

Volume 20, Pre-Issue 2018-2019

# MONOGRAPH

The Voice of the Pharmacy Student



## In this Issue:

Letters

UPS Who's Who

Anti-calendar



4



6



14

# The Monograph Team



## Editors-in-Chief

Farhat Hossain  
Michael Vu



## 1T9 Representative

Yannan Liu



## 2T0 Representative

Sarah Bento-De Sousa



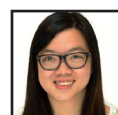
## 2T1 Representative

Kyle Yuen



## 2T2 Representative

TBD



## Layout

Jannie Co



## Photography

Pharmakon

## Featured in this Issue

Stephanie Lau, 2T2  
Ajay Chahal, 1T8  
J.R. Chenard, 0T8  
Gayathri Radhakrishnan, 0T7

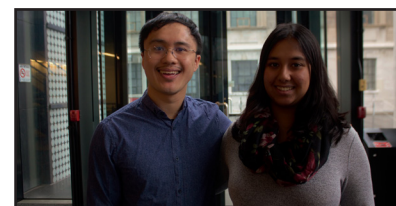
# Hey Pham!

We would like to extend a warm welcome to the incoming class of 2T2 to the Leslie Dan Faculty of Pharmacy. To the classes of 1T9s, 2T0s, and 2T1s, the doors of the pharmacy building are open to you once more (unless you have misplaced your FOB). We are Michael Vu and Farhat Hossain, your upcoming Co-Editors of the 2018-2019 Monograph.

This marks the 20th Volume of the Monograph. The legacy of the Monograph would not be realized without the support of our dedicated readers and writers throughout the years. In this special edition of Monograph, we bring to you the perspectives of an incoming pharmacy student and graduating pharmacy student in “Letters to Monograph”. Read about the “UPS Who’s Who”, to learn about the hardworking students who help you make the most of your pharmacy experience.

Finally, we also bring you the “Anti-Calendar” for the past 2017-2018 school year. The “Anti-Calendar” is a summary of 1st, 2nd and 3rd year pharmacy courses from the perspective of your fellow pharmacy students. A special thank you to Kyle Yuen, Sarah Bento-De Sousa, and Yannan Liu for preparing this year’s Anti-calendar. Be sure to check it out to get some insight into your upcoming pharmacy courses!

We wish you the best of luck in the upcoming school year and look forward to your submissions to the Monograph.



*Farhat and Michael*  
The Monograph Co-Editors  
monograph@uoftpharmacy.com

*Monograph is impossible without writers like you!*

## EDITOR’S ADDRESS

## UPS ADDRESS

# Welcome back Pharmacy Pham!

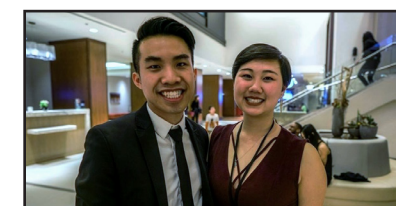
To our new 2T2s, we hope you had a phenomenal Phrosh week! We wanted to give a huge shoutout to Tom, JP and the Phrosh Planning Committee for all their hard work and dedication throughout this entire summer. We hope that you continue to strengthen the connections you’ve made during Phrosh and continue to build new ones throughout your journey to becoming a pharmacist.

To our upper years, welcome back! Whether you were travelling, relaxing, or working, I hope your summer placements and adventures went above and beyond your expectations. We can’t wait to tackle the next academic year together!

The Undergraduate Pharmacy Society (UPS) has been working hard all summer to make the most of your experience here at the faculty. We have some amazing events planned for the upcoming year, like the Interprofessional Boat Cruise, UofT vs UWaterloo Soccer Cup, CAPSI Competitions, and Phollies Talent Show, just to name a few! You can keep up to date on what’s happening at PB by following us on Instagram @uoftpharmacysociety.

If you have any questions, reach out to us! You can email us at ups@uoftpharmacy.com or say hi if you spot us in PB. We’d be more than happy to meet new people, or catch up with you!

We look forward to making this year the best yet!



*Matthew and Pamela*  
UPS President and Vice-President  
ups@uoftpharmacy.com

# Table of Contents

- 4 -

Letters to Monograph

- 5 -

20 Years Retrospective

- 6 -

UPS Who's Who

- 14 -

Anti-Calendar (Year 1)

- 17 -

Anti-Calendar (Year 2)

- 21 -

Anti-Calendar (Year 3)

## Front Cover

Credit: Pharmakon  
A view of the skyline,  
from on top of the pods in PB.



## 2T2: on the way in...

Stephanie Lau, 2T2



When you hear the word “pharmacist,” what images come to mind? I used to envision neatly-pressed employees in a brightly-lit Shoppers or Rexall, dispensing from towering walls of drugs. However, as I began my journey to pharmacy school, the stereotypes I had began to crumble away.

In October 2017, I started my first pharmacy experience at a small retail pharmacy, under the supervision of a recent Leslie Dan graduate. I quickly learned that pharmacists have strong legs (from standing all day!), as well as just how much pharmacists genuinely care for their patients. Volunteering quickly began to change the way I saw the role of pharmacists – from dispensing machines to conscientious professionals.

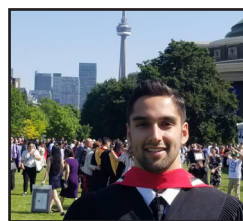
My second pharmacy experience began in May 2018, as a pharmacy assistant at a busy compounding pharmacy. I loved working there immediately and it made me enthusiastic, yet a bit nervous, to go to pharmacy school. I had wonderful coworkers, including lab technicians, pharmacists, and pharmacy students, who guided my learning in prescription processing and compounding. This opportunity helped me realize my passion for compounding and learn about some of the different settings that pharmacists work in. In addition, the head pharmacists were also the owners managed many challenges on top of their pharmacist duties, such as staff management, advertisement, and business with their suppliers. Just observing how they juggled so many aspects of the pharmacy made me realize just what vital, respectable members pharmacists are in our society.

Over the past year, I gained many invaluable experiences at these pharmacies. However, I know that my understanding of pharmacy and what pharmacists do isn't complete yet. I'm nervous, excited, and eager to be joining the incoming class of 2T2, and I most definitely look forward to learning with you all!

## LETTERS TO MONOGRAPH

## 1T8: on to new things...

Ajay Chahal, 1T8



Congratulations to the new 2T2s entering the pharmacy profession, I imagine you guys are excited about becoming pharmacists! Many of you must already have an idea of what it means to be a pharmacist and others may not have a clue (I certainly didn't when I was accepted!) Don't let your preconceptions of pharmacy limit the vision of your career. The landscape of pharmacy is constantly changing, by the time you graduate it may be quite different from what it is now. The Leslie Dan pharmacy program will prepare you to roll with the punches and provide you the skills to be successful in this evolving profession.

I challenge you not to consider what a pharmacist is, but what a pharmacist could be. I encourage you to be actively involved in the profession by attending events, working in the community, volunteering and advocating. This will enrich your time at the faculty and help you develop your own practice style. But most importantly, don't forget to have fun! You will develop lifelong friendships (traumatic experiences tend to do that...joking ...sort of).

Now that I've graduated, I find myself experiencing the same emotions as when I was first accepted into the pharmacy program. I'm nervous, stressed, excited and curious about what opportunities are on the horizon. However, thanks to my time at UofT, I know I'm prepared.

To end with a cliché; your experience in pharmacy school will be what you make it.

## 20 YEARS RETROSPECTIVE



## POETRY + ANTI-CALENDAR FROM 2005

In honour of the 20th year of The Monograph, we are reaching back into the archive to bring you stories from U of T Pharmacy's past. This Issue, we go all the way back to 2005. To set the stage, Mariah Carey had the #1 song with "We Belong Together", George W. Bush was beginning his second term as President, and the Spurs were NBA champions. Enjoy!

*Pharmacy students have been sharing their creative endeavours in The Monograph since its beginning. Check out this poem entitled "Milk Maker" from Volume 7.*

A beautiful life I live in this meadow.

Grass to eat, in abundance.  
Company to converse with, in herds.

Betsy, known for her spots.  
Bill, for his mustache.

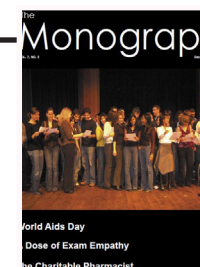
Chew, regurge. Chew, regurge. Chew, regurge.  
The main course passes through my stomach, quattro.

An automatic apparatus stuck to my underside,  
sometimes twice daily.  
Without them I would be in pain.

Perhaps a single downfall,  
this silly bell they hang around my neck.  
Its voice screeches at my every move.

Someday, I will be chosen,  
to visit The House.  
An enchanted place it is,  
such that any who are invited,  
never return to the meadow.

J. R. Chenard



Everyone's favourite course, Mol Pharm, has been around for a while. It used to be in 2nd year, and it used to be called "Med Chem" or Medicinal Chemistry. Take a look at the Anti-calendar from Volume 7!

- Monograph Co-Editors

### PHM222Y: Medicinal Chemistry

**Evaluation:** 3 midterms (2 professors each); cumulative exam; all past exams and selected solutions are available. Notes for this class are printed and provided in-class.

### Lectures:

**L.P.Kotra:** good lecturer whose emphasis is the H<sub>2</sub> Hasselbach equation. His section on exams are M.C. Examples of these are posted.

