women's soccer finished off an amazing season, qualifying for playoffs but unfortunately losing their quarterfinal game by one goal in a sudden death overtime match against OISE. With the full team in attendance, the ladies definitely played a hard game, proving themselves to be tough competitors. Good job on the season and we'll see you next semester!

The combined Medicine/Pharmacy women's hockey team defeated UTM in the semi-finals, moving on to face OISE/Skule in the finals. After a tough game, they suffered a 3-0 loss, finishing second in the league. Amazing job ladies, hope to see you at the finals again next term!



And finally, congratulations to our women's volleyball team for winning the division 2 championship! After fighting for the final spot in the playoffs, the women's team managed to defeat higher ranked teams, crushing Dentistry in the semi-finals and defeating UTM in the final match, pulling out wins in the first 2 sets and securing the championship. Enjoy those hard-earned championship t-shirts!

COED SPORTS

In comparison to some of the other faculties on campus, Pharmacy is traditionally ranked as a smaller faculty and thus placed in division 2. However, there is nothing small about the way we play, with all of our coed teams making it to playoffs this semester!

The coed basketball team had an easy ride into playoffs this term, finishing first in their pool and had a strong win in the quarter finals against Victoria College with a score of 56-21. However, they were beat out by Massey College, who they had previously lost to during the regular season by 7 points. Despite a close game, the players kept their cool and are even more determined to take the win this upcoming fall. Great season everyone and hope to see you out again next year.



take down the competition next year with the return of many of our veterans and some new faces.

The coed volleyball team had a great start to the season with easy wins and barely any competitive play, but that all changed once they hit playoffs. After finishing in first place in their pool and playing a hard game against New Col-

lege, we managed to earn a spot in the semi finals. However, we lost against St Mike's College (2-0), who went on to become the division champions. Congrats on making it to semis! We're hoping next year will finally be the year that Pharmacy takes the title, so come out in the fall.

Finally, our indoor frisbee team saw some hard times and just narrowly made it to playoffs, finishing 6th in their pool. They lost in the first round of playoffs against Trinity College (30-12). Hopefully next year we can get some more female participation in the sport and earn the championship title. In the meantime, make use of the summer months. Head outside and practice those throws!

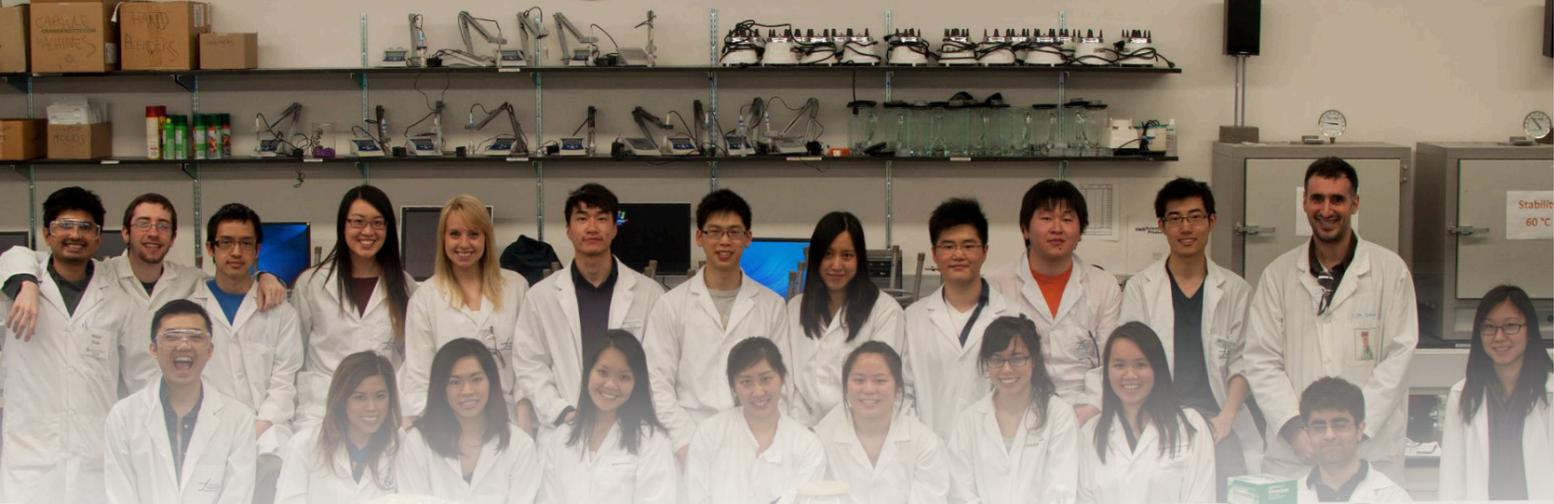
This concludes our last issue as your Athletic Directors for the year. It's with a bittersweet sadness that we say our goodbyes, but we welcome, with open arms, our new directors and hope them all the best in the upcoming year! Hope to see everyone out at intramurals and the Robax Cup Challenges with all the same enthusiasm and spirit that was displayed this year.

Have a great summer, phamily!

Louis Nguyen
Male Athletics Director

Jennifer Ma
Female Athletics Director

Caren Chiu
Co-ed Athletics Director



PSFCA FIRST ANNUAL COMPOUNDING COMPETITION By JOANN BAN, 1T5

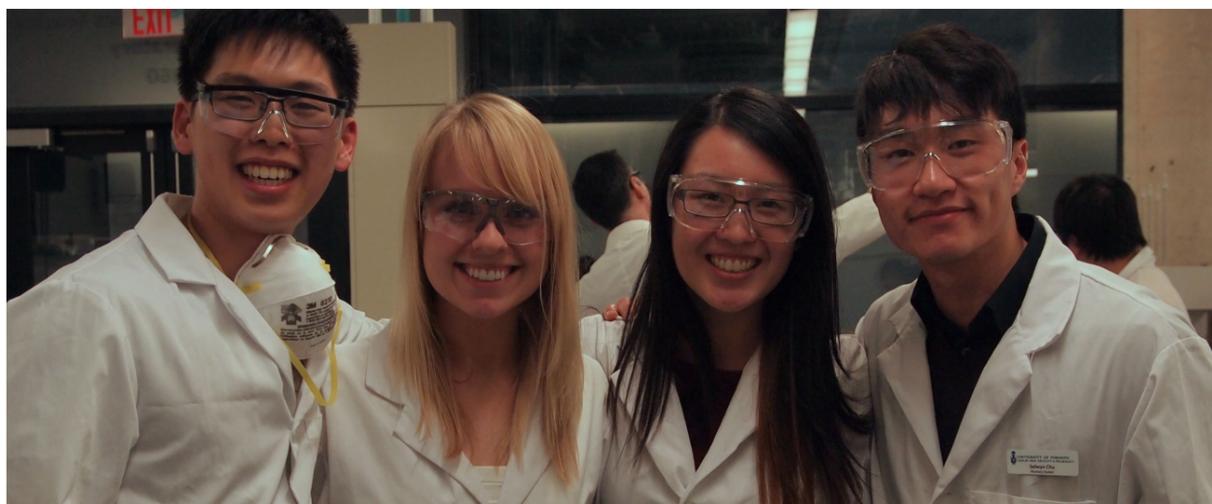
Pharmacy Students for Cancer Awareness (PSFCA) hosted their first annual compounding competition on March 27th as part of the club's second annual Pharmacy Cancer Awareness Week. Students in teams of four competed against each other to create the most therapeutically appropriate and pharmaceutically elegant topical treatment for radiation dermatitis.

