

THE MONOGRAPH

VOLUME 16, ISSUE 3

VOICE OF THE PHARMACY STUDENT



NEW YEAR, NEW BEGINNINGS

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UPS Corner

Hello Pharmacy,

Welcome back to another semester at the faculty. We hope that you all had an exciting yet relaxing winter break, and are ready to get the New Year started off right.

A huge congratulations are in order for the 1T8 class, who have officially been welcomed to the profession of pharmacy! Take good care of those white coats as you'll be using them quite a bit for MTM. Also, take a look at the end of this issue of *The Monograph* for a few lessons on what not to say in MTM.

Midterms may be nearing, but you can still wind down after a long days' worth of studying. It's never too late to join a team. Contact the UPS Athletics Directors to see what intramurals are available this semester and we highly encourage you to join!

Although a tad early, we spur you all to think about getting involved with the UPS and class council next year. The UPS President and Vice President nominations have come out and



both Moe and I are very excited to see the presidential campaigns this year. Seems just like yesterday when we were taking our own election photos, as shown below.

Have an excellent semester,
Joseph Samuel and Mohamed El-Salfiti
UPS President and Vice President

CAPSI COLUMN



Hello Pharmacy!

We hope you had a relaxing holiday and have had a great start to the second semester thus far. CAPSI has a lot planned for you this term, and we hope you're as excited as we are!

Professional Development Week (PDW) 2015 was held this year from January 7th – 11th in the beautiful (and cold) Québec City. During this time we attended the national CAPSI council meetings to reflect on the past semester's work and to plan for this coming semester's events. While we were at the meetings, our delegates attended speakers and panel discussions on topics ranging from ADHD to HIV to veterinary pharmacy! We also were able to hear from two time Olympic gold medalist Alexandre Bilodeau as our motivational speaker. At night, we enjoyed the wonderful social events that the



2015 planning committee had organized for us – a magical Bollywood night, a fun night out at the Dagobert Nightclub, an amazing National Mr. Pharmacy competition, and finally a wonderful Captain's Dinner to end off the conference.

We are very proud of the way our delegates presented themselves at this year's conference. We were also represented at a national level with Katherin Koroluk (1T5) being this year's recipient of the Canadian Society of Hospital Pharmacists Student Award and second place winner of the PIC Competition, Joseph Samuel being this year's second place winner of the National Student Literary Challenge, and Chia Hui Chung winning UofT's Guy Genest Passion for Pharmacy Award! Also, our wonderful Pharmafacts team (Jacob Cashin, Mohamed El-Salfiti, Caroline Colozza, and Faraz

Razzagh) made UofT proud as they made their way to winning third place during this year's Pharmafacts Bowl! Last but definitely not least, congratulations to the extremely talented and handsome Paul Gillespie for winning fifth place in the first ever national Mr. Pharmacy Competition! We also want to recognize all the other competition winners for working extremely hard during the OTC and compounding competitions.

We hope everyone had a great time and is looking forward to next year's PDW, which is hosted by the University of Waterloo in Niagara Falls!

Aarti Patel and Areeba Zaheer
UofT CAPSI Senior & Junior Representatives





Interested in Hospital Pharmacy?

By: Chia Hui Chung, Outgoing CSHP Communications Committee Student Representative

The search for EPE hospital summer positions is well underway. The CSHP Student Committee understands that the search can be a laborious and overwhelming process, which is why we wish to outline a couple of ways in which we can help support you landing future hospital positions.

Our Mission

The CSHP itself consists of a national voluntary organization of pharmacists. Our very own University of Toronto CSHP Student Committee is a relatively new initiative that falls under the umbrella of the Undergraduate Pharmacy Society (UPS) Committees (e.g., Community Outreach Committee, Pharmacy Awareness Month Sub-Committee, etc.). The CSHP's mission is to commit to patient care through the advancement of safe, effective medication use in hospitals and other collaborative healthcare settings. The CSHP Student Committee is given the opportunity to work with various provincial and national CSHP groups, so get to know your Student Committee and allow us to connect you with other CSHP members!

Become a CSHP Member

You may be asking yourself, "Do I have to be part of the CSHP Student Committee in order to join the CSHP?" The answer is absolutely not! In fact, you can become a CSHP member by becoming a CSHP Student Supporter. Being a Student Supporter provides you with e-Newsbriefs delivered to your e-mail, which feature the latest articles that are of interest

to hospital pharmacists. Topic areas can include new clinical data, hospital safety practices, changes to legislation and drug shortages. Student Supporters also have access to the CSHP eBulletin, which keeps you updated on potential employment opportunities, upcoming events and competitions. Be sure to visit www.cshp.ca for information on how to become a Student Supporter.

Events

The CSHP Student Committee does its best to connect you with hospital pharmacists through a variety of networking events. Last October, the CSHP Student Symposium in the Pharmacy Building provided an introductory educational event for upper year students. This event promoted hospital pharmacy as a career while providing an opportunity to network with pharmacists from the UHN hospitals and Sick Kids. Last November, the CSHP First-Year Mixer was held at the Ramada Plaza Hotel to provide the 1T8 Class with a better understanding of hospital practice. Moreover, students were invited to attend the CSHP's 66th Annual General Meeting/Educational Sessions and Awards Evening last semester to learn about topics such as acute coronary syndrome, new respiratory puffers and leadership in pharmacy.

Keep an eye out for future e-mails from CSHP Council for more events and updates. If you have any questions, the CSHP Student Committee can be contacted via e-mail at cshpcouncil@uoftpharmacy.com. Good luck in your search!

SOAPE

UNIVERSITY OF TORONTO

1 Minute Read: 5 Things You Need to Know

1. This year, we are facing up to 40% more cases of influenza in Ontario compared to last year, half of which are of the H3N2 strain, a strain traditionally known to be more potent. Unfortunately, this year's flu vaccine was said to not be optimally matched to this strain. Remember to take the necessary precautions to protect yourself and your loved ones from the flu!
2. A recent study from the University of Wisconsin showed that middle-aged people who exercise regularly throughout their life held off brain changes associated with Alzheimer's disease. They performed better on cognitive tests and had less accumulation of beta amyloid plaques, neurofibrillary fibres and shrinkage of the hippocampus – all signs of Alzheimer's disease!
3. Shoppers Drug Mart has launched a "first of its kind" initiative of a Patient Contact Centre which exists solely to provide patients with follow-up counselling, advice on new prescriptions and existing complex regimens, all conducted over the telephone. It focuses on adherence, to drive down health costs. This initiative has created more quality jobs for the pharmacy sector.
4. The US based Accreditation Commission for Health Care (ACHC) is expecting to expand their pharmacy program in Canada this year, providing compounding pharmacies with an independent, third party review of their practice through the Pharmacy Compounding Accreditation Board Certification Program. Implementing this program will focus on setting

standards to improve quality and consistency of medications compounded.

5. The year 2014 was a record year for the number of drugs approved by the FDA. 41 "first of its kind" drugs were approved including 15 drugs for orphan diseases to treat rare cancers and metabolic disorders affecting less than 200,000 people in the US.

Carol Nguyen
SOAPE
Co-President



PHARMACY ATHLETICS

With another semester of pharmacy school comes another semester of intramurals! Hope you are all as excited as we are! This semester, there are a number of intramural teams being offered:

Men's: Basketball, Volleyball, Hockey, Indoor Soccer

Coed: Basketball, Volleyball [2 teams available], Ultimate, Inertube Waterpolo [new for this semester!]

