

The Monograph

THE MONOGRAPH



LETTER'S TO PHARMACY
Reflections from incoming
and outgoing students

ANTI-CALENDAR
Insights into all courses

WHO'S WHO?
Know your clubs and
UPS council

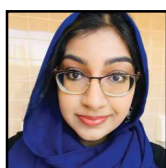
The Monograph Team



Editors-in Chief
Amar Deonandan
David Czosniak



2T1 Representative
Hebah Arabi



2T2 Representative
Shaista Malik



2T3 Representative
Runyang Yin



2T4 Representative
TBD



Photography
Pharmakon

Cover Art
Khoa Dang, 2T3

Layout
Stephanie Lau, 2T2

Featured in This Issue:

Christine Nwosu, 2T0
Mustafa Arabi, 2T1
Victoria Bugaj, 2T1
Rosa Del Giudice, 2T1
Dian Han, 2T1
Gigi Lai, 2T1
Jeffrey Lai, 2T1
Yoolim Lee, 2T1
Danielle Mara, 2T1
Pooja Patel, 2T1
Shelby Yiu, 2T1

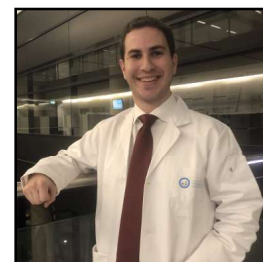
Alif Salam, 2T1
Bradley Smither, 2T1
Borar Som, 2T1
Kristen Wierda, 2T1
Duresameen Zahoor, 2T1
Crystal Yunfan Zhang, 2T1
Misha Krivykh, 2T3
Anna Shevchuk, 2T3
Sabih Jamil, 2T3
Ibrahim Abdullateef, 2T4

EDITORS' ADDRESS:

Welcome to a new year, Pham! We would firstly like to welcome and congratulate the incoming Class of 2T4 and welcome back the Classes of 2T1, 2T2, and 2T3. We are David Czosniak (2T2) and Amar Deonandan (2T3), your Co-Editors of the 22nd edition of The Monograph for this upcoming school year and we would like to welcome you back with this year's Pre-Issue! The Monograph is the pharmacy student newspaper, detailing the thoughts and lives of pharmacy life through the lens of pharmacy students, like you!

In this pre-issue of The Monograph we first present the Student Letters to Pharmacy from incoming and outgoing students Ibrahim Abdullateef (2T4) and Christine Nwosu (2T0), respectively. Next we have the Who's Who of the Undergraduate Pharmacy Society (UPS), introducing the members of General Council and their roles. Following that, we have the Clubs' Who's Who to outline all the different clubs you can take part in throughout the school year. Finally, featured in this issue we present the Anti-Calendar organized by your new Monograph Representatives Runyang Yin (2T3), Shaista Malik (2T2), and Hebah Arabi (2T1). Written by your fellow classmates, the Anti-Calendar will help you know what to expect in your future courses, and provide some helpful tips to prepare you to succeed. Thanks to everyone who contributed to the Pre-Issue, this would not have been possible without you!

Without a doubt, this year will be vastly different as a result of COVID-19. However, we hope that we can document and share our lives through The Monograph to bring a closely-knit sense of community as we adjust to our new school year and we highly encourage everyone to reach out to their representatives to contribute. Stay safe and we wish you all the best of luck in this coming year!



Amar Deonandan and David Czosniak
The Monograph Co-Editors 2020-2021
monograph@uoftpharmacy.com

UPS Address

Hey Phamily!

Hello everyone and welcome back to what is sure to be a unique year! The COVID-19 pandemic has definitely thrown many changes our way but we are here to continue supporting you academically, professionally, and socially throughout the upcoming semesters!

We'd also like to officially welcome the 2T4s into our phamily - we hope you are enjoying enjoyed Phrosh Week and continue to feel the support from your peers and faculty here at The Leslie Dan Faculty of Pharmacy. We would also like to give a special shout-out and major props to Christine, Chelsea, and this year's Phrosh Planning Committee for adapting to these challenging times by creating an exciting line-up of virtual Phrosh events and an amazing online community to welcome our incoming first-year students! Although we haven't physically met many of you yet, we're so excited to welcome you to the faculty!

UPS will be here for you every step of the way! We have a number of ideas in the works to bring us all a little closer (figuratively, not physically) together. To kick off the year, we will be hosting our annual Welcome Back BBQ in a new way - UPS and CAPSI will be organizing a number of picnics in various cities across the country to celebrate the start of the new school year so be sure to join us there! There's also the first online Phollies Talent Show, E-sport Tournaments, Semi-Formal, Charity Week, and other events to look forward to!

Staying in touch online is more important now than ever, so give us a follow! You can keep up with UPS on Instagram at @uoftpharmacysociety, on Facebook at @UPSatUofT, and on our website at <https://uoft-pharmacy.com/>. We can't wait to see you all this year - either for the first time or again - and we're so excited to see all the new things this year has to offer. Feel free to reach out at us anytime and of course, have a phantastic year!



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Fabian Cretu & Samantha Cesario

UPS President and Vice President

ups@uoftpharmacy.com

OPA Advocacy Highlights (Sept. 2019-20)

Sera Lee & Simran Sharma (UofT OPA Student Chapter)

Advocacy is a means by which we can move our concerns to create change. It's also what makes up the core mission of the Ontario Pharmacists Association (OPA), Ontario's largest pharmacy advocacy organization. This past year has been a particularly challenging and exciting year for pharmacy advocacy, especially with the tremendous efforts to protect and support pharmacy professionals and their patients during the pandemic. It is incredibly motivating to experience these changes being incorporated into our practice and to witness our profession advancing. Take a step back and appreciate the remarkable advocacy highlights we've achieved together in this past year – by being on the frontlines, by sharing our opinions as students in government consultations, by writing to our MPPs and so much more!

Student Engagement Model

To build up student advocacy leaders and strengthen the OPA's relationship with students, we created an aligned Student Engagement Model amongst the 2 pharmacy schools, consisting of the OPA Student Advisory Council and the 2 OPA Student Chapters at each school.

Pharmacy Sustainability

The cap on Ordinary Commercial Terms (or 'professional allowances') for Ontario's pharmacies was lifted as well as achieving the introduction of private label generics. A meaningful step forward in promoting sustainability of the profession.

Common Ailments

Extensive consultations with professionals and public regarding pharmacist prescribing for common ailments continued, alongside relentless advocacy work with government.

For more information or to get involved, find us on Facebook @UofTOPACCommittee

Combatting Conservative Budget Cuts

Planned transaction fee on ODB claims were eliminated, MedsCheck program was not discontinued as per government plan & large decreases in drug cost mark-ups and long-term care pharmacy funding were mitigated.

COVID Pandemic

MOH incorporated emergency virtual medchecks for urgent medication consultations & 30-day supply limits to ensure the safety of Canada's drug supply. In addition, approval was successfully granted from government to cover patients' additional co-pay expenses – allowing equitable access to medications.

Flu Season

Increased accessibility to flu vaccines through pharmacists administering high dose vaccines – enabling pharmacists to do even more in protecting vulnerable patients.

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LETTERS TO THE MONOGRAPH:

2T4: Pharmacy or Nothing - and Phinally!

It only takes one from the Utopian School of Thought to see the buried fortune from the unseen horizon. The same can be said of a pharmacist; if you have not moved close to one, one would think a pharmacist is just a professional in a white coat that is limited to dispensing pills behind a counter. While this is a quarter-truth, the work of a pharmacist spans way more than just dispensing pills

This important realization came at a point in my life where I was directionless and a decision of what was next became crucial. This indelible moment was the time I got internship in a pharmacy, where I had the opportunity to learn more about the profession and different roles of a pharmacist under supervision of an incredible pharmacist who is now my mentor. This wonderful man really inspired me and took his time to explain different roles of a pharmacist to me during our down time. What fascinated me more was his social and listening skills and his patience when explaining medications to his patients in such an explicit manner with full smile and energy.

My second experience was a compulsory three-month student chemist industrial training position (synonymous to co-op in Canada) in a pharmaceutical company where I had the opportunity to work in a quality control department in Nigeria. That was when I learned about compounding and how precise measurement is key to drug formulation. This really got me curious, and really got me pondering on the distinction between a white chalk and a tablet pill (medicine), though they look very much alike in appearance, the former is harmful if ingested by man while the latter makes better when taken

Moreover, I have had different encounters with pharmacists that work in the hospitals, in the Ministry of Health in charge of policy making and regulations, in the military and so on. This really opened my eyes and mind to pharmacy as an incredible world of unlimited possibilities and opportunities. Also, there is a different type of fulfillment and joy that comes with serving humanity through pharmacy, and this is one thing all of the pharmacists I have met share in common. Since



then, I have made up my mind that it's either pharmacy or nothing, which is why I started emailing the University of Toronto even before I relocated to Canada. Pharmacy or nothing which is why I never gave up my UofT PharmD application. Pharmacy or nothing and phinally got in at my third attempt.

While getting into UofT PharmD is just a start, it is also a dream come true, a start to achieving my long term goals. I am nervous and excited at the same time, I know this is going to be a challenging and interesting journey. But I am thankful for the journey already, and the new phriends and phamily I will be meeting. Really appreciate the support of upper years and friends like Sunny Huang, Amar Deonandan, David Czosniak, Ra-beet Malik, Christine Tan, Chelsea Alder and Ramsha Shahid to mention a few. I can't wait to meet you all soon!

To our success!!!

Ibrahim Adeshola Abdullateef. 2T4

LETTERS TO THE MONOGRAPH: 2T0's Letter to 2T4

So, what advice do I have for your class? First, enjoy every moment. Time really does go by fast. When things return to our new normal, join clubs, volunteer, take a study break, and have dinner with your friends etc. I remember dragging one of my classmates to games night in first year, and now we've become best buddies. Second, the pharmacy profession has changed drastically over the last 10 years. Therefore, be open-minded. Your degree can take you just about anywhere (well beyond the walls of community pharmacy). Finally, network, network network!! Consider every time you are around a professor, or on rotation as an interview. Everyone is watching and the pharmacy circle is small. Always be professional, be kind to everyone, and don't be a showoff. Based on feedback from the technicians and assistants I worked with, my community APPE rotation preceptor hired me as an intern post graduation.



Congratulations Class of 2T4!! Welcome to the phamily. Although you are beginning this journey during unprecedented times, the next four years will be unforgettable. Embrace all the good, the bad, and the ugly because it goes by fast. I still remember how overwhelming my first day of school was and look at me now, PharmD behind my name :). Thanks to the world being on fire (thanks COVID-19), your welcome week at the Faculty of Pharmacy will not be the same as previous years. In addition, you won't get to live in the PB basement for 5 days a week. However, we are all in uncharted territory. Do not be alarmed, every class is going through some form of change from the norm.

Imagine watching an awesome movie that is 3 hours long, and 20 minutes before it ends, the movie cuts off and never resumes. This is exactly how the 2T0s feel. This article would traditionally be accompanied by a photo from my graduation, however, it was cancelled along with everything else you can think of that makes your graduating year memorable. To be honest, it doesn't feel like we graduated, especially since we are still not licensed pharmacists. However, the majority of my classmates are weathering this 6-month delay, working as interns albeit with our chins halfway up.



Once again, welcome to the phamily, the No. 1 pharmacy school in the country, and top 25 school in the world. Yes, we brag differently, but only when needed. Trust me, you've made the right decision. The next four years will be challenging yet rewarding. Do not hesitate to ask for help from upper years, alumni, and professors. We are all here for you. The pharmacy profession awaits you with open arms!

Christine Nwosu, 2T0



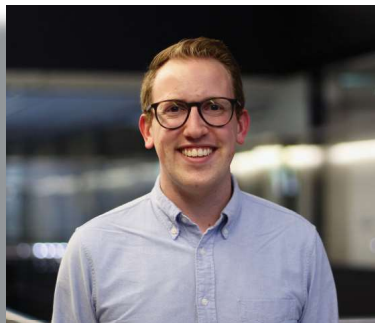
UPS Who's Who

The UPS Who's Who presents the members of your Undergraduate Pharmacy Society council so that you may get to know them better! We have asked the members to outline their roles on council, what they have been up to during COVID-19, and what their favourite part of pharmacy school has been so far. We've also provided their emails if you ever wish to get in touch with them.

-The Monograph Co-Editors

UPS Past President: Jacob Poirier, 2T1

Email: pastpres@uoftpharmacy.com



Role: I primarily serve as an advisor to the current President and Vice-President, as well as the rest of general council."

What I've been up to during COVID-19: I've mainly been completing my APPE rotations full-time, but I've also found some time to rekindle my passion for running."

Favourite part of pharmacy school so far: Definitely been getting involved with extracurriculars. It's a great way to meet new people and make new friends across all years of the program!"

UPS President: Fabian Cretu, 2T2

Email: ups@uoftpharmacy.com

Role: I, alongside Samantha, The UPS Vice President, support our executive members with their events and initiatives, act as a member of all society committees, ensure all duties are fulfilled by UPS council, and represent the voice of all pharmacy students as a liaison to the faculty.

What I've been up to during COVID-19: Spending time with family, having zoom hang outs, and online shopping.

Favourite part of pharmacy school so far: Becoming part of a professional community alongside all the amazing people I've met in the program so far.



UPS Vice-President: Samantha Cesario, 2T2

Email: ups@uoftpharmacy.com



Role: I work alongside Fabian, the UPS President, to oversee the entire UPS Council in addition to other specific duties such as chairing the Student Initiative Fund Committee and hosting Awards Night. This means that I get a glimpse of each amazing UPS member's work while having a specific focus on the incredible contributions of our program's student-led groups and initiatives!

What I've been up to during COVID-19: I have been practicing self-care by finding creative ways to hang out with friends (physically distanced or virtually), playing Animal Crossing, and learning how to cut my own hair.

Favourite part of pharmacy school so far: Definitely meeting my Phamily. Although the second-floor study room in PB is our home, we're making the long-distance relationship work and plan to have some virtual study sessions throughout the upcoming school year!

UPS Who's Who

Executive Secretary: Sadaf Fatima, 2T2

Email: secretary@uoftpharmacy.com

Role: I perform administrative duties to ensure everything runs smoothly. My main responsibilities are coordinating the Summer Package, recording meeting minutes, and tracking UPS points. You'll hear from me throughout the year about clubs' reminders, UPS points, and important dates/deadlines for UPS events/services.

What I've been up to during COVID-19: I've been keeping busy by taking care of my parents while balancing part-time employment at Shoppers Drug Mart and Loblaws. It's been quite a challenging, yet rewarding, experience working as a Pharmacy Student amid COVID-19.

Favourite part of pharmacy school so far: The tremendous amount of opportunities available to get involved with extracurriculars and pharmacy organizations. The ability to network with like-minded peers and alumni has truly enriched my education here at the Leslie Dan Faculty of Pharmacy.



Senior Finance Director: Patrick Cheung, 2T2

Email: finance@uoftpharmacy.com



Role: My role encompasses working with the Junior Finance Director, Wei to look over the annual budget for UPS and being the liaison between clubs and UPS from a financial perspective.

What I've been up to during COVID-19: I have been making sure that I have been regularly taking breaks between weeks of work by connecting with friends online.