A case study outlining the signs and symptoms of a breast cancer patient experiencing adverse effects from radiation were given to all students at the beginning of the competition. Students were challenged to pick out key information in the case in order to determine which active ingredients (e.g. hydrocortisone, dexamethasone, menthol, benzocaine) and base (e.g. cold cream, gel, ointment) were most appropriate to treat the patient's radiation dermatitis. This task required critical thinking skills to apply the therapeutic and compounding knowledge from dermatology and pharmaceuticals to the case, research skills to find appropriate guidelines to aid in the case, and teamwork to complete the therapeutic task.

The majority of the time, thereafter, was spent compounding. Students handed in their final products with a detailed care plan outlining the drug therapy problems, goals of therapy, monitoring, and counselling points relevant to treating the patient. Points were also given to groups who provided non-pharmacological solutions to treat the patient's radiation dermatitis. At the end of the competition, Co-Chair and Founder of PSFCA, Arman Zereshkian, led a post-lab discussion and participants were given an opportunity to provide feedback on the event.

Overall, the competition was not only challenging, but also a rewarding learning experience for those who participated. The Pharmacy Students for Cancer Awareness Club is proud of all the participants who came out to the competition and made it such a success! We would also like to thank Professor Dubins for helping us make this event possible. In addition, we would like to thank Mr. Hitesh Pandya and Mr. Paul Goldman, pharmacist associates at Shopper Drug Mart (Yonge & Carlton and Eaton Centre location, respectively) for their sponsorship.

Congratulations to The Dream Team - Christopher Siu, Amber-Lee Carriere, Stephanie Wong, and Selwyn Chu - for taking home first place in the competition!



1 MINUTE READ: 5 THINGS YOU NEED TO KNOW

1. Aspirin may reduce the risk of skin cancer in women according to a study reviewed by the American Cancer Society. The study found that women between the ages of 50 and 79 who took Aspirin for 5 or more years had a 30% risk reduction in developing melanomas.
2. The FDA has added new warnings to the label of Pfizer's Zithromax (azithromycin) because it can cause rare but deadly abnormal heart rhythms in some patients.
3. "We're living longer, not better." Despite improved life expectancy, the Public Health Agency of Canada reported that the average Canadian will spend more than a decade of his or her life dealing with diabetes, high blood pressure, or cancer.
4. Grapefruit fans rejoice! Researchers in Florida are currently developing a hybrid fruit that contains only a small frac-

tion of bergamottin, the chemical compound responsible for the "grapefruit effect" (inhibition of CYP 3A4).

5. Parents are being advised to lock up their prescription medications at home. A survey conducted in 2011 by the Centre for Addiction and Mental Health (CAMH) found that about 1 in 6 students reported using at least one prescription drug recreationally. 2/3 of these students admitted to obtaining these meds from home.

"1 Minute Read" is a short list of recent things happening in healthcare that have an impact on the world of Pharmacy. References supplied upon request. You can check out all the previous "1 Minute Read" articles at www.soape.ca!

*Seann Seto
Vice President
SOAPE*

HOUSE PROGRAM AT THE FACULTY OF PHARMACY

Hello phamily,

As this academic year draws to a close, we would like to extend a warm thank you to all of our Student House Leaders, Advisors, and all the students who participated in our House Program events this year.

Our mission is to expand and enhance YOUR experience at the Leslie Dan Faculty of Pharmacy. We look forward to seeing you next year at House Program activities that will include amazing social, professional, and academic events, as well as, exciting competitions between the Houses, with prizes! House-specific items and accessories will be available for easy identification of your House phamily members!

Your ideas for next year's House Program events are always welcome. Please send your suggestions to Doris Kalamut, Director, Student Experience and Academic Progress at doris.kalamut@utoronto.ca

Good luck on your exams! Wishing you a safe and relaxing summer.

Sincerely,

*Professor Kalamut and
House Planning Committee*

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The Huron Perth Healthcare Alliance, a group of four rural hospitals in Southwestern Ontario, was created to maintain and improve the quality of local healthcare services in the communities we serve. Live an enviable lifestyle in a world-renowned, rural community within easy driving distance to Kitchener, London and Toronto.

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PHARMACY ARTS NIGHT



The 8th annual Pharmacy Arts Night took place on Thursday, March 28th, 2013 in the Hart House Music Room. As always it proved to be a night not to be missed! Thank goodness it wasn't as warm as it was last year so that over 115 guests could enjoy the show in comfort! It's amazing to see all of the musical and artistic talent of U of T Pharmacy come together to showcase the incredible things that can be done with everything from a guitar to a blank canvas. With musical acts of all different genres ranging from classical to rap, and visual arts pieces such as sculpture, painting, and even origami, there was something for everyone. As a bonus, the founders of Pharmacy Arts Night, Janet and Mayce, came out to the show. The Pharmacy Choir dedicated their rendition of "Without You," the last song of the evening, to them because Arts Night would not exist without their efforts. A huge thank-you needs to be extended to all of the incredible performers, artists, and volunteers who helped make this special night happen. Make sure to check out the pictures and videos from this year's event and come out next year to support the arts!

*Maliha Hossain and Katherine Koroluk
Pharmacy Choir Directors*



STUDENTS FOR MEDICARE CONFERENCE

Join us for the Students for Medicare Conference on Pharmacare! Guest speakers include Dr. Danielle Martin and Dr. Sanjeev Goel from Canadian Doctors for Medicare, and Dr. Marc André Gagnon, a professor of public policy at Carleton University. The next stage of medicare goes beyond providing physician and hospital services. Come out to learn more about how we can make this happen!

