

Volume 20, Issue Five 2018-2019

MONOGRAPH

The Voice of the Pharmacy Student



In this Issue:

OSAP Changes

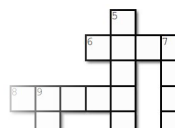


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The Monograph Team



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Yannan Liu



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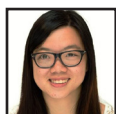
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EDITOR'S ADDRESS

With final exams, EPEs and APPEs just around the corner and with the weather becoming warmer, it is with a bittersweet feeling that we present to you our last issue of the Monograph for the 2018-2019 academic school year.

This issue of the Monograph features the winning articles for the External Affairs CSHP and OPA Writing Award and the Monograph's Pharmacy Awareness Month (PAM) writing contest.

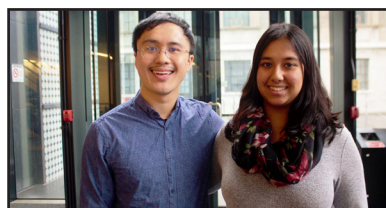
For their work throughout the school year, special thanks go out to our layout artists Jannie and Ann. They keep the Monograph looking sharp and professional. Thank you to our Monograph Representatives Yannan, Sarah, Kyle, and Andrew who promoted and distributed our issues to their respective classes. Your energy and commitment are a key part of our success.

We would like to thank the writers, artists, and photographers who contributed to the Monograph this year. Truly, Monograph exists because of you! Lastly we would like to thank Pharmakon for providing us with amazing and irreplaceable photos of our time together at the Faculty.

Best of luck to the incoming editors Shelby and Andrew, we know you will do a great job! We leave you with a quote that you can draw upon out in the real world:

"Most people are slowed down by the perception of themselves. If you're taught you can't do anything, you won't do anything. I was taught I can do everything."

– Kanye West



Farhat and Michael

The Monograph Co-Editors

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Monograph is impossible without writers like you!

UPS ADDRESS

Hello Phamily!

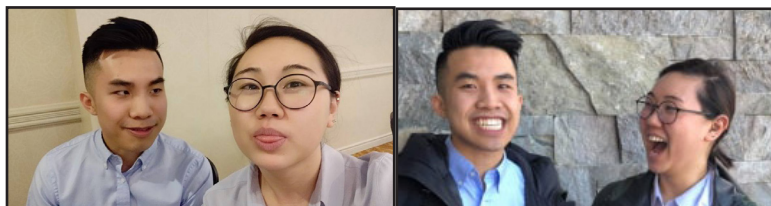
The year is near the end. As we cherish our last few days of having class in the Pharmacy Building before moving on to EPEs/APPEs, we wish to thank you. It has been an honour to serve as your UPS President and Vice President for the year 2018-2019.

We have been through a lot together. First, we want to thank our faculty advisors Sandra and Kenny for their support this year. Support from our faculty advisors and from the rest of the Faculty has made many of the events and initiatives this year possible. Jacob and Gigi have also shown impressive dedication and enthusiasm in their role as the next UPS President and Vice President. As we pass down the torch, we can't wait to see what they will bring next year. We are proud, and have full confidence in them.

Highlights from this year include the Back To School Mixer, Boat Cruise, Halloween and Holiday Socials, Semi-Formal, Lunch and Learns, PAM, our intermural teams, and the beautiful Monographs!

We wish to thank every single UPS general council member who has made this year special. Every highlight of this year could not have been possible without the passion and dedication from members across multiple positions.

Thank you again for the most amazing year!



Matt and Pam

UPS President and Vice-President
ups@uoftpharmacy.com

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Pharmakon

TO ALL THE FAKE PATIENTS I'VE ALMOST KILLED

Harmony Hsieh, 1T9

Kidding. Lara Jean I am not.

This is, however, a love letter to you.

To you, sweet rugged PB, the mysterious stains on the roly-chairs that I'll gladly bury my face into for a power nap between classes.

To you, bright-eyed first years, eager to make strides while still surviving school.

To you, gracious professors and TAs, who talked us through our doubts and stresses when we drag our hyper-caFFEinated yet exhausted bodies to their offices. To you, my peers, who offer coffee runs and snacks, hysterical rants, laughs and sagely advice during long-suffering study sessions.

We talk a lot about burnout in healthcare. As a graduating 4th year student who has been working in community pharmacy since high school, there are days when I finish a shift and want to cry (and sometimes I do). The client stories in the hospital are overwhelming, the pace in the community pharmacy is relentless, and I go to bed wondering if I've even made a difference. I wonder if I provided sufficient care for them. I wonder if all of this is worth it.

But if there's one lesson that I learned from this year, it is this: hope.

I urge you to hold onto hope, as I preach to myself daily, out of necessity.

Past hope, from past successes – the patient with a UTI prescription who actually had pyelonephritis and came back to thank you for asking the right questions. The patient who had been struggling with eczema all their life that was finally content with their appearance after a referral and collaboration between you and a dermatologist. The small teary-eyed smiles from brave kids post-flu shots.

Future hope, that you will make it out of this endless tunnel of exams – because you have before, and you will again. I see how hard you work, how much you care, and how sometimes you feel like you are at the end of your rope. Find your hope, whether it is the past, the present or the future, and hold onto it.

To you, my phellow pharmies. I thank you for sharing your stories, and for being part of my story these past couple of years; for being my hope when I needed (and still need).

With all my love,
Harmony

LETTERS TO MONOGRAPH

NEW POST-SECONDARY EDUCATION CHANGES BY THE ONTARIO GOVERNMENT

Alena Tran, 2T1 - UTSU Representative

Having the pharmacy building situated right beside Queen's Park is quite interesting. We've seen and encountered numerous protestors from different perspectives related to culture, human rights issues and politics. Having Queen's Park surrounded by the University of Toronto Community also has its perks – easy access to student protestors. The past couple of weeks have been chaotic, as post-secondary students across Ontario have expressed uneasiness with regards to the Ontario government's new post-secondary education changes for the 2019-2020 school year. For those of you who are not in the know, here's a simple breakdown of the new changes:

- **Province-wide tuition rate reduction** by 10%
- **OSAP changes:**
 - Grace Period: elimination of 6 month interest-free grace period (loans will start to accrue interest immediately upon graduation)
 - Free Tuition: free tuition program replaced with 10% rebate on domestic tuition
 - Grant-to-Loan ratio: minimum 50% of the money students receive through OSAP will be a loan (student won't get more grants than loans)
 - Grant Threshold: family income threshold for grant eligibility is lowered from \$175k to \$140k
- **Student Choice Initiative** regarding ancillary fees
 - Non-academic fees will not be mandatory
 - Non-optional/essential fees (as of now) include: athletics & recreation, career services, student buildings, health & counseling, academic support, student ID cards, transcripts & convocation, financial aid offices, and walk-safe.

The previous government had a higher grant to loans ratio, which made it possible for low-income students to attend post-secondary education free of cost. However, these new changes eliminate this and students are furious. The Student Choice Initiative will directly affect student clubs and associations as funding for clubs will see a dramatic decrease next year.

Student associations have tried their best to speak to the government but as of right now, it doesn't look like the government has any plans to change their outlook. If you have any further questions and concerns, the University of Toronto Student Union will have a booth set up sometime during exam season where you will be able to address your concerns.

If you're looking and planning ahead financially for next year, here are some financial aid resources that the UTSU offers:

- **The Book Bursary** reimburses students for some of the costs associated with buying textbooks for students in need. All full-time undergraduate students are eligible to apply.
- **The Exam Deferral Fee Bursary:** Students sometimes need to defer exams for legitimate reasons. For some, the cost of doing so is too high and students are forced to write exams under unfair circumstances. You may be eligible to receive up to \$70 for each Exam Deferral Fee paid.
- **Individual Academic Endeavour Grant:** assists students with the financial costs of expanding their academic experiences (e.g. attending a conference).
- **Student Initiative Fund:** provides financial support to students planning initiatives that comply with the UTSU's mandate to advance the interests of marginalized students.

To apply for these bursaries simply visit: www.utsu.ca/financial-assistance/#bursaries-and-grants. The online application will require you to input some personal information, proof of enrollment and a 500-word statement of why you are eligible for the bursary or grant.

If you are part of a club and would like to apply for Clubs Funding from the UTSU next year, visit: www.utsu.ca/clubs-services/funding. You have to first apply for clubs recognition and complete their funding application afterwards.

If you have any further questions please e-mail me at alena.tran@utsu.ca and I'll be happy to answer them. Please follow the UTSU page or website as they release important statements and provide updates there!

THE END OF ANOTHER YEAR

The “end” seems to be rapidly approaching. Of course, *Avengers: End Game* is hitting theaters soon (April 26 folks!), and exam season is due to commence in a few weeks (maybe even next week after you pick up this issue of the *Monograph*!), and there’ll be students a-plenty stressing about exams, grades, and the “end” of their professional careers. Of course, there’s the bigger “end” looming over all of it: the end of the school year! I probably could’ve led with that, huh?

Steven Fong, 2T2

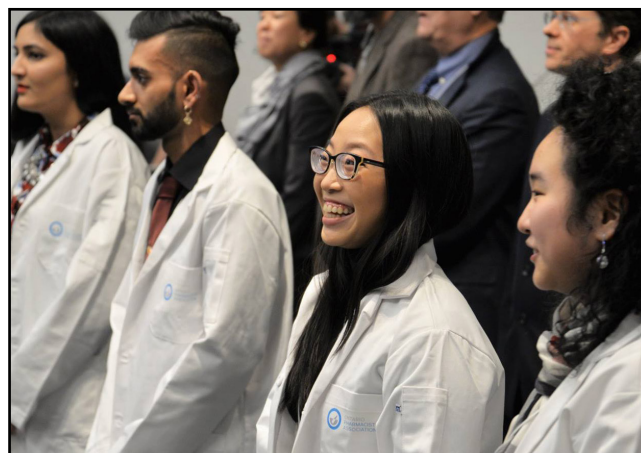
Over the course of about 8 months, I, and 238 students entered our first year of pharmacy school. For some, it was a natural continuation of their post-secondary education, coming in after graduating 4th year. For others, it was after 2nd or 3rd year of undergrad. Others still came in from the work place, having chosen to come back to school for their own personal reasons. Pharmacy school however, is the great equalizer. We’re all coming from different walks of life but congregate for one common goal: to make it through pharmacy school, get our PharmD’s, and make the world a better place for patients.

And to that end, the first year class banded together! We helped each other through thick and thin, joined clubs and became executives, volunteered our time to hospitals and pharmacies, bombarded our professors’ office hours, organized many extracurriculars, ate tons of pizza (so much pizza). There was partying, friendships made, commiserating of marks and, of course, plenty of drinking.