**Ho-Lun Wong:** Professor Pang was on sabbatical. Ho-Lun was her Ph.D. student who taught her notes. He was humorous and engaging. Straight forward with helpful tips for the midterm. He also outlined material that would not be tested on.

**J.Utrecht:** This was his first year teaching with powerpoint. He whizzed by the material at light speed. It can be overwhelming. Once the lecture notes were posted, it was a lot easier to follow along in comparison to using his handouts. Exam questions are identical from year to year which makes past exams good study aids. His extra tutorial is a must.

**J.W.Wells:** Daunting! The number of notes he gives is about the size of the yellow pages, but with practice exams and hard studying, his section is conquerable. The “rectangular hyperbola” reigns supreme in this section. Take advantage of the T.A.s. The bonus marks assignments and mini-quizzes are a gift! Keep up with Wells' lectures to *get* the material – once you are lost, you will need to do some major backtracking. ATTEND HIS LECTURES!!! Thank goodness, this professor is organized!

**P.Pennefather:** Disorganized! He is not the best lecturer, but at least you get the exam questions ahead of time for you to do some research. Class cooperation or tiny group cooperation is a must! He is available for questions. His extra tutorial is a must.

**J.Mitchell:** Excellent lecturer. She has a good pace and answers your questions well. Material is straight forward. Past exams are useful study aids.

**A.Okey:** Excellent lecturer. He's humorous and explains well. Well-paced and straight forward material. His exam questions are not long.

**A.Chakravarty:** Completely different than anything else in this course. This section is about the philosophy of science so be prepared to get your reasoning out.



### References:

The Monograph. (September 2005) Volume 7, Issue 1, Page 16. "Year Two Anticalendar" by Gayathri Radhakrishnan, 0T7.

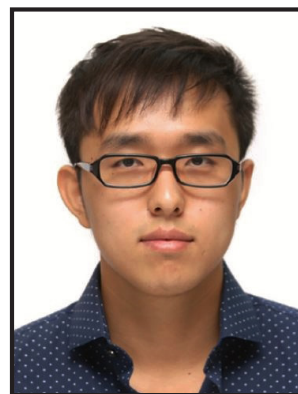
The Monograph. (December 2005) Volume 7, Issue 3, Page 14. "Milk Maker" by J.R. Chenard, 0T8.





Welcome to the annual, traditional, lactose-free edition of the UPS Who's Who!  
Get to know your Undergraduate Pharmacy Society Council for 2018-2019, the team responsible for student life and educational programming during the year. Not sure how to start a conversation with someone on UPS? We have tips for that too! ...Enjoy!

- Monograph Co-Editors



Steven Shao, 1T9  
UPS Past President  
pastpres@uoftpharmacy.com

...undergraduate  
pharmacy society defines me  
(wow who wrote this)

**Motto in Life:** Be truly free.

**Role:** Answer questions Matt can't answer.

**Talk to me about:** I am fascinated by the scenery, the people, and the diversity of this world, so I take every opportunity to explore. I also like reading, mainly non-fiction. Meeting people who are excited about life raises my spirit the most!

## UPS•Who's Who (1/8)



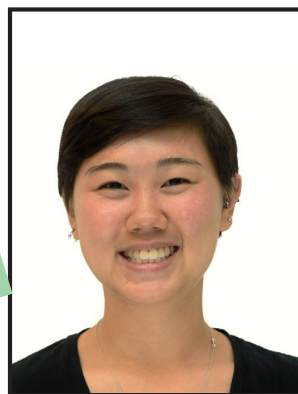
Matthew Luu, 2T0  
UPS President  
ups@uoftpharmacy.com

...what is happening?

**Motto in Life:** Not not down.

**Role:** Oversees the activities of UPS and acts as a liaison between the student body and faculty.

**Talk to me about:** I am a self-proclaimed foodie, napper, and the occasional shuffler.



Pamela Ip, 2T0  
UPS Vice President  
ups@uoftpharmacy.com

...go ask matt!!!

**Motto in Life:** Is it free?

**Role:** The glue that holds UPS together to ensure that our social, academic, and professional events run seamlessly. ...I work behind the scenes to make Matt look good :)

**Talk to me about:** Coffee, food, tips for class, LIFE, free food @ Leslie Dan, outdoor adventures... Anything really!

## UPS•Who's Who (2/8)



Carmen Cheung, 1T9  
1T9 President  
1t9@uoftpharmacy.com

...reliable  
independent!  
hard-worker

**Motto in Life:** Patience is a virtue.

**Role:** As per Cindy's (see below).

**Talk to me about:** Food (cooking, baking, eating, steak especially), HGTV, Bachelor/Bachelorette/Bachelor in Paradise, the Kardashians, Grey's Anatomy, Game of Thrones, traveling, politics and current events, pharmacy in general, musicals, cars, good shopping deals - anything really.



Cindy Zhang, 1T9  
1T9 Vice President  
1t9@uoftpharmacy.com

...extroverted introvert

**Role:** Oversees 1T9 class-related affairs and events with Carmen to make the last year in Pharmacy school and licensing exams go smoothly for our class. As the 1T9s are all on APPE rotations, the class council also acts as the liaison to the faculty and to UPS.

**Talk to me about:** Aquatics, ant keeping (it's a thing), quirky phone games, fried chicken, bubble tea, bath bombs, burning food and the neverending journey to achieving grey hair.



Roshni Patel, 2T0  
2T0 President  
2t0@uoftpharmacy.com

...sleeping  
or  
sneezing!

**Motto in Life:** Just keep swimming.

**Role:** Oversees 2T0 class council activities along with my wonderful VP North! We make sure events go smoothly and that we maintain good communication with the faculty.

**Talk to me about:** Dance, coffee, loathing the TTC but taking it everywhere regardless.



North Sri, 2T0  
2T0 Vice President  
2t0@uoftpharmacy.com

...haters  
gonna hate!

**Motto in Life:** "Do not go where the path may lead, go instead where there is no path and leave a trail."  
- Ralph Waldo Emerson

**Role:** Working alongside Roshni and the rest of our class council to make Year 3 the most memorable year for 2T0s.

**Talk to me about:** Pretty much anything... I can hold a conversation no matter how boring I find it to be.

## UPS • Who's Who (3/8)



Jacob Poirier, 2T1  
2T1 President  
2t1@uoftpharmacy.com



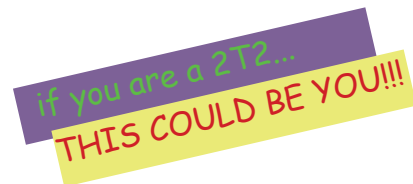
**Motto in Life:** Fake it til you make it.

**Role:** Oversee events and initiatives planned by 2T1 council. Along with Tom Fung (aka bae) I represent the 2T1 class on UPS Council and in meetings with the Faculty.

**Talk to me about:** Music, books, craft beer, dogs, sneakers, bitcoin, reality TV (especially survivor/big brother) or anything else that's on your mind.



???  
2T2 President and VP  
2t2@uoftpharmacy.com



Alena Tran, 2T1  
UTSU Representative  
utsurep@uoftpharmacy.com



**Motto in Life:** Treat yoself.

**Role:** Works with the 2T1 President to serve and represent the class of 2T1. I aim to support UPS initiatives and foster experiences for my class to build better relationships with each other and enable us to succeed in the future!

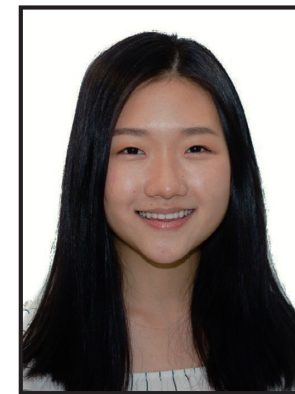
**Talk to me about:** Volleyball, Dragonboat (shoutout to Painkillers), and my cats.

**Motto in Life:** Work hard & be kind.

**Role:** I represent our faculty during the University of Toronto Student Union meetings and keep us pharmacy hermits in the know of what else lies beyond PB :) !

**Talk to me about:** I love trying new foods, learning new things, and recently got into running (completed two 10km this summer, working towards 15km this September and hopefully half a marathon next summer!). Monica and Chandler are my spirit animals.

## UPS • Who's Who (4/8)



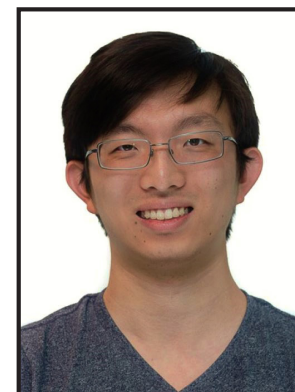
Sera Lee, 2T1  
OPA Student Board Member  
opa@uoftpharmacy.com



**Motto:** Do everything in love.

**Role:** As a member of the OPA Board of Directors, I work to represent your voice in the pharmacy profession! I also lead the UofT OPA Committee which creates opportunities to directly engage in pharmacy advocacy.

**Talk to me about:** I've always had a weird obsession for turtles and recently tortoises! Also currently trying to learn arabic & turkish (send help PLEASE). Other than that, I love ALL food, yellow label lipton tea, taking random strolls...& if you ever want to chat you can catch me at Popeyes every Tuesday (2 piece Tuesdays ftw!!)