Expanding the Canada Health Act: Pharmacare and Beyond
Saturday April 27th, 2013 from 10am to 2pm
Steelworkers Hall, 25 Cecil St
Suggested donation of \$10 but no one is turned away



Registration: visit www.studentsformedicare.ca or e-mail at studentsformedicare@gmail.com

WHY YOU MIGHT BE

UNEMPLOYED WHEN YOU GRADUATE By ANONYMOUS

THERE HAVE BEEN grumblings in the pharmacy building in recent years regarding the ongoing oversupply of pharmacists in Ontario. For the uninformed, here is a quick rundown of the facts. In 2000, the faculty launched the International Pharmacy Graduate (IPG) program at U of T. Six years later, in 2006, the faculty increased its class size from 120 to 240 students. Then, the University Of Waterloo School Of Pharmacy opened in 2008. If you want to get an idea of the impact that these events have had on the number of new RPh licenses in Ontario, hop on the over the OCP website and check out their public statistics. In 2000, 403 new licenses were granted in Ontario, while in 2012, just 12 years later, there were a whopping 757 new licenses granted in Ontario. What else does the future have in store? In 2011, Wal-Mart made a donation of \$1 million to the faculty in order to expand the capacity of the IPG program by 30%. The Waterloo program also has yet to graduate a full class, as they ramp up capacity for their new pharmacy program.

The IPG program itself has taken flack for producing subpar pharmacists. The training required for internationally trained pharmacists is dramatically different from other healthcare professions. The main distinction is that doctors or dentists must pass through a complex process and are often required to take additional classes in a Canadian

university. This is done to ensure that when doctors or dentists become licensed, they are on par with a Canadian trained health professional. The barrier for entry for pharmacists is much smaller. The current system in place is creating a two-tier profession in the province. This can be seen through the reduced wages that IPGs often accept upon licensure. No hard statistics exist for this either, but it seems to be a common practice. Ask your preceptor this summer, and he or she will tell you how it is. This is detrimental to the profession as a whole, but more importantly it's unfair to qualified internationally trained workers.

What does an oversupply of pharmacists mean for you as a pharmacy student at U of T? Since there are no official statistics on wages for pharmacists in Ontario, only anecdotal evidence exists. I encourage everyone reading this article to talk to their EPE preceptor this summer about wages for new graduates, about the IPG program, and their thoughts on the future of the profession. Talk to a recent graduate. Talk to the 1T3s. Many current students have no idea what's in store for them when they graduate and it's important to be informed.

As tuition continues to increase every year, with the 1T6s now paying over \$16,000 per year, the total number of ap-

plicants to U of T's pharmacy program continues to drop. In just a few short years, the total number of applicants has decreased from over 1000 in 2009 to around 600 for the latest incoming year. One simply has to look at the ridiculously low PCAT cut-offs for the 1T7s to see what has become of the admission requirements for pharmacy. As tuition continues to skyrocket and wages continue to plummet, we might even see the day when less than 240 students apply.

What's in store for the future? An entire graduating class without a job? Pharmacists working at Starbucks? A lifetime of crushing debt? If you add the average living expenses in Toronto and combine them with the tuition that pharmacy students currently have to pay, you'll see a dark future in store for many students. You'll see a future in which students could be paying back their debt for the rest of their professional lives. Useless, underpaid, and undervalued pharmacists? That's a huge loss for the entire province of Ontario.

Speak up! Speak to your preceptors. Speak to your professors. Let the faculty know what you think about the future of pharmacy in Ontario. Let them know what you find out from your preceptors this summer. Let them know that you want something to be done before it's too late.

THE PHARMACIST FILES

By BONNIE NGHIEM, ITS

WHO? Manjit Hansra, BScPhm (U of T, 2003), RPh, CDE



WHAT? Pharmacist/Associate, Certified Diabetes Educator

WHERE? Shoppers Drug Mart in Bloor West Village

Manjit Hansra is the associate-owner of a thriving pharmacy business located in west Toronto. Within the changing face of community practice, he has built upon the range and quality of pharmacy services at his store since becoming Associate in 2004. Manjit sits on OPA's Membership and Awards Committee, has been a Teaching Associate at the Leslie Dan Faculty of Pharmacy, and is a preceptor for EPE and SPEP students, interns, and international pharmacy graduates.

How do you sort through your roles as a pharmacist and business owner?

It's really a global sort of thing. As a pharmacist, you have to multi-task. Even though you know there's all sorts of things going on in front-store and a whole slew of other things you need to get done, you have to pay attention to the one prescription that you are checking. We have good staff here who are eager to contribute and who allow us to get more involved with the expanded scope of practice. That's where the planning comes in. For example, if you want to run a clinic day, you absolutely need to plan those things outside of work hours, because otherwise they will not get done.

Along with mentorship in the pharmacy, what can students do to contribute to the profession?

With mentorship, the way I look at it is that someone gave me an opportunity. So I practice in such a way that allows other students to have the same sort of opportunities that I did. If my mentor had not pushed me or had not opened up doors for me, I would not be where I am today. Given the current job market, I am finding students are now more motivated to separate themselves from their peers to be more attractive to potential employers.

One major thing that students should take a more active role with is advocacy. With the changing landscape of the pharmacy profession, we really need to advocate for the profession. This can be done through educating our patients on what we do through counseling, setting up health promotion displays, and reaching out to build relationships with other health care professionals.

Students in the pharmacy have the time to go to a deeper level with med reviews and clinics. With our SPEP student in January to February, we had read an article on medication synchronization [patients come in on a more regular basis and get the same number of pills for the same number of days]. It is a way for compliance to improve, and they can come in once a month [for all their medications] which makes everything more fluid. Our really motivated SPEP student pretty much made everything happen – with some feedback and tweaking, it is now a functioning system with more patients coming on board.

As an associate with Shoppers Drug Mart, how much flexibility do you have to create clinical initiatives?

When it comes to clinics and value-added services, it's entirely up to us [as associate-owners]. For our diabetes clinics, we connected with a glucometer representative and a community health organization, through which we had a dietician come in. We had a clinic

A Day in the Life...

- Run sales reports (including front-store and cosmetics), script count
- Review sales per labour hour to avoid over- or under-staffing
- Weekly and monthly basis: manage the profit and loss (sales, margin, inventory)
- Dispensary work (a minimum number of hours must be fulfilled by the associate-owner)

"Every day I come in, I'll have a list of 5 or 6 things," says Manjit. "If I can get 2 or 3 of them done, then it's a successful day!"

Aside from dispensary duties, there are inventory, supply, staffing, and other operational matters that require attention, whether scheduled or unexpected. Taking responsibility for the entire store makes planning and effective communication (team huddles, daily updates, periodic goal reviews) necessary for a successful, cohesive operation.

in Swansea Town Hall on ADHD medication, with a round-table discussion with parents sharing about the goals of medication for their children. We've had a nurse come in to do heel scans to screen for osteoporosis and a respiratory therapist to do some testing for COPD patients. We are listed as a Universal Influenza Immunization Program site.