Of course, all things come to an end...and so to copy off from Professor D. Dubins, I present a rendition of “Here’s to You” by Joan Baez, to send us off to the summer and beyond.

To the music of “Here’s to You”, the track from the film
Sacco & Vanzetti.

“This, the end of a-noth-er year
We stood among our many peers
We will, strive on, the future is ours
This, we do, for our pa-a-tients”



LETTERS TO MONOGRAPH

REFLECTIONS ON BEGINNING PHARMACY SCHOOL AS
A MATURE STUDENT*David Czosniak, 2T2*

“You’re probably too young to remember this.”

Our professors often say this in class when they reference an event that happened in the late nineties or early two-thousands, assuming we all grew up in the age of social media and avocado toast. While that may be true for most of us, I (for the most part at least) remember things that most of the class just acknowledges with blank stares.

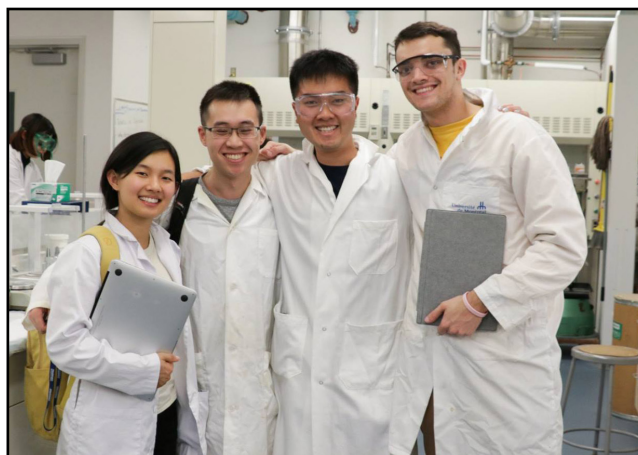
I was born in the early nineties and took a longer path to get to pharmacy school, completing a Masters and taking some time to work, volunteer, and take prerequisite classes to ensure that pharmacy school was the place I wanted to be. Despite making the decision to pursue pharmacy, I struggled with how I would fit in with classmates who are often half a decade younger than me. Would I fit in? Would I be able to keep up with them? Would I understand their memes?

Phrosh week was my first big challenge, which I seriously considered not attending due to the age gap I expected. I was however convinced by a friend in third year, another older student, who had enjoyed Phrosh and made many of her best friends in the class during

the week. Taking part in Phrosh was a bit of an adjustment, with late nights and early mornings, but overall was worthwhile and reinforced that I had made the right decision to go to pharmacy school.

In school however I have had bumps along the way, including getting back into the class mode, whereas most others were coming straight from classes in undergrad. I also had to relearn my old study habits and try and remember material I hadn’t looked at in half a decade. To get through these challenges I had the support from my friends and classmates and that helped bring me back up to speed. With this, I realized that me and my classmates were all in fact all at the same level.

This understanding showed me that I am more like my classmates than I had originally thought. I have the same struggles with Mol Pharm, the same learning curve in MTM and the same complaints about the elevators in PB not working. While I may still be learning how to dab like a pro, or learning what “yeet” means, I am no different than anyone else in the class. I am a future pharmacist like the rest of my colleagues, I may just have greater knowledge of Y2K and nu-metal.



THE END MAY BE NURR

PROMISING RESEARCH FOR THE TREATMENT OF PARKINSON'S DISEASE

Ersilia D'Andrea, 2To

Parkinson's disease, a neurodegenerative condition that impacts motor function of the central nervous system, affects 1 in 500 Canadians and this stat is on the rise with over 6,000 new cases diagnosed each year in Canada. Medication options to treat Parkinson's are limited, but promising research is on the horizon as researchers in San Francisco have developed a technique to target a key molecule implicated in the disease.

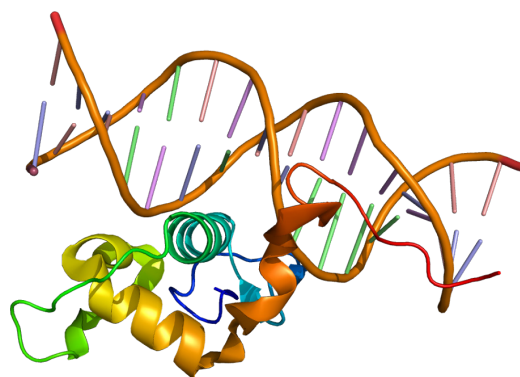
It is well known that the pathogenesis of Parkinson's involves the death of dopamine-producing neurons in the substantia nigra region of the brain. However, details of the pathway involved in the degeneration of these neurons have not been fully understood and so the main treatment for Parkinson's has been aimed at replenishing lost dopamine stores with the dopamine precursor levodopa, dopamine agonists such as ropinirole and pramipexole (less effective than levodopa), and MAO-B inhibitors that prevent dopamine breakdown. However, these treatments are more effective in the early stages of Parkinson's and are associated with many adverse side effects that can further negatively impact patients' quality of life.

Nurr1 (nuclear receptor related-1) is a protein involved in maintaining dopaminergic neurons. Mutations in the gene are linked to neurodegenerative diseases such as Parkinson's as well as schizophrenia. Being a nuclear receptor, Nurr1 activates genes that are critical to dopaminergic neuron survival, as well as dopamine production and storage mechanisms. Parkinson's-like symptoms are observed in mice genetically modified to express too little Nurr1, while symptoms are reversed

when Nurr1 levels are restored. This led researchers to believe that elevating Nurr1 levels in Parkinson's patients can also slow down or stop disease progression and it is now a major therapeutic target.

Unfortunately, efforts to boost Nurr1 levels have been unsuccessful. The protein is unusual because it does not have a "drug pocket" to target with a drug molecule, making new drug design challenging. Researchers initially called Nurr1 "undruggable" for this reason, but recently there has been renewed hope. The San Francisco research team discovered a molecule called DHI, which binds to a secret pocket on Nurr1 when cells dispose of excess dopamine. Experiments have shown that adding DHI to Zebrafish cells increases Nurr1 activity and stimulates genes involved in producing and storing dopamine. DHI is not the ideal drug candidate because it is unstable, but designing a compound that mimics its action is the next step forward.

Although these are only the early stages of research, the discovery of any important drug must start somewhere, and any new sense of optimism is welcomed for the treatment of this debilitating disease.



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HEADLINES IN HEALTHCARE

WHAT ARE YOU SMOKING?

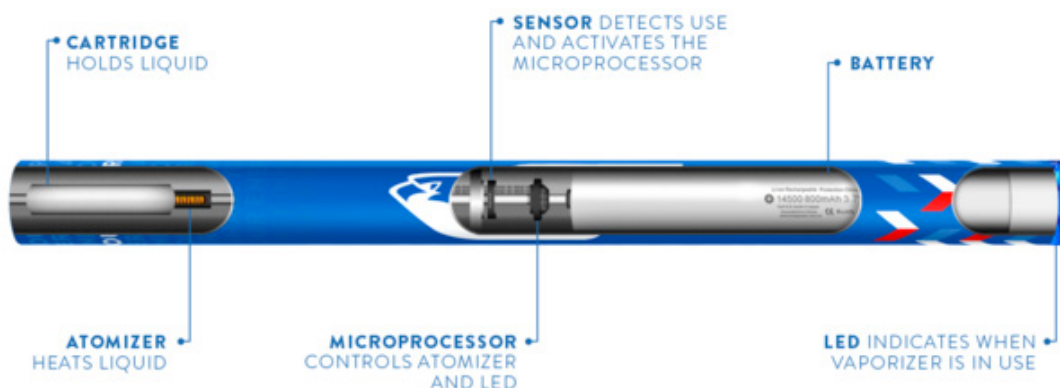
Yannan Liu, 1T9

In 2016, a relatively well known Youtuber became a cultural phenomenon almost overnight, dressed in a marijuana paraphernalia and sporting pointdexter glasses, running around the streets of New York with a nicotine vaporizer telling people to “go green, vape naysh”. And while “Vape Nation” lives on with 24 million views on Youtube and immortalized in memes (and people putting their hands together in Vs) ridiculing the vaping community, vaping itself has become quite common. From being recommended as the preferred way to enjoy cannabis by the Government of Canada, to being a way for many smokers to enjoy nicotine without supposed long-term effects, to now, being your caffeine delivery system.

Right, that last part had me puzzled as well, but according to a Huffington Post article a friend linked me, it’s an area many are exploring. A Vancouver based company called Eagle Energy Vapor has supposedly made pens that offer 500 puffs of not just caffeine but also taurine, ginseng, Vitamin C and other associated flavorings. According to the marketing director Matt Lang, 10-20 puffs will equate to about a cup of coffee, and according to the Huffington Post editor’s testimonials, the racing heartbeats, bursts of energy and caffeine crashes afterwards are all too real.

I am still skeptical. The product description sounds like your typical red bull or 5-hour energy mixture, and it just feels like inhaling it is just drinking coffee with extra steps. The product itself has not been FDA approved, so safety is definitely a concern. And our Mr. Matt Lang? Well he’s a marketing director, not a pharmacist, so I don’t exactly think he has our best interests in terms of efficacy and safety.

For now, I’ll reserve whatever judgement I have left, because I know if this showed up at a local Mack’s or 7-11 that a few friends and I would let curiosity get the better of us. For now, I think I’ll stick to my filtered bean water, because at least those don’t cost \$9 a pen or \$75 for a 10 pack.



5 MENTAL HEALTH TIPS

LIFE • *Wellness*

Sarah Bento De Sousa, 2nd

As exam season begins, its time to talk mental health. Exams are super stressful for most students, and the pressure to perform well is intense. Here are some tips for mental wellness which can be used anytime.

1. **Know your resources**

Know where to go. As you may know Leslie Dan has a wellness counsellor accessible to the faculty. All full-time and part-time students can call Health & Wellness at 416-978-8030 (select Option “5”) to register and schedule appointments with the counsellor.

There are other mental health services across the city and within UofT that you can access including

- What's Up walk-in clinics: provide free counselling services across the GTA without a health card <http://www.whatsupwalkin.ca/>

- Hospital-based services (inpatient and outpatient): CAMH is not the only hospital offering mental health services. Toronto East General Hospital and North York General Hospital also have mental health services.