Favourite part of pharmacy school so far: Making connections with many people continuously throughout the year even through the current situation. I hope to continue to reach out and work with many other people during my time here as Senior Finance Director.

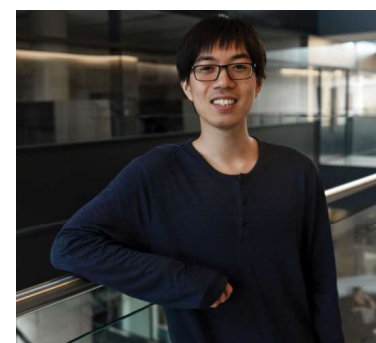
Junior Finance Director: Wei Wei, 2T2

Email: finance@uoftpharmacy.com

Role: I help the Senior Finance Director, Patrick in creating budgets, collecting payments, and issuing refunds for UPS. We oversee the uses of the society fees all of you pay, so reach out to us if you have any questions regarding that!

What I've been up to during COVID-19: Isn't the period of isolation at home the best time to game, watch anime, and most of all, take online classes? I was also lucky to be working part-time at a pharmacy and doing a research project with a pharmacy classmate. I've found keeping myself occupied to be a great way to alleviate the anxiety that the pandemic has caused me.

Favourite part of pharmacy school so far: Definitely the MTM labs and (might be unexpected) the PCT courses, despite my not-so-stellar grades in the latter. I find them to be the most practical and applicable to my professional career, and I look forward to more of these courses in future years.



UPS Who's Who

Senior External Affairs Director: John Huynh, 2T2

Email: external@uoftpharmacy.com



Role: The Junior Director, Arnold, and I collaborate with the faculty to attract and engage sponsors. We bring to you a variety of events such as Lunch and Learns and the Community Outreach Fair. We are also the CSHP student liaisons and work to advocate for hospital pharmacy through hosting interactive events.

What I've been up to during COVID-19: Caught up on a lot of sleep and learned to cook healthier meals.

Favourite part of pharmacy school so far: Being able to take therapeutic concepts I learned in class and apply them during summer rotations to better help patients.

Junior External Affairs Director: Arnold Ruste, 2T3

Email: external@uoftpharmacy.com

Role: I am working diligently to learn the ropes from the Senior Director, John, about working through sponsorship entitlements amidst a changing school year landscape. This role also provides me with an opportunity to learn about the Canadian Society of Hospital Pharmacists' work in Ontario.

What I've been up to during COVID-19: I have spent my summer embracing the joys of nature through physically distanced moments in the numerous parks, bike trails, and beaches our city has to offer, while enriching myself with some Netflix and embroidery.

Favourite part of pharmacy school so far: Being a part of the community; the 2T3s have created to support one another academically and beyond, especially now with a pandemic thrown into the mix.



Events Co-Director: Aaron Tran, 2T2

Email: events@uoftpharmacy.com



Role: My responsibilities are to help plan and coordinate events for students of all years with my Co-Director, Austin. Each year the Event Directors plan an interprofessional Boat Cruise, a talent show called Phollies, and the all-anticipated Semi-Formal event. With the Covid-19 Pandemic and the obscurity of social distancing guidelines, Austin and I have decided to try to lend our skills and resources to other members of UPS to help organize their events.

What I've been up to during COVID-19: Throughout the summer I had a lot of time to wind down and pick up reading again as a hobby.

Favourite part of pharmacy school so far: Learning is an ongoing process and I love discovering new facts and myths, which is why my favourite part of the school year are our PCT courses that debunks the do's and don'ts of different disease states. Learning is fun with phriends.

UPS Who's Who

Events Co-Director: Austin Cho, 2T3

Email: events@uoftpharmacy.com

Role: Coordinating with my Co-Director, Aaron, to facilitate the many exciting UPS events in the upcoming year: Phollies Talent Show, Semi-Formal, and more! Despite the circumstances, let's make the best of it!

What I've been up to during COVID-19: Walking, Feeding, & Cleaning after my new puppy.

Favourite part of pharmacy school so far: The friendships and memories I have made throughout first year.



Senior Athletics Director: Jonathan Ko, 2T2

Email: athletics@uoftpharmacy.com

Role: Work with my Junior Director, Cindy, to organize pharmacy athletic events and our intramural sports teams.

What I've been up to during COVID-19: I have been working most days, but in my free time I will listen to my favourite podcast and go for a walk!

Favourite part of pharmacy school so far: Making new friends, learning, and late night Osmow's at PB.

Junior Athletics Director: Cindy Tran, 2T3

Email: athletics@uoftpharmacy.com

Role: Planning and organizing athletic events within pharmacy with Jonathan, my Senior Director, including intramural sports. My hope is to increase the amount of physical activity for students and increase their varying comfort levels with fitness!

What I've been up to during COVID-19: I've spent a few days lounging in bed all day when I feel like the world is a little too much or spent some time with friends. I moved back into my parent's place to work on house renovations, read, bike, go for drives, or simply just lay down in the grass and enjoy some music or podcast listening.

Favourite part of pharmacy school so far: Meeting such amazing friends who like to work hard and play hard the same way I like to. All about that balance :)



Monograph Co-Editor: David Czosniak, 2T2

Email: monograph@uoftpharmacy.com



Role: Work with my Co-Editor, Amar, in recruiting writers, editing articles, and empowering students to speak their mind and get their thoughts onto the pages of The Monograph!

What I've been up to during COVID-19: I've been taking long nature walks through different parks in Toronto (walks by The Brickworks is my favourite!). I've also started reading and playing my guitar again.

Favourite part of pharmacy school so far: Putting many of the clinical teachings we have learned in class into practice during EPE rotations and while working at a pharmacy.

Monograph Co-Editor: Amar Deonandan, 2T3

Email: monograph@uoftpharmacy.com

Role: Alongside David, we produce The Monograph, the magazine for pharmacy students made by pharmacy students. We collaborate with your class Monograph Representatives to collect submissions and then work with our team to produce the final published copy.

What I've been up to during COVID-19: Lots of fishing, PC gaming, reading, Netflix, and working.

My favourite part of school so far: The sense of community here; everyone is willing to help each other out and organize amazing events and professional development opportunities. Reach out to us if you would like to contribute!



Pharmakon Co-Editor: Cameron Ho, 2T3

Email: pharmakon@uoftpharmacy.com



Role: As one of the Pharmakon Co-Editors, along with Grace, some of my main roles include taking and distributing photographs of pharmacy-related events, designing the yearbook, and contributing to UPS. We post all of the photographs we take on our Facebook page but you may also find some in the Monograph and, of course, the yearbook.

What I've been up to during COVID-19: I've been taking time during quarantine to relax, catch up on anime and TV shows, and learning how to cook!

Favourite part of pharmacy school so far: Phrosh! I'm an introvert but everyone was so welcoming and friendly, I really felt comfortable there.

Pharmakon Co-Editor: Grace Lo, 2T3

Email: pharmakon@uoftpharmacy.com

Role: Together with my Co-Editor, Cameron, I take photos at every event and design them into a yearbook full of memories! We also manage a team of student photographers and graphic designers (no experience necessary!) so let us know if you're interested!

What I've been up to during COVID-19: I've been working from home for an online pharmacy and binge watching crime shows!

Favourite part of pharmacy school so far: Falling asleep together with friends during morning classes and everyone taking pictures of each other!



Marketing Co-Director: Jailyen Yen, 2T2

Email: marketing@uoftpharmacy.com



Role: I work with Eileen (my Co-Director!) to create all the promo material you'll see for UPS events and initiatives. We also manage the UPS social media pages, so we'll make sure you're always up to date with everything UPS has planned for the year!

What I've been up to during COVID-19: I've been doing all my hobbies in excess; baking (so much bread), cooking, reading, and drawing/ painting!

Favourite part of pharmacy school so far: Bonding over long lecture days, exam cramming sessions, and many coffee breaks with some of the best people



UPS Who's Who

Marketing Co-Director: Eileen Liang, 2T2
Email: marketing@uoftpharmacy.com

Role: I work together with my Co-Director, Jailyne, to design fun and creative content such as FB covers, posters, and Instagram posts to promote UPS and student club events. We also manage the UPS social media pages, so be sure to follow UPS on Facebook (@UPSatUofT) and Instagram (@uoftpharmacysociety) to stay in the loop!

What I've been up to during COVID-19: Skribbl.io and watching Netflix
Favourite part of pharmacy school so far: Phriends :)

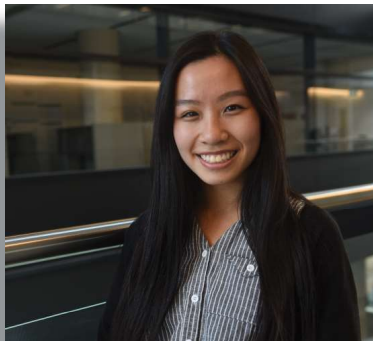


UPS Webmaster: Fiona Lui, 2T3
Email: webmaster@uoftpharmacy.com

Role: I'm in charge of all things web related. This includes maintaining the UPS website, organizing order forms, and helping with elections. I'm also on the other side of most of those emails you get from UPS!

What I've been up to during COVID-19: I've been balancing my time inside at work and outside hiking. I'm also putting together forms for future events, so watch out for those!

Favourite part of pharmacy school so far: Being able to meet and work with so many amazing people!



Speaker: Annie Yao, 2T3
Email: speaker@uoftpharmacy.com

Role: My main job is to conduct UPS meetings, which includes navigating discussions and votes. My other role is to chair the Constitution Review Committee, in which the committee reviews and renews the UPS constitution every year.

What I've been up to during COVID-19: I've been spending lots of time with family and sleeping as much as I can.

Favourite part of pharmacy school so far: All the cool events and activities happening in the PB atrium, many times with free treats too!



Senior CAPSI Representative: Kristina Miclat, 2T2
Email: torontosr@capsi.ca

Role: Along with Michelle, the Junior Representative, I represent University of Toronto pharmacy students on a national level and advocate for the interests of our students. As the leader of our school's CAPSI Council, I am responsible for delivering all CAPSI initiatives - this includes competitions, awards, membership benefits distribution (e.g. notebooks, textbook discounts), Mock OSCEs, registration for Professional Development Week, coordination of Pharmacist Awareness Month activities, outreach, and more!

What I've been up to during COVID-19: I have tried to use some of the extra time spent at home to improve my piano skills!

Favourite part of pharmacy school so far: Attending Professional Development Week (PDW) in my first two years. I have also enjoyed getting to know my classmates and developing lifelong friendships.



Junior CAPSI Representative: Michelle Chaung, 2T3

Email: torontojr@capsi.ca

Role: CAPSI is a nationwide pharmacy organization that advocates for Canadian pharmacy students. It serves to provide us with rewarding experiences and educational events like the Professional Development Week conference. Kristina, the Senior Representative, and I aim to offer you different ways to get involved, including competitions, conferences, speakers, and more.

What I've been up to during COVID-19: I have been taking long walks and hikes with my dog as a way to do more outdoor activities.

Favourite part of pharmacy school so far: The student events that different clubs initiate each month. I think it keeps us connected to other students and also provides us with pharmacy awareness.



UTSU Representative: Shaon Parial, 2T2

Email: utsurep@uoftpharmacy.com



Role: I act as the liaison between the University of Toronto's Student Union (UTSU) and UPS. You can come to me if you have questions regarding UTSU events, activities, funding, and services (e.g. member benefits and health insurance).

What I've been up to during COVID-19: While COVID has led to the cancellation of many plans, I still find ways to keep busy as I work part-time at a pharmacy and socially distance hang out with close friends.

Favourite part of pharmacy school so far: The friends and connections I've been able to cultivate over the past 2 years.

OPA Chair: Sera Lee, 2T1

Email: opa@uoftpharmacy.com

Role: I work closely with our Vice Chair, Simran, and our chapter representatives to bring various advocacy opportunities to our student body.

What I've been up to during COVID-19: I was spending most of my time working in a small town community pharmacy, and currently, I am completing my APPE blocks in the hemodialysis unit at University Health Network.

Favourite part of pharmacy school so far: Befriending great mentors who continue to inspire and challenge me as a pharmacy student!



OPA Vice-Chair: Simran Sharma, 2T2

Email: opa@uoftpharmacy.com



Role: OPA has recently restructured their student positions and the Chair and Vice Chair were introduced. I work with the Chair, Sera, as well as the OPA UofT Student Chapter to advocate for our profession and for the student experience.

What I've been up to during COVID-19: I've been working at Brampton Civic Hospital and learning about institutional pharmacy practice!

Favourite part of pharmacy school so far: Learning from and working with so many diverse groups of people at the Faculty!

UPS Who's Who

Fourth Year Class President: Gigi Lai, 2T1

Email: 2t1@uoftpharmacy.com

Role: I, along with the Vice-President, Meagan, represent the 4th-year class on UPS and ensure that the last year goes smoothly for our classmates. This role includes supporting our class in preparing for the licensing exam, raising funds for graduation events, and hosting social events to create lasting ~memories~.

What I've been up to during COVID-19: During the quarantine life, I've been completing my APPE rotations, learning Japanese, binging Westworld, and trying to find motivation to terraform my half-given-up island on Animal Crossing.

Favourite part of pharmacy school so far: Looking back on the years, my favourite part of school has been getting to make new friends through joining clubs & student council and getting to see my friends everyday!



Fourth Year Class Vice-President: Meagan Hatch, 2T1

Email: 2T1@uoftpharmacy.com



Role: I represent the 2T1s alongside our President, Gigi. Together, we liaise with faculty, students, and other council members to optimize our last year of school! I also help to coordinate Summer Package sales and Charity Week events 😊

What I've been up to during COVID-19: I've enjoyed going on long bike rides around Windsor-Essex county, my hometown!

Favourite part of pharmacy school so far: Meeting lifelong friends that have helped me survive 3 years worth of workshops, labs, midterms, and finals ❤️

Third Year Class President: Rolan Vaisman, 2T2

Email: 2T2@uoftpharmacy.com

Role: I coordinate voting and decision-making with my partner, 2T2 Vice President, Christina. In class council, I take on a leadership position in organizing our council's efforts to enrich student life during our third year in school.

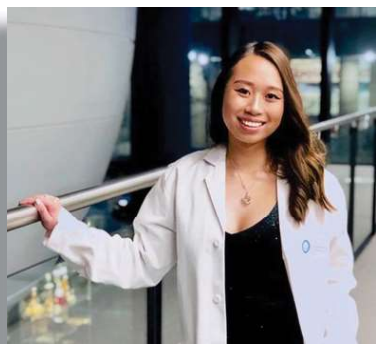
What I've been up to during COVID-19: I've been working as a full-time Pharmacy Assistant/Student across two independent pharmacies. During my downtime, I've been catching up with friends and family, playing video games, and more recently picked up a new workout routine.

Favourite part of pharmacy school so far: It's a tough choice between the redeeming nights out with friends after exams or the time spent in Class Council. Both have been excellent experiences that I hope to continue!



Third Year Class Vice-President: Christina Truong, 2T2

Email: 2T2@uoftpharmacy.com



Role: Similar to other class council vice-presidents, my job is to support the president, Rolan, and the rest of council to make student life the best it can be. As third year VP, I also spearhead Charity Week, which is pharmacy's chance to give back to the community!