I've never been told not to do anything if it's involved in patient care. That is something that is supported at the corporate level. The actual work such as funding, creating, and staffing the clinic, is done at store level. Certain clinics have a corporate nationwide focus [major disease states: CVD, diabetes], but you need to be involved within your store area and see what the demographics are, what kind of needs exist, and how you can meet those needs. Smoking is probably the third biggest category behind diabetes and heart disease. A person who quits smoking will have an immediate positive effect on their health. If you can work with someone to help them quit, they'll likely be your patient for life because of the positive impact you've made.

You have added further certifications to your practice (Certified Diabetes Educator, injections certification) – how long did it take to achieve these?

I attended a program that is run by Certified Diabetes Educator [CDE]-accredited nurses to prepare for the CDE exam. As pharmacists who really know the medications, we need to focus on the nutrition and the Canadian Diabetes Association guidelines, which I studied. So it was really about that exposure over the course of 3 to 4 months. The teaching aspect is important: how you counsel someone, not didactically, but to find out what existing issues are occurring for them that are preventing them from managing their diabetes properly. The CDE designation is good for 5 years after we write the exam. It's been a good decision – offering me more knowledge to help counsel and provide support to our patients with diabetes.

Since the fall, we [Manjit and two full-time staff pharmacists] have done about 800 flu vaccinations here. The immunization rate prior to this was not as high. [A recent article in OCP Pharma-

Road to Pharmacy Ownership

Becoming a pharmacy owner can be a challenging process, whether independently or through a franchise. It requires a special level of personal drive and commitment. At SDM, there is the Leadership Excellence and Development (LEAD) program. To enroll, a full-time pharmacist at a Shoppers location must obtain approval from the associate, who ensures that the candidate has high potential to learn what is needed to run his or her own store one day.

The 12-week training program involves many modules and meetings with the associate and front-store manager to learn more about the business. Upon passing this intensive training course, the candidate can begin applying to stores. "A lot of it is on-the-job training," explains Manjit. "You can only learn so much from the textbook. You need to see it and actually be involved in it before you can understand it."

cy Connection, Winter 2013, recognized the 200 000 immunizations performed in Ontario pharmacies this past season.] I hope the scope of practice does continue to expand.

What has been patients' reception of pharmacists administering the flu vaccine? Were they eager to know more about other things that pharmacists can do?

We have the responsibility to educate patients. For many, the convenience was the key factor that motivated them to come in for flu vaccination.

"One major thing that students should take a more active role with is advocacy"

Some of them have mentioned hearing that pharmacists can now prescribe. The way in which these media reports are interpreted... really, that statement is about smoking cessation aids and [also about] renewing and adapting certain prescriptions, and so we have to make sure to educate them about all of this.

With expanded scope, we can now make certain therapeutic judgments and do them on our own. Discussion among the staff is needed so that the expectation and commitment would follow through from, say, Friday night to when the patient comes back on Sunday afternoon. Consistency is very important within the pharmacy and throughout the community. There will be a lot of ethical issues and grey areas, and it will come down to professional judgment and consistency.

Did you always plan to be where you are today?

When I was in school, I worked for Walmart, SickKids, and then through Rx&D for a pharmaceutical, during successive summers. I wanted to get an idea as to what the profession had to offer. At the end of the day, I wanted to have patient contact, so that kind of made the decision and settled me into community. The opportunity of being involved in the

business side of things interested me as well. It was a merging of two interests of mine which has worked itself out.

Would you need to have some business acumen, or is it something that can be developed?

The interest is the key! If you have the interest to work with people and to manage a team, the business piece can be learned. You need to have motivation. There will be days that are demanding, and the different directions that you are pulled in can be challenging at times... so if you have that main interest, it will get you through those times.

What is next for the store and for your own practice?

I'd like to connect with more physicians in the area. If you're able to work closely [with them], I think the practice and the level of care that you're able to provide, as well as the business, can all really improve. For our diabetes focus, I definitely want to work on providing more information and advice, even [providing] diabetic socks to patients rather than referring them to Home Health Care. I want to reach out to diabetes education centres and develop a rapport with them, and to sign up for the Community Pharmacy Outreach Program [affiliated with the Canadian Diabetes Association].

For immunization, [if] the scope of practice can expand as mentioned to involve [administration of] travel and other types of vaccinations, if there is any additional training that is needed, we want to get that done right away. It's been said that Canadians now travel more than any other group of people around the world. It's another way in which we can be involved in answering the needs of our clients.

It's important to try to be forward-thinking about where the profession is headed, and do the things that you need to do to be there when it happens. It's also important for us to understand what students are learning; we want to be able to engage and provide you with opportunities, because that's only going to strengthen our voice as a profession.

SHENANIGANS OF CHOCOLATE BEAR

By CHOCOLATE BEAR

STORIES FROM THE SUBWAY

First of all, am I the only one who is still expecting to magically run into the love of my life accidentally on the subway?

Anywho, I was standing next to this girl on the subway. She was roughly an 11 on a scale of 1 to 8.3, a brunette with grey eyes who looked a lot like Jennifer Aniston. Not nowadays Jennifer Aniston, but back in her prime Jennifer Aniston. We were standing pretty close to each other, so after staring at her awkwardly via the reflection on the glass, I went up to her and said,

“Hey, I know this is weird, but I was wondering if anyone told you that you look a lot like Jennifer Aniston. I mean, maybe you do look like her, or maybe I’m losing my mind ‘cause I spent the last couple of days watching clips of ‘Friends’ instead of actually studying for my exams.”

Of course I said all of these things in my head. The only sounds that actually came out of me were awkward grunts and dull thuds as I punched the door of the subway uncontrollably every 30 seconds or so. Yeah, she probably figured that I was completely nuts. *sigh*

PS: My friends were mad that I didn’t approach her and said, “What’s the worst that could have happened?” Here is the worst that could have happened:

Her: You think I look like Jennifer Aniston?

Me: Yeah, it’s a compliment. She was really pretty on Friends.

Her: What’s Friends?

Me: Come on, you know Friends. That really awesome TV show. It was huge back in the day.

Her: Maybe I never saw it. I mean, I’m only sixteen. Besides, I really think - what are you doing?

Me: Oh, this is my stop.

Her: But the train is still moving.

Me: Good, that way the impact will finish me quick.