- Mindful Moments at UofT: Mindfulness workshops that help students manage anxiety and academic stress. <http://www.studentlife.utoronto.ca/hwc/mindful-moments>

- Better coping skills: UofT also hosts workshops to help students manage negative emotions like self-criticism, over-worrying and social anxiety. <http://www.studentlife.utoronto.ca/hwc/coping-skills>

2. **Have designated break times**

It is very important to designate time to not think about school and studying, to do other tasks that are important to you. This can include cleaning up around the house, going to the gym, meal prepping and spending time with family and friends. Some people can decrease their stress and anxiety levels through cleaning or organizing, because it gives a sense of control over one's environment. (1) Setting time aside for these activities may make you feel less guilty about doing them when you “should” be studying. Changing up what tasks you're doing can also help you focus better when you return to studying.

If you are experiencing a mental health crisis:

Telehealth Ontario at 1-866-797-0000

ConnexOntario (Addiction, Mental health, Problem Gambling) 1-866-531-2600

Distress and Crisis Ontario www.dcontario.org

3. **Jump around**

Movement is so important, especially when you spend long hours studying. Many studies assessing the impact of exercise on memory retainment have shown changes in recall between those who exercised and those who did not. Studies are pointing to low impact aerobic exercise like walking, biking or jogging causing positive neurobiological changes (2) Although we aren't sure the exact mechanism, aiming for 30 minutes of aerobic exercise a few times a week is a goal that can improve your overall cognition.

4. **Change your scenery**

It can be mind numbing to sit at the same desk everyday, staring at the same wall in front of you, the same study notes and the same practice problems. Give your brain some excitement and spend a few hours in one of the wonderful varieties of quaint and quirky coffee shops that dot the downtown core. Cafes are great for those who can study with background noise and allows you to look up once and a while to people watch. Plus, who doesn't love to have an over priced cortado?

5. **Don't forget about your loved ones.**

During exams, we're often so focused on studying, we miss out on spending time with family and friends. Set aside one or two nights a week to have dinner with your parents or your roommates. If you prefer studying with others, grab a friend or two and spend some time studying and some time having some fun!

Even though we are health care providers who understand the stigma around mental health, it still exists. Please understand that if you want to provide the best care for your patients, you also need to take care of yourself. We are not immune to depression, anxiety or suicidal ideation; in fact, in our high stress jobs, we may be more susceptible to them. Do not be afraid to seek help for your mental health. Mental wellness is essential for us to have sound relationships with our patients and our loved ones. We are all human and have our good and bad days. If you are feeling anxious or depressed, you're unable to cope, or are feeling suicidal, please reach out. We all have a responsibility to look after our own mental health. You are all so much more than exam stress and grades. I wish you all a successful exam season, and best of luck in your next year of school.

1. tonic.vice.com/en_us/article/598wn8/why-cleaning-makes-some-people-feel-less-anxious

2. well.blogs.nytimes.com/2013/08/07/how-exercise-can-help-us-learn/

Andrew Tu, 2T2

ROADS LESS TRAVELLED

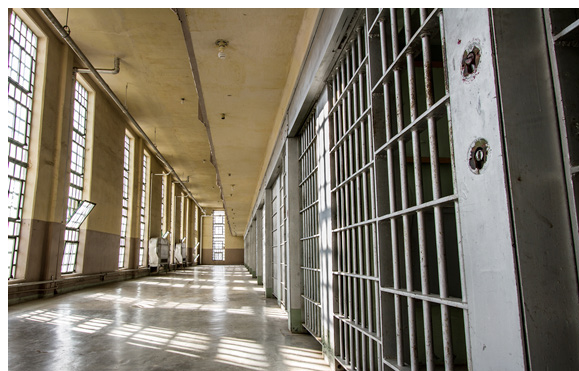
NON-TRADITIONAL PHARMACY CAREER CHOICES

Community or hospital? As pharmacy students, this is a question we hear all the time regarding our futures. In fact, this question gets asked so many times that people may think that there are only 2 paths for licensed pharmacists to go down...community or hospital. Most pharmacists do work in a community or hospital setting, and the work that they do for our health care system is very important and valuable. The PharmD degree, however, is flexible and anyone thinking about other career paths can consider these options:



Nuclear Pharmacy

The field of nuclear medicine focuses on using radioactive substances for diagnostic and therapeutic purposes. Nuclear pharmacists can dispense, procure, and compound radiopharmaceuticals from a nuclear pharmacy unit and monitor these medications for formulation and quality control. They also handle patient counseling and education just like other pharmacists. Radiopharmaceuticals are safe in small doses and are typically used for scanning and imaging of areas such as the bone, heart, and breast. Nuclear pharmacists work with other specialists in nuclear medicine and although some do work in hospital units, the majority are employed by large industry firms.



Prison Pharmacy

Substance abuse tends to be prevalent amongst incarcerated individuals as well as mental health illnesses, infectious diseases and chronic disorders. Prison pharmacists are involved with the dispensing, counseling, and monitoring of medications for patients. As medication experts, pharmacists are knowledgeable of adverse drug reactions that may occur for patients on multiple medications. Pharmacists working in prison can provide substance misuse services for patients struggling with addictions and play an important role in their rehabilitation. Similar to community and hospital settings, pharmacists in prison work with other health care providers as well as prison staff to make a difference in the lives of individuals going through the health and justice system.

Journal Pharmacy

Pharmacy journalists can use the knowledge and training they received in pharmacy school and practice to write, edit, and publish articles in pharmaceutical journals. Topics can range anywhere from clinical trials to regulations in pharmacy practice. The information from these articles are conveyed to other healthcare professionals, scientists, and patients. Pharmacists are knowledgeable in various diseases and drugs which helps them understand concepts in order to present information in an accurate manner. Pharmacists are also trained in patient care and can appreciate the perspective of the patient in any pharmacy related article.

CLUB'S CORNER • *Pha*SST & EVOLVE

PHASST

Julia Liu, 2T0

The Pharmacy Student Service Team (PhaSST) is a pharmacy club that aims to promote and encourage community involvement and volunteerism within the faculty. By doing so, we hope to develop social awareness and compassion, which can be integrated into our practice as future pharmacists.

Over the past year, PhaSST has provided many opportunities for pharmacy students to build connections between clinical practice and the social factors that impact our practice. For example, during the holiday season, pharmacy students partnered with the Yonge Street Mission (YSM) to volunteer at the Food and Toy Market. YSM addresses diverse issues within the city of Toronto by helping at-risk populations such as families living in poverty, homeless youth, seniors and isolated adults. Our pharmacy students volunteered their time during the busy exam season to help sort gifts and food items, and directly interacted with the YSM population to “shop” for holiday items. In collaboration with the Yonge Street Mission, we helped over 2000 families.



In addition to the holiday events, PhaSST also organizes a variety of events throughout the year. For the first time this year, we partnered with Horizons for Youth to host a barbeque. Horizons for Youth is a shelter for at-risk and homeless youth in Toronto. Pharmacy students worked together to create and serve meals for 40 youth residents. We were able to sit and eat with the youth to learn more about their circumstances.

PhaSST is proud to provide diverse opportunities for pharmacy students to interact with a variety of patient populations. We look forward to expanding our events and are super excited to see what next year has in store for us!

EVOLVE

Clarence Lam, 2T0

EVOLVE (Embracing Ventures and Orienting Leaders to Value Expanded Scope) is a student-run club at the faculty focused on pharmacy's expanded scope of practice to promote student collaboration and empowering each other towards better patient care. As a yearly tradition, EVOLVE has been involved in PAM initiatives throughout the school. During the UPS and CAPSI PAMburger kickoff event this year, EVOLVE hosted a booth with trivia questions for students to participate in.

EVOLVE also hosted a panel event this year exploring unique careers and areas of practice to highlight the different roles and services pharmacists have to offer. Panel members included: Faraz Razzagh, a recent 1T8 graduate working as a Medical Information Specialist at AstraZeneca; and Doret Cheng, a pharmacist at St. Michael's Hospital Academic Family Health Team and course facilitator for the 3rd year elective Global Health. Both panel members shared with students their unique practices in both direct and non-direct patient care, as well as the varying ways they have an impact on patient care.

Outside of PAM, EVOLVE continues to host initiatives to promote the pharmacy profession and the expanded scope of practice.

(Continued on page 13...)

CLUB'S CORNER • *Toastmasters*

Check out our website (evolve.uoftpharmacy.com) to read newsletter editions released every semester and their HOPE (Humans of Pharmacists' Expanded Scope) Campaign, an online social media campaign sharing the thoughts and future visions of the pharmacy profession shared by pharmacy students at our faculty and across Canada.

Although the end of March is close approaching, we can always celebrate the pharmacy profession and raise awareness of pharmacists' expanding roles. When we go out to our experiential rotations, we can help our patients rethink the way pharmacists contribute positively to their health. There are many ways that we can promote the pharmacy profession to the public and it begins with the experiences we develop here at the faculty.

TOASTMASTERS

Naftali Zweig, 2nd Year

When I first applied to Healthcare Toastmasters. I mainly did so because I wanted to beef up my resume. It's now 3 years later and I could not be happier with first year Naftali's decision.

Healthcare Toastmasters is a club where you have a voice. Every meeting is an opportunity to say something new about yourself, every speech an opportunity to tell people who you really are. Just had an amazing trip Cuba you're dying to tell everyone about? Go for it! Have a funny story you'd like to share with everyone? We want to hear it! Having a rough week and you just want to sit and watch? That's fine too. You're among peers, it's a safe space, and you can speak for as long or as short as you want to.

Secondly, it's a club where you learn to listen. Now this is a big one for me. If you know me, I'm sure you're quite used to the fact that I am exceptionally long-winded and prone to interrupting. But in Toastmasters, when someone is giving a speech, we all wait our turn and hear what they have to say. Over the last three years I've come to recognize the value of this, and have slowly come to recognize that I learn so much more - even about myself - by listening to others rather than constantly speaking.

Thirdly, it's a club where you have the opportunity to learn from the best and brightest among us.

Toastmasters International is a globally recognized organization, and as a result we have the privilege of bringing in speakers that would normally get paid thousands of dollars to be heard.

Over the last three years I've had the honour of seeing a great many of these speakers. Here are just a few of the highlights from my time at Toastmasters:

- World-renowned Body Language Expert Mark Bowden (Google "body language expert," his name will be the first to come up).
- Motivational speaker Mike Lipkin sharing his 10 keys to success.
- Peter Chow - RBC Director of Innovation sharing his story, and teaching us that we all have a unique story to tell that sets us apart from our peers.
- Hosting our first ever Interview Workshop this year with the help of the faculty's very own: Jauher Ahmad.

While next year I will be in my APPEs and won't be as involved in the club, I urge all of you who will still frequent PB to check it out.

It's an incredibly rewarding experience and will help you in becoming the best version of yourself.