What I've been up to during COVID-19: My typical COVID-19 day involves hanging out with my dog and binge watching a good show on Netflix.

Favourite part of pharmacy school so far: Getting to meet so many amazing people and friends for a lifetime. Also, planning CAPSI's Professional Development Week 2022, the largest conference for pharmacy students, has been a blast (shameless promo - stay tuned)!

Second Year President: Christine Tan, 2T3

Email: 2T3@uoftpharmacy.com

Role: I partake in various roles throughout the school year. These include co-chairing Orientation Week 2020 with my Vice President Chelsea, acting as Chief Returning Officer for the elections of the First Year Class Council, coordinating PHM140 study sessions with the Faculty Registrar, and overall ensuring efficient operations of the 2T3 Class Council.

What I've been up to during COVID-19: I have been working with the Phrosh Planning Committee to host an online Orientation Week for the incoming 2T4 Class. It has been a whirlwind but we are all so excited to welcome new students to the phamily!

Favourite part of pharmacy school so far: Organizing Pie Your Class Council during first year. Raising money for CAMH and seeing my classmates pied in the face? Priceless.



Second Year Vice-President: Chelsea Alder, 2T3

Email: 2T3@uoftpharmacy.com



Role: I work with the 2T3 President (shoutout Christine) to plan events and advocate for the 2T3 class. Some other roles include being one of the Co-Chairs for Orientation Week and helping plan Charity Week.

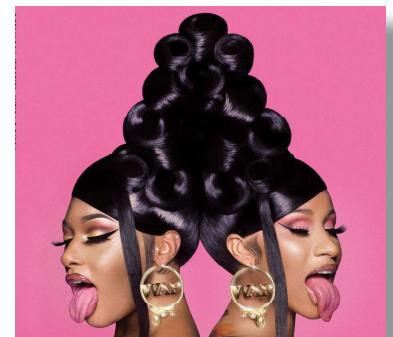
What I've been up to during COVID-19: Watching way too many Netflix shows. Also going on walks in the park (catch me at Riverdale Park taking pictures of the sunset).

Favourite part of pharmacy school so far: Meeting the wonderful people in our program and becoming part of the Leslie Dan Phamily.

First year President and Vice-President: You! 2T4

Email: 2T4@uoftpharmacy.com

If you are a student entering first year, this could be you! Be sure to stay tuned for updates on class council elections that will be announced early on in first semester!



UPS Clubs Who's Who

The UPS Clubs Who's Who presents the different clubs that you can take part in during the school year. Each of the clubs holds events throughout the year that you can take part in. Be sure to find your niche, whether it be advocacy in a field you're interested in, learning about something totally new, or just having fun! Joining clubs is a great way to make new friends and meet students in different years of the program. As well, be on the look out for executive positions in a club that interests you, clubs are always looking for new members to help throughout the year! The clubs have outlined here what they are all about and have highlighted some of the events they typically hold during the school year.

-The Monograph Co-Editors

Canadian Association of Pharmacy Students and Interns (CAPSI)



As a U of T pharmacy student, you are automatically a member of the Canadian Association of Pharmacy Students and Interns (CAPSI) and this comes with many perks! We are a national organization that serves to unify and advocate for the interests of pharmacy students from all 10 pharmacy faculties across Canada. Our goal is to offer diverse opportunities and an enriching pharmacy student experience through practical and professional experiences outside of the classroom. We hope to see you at any of our competitions, where you'll have the chance to win some great prizes and represent U of T at the national level. CAPSI also hosts Professional Development Week (PDW), a national pharmacy student conference and a great way to meet students from other pharmacy schools! Despite not being able to host a national conference this year, you can look forward to PDW 2022, which is hosted by U of T right here in Toronto! Keep your eye out for our other initiatives as well, such as our Symposia, Pharmacist Awareness Month outreach programs, social media challenges, and giveaways.

Kristina Miclat and Michelle Chaung
CAPSI Senior and Junior Representatives

The Canadian Society of Hospital Pharmacists (CSHP)

The Canadian Society of Hospital Pharmacists (CSHP) is a national organization of pharmacists that represents pharmacy professionals working in hospitals and other collaborative healthcare settings. The CSHP Student Council works with the Provincial and National CSHP groups to raise awareness of student issues and promote hospital pharmacy. Be sure to come to our events during the year including the First Year Mixer and Resident's Speed Meeting.

John Huynh,
Senior CSHP Liaison



UPS Clubs Who's Who

Compounding Opportunities and Mentorship Program for Pharmacy Students (COMPPS)



Compounding Opportunities and Mentorship Program for Pharmacy Students (COMPPS) aims to help pharmacy students develop compounding skills, access compounding resources, and network within the compounding community. Throughout the school year, we host a popular series of compounding workshops (in which students learn to make ointments, lip balms, gummy bears, suppositories, capsules, etc.), organized Q&A guest panels, and co-hosted our annual Patheon tour, in which students can visit a pharmaceutical manufacturing facility. In light of COVID-19, we have created additional events, including more Lunch and earns, trivia nights, and Zoom conferences with leaders in large pharmaceutical industries, such as Galenova, and Waterloo pharmacy students. We hope you'll join us for the exciting programming we have planned for this year!

Chelsea Chow and Stephanie Lau
COMPPS Executives

Embracing Ventures and Orienting Leaders to Value Expanded Scope (EVOLVE)

EVOLVE (Embracing Ventures and Orienting Leaders to Value Expanded Scope) is an organization geared towards encouraging new pharmacy professionals to get informed and comfortable with expanded scope services in pharmacy. We promote student collaboration and empowerment through initiatives such as the HOPE (Humans Of Pharmacists' Expanded Scope) Campaign, which aims to shed light on the pharmacy experiences of a variety of individuals within and outside of the pharmacy community in a "Humans of New York"-like manner. Other initiatives include journal clubs, speaker events, monthly articles, and more.

Bobby Gill and Julia Giannini
EVOLVE President and Vice-President



Global Medicine Initiative (GMI)

Global Medicine Initiative (GMI) is a club that strives to promote awareness of issues that influence international health and access to medicines through a variety of educational events and fundraisers. We host events such as an International APPE information session, and the GMI Charity Gala. Our GMI Charity Gala where it provides an opportunity for professors, students, and sponsors to mingle and to learn about international access to medicines. In July 2020, we hosted our first-ever online gala plus silent auction. Through our events, we have raised funds for organizations such as Pharmacist without borders (PSF) Canada and the Teasdale-Corti Foundation. There is always room to get involved in GMI, check out our Facebook page and website to keep yourself updated on the latest news and activities!



Lisa Teng
GMI Executive

UPS Clubs Who's Who

Health Care Keynotes (HCK)

Health Care Keynotes focuses on the development of communication and presentation skills. Some notable guests we've featured include Monica Gautam, Co-Founder of Medical Affairs Canada, Moataz Daoud, Lead Medical Advisor at Sanofi Genzyme, and Zubin Austin, winner of the President's Research Impact and Teaching Excellence awards. HCK offers students a unique opportunity to interact and learn from those with crucial experience in the world of pharmacy. Sessions will often focus on tips and tricks to solidify your approach to interviews, refine your resume and improve your verbal and non-verbal communication skills. Each meeting also incorporates an activity period where attendees are encouraged to participate in a range of exercises aimed at further developing their communication abilities. If you are interested in perfecting your speech, gaining confidence in front of crowds and learning more about the in-and-outs of industry, hospital or community pharmacy, then HCK is the club for you!



Brandon Handfield and Parth Shah
Health Care Keynotes Co-Presidents

IMAGINE Clinic

IMAGINE clinic is a student-run interprofessional health initiative aimed at promoting and providing health care to marginalized and underserved communities. We function as a team of medicine, nurse practitioners, nursing, pharmacy, physiotherapy and social work preceptors and students. In addition to clinic operations, we have various outreach activities with IMAGINE's community partners and health promotion workshops for our clients.

We aim to create a stable and long-term program where students will apply their clinical knowledge, and address the needs of our target population through patient education and healthcare service delivery.

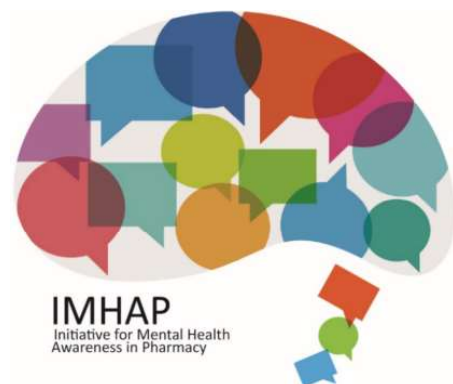
Yifan Zhou and Felicia Tai
IMAGINE Executives



Initiative for Mental Health Awareness in Pharmacy (IMHAP)

IMHAP is a non-profit, student-run organization at the Leslie Dan Faculty of Pharmacy. IMHAP is committed to enhancing students' understanding of the mental health journey that patients face every day. As the Mental Health course is an elective, our initiative aims to provide opportunities for engagement and immersion to all students in the faculty about the unique challenges of managing mental illness. Through lunch and learns, movie nights, collaborative events and book clubs, our club advocates for the impact Pharmacists can have in a patient's mental wellbeing. We look forward to bringing exciting events to pharmacy students this academic year!

Simran Sharma and Curtis Sie
IMHAP Co-Presidents



UPS Clubs Who's Who

Interprofessional Healthcare Students Association (IPHSA)



IPHSA is an interdisciplinary healthcare professional student group that facilitates collaboration and communication among healthcare students. IPHSA includes student representation from 11 healthcare faculties at the University of Toronto (Dentistry, Kinesiology & Physical Education, Medical Radiation Science, Medicine, Nursing, Pharmacy, Physician Assistants, Physiotherapy, Occupational Therapy, Social Work and Speech Language Pathology), plus the Canadian Memorial Chiropractic College and the Canadian College of Naturopathic Medicine. All pharmacy students at UofT are automatically IPHSA members and are welcome to attend events throughout the school year and participate in one of our committees: Health Policy, Education, Social and Outreach!

Tyler Schneider and Jenny Li
IPHSA 2T2 and 2T3 Class Representatives

Pharmacy Awareness of Geriatrics Club (PAG)

The Pharmacy Awareness of Geriatrics (PAG) Club's mission is to tie in education with and philanthropy to help improve the healthcare experience for the many seniors in our community. Throughout the school year, our events focus on educating the pharmacy student population on geriatrics as well as our seniors about how they can help to make their own medical experience a positive one. We bring awareness to issues prevalent in geriatrics through holding educational events with geriatric pharmacists, outreach events in the community and social media presence. If you are looking for ways to get involved this coming school year and would like to learn more about geriatric pharmacy, PAG is for you!

Helen Liu and Michelle Chaung
President and Vice President 2020-2021



Pharmacy Awareness of Indigenous Health (PAIH)

Pharmacy Awareness of Indigenous Health (PAIH) seeks to bring awareness to the healthcare barriers faced by Indigenous communities, to improve pharmacy's Indigenous cultural competency, and to increase Indigenous representation in our profession. Our club attends and promotes local Indigenous events to provide pharmacy students with opportunities to better understand Indigenous perspectives. We host health education workshops for Indigenous clients of the Native Canadian Centre and the Native Child and Family Services of Toronto. In addition to engaging Indigenous communities, we approach industry partners with ideas for collaboration aimed at enhancing the services provided for their BIPOC clients. We are also collaborating with NIHB, the federal health and drug insurance provider for Indigenous patients, to create educational material for pharmacy professionals. PAIH is the perfect mix of patient advocacy and project management.



Max Yaghchi
PAIH Co-Founder

UPS Clubs Who's Who

Pharmacy Board Games Association (PBGA)

To deceive or not to deceive? Hmm... Instead of thinking so much, why not just take the leap? Now, you might be wondering what this is all about! Welcome to Pharmacy Board Games Association or a.k.a. PBGA! But before we delve in, thanks for not deciding to skip and actually read about our club! As the name indicates, PBGA is all about socializing with other pharmacy students and playing board games together to build friendship and create fun memories. If you love to strategize, cooperative, and/or win, PBGA is perfect for you. Experienced or not, if you enjoy playing board games and having relaxing and exciting time with friends, come! Jump into the club and find out for yourself what PBGA is really about!



Arnold Martin Ruste and Jason Moh
PBGA Executives

Pharmacy Cafe



What is "Pharmacy Cafe"? It is a place that will bring together experts in healthcare to share their experiences (research, entrepreneurship, clinical expertise, pharmacy) in a relaxed atmosphere to learn about their work and the questions it raises. Cafe's will be scheduled once monthly throughout the academic year, and it will encompass topics that relate to us as future pharmacists. Our idea is to have a cafe-like environment, where anyone can come and explore the latest ideas in healthcare. A typical "Cafe" would include a short speech by an esteemed speaker, followed by small group discussions based on the questions raised by the speaker. Following small group discussions, there will be an "open-mic" where the group can pose questions to the speaker and share their ideas and insights. Most importantly this will be done over a cup of premium coffee. We hope the cafe's can be a place where pharmacy students can be creative, collaborative and innovative. We look forward to seeing you at Pharmacy Cafe!

Yousif Jaheinsha and Abbas Al-Jabri
Pharmacy Cafe Executives

Pharmacy Choir

Do you like to sing? Have you ever wanted to learn how? Do you want to meet new people in the program? Pharmacy Choir meets every week for a one-hour choir practice, where we learn singing techniques, practice choral pieces, and prepare for upcoming performances. We perform at a few different events during the school year including Phollies, UPS Christmas Party, and Pharmacy Arts night. Our weekly practices are a great way to meet new friends and destress from academics. So warm up your vocal chords, cause we hope to see you there!

Adrian De Boer and Chelsea Alder
Pharmacy Choir Co-Directors



UPS Clubs Who's Who

Pharmacy Dragon Boat Club



Looking to have fun and get fit? Want to make more phriends in pharmacy school? The Pharmacy Dragon Boat Club, aka "The Painkillers" provides an inclusive environment for students of all years to engage in fitness. This is a co-ed team that trains throughout the school year and competes during the summer. Each practice is a great opportunity to stay fit and build team spirit with your pharmacy peers and all fitness levels are welcomed! So if you are looking to try out a new sport, train in a group environment, and build long-lasting friendships with your fellow teammates, our club is for you!

Jaspreet Ghataura and Nancy Zhuo
Pharmacy Dragon Boat Executives

Pharmacy Mentorship Program (PMP)

The Pharmacy Mentorship Program (PMP) is a student-run organization which provides opportunities for pharmacy students to explore various fields that one may pursue after graduation.

Although there is exposure to various fields through the curriculum, many students find it insufficient to help them decide on their future career paths. The PMP team recruits experienced pharmacists as mentors, organizes the student-mentor matches, and plans out events for students. Volunteer pharmacist mentors across Ontario, share their experiences in their careers with the future generation of pharmacists. Students will be introduced to the role of their pharmacist of interest, develop an understanding of pharmacy practice in the community, hospital, or industry settings, as well as gain insights in how to become a successful pharmacist in the future.