STORIES FROM PAIN WEEK

Still expecting to accidentally run into the love of my life, I’ve forced myself to interact with strangers more which led to my life being a bit more interesting. I told my brother today about one of these “near-miss” experiences.

Me: So I ran into this cute girl this morning at this interprofessional conference. We had a small conversation over a cup of tea.

Kyro: Oh, you took her out for a cup of tea?

Me: No, no. It was literally a conversation over a cup of tea. We were complaining about how the water was too cold to properly make a cup of tea.

Kyro: Umm... ok

Me: No... you see... they were serving coffee and tea at this table and... you know what, it’s just as boring as it sounds. *sigh* Then, instead of paying attention for the next session, I went around looking for this girl.

Kyro: Really? You just went around looking for this random girl?

Me: Yeah.

Kyro: Did you know her name?

Me: No.

Kyro: Her age? What she was studying?

Me: No.

Kyro: What did you know about her?

Me: I knew that she was female.

Kyro: Well that’s a relief. So you just went around looking for a random female?

Me: No... it wasn’t that creepy... you see there were 3 sessions that we could choose from and... you know what, it’s just as creepy as it sounds.



Hey girl,

You’re gonna love this recipe.

DAVIN’S EASY BANANA BREAD

By DAVIN SHIKAZE, IT4

I DON’T CLAIM to be a baker, but I can make a mean banana bread. I think I’ve made one every other week or so for the past year. Rest assured that you’ll become a banana bread master with these easy-to-follow instructions. This isn’t going to take a lot of time! I can guarantee that the bread will be in the pan, ready to bake, before the oven is pre-heated. Now enough jibber-jabber, let’s get on with this. Make sure you have:

4 or 5 bananas
Butter
Sugar
Vanilla extract
1 egg
Salt
Baking soda
Flour
Chocolate chips



Let’s face it, measuring spoons and cups are a pain. All you need is a standard-sized coffee mug (I’ll refer to this as a cup from now on) and a spoon. First thing is first: preheat your oven to 350°C.

Measure out about ¼ cup of butter. You can buy butter pre-packaged in ½ cup slabs, so just cut one of those bad boys in half and you’re set. Take the slab and grease your pan with it, make sure to cover it all. Put the slab in your cup and microwave for 45 seconds until it melts.

In a large bowl, mash your peeled bananas. Contrary to popular belief, you don’t need extra ripe bananas, any banana will do. Buy a large bunch of them and you can store them in the freezer when they’re getting too ripe. You can pull them out and defrost them anytime and use them here. Side note: bananas @ 49 cents/lb is a great deal. If you see this, stock up like bananas. You’ll thank me later.

ding Dump the melted butter into the bowl of bananas. Add about ¼ cup of sugar, 1 spoonful of vanilla extract, 1 egg, and ½ spoonful of salt. Mix everything together with a fork until it’s runny. Add 1 spoonful of baking soda and 1 cup of flour. Mix it. Add ½ cup of chocolate chips. Mix everything and dump the entire mixture into your greased pan.

You might as well do some dishes and clean up since it’s probably going to be a few more minutes until the oven is finished heating. When the oven is ready, put your banana bread in and set the timer for 60 minutes. Now I know you’re probably anxious to try it once the hour has elapsed, but take my words of advice and wait until it’s cool before taking it out of the pan. If you greased your pan correctly, the bread should come out easily. Enjoy, my friend. May this recipe bring you years of tasty banana bread!

MY TWO CENTS ON THE TOPIC OF POWER

By RICK FONG, 1T5

TO PROCEED with any discussions about power, it is first necessary to clarify what exactly is power? Power is not a substance, but its existence is very real. Every person living in the world can feel its presence at all times. Generally, power is defined by many as the ability to influence the behaviour of people. However, such a definition only summarizes a phenomenon. Why does it influence people's behaviour? What kind of ability is that?

MONEY

Money's influence on people's behaviour is indisputable. From buying a cup of coffee at Second Cup, to deciding whether or not to study pharmacy at U of T, money plays a major (sometimes the only) role in shaping the decisions people make in everyday life, both trivial and tremendous. These decisions occur at every level of society, from family furniture purchases made in a household to economic policies adopted by the parliament of a country. It also determines everyone's quality of life, even life and death, by deciding whether or not a person can have access to certain goods and services. The motives behind many crimes such as robbery are also often related to money in some way or another.

NORMS

From childhood to old age, norms govern the behaviours of people for as long as we are communicating and interacting with each other. Parental disciplines such as "don't hit your sister," giving seats to the elderly on a bus, and raising your hand first and waiting to be called before asking a question in a class are all examples of norms in society that have been instilled in us. Customs, ethics, and professionalism are derivatives of norms that also have characteristics of power. This applies to healthcare

professionals such as pharmacists and the behaviours expected and choice of words used when interacting with patients are taught right here in school.

Norms facilitate communication between people. It sets unified standards as a foundation for which people can interact and share feelings or information. If you don't follow norms, the foundation over which communication can take place is lost, and communication cannot proceed. In those instances, other people could exclude you or otherwise stop interacting with you, which would eventually adversely affect your own interests as well as your personal growth and development. Because of this, most people need to follow norms in a given social group or society, willingly or otherwise. Although sometimes unwilling, and although norms are not necessarily right, most people would find that they still have to comply with them.

RELIGION

Religion sets out standards of moral behaviour. It judges what is right and what is wrong, and sets out doctrines telling people how they should live their lives. Religious leaders such as priests, lamas, or imams have immense power over the believers of their respective religions, because they give interpretations of the sacred scriptures and guide others into following the religion. If believers don't follow what the leaders say, they are either "lost sheep," "reincarnated as a pig," or "condemned to hell." Therefore, they must be guided by the religious leaders and follow their words. Psychics, palm readers, or other fortune-tellers exert their power in a similar fashion. By foretelling events in the future (irrespective of authenticity), they can tremendously influence people.

MASS MEDIA

The mass media is a venue in which people communicate with society at large, and it is a significant source of information for many. It controls what information the public can and cannot access. Therefore, the way that mass media portrays information significantly shapes public opinion. It strongly influences people's attitudes and behaviours, and can even change an individual's way of life. Celebrities are typical products of mass media, and one need not look further than the influence of Justin Bieber's songs on teenagers today to realize the power of mass media.

KNOWLEDGE

"Knowledge is power" is a phrase familiar to many people. Whenever people are in a situation where it is unclear how to proceed, the person who knows what he or she is doing the most is usually able to influence others into following them. This is especially true when people are doing group assignments in school. In the society at large, where the division of labour is highly specialized, knowledge enables the provision of specialized services. As an example, professionals such as pharmacists have knowledge in drug therapy. Only when patients comply with pharmacists' advice can they gain therapeutic benefits, which gives pharmacists power in the domain of pharmaceutical care.