PXP2019: YOURS TO DISCOVER

Narthaanan Srimurugathasan, 2To

The Canadian Pharmacists Association (CPhA) and Ontario Pharmacists Association (OPA) are collaborating to hold the first-ever Pharmacy Experience Pharmacie (PxP) conference. From this year onwards, this grandiose event will replace CPhA and OPA's individual conferences.

The conference will take place in the heart of the nation's most populous city, Toronto, Ontario. More than 800 pharmacy professionals from across the nation will gather at the Metro Toronto Convention Centre from June 3-5, 2019 to exchange ideas, build professional relationships, and to make memories that'll last a lifetime. The conference will bring together a wide range of pharmacists, technicians, students, researchers, and corporate executives.

PxP2019 will focus on collaborative learning. Engaging breakout sessions will enable attendees to break down barriers, explore new opportunities, learn best practices, and connect with the profession and their peers. For example, the conference will host a "Town Hall" to discuss national issues that face the pharmacy industry in a rather casual atmosphere. The session will be held as an interactive "pub with friends" style conversation.

However, the casual atmosphere at the conference doesn't replace the social gatherings. PxP2019 will host a fun evening of networking at Ripley's Aquarium! Attendees will have a private underwater experience over great music, delicious food, and lots of mingling. The conference will also end with a bang with the informal yet high-energy Closing Party. Attendees will have the opportunity to enjoy exciting entertainment while networking with new and old friends.



PxP2019 will also host the beloved product exhibition. This two-day flagship event will allow attendees to network with company representatives and sponsors, and of course, procure some amazing freebies! Pharmacy Practice Research Posters will also be integrated into the exhibition to showcase pharmacy research across the nation. Researchers featured in this event include students and faculty from the Leslie Dan Faculty of Pharmacy, University of Toronto!

The innovative opportunities for collaboration, social gathering, and networking are merely accessory. In essence, PxP2019 is an educational conference that'll allow pharmacy professionals to refresh their practice. A past CPhA conference attendee denotes: "I use this as a recharge for my practice, so every June I feel like I'm motivated again. I'm with practitioners who are the top of the top and I love being here to network, connect with them, and really rejuvenate my practice."

This new, collaborative national conference allows attendees to save in registration fees, travel expenses, and time out of work. UofT students are also eligible for subsidies through the Undergraduate Pharmacy Society and the Shaping Student Life and Learning Fund.

For more information about the conference, be sure to check out: <https://www.pharmacists.ca/pxp/>

CLUB'S CORNER • CSHP

A YEAR WITH CSHP

Peter Zhang, 2T1

There is always time for reflection as the year comes to a close. For some students, things have settled and the coming summer is set in stone. However, many will find the coming break to be a time of vigor and planning for the following year. For the final article that I will be writing to the Monograph in my role with the CSHP, I feel that a great way to wrap up the year is to provide a general overview of CSHP in a nutshell to help lay out your involvement in future years.

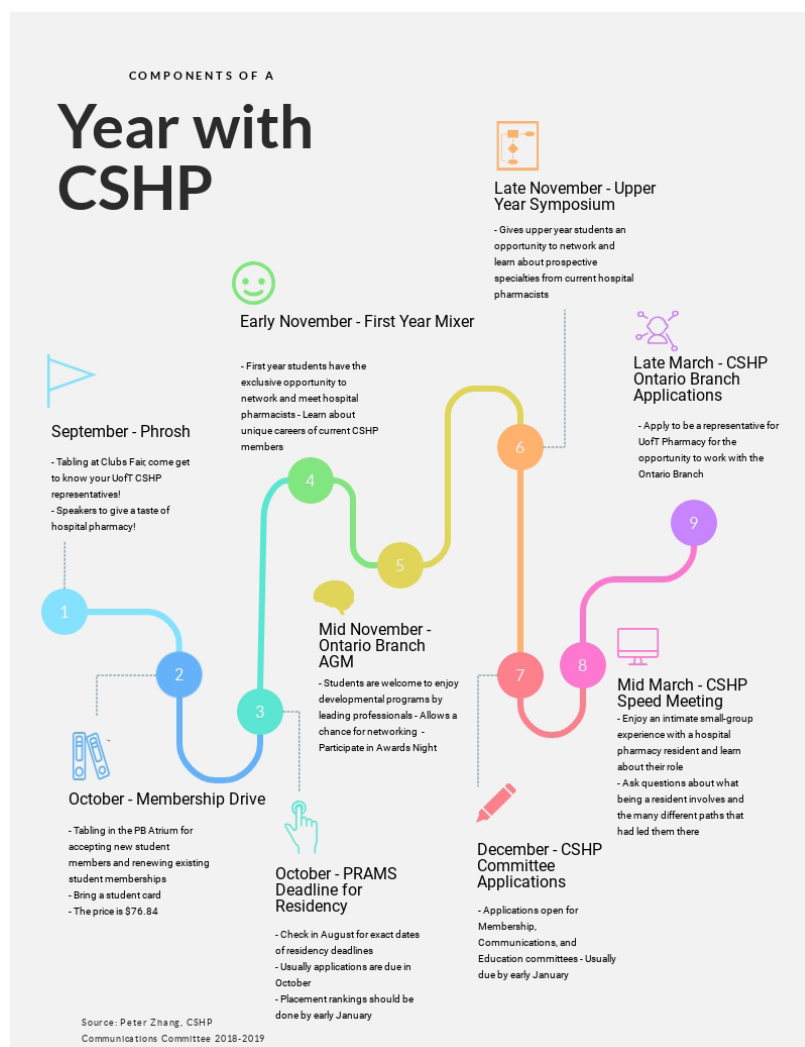
CSHP student members can benefit from increased exposure, an expanded network, and the opportunity to make a difference in their profession. Some of these benefits comes from attending the many events CSHP hosts throughout the year, which provide the opportunity to ask important questions and see through the lens of a hospital pharmacist. Many times, these events facilitate a sense of mentorship where students learn from the knowledge of those who had been through similar experiences and career pathways. While many find networking difficult or impractical at times, CSHP is a welcoming organization that focuses heavily on the professional development of its members and building meaningful relationships between professionals in the field of pharmacy.

On the matter of asking important questions, one thing on the minds of many students is where we are going as a profession. Some are already experiencing the changes that come from the shifting definitions of what it means to be a pharmacist working in a hospital. Some examples include the emphasis on BPMHs in MTM3 and the gradual movement towards providing institutional care in EPE2 where there has been an impressive expansion in hospital placements for second year students. Part of the motivations behind these changes come from advocacy at multiple levels. Even as

students, there is room to engage in discussion and look for meaningful opportunities to shape how the profession will look five or ten years from now, when we are out there in our practices.

So get involved, talk to your CSHP reps, apply to sit on CSHP committees, apply for Awards, and apply for summer jobs with CSHP.

Lastly, as this year concludes, think about what the next year may bring you and plan out where your next endeavour may lead you.



EXTERNAL AFFAIRS AWARD • CSHP

TOP REASONS TO JOIN CSHP

Narthaanan Srimurugathasan, 2nd Year

The Canadian Society of Hospital Pharmacists (CSHP) offers students the opportunity to show their support through student memberships. Many employers find CSHP membership desirable as it demonstrates a student's commitment to hospital pharmacy practice. It's never too late to consider becoming a CSHP student supporter if you have interest in hospital pharmacy practice. A few of the many benefits of the membership are highlighted below:

Professional Liability Insurance

OCP requires registered pharmacy students to have professional liability insurance. This protects pharmacists from allegations of dispensing the wrong dosage, wrong drug, and/or improper drug counselling. CSHP offers its student supporters liability insurance at a competitive rate, starting at \$50. Comparatively, the OPA offers professional liability insurance for only \$27.00, however, this is in addition to its membership fee of \$71.19. It is noteworthy that the CSHP professional liability insurance policy term is from July 1 to June 30 annually.

Subscriptions to the Canadian Journal of Hospital Pharmacy (CJHP), e-Newsbrief, and eBulletin

CSHP makes it possible to stay informed of the rapid changes that occur in pharmacy with these free subscriptions. CJHP provides an overview of the research and innovation with a focus on hospital pharmacy. The journal also features and actively seeks for articles from students. The CSHP e-Newsbrief is a weekly email which features the latest news in hospital pharmacy practice. The e-Bulletin advertises job openings for pharmacists. It is useful to gauge the varying jobs available for pharmacists in the community.

Student Opportunities

CSHP student supporters have exclusive access to student postings. This includes summer jobs, volunteer positions, and internship opportunities. CSHP also hosts an annual summer internship in Ottawa where a student gets the opportunity to support CSHP members and advocate for hospital pharmacy. This is a paid position that is only available to members. The application typically occurs in November.

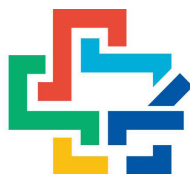
Preferred Rates for CSHP Meetings, Conferences, and Educational Events

CSHP student supporters get access to CSHP meetings, conferences, and educational events for discounted rates. These events are a great opportunity to learn about residency programs, learn about recent developments in pharmacy, and network with pharmacy professionals. The topics can range from clinical updates based on recent evidence to panel discussions about recent headline in healthcare. CSHP members also have access to online educational programs such as webinars.

Access to Pharmacy Specialty Networks (PSN)

PSNs connect pharmacy professionals from across the country and provide an opportunity to ask questions, share accounts, and engage in discussions. Groups include Global Health, Drug Information, and Infectious Diseases. They offer students a chance to network with pharmacists of a particular expertise. These groups also serve as a resource to CSHP for input and feedback on professional issues or to assist in drafting publications pertaining to the specialty.

Canadian Society of
Hospital Pharmacists



Société canadienne des
pharmaciens d'hôpitaux

EXTERNAL AFFAIRS AWARD • OPA

TOP REASONS TO JOIN OPA

The Ontario Pharmacists Association (OPA) is Ontario's advocacy body for the profession of pharmacy. OPA represents over 10 000 pharmacists, pharmacy students and technicians with the mission of advancing the pharmacy profession as a vital healthcare provider through advocacy, innovation and support services. While many students purchase an OPA membership for liability insurance, there are many benefits an OPA membership offers.

The main membership benefit that OPA offers is a voice for pharmacists. OPA represents the interests of the profession of pharmacy to various stakeholders such as the government, payors and industry representatives. Examples of advocacy initiatives currently being implemented by OPA include, expanding vaccines and injectable services from pharmacists, enabling pharmacists to assess and treat common ailments, and seeking an expanded scope of practice for pharmacists to play a preventative role in the opioid crisis. Most recently, OPA made recommendations to the Ontario government in response to the proposed changes to the OHIP+ program. At the student level, the UofT OPA Committee hosted a general assembly in January which allowed students to directly voice their questions and concerns about the advancement of the profession to OPA's Vice-Chair, Jen Baker and OPA's Executive Vice-President and Chief Pharmacy Officer, Allan Malek. The OPA Board of Directors also includes a Student Observer and Student Board Member to ensure that the student voice is consistently represented.