Mohit Gill and Aleena Aslam
2020-2021 PMP Executives



Pharmacy Muslim Student Association (PhaMSA)

The purpose of PhaMSA is to facilitate the integration of our dual identities as Muslims and pharmacy students. As Muslims, Islam encourages us to act in excellence in all facets of life by demonstrating mercy, honesty, and compassion. As pharmacists, we have vowed to act with beneficence, prioritizing patients' needs and drawing from our formal education to help them as best we can. Our club hopes to merge these two aspects of our lives by holding events that emphasize charity, unity and commitment to patient-centred care.

Marjaan Alam and Qudrat Ullah
PhaMSA Co-Presidents



UPS Clubs Who's Who

Pharmacy Pediatric Initiative (PPI)

The Pharmacy Pediatric Initiative (PPI) is a club dedicated to advocating for the pediatric population. As Pediatric pharmacy is underrepresented we strive to increase awareness and involvement through various events we hold throughout the year; these events include everything from a lemonade stand and toy drive to information panels. Through these initiatives we hope to increase student interest in this field and equip students with the knowledge and skill sets they need to excel in it.

Kyla Stewart and Minahil Rafiq

Pharmacy Pediatric Initiative President and Vice President



Pharmacy Student Service Team (PhaSST)



The Pharmacy Student Service Team (PhaSST) promotes and encourages community involvement and volunteerism among pharmacy students. In doing so, we hope to develop social awareness and compassion, which can be integrated into our practices as future pharmacists. We connect students to volunteer opportunities at local service organizations. This past year, some of our events included preparing and sharing meals with residents at local youth shelters, supporting young adults in creating resumes and building interview skills and making seasonal crafts with seniors at a care home. Next year we will be adapting our volunteer events to embrace remote and physically distant opportunities.

Jenna Melanson and Shirley Zhang

President and Vice President of PhaSST

Pharmacy Students for Antimicrobial Stewardship Society (PSASS)

Increasing antibiotic use comes with increasing antibiotic resistance. Pharmacists play a critical role in ensuring patients receive the most appropriate antimicrobials by using the principles of antimicrobial stewardship (AMS) to minimize the short-term and long-term impacts on antimicrobial resistance. PSASS aims to promote and inform pharmacy students on the importance of antimicrobial stewardship, and how to apply it to our daily practice. PSASS offers students the opportunities to connect with antimicrobial stewardship pharmacists at lunch-and-learns, gain new AMS knowledge during trivia nights, and much more!

Stephanie Lau and Felicia Leung

PSASS Co-Presidents



UPS Clubs Who's Who

Pharmacy Students for Women's Health (PSWH)

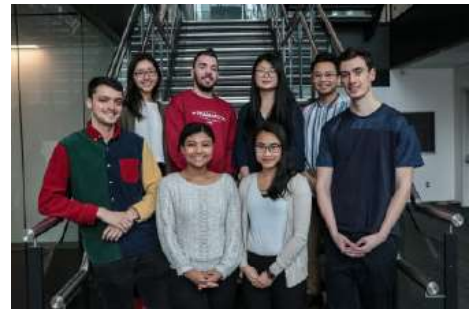


PSWH is a club that aims to advance and promote women's health through advocacy and education within the profession of pharmacy as well as in the community. Women encounter a variety of unique experiences within the healthcare system, and an informed and educated health professional can make a significant positive impact. In the past we've had speakers like Jamie Kellar, discussed articles on methadone maintenance therapy in pregnancy, and learned about mental and physical health of transgender women. We also share stories and insights about our profession's role in women's health from women in pharmacy on our social media, so make sure to check us out there as well. We look forward to another great year of events!

Camille Angle and Judy Deng
PSWH Co-Presidents

Pharmapride (PhP)

PharmaPride focusses on the intersection between the LGBTQ+ BIPOC and pharmacy communities. We spread knowledge and awareness of issues such as barriers to accessing healthcare and the impact and stigma surrounding HIV/AIDS. This year we hope to host webinars led by members of the LGBTQ+ BIPOC community who have a role in pharmacy and healthcare as well as movie nights and charity events. At the start of the year, we also plan to unveil our new PharmaPride Instagram and Facebook pages so get ready to follow! We encourage students from all walks of life to join PharmaPride, whether you identify as a member of the LGBTQ+ community or are an ally. We do not restrict our membership based on orientation and identification, rather we invite anyone who feels passionate about the relationship between the LGBTQ+ and pharmacy communities.



Adrian De Boer, Garrett Myles, Reid DeCorso, Ken Chung, and Eli Yoshida-Montezuma
Pharmapride Executive Team

Seniors Outreach

Seniors Outreach promotes community engagement between healthcare Working with our community partner, we match 3 students from diverse professional programs with a senior in the community with shared interests or who could benefit from your particular set of skills. Our club offers programs that promote social connection through phone/video calls and other virtual activities such as online bingo, art classes, and more! This year, we will also address practical issues associated with isolation and community integration such as getting groceries, technology help, pharmacy pick up and more! Join us at Seniors Outreach to work with your peers and create meaningful connections with isolated seniors in our community.



Charlotte Fowlow and Robyn Sirkin
2020-2021 Seniors Outreach Co-Directors

UPS Clubs Who's Who

Students for Optimizing and Advocating Pharmacy Endeavors (SOAPE)

Students for Optimizing and Advocating Pharmacy Endeavors (SOAPE) is a non-profit, student-run organization at the University of Toronto Leslie Dan Faculty of Pharmacy. The vision of SOAPE is to help the profession of Pharmacy evolve through the involvement and leadership of pharmacy students. The aim is to promote awareness of the competency of pharmacists to improve public health care and improve the efficiency of the health care system. SOAPE runs many events throughout the year including the Saturday Programme, Flu Shot Clinic volunteer program, the diabetes education fair, and many other events during Pharmacy Awareness Month with CAMH and UHN! Stay tuned!



Jash Parikh & Laurie Lam
SOAPE 2020-21 Co-Presidents

University of Toronto Student's Union (UTSU)

As a pharmacy student you are automatically part of the UTSU. Through UTSU you have access to services such as coverage for dental, vision, travel and health (including mental health). The UTSU also offers discount TTC metro passes, financial assistance services (such as scholarship guides) and printing services. Throughout the year you will note UTSU organizing various campaigns, services, and events, and your participation is encouraged. For more information about upcoming planned events, the many services we can offer you, or our response to COVID-19, visit www.utsu.ca or email utsurep@uoftpharmacy.com.



Shaon Parial
UTSU Representative

Ontario Pharmacists' Association (OPA) UofT Student Chapter

The Ontario Pharmacists' Association (OPA) UofT Student Chapter serves as a liaison between the student body and the Ontario Pharmacists Association. We work to plan, execute and promote various student advocacy projects and events throughout the year, which includes including Dinner & Learns on key pharmacy topics and the OPA Cup against the University of Waterloo. We also aim to empower pharmacy students to shape their learning and professional environments and advocate for the future of the pharmacy profession.

2019-2020 Executive Team: Sera Lee, Simran Sharma, Kendra Carroll, Michael Vu, Aya Akrawi, and Jacob Curtis





UPS Athletics

Hope you enjoyed your summer, Pharmacy!

We are excited to offer you new and fun ways to stay involved with athletics. There will be many ways to earn UPS points with us this upcoming school year. The programming is still evolving, but you can expect exciting online activities such as eSport leagues and health events to help keep you active.

In previous years, we had been able to offer free intramural sports such as volleyball, soccer, basketball, and many more. In addition, we also hosted the UPS Curling Bonspiel, Soccer Cup, and the OPA Cup. We are hopeful, and look forward to being able to offer this to you all soon!

If you have any questions for us, feel free to contact us by sending an email to: athletics@uoftpharmacy.com, or by sending us a message on Facebook!

Jonathan Ko
Senior Athletics Director

Cindy Tran
Junior Athletics Director



The Anti-Calendar

We are very proud to present this year's edition of The Anti-Calendar as organized by your Monograph Representatives Runyang Yin (2T3), Shaista Malik (2T2), and Hebah Arabi (2T1) with the additional help by special guest authors listed below. The Anti-Calendar acts to provide a course by course breakdown of each class, as well as providing tips on how to succeed in each. We hope that you gain some insight into the courses you will be taking and that these tips help you succeed in the coming school year!

-The Monograph Co-Editors

First Year Anti-Calendar

By: Runyang Yin

Contributors: Sabih Jamil, Misha Krivykh, and Anna Shevchuk

Fall Term Courses:

PHM110H1: Health Systems

Instructors: Della Croteau, Annie Lee

Class Average: B+

This is a useful course because it teaches you about the Canadian Health Care System with a specific focus on Ontario. You will learn about provincial medical and drug coverages, the role of a pharmacist, and even a little bit about the pharmaceutical industry. The course is primarily taught by Professors Croteau and Lee, but they invite many guest lecturers to teach topics in their respective fields. In the course there is a writing assignment that students typically struggle on. The TAs mark hard and your writing skill matters a lot here. Make sure to thoroughly research your essay topic and give yourself plenty of time to write it. Peer-editing is also highly recommended! The midterm and final exam are memorization-based. Studying for them was challenging because of the volume of information in the course.

Tips for Success:

If you have the time, do the assigned readings because it will actually provide you with more context and help you understand the lecture topics better. Otherwise, memorization is the way to go.

PHM113H1: Pharmacy Informatics

Instructors: Annie Lee

Class Average: B+

Taking this course really made me feel like I was studying to become a pharmacist. This course teaches you about the various online resources that pharmacists consult when practicing in a clinical setting. You will learn how to navigate databases such as RxTx, Lexicomp, and the ODB e-Formulary. This course also teaches you how to use the CPS, CTC, etc., which are essentially printed parts of RxTx. I think it's very useful to learn these things early on because it will help you with your experiential rotation next summer. This course does not take place every week, so you actually won't be having classes and can just chill instead (or catch up on studying).

Tips for Success:

Memorize the material for the exams. There is a timed assessment that tests your ability on using the resource books and online databases. It's a very easy assessment as long as you have enough practice. There will be practice sessions for you, so take advantage of them if you're still feeling a bit rusty!

PHM130H1: Pharmaceutical Calculations

Instructor: Sandra Bjelajac Mejia

Class Average: Pass/Fail

This course teaches you the basic calculations you will surely use when you pharmacy practice. There is a weekly lecture on basic pharmaceutical calculations. The lecture slides are very thorough and reading them should be enough for your learning. If not, then you can

always email the TA and professor. This course includes two midterms and one final exam. The course requires you to obtain a grade of 100% on the second midterm (though they provide you three opportunities to attempt it) and an average grade of 85% between all the examinations to pass. Trust me though, you will pass.

Tips for Success:

Just do all the practice questions that the professor posts on Quercus, they will turn you into a pro in pharmaceutical calculations 😊

PHM142H1: Metabolic Biochemistry and Immunology

Instructors: Jeffrey Henderson and Chesarahmia Dojo Soeandy

Class Average: B+

When I heard about this course, the first question I asked myself was “why in the world are we learning about proteins and DNA again like we did in undergrad...?”. Boy was I wrong. You will learn about a lot of diseases in this course and why they occur in your cells, as well as how a drug interacts with the biochemical pathways to cure a disease. This course was challenging but I found it very rewarding. Professor Henderson is the Course Coordinator and he teaches the first half of the course. He is a tough, but fair examiner who loves to test your understanding on all the biochemical pathways that he teaches you in class. The second part of the course is immunology and the lecturer typically changes every year. We had Professor Dojo Soeandy and she emphasized memorization rather than understanding.

Tips for Success:

Understand the pathways and memorize each component. There is no pushing your way through an exam question by writing a lot of stuff, you either get the right answer or you don't.

PHM144H1: Pharmacokinetics

Instructors: Carolyn Cummins, David Dubins, Jack Utrecht, Reina Bendayan

Class Average: B

This course teaches you about how drug molecules circulate in the body and how they are absorbed, distributed, metabolized, and eliminated by your organs. You also learn about why drug-drug interactions happen and how to avoid them. I was able to use what I learned

First Year Anti-Calendar

in this course to answer drug related questions asked by my friends and family, such as the concept of steady-state concentration, so I'm super thankful to this course. However, many find the course to be very challenging and it requires you to put in a substantial amount of work if you want that A+. Professor Cummins is one of the best professors you will ever have in your four years, and Professor Dubins is straight up one of the funniest guys you will find.

Tips for Success:

Understanding the material in pharmacokinetics and pharmacodynamics is crucial. There are a lot of calculations, so know when to use each formula that was given to you—you won't go far just by purely memorizing them. Make sure to do a lot of practice questions when you are studying!

PHM145H1: Human Histology and Anatomy

Instructor: Hong-Shuo Sun

Class Average: B+

Lectures are fairly straight-forward: you will be presented with a topic concerning a particular anatomical system, and will cover the different structural components and layers. All evaluations in the course are multiple choice. This course focuses heavily on rigid memorization, as it involves knowing what parts make up a certain system, where they are, and the order of layers in a cross-section. Usually the evaluations are not tricky, it is simply a matter of whether you know it or not. That being said, there is a lot of information presented, so it is prudent to start studying early on.

Tips for Success:

As for any memorization-based course, the best approach strategies revolve around memorization. Make flash-cards after every lecture consisting of locations of system parts, orders of layers, and structural diagrams. Test yourself using versions of slide diagrams that have names of systems and parts blanked out, and fill in the blanks. If you can list the layers of the epidermis, and the endpoints and functions of every cranial nerve, you are already on your way to success!

First Year Anti-Calendar

PHM146H1: Fundamentals of Pharmacology

Instructor: Mary Erclik

Class Average: B

This used to be an upper year course but luckily the faculty made it a first year course several years ago as it is vital for future classes! This course will give you a strong foundation of how different drugs target and have an effect on our body through drug-receptor interactions. Over four months, this once a week course covers the basics of the parasympathetic and sympathetic nervous systems and the properties of several drug classes including cholinergic and adrenergic agonists and antagonists. This class is heavily memorization based but as soon as you understand the basic concepts you will have no trouble succeeding and answering application questions. The format of this course is: one midterm, a few in class quizzes, a 5% short answer assignment, and a final exam. Professor Erclik gives several opportunities to boost your mark with smaller tests of knowledge.

Tips for Success:

There are no surprises with this course! Professor Erclik sticks to the information she presents on her slides; coming to class and taking notes is key as she emphasizes important points.

Winter Term Courses:

PHM101H1: Pharmacotherapy 1: Foundations and General Medicine

Instructors: Amita Woods, Sharon Yamashita

Class Average: B-

Pharmacotherapy 1, also known as Gen-Med, is the introduction to the general process of problem assessment in various pharmacotherapeutic scenarios and is the first of many PCT courses you will take during your time at our pharmacy school. In this course, you will cover how to categorize and resolve drug therapy problems, how to classify and rank treatment options for a given condition, and how to create an effective care plan. The general structure of the course will consist of learning about a given condition or group of conditions in lecture, being provided with a case study involving said condition, then discussing the condition in a workshop the next week. Future PCT courses will follow the

same structure, but are more focused on specific topics.

Tips for Success:

Prepare a work-up and care plan for the workshop as early as possible, as they take time. This course heavily relies on strategizing and adapting to different scenarios, but is also one of a few that focuses on pure rigid memorization, so create drug tables for exams.