Women's: Basketball, Volleyball, Soccer

To join these teams, remember to register for the team on IMLeagues, or else your name will not appear on the game sheet.

Furthermore, stay tuned for updates on the last Robax cup event, interclass dodgeball! Also, a special congratulations to the men's and women's volleyball team for winning their respective championships in the Fall Season, and good luck to all teams in the upcoming semester.

Athlete of the Month:

Congratulations to Michael Marsella for winning the male athlete of the month. Apart from being a generally great person, Michael exemplifies the ideal pharmacy athlete: a commitment to his team, leadership, teamwork, and a great attitude. This past semester, Michael served as the men's soccer team captain, as well as the quarterback for both the men's and co-ed flag football teams. He was also integral in helping the men's basketball team reach the finals. Congrats again Michael!

Huge congratulations to Claire Hooper for winning this month's female athlete of the month! Aside from being a fantastic athlete, Claire was able to display leadership, sportsmanship and commitment to her team in her role as captain. She not only captained the women's soccer team but also the new women's flag football team. Congratulations Claire!



EVOLVE Editorial

David Liu and Priya Patel, EVOLVE Newsletter Committee

Our Mission: Focusing on pharmacy's expanded scope of practice to promote student collaboration and empower them towards better patient care.

Our Vision: Developing a culture geared towards nurturing future pharmacy professionals in the interest of improving health outcomes and ensuring patient-centered care.

Our Values: Surpass, Cultivate, Optimize, Passion, Empower

In this issue, EVOLVE (Embracing Ventures and Orienting Leaders to Value Expanded Scope) serves to provide materials related to the expanded scope of practice. Our objectives are to raise awareness and analyze the dimensions that affect the implementation of expanded scope services. It is our hope that these summaries will help pharmacy students feel comfortable and motivated to perform these services as pharmacists. They are also intended to spark interest and bring up points for further discussion.

The expanding scope of pharmacists' practice: implications for physicians (<http://www.cmaj.ca/content/185/14/1228>)

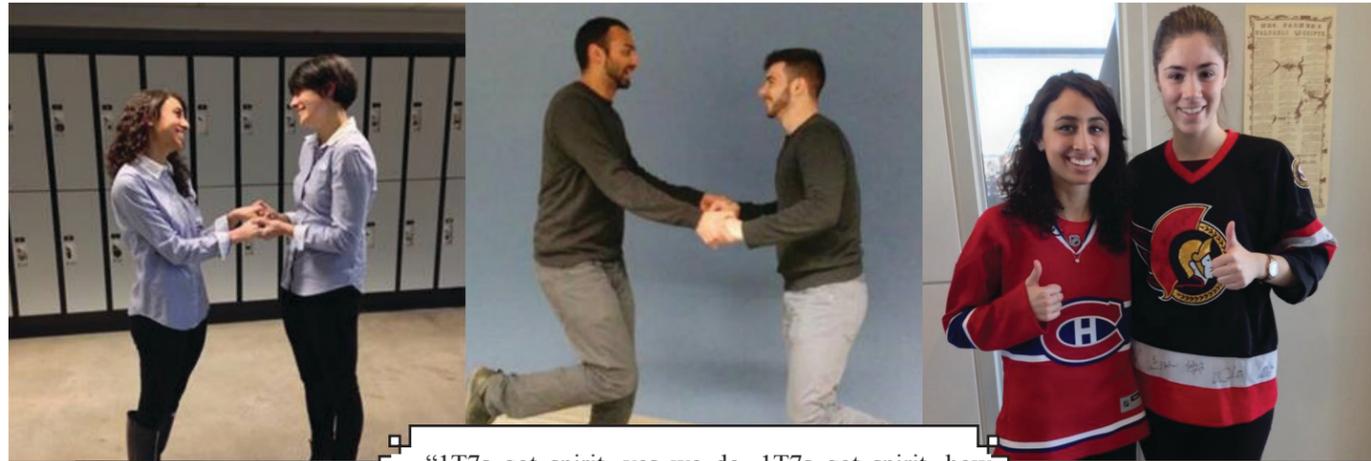
This article analyzes the implications for physicians with the expanding scope of pharmacists' practice. This is important because the roles of pharmacists and physicians begin to overlap more as we become more involved in patient care, thus increasing the possibility of conflict. By understanding the physicians' perspective, we are better equipped to work side by side with them in the patient's best interest.

Recent legislative and regulatory changes have enabled pharmacists to better address patients' growing health care demands, especially in the context of providing joint patient care with physicians. There is substantial support from research studies showing pharmacist involvement in improving a wide range of patient outcomes, with additional trials being conducted to determine where best

to add value with pharmacist services.¹ In physician-pharmacist collaboration, pharmacists can reduce emergency room visits due to drug interactions. Pharmacists can also effectively manage polypharmacy in patients with multiple co-morbidities, identify inappropriate high-risk prescriptions, and assist with deprescribing or tapering drug regimens. Both pharmacists and physicians must know and abide by the ethical and legal responsibilities of their role in managing patient drug therapy. To establish effective collaboration between the two professions, we must increase efficiency of communication in daily practice and improve the quality of interprofessional education. Both sides must work towards a common understanding to develop lasting professional relationships.

¹Santschi V, Chiolero A, Burnand B, et al. Impact of pharmacist care in the management of cardiovascular disease risk factors. *Arch Intern Med* 2011;171:1441-53.

1T7 Spirit



"1T7s got spirit, yes we do, 1T7s got spirit, how about you?!" After enjoying a relaxing winter break at home and a freezing week at PDW, the class of 1T7 showed off their spirit during Phrost Week. Each day, students dressed up in spirit day attire to celebrate the start of a new semester as a unified and outgoing class. Monday left those in PB seeing doubles as pairs dressed up in matching twin attire. Wednesday brought on some friendly competition with everyone wearing their favourite team's jerseys. Thursday was comfy as can be in sweatpants and PJs. Friday brought the class together in their 1T7 swag. Overall, the week was a wonderfully successful time for classmates to bond and win gift cards for participation! Check out some highlights from the week below. Thank you goes out to the 1T7 Class Council for organizing and promoting the events and to everyone who dressed up and made the week a success.

-Tiana & Shane



Spreading Cheer in the Community!



On Friday, December 19th, the Pharmacy Student Service Team (PhaSST) collaborated with the Yonge Street Mission (YSM) to spread some holiday cheer! The Yonge Street Mission is a local charity dedicated to providing food and shelter to the less fortunate in the Toronto community. Despite just finishing exams, over 30 dedicated pharmacy students from various years volunteered their time at YSM's Food Market and Ornament Sale.

Those who volunteered at the Ornament Sale were given the opportunity to interact with the public and sell beautiful ornaments. All proceeds from the sales benefitted the YSM. Many students enjoyed the experience! As expressed by one volunteer, "it was a good opportunity to meet new people and talk to others in the community. A lot of people were interested in learning more about the Yonge Street Mission".

At the Food Market, students were actively involved in the organization and distribution of the food donations to the YSM's clients. According to one of the volunteers, "I continue to be surprised by the enthusiasm that my classmates can bring to such an outreach opportunity. Not only were we able to successfully bring the food market to life, but we all had a great time as well."

