

# The Monograph



*Featured in this issue:*

*Interview with podcast  
PharmglobalRx*

*Among Us  
Review*

*Pharmacy COVID  
testing overview*

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# The Monograph Team



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David Czosniak



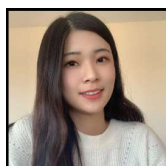
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## EDITORS' ADDRESS:

# Hey Pham!

We are here to present the first issue of this year's Monograph! Despite our already busy semester with everything going on around us, we hope everyone had time to enjoy the fall colors and find time for enjoyment between our busy schedules. We would also like to welcome Sally Jeon, our new 2T4 Monograph Representative! We're happy to have you here and look forward to having your class represented in The Monograph.

We recieved an outstanding number of contributions for this issue! We are featuring the return of Pharmacy Shout-Outs, where students can anonymously shout out their fellow classmates! We also have an interview by PharmglobalRx, a summer podcast made by Fadi, Yousif, and Hamid (2T3) highlighting the role pharmacists on the world stage played in the pandemic. We also have highlights by Sally Jeon (2T4) and Huy Pham (2T4) on our faculty's first virtual Orientation Week and online classes! We have warm fall recipes, including chicken noodle soup by Anna Shevchuk (2T3), and mooncakes by Priscilla Sung (2T4). We're also showcasing an incredible amount of art and photography by many talented artists in our school. And as tradition, we're also including our beloved puzzles section at the end of the issue! This only scrapes the surface of the number of amazing contributions we have for this issue, we encourage you to dig in and see all we have in store!

Thank you to everyone who helped contribute and put our first issue together! We hope you enjoy reading through the first issue of The Monograph! If you wish to contribute to future issues, please reach out to us at [monograph@uoftpharmacy.com](mailto:monograph@uoftpharmacy.com)!



*David Czosniak and Amar Deonandan*  
The Monograph Co-Editors 2020-2021  
[monograph@uoftpharmacy.com](mailto:monograph@uoftpharmacy.com)

# UPS Address



## Hey Pharmacy!

We hope the beginning of the new school year has been going great so far!

To the incoming class of 2T4, welcome to the Phamily and congratulations on officially starting your journey in the profession of pharmacy! We hope you had an amazing Orientation Week and are feeling welcomed to the faculty even under such unique circumstances. We'd like to give a HUGE shout-out to Christine, Chelsea, and the entire Phrosh Planning Committee for organizing and running our faculty's first-ever virtual Orientation Week with amazing success!

To the 2T3s, 2T2s, and 2T1s, we would like to welcome you back to another incredible year and hope you make the most of it! We may not be able to see each other in person like usual, but we still feel the energy from our phamily and we're here to make sure you feel it too!

As we begin classes, we'd like to reflect on our phun times at the UPS & CAPSI Welcome Back Picnics where we were able to see new and familiar faces at many cities across the country. If you enjoyed yourself at this event, or are sad that you missed out, don't worry because we have more fun times in the works! Keep an eye out for the Pharmacy e-Sports Tournament, UPS Halloween and Holiday Socials, and many more!

On November 6th, join us for our annual Phollies Talent Show which will be hosted virtually! Come out and support your phriends and classmates as they wow us with hidden talents. Also, don't forget that October is the month of CAPSI competitions - from PIC/OTC competitions to the Student Literary Challenge and Guy Genest award, you don't want to miss out on the opportunity to win!

We hope to see you at our events, and we wish you the best of luck in your classes!