PHM105H1: Medication Therapy Management 1

Instructors: Vinita Arora, Tiana Tilli

Class Average: Honours/Pass/Fail

MTM was personally my favourite course of the year because it simulates a real environment for pharmacy practice. You have a weekly lab that requires you to take verbal prescriptions, enter prescriptions into Kroll, check prescriptions, answer a drug information question, and finally counsel a patient on their medication. You are assigned a list of drugs that you could be asked to counsel on a week before the lab. Students will often make drug charts to help prepare themselves for counselling about these medications. Each lab accounts for a small amount of the overall mark but the marks add up quickly, so I would suggest reviewing and learning from your mistakes during the early labs so you can do well in the future labs. I would also strongly recommend going to class as Vinita provides some great tips on how to do well in the labs.

Tips for Success:

Find ways to streamline your drug chart making process by following a chart designed to hit the different points about each drug. Help each other practice counselling because it can be nerve-racking.

PHM114H1: Social & Behavioral Health

Instructors: Zubin Austin, Alison Thompson

Class Average: B+

The first half of this course is about ethics in healthcare and medicine, while the second half is about social psychology that is often seen and practiced as a healthcare professional. Professor Thompson will teach you the ethical principles, but instead of asking you to regurgitate the principles back to her, she wants you to use this knowledge to analyze and solve ethical dilemmas (pretty cool in my opinion). The second half is taught by Professor Austin. Unfortunately, due to COVID-19, my class was not able to receive lectures from him, so there is really not much for me to say. Instead, we were

assigned readings and an essay for the final assessment.

Tips for Success:

Going to class is important because all Professor Thompson does is discuss and analyze ethical issues. This means that you can get a lot of ideas and answers out of the discussions and use them for your assignment and tests.

PHM140H1: Molecular Pharmacology

Instructors: James W. Wells, Carolyn Cummins,

Robert Bonin, Stephane Angers

Class Average: B

This course probably has the most content out of all first-year courses. There are four parts to this course and each part is taught by a different professor. Professor Wells, the course coordinator, teaches the first section and many find this to be the most difficult section. His section tests your understanding on enzyme-receptor relationships in the form of mathematics and derivations, so you will be asked to derive equations and solve application questions all the time. Only memorizing the equations will do you very little good here. The next three sections are relatively more straightforward and more pharmacy related. You will get to know more drugs and how they interact with their respective protein receptors in the cells to cure a disease.

Tips for Success:

PRACTICE, PRACTICE, PRACTICE! Do as many practice midterms/exams as you possibly can. Also make sure to attend the tutorials for Dr. Wells' section, they are very useful.

PHM141H1: Pharmaceutics

Instructor(s): Rob Macgregor, Tigran Chalikian,

Franky Liu

Class Average: B+

This course teaches you about drug molecule properties, formulation and production, quality control, and dosage forms. If your interest is in the pharmaceutical industry, then this course will give you great insight on drug manufacturing. You're definitely going to learn some neat things, many of which you may find can even be applied in your day-to-day life! However, studying for this course can be tedious because you will be taught by three professors each with their own unique teaching style.

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Tips for Success:

Do the problem sets, ask questions (especially for Professor Chalikian's section), and understand when to use each equation.

PHM143H1: Pathobiology & Pathology

Instructor(s): Reina Bendayan

Class Average: A-

This was personally one of my favorite courses because the material was interesting and it taught me the basics of many common diseases. This course is mostly made up of guest lecturers, such as pharmacists and physicians that specialize in a specific disease. I enjoyed learning about a new organ system and its affiliated diseases every week. Some lectures are definitely more informative and easier to grasp than others, however.

Tips for Success:

The midterm and exam are entirely multiple choice, but the questions really challenge your understanding of the diseases, their symptoms, their lab test values and even the drugs used to treat them. Memorization is very important but understanding why a disease happens and what physiological parameters change because of the disease is crucial for getting a good grade. Also, make sure to go to class because the lecturers will often tell you what is important to know for the test.



Second Year Anti-Calendar

By: Shaista Malik

Fall Term Courses

PHM201H1: Pharmacotherapy 2: Self-Care Perspectives and Pharmacotherapy

Instructor: Debra Sibbald

Class Average: B+

In this course, you will learn about a variety of self-care topics including acne, psoriasis, contact dermatitis and many others such as plantar warts, burns, and athlete's foot. Fueled with the knowledge from this course, you will be able to apply what you have learnt to your EPE-2 placements, particularly in community pharmacy. The initial few weeks of the course consist of lectures in which you will gain an overview of the different dermatological conditions that will be covered throughout the semester. Although you may find lectures to be fast-paced and rather long, be sure to take good notes as these will help you in preparation for the midterm, final exam, and panels. What are panels? Some may describe them as an anxiety provoking experience. Essentially, after the initial few weeks of introductory lectures, two topics are covered each week in a panel through patient cases. As you walk into class, you will see a list of 15-20 names posted per topic on the lecture slide, these students will be required to sit at the front of the lecture hall to take part in the panel. The professor will ask each student questions pertaining to the case that they will answer through a microphone. Although this workshop style may be nerve-wracking, you will gain the skills needed to approach a patient with a particular dermatological condition. The course has one midterm and a final, both of which consist of multiple-choice, case-based questions. In general, this is a well-organized course that is methodological and predictable in its format.

Tips for Success:

As mentioned before, pay attention and take good lecture notes as the in-class material is highly testable. Try to transcribe what the professor says and go with her word even if it is against what RxTx says. Come prepared for panels even if you participated previously, you should have some notes prepared on the given topics as this will help prepare you for studying later on. Students who have been selected for panels will be required to submit their prepared notes. To create notes for success,

be sure to go through the posted readings in addition to lecture slides pertaining to the specific topic. The professor posts a document in the beginning of the semester encompassing student instructions to prepare for panels, ensure your notes cover these guidelines. The midterm is composed of multiple-choice case-based questions meaning that you will need to have a thorough understanding of the topics to answer them. Take note of pre-lecture or pre-panel quizzes to build up your question bank. You may find that some multiple-choice questions may have more than one correct answer, therefore you need to pick the right one based on what was said in class. In addition to the required readings, take good notes during panels as these will help you in preparation for the midterm and final exam. As a forewarning, panels start promptly on the hour and you will not know if you are "on panel" until the panel list is released immediately beforehand. Being on panel feels as though you are thrust into the spotlight. However, in reality your peers are unlikely to judge you too harshly for not knowing an answer. As a pro-tip for panels, do not be afraid to say you need some time to consult your notes or if you are unsure (you can get another question later!). If someone cannot answer their question and you know the answer, you can step in and participate. Attendance is mandatory for all panels, so be sure to not skip class or miss out on quizzes, otherwise the professor will contact you. Finally, my most important piece of advice for you is to be confident, especially when chosen for a panel, at the end of the day you will learn a lot of useful information that will help you in community pharmacy.

PHM202H1: Pharmacotherapy 3: Endocrinology, Nephrology and Urology

Course Average: B+

Instructors: Andrea Swanson, Stephanie Ong

This course is one in which you will learn about a variety of topics such as diabetes, chronic kidney disease, menopause, and many others! It is perhaps the first course of pharmacy school where you feel like you are learning pharmacotherapy in depth. As with other PCT courses, this course consists of a midterm, a seminar, workshops, and a final exam. The midterm has mainly case based multiple choice questions in addition to short and long answer questions surrounding the work-up/care plan. There is also a 10% diabetes seminar that is similar to the asthma seminar in PHM101 (General Medicine). Workshops consist of a panel and care plan component in which some students are chosen to hand

in their care plans while others are chosen for the panel. The professors are passionate and kind, you will find that their teaching style makes workshops less stressful compared to PHM101. Take good notes in the workshop as you will be learning a lot! The last workshop consists of integrated cases which will help you put all the information you learnt together to solve a patient case. MTM lab topics line up very nicely with topics learnt in this course which reinforces material quite nicely.

Tips for Success:

Prepare well in advance for the diabetes seminar. You will receive a student reading package containing information you will need to know for the seminar in addition to other links and articles to prepare. Take your time in understanding the core concepts especially with adjusting insulin dosing as it can get quite challenging if left to the last minute. Also be sure to make use of the diabetes lectures as you prepare, as they are very informative and helpful! When preparing for the midterm, study from your lecture notes, required readings, and especially your workshop notes as the patient cases will help you apply the information to the case-based multiple-choice questions and the written questions. Cover all the readings for workshops and work through the patient case in preparation. However, while readings are always important, take advantage of the slides from lectures as they tend to emphasize important points. Panels will generally follow the patient care process learnt in first year, thus making you more comfortable with the format. As a tip, do not think of panels as just answering questions when called upon. The smaller group setting is a great opportunity to ask questions! There is some collaboration and group work involved in workshops which can help you as you work together to answer questions. To conclude, the best way to succeed in this course is to go to class, stay on top of workshop material, and to not leave the small group session readings to the last minute. All in all, this is a great course as the topics are thoroughly engaging. You will gain more confidence and knowledge in providing care to patients, especially those who have conditions such as diabetes.

PHM205H1: Medication Therapy Management 2

Class Average: Honours/Pass/Fail

Instructor: Kenny Tan

MTM 2 is a course composed of lectures and labs. Lectures serve to prepare you for the upcoming lab and contains feedback from the last lab to help you improve. This course has no midterms or final exams. Labs are

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split up into two 90-minute components. The first is the Clinical Skills (CS) component in which you will be completing a care plan, taking and processing a verbal prescription order and conducting prescription checking on two medications. The second component is the Patient Care (PC) component which consists solely of counselling on the verbal prescription order. This course may be stressful due to time constraints and the honours/pass/fail system; however, you will get an opportunity to review topics covered in first year PCT courses and learn more about PCT topics covered in the first semester of second year.

Tips for Success:

You will find that this course helps build your confidence, but not until it is over. If stress caused ulcers, this is where pharmacy students would get them from. It is important to pace yourself in this course and follow RxTx to the T. Bring all your notes to the lab and manage your time effectively. Review the weekly topics and write down key points to counsel on for your given drug/condition before going into the counselling portion of the lab. The care plan may be difficult as you need to quickly identify a DTP and write your solution. Even if you have written a thorough care plan, it can be easy to fail if you have the wrong DTP. Generally, RxTx algorithms will be of help to you when identifying and solving your DTP, but be sure to also use knowledge from lectures and guidelines as well. Visiting office hours for care plans can be highly beneficial especially if you believe your care plan was marked unfairly.

When receiving a verbal order, be sure not to interrupt the CI as they give you the order, some CIs may fail you if you do so. Unlike MTM 1, you do not receive a list of potential drugs beforehand to prepare your counselling notes from, but rather you will get a list of conditions. It may be difficult transitioning into this new style; however, one piece of advice would be to print out RxTx drug tables on the condition and write down key pieces of information on your tables. RxTx is a golden resource, since you will find yourself printing quite a lot of pages, try to adjust the sizing to minimize the number of pages (it also helps you not flounder around with too many papers). Additionally, it's also a good idea to go through the product monographs as well. For certain conditions including asthma and diabetes, you will need to know how to use devices such as inhalers. Be sure to take ad-

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vantage of lab slots meant for you to practice with these devices while also watching step-by-step videos and reading product monographs.

Counselling in MTM 2 is not only providing straightforward drug information as in MTM 1, but rather it is also identifying and solving the patients DTP for which it will be important to gather a thorough patient history and to ask relevant patient questions. When receiving feedback, take note of key points on how you can improve. Additionally, practice your counselling skills with a friend to improve your communication and counselling abilities.

This course provides great practice in reinforcing material you learn as many of the topics overlap with PCT content from first year and first semester of second year. My final piece of advice is to tell you that it is okay to make mistakes or even fail early on, it is all part of the learning curve. Listen to any feedback you get and strive to improve for future labs. If you do find you are consistently failing or are not doing as well as you would like, office hours can help identify where you can improve.

PHM212H1: Research Methods for Pharmacy
Course Average: B+
Instructor: Anna Taddio

In this course, as the name suggests, you will be learning all about research. This course is a great equalizer because it not only covers the basics you may be familiar with, but you will also leave the course having learnt something new with a more in-depth understanding than when you started. More specifically, in this course you will learn what constitutes a high quality vs. a low-quality paper, how to critically appraise a research article, and the different types of research methods. By the end of this course you will also be able to successfully search for articles and become aware of the different database types. This course is incredibly helpful when analyzing articles to differentiate reliable papers. As a real-world application, when a patient approaches you asking a question, you will be able to sort through high-quality research articles and provide the best advice to your patients. At times the course may seem slightly boring and dry, however the skills you learn will aid you in your pharmacy career. This course is also very useful if you want to go into research or learn more

about drug trials. The course consists of online quizzes, two midterms and a final exam consisting of multiple choice and short answer questions.

Tips for Success:

All testable material is based on the lectures presented; therefore, it is important that you take good notes in lecture to help you understand the content. Additionally, there will be examples of how to critically appraise an article. Be sure to practice using these examples as they are often tested. You may find that there are many details on the slides, however, focus on the big picture and use the sample term tests posted to test your knowledge. Professor Taddio's slides are well-synthesized with the information you will need. Feel free to distill it into a format of your liking for studying. A tip would be to make tables to understand the similarities and differences between the different study designs such as cohort, parallel, retrospective, etc. The midterms are a mix of multiple choice and short answer questions. The testing keeps you up to date with the information since there are two term tests and a final in the course. There are also sample term tests posted prior to the midterm, be sure to practice from them to test your knowledge.

PHM241H1: Topics in Pharmaceutical Quality and Clinical Laboratory Medicine
Class Average: B+
Instructors: Raymond Reilly, Noor Al-Saden, David Dubins

This course consists of two components, lectures which occur every week and 4-hour labs which take place either every week or every other week. The first set of lectures provides an overview of pharmaceutical quality in which you will learn about topics including good manufacturing process, the drug approval process, bioequivalence, and many others. The second set of lectures are topics in clinical laboratory medicine in which you will learn about various diagnostic tests including cardiac, thyroid, liver, and renal function tests. There is one midterm and final exam that are based on the lecture material. In labs, you will be compounding different products such as tablets, mixtures, and even acetaminophen capsules. Labs are quite enjoyable as you get an opportunity to work in groups and get hands-on experience with compounding. There is a pre-lab quiz that occurs prior to labs based on the readings in the lab manual. The final lab assessment involves the writing of a formal lab report as a group. This course is especially interesting if you are interested in pursuing industry.

Tips for Success:

Know the lectures well in preparation for the midterm and final exam, which are both overall fair if you prepare well. To prepare for the pre-lab quizzes, read the lab manual thoroughly as some of the questions can be quite detailed. You can also prepare for the lab with your lab partner in advance by going over the steps and ensuring you both know what to do. It is important to manage time well during labs, you can divide the steps between you and your lab partner(s) to ensure you finish on time. Some students may be scheduled for labs at 8:30am, and so it is important to ensure you leave yourself enough time in the morning to get to school as there may be TTC delays. It is also important to ensure that you have everything you need for labs including your lab coat, goggles, tcard, etc. as you will not be allowed to come into the lab without these.