It was a truly eye-opening experience to meet the individuals and families who rely on the Yonge Street Mission's Food Market for their holiday dinners. Upon reflection, it becomes clear that, as pharmacists, we will never be able to help our patients achieve optimal health outcomes if they are not also receiving adequate nutrition. Therefore, it is essential that we have an awareness of the food resources and programs that are available in the communities in which we practice so that we can refer our patients in their times of need.

The Executive Team of PhaSST would like to sincerely thank all of the student volunteers who joined us for this event! Be sure to keep a look out for our "Bags of Kindness" initiative in support of the Ronald McDonald House in the coming weeks!

We would also to acknowledge the Enhancing the Student Experience Fund and the Undergraduate Pharmacy Society, whose financial support makes PhaSST possible!

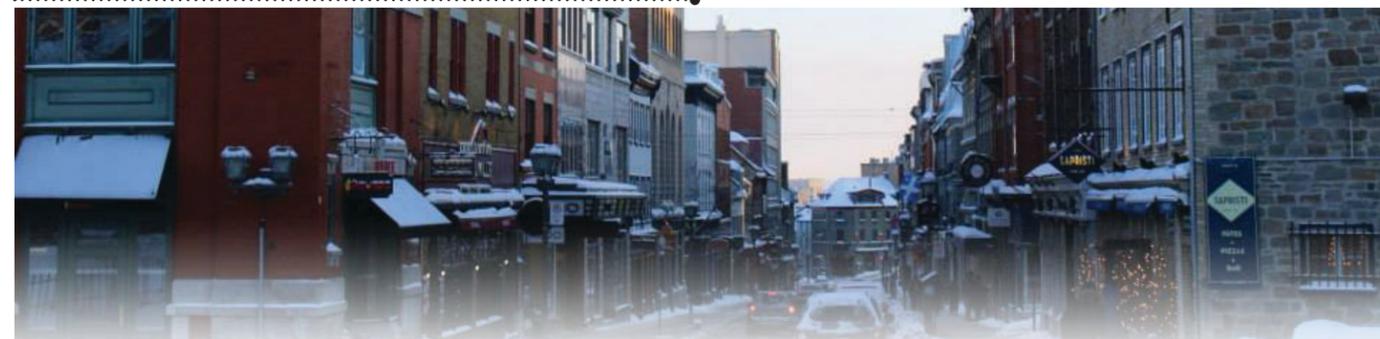
Erin Cicinelli and Sandra Wood, 1T7
President and Vice-President
PhaSST (Pharmacy Student Service Team)

Bags of Kindness Initiative
in support of Ronald McDonald House Toronto

Bag pick up: Friday, January 30th
Bag drop off: Friday, February 6th

PhaSST
Pharmacy Student Service Team

For every bag donated, you will be entered to win 2 tickets to see Toronto Raptors vs. Washington Wizards at the Air Canada Centre on February 11th!



The Jaywalking Tourist's Guide to Old Québec - 1 day tour

By: Amy Lau, 1T5

Professional Development Week 2015 was hosted by Université Laval in beautiful Québec City at the start of January. Between attending all the featured talks and taking part in social events, delegates had time to relax and explore the scenic host city. In particular, Old Québec is tourist-friendly and features the city's most iconic landmark, the Château Frontenac. Keeping this in mind, here's a breakdown of a simple tour one can complete within a few hours to maximize their Québec City experience.

1. Breakfast at Cosmos/ le Hobbit / restaurant of your choice

Québec City is home to a number of restaurants boasting glowing reviews. Some places will even feature a breakfast poutine, so make sure to check the menus before going!

2. Walk by the Palais Montcalm on Rue St Jean towards Old Québec

The area features a quaint outdoor skating rink and is located just outside the walls surrounding Old Québec.

3. Stop by the Maple Museum (and indulge yourself on some free samples)

Les Délices de l'Érable features an array of products made with real maple syrup including spreads, jelly, candy, fudge, and even salad dressings. Have a go at trying some at their free tasting station before picking out the perfect souvenir.

4. Continue and take a slight right towards Cathedral-Basilica of Notre-Dame

Be sure to enter the Basilica and marvel at its gorgeous architecture

5. Continue along Rue de Buade and take a right onto Rue Port Dauphin towards Château Frontenac

Enjoy the magnificent view of the St-Lawrence River and the city of Lévis from Dufferin Terrace

During the winter, take advantage of the toboggan slide located on the Dufferin Terrace (\$2.50/each)

6. Take the stairs by the funicular down to Quartier Petit Champlain

Have a bite to eat at one of many restaurants, buy souvenirs at one-of-a-kind stores, and even grab a beaver tail to satisfy that sweet tooth

7. Take the funicular back up towards Château Frontenac (\$2.25/person)

The Funicular offers a fantastic view of Quartier Petit Champlain and the St. Lawrence River. It's also a perfect opportunity to appreciate the hilly landscape of Québec

8. Have a leisurely stroll in the area and soak in the views

Old Québec features many architectural gems and unique souvenir shops. Be sure to explore the area and its unique landscape.

9. Pass by Québec's National Assembly (a.k.a. Parliament) on the way back and take a tour!

Be sure to stop by the statue of René-Lévesque on the right side of the building and take pictures with its out-of-proportion hands.



The Pharmacist Files

By: Amy Lau, 1T5



Who? Carolee Awde-Sadler

What? Consultant pharmacist and geriatric assessor

Where? GAIN (Geriatric Assessment and Intervention Network) clinic at the Peterborough Regional Health Centre

Please describe how you got to where you are today since the start of your pharmacy career.

I graduated from the University of Toronto in 1979 and worked in community in my home town. I wanted to be more involved in health teaching, and saw hospital practice as a way to be a partner in patient care. 32 years ago an opportunity arose in the local hospital. I was privileged to be of the generation that could grow with the position. I pioneered clinical services at the hospital, developed a passion for and expertise in palliative care, was able to teach in the area, and then in 2000 moved into nephrology, again pioneering a fulltime role for a pharmacist, to support an the vision of the director of pharmacy.

What is GAIN and how did you get involved with it?

GAIN is a creation of the Central East LHIN to provide specialty senior care with a goal to keep frail seniors safely at home as long as possible and out of the Emergency room as much as possible. The four original hospital based clinics are now expanded to add 6 community teams. In Peterborough the community and clinic teams are blended. It is a multi-disciplinary clinic led by nurse practitioners with geriatrician support. The team is composed of pharmacists, social workers, occupational therapists, physiotherapists, behaviour support nurses, CCAC coordinators, PSWs, administrative support, and on some community teams speech language pathologists and dietitians. The clinics are only 4 years old (less than a year for the community teams). An opening arose in the PRHC clinic when the original pharmacist moved on, at a time when I felt ready for a change, 3 years ago.

What is a "typical" day for you?

Each day I will be the lead assessor for 2 clients, whose visits are 2-3 hours, performing a comprehensive assessment of function, cognition, and health, developing a care plan with the family, client and GAIN team, and ensuring appropriate community referrals are made to support the client at home. I respond to telephone calls (about cases I have been involved

with, about medications, and general inquiries about our services). I ensure that a current DPV report is on each chart. I consult about medication management with the team on all clients, and do health teaching on request. Working with the UofT Pharm D students, I am developing formal written liaison with the community pharmacists to leverage monitoring of care plans and medication reconciliation at transitions of care. I have projects and committee work for the Regional program to tackle in my non-patient time.