The intertwining of these five elements profoundly shapes the lives of each and every one of us. The ways in which we choose our relationships with each of these elements, i.e. how we choose to manage money, adhere to norms, practice religion, respond to mass media, and utilize knowledge, shapes who we are as unique individuals has a tremendous influence in our lives.

1T5 SELF REFLECTION

By CHARLES WICKS, 1T5

"It must be remembered that there is nothing more difficult to plan, more doubtful of success, nor more dangerous to manage than a new system, for the initiator has the enmity of all who would profit by the preservation of the old institution and merely lukewarm defenders in those who gain by the new ones." - Niccolò Machiavelli

This March, the Faculty sent out following reminder: Students must achieve a minimum Grade Point Average of 1.7 (C-) and at least 60% in every course before they may advance to the next higher year. I am confident that we students are all painfully aware of the necessary passing grade. So this begs the question, how poor are we performing that this reminder was necessary? And what are the ways that students and faculty can work together to achieve better results?

As future pharmacists, we are being trained as critical thinkers to determine clinical relevance through analyzing an abundance of data. After the first two years of the new entry-level PharmD curriculum's launch, faculty and students alike must take the time to critically analyze the curriculum implementation process to see whether or not the changes to the pharmacy program are producing the desired outcomes. As this new curriculum is said to provide students with an educational model and opportunities that are consistent with the Doctor of Pharmacy curriculum, we have to look at the core objectives of the program and question whether these ideals are being translated into hard outcomes for students. At the end of each course, we have the opportunity to critique the course itself and our professors, but I think it is also important to evaluate the program as a whole. Through continued feedback between students, faculty members, and the administration, we can help to determine the strengths and successes, as well as the weaknesses and inefficiencies, of the new curriculum up to this point.

Personally, as a student, I highly value my education. I have a desire to learn and I want to send a message to the profession of pharmacy: get ready, because there will be a new breed of finely trained, well-tuned pharmacists entering the workforce in two years who are prepared to take on the changing scope of the profession and provide patient-centered care. I just hope that when it comes time to step up, all of us feel confident and able to deliver.

As the Class of 1T5 heads out for EPE-2, here are some questions that I invite everyone to take some time to reflect upon and provide feedback to get a feel for where we stand after completing half of the new program.

1. What progress do you feel has been made in the first two years of the entry-level PharmD curriculum?
2. What factors do you feel explain the degree of success in implementing the entry-level PharmD curriculum?
3. Do you feel confident in your abilities to independently identify, solve, and prevent drug-related problems? Why/why not?
4. Do you feel that you are asked to accept an appropriate amount of responsibility for directing your learning? Why/why not?
5. Do you feel that this self-directed learning is helping you to develop the skills necessary for future practice? Why/why not?
6. Do you feel that your learning is being guided and stimulated through the use of specifically designed problems, cases, scenarios, exercises and assignments? Why/why not?
7. Do you feel that the course instructors/tutors are functioning both as facilitators and sources of expertise? Why/why not?
8. Do you feel that, through this learning process, you have acquired additional skills such as:
 - Effective communication
 - Teamwork
 - Self and peer assessment
 - Writing
 - Problem solving
 - Critical thinking
 - Leadership
9. In which settings would you feel comfortable applying your knowledge after second year?
 - Community practice
 - Hospital or institutional
 - Government or academia (research, policy)
 - Industry?

DO YOU WANT TO PLAY SOME MUSIC?

By CHI ZHANG, IT6 Monograph Representative

THE ANNUAL Pharmacy Arts Night was a huge success that showcased the many amazing artistic and musical talents of our fellow classmates. Watching the different performances really inspired me to pick up an instrument again and practice. Getting up on stage to perform alone, or even with a few friends, is incredibly nerve racking. I really want to complement all the performers of Arts Night for a job well done. If you've been inspired by the talented pharmies to start your musical career, look no further! This guide will give you the ins and the outs on the instrument that you've always wanted to learn:



lieve that the piano is the most difficult instrument to learn as it involves using two hands to play both bass and treble clefs simultaneously. If you're looking to become pharmacy famous, singing and playing the piano is probably your best bet to get there.

Cost: keyboard - \$100, keyboard with weighted keys - \$400, grand piano - too much

My parents got me a Casio keyboard with weighted keys from Costco one day when it was on sale, but I ended up never playing piano so that sort of went to waste. I would definitely get just a regular keyboard first to see if you like it.

GUITAR



The guitar was probably the most prevalent instrument in Arts Night. Whether you want to be like Taylor Swift and go for the acoustic, or like Dave Dubins and rock the electric, it's certainly a cool instrument to play. Acoustic guitar is an instrument that you can play anywhere, anytime, and anyplace. Electric guitar requires an amp so it's a little less versatile, but once you kick your amp into overdrive, it sounds badass! To be honest, I've always thought guitar was not hard to learn, that is until I tried learning it. It's not an easy instrument at all and you have to familiarize yourself with a whole new system called "tabs"

when you want to read music. Playing electric guitar would give you a shot at jamming with The Adverse Drug Reactions, the band that Dubins plays in, and who wouldn't want that?

Cost: \$150 - \$300 for a beginners' acoustic or electric guitar, \$1000+ for an awesome one

My parents got me a Yamaha beginners' electric guitar off Costco last summer for \$300 that also came with a small amp. I felt that \$300 was a little high considering you can find a lot of cheaper ones around, but it is fairly good quality and you definitely get what you pay for when it comes to instruments. As for acoustic guitars, I don't own one but they usually fall in the same price range and may be cheaper since you don't need to buy an amp. Just remember that a lot of songs (like Taylor Swift's) use a capo, so be sure to get one of those (~\$15)!

YOUR VOICE



Lastly, if you feel that instruments cost way too much, then singing is your best option! The benefit of being a singer is that it's absolutely free! I'm sure there are many good singers in pharmacy who are hiding away because they don't want others to hear their voice. There's nothing to be afraid of - come out and share your talent with us all. Everyone is so supportive and kind! You can start your singing career by joining the Pharmacy Choir, then branch off into your own Barbershop Quartet and sooner or later you'll have no problems singing solo!

SO YOU WANT TO BE FAMOUS

By ANONYMOUS

HAVE YOU EVER thought about being a star? I know I have. From our point of view, the life of a celebrity seems very glamorous and perfect, but not all celebrities lead the same glamorous lives. Let's take a look into the world of Korean entertainment. I'm going to focus on the process of becoming a Korean "idol," used to describe a set of Korean celebrities who have been trained under a factory-like system. As an idol, you can't just be a good singer or dancer. In fact, most of the Korean idols don't even sing very well. What makes them an idol is the perfect image that they portray.