As OPA advocates for the expansion of pharmacists' scope of practice in Ontario, it's important for pharmacists to keep up to date with the knowledge required to provide new professional services. OPA offers several educational resources to support the professional development of pharmacists. Some of the topics covered through the educational programs include minor ailments, travel medicine and addictions. In addition, OPA offers a student specific opioid addiction and sub-

stitution education series. The student education series takes place at the Pharmacy Building twice per semester making it a membership benefit that is easily accessible. Another resource offered through OPA membership is free access to RxFiles. This includes access to the RxFiles mobile app which makes it convenient to quickly look up information during EPE and APPE rotations.

The OPA Conference is one of OPA's most anticipated events of the year. As an OPA member, you receive a discount toward conference registration. This is a huge perk, especially for students who are on a budget. For 2019, OPA has collaborated with the Canadian Pharmacists Association (CPhA) to introduce a new conference called Pharmacy Experience Pharmacie (PxP) taking place from June 3-5, 2019 in Toronto. The conference is a great opportunity to attend talks, as well as network with pharmacy colleagues from around the province and country. PxP isn't the only CPhA benefit you have access to through your OPA membership. As an OPA member, you're also a member of CPhA which affords you additional benefits including access to Canadian Pharmacists Journal (CPJ) and discounts on CPhA's continuing professional development programs. Finally, OPA membership offers several perks that can benefit you outside of your professional career. OPA membership includes discounts to local attractions such as Ripley's Aquarium and the ROM. Furthermore, OPA offers its members discounts on phone plans with TELUS and makes travel affordable through discounts on VIA Rail and car rentals.

Your OPA membership offers you much more than discounted liability insurance. As Ontario's voice for the profession of pharmacy, OPA strives to advance pharmacy practice. Through its membership benefits, OPA ensures that pharmacy professionals have the tools needed to succeed as the profession evolves and more!

PHARMACIST AWARENESS MONTH

The month of March is always a busy one at the faculty as we celebrate Pharmacist Awareness Month - PAM! Several students have been hard at work over the last few months planning for UofT's PAM campaign. This year's campaign was bigger than ever, all thanks to the efforts from the diverse group of pharmacy clubs at U of T.

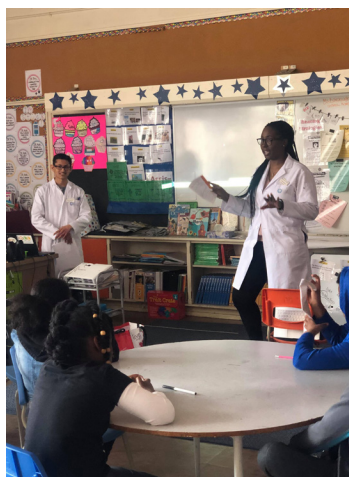
To start the beginning of PAM, CAPSI and UPS hosted its first ever PAMburgers Kickoff! Dean Christine Allen hosted the ceremonial ribbon cutting ceremony, with Allan Malek (Executive Vice-President and Chief Pharmacy Officer of the Ontario Pharmacists Association) and Nancy Lum-Wilson (Registrar and CEO of the Ontario College of Pharmacists) present to motivate students to advocate for the profession of pharmacy. We were also fortunate to have booths hosted by the OPA Committee and EVOLVE, which educated students on pharmacy advocacy efforts and expanded scope, respectively.

We were excited to see so many students participate in outreach events throughout March! The focus of these outreach initiatives was for students to educate the community on the role of the pharmacist and show how pharmacists play an important role in managing patient health. We hosted the following two main outreach initiatives during March:

1) **Pharmacy Outreach Days (PODs):** Pharmacy students ran educational booths at local pharmacies which educated patients on topics such as osteoporosis, diabetes, blood pressure, and travel medicine. We were also excited to add two new topics for this year – tuberculosis (courtesy of IPSF) and naloxone!

2) **Kids in Medicine (KIM):** Pharmacy students ran presentations on handwashing, allergies, and the dangers of smoking at Toronto elementary schools. Sexual health presentations were a new addition for this year, which was very well-received by high school students!

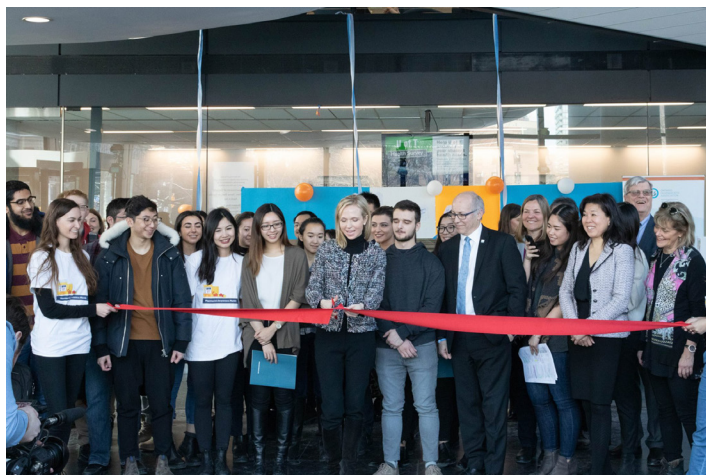
In addition, we were able to host two interprofessional panels this year! We had our second-ever IPE accredited interprofessional panel on HIV/AIDs, and hosted an Interprofessional Panel on Mental Wellness and Resilience in Healthcare Practitioners in collaboration with IPHSA. Other notable events included our annual Mock OSCEs for the third year class, and Toronto's Next Top Pharmacist! We were pleased to see so much diversity amongst our contestants' talents this year. Overall, the event was a great way to end off the month. Congratulations to Eisha Vijay (2T1) who was crowned the TNTP 2019 winner! Eisha's charity of choice was Unicef Canada.



Elaine Nguyen, 2T1 & Rachel Anisman, 2T0
CAPSI Representatives



CLUB'S CORNER • CAPSI



Every year the International Pharmaceutical Students' Federation (IPSF) runs a public health campaign during PAM. This year we were raising awareness for tuberculosis and fundraising for The Lung Association. We hosted a successful Krispy Kreme fundraiser and sold raffle tickets for 3 gift baskets throughout the month! Additionally, we had the pleasure of holding two informative Dinner and Learn events with Lisa Wu, a tuberculosis pharmacist from West Park Healthcare. We learned lots about the prevalence of tuberculosis in Canada, multidrug resistant tuberculosis, and all the treatments available. From our fundraising initiatives, we were able to raise \$285 for The Lung Association! Overall, this month was a great success in promoting and raising awareness for tuberculosis!

Thank you to everyone who made this year's Pharmacist Awareness Month campaign a HUGE success by attending events throughout the month and planning in the months leading up to March. A special shout-out to all our PAM outreach volunteers and subcommittee members – with your help, we were able to expand on our existing outreach initiatives and reach out to several hundred members of the community!

We are so excited for Elaine Nguyen to lead next year's 2019-2020 Local CAPSI Council as Senior Representative and to welcome Kristina Miclat as the Junior Representative. We would also like to acknowledge our class CAPSI representatives Eric Tran (2T0), Yuxing Sun (2T0), Aline Huynh (2T1), Charlotte Boone (2T1), Kristina Miclat (2T2), Samantha Cesario (2T2) and IPSF representatives Juliana Lee (2T0) and Helen Liu (2T1) for their extreme dedication and tireless work throughout the year. Thank you for an amazing year and we hope you enjoyed all the CAPSI events as much as we did!



PHARMACY

Pharmacy intramural teams had an amazing semester.

We'd like to thank all of our captains and all the players for their dedication across our 23 intramural teams!

Our athletes achieved both team goals of achievement and personal improvements of health and wellness. After some great success in 1st semester, Pharmacy athletes didn't stop there. Our coed division 1 basketball team and women's soccer team both picked up back-to-back championship wins. Our coed innertube water polo team also picked up the championship finishing with an undefeated season. Congrats to all on a great semester!

Student vs. Faculty Basketball Game:

Last year at the awards banquet, well known faculty member and captain Kenny Tan provided a "Mark Messier guarantee" in which he promised victory for the faculty for this year's student vs. faculty basketball game (Refer to game 6 of NHL Eastern Conference Finals, 1994). However, the students came up victorious, defeating the faculty team 63-60 in a great game.



Athletes of the Month

November:

Pranil Sutaria (2T1) – Men's flag football, men's/coed basketball, men's volleyball

Becky Wright (2T0) – Women's/coed flag football, coed hockey, women's/coed basketball

January:

Arvind Grewal (2T0) – Men's/coed hockey, coed dodgeball, men's basketball

Kendra Carroll (2T0) – Women's soccer, women's/coed volleyball, coed hockey, coed ultimate frisbee

February:

Taylor Morrow (2T0) – Men's soccer, men's basketball, coed volleyball, coed ultimate frisbee

Simona Miljanic (2T0) – Women's field hockey, coed innertube water polo

March:

Sherief Saleh (2T1) – Men's/coed volleyball, men's/coed basketball

Mishka Danchuk (2T1) – Women's soccer, coed volleyball

ATHLETICS

CLUB'S CORNER • *Athletics*

PHARMACY



Matt Lau, 2T1 & Andrew Henry, 2T0
Athletics Representatives
athletics@uoftpharmacy.com

ATHLETICS

ENTERTAINMENT • *Gaming*

TABLETOP GAMES

Kyle Yuen, 2T1



Anyone who's talked to me for about 5 minutes would know that I am a huge fan of tabletop role-playing games. Dungeons and Dragons, one that I'm sure you've heard of before (if not from me, then from perhaps from Community, Stranger Things or The IT Crowd), is a game in which one person acts as the storyteller, while the others at the table are "players" who control a character of their creation in that story. It's kind of like those follow-your-own path story Goosebumps books, except there are infinite options and success is governed by the roll of a die, but believe me when I say the game isn't completely governed by luck. Instead of watching Game of Thrones, you'd write it, and the story can change based on what you decide and what the dice determine.