What is the most important thing to you in your practice?

The most important part of the practice to me is the ability to focus on one client at a time from start to finish, to know that I have been able to do my best for the person and made a difference in a life. In my previous position I was responsible for 1000 renal patients and always felt that my work was being done both hastily and incompletely.

How else are you involved in the profession of pharmacy?

I have been a member of the Canadian Society of Hospital Pharmacists since my student days. I have been a presidential officer and national delegate, involved in several committees and task forces at both the provincial and national level. I am a past president of the Peterborough District Pharmacists Association.

What advice would you like to give to current pharmacy students?

Firstly, when you ask questions, listen to the answer. Being heard is therapeutic and the information you collect allows you to tailor your health teaching to be most meaningful and well received.

Secondly, be involved in pharmacy associations. Your voice can help shape the future of our profession. The more you learn about the health care climate, the more you can steer your career the way you want.



Chronicles of Samier Kamar

By: Samier Kamar, 1T8

Over the Christmas break my family and I traveled to Saudi Arabia to perform a religious pilgrimage in the holy city of Mecca. My parents decided to take us on this trip primarily to show appreciation to God for my acceptance into pharmacy school and to clear my mind off the stress of our first semester of school. During this short eight-day trip, I learned many things, and share them with you through these three stories in the hope they may benefit you as well. So let's get started.

In the airplane on the way from Toronto to Istanbul, there was an announcement on the speaker that said:

"If there is a doctor on this plane, please identify yourself to one of the flight attendants as soon as possible. Thank you."

As soon as I heard this, I got up from my seat and presented myself to the crew members on board the plane. I asked, "Are you looking for a doctor?" to which they replied, "Yes, are you one?" Expecting this response, I said, "No, but I am a pharmacy student and my dad is a pharmacist. What is the problem?" My last word was cut short by one crew member who said, smiling, "We are looking for a doctor." So I replied, "Maybe I can help with my limited knowledge in case there is no doctor on board. What is the issue?" I repeated, affirmatively.

Simultaneously, the two crew members said, "follow us toward the back of the plane." On the way to the back of the plane I woke my dad up and told him the situation so he could lend me credibility and knowledge if needed. I thought of it as an early practice for our summer EPEs. I could tell that my dad wasn't too impressed with the situation I got him into, with the sharp glance he gave me,

though he came nonetheless (albeit reluctantly and half asleep).

It turned out that there was a passenger with a bloody nose caused by dry nose due to the low pressure at high altitudes. My dad suggested they give him Vaseline, of which they didn't have any. The alternative was to give the patient ice to freeze up any fluid movement. At this point a "real" doctor identified himself and agreed. The issue was resolved.

Three days into the trip, we met up with my uncle who also came to perform a pilgrimage. He has high blood pressure. After arriving in Saudi, he came out with a bad cold and a runny nose. He took some meds and a nasal decongestant.

Out of curiosity, and feeling like superman from the former encounter, I asked him what he was taking.

Of course, I wasn't familiar with everything he said, but as soon as he said nasal decongestant, I immediately remembered from pharmacology class that we should never recommend decongestants with patients with hypertension. I kindly reminded my uncle of this, seeking confirmation from my dad once I told him the story, and he agreed. My uncle thanked me because he said his blood pressure had risen unexpectedly and he knew of the decongestant's effect on blood pressure but had simply forgotten.

Now, in Mecca, six days into our trip, we went over to my cousin's house for dinner. There, I saw my aunt who came from Egypt and whom I haven't seen for three years. After sitting with her for a few hours, I noticed that she was coughing a lot and I didn't remember her having this issue before.

I asked if she was taking any meds

and what conditions she has; she has hypertension and takes a med called captopril. That name wasn't familiar to me, and because I didn't have internet to search Martindale's reference, I asked my dad who would know because of his prior work experience as a pharmacist in Egypt.

I asked if it was a beta-1 selective adrenergic antagonist or a non-selective one. My aunt has minor asthma and so I thought I had the solution. My dad told me it was an ACE inhibitor. That rang a bell because I remember my dad telling me that old generation ACE inhibitors like Coversyl cause dry coughs in some patients as a side effect.

Excited, and feeling as though I almost found a cure for cancer,

I asked my aunt how long she's been taking this med, if she takes other meds, if she has other conditions, when the cough started, and if it started only after starting this med.

She told me she started it a year ago and since she started she's been experiencing dry coughs. With lit up eyes, and a huge feeling of satisfaction, I told her that her coughs are due to the common side effect of dry coughs from this old generation ACE inhibitor. My dad advised her to stop it and recommended a newer generation one.

This brings me to the deep talk. I am writing this so I can share with you my experience and hope that you can also benefit from what I learned. For, a lot of what we learn comes from informal conversations, presentations, or real-life experiences. So, what I'm trying to say is,

ask, ask, ask.

Don't be shy to provide help and offer advice. By that same token, don't be

superman either, who roams the streets looking for people to help – mind the context and don't assume. Assuming is the key to lack of communication and it could have been a major issue in all of the above scenarios I mentioned.

Thirdly, be confident in yourself, your knowledge, and your profession. We are all very bright people who made it far and are in a very rewarding profession. Take advantage of this by giving back and helping others live better lives;

we can achieve so much as pharmacists.

Fourthly, but certainly not least, we are all smart. I know I've said this before, but let me stress it again. I know last semester was tough -- at least I'll speak for myself when I say this. I found it very difficult, especially with eight courses and only two years of undergraduate experience at a small university in Peterborough and living at home.

The Neoliberal Pharmacist

By Sandra Wood, 1T7

I'm sure many of you have thought about how optimistic job perspectives will be upon graduating pharmacy. As such, you probably have "googled" something along the lines of "pharmacist jobs in Ontario". To your relief, you noticed there were actually some advertisements of employment; but after reviewing the postings you may have noticed a recurring pattern. "Casual". "Part-time". "Temporary Full-Time".

The emergence of "contract work" is becoming more prevalent in our society where as the promise of "Permanent Full-Time" employment seems to be elusive, and often only available after years of experience.

I term this as a "social change" because these adjustments in how we conduct employment, in fact, align with a remodelling of our society. This remodelling is described as "neoliberalism".

Neoliberalism is a concept that refers to the reduction in the government's involvement in citizens' affairs and, consequently, is seen to be "liberating" the citizen. However, this essentially means the responsibility is placed on the indi-

In fact, I don't even know if I passed all eight courses. I'm willing to bet I failed at least two. But what I'm trying to say is, despite all of this, I still made a significant impact in people's lives. I was still able to apply the core concepts of what we learned into the real world and truly help people's lives for the better. I may not have done well on the exams because of lack of time to study, stress due to eight courses, information overload, living alone and away from home for the first time, meeting new people, adjusting to a new school and new teaching style.

I'm sure many of you have similar feelings in all or at least some of what I mentioned above. But that doesn't mean we are failures, or we aren't fit for this program, or that we are not smart. Rather, it means that we weren't able to perform up to par with the school's expectations for that specific exam, or course. I promise you that with time we will be able to.

individual to control their own affairs yet at the same time remain subtly regulated by the government. Many sociologists refer to this as the "death of the social".