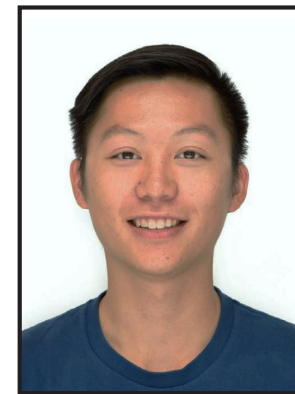
Peter Zhang, 2T1  
Webmaster  
webmaster@uoftpharmacy.com



**Motto in Life:** Never tell me the odds.

**Role:** Maintaining and developing the UPS website, supporting elections and various order packages, and messaging the faculty with the listserv.

**Talk to me about:** I enjoy music, research, and teaching.



Chris Tse, 2T0  
Speaker  
speaker@uoftpharmacy.com



**Motto in Life:** Relax.

**Role:** I run the UPS meetings and keep everyone on topic during discussions.

**Talk to me about:** Olympic lifting (or fitness in general), video games, dragonboat (shoutout to Painkillers)



Gigi Lai, 2T1  
Executive Secretary  
secretary@uoftpharmacy.com



**Motto in Life:** You can retake a course but you can't retake a party.

**Role:** Your local UPS points dealer and go-to for all things clubs and awards related.

**Talk to me about:** Baking, trying out cool snacks, watching Japanese commercials, sleeping in til 3pm, anime, and board games!



## UPS•Who's Who (5/8)



Michelle Wang, 2T0  
Sr. Finance Commissioner  
finance@uoftpharmacy.com

bad  
girl  
mimi

**Motto in Life:** Everything in moderation, including moderation itself.

**Role:** \$\$ Meagan & I are your UPS cash money ladies \$\$

**Talk to me about:** Volleyball, biking, hiking, traveling, anything outdoors - cause why be moody when u can move ur booty!



Aisha Choudhry, 2T0  
Sr. External Affairs Director  
external@uoftpharmacy.com

CATS  
CATS  
CATS

**Motto:** Always keep smiling!

**Role:** Work together with Shreeya to solicit sponsorships and build on the partnership between UPS and our sponsors. We work throughout the year to plan events, mainly the delicious Lunch and Learns! I am also the liason for CU Advertising; a company we work closely with to make sure we are able to present the best publications to you guys!

**Talk to me about:** Cats, F.R.I.E.N.D.S., makeup :)



Meagan Hatch, 2T1  
Jr. Finance Commissioner  
finance@uoftpharmacy.com

...cool  
calm  
caffeinated

**Motto in Life:** Work hard & be nice.

**Role:** Organizng financial aspects of UPS alongside Michelle, helping to ensure you get the most bang for your buck!

**Talk to me about:** Coffee (hot or iced), Windsor pizza, the cuteness level of your dog & HIMYM.



Shreeya Thakrar, 2T1  
Jr. External Affairs Director  
external@uoftpharmacy.com

...wheres my food?

**Motto:** Don't worry. - Beyoncé

**Role:** Aisha and I work together on everything sponsorship; whether it be recruiting, coordinating or planning events with sponsors, such as lunch and learns. I am also the CSHP liaison for UofT and with the help of the CHSP council, we advocate and provide opportunities through events related to hospital pharmacy.

**Talk to me about:** Dancing, ice cream, anything caffeinated, patios downtown, Grey's Anatomy, and yoga to name a few! But always down to chat about anything :)

## UPS•Who's Who (6/8)



Wendy Chen, 2T0  
Events Co-Director  
events@uoftpharmacy.com

WenD the PharmD

**Motto:** Be kind to one another.

**Role:** Catherine and I plan faculty-wide events for you throughout the whole school year, including the Interprofessional Boat Cruise, Phollies, and Semi-Formal at the end of the year. You can count on us to add lots of phun into your pharmacy experience ;)

**Talk to me about:** FOOD (IG: @pharmdfoodies) especially free food in Toronto, pandas, F.R.I.E.N.D.S., anything and everything!



Andrew Henry, 2T0  
Sr. Athletics Director  
athletics@uoftpharmacy.com

...for the boys

**Motto:** Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.

**Role:** To plan the faculty-wide athletic events including the Tug-of-War, Curling Bonspiel, Soccer Cup, inter-class dodgeball tournament and OPA Cup. Further, I coordinate all of the pharmacy intramural teams and hype up athletics for pharmacy students.

**Talk to me about:** Avid sports fan of all kind. Favourite teams: Toronto Maple Leafs, Toronto Blue Jays, Miami Dolphins and Michigan Wolverines. I also enjoy watching movies and Good Will Hunting will always be #1.



Catherine Zhu, 2T1  
Events Co-Director  
events@uoftpharmacy.com

...wendy's other half

**Motto in Life:** What would Wendy do?

**Role:** Re: Wendy Chen (above).

**Talk to me about:** Wendy (jk). Eating, coffee, fitness (sometimes), and anything *a e s t h e t i c*.



Matt Lau, 2T1  
Jr. Athletics Director  
athletics@uoftpharmacy.com

THIS.  
IS.  
SPARTA.

**Motto:** Smile, Matt loves you.

**Role:** To help plan and organize faculty wide athletic events which include the Tug-of-War, Curling Bonspiel, Soccer Cup, Dodgeball tournament and OPA Cup. I also keep the faculty and students aware of all athletic events.

**Talk to me about:** Sports, especially racket sports but also love watching/playing basketball, rugby and a ton of other sports. Anything to do with food, cooking or travelling; always thinking of new things to try in the kitchen and places to go. Staying fit and active.



## UPS • Who's Who (7/8)



Yimin Liang, 2T1  
Marketing Co-Director  
marketing@uoftpharmacy.com

...creative  
and  
bubbly

**Motto in Life:** Be positive and worry less

**Role:** We are the makers behind Facebook cover photos, promotional videos and all things media for UPS events/Lunch and Learns. Make sure to follow UPS social media accounts to keep yourself in the loop! Insta: @uoftpharmacysociety Fb: @UPSatUofT

**Talk to me about:** Guitar, swimming, karaoke, cat person



Rachel Anisman, 2T0  
Sr. CAPSI Representative  
torontosr@capsi.ca

personality  
INTJ type

**Motto in Life:** Do one thing everyday that scares you.

**Role:** Elaine and I help advocate for UofT pharmacy students at a national level and run all local CAPSI events including CAPSI competitions and Pharmacist Awareness Month!

**Talk to me about:** Running, yoga, exploring new places and trying weird foods.



Deuk Kang, 2T1  
Marketing Co-Director  
marketing@uoftpharmacy.com

...what's going on?

**Motto in Life:** Just breathe and live in the moment.

**Role:** Re: Yimin (above).

**Talk to me about:** Photography (shameless advertisement @deukpics), video games, music, TV shows, movies and cooking food. ...also if you've read "The Name of the Wind", we're already chums. As much of a fan of clubs and bars as I am an indoor person.



Elaine Nguyen, 2T1  
Jr. CAPSI Representative  
torontojr@capsi.ca

is  
there  
wifi

**Motto in Life:** When in doubt, pinky out!

**Role:** Working alongside Rachel to satisfy all your CAPSI-related needs, whether it be local competitions, awards, Professional Development Week, or Pharmacist Awareness Month!

**Talk to me about:** Cute pet videos, cooking, lush bath bombs, sleep deprivation and financial irresponsibility.

## UPS • Who's Who (8/8)



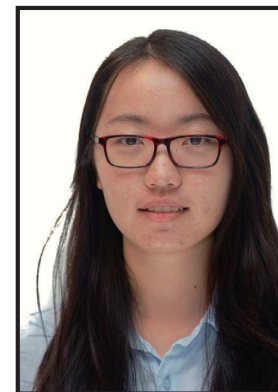
Kendra Hewlett, 2T1  
Pharmakon Co-Editor  
pharmakon@uoftpharmacy.com

perfectly  
caffeinated  
workaholic

**Motto:** Sharing is caring, except insulin pens and boyfriends.

**Role:** This year Belle and I are in charge of capturing all the amazing memories you will have as members of the Faculty of Pharmacy family, and putting them into a yearbook. Remember, "if you didn't document, it didn't happen", so don't miss us as all your upcoming events!

**Talk to me about:** Photography, dance, work, traveling (I've lived a bunch of places), sources of caffeine, being broke but doing fun things anyway.



Belle Li, 2T1  
Pharmakon Co-Editor  
pharmakon@uoftpharmacy.com

lets go eat

**Motto in Life:** Everything's gonna be fine.

**Role:** Kendra and I are your yearbook co-editors. We lead a great team of photographers and designers to record your pharmacy memories. If there is an event, Pharmakon is always there.

**Talk to me about:** Good restaurants. Bubble tea. Chinese and Korean shows. Board games (come to PBGA events!). Marvel. Sense8.



Farhat Hossain, 2T0  
Monograph Co-Editor  
monograph@uoftpharmacy.com

eat. sleep. write.

**Motto:** "Hakuna Matata. Problem-free Philosophy."  
-Timone & Pumba

**Role:** Collect and motivate students to write and submit articles, keep everyone in the loop about pharmacy. Get the newspaper published on time.

**Talk to me about:** Eating and cooking foods from various cultural backgrounds. Social Determinants of Health and social justice. Self-improvement, public speaking, reading (when I have time) and writing about current events in health care and research.



Michael Vu, 2T1  
Monograph Co-Editor  
monograph@uoftpharmacy.com

u  
from  
scarbz?