How the game works is that the storyteller, or game master, governs a story and a whole world in which the others interact with (Skyrim but limitless). The players are dropped into a fantastical world and go on an adventure, the goals and obstacles of which are always different. An adventure could be as grand as saving the world from dragons attacking the world, or as dark as destroying a secretive cult embedded in the bowels of society. The players decide what they want to do, tell the game master and if needed, they roll dice to succeed on a task, for example, bargaining the price of a fruit or attacking a monster. The results can be hilarious when someone rolls sufficiently high or embarrassingly low, especially on a particularly simple task. In addition, the players always gets to decide how they want to attack a particular problem. Maybe there's a troll on

the bridge you need to get across asking for a hefty fine. Do you pay the troll toll? Do you attack the troll? Do you trick it? Do you just go another way? Like life, there are many ways to solve problems and the outcomes of these problems are governed by dice. The nice thing is that certain types of characters are good at certain tasks (which means that they don't have to roll as high to succeed on tasks). For example, a strong knight wouldn't have to roll as high to move a big boulder vs a scrawny little guy. The game is not completely luck-based, as you would know that a stronger guy is more likely to succeed at strength-related things than a scrawny guy who can barely bench the bar. I have an absolute love for this game and the stories and memes that come from it absolutely bring friends together.

So what is the point of this ramble? Am I using this platform simply to plug my interests? Probably. Am I also going to relate this to our work as pharmacists-to-be? Yes. One thing I think games like these help emphasize is communication, teamwork and problem solving, all very important skills in health care practice. As much as MTM likes to emphasize it and we hear it time and time again, it's quite true. Key communication prevents medication errors and those pesky DTPs we see time and time again. Whether it's developing a care plan or punching goblins in the face, achieving our goals requires communication and teamwork. This game is a special sort, and while admittedly it is a bit more of a niche hobby, I find it has certainly helped me improve on communication, problem solving, and memory. Give it a try next time, if you're ever interested.

CONTEST • PAM Writing

WE CAN MAKE A DIFFERENCE

Edward Ho, 2T0

As a child, I had fond memories of strawberry-flavoured amoxicillin solutions, chalky banana flavoured cough syrups, and the occasional lollipop or two from the candy jar sitting near the cash register. Whenever I was sick and saw either of those two bottles, I had always looked forward to taking my medication. I still remember one particular conversation I had with my mother, who mentioned to become a pharmacist, as they have a great salary and do not do much work. That had since stuck with six-year old me.

Upon participating with the Pharmacists Outreach Days, a similar mentality was still shared by children: pharmacists are there to provide you with the medication. As such, pharmacists have continued to be viewed as glorified medication dispensers.

However, as we transition to a more patient-centred health systems approach, it is becoming much more apparent that pharmacists have been underutilizing their skillsets. For instance, it was less than 5 years ago that pharmacists were unable to provide immunizations for many of the common vaccines. Providing pharmacists the opportunities for expanded scope can not only decrease wait times and workload for physicians, reduce costs to the healthcare system by better managing chronic conditions and self-limiting ailments, but can also better advocate for the profession itself.

Although the profession requires essentially the same amount of training and education across Canada, the limitations set by each province/territory has inhibited the true potential of pharmacists. For instance, expanded scope of those in Ontario are limited to prescribing for smoking cessation, renewal/adaptations, administering the flu shot and some common vaccines, pharmaceutical opinions, and MedsChecks; however, when compared to that of Alberta, pharmacists are



unrestricted and are able to provide for a variety of self-limiting ailments and Schedule I medications, are able to order lab tests in addition to what Ontario allows for.

As a student approaching APPEs, do I find that pharmacists are making an impact to patient-centric care and the overall healthcare system? No; not as much as there is so much potential for growth, particularly in Ontario. Although dispensing continues to remain the core of community pharmacy, the expanded scope of services does not reflect the potential of a pharmacist's training, particularly in areas where they are underutilized and healthcare outcomes are not optimized.

We need to do better; we have to do better in order to show value – to show that there is a need for this profession. It starts with advocating for ourselves as a profession; to show value to our patients and governing bodies; and to have patients support political changes that influence our livelihood as a whole.

It's Pharmacist Awareness Month.
We can make a difference.

DISPENSERS TO DECISION-MAKERS

THE POSITIVE IMPACT OF PHARMACISTS ON THE HEALTHCARE SYSTEM

Rajiv Rampersaud, 2^{TO}

As part of Pharmacy Awareness Month (PAM), a pharmacy friend and I participated in an initiative to educate local elementary school students about the concept of allergies. Before we delved into talking about anaphylaxis, we posed a simple question, “Does anybody know what a pharmacist does?” Answers varied but they usually went along the lines of “they give medicines” and “they help us feel better”. This class of 8 and 9-year-olds had the right idea. Indeed, pharmacists provide drugs to patients when they are prescribed, making them dispensers. Pharmacists also assist patients throughout the course of an illness or infection, making them counselors. However, the role of a pharmacist is not limited to dispensing or counselling. Pharmacists do so much more, and these additional responsibilities have a significant impact on our healthcare system.

The role of the pharmacist has evolved from drug distribution to providing patient-centered care that addresses the needs of individual patients. Pharmacists are advisors. They provide advice to patients on a regular basis regarding their medications and medical conditions. This is accomplished through various initiatives including MedsChecks, Pharmaceutical Opinions and clinic days. Clinic days allow pharmacists to focus on patients with chronic health issues such as diabetes and hypertension. In a review of pharmacist services for non-hospitalized patients, it was found that pharmacist intervention through activities such as clinic days have beneficial effects on blood glucose and blood pressure control. Pharmacist-led initiatives were found to decrease patients’ HbA1c by 0.8%, leading to a reduction in premature death associated with microvascular and/or macrovascular complications. Meanwhile, through counseling about blood pressure control and reviewing antihypertensive medications, pharmacist-based services resulted in an average systolic blood pressure

reduction of 5 mmHg in hypertensive patients. This was associated with a 34% reduction in stroke and a 21% reduction in ischemic heart disease, thereby showcasing the beneficial role played by pharmacists in preventing hospitalization for adverse cardiac events.

When pharmacists practice to their full scope, they become decision makers who optimize the health outcomes of their patients. This has cost-saving implications on the healthcare system as fewer healthcare resources need to be utilized. Perhaps the most significant contribution made by pharmacists in saving money for the healthcare system pertains to their administration of influenza vaccines.

According to a study investigating the influenza seasons of 2011/12 and 2013/14, the introduction of pharmacist-administered influenza vaccines in Ontario resulted in a net immunization increase of almost 450,000. This, in turn, saved an estimated \$2.3 million in direct health care costs and lost productivity. The expanded scope of pharmacists to administer vaccines against influenza and other infections such as pneumonia and shingles saves a significant amount of money for our healthcare system while ensuring that patients continue to lead healthier lives. Overall, given their dynamic responsibilities as healthcare professionals, there is no doubt that pharmacists have a positive impact on the healthcare system.

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CONTEST • PAM Writing

4 PHARMACY PROFESSIONAL SERVICES

Pauline Tram, 2T0

March is Pharmacists Awareness Month; a month where all pharmacy schools across Canada celebrate and appreciate how pharmacists contribute to the health care system and teach patients what they can do for them.¹ The role of pharmacists has evolved throughout the years. Pharmacists went from being dispensers to now providing more professional services that can help better address patients medical needs.² Some of the professional services that pharmacists offer that significantly impact patient populations are:

Vaccinations: Pharmacists can administer a large variety of vaccines: from protecting you from influenza to various kinds of travel vaccines (ex. Hep A and Hep B injections).^{3,4} No appointment is needed; the patient can come in at a time convenient for them and get it administered.

OTC advice: Ever wonder what each over-the-counter medication is? Want to get advice on what to get to treat a minor ailment like a headache? Pharmacist can help answer your questions and ensure OTC medication is appropriate for you to use. There are some provinces in Canada that pharmacists have prescribing rights to certain minor ailment conditions for instance Alberta, and Saskatchewan.⁴

Smoking Cessation: Pharmacists can prescribe medications to help patients quit smoking and provide the support that is needed for patients to be successful.⁵

Extending/ Renewing prescriptions: Do not have time to go see a doctor for a renewal on one of your chronic medications? Fortunately, pharmacists can renew prescriptions and prescribe another supply up to 6 months under his/her authority.⁵ First, the pharmacist will do a thorough clinical assessment of the patient before renewing the prescription. However, phar-

macists cannot renew/extend prescriptions that are narcotics, controlled substances or selected drug classifications.⁵

Other services pharmacists can provide are compliance aids, Medschecks, compounding prescriptions, clinic days, medication delivery, adapting prescriptions and counselling services.⁵ Hence, there is a lot to appreciate about the role of pharmacists. The scope of the pharmacist's practice varies in each and every province and territory.⁵

Some pharmacists perform pharmacogenomics or point-of-care testing. All things that can help ensure the patient receives optimal therapy. Pharmacists are medication experts and one of the primary health-care providers that can help optimize your drug therapy. There is also a growing number of pharmacists working in family health teams too. Overall, it will be interesting to see how the scope of Canadian pharmacists evolve through the years.

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CONTEST • PAM Writing

PHARMACY: A 3-YEAR FOLLOW-UP

Joseph Correia, 2nd

For Pharmacist Awareness Month, I initially decided to take a break from doing the usual movie review to reflect on the profession that I'm only a little over a year away from entering (fingers crossed). However, this edition of the Monograph coincided with the release date of *Captain Marvel* so I was conflicted. *Long story short – Captain Marvel was good, Brie Larson was a little underwhelming, loved Samuel Jackson, the cat was great, 7.239/10. Alright, where was I? Right... pharmacy.*

Instead of talking about the services that pharmacists provide, or our net effect on the healthcare system and all that fancy stuff, I wish to discuss what pharmacy means to me. More specifically, how my perception of pharmacy has changed from my acceptance letter until this very moment, which consists of sitting on my chair at Graduate House neglecting one of my assignments.

So why pharmacy? Contrary to my meticulously crafted MMI answer that involved something about changing the world, my original plan for my life was to become a teacher. I had always envisioned myself teaching at a small-town high-school since I was a kid, but the job market wasn't great so I chose another profession that involved educating people; pharmacy seemed like a logical, (and safe), choice.

Even though it wasn't my first choice, I'd be hard-pressed to recall many moments in my life that thrilled me more than receiving my acceptance letter to pharmacy school. At this time, I knew pharmacy mainly through the eyes of a family friend. The pharmacy was located in the small town of Belle River (shout-out to Tyler Gilbert), and he seemed to be the embodiment of what it meant to be a neighborhood pharmacist. Patients would visit this pharmacy just to see how his day was going or to bring him one of the local delicacies, which happened to be cheese in this particular town. If patients were

angry with me for inevitably messing up some aspect of their prescription, their demeanor changed as soon as he walked into the room and an expression of warmth and content washed over their faces. That's what pharmacy meant to be me – it was a face of friendliness and trust, but also one that demanded respect. This face was still blurry at the time but it was a face that peaked my curiosity, one that I believed was worthy of pursuing.