PHM242H1: Microbiology of Infectious Diseases

Course Average: B+

Instructor: Ian Crandall

This course provides an overview of various infectious diseases and the bugs that cause them. You will be introduced to many topics that will be delved into further in PHM203 Infectious Diseases. You'll gain an overview of the signs and symptoms, diagnosis, treatment, and other key pieces of information relating to the disease states you will learn about. This course has one midterm and one final exam, both comprised entirely of multiple-choice questions. This course requires a large amount of memorization, however, Professor Crandall is highly engaging, is very dedicated to teaching, and will share interesting stories and jokes to keep you entertained during lecture.

Tips for success:

It is a good idea to make study tables for each lecture that covers the symptoms, treatments, causes and facts about each microorganism. This will go a long way when studying for the midterm and final exam. Since all the information you need to know for the assessments are from the lecture slides, be sure to know the core concepts from them as you study. Professor Crandall posts a lot of previous midterms and finals, be sure to practice from them to test yourself after you have reviewed lecture material. Recordings for lectures are also posted on Quercus. There are numerous lectures in this course, so do not fall behind because it will be difficult to catch up.

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Winter Semester

PHM203H1: Pharmacotherapy 4: Infectious Diseases

Class Average: B

Instructors: Norman Dewhurst, Lesley Palmay

This course is by far one of the hardest courses in second year and is considered the next toughest course after molecular pharmacology. The professors are Norman Dewhurst and Lesley Palmay in addition to frequent guest lecturers. The course consists of a midterm, a final exam, and also the typical PCT workshops in which students are chosen for either panel or care plan. This course has a steep learning curve, but gets easier once you develop a good study style. You will quickly find yourself learning a large amount of content in a short period of time. Overall, this course is a difficult one, you need to stay on top of every single lecture, including the primer. Nonetheless, there are many interesting and very important topics you will learn about that will aid you in your career such as UTIs, meningitis, and skin and soft tissue infections.

Tips for Success:

Due to the fast-paced nature of the course, look out for key terms in lecture and focus on what is emphasized. As you prepare for workshops, be sure to cover all of the required readings in addition to the learning objectives and care plan even if you have already submitted it as it will serve as good practice. Workshops are quite dense; you will go through a lot of content in a short period of time and you will thus need to know your stuff. In general, care plans are marked more strictly than the panels; however, take note of the feedback you are given to improve on what you did wrong.

This is a course in which you need to stay on your toes and keep up with the content as there are many hours of lecture each week, including additional primary lectures at the beginning. You should start creating an antibiotic spectrum early on and add to it as you learn more information. If you like to study while commuting, this is a great course to review for by looking over your spectrum chart and trying to learn as much about antibiotics as you can. Rather than relying on RxTx, focus on the guidelines, make good notes and explore different scenarios to further your understanding of what antibiotic to use in what case. Also, work to ex-

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pand your knowledge of gram-positive and gram-negative bugs, resistance rates and appropriate dosage forms (IV vs. oral). This course can turn into one of your biggest nightmares if you do not keep up. The midterm is difficult, you will need to know the spectrum well and you will be required to choose the appropriate antibiotic from a list of options. Therefore, memorize as much information, a little every day to sear the information in your mind.

One thing you will find about this course is that each topic is covered in depth. In collaboration with lectures, panels add in real-life application to the information learnt through patient cases, allowing for in-depth learning of each disease state. However, there is also a lot of material to go through both in lecture and in panel. If you do not prepare well, you will be confused during panels.

PHM204H1: Pharmacotherapy 5: Cardiovascular Diseases

Course Average: B+

Instructors: Natalie Crown, Heather Kertland

In this course you will learn all about the heart and cardiovascular therapeutics! The course consists of workshops, a midterm, and a final exam. The workshop is structured slightly differently than your average PCT courses. It begins with a 5-minute quiz consisting of 5 multiple choice questions based on the required readings. Then, with your assigned workshop group, you will go through various different patient cases that will be answered through multiple choice questions. As a group, you choose the answer you deem appropriate and raise the appropriate letter card corresponding to your answer (A,B,C,D). Then as a class, you can participate to discuss your answers. Be prepared for panels and discuss with your teammates during the time given. Overall, workshops are much less stressful since you get to volunteer your answers rather than being called upon. After the workshop, you are required to submit a care plan the following week. All in all, the panel format is much more collaborative. You will get an opportunity to go through multiple cases in a stress-free environment. The midterm consists of multiple choice and short answer questions but is overall quite fair if you review all the content including the lecture, workshop material and required readings. The professors are very

knowledgeable, helpful and understanding. They know how to lead an excellent workshop and provide a great overall delivery of the material.

Tips for Success:

In terms of the workshops, make sure you complete all the required readings and learning objectives to ensure you are well prepared for the quiz. Additionally, you may also find it useful to create drug charts for the different heart conditions so that you do not mix up the different drugs. During panels, be sure to discuss the cases with your group, you will learn a lot through collaboration. Don't be afraid to participate in workshops, the professors are very kind and won't nail you down for a wrong answer. Overall, the midterm is quite fair, given that you have reviewed all of the lectures, required readings, and workshop material.

PHM206H1: Medication Therapy Management 3

Class Average: Honours/Pass/Fail

Instructors: Annie Lee, Andrea Swanson

Unlike other MTM courses you have taken, this course solely focuses on counselling. During each lab, you will be counselling standardized patients who are actors that make the experience of counselling more life-like. There will be a clinical instructor observing and marking your counselling. You will have a lecture on motivational interviewing in the beginning of the course which will be an important aspect of counselling. Often in counselling, patients will have questions about their medications or their medical condition that you will be required to answer. You will get an opportunity to fine-tune your counselling skills through labs and learn how to communicate well with patients. Like MTM 2, lecture topics are based on the upcoming lab and how you should prepare. Lab topics are paralleled with what you will learn in semester two courses including cardio and ID, allowing you to have a stronger grasp of the content. Two MTM labs will be dedicated to testing your BPMH skills. Overall, this is a very useful course and is not as stressful as MTM 2.

Tips for Success:

For each lab, you will receive a pre-lab preparation document containing a list of learning objectives and required readings. In lab, patients will have questions that will be based on the pre-lab, so be sure to complete it and to review the corresponding PCT lecture on the subsequent topic. It is also a good idea to make condensed notes to bring with you to the lab and to practice

your counselling skills with your friends. The key to this course is good preparation and practice. You need to be able to carry out a conversation clearly and communicate effectively. It is also useful to condense your notes so that you are not shuffling through too many pages to find answers during the lab. Empathy is also very important during counselling. Keep in mind that time can be tight and so information collection in the beginning needs to be thorough but concise and professional. Try your best to look calm and be confident, even if you do not feel that way. Fake it till you make it. Learn to ask the right questions to get to the DTP and answer the patient's questions.

PHM213H1: Health Economics and Pharmacoeconomics

Course Average: A-

Instructors: Paul Grootendorst, Manny Papadimitropoulos

In this course, you will learn about the economic aspect of health care including the competitive market model, the pharmaceutical sector, drug reimbursement, minor ailments, and many others! This course consists of a midterm, two assignments, and one final exam. The midterm has multiple choice and short answer questions that covers the first set of lectures (1-6). Assignment 1 was to be submitted individually however, collaboration with other students was allowed as long as the work you submitted was your own. Assignment 2 was completed in groups with three topics to choose from. The final exam was cumulative, however for 2T2s the exam was modified into an assignment that was to be completed in a 9am-5pm window.

Professor Grootendorst has very informative slides that explain the concepts very well. He likes to use many examples which you will soon find through his famous Amir references and naan-examples. The professor has discussions in class which allow you to understand the concepts better depending on your learning style. It is highly recommended to attend his tutorials as they were quite helpful for the completion of the assignments.

Tips for Success:

When working on assignments, if you are stuck on a particular question, email the TAs as they are very helpful! Try making review notes for the midterm exam and do not focus on minor details, focus on grasping the bigger picture. A lot of the concepts are quite interesting such as prescribing for minor ailments as you will get to

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learn about both the pros and cons from an economic perspective. Practice the examples that are presented in lecture on your own to ensure you understand them. All in all, for those who have taken economics in undergrad, a large part of this course will cover similar topics. However, for those who have not taken economics the topics may be confusing at times. Nonetheless, take advantage of the examples including those of Amir and Ann presented in lecture to understand the content better.

PHM215H1: Management: Skills, Communication and Collaboration

Course Average: A-

Instructors: Monica Gautam, Zubin Austin, Amar Unadkat

After some introductory lectures, much of this course is taught by Professor Austin, leading to many finding it highly engaging, dynamic, and fun. The topics you will learn about in this course include business planning, emotional intelligence, communication, accounting, legal issues, leadership, human resources, accounting, and many others. This course has one midterm that is based on the five lectures taught by Professor Zubin. There is also a business plan assignment and a final exam.

Tips for Success:

To succeed in this course, go to lecture, listen closely, and take good notes. In preparation for the midterm, be sure to complete the past midterm posted and be able to answer all of the questions on it. If you review all five lectures and complete the past midterm, then you should find the midterm to be fair. The business plan assignment was based on an in-store biologic training pilot scenario in which students were required to complete a SWOT analysis, a business canvas model and address key performance indicators. To complete these, the examples provided in lecture come in very handy. The final exam was cancelled for the 2T2s due to the pandemic. Instead, we were given an assignment to submit that was based on two questions on leadership and diversity in addition to a financial statement from which students were required to complete accounting calculations as found in the lecture slides. All in all, this course was great, it was a nice change from learning about therapeutics and holds great importance in learning about how to manage and lead a team in addition to

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learning about different perspectives held by individuals from diverse backgrounds.

PHM230H1: Physical Assessment and Injection Technique

Course Average: A-

Instructors: Natalie Crown, Jennifer Cheng

What is interesting about this course is that you will be learning about techniques that you typically would not learn in your other courses. Throughout this course you will be learning how to perform vision tests, a blood pressure reading, measure pulse, and learn many other interesting tests found in a physical examination. There are two components to this course, lectures and labs. In lectures you will be learning about various parts of the body such as the eyes, ears, heart and lungs and clinically important tests about each of them. To compliment what you learn in lecture, there are four labs that occur throughout the semester. These labs take place in the nursing labs at The Dalla Lana School of Public Health building. You will get a hands-on experience with mannequins, blood pressure monitors, stethoscopes, and many other devices to enhance your learning experience! A very important part of this course is injection training. By the end of the course, you will have learnt how to administer different types of injections such as intramuscular and intradermal injections, meaning that you will be able to administer flu shots by the end of the semester! A new change that came into the curriculum was being able to practice administering an injection on another person. However, due to the pandemic, the 2T2s were not able to take advantage of this opportunity, but there is hope that the 2T3s will be able to practice injection techniques on a fellow student! In labs, there is ample training and practice with skin pads. You will also receive a package of different needles and a Practi Vial to practice on oranges and fruit at home in preparation for the injection's assessment! This course has one midterm, an assessment on injection technique, an assignment, a final exam, and attendance marks for labs.

Tips for Success:

Pay attention in labs as the content you will learn is testable. The midterm contains multiple choice and short answer questions based on lecture material. There is also a textbook to supplement the lecture material which serves to provide more details on the topics

taught. You do not need to focus on small details in this course, however, instead focus on the larger details for success. Be sure to make notes on each body part learnt and be sure to review injection techniques at home for the injection's assessment.

PHM240H1: The Science of Pharmacotherapy

Course Average: B+

Instructor: Jack Uetrecht

If you enjoy self-directed learning, then this is the course for you. All of the material in this course is offered online via quizzes which are based on modules. The only in-person lecture is the first introductory lecture. The professor also offers tutorials prior to the midterm which are all in-person. For the most part, this course is entirely memorization. There are two midterms and one final exam which are all short-answer questions.

Tips for Success:

Since this course is online, it is very easy to fall behind if you do not keep up with the modules. Therefore, it is important to create a revision schedule for yourself early on and follow it to ensure you complete all of the modules. When studying for the midterm, try to go through the quizzes without looking at the answer and test yourself on how much you know. On the midterms and final exam, Professor Uetrecht prefers that your answers are short and to the point as some students got marks docked off for writing lengthy answers. You will not have to regurgitate everything from the modules on the test, however bear in mind that every question from the modules is fair game. When reviewing modules, distill the important points from each question into notes. There is a lot of information, so it is important you do not fall behind which is key for a self-directed course. To succeed in this course, you need to start the modules ASAP. Memorize them and understand the basic concepts such as identifying acidic and basic molecules. Try answering questions on the midterm in the recommended number of sentences and use your own words when answering questions. Your answers should be to the point, do not write a novel for your answer. The midterms themselves are almost exact replicas (or recognizable knockoffs) of the module quizzes. It is also a good idea to practice from past midterms that are provided by Dr. Uetrecht to get an idea of how the midterm is formatted.

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By: Hebah Arabi

Contributors: Mustafa Arabi, Victoria Bugaj, Rosa Del Giudice, Dian Han, Gigi Lai, Jeffrey Lai, Yoolim Lee, Danielle Mara, Pooja Patel, Shelby Yiu, Alif Salam, Bradley Smither, Borar Som, Kristen Wierda, Duresameen Zahoor, Crystal Yunfan Zhang

Fall Term Mandatory Courses:

PHM301H1: Pharmacotherapy 6: Hematology, Oncology, and Immunology

Instructors: Kathy Vu, Mova Leung & Carlo DeAngelis

Class Average: B+

One of your final required PCT courses (yay!) covering a wide array of topics in a lecture and workshop format. Topics covered include: chemotherapy, targeted therapies, hematological toxicities, monoclonal antibodies, lung cancer, pediatric oncology, breast cancer, screening and primary prevention, chemotherapy induced mucositis, prostate cancer, inflammatory bowel disease, rheumatoid arthritis, pain, and palliative care.

The lectures by Mova, Kathy, Carlo and several guest lecturers provide background information while the workshops go into in depth discussions. The workshops involve participation where you are on a jeopardy team and answer questions on a patient case. Whoever answers the most questions correctly wins! It is a fun way to discuss complex topics! At the end of the workshop, you complete a quiz on the content discussed on that day and your pre-readings.

Marks are based on workshop quizzes, care plans, workshop participation, multiple choice midterm and final exams. The exams are on material covered in workshops, readings, and lectures.

PHM302H1: Pharmacotherapy 7: Neuropsychiatry

Instructor: Mayce Al-Sukhni & Maria Zhang

Course Average: B

Another one of your final required PCT courses (double yay!) that covers several mental health conditions

and treatments in a lecture and workshop format.

Topics covered include: pharmaceuticals in CNS drug delivery, depression, anxiety disorders, schizophrenia, bipolar disorder, seizures, phenytoin pharmacokinetics, migraines, alcohol/tobacco/cannabis use disorder, benzodiazepines, opioids, sedative hypnotic use disorders, opioid use disorder, dementia.

The lectures by Mayce, Maria, and guest lecturers provide content overview on each disorder and medications used for treatment. Jamie Kellar is one of these guest lecturers and she provides great insight into this topic. Come prepared for workshops by completing the readings and learning objectives to have a class discussion on patient cases.

The midterms were multiple choice style with patient cases. There were no weekly care plans to hand in which was nice! There was an assignment where you are assigned a topic and you create a PICO statement. The second part of the assignment involved doing a critical appraisal on the article you found to answer your assigned topic.