To better understand this paradigm shift, we shall contrast to governance under the "welfare state". After the second World War, the economy flourished and the government had a surplus of resources allowing them to implement social programs such as pension plans, employment insurance and welfare programs (thus, appropriately terming this era as the "welfare state").

Similarly, employers, even in the private sector (e.g. the automotive industry) were able to provide permanent full-time employment with pensions and benefits; one could attain full-time employment and work at that same position for their whole life – if this were to happen today, it would appear to be an anomaly.

Eventually, the fickle economy challenged the sustainability of this framework. As such, providing these incentives to employees proved to be difficult to financially maintain. The responsibility is now bestowed on the individual to

I may not have known that metoprolol is a beta-1 selective adrenergic antagonist for the pharmacology exam simply because there were too many drug names to memorize in a mere hours hours of studying for it (and hence why I think I failed the exam). However, I was able to apply the knowledge and fundamental concepts we learned in class to help improve the lives of two of my immediate family members and one stranger for the better.

I hope with this story that I have lifted your spirits a bit, made you believe that we can get through these next four years, and made you proud of choosing an amazing profession! As for the professors reading this, I hope this has proven to you that, although class averages may be low,

our understanding of the material runs much deeper than what the numbers say.

establish their own financial security and not rely on their employer.

This is consequently seen with the rise in contract work which allows the employer to avoid providing extensive compensation. The individual must practise "prudence" in controlling their own affairs and, depending on your field of work, be prepared for an incessant life of job-seeking.

It appears that elements of Neoliberalism align with the profession of pharmacy in terms of attaining employment. But I would argue that this idea of "responsibilization" of the individual has become a facet of society and is common among various occupations, especially those affiliated with the government. I think what matters, most importantly, is that we are doing something we achieve gratification from...and that gratification should not solely be fueled monetarily.

Reference:

Rose, N. (1993). Government, authority and expertise in advanced liberalism. *Economy and Society*, 22(3), 283-299.





Get 7 hours and Call Me in the Morning

By: Nathan Wong, 1T6

Sleep. One of the basic necessities of life, yet often one of the first things we abandon when life gets in the way. There is much we still don't know about why they body needs rest, but we are now realizing how important it is for proper development, overall health, and memory formation. Baby brains develop the most during the hours they spend slumbering and the length of undisturbed sleep correlates with greater cognitive function and milder temperaments. Even in adults, sleep is imperative to memory function, consolidating it into a more stable and efficiently recalled form. There are links to learning and creativity as well. REM sleep in particular is thought to be the critical component of brain development accounting for 80% of sleep in babies and about 15% in adults. Termed Rapid Eye Movement due to the observations made during this period of sleep, this is the deepest form of sleep and when dreams tend to occur. Brain activity during this period resembles that of the awoken mind.

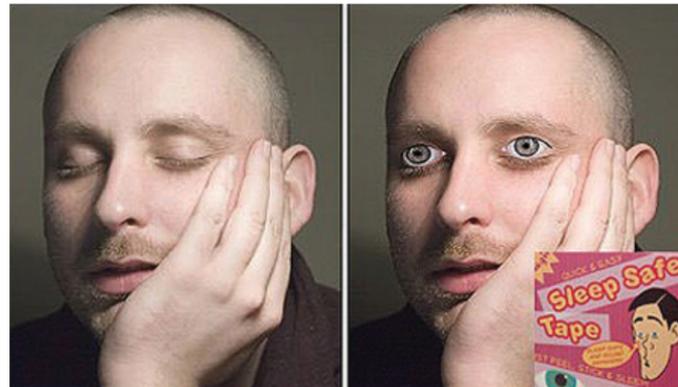
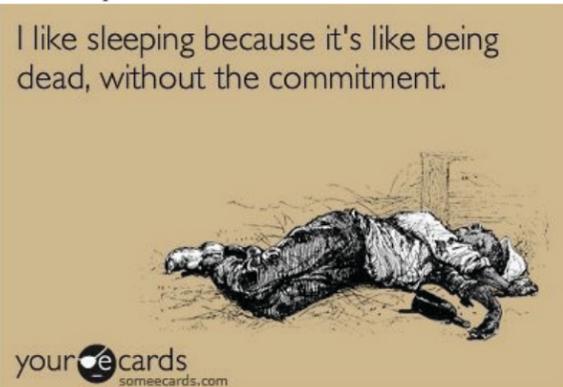
Lack of sleep has been attributed to numerous health dysfunctions. Aside from daytime weariness, lower temperature, and mental fatigue; higher cognitive activities are impaired and irritability, anxiety, and even hallucinations can present. Ex-

pectedly, many sufferers of mental illness present with sleep difficulties as well, and treatment for mental illness often involves sedation in order to rest the taxed mind. It is important for recovery of all types as well, strengthening the immune system and promoting healing. Only when the metabolically demanding brain is resting can the body focus on other necessary processes such as removal of metabolic waste and reducing oxidative stress. People who regularly don't get enough sleep are at risk of developing cardiovascular disease and type 2 diabetes, which may help to explain recent increases in our sleepless North American populations.

So how much sleep is needed? Well that answer is still not very clear. Experts suggest around 7 hours, but realistically, you should be getting enough so that you do not experience any day time sleepiness. This needs to be everyday as well. One does not simply make up for lost hours of sleep by sleeping more on the weekend.

This can be difficult given the lifestyles we students lead. However there's some sleep hygiene tips you can try to follow to improve your quality of sleep and in turn, your quality of wakefulness:

1. Go to bed and wake up at the same time each day. Yes, even on the weekends.
2. Use your bed for sleep only. Well try to anyway.
3. Unplug from any bright, loud, stimulating things half an hour before sleeping. No phones in bed. No coffee or alcohol close to bed.
4. Get into a routine: have some milk, brush, use the washroom, change into your PJs, turn off the lights and tuck yourself into the same spot on your bed.
5. Try to avoid naps after 3 pm and try to keep them less than 30 minutes. They can be great for study breaks and can help consolidate notes into your memory.
6. When you wake up in the morning, open a window to get some natural light in your eyes. Barring that, any sort of light to help you wake up. Morning routines can help too.
7. Exercise is great for tiring out the body for sleep. But keep the vigorous exercise to the morning or daytime and try something relaxing like yoga or meditation before bed.
8. Keep your bedroom cool, quiet, and dark. Keep your clocks away from you so you don't stare at it while trying to sleep.



Why You Should Play Inner Tube Water Polo!

By: Thomas Huang, 1T6

So recently I discovered a new sport called inner tube water polo, thanks to Teegan, our awesome OPA student representative. I was a bit hesitant at first because it was a new experience and I didn't know what to expect. However, in a drastic turn of events, I'm now here to try and sell YOU this amazing experience I had, in hopes you'd join too! Let me preface that I only played once thus far, but the experience was absolutely fantastic! I want to use this platform to promote the intramural sport and tell my fellow students just how fun it is.

Before you begin, you got to put on your swimming gear (trunks for guys and bathing suit for girls), and only then, can



you get into the pool. But guess what, you get in the pool by sitting down on an inner tube! The first few moments of your time in the water will be filled with excitement because one of the rules in the game is that you can flip any of the opposing player with the ball, which is pretty awesome when you are stressed (and who are we kidding here, everyone is stressed in pharmacy; what I am getting at is, it's a great stress relief).