Admittedly, some of the wonder and prestige of pharmacy dropped off as I progressed through my formal education. Pharmacy seemed to be in this perpetual state of reaching to be something else to prove to other professions (and to itself) that it really made a difference. Leaders in the field would always come in and talk about how exciting it was to be in pharmacy during this time of revolution before I even understood what the current state of pharmacy really was. I also found it frustrating that we spent so much time learning how to communicate with physicians and I often wondered if future doctors were sitting in class trying to figure out how to communicate with pharmacists to make our job easier. What I once envisioned as a position of respect now appeared to be one riddled with inferiority. This was all coupled with the never-ending stories about how hard it was to find a well-paying job. Do I still hold such a pessimistic view of the profession I've dedicated countless hours of my life to being a part of?

Well that brings me to my present thoughts about pharmacy as I continue to sit in my chair surrounded by the beautiful cement walls that Graduate House has to offer. Update: – a title and date have been added to my assignment and I have rewarded myself with nachos and salsa for this profound achievement.

Pharmacy school, and the placements and work experiences associated with it, have introduced me to

CONTEST • PAM Writing

leaders in the field that continue to inspire me and re-ignite my interest in this profession each time it loses its kindle.

Through them, I am beginning to understand that pharmacy is not a profession that is confused, lost, or heading in an unknown direction. Instead, it is a profession that strives to achieve a state of never-ending personal and professional growth.

It is through trying to become something greater that pharmacy can gain the independence and the resources that it needs to better serve its patients. This is one of the most respectable visions a healthcare provider can strive to bring to realization. I have also learned that respect is not about a pharmacist's place in the artificial hierarchical structure of healthcare professionals. It is something that is earned when pharmacists provide the best possible care despite the existence of these dated structures through collaboration, professional development, and the delivery of exceptional care. The passion that these leaders have to break the constraints that our profession is bound

by fills me with the hope that pharmacists will forever be integral and influential components of our health-care system. These leaders have also showed me that no matter how many boundaries pharmacy strives to surpass, it will never lose its desire to earn that patient that smiles back with a face of friendliness, trust, and respect, which ignited my desire to be a part of this profession in the first place.

So I guess my current view of pharmacy is that it is a profession filled with possibilities and hope. It's fitting that I currently have such a hopeful view of pharmacy since I am starting my APPEs soon and I'm hoping above all else that I will pass them; if there's another lesson that I continue to learn, it's that pharmacy always has a way of teaching you just how much you really don't know. Best of luck to everyone on their rotations and know that you have undoubtedly inspired and motivated me in some way or another in the last 3 years.

Forever yours as a family member or friend,

-Joe Chris



THROWBACK • 20 years Retrospective

PHARMACY BUILDING: A CHANGING LANDSCAPE

Fernand Luong, 1T4



1882, Western Assurance Building

As an effort of the Ontario College of Pharmacists to fulfill its obligation to provide instruction for future pharmacists, Edward Shuttleworth, among other lecturers secured teaching quarters at the Western Assurance Building at Scott and Wellington street.

About 20 students enrolled in the first term, and for a \$30 fee, students could choose to take two or more subjects.



1887 - 1963, The OCP Building 44-46 Gerrard St. E.

The Council was determined to find a more permanent home for the college and its teaching department, as a result, the OCP building was constructed.

Completed in 1887, enrollment into Pharmacy steadily grew. By 1891, the program was capable of accommodating up to 140 students.

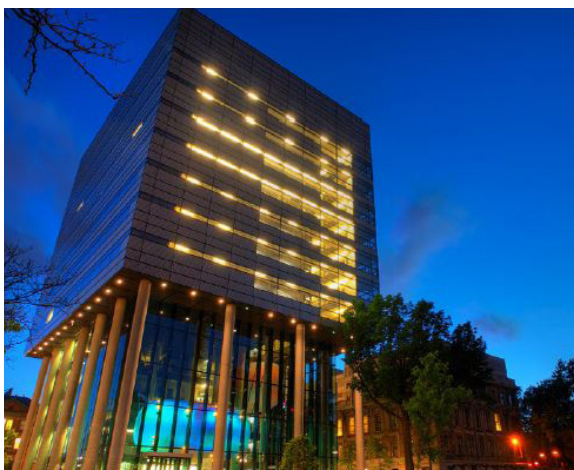


1963, Norman F. Hughes Building 19 Russell Street

The University of Toronto had assumed responsibility for providing pharmacy education in 1953 and had completed a new building on it's main campus in 1963.

The Ontario College of Pharmacists had removed itself from the role of educating future pharmacists and focused on its licensing and regulatory role.

The building has since been repurposed as the Anthropology Building.



2006 - Present, Leslie Dan Faculty of Pharmacy

In order to meet the growing demand for pharmacists, The Faculty expanded their facilities to its current location at 144 College St., allowing for a doubling of its enrollment capacity.

Made possible through the numerous alumni and organizations, as well as the Government of Ontario's Super-Build fund, the building was completed in 1996. The building was designed by Sir Norman Foster with the intention of preserving the roof line of the historical Tanz Neuroscience building, giving its "box on top of a box" look.

The Leslie Dan Faculty of Pharmacy now supports academic, research, and teaching needs of well over 1,300 on a daily basis.

STUDY BREAK • Shout-outs!

➤ To Lina Liu: ur a cool friend :~)

➤ To Meagan B in 1st Yr, I think I have had the biggest crush on you since time. Maybe one day I'll say hi to you.

➤ Shout out to my powerpuff girls! Three years of pharmacy school has gone by so quickly! Can't wait to see what the future holds for all of us!

➤ S/O to all the monograph class reps and monographs editors for working so hard on putting together amazing monographs each time

➤ S stands for smiles all around :) Thank you for being you & a constant reminder of things that matter the most.

➤ S/O to Vaani J. for always being a sweetheart <3

➤ S/O to Coops for being the KING of savages

➤ Special S/O to Pam, Laurel, Sarah and Rajiv for your awesome study/class notes
S/O to my Patient Safety crew ...

➤ for keeping class LIT!

➤ S/O to F&F for all the laughs and memories; you guys are the BEST <3

➤ Good luck to all my fellow 2T0 on their APPE rotations

➤ #UncleNarth #SugardaddyNarth

➤ Thank you, 2nd phloor pham, for keeping me sane through the toughest times. I wouldn't be alive without you guys and "curls" <3

➤ Shoutout to the 526 Pham <3

➤ S/O to Coop for always making us laugh! Never a dull moment with you bud E

➤ S/O to the 2T0 phamily for making pharmacy great again <3

➤ #paraquat



A BLAST INTO THE PAST: CAPTAIN MARVEL REVIEW



Rajiv Rampersaud, 2To

As the first female-led superhero film in the Marvel Cinematic Universe, *Captain Marvel* chronicles the origin of its protagonist, Vers (played by Brie Larson), as she tries to understand her roots on Earth and come to terms with her wide-ranging powers. Set in 1995 when there is an ongoing war between two alien races, the Kree and the Skrulls, Vers is first shown to be a valuable member of the Kree army. Following a failed rescue mission and a narrow escape from the shape-shifting Skrulls, she crashes into Los Angeles and soon finds herself in the company of a younger Nick Fury (Samuel L. Jackson). The rest of the movie showcases the development of a friendship between Vers (better known as Carol Danvers) and Fury as they team up to solve the puzzle of Carol's past and thwart the real enemy.

There is a lot to love about *Captain Marvel*. One highlight includes the chemistry between Brie Larson and Samuel L. Jackson as they bring their respective characters to life. Having previously starred in two movies together, they appear to have developed a genuine comradery which translates well onto the big screen. Another reason to love the movie relates to its mid-90s backdrop. Blockbuster, loose flannel shirts and oh-so-slow computers take us back in time and serve as points of humour throughout the film. Another highlight, and arguably the reason some will enjoy this

movie, is Goose. Make no mistake; Goose is not just a cat. Nick Fury develops a particular affection for Goose, and we get to watch the benefits of having this creature on his side. While Goose steals a number of scenes, another appeal of *Captain Marvel* lies with a plot twist that ultimately pushes Carol to realize the full extent of her powers. The scenes in which she discovers her true abilities are, in my opinion, the best parts of the movie.

While I was very satisfied with *Captain Marvel*, there were some inconsistencies with its plot. Most notably, Nick Fury introduced himself to Carol as an agent of S.H.I.E.L.D. However, as seen in *Iron Man*, the name S.H.I.E.L.D. was adopted over a decade after the events of *Captain Marvel*. Furthermore, despite her human origin, Carol does not seem to age. Following her six-year absence from Earth, she returns looking just as how she left (during an interview, Brie Larson explained the anti-aging nature of her character by saying "Don't worry about it. She has great skin care!"). Despite these points of confusion, *Captain Marvel* delivers a solid piece of entertainment. Even if the movie does not measure up to your expectations, it is likely that its post-credit scene involving the character's return to Earth will leave you wanting more.

Rating: 4 Stars (out of 5)

ENTERTAINMENT • *Movies*

WON'T YOU BE MY NEIGHBOUR?

REVIEW

Naftali Zweig, 2T0

My score - 9/10 (Netflix - 1h 34mins)

“Won’t You Be My Neighbour” is a documentary about the life and legacy of the late Fred Rogers, an ordained minister, childhood educator, and TV personality. If you haven’t heard of him, that’s totally fine. I knew very little of Rogers before watching and never felt lost. Additionally, the movie is equal parts inspiring and tear-jerking and it is a treat to watch.

The movie begins at the creation of “Mister Rogers’ Neighbourhood.” At a time where household televisions were becoming increasingly common, Rogers took a great interest in them as a powerful tool in child development. However, he became concerned by the increasingly prevalent mindless and violent children’s shows on television. To combat this he created his own show “Mister Rogers’ Neighbourhood” to positively influence children. The movie’s depiction of Rogers’ battle against mainstream television sets an example for us today. In a world where information is so easily accessed, we must be ever wary about the content that our children are seeing and how it is delivered.

Much of the film’s emotional punch stems from Rogers’ relationship with children. The ease with which he was able to connect to them is unprecedented. When he spoke, children listened eagerly, waiting on his every word. When they spoke he was patient, kind, and loving, and seemed as if he knew exactly how to respond to each child’s needs. It’s truly wonderful to watch. All the while, his overarching message is repeated throughout the movie: “I like you just the way you are.”