PHM305H1 Medication Therapy Management 4

Instructor: Naomi Steenhof

Class Average Honours/Pass/Fail

Congrats-You made it to your final MTM course! The course format is similar to all of your MTM courses involving a lecture by Naomi (or a guest lecturer) and 3 hour labs every week.

Topics covered include: answering clinical queries, communication skills, research skills, shared decision making, palliative and end-of-life care, health promotion, adapting and renewing prescriptions, a virtual interactive case on medication reconciliation on discharge, and milestone lab.

The lectures provided information on the lab format, documentation requirements for that week, and general tips and feedback to succeed. Naomi is very organized and provides readings ahead of time to allow students to prepare and to ask questions! This course prepares you well to become an effective communicator and clinician.

In terms of marks, this is an honours/pass/fail course which means you must pass 5 of 8 labs + the milestone. If you find you are experiencing difficulties in

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the beginning, it is a good idea to speak to Naomi to improve for future labs. She offers plenty of office hours to accommodate this. To do well in this course, do the readings, attend lectures, and meet Naomi during office hours which will prepare you well for the labs.

PHM310H1: Pharmacy in the Modern Healthcare System

Instructors: Lisa Dolovich, Marcia McLean, Zahava Rosenberg-Yunger

Class Average: B+

This course is your second health systems course which introduces concepts to help you understand the Canadian healthcare system.

Topics covered include: healthy quality indicators, patient safety and medication errors, drug supply, accreditation, professional identity, eHealth, reimbursement and third party payors, indigenous health, health advocacy, patient voice, opioid crisis, and systems thinking.

Much like your first health systems course, this course is lecture style format with assignments. The course instructors and guest lecturers provide a lecture and offer opportunities for class discussion to further understand concepts.

The format of the midterm and final exam was mostly short answers, but did include some multiple choice. There are two written assignments in this course, the first one related to quality improvement in pharmacies and the second one was a pharmacist interview and summary of your findings.

PHM340H1: Introductory Toxicology

Instructor: Peter Wells

Class Average: B+

Toxicology is taught by Peter Wells and several guest lecturers.

Topics covered include: introduction to toxicology, pharmacological principles, receptor mediated vs. reactive intermediate mediated toxicity, modulators of toxicity, toxicological evaluation, hepatic toxicology, chemical teratogenesis, neurodegenerative disease, renal toxicology, chemical carcinogenesis, immunological toxicology (ft. Uetrecht again!).

This course is structured with weekly lectures and tu-

torials offered about 2 weeks before the midterms. The lectures go over the core concepts that will be tested on the exams and hence it is important to attend lectures to understand the complex concepts. In the beginning of each class, Professor Wells would go over interesting news articles on toxicology but that was not tested for us on our exams. The tutorials go over past final exams and answers to help you understand the expectations on how you should answer the questions.

There are two essay style midterms which usually have one essay question based on a topic covered in class. The final exam was also essay format with about two questions. It is important to draw out the concepts but also to explain them as you would in simple terminology to a friend who doesn't understand toxicology. There are marks allotted for both so be sure to read the instructions!

Fall Term Elective Courses:

PHM320H1: Global Pharmaceutical Policy

Instructor: Jillian Kohler

Class Average: A-

This course focuses on pharmaceutical public policy on a global level, and on the interrelationship between global and domestic health policy issues. Dr. Kohler is a very engaging lecturer, and she truly cares about her students' learning. Each week, she assigns readings on different topics in global pharmaceutical policy, and in the following class, she focuses on discussing the readings, class participation, and group activities. The required readings will form the basis of the classes and will be on the midterm exam, so it is important to read them. In terms of evaluation, 10% is for course participation, 35% is for midterm exam, 20% is for the research paper presentation, and 35% is for the final research paper. One tip for the research paper, and research paper presentation: start early!

Overall, I really enjoyed Global Pharmaceutical Policy. If you're interested in learning about pharmaceutical policies on a global level, and in taking a break from the didactic lecture style course, this is definitely a course worth taking.

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PHM321H1: Selected Topics in the Pharmaceutical Industry

Instructor: Monica Gautam

Class Average: B+

If you are considering a career in the pharmaceutical industry, then this course is highly recommended for you!

Topics covered include: drug development and commercialization, medical strategy, Medical Science Liaisons, roles in medical information, critical appraisal skills, marketing, market access, regulatory affairs, compliance, reimbursement/pricing, and patient support programs. If none of this makes sense to you now, it will after taking the course! :)

The course consists of lectures delivered by Monica and several guest lecturers who are experts in the field. Monica invites an informative panel of current industrial pharmacists to talk about their journeys in industry and answer your questions. Attending lectures is highly encouraged for valuable in class discussions. Monica is always there to support your learning and answer your questions!

The midterm and final exams were a mix of multiple choice and short answers based on lectures. There were also assignments on a recently approved drug in Canada. It involves a critical appraisal of the trial leading to drug approval and creating a brand launch plan slide show to ensure product success on the market. The assignments provide a realistic glimpse into the kinds of projects that you would work on in industry.

PHM323H1: Molecular Mechanisms of Drug Action

Instructors: James Wells, Ian Crandall, Stephane Angers, and Robert MacGregor

Class Average: A-

PHM323, also known as “Mol Pharm 2” is not as hard or terrible as many students think. This course is actually “Mol Pharm 1” for undergrads. “Mol Pharm 1” is known to be notoriously hard, and many first years dread taking the course, I was one of them. However, I enjoyed “Mol Pharm 2”.

The course is taught by 4 instructors that we’ve had in previous years, James Wells (PHM140), Ian Crandall

(PHM242), Stephane Angers (PHM140), and Robert MacGregor (PHM203 guest lecturer). Each professor teaches one quarter of the course and teaches their own specific topics. Part 1 was taught by Professor Wells. The material was an introduction to his section of PHM140. He also uploaded his notes to Quercus and did not give us a phonebook for a textbook! Part 2 was taught by Professor Crandall and it felt as if it was a review of his PHM242 course (Introduction to Microbiology). Part 3 was taught by Professor Angers, where he focused on cell signalling and cancer. Part 4 was taught by Professor MacGregor. His material focused on DNA and its structure. Personally, I found Professor MacGregor’s material the most abstract and difficult to understand.

This class had about 10 pharmacy students, and 20 undergrads. All of the professors were very engaging. Although each professor had different teaching styles, they all seemed to enjoy teaching this class. Having a small class made it feel more comfortable and intimate. The course only has one midterm which is worth 50%, and a final which is worth the other 50% of the course. Each professor provides past exams for you to review. Taking this course was not nearly as stressful as taking “Mol Pharm 1”.

PHM324H1: Recent Developments in Dosage Form Design

Instructors: Ping Lee and Gary Chen

Class Average: N/A (small class size)

Have you ever thought about what the difference is between controlled release and modified release pills? Do you want a stronger understanding of how patches, capsules, and nanoparticles work so you can be confident answering questions for colleagues and patients? Did you even know that aiming sound waves at the skin could be used for delivering vaccines via a patch?!! If not, then PHM324 is the course for you!

This course initially reviews the fundamentals of pharmacokinetics and then delves deeper in the methods of designing different controlled release dosage forms. Exciting topics include nanoparticles, hydrogels, and polymers used to improve drug delivery. An important benefit is that the concepts learned here are an asset in other pharmacotherapy courses during the same semester, such as neuropsychiatry or oncology. Also, the course is taught in weekly-two hour classes and the slide packages provided are sufficient for studying. Professor Ping Lee and Dr. Gary Chen (covering for Professor

Shirley Wu who was on sabbatical) were approachable, supportive, and could explain the material well.

There are two problem sets, one term test, a 15 page review paper, and a 10-minute presentation covering the topic of the review paper. There was no final exam during the exam schedule. Although equations are needed for calculations in problem-sets and tests, the focus is on understanding them holistically. As well, they do not need to be memorized as they are always provided. Topics for the review paper can include gene and siRNA drug delivery, ultrasound technology, and feedback controlled insulin delivery systems. Overall, despite the consistent workload throughout the semester, success in the course was very achievable and it was a worthwhile course for preparation for future practice in pharmacy.

PHM325H1: Aboriginal Issues in Health and Healing
Instructor: David Burman

Class Average: B+

Dr. Burman is amazing and has an inclusive and informal teaching style. Classes take place once weekly, are conducted in a large talking circle, are discussion-based, and there's food at every class (!) that the students take turns contributing to. There are optional field trips (we visited Anishnawbe Health Toronto and went on a medicine walk) that are interesting and highly recommended. Those with an interest in learning about indigenous culture, social determinants of health, or spirituality should take this course.

Topics include the social determinants of health, traditional indigenous teachings, policies that affect the care of indigenous peoples in Canada, the history of the systemic oppression and mistreatment of Indigenous people in Canada, and violence in indigenous communities. Although a lot of heavy topics were discussed, I felt that they contributed to my ability to be empathetic and mindful as a human being and healthcare provider. The course was evaluated using class reflections (15%; you submit 6 reflections and he counts your best 5), a book review (15%; you pick from a list of readings), a "birth story" written assignment (15%; you interview your family members), participation (10%), and a final group project case study (45%). Overall, amazing thought-provoking course if you are actually interested in the topic and participate!

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PHM383H1: Antimicrobial Stewardship

Instructors: Linda Dresser and Mark McIntyre

Course Average: B

This course covers the basics of antimicrobial stewardship. This is different from the ID course because this course focuses on interventions that optimize use of antibiotics instead of clinical drug knowledge. Lectures are taught by both Linda, Mark, and their stewardship colleagues from a wide variety of backgrounds including from pharmacy, nursing, and medicine. This course encourages participation and includes "pop-quizzes" which are solely purposed for reinforcing learning and do not count to grade. The readings complement the lectures. A big part of the course includes a Dragons Den group presentation project which is an excellent opportunity for any student who wants to pursue a hospital job or residency. It is a unique opportunity to get feedback from panelists with leadership hospital positions (i.e. director of pharmacy at UHN). The course components are an assignment, a group presentation, a midterm and a final exam.

PHM389H1: Research Project

Coordinator: Suzanne Cadarette

Class Average: A (Fall) / A- (Winter)

In this course, you will have the opportunity to engage in various types of research and develop a self-directed work ethic. You will need to find your own research supervisor from a list provided by the Faculty under the course description and discuss what project you would like to pursue. There are no assignments or weekly classes aside from a 1-on-1 meeting with the course coordinator(s) early in the semester to discuss your project outline. The grading scheme of the course includes a preliminary report and meeting (10%), a final research paper (80%), and a presentation (10%). The course uses a very hands-off approach with the majority of the work being self-directed, though project and course deadlines still need to be met. The final paper and presentation require a substantial amount of work with many students claiming that it required more work than other electives. However, this course allows you to gain insight into the different types of research and develop unique skills that other courses don't offer!

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Winter Term Elective Courses:

PHM350H: Pharmacotherapy in Ambulatory Care

Instructor: Jonathan Hunchuck

Class Average: B+

This course reviews some common conditions you would see in an ambulatory or outpatient care setting. The majority of topics are a review from previous PCT courses, but with more focus on the recent clinical trials and updated guidelines, such as asthma, COPD, diabetes, hypertension, etc. If you want a refresher of commonly encountered conditions in community practice, this course is for you!

With every topic, there's a lecture given by the professor or lecturer, as well as an online quiz (not worth marks but used to further the understanding of the material).

Almost every week's topic is accompanied by a reading and a documentation assignment. Your top 5 marks out of 9 assignments will count towards 15% of your grade. The midterm and final exams are non-cumulative and consist of short-answer and case-based questions.

PHM351H1: Pharmacotherapy in Institutional Care

Instructor: Vince Teo

Class Average: A-

If you're interested in a career as a hospital pharmacist or want to gain an insight for your institutional APPEs then this course is the one for you.

Topics covered are essential for hospital practice including: vascular access, VTE prophylaxis, perioperative pharmacotherapy, postoperative pain, palliative care, critical care and septic shock, ACS ft. Dr. Heather Kertland, electrolytes and acid/base ft. Dr. Sharon Yamashita, nutrition, DKA, toxicology, alcoholic liver disease, and emergency pharmacology.

The teaching style varies from class-to-class as there are several guest lecturers who are experts in each area. Attending lectures is essential as the slides can be quite dense. Vince is very approachable, speaks clearly, and is very open to answer questions during and after class.

The readings are required for weekly online quizzes which act as a good primer for the class that week.

Like other PCT courses, it is a dense course load but it provides valuable information. Professor Teo provides an opportunity to do well in the documentation assignments as the best 3 out of 4 are counted. There are typically 2 seminars, where the instructors present a case and prompt questions to your group with no notes allowed, each worth 5%, but our second one was cancelled due to COVID-19. These are held right before midterm and exam and serve as great review! The midterm was a mix of multiple choice and short answer questions. Vince provides a reference sheet with key information that is helpful for the exams. He also takes time to take up the answers to the midterm and documentation which is helpful for your learning. We had two mini open book post class online assessments to substitute the final exam.

PHM353H1: Pharmacotherapy in Critical Care

Instructor: Norman Dewhurst

Class Average: A-

Critical care is a content-dense course. I think the course is a good preparation for students who may be interested in practicing in the ICU, otherwise there might be a steep learning curve in the future. You probably heard that this is not an easy class already so take that A- with a grain of salt. You are expected to do all readings which require quite a bit of self-directed learning. The class size was small, around 7-8 people.

Some of the topics we covered include organ-support devices, shock, sepsis, renal failure, CV surgery, pain/delirium/agitation, traumatic brain injuries, status epilepticus, status asthmaticus, etc. These might sound intimidating but I personally enjoyed the class and had fun learning those topics.

We covered several trials in class and you are expected to know the ins-and-outs of each. In real life, clinicians actually reference those trials based on my experience in the ICU. We also had a field trip to St. Michael's Hospital where we shadowed an ICU pharmacist of our choice (medical-surgical, trauma, cardiac etc.).

For assessment, there were online quizzes (5%), 1 midterm (35%), 2 case studies (5%), 1 critical appraisal assignment (10%) and 1 exam (45%). The quizzes were quite challenging but they are a good opportunity to test your understanding of the lecture material. The midterm was not easy, especially due to the time-crunch. The case studies were fair but make sure to actively par-

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anticipate otherwise the instructor will call on you to answer questions. Luckily, the final exam was easier than the midterm and there was ample time to finish.

Overall, this course is a niche course. If you are interested in becoming an ICU pharmacist, you will find this course extremely helpful as it provides a great foundation. However, if you are interested in the community, it might not offer as much value.

PHM352H1: Pharmacotherapy in Older Adults

Instructor: Naomi Steenhof

Class Average: B+

After hearing time and time again about the aging population of Canada, I decided it would be beneficial to take this course to better prepare myself to provide care for the coming 'wave'. As we all know, pharmacotherapy is complex with many gray areas. There is no topic more rife with special considerations in the diagnostics and therapeutics we have learned than in the topic of geriatric care.

The aging human body is a complicated one and this course demonstrates that right out of the gate. Older adults can present symptoms differently than what is commonly seen in the 'general' population. Additionally, their care is also more complex, with considerations to changes in pharmacokinetics, pharmacodynamics, and the risks associated with polypharmacy. Moreover, the course introduces 'comprehensive geriatric assessment' and a longer, but more accurate process of identifying DTPs that older patients may face.