**Motto in Life:** "There ain't no tuition for having no ambition, there ain't no loans for sitting your a\*\* at home" - Kanye

**Role:** Work with Farhat to get the newspaper published on time, help you speak your mind on our pages.

**Talk to me about:** Topics you are passionate about and how you can write about them, how to build political power in the next generation, your favourite pen size (0.7mm is the answer)...

## ANTI-CALENDAR • Year One (1/3)

## THE YEAR 1 ANTI-CALENDAR

by Kyle Yuen, 2T1 Monograph Representative

## FIRST SEMESTER

**PHM110H1: Health Systems**

Class Average: A-

This course gives an overview of the health care system in Canada, with a primary focus to applicability in Ontario. The course consists of 1 writing assignment, which is an argumentative essay, 1 midterm and 1 final exam. Topics for the essay may vary by year, but can be topical; for 2017, it was whether you supported or were against the implementation of OHIP+. Guest lecturers are frequent in this class.

*Tips for success:* Utilize the Writing Centre for your assignment if you are stuck or are not particularly strong at writing. Peer-editing can go a long way as well. The tests are primarily memorization-based with some questions asking about application of knowledge. The final exam was cumulative.

**PHM113H1: Pharmacy Informatics**

Class Average: A-

Informatics provides an overview of the flow of information in the health care system of Ontario, as well as introducing the pertinent informational resources that are utilized in practice and during your EPE placements. This includes print resources such as the CPS (Compendium of Pharmaceutical Science) and CTC (Therapeutic Choices) as well as online resources such as RxTx, Lexicomp and ODB e-Formulary (Ontario Drug Benefit). Last year, the course was cut short, so this year's course may cover more material than was discussed last year. There is a timed assessment, a midterm and a final exam, which is cumulative.

*Tips for success:* Last year, a surprising amount of the course is memorization based, so get familiar with how to navigate these pharmacy resources (print and electronic). It will help in the timed assessment as well. You will get the opportunity to practice using them well in advance, so use the time well!

**PHM130H1: Pharmaceutical Calculations**

Class Average: Pass/Fail

Pharmaceutical Calculations is all about basic calculations that will arise when working in a pharmacy. This can range anywhere from appropriate dose calculations to how much to dispense for a patient on a given schedule. The course is comprised of 2 midterm exams and one final exam. The course requires 100% on the second midterm as well as an average of 85% between the first and last examinations to pass.

*Tips for success:* Don't rush through the exams or slack just because the calculations may seem elementary. Be sure to practice, get proficient with computations and keep your notes handy. The exams are open-book so there is a safety net involved. The questions are MCQ and are designed to emphasize accuracy over speed.

**PHM142H1: Metabolic Biochemistry&Immunology**

Class Average: B+

This course introduces metabolic processes and immunological disorders, and is divided into two sections, each covering one of the aforementioned topics. There are a lot of biochemical processes, so memorization of steps is crucial to understanding as well as how specific drugs interact with certain steps of the processes. Dr. Henderson teaches the first section and offers groups the option to do a presentation for a maximum of 4% bonus marks so if this is feasible for you, go for it. The course consists of one midterm exam, two written assignments and one final exam (not cumulative).

*Tips for success:* This course is one that most people found challenging in 1st semester, so it is crucial to come to lecture and take good notes. For Dr. Hampson's section (the 2nd one), he tests on supplemental readings which go into experimental design and analysis of immunological processes, so remember to read those! For the written assignments, Dr. Henderson's questions are about correct answers rather than depth. Dr. Hampson's questions are in-depth and require more reading.

## ANTI-CALENDAR • Year One (2/3)

Write for The Monograph!  
Contact us: [monograph@uoftpharmacy.com](mailto:monograph@uoftpharmacy.com)

**PHM144H1: Pharmacokinetics**

Class Average: B+

Pharmacokinetics covers the overall fate of drugs in the body, going through steps such as absorption, distribution, metabolism and elimination. In addition, appropriate dosing regimens, drug-drug interactions and some pharmacodynamics (the effects of drugs) are also discussed. The course features a lot of calculation as well as some memorization of transporter systems and metabolism. It's divided into four tutorials, one midterm and one final exam, which is cumulative. Each tutorial has a quiz and a set of questions that are discussed. The quizzes are multiple choice, while the final and midterms are short answer, with some multiple choice.

*Tips for success:* This course was one that many also found difficult. A lot of the questions on the exams are application based, so you will need to be reasonably familiar with how to calculate what you need (you will be given a formula sheet, so memorization of equations is not the focus; knowing what they mean is the priority). Ensure that you practice a lot with the practice problem sets, old tests and exams to get familiar with what you will encounter come exam time.

**PHM145: Human Histology and Anatomy**

Class Average: A-

This course focuses on structural arrangement of cells as well as the structure of the various cavities, organs and vessels that make up our bodies. It is a memorization-based course, so be sure to pay attention to detail. The course is comprised of three tests, each worth approximately 33%. The first and third exams were not found to be extremely content-heavy, but the second exam was found to be much heavier.

*Tips for success:* Be sure to understand what each slide means and the key information. Dr. Sun likes to emphasize what will and won't be on the test, so pay attention to that!

**PHM146: Fundamentals of Pharmacology**

Class Average: B+

This course is one that requires a good amount of memorization. You must understand the mechanisms of drug classes, as well as pharmacological concepts that are used throughout the curriculum. The course has 3 quizzes, a midterm and a final, which is cumulative.

*Tips for success:* This course can be surprisingly heavy despite the relatively small amount of time in lecture. It's important to keep on top of lectures and take good notes. (Thanks to Yifan & Minh for their input.)

## SECOND SEMESTER

**PHM101H1: Pharmacotherapy 1: Foundations**

Class Average: B-

PCT 1, also known colloquially as "Gen Med", is a course that teaches you how to identify, resolve and prevent drug therapy problems. Each week is a workshop in which discussion on specific weekly cases are facilitated by professors. You will be expected to prepare a "work-up" which is an overview of the condition and options for treatment, pharmacological and non-pharmacological as well as a "care plan" which is the actual intervention you propose based on the information given in the case. During the workshop, you may consult your notes and your resources online. The professors will ask you questions and you will be expected to discuss with your notes handy. There is also one small-group seminar when you will not be able to consult your notes and must prepare ahead of time. There is one midterm and final exam, which are multiple choice and short answer, focusing on the cases discussed in workshop.

*Tips for Success:* Prepare for the workshops, being mindful of your time. The information you learn from the cases will serve you well not only in the course, but in practice and future courses. Be sure to take good notes and focus on what is necessary for the evaluations. Thoroughness is best practice for the workshops.



# ANTI-CALENDAR• Year One (3/3)

## PHM105H1: Medication Therapy Management

Class Average: B+

A unique type of course, MTM focuses on the practice side of pharmacy, simulating a real environment for practice. Each week features a lab where you process prescriptions in Kroll, perform other tasks such as checking products, completing drug information questions and counselling “patients” on the proper usage of drugs. The list of drugs for each week are posted in advance, giving you time to compile information for reference. You can bring any print references with you into the lab. In addition to the labs, there is also a midterm exam and a final exam (both were multiple choice last year).

*Tips for Success:* Divide into groups to split up the work for making drug charts each week. In addition, RxFiles is very handy for this course!

## PHM114H1: Social & Behavioural Health

Class Average: B

This course focuses on the social aspect of pharmacy, with 2 sections. One goes into the ethics and the other the psychology of patient behavior. The course consists of a debate, one midterm and one final exam, which is non-cumulative. All exams are multiple choice.

*Tips for Success:* Be sure to take good notes and ask any questions you may have. This course focuses on material that is quite different from other pharmacy courses up until this point so be sure to stay on top of things.

## PHM140: Molecular Pharmacology

Class Average: B-

This course covers the molecular side of pharmacology, covering topics such as receptor interactions, nuclear receptors and how different agents act on them. The first section is primarily application based, requiring you to apply the theories that you’ve learned to questions on the examinations. Later sections are memori-

zation-based. The course consists of two midterms, and one final examination, which is cumulative.

*Tips for Success:* This course is agreed by many to be the most challenging course of first year. Revisit old tests and practice old questions for the midterms and final examinations. Practice is crucial. In addition, tutorials are very helpful, as the TA’s will go over questions from old exams and the thinking required to do them.

## PHM141H1: Pharmaceutics

Class Average: B+

This course revisits concepts from Pharmacokinetics, with a focus on drug dosage forms and methods of formulation for drug delivery. This includes the chemical properties of drug formulations, the mechanical measurements required for formulation and production. The course is mostly application based. There are two problem sets, two in-class quizzes, a midterm and a final exam, which is cumulative. The midterm and final are short answer and calculation based.

*Tips for Success:* Like most courses that contain calculations and application questions, practicing old tests and problem sets are very effective study methods for the course.

## PHM143H1: Pathobiology & Pathology

Class Average: B+

This course covers pathological disorders and disease states such as diabetes and electrolyte imbalances. Lectures are taught by guest lecturers who are specialists in each area. The course consists of one midterm and one final exam, which is non-cumulative.

*Tips for Success:* Go to class and take good notes for each lecture, as the lecturers often point out what are the important details for their sections. Start studying early, as the course can get quite content heavy by the second half.