To propel yourself around, you sort of have to do chest flies and kick with your leg backward! It sounds kind of intimidating at first but I encourage you guys to try it, it's a great workout. In addition to these two things, you get to also whip a ball at someone while you sit comfortably in your water fortress (the inner tube). Still with me? So thus far:

1. You get to flip other people in the game, who have the ball
2. You get to do a chest, shoulder and abdominal workout
3. You get to whip at some poor soul and potentially hit their face... or try and score (whichever fancies you)

I know it's a bit intimidating but everyone is really nice on the team and encouraging. I got to play both offence and defence. So if you are looking for a great stress reliever that is lots of fun and a pretty decent workout, I'd say you should give inner tube water polo a try!

Letter

By: Rx Prose, 1T7

Dear TJ, my confidante,

4:15 am on a Sunday morning, with my bedroom window open, I find the night to be quiet. I, in my bed, on my side, curled around my tablet, gingerly spooning the only source of light and reflection. I find the night to be quiet, frustratingly so—a mute mockery of the swarming thoughts and turbulent feelings plaguing my mind and soul. Ideas of and desires for emancipation jet out from me. Walls, ceiling, and floor capture momentarily but just as soon propel them back at me, ever more forcefully, as a bombardment raining over my combative, writhing, vulnerable body. A pain that hurts so good; a first night sober. I used to wish for oblivion, just cold, rock hard unconsciousness. Tonight I could only want for you by my side to unveil, to share and to bury. Through squinting eyes, I can see your figure, conjured just so, just so... My straining ears take in our whispers, silent pauses, muffled laughs. A gentler,

progressive release of my ideas from the painted horizons of my bedroom. My captured desires are fed back, organized, more concise, so much lighter as the bombardment is replaced by rolling, elastic droplets: a burden becomes fodder. A deeply familiar breath, and my arm reaches out, thankful, towards my confidante in shadows, but air cannot return the touch and, oh Heavens! My fingers are not as easily misled as my sight and hearing. Those droplets they hail harder and before soon they learn to bite and to sting and the sun rises a battery through my windows my tired eyes squinting have lost the trace of your shadow and my straining ears fail to grasp our faded whispers over this dull ringing. It's 5:30 am on a Sunday morning and I've closed my window but I swear I still just want my confidante near.

Yours truly,



Student Deals for On Stage Performances

By: Tiana Tilli, 1T7

As February approaches, dating season is in full swing while OSAP money is starting to run out. To help get you out of this pickle, here is a list of date ideas with student discounts that may help you out.

Mirvish Theatre– Broadway Shows

Original Price: ~\$100, Discount Price: ~\$30



Mirvish theatre hosts touring Broadway shows, ranging from comedies to dramas to musicals. Mirvish theatre often offers a limited number of “lottery tickets”. To win these tickets, you show up to the theatre’s box office two and a half hours before the show and enter your name into a draw. Two hours before the show, the draw takes place and the winners can purchase 1-2 tickets on the spot.

Personal Experience: In the fall I entered the lottery for The Book of Mormon. Each time I went, there were about 40 other people who entered and about 20 who won. It took about 30 minutes and was quite exciting, though a bit disappointing when I lost. I tried twice with no success, but on the third night won Orchestra seats!

More Info: To see if a show you’re interested in is offering lottery tickets and where the lottery will take place, visit: www.mirvish.com

The National Ballet of Canada

Original Price: up to \$250, Discount Price: ~\$35



The National Ballet of Canada is a classical dance company whose repertoire consists of elegant classics as well as riveting contemporary pieces. The company offers same day tickets to those between the ages of 16-29 through the “DanceBreak” program. By registering on the DanceBreak website, you will receive a promo code which can be used to buy up to two tickets to that day’s show. Upcoming shows include Alice’s Adventures in Wonderland and The Sleeping Beauty.

Personal Experience: Ticket availability depends on the popularity of the show. When I tried to buy tickets to The Nutcracker, there were no tickets available in December, even at 12:01am, whereas in January tickets were available throughout the day.

More Info: To register for the DanceBreak program, receive the promo code, and buy tickets, visit: <http://national.ballet.ca/dancebreak/>

Toronto Symphony Orchestra

Original Price: \$50-\$100, Discount Price: ~\$16



Toronto Symphony Orchestra is Canada’s foremost symphonic ensemble. Musicians perform classic and modern symphonies on the strings, woodwinds, brass, and percussion. For those between 15 and 35, the orchestra offers a TSOUNDCHECK program where up to two tickets can be purchased online weeks in advance.

Personal Experience: The TSOUNDCHECK program is easy to register for and allows for buying tickets without a promo code. The wide variety of shows make it an enjoyable experience for everyone, while the frequency of shows allow many opportunities to purchase tickets.

More Info: To register for the TSOUNDCHECK program and purchase tickets, visit: <https://tsoundcheck.tso.ca/account/register.aspx>

Canadian Opera Company

Original Price: \$75-\$350, Discount Price: \$22-\$35



Canadian Opera Company allows the audience to escape into an evening of soaring music. The company performs operas such as “Don Giovanni” and “Barber of Seville” in The Four Seasons Centre. For those between the ages of 16-29, the opera offers the “Opera Under 30” program where tickets can be purchased online for \$22-\$35.

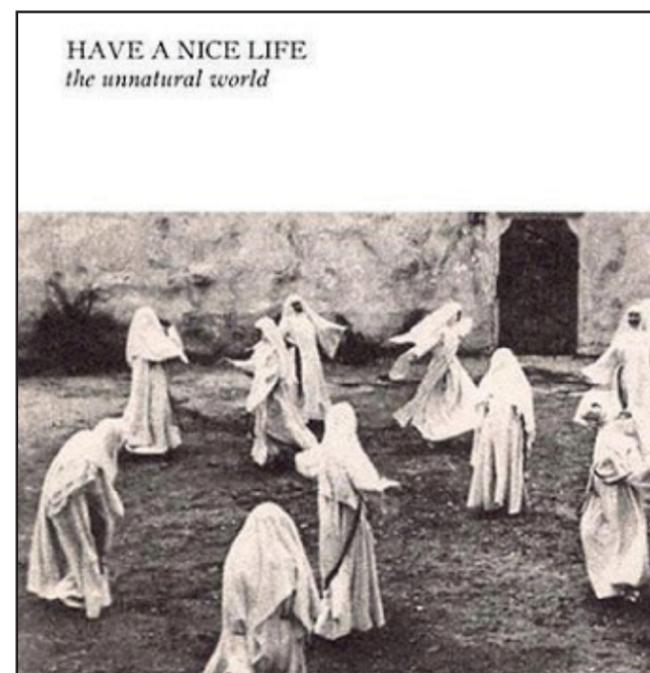
Personal Experience: The Four Seasons Centre is absolutely gorgeous and I would recommend buying tickets even if only for the opportunity to sit in the theatre. Tickets to shows from now until May are currently available, however, most \$22 tickets are the furthest away from the stage. Tickets can also be purchased for \$35, which offers the opportunity of upgraded seats the day of the show.

More Info: To purchase tickets for the Opera Under 30 program, visit www.operaunder30.ca and select “buy opera tickets for only \$22” under the “Come to the Opera” section.