This course covers a plethora of therapeutic topics that we have seen before but now from a geriatric lens. The course includes many guest lecturers who are experts in those topics. The course load is not very heavy or stressful. However, with so many topics to cover it is worth attending each lecture since in-class discussions help to hone your understanding. The patient cases presented in this course are not simple, but they really get you to carefully assess the patient as a whole, which is definitely a skill we all need to keep handy.

PHM354H1: Pharmacotherapy in Pediatrics

Instructors: Sabrina Boodhan & Jennifer Chen

Class Average: A-

Do you love working with children? Are you confused when you walk down an infant formula aisle? Do you

want to learn why children are not just viewed as small adults in terms of pharmacotherapy? Then this course is right for you.

The topics covered include pediatric medicine, neonatology, drug information, compounding, PK, TDM, nutrition, GERD, vaccines, ASP, allergies, cystic fibrosis, oncology supportive care, HF, nephrology, transplant, and PICU.

The teaching style is kept consistent despite having guest lecturers. Sabrina and Jennifer keep the lecture slides uniform and break the lecture down into small bite sized learning objectives. The guest lecturers are engaging, ask class participation questions, and provide demos (eg. EpiPen). Sabrina and Jennifer are supportive of your learning and are always open to answer questions.

The course load starts off moderate and then gets heavier in the latter stages of the course with more complex topics such as cystic fibrosis. The midterm exam was all multiple choice and was based on the learning objectives presented in the lecture slides. The take home assignment involved several cases and drug information questions that required research and providing answers from reputable references. The online open book final exam was a mix of multiple choice and mostly short answer questions which required references to answer certain drug information questions.

PHM355H1: Pharmacotherapy in Women's Health

Instructors: Tom Brown & Lisa McCarthy

Class Average: A-

This course covers a lot of useful topics for community practice, and will help you answer common questions on topics like missed birth control pills and pregnancy planning.

The first half of this course is taught by Professor Brown, who doesn't post lecture slides or notes, but instead writes on the chalkboard and lectures from memory. Don't let his old fashioned teaching style fool you though, he is an amazing lecturer and an expert in this field. His lectures are engaging, easy to follow and very concise, which makes it easy to study for. He covers top-

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ics like birth control, emergency contraception, PMS, menopause, and hormone replacement therapy. His last session is a workshop on transgender health, with readings, group discussions and a microlecture assignment.

The second half is taught by Professor McCarthy, who teaches with the traditional powerpoint slides. Make sure to pay attention in her classes since she can talk fast at times, and anything she says and isn't on the slides is still testable. She covers topics like PCOS, infertility, and pregnancy.

There are no readings for the course besides the transgender workshop readings. Grades are based on the midterm, final, and transgender health assignment, which was a 2-3 min summary lecture video submitted to quercus. The midterm and final exam format is short answer, with a wide variety of questions that have a good coverage of all the lecture topics. You'll have to understand the main concepts well and be able to explain how they apply to different situations.

PHM360H1: Personalized Medicine

Instructors: Mary Erlik, Micheline Piquette-Miller

Class Average: A-

PHM360 provides an in-depth overview of pharmacogenetic topics (e.g. environmental & personal factors, CYP enzymes) and the latest in pharmacogenetic testing. Most of the lectures are what you would expect from a course on pharmacogenetics, but if you're interested to see how pharmacogenetic testing can be integrated into your practice, some of the material focusing on current advancements and challenges can be quite interesting. The first half of the course is taught as lectures by Professors Erlik and Piquette-Miller with some guest lecturers, while the second half is solely student group presentations. The grading scheme of the course includes a midterm (short answers; 30%), a final exam (short answers; 40%), the group presentation (20%), and participation marks (10%) from class surveys. The midterm focuses on lecture material, while the final exam is only on key points from student presentations (though you may still need to know key genetic variants from the lectures to elaborate on.

PHM361H1: Latest Developments in Drugs and Biologics

Instructor: Lakshmi Kotra

Class Average: A-

As future pharmacists, it is important to understand new developments in drugs and biologics to answer drug information questions for doctors, nurses, and counsel patients. This course also provides further insight into the pharmaceutical industry.

PHM361 begins with didactic lectures presented by Professor Kotra on the pharmaceutical drug development process, clinical trials, protein/cell therapeutics, discovery of cholesterol absorption inhibitors, and medical cannabis. This is followed by peer-to-peer learning where groups of six students present their findings on a new drug selected by Professor Kotra. Professor Kotra engages the class by asking discussion questions at the end of each presentation.

The course load is lighter compared to your PCT courses but the material can be complex as we are talking about novel drug discoveries. There is a midterm exam which is based on the lectures and in class discussions where you choose 4 of 5 questions to answer. A presentation worth 20% and a final exam which was cancelled for our year.

PHM362H1: Assessing the Bioavailability and Bioequivalence of Medicinal Drug Products

Instructor: Dave Dubins

Course Average: B+

This course is useful for jobs in industry, research, and regulatory affairs. Professor Dubins draws on his experience working as a PK scientist and biostatistician to teach you the process of designing a bioequivalence study, submitting a study protocol, and analysing and reporting the study results. He is an engaging lecturer and explains concepts well with lots of examples. You'll learn about biostatistics, different regulatory requirements, how to use different programs like Excel and R-Project to calculate things like sample size, as well as some mathematical modelling to derive PK equations.

The course mark was originally supposed to be based on a midterm, final, 4 assignments and class participation, however the final exam was cancelled and its weight redistributed to the midterm and assignments.

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A majority of the assignment questions are related to programming. But as long as you pay attention in class and follow along with the examples, they're fairly straightforward since all the spreadsheets and codes are provided. The midterm exam was short-answer and focussed mostly on understanding and applying PK and biostatistics concepts. Don't worry too much about the history and policies since they're mostly for context rather than being tested.

Overall a unique course that's much more math and programming oriented, and gives you a look into what goes on behind the scenes for a generic drug product to get approved.

PHM370H1: Community Pharmacy Management

Instructor: Marie Rocchi

Class Average: B+

Community Pharmacy Management is the course to take if you might be interested in owning your own pharmacy one day. While the course doesn't give you a step by step guide on how to open your own pharmacy, it provides plenty of essential information like legal requirements, inventory management, human resources, and finances.

This course is presented through many different guest lecturers who are pharmacy owners or managers themselves to give you a diverse perspective on community pharmacy leadership. This year the course was taught by Professor Rocchi in Jauher's stead, but the general course outline and topics stayed the same as in previous years. The original course outline had an assignment, midterm, business plan, and final exam. With the lockdown, the evaluation weightings were shifted so there was no final exam. Regardless, the business plan will keep you plenty busy at the end of the semester.

The big project in this course is the infamous business plan which is totally doable if you start early and pace yourself but will be the bane of your existence if you leave it to the last minute. The first assignment is the first part of the business plan which is helpful in getting you to start your business plan early. The business plan itself is a great learning experience in the course that makes you plan to open your own pharmacy and detail everything from the layout to the finances to the policies and procedures.

PHM371H1: Institutional Pharmacy Practice Management

Instructor: Tom Brown

Course Average: B+

If you are interested in how hospital pharmacies are managed, then this is the right course for you! Some of the topics covered include managing your clinical practice, drug distribution, clinical services, human resources, accreditation, hospital organization and committees, education, medication safety, procurement, and tools used in practice.

This course is composed of lectures by Professor Brown as well as many guest lectures. Lecture slides are provided, however the in class discussions are essential to understand the course content. Professor Brown engages the class with case based discussions, allows time to discuss with peers, and then discuss as a class. He provided insight into hospital pharmacy with fun Instagram stories featuring interviews by Neil Jobanputra of various pharmacy staff.

The course requires understanding of concepts and memorization for the short answer midterm exams. There is a hospital formulary assignment done in groups which is used to write the SBAR assignment worth 15%. There is no business plan like the community course which is a bonus! Lastly, we had an open book online short answer exam. As long as you come to class and pay attention to discussions, then you will do well.

PHM322H1: Patient/Medication Safety

Instructor: Certina Ho

Course Average: A

In this course, you'll learn different methods to analyze and minimize medication incidents. These are skills that you can take with you into DPC settings or something you can focus on in NDPC settings. PHM322 is taught mainly through lectures but also includes 3-4 workshops led by instructors from ISMP Canada, for which you would normally have to pay for. At the end of each workshop, you will receive a certificate of completion from ISMP Canada. Towards the end of the course, there will be a group presentation and individual report where you will analyze data from a real pharmacy and

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develop suggestions that will be sent back to them. The grading scheme of the course includes a midterm (MCQ & short answer; 20%), a cumulative final exam (MCQ & short answer; 40%), the group presentation (10%), and the final paper (30%). Though the material can be a bit dry, the workshops provide a great experience and Professor Ho is very accommodating and available!

PHM381H1 Medical Imaging for Pharmacists

Instructor: Raymond Reilly

Class Average: A

This course discusses the principles and applications of medical imaging in patient care, such as X-ray, MRI, ultrasound, mammography, CT, radiopharmaceuticals and nuclear medicine imaging (SPECT and PET). The first half of the course focuses on explaining how each imaging technology works. Applying these principles, the second half of the course provides a basic understanding of how to recognize imaging abnormalities in different disease states (cardiac, lung, breast, renal, brain, abdominal, and endocrine system diseases). In addition to lectures by Dr. Reilly, guest radiologists from different fields were invited to give us practical views of how to approach images of various disease states. Another highlight was that we had a tour to the Joint Department of Medical Imaging (JDMI) at UHN. There were no additional required readings. Exams were all based on lecture slides, and guest lectures were not testable. Since we had a fairly small class size, it was easy to ask questions or ask for clarifications in class. Dr. Reilly, guest lecturers and the TA were all very nice and approachable.

Midterm: Short and long answers (40%) – 2T0's midterm and practice questions for each lecture with answers posted prior to the midterm exam Final exam: Short and long answers (60%) – 2T0 had an all-MCQ final exam; the format was changed to short and long answers for 2T1 based on class vote, due to the COVID situation.

PHM384H1 Teaching and Learning

Instructor: Annie Lee

Class Average: A-

This course introduces various teaching styles and assessment methods. The class included one hour of di-

dactic lecturing about educational theories followed by an hour of interactive group activities. The lectures were easy to follow and there was a lot of small group discussion within the class. Students got to facilitate an MTM1 lab where they acted as the patient and gave feedback to year 1 students. There was also a short group presentation with no predetermined topic or format. These activities were evaluated through reflections where we were expected to apply educational theories to our experiences. Writing a reflection was challenging because it required deeper thinking and there were many possible directions to take. This elective had a final exam, but the material was light and interesting. I recommend it for those who may be interested in pursuing educational roles as a clinical instructor, course coordinator, and/or preceptor in their careers.

PHM385H1: Diabetes Care

Instructor: Henry Halapy

Class Average: B+

This course is recommended for anyone who wants to become a certified diabetes educator. It is taught mostly by Professor Halapy, with a few guest lecturers. This course is not a review of diabetes topics learned previously in PCT, but rather it builds on foundational knowledge and covers more specific diabetes topics in depth. These include insulin dosing and regimens, nutrition, exercise, self care (ex. Hypoglycemia, DKA), monitoring, foot care, special situations (ex. Pregnancy, Ramadan), pediatrics, complex cases, and patient education.

Overall, it's quite a content heavy course with long and detailed slide decks. You'll have to study hard for the exams, which are usually a mix of short answers and MCQ. The course has 2 midterms and a final exam. They're technically non-cumulative, but the material often builds on previous concepts such as insulin dosing, so be sure to know that well.

PHM386H1: Mental Health and Addiction

Instructor: Maria Zhang

Class Average: B+

This course builds on topics covered in PCT7 Neuropsychiatry but takes a social approach. Topics covered include stigma, mental health and the law, harm reduction, opioids, pain, cannabis, suicide risk assessment, assessment of movement disorders caused

by psychotropics, LGBTQ+ health, ADHD, pregnancy, autism, personality disorders, alternative treatments for mental illness (eg. CBT), recreational/therapeutic use of recreational drugs, and smoking cessation.

The lectures are mainly delivered by Professor Zhang who encourages student engagement through in class discussions which build understanding of concepts. The class discussions are interesting and prepare you to think like a pharmacist. Maria shares interesting clips in the media, a movie, meeting patients who share their lived experiences with mental illnesses, and expert guest lecturers throughout the term.

Knowledge and application to cases is tested on the midterm and final exam which are a mix of multiple choice and short answers. There is one creative discussion board assignment where students are asked to post a summary, analysis and reflection on a newspaper article, song, or clip related to a mental health topic. There is one in-class assignment which walks you through patient cases on assessing movement disorders which everyone does really really well on (almost everyone gets 90s and 100s on this).

PHM387H1: Global Health

Instructor: Doret Cheng

Class Average: A-

In this course you will learn about the health and diseases that affect people in low-income countries and how pharmacy is practiced around the world. The topics are both therapeutic (HIV, malaria, neglected diseases) and non-therapeutic (access to medicines in low-income countries, corruption, health delivery/policy). With a small class size and lots of informal discussion, this elective is very different from most pharmacy courses. The professor, Doret Cheng, is an engaging lecturer with extensive experience practicing as a pharmacist internationally. Generally there are readings each week, a short work-up/care-plan which is discussed in class, and a short reflection to submit after class for easy marks. The midterm is long-answer and open book but challenging – you need a solid understanding of the concepts and in-class discussion. There is a final paper where the student chooses a global health problem and develops an initiative to address it, and no final exam. This was probably my favourite course in pharmacy school and I highly recommend it, especially to anyone interested in practicing abroad or doing an international APPE.

Third Year Anti-Calendar

PHM388H1 S L0101 Self-Care Perspectives and Pharmacotherapy for Minor Ailments

Instructor: Debra Sibbald

Class Average: A-

When it comes to self care, most pharmacists struggle with appropriate patient assessment. This course is designed to improve your patient assessment skills and help you think on the spot in the pharmacy aisle when a patient approaches you with a question on a minor ailment.

Topics include communication with patients, rosacea, pediatric topics ft. Professor Sandra Bjelajac (infant colic, infant nutrition, teething, dehydration), infectious diarrhea, emergency contraception and vaginitis ft. Professor Tom Brown, motion sickness, headache, hemorrhoids, weight management, sports injury, and lower back pain.

Professor Sibbald brings a similar approach to teaching as she did for her second year PCT course. She was voted Best Professor of the Year by the 2T1s! Students prepare for each class by reading minor ailment chapters and making panel notes which they bring to class (laptops were allowed!). Classes start with content review by Professor Sibbald followed by online quizzes to assess your knowledge, and lastly students participate on a panel to assess and create care plans for patient cases. This is a great opportunity to think on the spot and receive one-on-one feedback from the professor.

Your knowledge and application to patient cases is tested in the multiple choice midterm and final exam. Panel participation, panel notes, and in class quizzes contribute to your grade as well. There was a mandatory assignment for which we received bonus marks for as well. Overall, a positive and safe learning environment to hone and perfect your patient self care skills.

PHM389H1 Research Project

See previous for reviews from fall term.