# ANTI-CALENDAR• Year two (1/4)



## THE YEAR 2 ANTI-CALENDAR

by Sarah Bento-De Sousa, 2<sup>nd</sup> To Monograph Representative

### FIRST SEMESTER

*Winter is coming...this semester will seem like a walk in the park in retrospect.*

*Workload breakdown:*

*6+ hours: derm and endo*

*3+ hours: MTM2 and lab*

*1-2 hours: microbio*

## PHM 201: PCT 2 : Dermatology

Class Average: B+

Professors: Deborah Sibbald & Andrea Narducci

*Its 9:01am. You're sprinting down the stairs to B1 lecture hall. You burst through the doors panting and break out in a cold sweat; you're on panel today. From the front of the lecture hall an unnatural shrouded being points a skeletal finger to a seat in the front row. She turns away from you to rapidly fire through the case file of a patient with a gruesome skin condition. Your clammy hands are shaking as your illegible scribbles cover the notes you slaved on mere hours before. Suddenly you look up to see the black hooded being looking down on you with an expectant expression. Your eyes widen; she asked you a question and you didn't hear it. In a trembling voice you ask her to repeat it. She does slowly, menacingly. You tremble and search wildly through your notes. You KNOW you wrote this somewhere. You start stammering. A frown begins on her face. She points her finger towards the exit, dangling her ticking pocket watch from this bony protrusion. "Your time is coming, dear. I hope you're prepared for our next meeting." The class is silent as you walk out. The stage is set for you to be in a state of perpetual panic wondering if you're actually sitting in a second year dermatology class or are knocking on death's door as the grim reaper visits her next victim.*

This was one of the most nerve-wracking courses during the year. Two panels are crammed into three hours, where you are randomly chosen to be on a panel

and answer questions based on an unknown patient case. To succeed in this class, work in a group (at least four people: comedic relief, five star formatter, knowledge dumper, fast typer) to write out an outline of the pharmacotherapy work-up in order to answer the panel questions. If you are not on panel PAY ATTENTION. Most of the exam questions will be based on what is emphasized in class. I thought I hated this class until I started working in community as it covers about 80% of common OTC questions.

Deborah is straight up scary when she asks you a question, but her information is usually right, considering she wrote chapters of the CTMA. Exam is multiple choice but case based. Andrea is awesome but she talks FAST, make sure you keep up.

## PHM 202: PCT 3 : Endocrinology

Class Average: B+

Professor: Karen Cameron & Marissa Battistella

*"There's a "before" and an "after" in everybody's life in which some form of hardship or trial shaped you into the person you are today. The disappearance of childhood innocence or friendships fading over time. Moving away for school and knowing that you are wholly on your own. Yeah f\*\*\* all of that. The PCT 3 midterm made the top #1 anime betrayal ever experienced in all of our broken s\*\*\*\*\* lives." - Anonymous*

Each week in this course you are expected to write a full pharmacotherapy work-up and care plan based on a case on the given topic. (Remember your derm group? You'll need 'em as most weeks tops 20 pages) Midway through the semester is the Diabetes small group seminar. There is a lot of material to study for it so don't leave it for the last minute like I did --

**TIP: know your values and their ranges! Know your drug classes!** Be prepared to NOT finish the midterm or final in the time allotted :) :)

I'm not sure if Karen will be continuing to teach this course, but Marissa will not be.

## ANTI-CALENDAR • Year Two (2/4)

### PHM 205: MTM 2

Class Average: N/A

Professors: Kenny Tan & Milson Chan

*"Thought you escaped Angela? THINK AGAIN, THE CONNIVING FIEND"*

There are four components to MTM2 : the verbal order, product check, prescription processing and counselling and the care plan. Unless you are really good at writing DTPs and care plans on the fly, you will fail them. The other three sections are harder to fail, but a lot of people have trouble in the counselling if they don't catch the DTP or problem right away. **Pro tip: take the constructive criticism from the counselling and use it for the next week, but if you think your mark was unfair, fight to change it.** I would recommend skipping the hour lecture; it's not very helpful, and only caused me to write a very scathing course review (message me for a copy).

### PHM 212: Research Methods

Class Average: A-

Professor: Anna Taddio

First order of business: if you don't like speaking up in class, DO NOT sit in an seat by the stairs! Prof Taddio will volun-tell you to answer her questions. The exams were fairly easy and a mix of multiple choice and short answer. It is helpful to go to class, because Prof Taddio goes through clinical studies with you so you can understand how better to rank them based on utility. You'll be a champ speed reader by the end of it, helpful for reading through your tears in next semester's cardio and ID.

### PHM 241: Topics in Pharmaceutics

Class Average: B+

Professors: Raquel D'Souza, Raymond Reilly & Dave Dubins

The lecture portion of this class is overall super easy if a bit dry. The midterm was deemed very snake because there didn't seem to be a lot of info discussed but the questions ended up being very detailed, and some were not marked with part marks. The final was also unexpectedly long and detailed. The lab portion is very fun but the labs require you to budget your time VERY well. Be sure to split up activities with your group members to get everything done on time. The labs are very early in the morning and alternate with MTM which makes this a stressful day of class where you have to be "on" all day. Bring snacks, drink coffee. You'll boost your mark if you do well on the lab pre-tests and the group lab report. If you take the TTC, I'm sorry, but be prepared to wake up 2-3 hours before 8:30am start times because THERE ARE ALWAYS TTC DELAYS ON LAB DAYS.

### PHM 242: Microbiology of Infectious Diseases

Class Average: B+

Professor: Ian Crandall

RULES:

1. Never download his slides in colour.
2. Never look up in class because a decomposing body part may await you.
3. You really don't need to come to this class at all. Prof Crandall recorded all his lectures and posted them in a timely manner, plus almost all of the exam questions are off the slides. This course is a general overview of how you morbidly you can die from various infectious diseases. My favourite lectures? STIs, HIV, and worms. Midterm and final are worth 40/60 respectively and are all multiple choice. It's a good class to go to if you are fast enough to write your study notes during lecture, which will save you time later. Its also a good primer for ID, to get you familiar with the antibiotic classes.

## ANTI-CALENDAR • Year Two (3/4)

### SECOND SEMESTER

*Why are there so many courses in this semester?  
I don't know. Please enter with caution.*

*Workload breakdown:*

*6+ hours/wk: ID and Cardio*

*3+ hr/wk: MTM*

*1-2 hr/wk: nursing, management, econ and sci of PCT*

### PHM 203: PCT 4: Infectious Diseases

Class Average: B

Professors: Lesley Palmay & Andrea Narducci  
+ many guest lecturers

A lot of people really enjoyed this course despite its heavy and tear-inducing course load, likely due to Lesley's fine taste in pants. Workshops are fast paced but will give you all the info you need to know for finals. Exam material is based on guidelines and the best recommendation and you're really not going to understand this all until 15 mins before the final. The HIV lecture is short but needs to be studied more thoroughly than the entire first half of the course if you expect to even attempt to understand those final questions. Lectures by Lesley and Andrea will go quick as lightning, as neither seem to have a need to breathe between sentences, but most of the guest lectures will make you fall asleep. Lectures are dense. Workshops are dense. This course will be confusing to you for 80% of the time. As long as you get your s\*\*\* together before finals and KNOW YOUR ANTIBIOTIC SPECTRUM you'll be ok. If not, you will feel snaked by this course. Midterm and Final are both MCQ derm style, and will make you realise how good you had it in derm.

### PHM 204: PCT 5: Cardiology

Class Average: B+

Professors: Natalie Crown & Heather Kirkland

This course starts off easy and then takes you out below the knees when you're not looking. Many a guest lecture will be had by your fav, Prof Erlick, and many long clinical studies will be read.

Very important tip: PICO of trials is everything! Know the difference between ACCOMPLISH, ONTARGET, PROGRESS & more and that will be how you solve patient cases. Multiple choice questions on the final will have you questioning if you are currently having a heart attack, or if that crushing pain is the anxiety associated with your imminent failure. Come prepared for workshop or expect a 1/5 on every quiz.

### PHM 206: MTM 3

Class Average: N/A

Professor: the return of Karen Cameron

Do you like counselling? Great! Do you like counselling a semi-real patient? Awesome! This course is all about how eloquent you can be in 10 minutes without also forgetting all your therapeutic knowledge. Hit up lecture hour for Karen's very dry humor examples of patient interactions, and APPE students giving you their tips for better patient interactions. The only documentation in this class are SOAP notes; generally these are really hard to fail but also hard to get Honours in. Really, this class is hard to fail and hard to get honours in. The simulated pharmacy with the standardized actors takes a little time to get used to, but it makes the counselling much more realistic. The final left us all a little peeved, and was a reminder not to forget that a case can be as simple as it seems.

Write for The Monograph!  
Contact us: [monograph@uoftpharmacy.com](mailto:monograph@uoftpharmacy.com)



## ANTI-CALENDAR • Year Two (4/4)

### PHM 213: Health Economics

Class Average: B+

Professors : Paul Grootendorst & Manny Papadimitropoulos

So if you like classes taught by a haggardly dude who drinks water out of 2L OJ bottles, you'll love econ! If you've taken an econ class before, dont come to class. If you've never taken econ before, find a friend who has, and don't come to class. The attendance to this class parallels calculations midway thru the semester. Both Manny and Grooty like to ramble 50% off topic 100% of the time, so it's hard to pay attention to get the actual valuable info in class. As long as you study the lecture slides, make sense of the 100s of graphs and understand basic economic concepts this class is ez.