Album Review: The Unnatural World

by Have a Nice Life

Rx Audio



Quintessential tracks:

Defenestration Song
Cropsey

Rx Audio’s Score: 8.2/10

Connecticut experimental rockers Have a Nice Life’s 2014 sophomore release, *The Unnatural World*, is an existential concept album that explores the sonically tenebrous edges that tie our lives to feeling and consciousness. The duo, composed of Dan Barrett (of Giles Corey, In Pieces) and Tim Macugan (of Nahvalr), have amassed a considerable cult following through Enemies List Records, a homegrown indie label co-founded by Barrett himself. To this effect, previous Giles Corey releases, as well as Have a Nice Life’s debut album *Deathconsciousness*, have functioned as catalysts of sorts, drawing an audience to anticipate the label’s most engaging, compelling and mature release thus far with *The Unnatural World*.

The disconcertingly thetic debut *Deathconsciousness* LP offered a melding of gothic, shoegaze and postpunk, notably utilizing elements of drone, ambient, synth and gloomy acoustics. While the predecessor to *The Unnatural World* was an epic Inferno-esque feat of daunting and difficultly-digestible proportions, Have a Nice Life’s latest album is respectably focused and clocks in at 47 minutes, almost 40 minutes less than *Deathconsciousness*.

Lyricaly, *The Unnatural World* is shrouded in a gothic lore that compliments the muddled but textured sonic dissonance that reigns almost unwaveringly throughout this record. On the track “Cropsey”, through Pennhurst Asylum audio samples, we meet Johnny, a child patient following experimental behavioral therapy. An eerie organ drones over chilling xylophone intervals, austere drumming sets a marching pace, but they all give way to metallic, harrowing percussion, distorted, thunderous bass and lo-fi vocals. These same industrial textures perfuse both the fast-paced punk rock and ambient spectra of this record.

The Unnatural World lends itself to the examination of the dark furrows and doubts of minds in a dangerous and oblique manner and does so with uncompromising weight and dour.




Album Review: G-Eazy's These Things Happen

By: Jerry Boun, 1T8

A lot of the rap music currently filling everybody's newsfeeds consists of "Flex Zones" and "CoCo". While this new generation of rap is making the top 40s, I searched for new up and coming artists on the interwebs. Oddly enough, I came across a rapper named G-Eazy off a fitness Youtube channel.

I decided to give a few tracks a listen and after an hour of treating my ears with lyrical bliss, I was hooked. G-Eazy celebrated 2014 with the release of his latest album, *These Things Happen*. The album had reached number one on iTunes and number three on the Billboard 200. This was all accomplished at the young age of 25.

The album, *These Things Happen* consists of tracks such as, "Far Alone", featuring the legend, E-40. The tracks "Almost Famous", "Been On", and "Tumblr Girls" have a familiar dark and eerie vibe that illustrates a lyrical story about G-Eazy's past, his rise to fame, and his struggles.

These Things Happen leads the album with insight on G-Eazy's rise to fame with aggressive lyrics to show that he's just seen the "surface scratched" and he's hungry for more. "Opportunity Cost" is one of my favourite tracks on the album. The beat, in combination with Eazy's flow, takes you on a journey of his

life for the past few years, from leaving loved ones to pursue his dreams, to touring across the country, to "missing every birthday anniversary". What really hits home is at the end of the track, Eazy's mom leaves a voice message expressing how proud she is of him and how he's able to live the dream he's always been striving for.

The album progresses to "Almost Famous", which has that familiar beat and lyrical flow, rapping about the rise to fame, love, and the difficulties of maintain relationships while on tour. Although G-Eazy comes off as an arrogant, tough-acting guy, he lets his listeners know that he deals with hardships just like anyone else, and it's very relatable.

The album ends with a couple of laid-back tracks such as "Downtown Love", "Complete", and "Tumblr Girls". The majority of tracks illustrate G-Eazy's fascination with women and his struggle to maintain relationships. A lot of guys can relate to Eazy's words and all it takes is a Friday night with some good headphones to make you realize that you're not the only one feeling some type of way. The album finishes off with "Just Believe", which reflects back on G-Eazy's struggle to stay in the rap game and to focus on chasing the dream. The laid-back flow along with the calming beat allows the listeners to really listen to his life story.

Overall, the album is a great stepping-stone for G-Eazy. Many of his fans had problems with his new lyrical style, claiming he was straying away from his flow circa 2009. Although I enjoyed his older, playful style, I think G-Eazy finally found his calling. *These Things Happen* gives Eazy a chance to experiment with new beats, flow, and lyrics.

The huge disappointment with the album is the variety and versatility in his rapping, with such examples like "Young with too much cash, watch how I came up fast/They say I'm next to get it/They bring your name up last". His flow lacked consistency and aggression that a lot of other artists such as A\$AP Rocky and Kendrick Lamar have been perfecting. However, the beats, in combination with the melodies and raw emotion G-Eazy puts in certain tracks help captivate his listeners and reels you in, looking for more.

Since his album, he's released 13 new tracks and collaborations, with notable rappers, such as Rick Ross. These 13 tracks have shown much improvement in his lyrical flow and creativity. It's only a matter of time before you hear Eazy on the radio. If you like creative beats, a laid-back rap flow and want to listen to someone new, G-Eazy is a perfect candidate. I purchased the album and can't say I regret it at all.

Don't End Up At the Back of The Monograph[†]

By: Joseph Samuel 1T6, and Shane Nirula 1T7

[†]A reference to the back pages of the *Pharmacy Connection* OCP publication, where pharmacist misconduct is put on blast for the whole pharmacy community to see.

Welcome, 1T8s, to your second semester in pharmacy school. Second semester is where you really begin to learn what it's like to be a pharmacist, and there is no better course than MTM to shed some light on that. For most of you, this will be the first time you've ever counselled a patient, so we understand it can get rough the first few labs. To help you guys out, we've compiled some of our favourite bloopers, and some morals to learn from them. We hope you'll be able to avoid the same mistakes. Enjoy!

Student: "Hello, what seems to be your chief concern?"

Actor: "Uhh, the weather"

Student: "Okay, so do you have any allergies?"

Moral: Don't Be A Robot (DBAR) when counselling

Student: "Do you smoke?"

Actor: "Not cigarettes, but a hella lot of weed"

Student: "Uhh, okay so because you're my patient I won't say anything, but that's kind of illegal, and you...should probably stop that. Anyway, let me tell you more about your medication"

Moral: Be prepared to encounter juicers (steroid users) also

Student: "Some common side effects of this medication are nausea and vomiting. A more serious side effect is that you could get a heart attack"

Moral: Make sure the heart attack comes from the medication, not you telling them about it*

*But seriously, we don't want a heart attack at all

Doctor on the phone: "So I want the medication to be given 10 mg od"

Student: "No problem, so that's 10 mg in the right eye"

Doctor: "Uhh it's a tablet"

Student: "Yeah, so?"

Moral: Usually solid things don't go in the eye

Actor: "I have cancer"

Student: "Do you have any allergies?"

Moral: You're in acting school now - show empathy

Actor: "I'm having a lot of dryness down below"

Student: "I'm sorry to hear that you have a dry vagina"

Moral: A+ for empathy, D- for vulgarity

Actor: "My doctor wrote the wrong type of cream, I think it should be a lotion"

Student: "Let me check my references"



After scrambling through the CPS and not being able to find the medication

Student: "Okay I'm not too sure but I'll take your word for it"

Moral: The patient is never right

Student realizing that the interaction going on with another student is his patient

Student: "Hey, that's my patient"

Preceptor: "It doesn't really matter"

Student: "This is so sketch"

Student fails

Moral: Don't piss off the preceptor

Doctor on the phone: "I'm calling for a prescription for patient X - bisacodyl 5 mg qd"

Student: "Okay, so that's bisoprolol 5 mg once daily"

Doctor: "Yes"

Moral: Pay attention to the therapeutic theme of the week

Student: "Okay so in regards to this medication in obese women..."