What is presented to us is very different from what these idols are really like. They do their best to be flawless because if they make one mistake, it ruins their illusion of perfection.

How does one become a Korean idol? First, a talent scout discovers you or you audition for an entertainment company. The three big entertainment companies that produce idols are YG, JYP, and SM. It's widely known that if you debut from one of these three companies, your chances of succeeding as an idol is substantially greater than if you debut under one of the smaller companies. The process of becoming an idol is probably tougher than being an idol. Even if you passed the auditions and you were able to sign a contract with an entertainment company, you're not guaranteed a debut. Once you have signed a contract, you are thrown into the company with many other trainees who are just as talented as you are (maybe more). The training period is filled with numerous singing, dancing, and acting classes. On top of the rigorous training schedule, most trainees still have to attend school, as the majority are either middle school or high school students. In order to increase their chance of debuting, they have to excel and show the company that they are ready to debut. If they don't meet the expectations of the company, they can be dropped without a second thought. The training period ranges from 2 to 5 years on average.



Wonder Girls, debuted in 2007 from JYP Entertainment. The leader, Sun Ye, trained for 6 years, from when she was 12 until the age of 18.

Life after debut isn't filled with rainbows and unicorns. In order to become

an idol, they have to give up sleep, privacy, and freedom. Every idol has a manager who watches over the idols and takes care of their schedules. In the beginning stages, if the idol wants to go somewhere, they have to inform the manager and obtain his or her approval. Whenever I watch documentaries about my favourite idol groups, I'm reminded of the tough life they lead. Then I ask myself, do I want to study or do I want to give up my freedom to lead a life that is so restrained and scrutinized by the public?

I think I'll just remain a student and let those who are more talented and passionate about performing chase the fame...



VIOLIN

The violin is quite a popular instrument and it sounds absolutely wonderful in the right hands. However, as a beginner early on, you'll inevitably produce squeaks that may drive your roommate or neighbours up the wall! One disadvantage of the violin is that you usually can't perform a song by yourself, as most solos need a piano accompaniment.

Cost: \$250 - \$500 for a beginner violin, \$1000+ for an actual good violin

I got my violin in China, which was significantly cheaper than what you'd find here. You can buy your beginner violin at Long & McQuade, but definitely try and just get a legit violin from China - you'll save so much money.

PIANO

The piano is another popular instrument and it's extremely versatile. You can play it by yourself, with other instruments, or accompany a vocalist, and it will always sound good. However, I be-

LESLIE DAN FACULTY OF PHARMACY

By RYAN CO, 1T6

Little did I know about what to expect when I first came through those giant glass doors. Eventually, I got used to the flow of things around PB. September was amazing... new friends, the excitement of getting into pharmacy, Phrosh week... Later on, midterms started. It was brutal. Everyone I knew stayed up late, and I experienced staying up until 3 am to study for the first time.

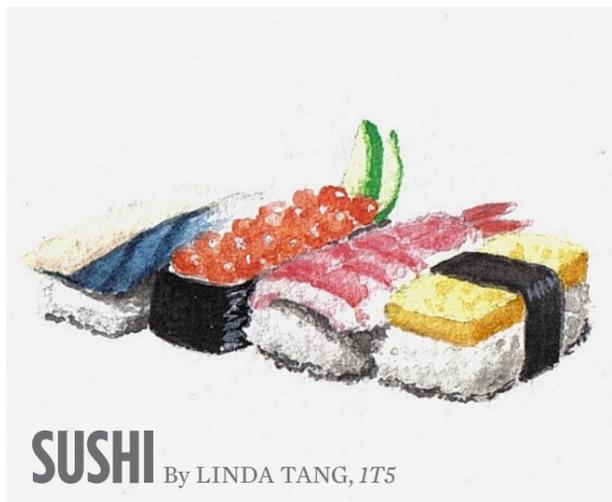
Despite all these late nights, I still forced myself to attend morning class. Around the end of December, after exams were over, we all did our own things. Nonetheless, we stayed in contact with each other.

For a while, everything was perfect. And then reality hits. Clutching onto the final days of winter break, people went to PDW. Unfortunately, I didn't. Later on, we were all back together as one happy phamily in the classroom. Things looked like they were settling down. Yet midterms struck again.

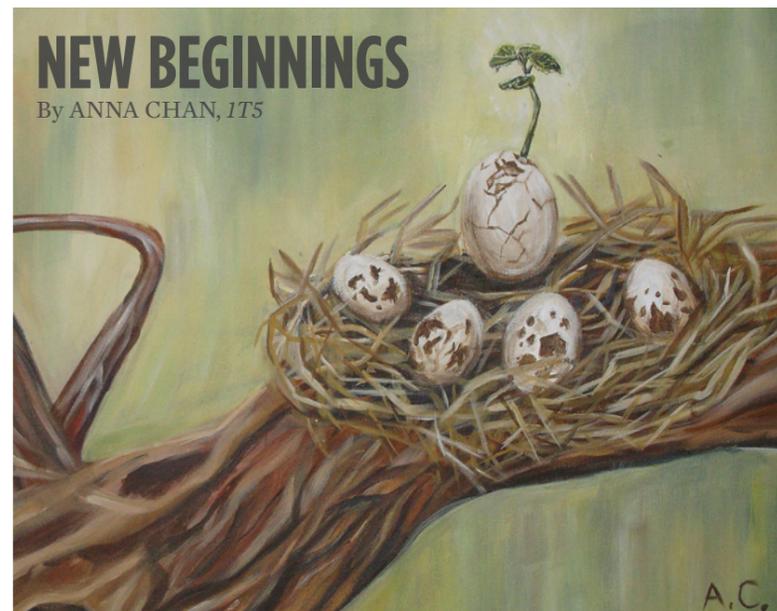
Over the Reading Week, we spent countless hours preparing for the onslaught awaiting us upon return. Five days later, it still wasn't over.

Pharmaceutics. Horrible memories of those weeks still haunt us. And then Molecular Pharmacology marks came out. Reviewing that course became everyone's priority. My head hurts from the thought of six more semesters like this. After all this is over, I wonder what lies ahead. Clearly, things will get harder later on. Yet here we are, staying strong until we pass our licensing exams and become full-fledged pharmacists.

Dedicated to all the students at LFDP.



SUSHI By LINDA TANG, 1T5



NEW BEGINNINGS

By ANNA CHAN, 1T5

A.C.



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2013 DRUG FAIR

On Friday, March 15th, the 1T3 Class Council hosted the annual Pharmacy Drug Fair. There was a great turnout from our students and the companies were pleased to speak to so many future pharmacists! Thanks to everyone who dropped by and made it a successful event.