### PHM 215: Management

Class Average: A-

Professor: Monica Gautam

This was the first year Monica taught this class, and no matter who teaches it there seems to be the same feeling; this is a class on nothing. My notes for the entire course took about 10 pages of paper, so this means the exam questions will be very specific. A mini business plan spices up this class and makes it a little harder, but overall it should be one of your best marks. Monica did bring in some cool guest speakers from different industries, some not even pharmacy related. If Peter Chow does a lecture, don't expect to take any notes and feel like you learned anything, but you will find it fun.

### PHM 230: Physical Assessment (Nursing)

Class Average: B+

Professors: Andrea Le Blanc Miller & Cecila Ng

They say if you don't have anything nice to say don't say it...This course is about doing things 90% of pharmacists won't do; check blood pressure, reflexes, lung function and more. The labs are an easy hour for a free mark but pay attention very VERY carefully to the lab TIMES and DATES. The video injection assignment is a great weekend project for your clique to practice stabbing oranges to get a one take perfection of injection technique. Exams are MCQ dermatology style, cases that expect you to apply your knowledge to pick the most correct answer. Will you feel confident enough to inject a real person after all this? Hmmm...well, best to practice on your friends first, or find some oranges.

### PHM 240: Science of Pharmacotherapy

Class Average B+

Professor: Jack Utrecht

This course is all about memorization of random facts. Don't leave it to the last minute because this list of facts is about 100 pages long. Practice answering the questions and don't confuse similar questions answers. Don't bother looking up the answers to the questions, just use the Utrecht-approved responses to maximize exam marks and minimize time wasted. Will you learn anything in this course? Maybe a few interesting things you didn't know before. Will you retain it past finals? This goldfish brain says doubtful.

## ANTI-CALENDAR • Year Three (1/9)

# THE YEAR 3 ANTI-CALENDAR

by Yannan Liu, 1T9 Monograph Representative

*Special thanks to Connor Gibney, Arash Rezaeian, Bryanna Tibensky, Jessica Wu, Justin Chiu, Cindy Zhang, Steven Guan, James Yan, Tiffany Ou, Faizan Baig and Carmen Cheung for making this Anti-calendar possible!*

## FIRST SEMESTER

### Required Courses

#### PHM301H1: Pharmacotherapy 6: Hematology, Oncology and Immunotherapies

Class Average: B-

The second last PCT of your career is likely one of the hardest courses you will encounter. Oncology is no joke, and even falling behind a little can make a huge difference. The course is taught in the same style that you are used to for PCT courses, normal lectures and workshops to drive home the information. However, because the course is so densely packed, you may often feel overwhelmed as classes can go on late, and extra lectures will be scheduled just to cover everything in the course. One big perk is that learning objectives are provided to you by the professors, but even then it is a good idea to learn every point on your own to really get into the material. The course itself is not cumulative, but even then the amount of material you encounter can be quite a lot, so it is important to dive head first early before the information piles up.

#### PHM302H1: Pharmacotherapy 7: Neuropsychiatry

Class Average: B

The last PCT of your pharmacy school career is to some a favourite. Neuropsychiatry, taught by Jamie Kellar, really engages you and forces you to think differently about patients. You will learn about schizophrenia, depression, anxiety, addiction, but you will also learn them in new lights, and learn about perspectives on patients going through these conditions. The course

itself is challenging but extremely fair. In terms of succeeding in the course, many of the drugs will have multiple uses, so when to use which drug is essential for each of the conditions you study. Jamie will also plug her other course in the second semester (Mental Health and Addictions), and this course is both a great introduction and teaser for what to expect in the latter course.

#### PHM305H1: Medication Therapy Management 4

Class Average: Pass/Fail

While there are rumors that Marie Rocchi is no longer heading this course in 2018, MTM4 should largely stay the same. To start, it is pass fail, though the requirements are that you pass 5 out of the 8 labs, and at least 1 documentation and 1 interview encounter (out of 2 each) on the final. That being said, this MTM is likely the most challenging and likely to confuse many, as some of the cases can really feel out of the blue. That being said, one large focus of the course was to ensure that you learned and practiced as much expanded scope as possible, and as such, there are a number of adaptations, renewals and BPMH labs to help practice these skills.

#### PHM310H1: Health Systems II

Class Average: B+

Many people weren't fans of the first Health Systems (which becomes more and more relevant to your practice the more you work and learn) and this one is tougher. Dr. Paradis and Jamie Kellar both are excellent teachers in the course, teaching you new ways to look at problems in the health care system, as well as how to start approaching solutions. Both are very fast with feedback and responses, and will gladly help you on any essay or assignment queries. It is definitely important to start early on the essays as you will find that your interpretation of the prompts were wrong, or that you may have found new perspectives on how to address the problems, and it is always a good idea to run through these ideas with the TAs and the professors of

ANTI-CALENDAR • Year Three (2/9)

the course. The midterm and finals were much more straightforward with the lectures, and can also draw on the assignment material so make sure to really understand each part of the course as it builds up!

**PHM330H1: Preparation for Advanced Pharmacy Practice Experience**  
Class Average: A-

The preparation for APPEs course is generally a big overall review of all the stuff you may or may not remember from the three years of pharmacy school you have had so far. Aleksandra heads the course, but most lectures are given by guest lecturers, from those working in the student health and wellness centre, to hospital and community pharmacists. You will learn about how to manage stress during your rotations, what to expect out of community, how to do literature searches while on research or non-DPC blocks, and more of the sort. The course is marked based on many different assignments with different weightings, but marking can be ambiguous. Luckily the final was less than 30 questions and involved only the most basic information, and as you can tell from the average, the course shouldn't be too much trouble or take up too much of your time.

**PHM340H1: Introductory Toxicology**  
Class Average: B

The course is pretty self-explanatory, and can be one of the more challenging or easy courses of the semester. The course is taught by MolPharm's Jim Wells' brother, Peter Wells, and while they are related, the courses are not. To start, the course feels like an undergraduate biochemistry course, full of pathways, and learning how to explain reasons why toxic compounds can affect us in daily living. Dr. Wells will typically start each lecture (at least in our year) with 15 mins to 30 mins of "In the News" where he goes over news headlines that can involve toxicology (such as newspaper stories about alcohol, opioids), but rest assured, none of those are on

the midterm or final exams. The rest of the lectures are pretty straight forward, going to lecture and literally writing down word for word what he says will ensure success in the course, as his test material is not very voluminous, and typically fringe upon a few key points. The course consisted of 2 25% midterms and a 50% final, and also featured some guest lecturers who gave lectures in a similar format. All in all, the course is very similar to Utrecht's 3rd year course, it is based on understanding the core concepts and memorizing key facts.

Electives (Pick ONE from...)

*PHM320H1: Global Pharmaceutical Policy*  
*PHM321H1: Topics in the Pharmaceutical Industry*  
*PHM323H1: Molecular Mechanisms of Drug Action*  
*PHM325H1: Aboriginal Issues in Health and Healing*  
*PHM383H1: Antimicrobial Stewardship*  
*PHM389H1: Research Project*

**PHM320H1: Global Pharmaceutical Policy**  
Class Average: A- - Small class size -

This course is specifically tailored towards students who want to learn more about global health policy issues. In terms of course load, it is pretty light, the weekly readings are honestly quite long, but they're not technically mandatory unless you're in charge of the weekly reading summary at the start of each class (which only counts for participation). The format is one midterm (short-answer/paragraph style), a participation mark, a presentation based on the final paper you write, and then the final term paper (no exam). This course is also a recommended elective for those wanting to do international APPEs rotations!!  
Doing well: Keep up with lecture material because a lot of it compounds on itself. Be able to read decently, there's a lot of technical wording regarding policies. Also be good at writing, the final paper depends on it.

ANTI-CALENDAR • Year Three (3/9)

**PHM321H1: Topics in the Pharmaceutical Industry**  
Class Average: B+

As a first foray into the world of industry, this course is a very good introduction for those who wish to learn more about industry and potential careers in the sector. The course has many guest lectures, and is usually taught at a very relaxed pace. Exams consist of MCQ and short answer lists which are often directly off the slides. The course also introduces students to the business plan project, which is a great way to further network with industry professionals and a great way to practice doing pharmacy work that is more business approached.

**PHM323H1: Molecular Mechanisms of Drug Action**  
Class Average: A- - Small class size -

If you hated MolPharm, it's more of the same. If you liked MolPharm, it's more of the same. This course, often called MolPharm 2, touches on more fundamental concepts explored in the original, looking at enzyme interactions and molecular mechanisms. The course is taught again by Jim Wells, and Drs. Macgregor and Angers. The course is actually a lot lighter in course load than some of the other courses in the curriculum, but can be daunting for those who disliked the mathy portions of MolPharm 1. The course consists of a midterm (more calculations) and final exam (short answers), and has many practice exams to help you prepare.

**PHM325H1: Aboriginal Issues in Health & Healing**  
Class Average: A- - Small class size -

This course emphasizes aboriginal issues which are largely ignored or not covered by the usual pharmacy program and courses. The course urges students to reflect on their community as well as specifically on aboriginal issues, while taking the course at a relaxed pace. The course has no midterms or exams, and is marked based on assignments, and reflections which will draw from class discussions. Students are also

urged, but not required, to take optional trips to broaden their understanding and interests about the course.