Having all been children at some point in our lives,



we all know the hardships that come with being a child. As adults, part of us retains that inner-child, and remembers what it’s like to be bullied, not fit in, or have parents who fought. These words speak to that part of us and assure us that despite our feelings of anguish and despair there is someone who still loves and cares for us. It’s sappy, it’s powerful, and I’d be lying if I said my eyes stayed dry.

However, perhaps the most amazing thing to behold, is how this kind, loving, and, at times, silly man had such a great influence, not only over children, but even over those in power. The best example of this is his statement to the Senate in 1969 against television budget cuts. While, this is shown in the movie, for the sake of time it is unfortunately cut and abbreviated - perhaps the film’s greatest flaw. If you plan to watch the movie, when you get to this scene, pause and watch “May 1, 1969: Fred Rogers testifies before the Senate Subcommittee on Communications” on Youtube. If you don’t plan on watching the movie, watch this clip instead. It’s only 6 minutes, 50 seconds and is perhaps the greatest monologue in the history of monologues. It’s a testament to both the power of his words and his profound care for children’s best interests.

Overall “Won’t You Be My Neighbour?” is an emotional rollercoaster. You will laugh. You will cry. But most importantly you will get a glimpse into the life of one of the truly good people to walk this Earth. A man who fought for the future of children - our future. A man who changed the definition of what it is to be a man. A man who assured us that we’re all special and reminded us “that [we] don’t have to do anything sensational to be loved.” Now if you’ll excuse me, I have to go cry.

FOOD • Recommendations

FOOD AROUND PB

Julia D'Adamo, 2T2

Looking for a place to satisfy your sweet tooth? Here are 5 Instagram-worthy desserts a mere 20 minute walk from PB:

Arctic Bites (8 minute walk):

Thai Me Up (Rolled Thai Milk Tea Ice Cream with Hello Panda Cookies, Waffle Cookie, Whipped Cream & Condensed Milk Drizzle)



Piano Piano (19 minute walk):

Lemon Basil Cake with Olive Oil, Candied Pistachio, Burnt Honey & Vanilla Ice Cream



Almond Butterfly Café (19 minute walk):

Dairy-Free Vanilla Chocolate Chip Cupcake (Tons of Vegan & Gluten-Free options available)



Dessert Kitchen (19 minute walk):

Purple in Love (Grape Seaweed Balls, Shaved Ice, Mini Rice Balls, Grapes & Vanilla Mocha Ice Cream)



Café Landwer (21 minute walk):

Nutella Rosalach



FOOD • *Recipes*

BUTTER GARLIC SHRIMP MAC AND CHEESE

Deevya Ramasawmy, 2T0

We all know that KD Mac and Cheese is a bread-and-butter meal for (pharmacy) university students. But have you ever thought of how to elevate this comfort food? This recipe takes your regular KD and adds in a twist! The magical combination between the silky cheesy macaroni and the butter garlic shrimps is simply incredible.

Prep time: 5 mins | Cook time: 15 mins | Total: 20 mins
Servings: 1-2 people

Ingredients needed:

- 1 ½ cup of peeled shrimps
- 2 tablespoons of butter
- ½ clove of garlic, finely chopped
- 1 box of Kraft Dinner Original
- ½ cup of milk
- 1 egg
- Salt
- Pepper
- ¼ teaspoon Oregano
- Cheddar and/or Mozzarella, grated
- Breadcrumbs (optional)

Instructions:

1. Melt the butter in a skillet or pan on the stove over high heat.
2. Add the shrimps, sprinkle with some salt and pepper, then cook for 1 minute. Add the finely chopped garlic, oregano and cook for another minute until the shrimps have changed colour to light pink/orange. Then transfer to a bowl.
3. Follow the instructions on the Kraft Dinner Original box to make your Mac & Cheese.
4. While your Mac & Cheese is still on the oven cooking, pour the milk slowly and gently stir. Add cheddar or mozzarella cheese or both to your Mac & Cheese.
5. Turn off the oven, crack one egg into the Mac & Cheese and stir until thoroughly mix and the macaroni pieces are coated with the egg.
6. Add the butter-garlic shrimps and top up with more cheese.
7. Sprinkle with breadcrumbs if desired.
8. Serve warm.

I never measure the amount of cheese that I put in my Mac & Cheese because there can never be enough cheese; the more the merrier. I hope you find this recipe tasty and useful during your final exams.

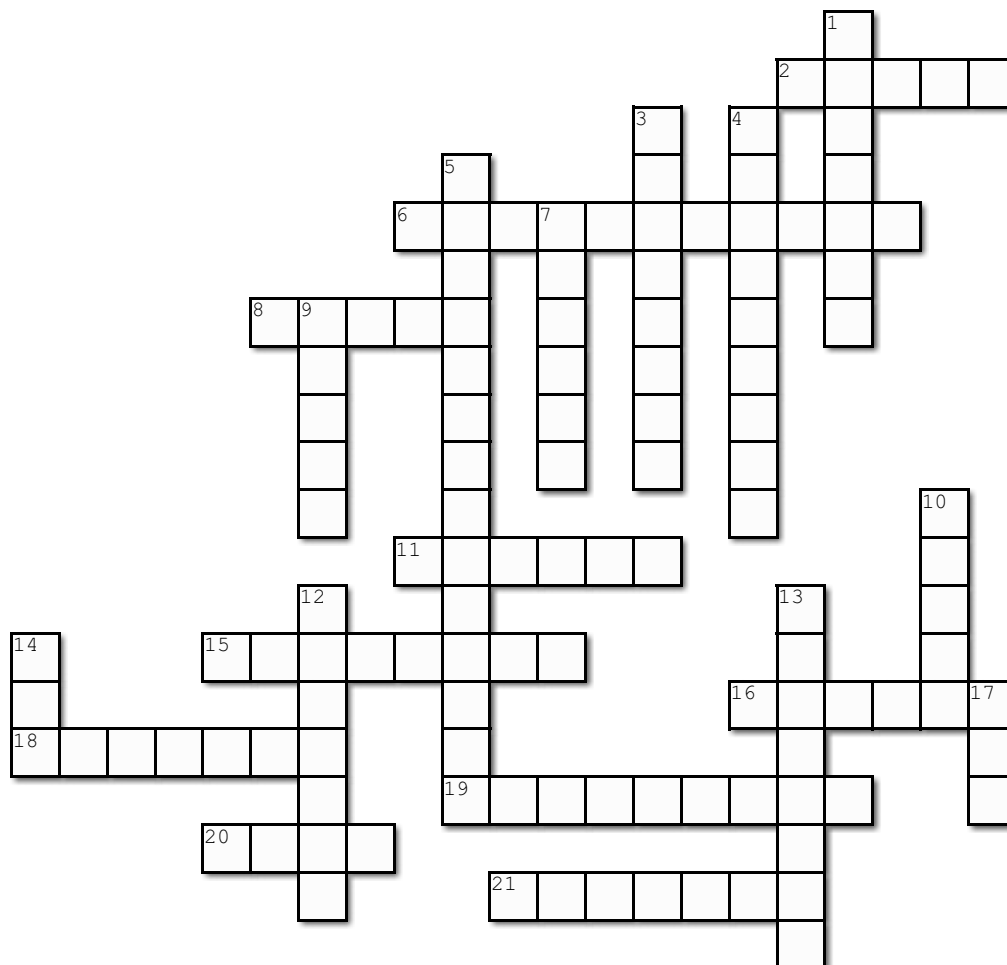
Good luck Pharm Pham!

STUDYBREAK • *Crossword*

EXAM PROCRASTINATION CROSSWORD

Jessica Attalla, 2T2

Find all the ways Pharm students procrastinate on their exam studies!



Created using the Crossword Maker on TheTeacher:

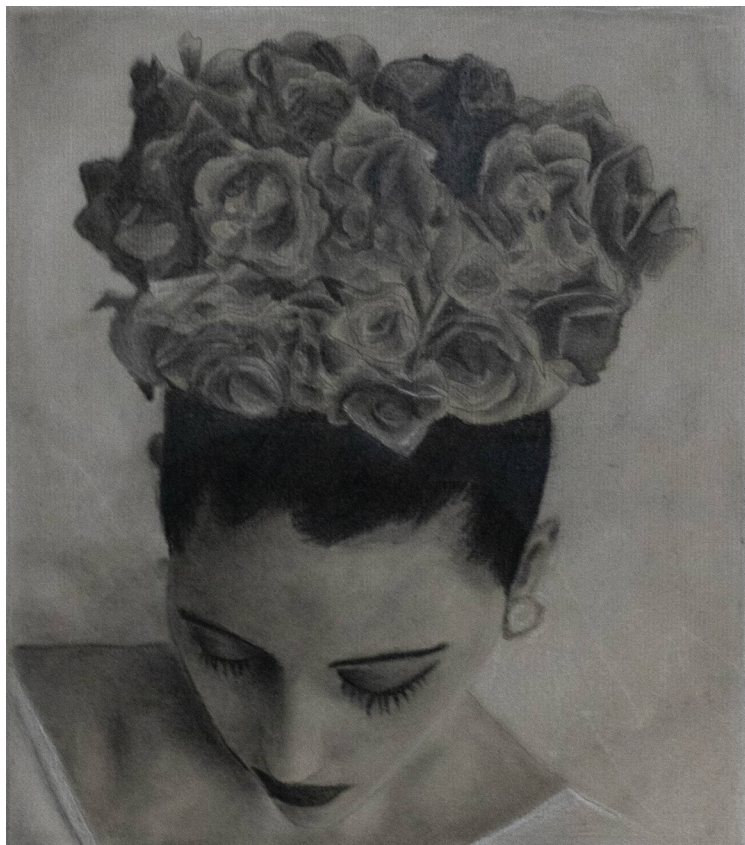
Across

2. Taking a quiz on what kind of _____ you are
6. About how hard pharmacy school is
8. Hunting for the perfect lighting for your _____ post
11. Going on emergency _____ runs
15. Trying out the new _____ filters
16. Just straight up _____.
18. About how hard pharmacy school is
19. About how much work you're not doing
20. Creating _____ pharmacy-related memes
21. Treating your friends to a _____, starring none other than you

Down

1. Binge watching _____ on Netflix
3. Your crush on social media
4. Planning the _____ for your wedding (@ the girls)
5. Re-listening to all of the _____ 's old songs
7. This _____.
9. Colour coding your _____
10. Suddenly feeling the need to _____ EVERYTHING
12. your classmates in endless memes
13. Reaching a new level on _____
14. Turning each break into an eight-hour _____
17. Go to the _____

— Artist Spotlight —



Michelle Yee, 2T1



Shradha Madur, 2T1



Behind the Lens



Christine Nwosu, 2T0



Kevin Leung, 2T2



Shaista Malik, 2T2



Tammy Nguyen, 2T0