Moral: "Big boned" is a more appropriate term*

*Just kidding, that term isn't much better

While counselling on permethrin

Preceptor: "So can you tell me about this medication?"

Student: "This is a neurotoxin that is going to kill your lice"

Preceptor: "I have scabies"

Moral: Check to see if the lesions have burrows

Student: "You should use a latex glove to apply this cream."

Preceptor: "I'm allergic to latex, that's what caused my rash."

Moral: Try to remember why the patient is there in the first place.

THE MONOGRAPH

Student: "I'm going to assume your son doesn't smoke?"

Preceptor: "Yes, I'm pretty sure my 5 year old son doesn't smoke"

Moral: Remember to ask appropriate questions and don't ask for weight unless you need it!

Preceptor: "I'm in a fair bit of pain and I think it's infected"

Student: "Okay, great! Uhm... well actually that's not great"

Moral: Standardized responses don't always work! Listen to what the patient tells you.

Preceptor: "I'm on synthroid"

Student: "That's odd..."

Preceptor: "Why is that odd?"

Student: "Now I have to think about drug interactions"

Moral: While this is good thinking, you probably wouldn't tell the patient that :p Also, it's unlikely you'll get any drug interactions in MTM 1.

Preceptor: "Yeah, I've been doing some renovations in my house lately, which is why I'm exposed to all this dust."

Student: "Oh! Good for you! I've never met a female who did her own renovations before. Fancy you!"

Preceptor: "I'm pretty sure I'm a male... *smiles*"

Moral: A female preceptor can be playing a male patient, know your patient!

Student: "This spray will help with your nasal polyps"

Preceptor: "What are nasal polyps?"

Student: "They're like hanging grapes in your nose"

Moral: Remember to use common terms while describing conditions and not to scare the patient.

Preceptor: "My daughter is 3 years old"

Student: "Oh, my daughter is 3 too! Her birthday was yesterday"

Moral: Creativity at its finest, but if your preceptor gives you dirty looks you should probably stop.

Preceptor: "I want to quit smoking because my brother had a heart attack"

Student: "I'm sorry for your loss, you are making a good choice by quitting smoking!"

Preceptor: "My brother isn't dead..."

Moral: You know what they say about assuming

Student: "So you close one nose and spray in the closed nose?"

Preceptor: "You spray in the closed nose?"

Student: "Sorry, I meant the open nose."

Preceptor: "You spray in the open nose? How many noses do you have?"

Student: "OMG, I meant the open nostril!"

Moral: Make sure you use the correct terminology when describing things

Preceptor: "So how do I apply the Estalis patch?"

Student: "Apply the patch within the buttocks"

Moral: Know how to use the medication you're counselling on, especially if it's a patch or requires a device like an inhaler

Student: "Hi, I'm calling back from Rx R Us. Can I speak to Dr. Baboo about a prescription called in earlier today?"

On the other end: "Uhm... this is Pharmacy 2, I think you got the wrong number."

Student: "Oh, hey buddy! Wait, how did I dial you?"

Moral: If you need to do a call back, make sure you dial the right numbers...

Preceptor: "Well, it's a good thing there's Plan B, since Plan A didn't work..."

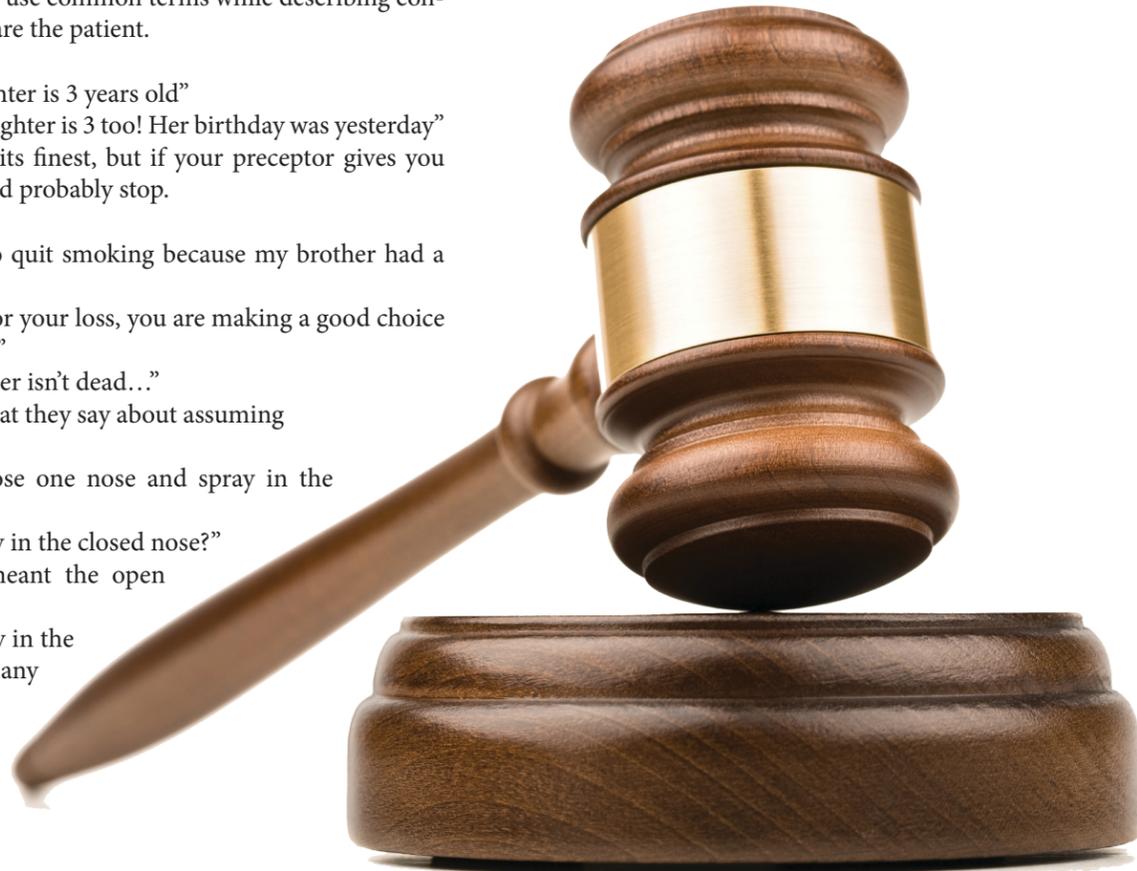
Student: "Huh? What was Plan A? Oh wait, never mind..."

Moral: Some things are better left unsaid

Student: "So one of the side effects of this cream is that it may cause painful irritation at the application site, but since you're already in so much pain from your hemorrhoids you won't even notice it!"

Preceptor: "Uhh...okay, that's reassuring"...*looks shocked*

Moral: Remember to be empathetic and not to scare the patient



THE MONOGRAPH



By Dennis Tran, 1T7



By Shirley Shi, 1T6

THE MONOGRAPH



By Jennifer Wang, 1T7



By: Arpit Shah



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