**PHM383H1: Antimicrobial Stewardship**  
Class Average: B+

Antimicrobial stewardship teaches you a lot about management strategies for antibiotics, but with a lot less clinical detail. The course is especially vital for anyone wishing to work in hospital or apply for residency in the future. The course load was high, lots of lectures have case work you should try and do before. Course projects were in depth (video assignment, very large group assignment). Exam and midterm make up a large portion of the grade but there is also a video assignment which is a case presentation as well as a large group project which mimics Dragon's Den with you proposing a budget and plan for a change at a hospital in terms of ASP. Miranda was an excellent lecturer, very knowledgeable, good at explaining and easy to ask questions of. Guest lectures were typically fine with few exceptions.

**PHM389H1: Research Project**  
Class Average: N/A

It is hard to describe this course as it is completely independent and based on what you do with your preceptor/professor. You could be researching MedsChecks effectiveness or the pain-efficacy of methadone at CAMH, to seeing how useful video Naloxone training was. It is what you make of it. The course has a 10% proposal where you sit down with Drs. Pang and Cadarette, and they tease out all of your strengths and weaknesses moving forward. You then have a 80% report, and a final 10% presentation, all due before exams. If you decide to do this course, find a professor before class starts for the fall course and preferably in the fall semester for the winter course so you know what you need to do to succeed, what readings to do, what data to collect, and get a head start on all the work you have. All in all it is a very rewarding course for those looking to do research.



ANTI-CALENDAR • Year Three (4/9)

Write for The Monograph!  
Contact us: [monograph@uoftpharmacy.com](mailto:monograph@uoftpharmacy.com)

SECOND SEMESTER

Electives

Pick ONE from...

*PHM350H1: Pharmacotherapy in Ambulatory Care*  
*PHM351H1: Pharmacotherapy in Institutional Care*  
*PHM353H1: Pharmacotherapy in Critical Care*

**PHM350H1: Pharmacotherapy in Ambulatory Care**  
Class Average: B

Ambulatory care focuses a lot on what needs to be done in the outpatient environment, not just community pharmacy, but also outpatient pharmacies inside of hospitals. The course was more of a review of Cardio, Gen med, and other random stuff learned over the years, and the course load was light but what throws you off is what he looks for in the weekly assignments. The course can come as a shock to many. While you may feel like you have a solid grasp on many fundamentals in pharmacy, it is incredible how much you may have forgotten over the last two years. The course is based on weekly assignments and exams, but the professor tests mainly on what is said in class, and not so much on slides.

**PHM351H1: Pharmacotherapy in Institutional Care**  
Class Average: B+

Institutional care is an essential course to take should you wish to develop a future as a hospital pharmacist if you have no experience in the field. The course gives you a brief overview on all the sectors you can run into on the job, including equipment, acid base disorders, emergency, critical care, and many more. Vince is a great lecturer, and he brings in many very established hospital pharmacists to come give guest lectures, including a cameo from Dr. Yamashita and Heather Kertland. The course load itself can be quite demanding as

there are required readings weekly (which can be optional, but necessary for the quizzes) as well, the lecture slides can get quite dense. As well, to better understand the course, listening to what the professors say can give a lot more insight than the slides themselves, which can sometimes be quite cryptic.

In terms of course load, there are 2 seminars to prepare for (without notes like in the first two years) worth 5% each, but they are usually close to the exams, so they double as review. The rest of the course consists of weekly quizzes, almost biweekly documentation write up + hand ins (marked pretty fairly) as well as two exams (MCQ + short answer), but can be quite difficult.

**PHM353H1: Pharmacotherapy in Critical Care**  
Class Average: N/A - *Small class size*

Critical Care takes you through the inner workings of the hospital ICU, where you are expected to know many conditions and all of your pharmacology. They take you through 2 serious conditions that only occur in the ICU every week (some topics are big enough that you only do one for that week). You cover the pathology, prognosis, diagnosis, treatments, and management of each disease-state within the context of ICU. There are some tangentially related lectures such as learning about ethics or equipment used in the ICU setting. Norman spearheads the course, but there are many guest lectures from all different ICUs. The lectures themselves are very, very dense (an average of ~150 slides for 2 hours) and lecturers move through them at a very fast pace, most classes we ended up staying an extra 20 minutes to finish. The course consisted of midterm and exam which are both 3 hours and very difficult. 2 small group seminars which you need to be prepared for, the questions are generally very in-depth (some required knowing exact half-lives and onsets of action for some drugs). Biweekly online quizzes that are very difficult and require completion of long readings. One critical appraisal done as a group was marked very harshly.

ANTI-CALENDAR • Year Three (5/9)

Pick ONE from...

*PHM352H1: Pharmacotherapy in Older Adults*  
*PHM354H1: Pharmacotherapy in Pediatrics*  
*PHM355H1: Pharmacotherapy in Women's Health*

**PHM352H1: Pharmacotherapy in Older Adults**  
Class Average: B+

The older adult population is one of the largest and fastest growing in Canada, and this course helps you be prepared for what will be a huge increase of baby boomers as they hit the geriatric ages. The course teaches you about cases that are a lot more applicable to that population such as Parkinson's, delirium, de-prescribing and end of life care. At the same time, you will be reviewing from many other PCT courses, as older adults have many of these conditions. In terms of course load, it was manageable as you learn about cases of these conditions and apply them to actual patients. Since many of these conditions are review, the course load actually isn't that bad. Finally in terms of format, the course has 2 case discussions as well as a midterm and final.

**PHM354H1: Pharmacotherapy in Pediatrics**  
Class Average: B+

The pediatric course is especially helpful for those looking to work at SickKids or have an interest in the field. The course has many guest lecturers and many diverse topics and will not be what you're used to as adults are very different and have very different problems. The course consists of a midterm and final which were both multiple choice, as well as one assignment.

**PHM355H1: Pharmacotherapy in Women's Health**  
Class Average: B+

Women make up half the population so statistically this is the most useful course right? Jokes aside, the course is taught by Professor Brown and he makes the course

very interesting and engaging. You will be learning a lot about contraception (a topic which you will no doubt encounter every day of your community pharmacy career) as well as problems such as menstrual symptoms, menopause, abortions, etc. Professor Brown is both funny, engaging, and teaches things in a way that helps you to understand and think and connect the dots. He also brings a slew of guest lectures, who are all very good at explaining their course material. The course load is relatively light, Brown's lectures are all blackboard teaching, so make sure you take notes, but the other professors do provide slides. It is very important to listen in class as a lot can be missed if you just read the slides. The course has an in-class assignment, a midterm and a final, which are all very straight forward, but you need to know exactly what Professor Brown is asking for, as he is very precise with the answers he wants.

Pick ONE from...

*PHM360H1: Personalized Medicine*  
*PHM361H1: Developments in Drugs and Biologics*  
*PHM362H1: Assessing the Bioavailability and Bioequivalence of Medicinal Drug Products*

**PHM360H1: Personalized Medicine**  
Class Average: A-

With genetic testing becoming more and more mainstream it is now more important than ever to investigate what it takes to make the best medication for each person. This course touches base on personalized genetic information allowing us to make the best vaccines and tailoring medication to each person's needs as well as genetic makeup. The lectures will be about drug targets, patient variability, etc. The course will also consist of student presentations on medications like statins, PPIs and antiviral medications.

ANTI-CALENDAR • Year Three (6/9)

**PHM361H1: Developments in Drugs and Biologics**  
Class Average: A/A-

This course is basically more pharmaceutical industry material, but from a very clinical point of view. The course will initially teach you about development from lead to final drug approval of medications on the market, and will then use this knowledge to teach you about many different medications. Dr. Kotra will lecture about the initial development steps, which will all be on the first midterm. For the second half, each group of 4-6 individuals will be assigned a new drug on the market and will need to prepare a presentation for it. Each of these presentations will be also on the final exam. The course load is relatively light, and the material, while complicated, is very manageable. It is hard to predict what will be in store for this class in the upcoming year as every year, new drugs are met with approval and Dr. Kotra will find new ones for everyone to present on.

**PHM362H1: Assessing the Bioavailability and Bioequivalence of Medical Drug Products**  
Class Average: B+

*This course was not offered in 2017-2018.  
Below is an excerpt from the 1T8s.*

“Dr. Dubins is a great lecturer who can explain difficult concepts clearly and make them easy to understand. He teaches at a reasonable pace with a lot of examples to help consolidate concepts. However, the exams may be tricky because they require the student to understand the material well and be able to apply them. There were very few MCQ on the midterm and final exams. Most of the policy or history that was taught in the course is not testable. Do not fret if you don't do well on the exams! Many students found that the biweekly assignments/problem sets tended to boost up the marks in comparison to the exams. These problem sets can be done together and are not very difficult. In this course, students will also do basic programming with Excel,

but Dr. Dubins will provide the spreadsheets and codes so students are only required to follow the instructions and interpret the results. During lectures, students will be taught pharmacokinetics, regulatory rules (FDA, Health Canada, EMA), and clinical trial design. He also reviews statistics and data modeling. If you're interested in doing research or going into industry, this may be the course for you.”

Pick ONE from...