The 1T3 class would also like to thank the following firms for their generous sponsorship this year:

Platinum sponsor: Costco

Gold sponsors: Galenova Inc, Canadian Forces

Silver sponsor: Pharmasave

Bronze sponsors: Trudell Medical International, Professional Compounding Centers of America (PCCA), RxFiles Academic Detailing Program, Jones Healthcare, Scotiabank Professional Banking Centre, Walters Kluwer, and LifeScan-OneTouch

We hope that future drug fairs will be just as successful!

Paul Moyer & Tracy Zhang
1T3 Grad Formal Representatives



CLASS OR CLIQUES? A DTP IN 1T6

By ARIF MOHAMED, 1T6

YES, I COME TO CLASS. You probably don't see me too often, but I'm sure you can see the back of my head. I sit in the front row of B150 with a bunch of first class keeners. Actually, we don't like the term keener – we prefer to be called studious achievers.

However, I showed up late to class one day and found myself in the very back row. As someone who has been sitting in the first row since the first day of class, I had violated the social norms that encompass the keener code and committed a grievous faux pas.

After being momentarily distracted by a row of laptops displaying Facebook and YouTube pages, I looked around the classroom and quickly noticed the imag-

inary lines of demarcation that divide the cohort of 1T6. Distinct groups of students reside in clusters which occupy our lecture hall. We have the California Spring Rolls, the Parenterals, the Coffee Crew, the Schedule IIs, the Brown Brotherhood, and the Salad Bowl.

While it's absolutely fine to interact with people who share the same interests as you (in fact I encourage it), should we be displaying territorial behaviour when an "outsider" sits with a group he or she does not socially belong to? As future drug dealers, we will want to associate with customers who we know and trust, but why should we exclude potential customers who just want to try something new?

When we encounter foreign substances in our surroundings, there is always the possibility for drug-drug interactions, either harmful or beneficial. You may or may not experience some common side effects, but these are usually temporary and go away on their own. As a drug dealer, explore your neighbourhood and be open to new customers.

So think again before you give others the death stare for sitting in "your" spot or hope that they have a DTP the next time you meet. Only when you make a hefty salary in the future as a working pharmacist can you engrave your name on a seat in B150 and claim it.

This satire does not apply to students who routinely miss class.



1T5 MONOLOGUES

By ANTHONY HAN, 1T5 Monograph Representative

IT SEEMS like just yesterday when second year started. The school year began under the warm sunshine and the joy of being re-united with classmates. Summer sun was followed by winter snowfall, and with the blink of an eye, melting snows remind us that we've completed another year together. It's daunting to think that in a year's time, we will be going our separate ways. Hopefully, this recap will cherish some of the memories of our second year.

FIRST SEMESTER

Much like the start of any school year, second year began with much optimism and lofty personal goals. After the learning curve of first year, many of us hoped that the pharmacy gods would be kinder to us. Turns out, second year had its share of trials and tribulations and we often found ourselves reminiscing about the comparatively light workload of last year. Here are some notable moments of the first semester:

Wednesday could be summed up in three words: Double Lab Wednesdays. We endured a 3-hour MTM lab, a 4-hour pharmaceuticals lab, and the scurry to eat in between (which is a realistic dietary practice of community pharmacists). It wasn't as bad as it sounds, but it certainly made Wednesday the least popular day of the week. However, first semester seemed to be going smoothly until:

Thud. That was the collective sound of the 1T5s' hearts dropping after Professor McCarthy's exam marks were posted.

Despite all the hardships, Professor Crandall's microbiology lectures never disappointed. It provided a welcome

comic relief when we were all tired and sleep deprived. Some kind words to remember microbiology by: If it's moist and it's not yours, don't touch it. If there's an epidemic, stock up on Tamiflu and forget about your family. Sometimes, laughter is the best medicine. But for everything else, use zinc oxide.

We all hate early morning classes, but scheduling dermatology lectures before lunch was a bad idea, as it can leave quite an impression on the appetite. There was nothing more intimidating than Professor Sibbald when it's your turn to speak on the panels. Never mind the textbooks; to impress Debra, you had to think like Debra.

First semester knocked the wind out of many of us, and we used a well deserved Christmas break to recuperate. To some of us, it was by far the hardest semester of pharmacy school, but we were in for a rude awakening.

SECOND SEMESTER

Holy chicken fried gravy train rollin' on some buttermilk biscuits Batman! Everyone, stop what you're doing and stay calm, WE GOT OUR PharmDs! The special day was January 23rd, 2013. We're sorry Professor Grootendorst, but we had to put our celebratory needs above your lecture, 'cause we've been dreaming about this since day one. (There was a slight confusion when the computer tech came in while we were cheering... oh well, two kill birds with one gigantic stone.) Dean Mann's 1T5 approval rating just skyrocketed. The euphoria lasted only for a few days until we realized that we needed to sacrifice a small forest to print out our pharmacotherapy readings every week.

Infectious Diseases and Cardiology. So many LOs, care plans, and workshops, but so little time. Reading guideline after guideline can make even a grown man cry. We're still trying to figure out how the profs managed to cover so many slides in a 2-hour lecture. But who needs social life? Everyone knows that drug charts are our best friends.

It's one thing to learn pharmacotherapy, but it's another thing to recite it on the spot when an irate doctor is yelling at you. MTM3 makes MTM1 and MTM2 look like child's play. Hear that? That's the sound of all the B3s praying that they don't get picked for SPW counselling.

EPE hunting is painful.

They say that being a student is the best time of your life. After all the challenges we've been through, it's not uncommon to doubt this. Hopefully, when we reflect back someday, we can laugh about it all and remember fondly the time we spent together. Maybe we'll simply look back in awe at the fact that we survived.

It was a pleasure serving the Class of 1T5 as 2012-2013 Monograph Representative. But like Padawan left his Jedi Master, like Hillary must leave Barack, like Beyonce must leave Destiny's Child, like Michael Jackson left the Jackson 5, like... (I could go on for ages), I must leave you for greener pastures.

Have a good summer everyone.

Anthony Han

(According to Professor Wilson, I should really sign this.)



We would like to congratulate Annie Huang of 1T6 (left) for winning the book raffle. Annie has received a free copy of "Pills, Thrills, and Methadone Spills."

Congratulations are also in order for Katherine Koroluk of 1T5 and Molly Marcellus of 1T4, who have both won \$30 Second Cup gift cards in a draw as thanks for their contributions to The Monograph this year. Thank you to everyone else who submitted pieces to us throughout the year!

The Monograph Editors



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