*PHM370H1: Community Pharmacy Management*  
*PHM371H1: Institutional Pharmacy Practice Management*

**PHM370H1: Community Pharmacy Management**  
Class Average: B+

Jauher comes back! Community pharmacy management is a very interesting course about the inner workings of community pharmacies and how to run them whether you choose to be a staff pharmacist or as an owner. The course will touch on stuff like human resources, profit margins, taxes, legal requirements and optimizations for your pharmacy and so much more. The course actually teaches you a lot about stuff you may never know from just courses, as Jauher shares his insight with 10 years of pharmacy owning experience with Shoppers. The course will also have many guest lecturers to come teach you about finances, taxes and other topics. The course load begins light but will quickly pick up. The midterm and assignments are very light, but the final business plan will take you a long time, and will be upwards of 30 pages. The business plan however, does teach you a lot, as you are doing everything from choosing a store location to managing balance sheets, income, and drafting a floor plan to optimize your pharmacy. To do well, just make sure you go to class, Jauher will tell you everything he will test you on in class, as well as what to focus on in the business plan.

ANTI-CALENDAR • Year Three (7/9)

**PHM371H1: Institutional Pharmacy Practice Management**  
Class Average: B+

What do you learn? Literally everything. From how hospitals for organized from the top down, different styles of dispensing in the pharmacy department and inventory management, HR, groups and committees within the hospital (from management perspective), most important standards for accreditation, how to formulate mission statements and step by step process of how to solve a problem to how hospitals staff should communicate to each other (how to effectively deliver a HPI, what goes where in the care plan). Most of it is not super relevant unless you want to work in hospital but the perk is no business plan! Tom Brown (amazing prof, same as Women's Health) coordinates the course but only lectures for the last few weeks. (You must go to his classes because he doesn't provide slides and just writes on the board). All other lectures are guest lecturers. In terms of course load, there is one midterm, one exam and one assignment, all of which are very manageable. In terms of doing well, memorize memorize memorize as there are a lot of lists. Showing up to class helps too!

Pick TWO from...

*PHM322H1: Patient/Medication Safety*  
*PHM381H1: Medical Imaging for Pharmacists*  
*PHM382H1: Nanomedicines in Oncology*  
*PHM384H1: Teaching and Learning*  
*PHM385H1: Diabetes Care*  
*PHM386H1: Mental Health and Addiction*  
*PHM387H1: Global Health*  
*PHM388H1: Minor Ailments*  
*PHM389H1: Research Project*  
*PHM391H1: Current Compounding Topics and Practice Issues*

**PHM322H1: Patient/Medication Safety**  
Class Average: A- - Small class size -

You learn about the kinds of protocols/policies that need to be in place in order to safely provide healthcare in a pharmacy setting, for example why things like barcode scanning exist. You also learn about tools that can be developed or used to prevent accidents, improve patient safety, assess the safe practices in a pharmacy, or fix gaps in the provision of care that caused a medication error to occur. Course is taught both with standard lectures, and with workshops that allow the lecture material to be applied properly (which provide you with professional certificates).

The course load is VERY light, easily 2 or 3 out of 10. There is not a lot of content, and there are readings but Certina summarizes the readings for the week at the start of every lecture so even reading those is optional. Certina is a bit quiet while lecturing, and the content isn't very interesting making it honestly quite hard to stay attentive during lectures. However, Certina herself is very open to questions and is very invested in trying to make sure you understand the content, her slides generally explain the content very well even without her talking about them. Guest lecturers are usually invited to help conduct the workshop days, their lectures aren't super interesting but are important to listen to in order to complete the subsequent workshop so they are quite useful.

The format of the course is one midterm, one exam, and an assignment that includes a written report and presentation. There are also workshops that have mandatory attendance which aren't graded except for completion. Everything is quite straightforward and Certina makes the content as easy to digest and understand as possible so not much is needed.



ANTI-CALENDAR • Year Three (8/9)

PHM381H1: Medical Imaging for Pharmacists  
Class Average: N/A - Small class size -

This elective is a uniquely non-clinical course talking about the implications of technologies such as SPECT, PET scanning, as well as MRIs, ultrasounds, X-ray and CT scans and their use in the pharmacy world as well as in the medical field in general. The course is taught by Dr. O'Reilly, and has many guest lectures, but most of those lectures are not testable. The course load was minimal and the format were exams that consisted of MCQ and short answer questions. The most important thing to do well in the course is to attend class and listen to what the professor says, as lecture notes are not enough.

PHM382H1: Nanomedicines in Oncology  
Class Average: A- - Small class size -

Taught by the upcoming interim dean Christine Allen, this course will focus on a new formulation of medication: nanoparticles. While previous courses may have touched on or focused on small molecules, this course will teach you how to formulate drugs in nanoparticles to help increase efficacy in the use of cancer, and what else we can use them for to advance the field of oncology. The courses are almost all taught by Dr. Allen herself, and she is a great lecturer, as she explains every concept in detail. The classes will consist of one hour of lecture as well as one hour of discussion of a research paper. It is important to attend class since almost all of what is taught on the slides will be explained very well by the prof (and Dr. Allen occasionally brings coffee for the class!). The midterm and final exams are extremely fair, as long as you attend class and review the 10 lectures (5 per exam), you will be golden.

PHM384H1: Teaching and Learning  
Class Average: A- - Small class size -

The teaching and learning elective helps you get into the teaching role as you begin to understand what it means

to teach patients, educate fellow classmates and other healthcare professionals in small and large group settings. The course teaches you how to develop good testing question, how to engage students, and what is the best way to convey information to people to help them learn in the best way possible. In terms of course load, it is very light and course assessments consist of short answer exams, 3 assignment reflection essays. 2 MTM lab facilitations.

PHM385H1: Diabetes Care  
Class Average: B

Taught by Henry Halapy of endocrinology fame, Diabetes Care is an essential course for those wanting to become a certified diabetes educator (CDE). Given that nearly every pharmacy has metformin on their fast movers list, diabetes' prevalence is enough to warrant a whole three month course on it alone. You will be learning about educating people on diabetes, diet and exercise, how to count carbs, what to do when traveling with diabetes, and special cases such as diabetes in pregnancy and children. If not for anything else, this course is especially useful for anyone in community with how many diabetes patients they encounter. The course load is decent, and the format consists of a midterm and final which are MCQ and consist of some case based questions.

PHM386H1: Mental Health and Addiction  
Class Average: B+

Following Neuropsych, this course is a very good lead up to discuss topics relating to anxiety, depression, and addiction. You will visit some therapeutic topics not covered in the PCT course such as Stigma, LGBTQ discussion, naloxone, illicit drug use. Maria Zhang and Jamie Kellar were the main lecturers. Guests lecturers come for select topics, and the course load was not too hard. Readings were also minimal. In terms of format, there was one at home assignment where you look for

ANTI-CALENDAR • Year Three (9/9)

a recent article on mental health (any related topic) and write a discussion about it on the course website (takes like 30 minutes). One in class assignment where you watch a video and identify EPS in patients taking antipsychotics (really fun and free marks everyone gets 100%). Midterm was MCQ and SA. Exam was MCQ only. It is very important to go to class to make sure you do well.

PHM387H1: Global Health  
Class Average: A- - Small class size -

In the first half of the course, you learn about a lot of the considerations when providing healthcare in developing nations, such as cultural factors, socioeconomic factors, environmental and political considerations, etc. In the second half of the course taking what you learned in the first half, you go through in-class patient cases, doing a work-up and care plan but altered based on these things you need to consider. Very interesting course, and you learn quite a bit about the things you take for granted even as a healthcare provider in what you're able to do for your patients. Doret is a very good lecturer, and she takes the time to explain concepts as well as taking quite a bit of class time to elaborate on topics related to general global health in order to help students better understand the considerations that go into providing healthcare in developing nations such as culture, infrastructure, etc. Guest lecturers are generally very interesting as each have very unique areas and experiences related to their lecture that other lecturers wouldn't be able to provide making them quite insightful. The first half of lecturers are honestly quite dry and are related mostly to socioeconomic factors and some policy-related stuff that might overlap with the pharmaceutical policy course. The second half of the class is much more interesting, and is centered on patient cases and solving DTPs for mock patients in developing countries.

The course is 1 midterm (short-answer/paragraph format), 5 weekly patient cases (that include a workup/

careplan, mandatory attendance, peer/self-evaluation, and a written reflection), and a final paper and presentation based on the paper. For the first half, just pay attention during lectures and work on thinking outside the box in order to think about circumstances and settings different than your own, then using that knowledge apply therapeutics in the second half, and the final paper/presentation is quite straightforward.

PHM388H1: Minor Ailments  
Class average: B

Minor ailments is a very practical course that provides students with the tools to answer many frequently asked questions in community pharmacy. Each lecture covers a separate topic. Topics are covered very thoroughly so students are prepared for potential minor ailments prescribing in pharmacists' expanded scope. Dr. Nakhla was the lecturer for this course. She is very passionate about minor ailments and pharmacists getting minor ailments prescribing in their scope in the near future. She is an engaging lecturer that frequently shares her own stories from the pharmacy and really tries to give students the tools needed to succeed. She often brings in products from the community pharmacy to allow students to see what options are available for various indications. There were a handful of guest lecturers throughout the course (mostly it was Dr. Nakhla). Guest lecturers were all very knowledgeable in their field and provided valuable insight. The course format is 1 assignment (full care plan of one assigned minor ailment), 1 midterm (MCQ), 1 exam (MCQ). Study from BOTH the lecture slides, what Dr. Nakhla says in lecture (lots of fill in the blanks in slides) AND the required readings. ALL ARE TESTED ON THE EXAMS.

PHM389H1: Research Project: See above.

PHM391H1: Current Compounding Topics and Practice Issues: Not offered in 2017-2018.