*Fabian Cretu & Samantha Cesario*  
UPS President and Vice President  
ups@uoftpharmacy.com

## CAPSI Corner



Jenna Melanson  
IPSF Senior



Aileen Liu  
IPSF Junior



Kristina Miclat  
CAPSI Senior



Michelle Chaung  
CAPSI Junior



Aya Akrawi  
2T2 Rep



Aleena Aslam  
2T2 Rep

## CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS

### U OF T CAPSI COUNCIL



Isabella Fortuna  
2T3 Rep



Julia Saragosa  
2T3 Rep



Alissa Kong  
2T4 Rep



Theodora Udounwa  
2T4 Rep

*Don't forget, as UofT Pharmacy students in the PharmD program, you're automatically a CAPSI member!*

CAPSI is happy to be back again and we have some amazing events lined up for the 2020-2021 year, despite school looking a little different. This past summer, we, your CAPSI Senior (Kristina Miclat, 2T2) and Junior (Michelle Chaung, 2T3) Reps, participated in CAPSI National Meetings online. There, we were able to meet with CAPSI National executives and other pharmacy school representatives all across Canada to discuss topics such as competitions, symposium topics, professional development, CAPSI membership perks, and other events. Since this year is going to be virtual, we have come up with some creative ways to continue to deliver some amazing initiatives!

In September, we were happy to join the faculty in welcoming the 2T4s to the family. We loved seeing how dynamic and engaged the 2T4s were during Orientation Week. We were also able to host the Welcome Back Picnics, jointly with UPS, and it was a very nice way to meet/reconnect with many of you in person! Thank you to the many of you who joined us at one of our 13 picnics across Ontario, Montreal, and Zoom. We were thrilled with the turnout and were happy to be able to offer a safe and enjoyable in-person event.

Throughout the summer, CAPSI has been actively discussing ways to provide our CAPSI textbook sale. Dipiro textbook sales have been postponed as we wait for the publishing of Dipiro's brand new 11th edition textbook and handbook! We are also working to get CAPSI notebooks delivered to UofT, so be on the lookout for our announcement on how to receive a copy for yourself!

Many of our CAPSI Competitions will still be happening this semester with some exciting prizes, so be sure to follow us on social media to stay in the loop. In addition to this, we will also be launching new advocacy initiatives and online events with the local CAPSI team! CAPSI National has already started their Wellness Campaign, and we loved seeing many of you participate in their Fitness Week. A different wellness topic will be introduced each month and with more giveaways and chances to win. Be sure to take part in our campaign!

If you have any questions, feel free to contact Kristina ([torontosr@capsi.ca](mailto:torontosr@capsi.ca)) and/or Michelle ([torontojr@capsi.ca](mailto:torontojr@capsi.ca)). We look forward to seeing you all virtually!

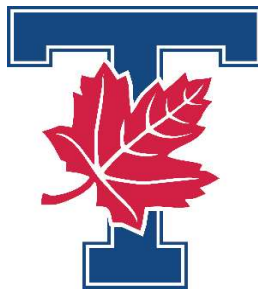
♥-Your CAPSI Team



Pharmacy Spikeball :  
Christina Truong, 2T2 (middle),  
Tiffany Song, 2T2 (Right),  
Lok Kan Lee, 2T2 (Left)



Pharmacy Spikeball, featuring: Eddy Huang, 2T2 (middle right),  
Tommy Tran, 2T4 (far left)



League of Legends  
Tournament Winner:  
Only ADC  
(Joshua Leblanc, 2T4)



What an interesting start to the semester!

We're glad to hear that people are staying active in different ways. Intramurals are going strong with pharmacy grabbing wins! Find us competing against the other colleges in Badminton, Table Tennis, Spikeball, Washer Toss, Amazing Race and Dodgeball. Hopefully you had the chance to check out our first UPS Fitness event, where we challenged you to get 10,000 steps a day for a week! Stay tuned for more monthly challenges, and many more ways to stay involved and earn UPS points throughout the year.

We'd also like to have a special shoutout to the champions of our Pharmacy E-Sports Tournament, with qwerty (Justin Lee, 2T4) taking home the gold in Mario-kart, and Only ADC (Joshua Leblanc, 2T4) winning it all in the League of Legends division. Congratulations!

Jonathan Ko, 2T2  
Sr. Athletic Director

Cindy Tran, 2T3  
Jr. Athletic Director

# PHARMACY ATHLETICS

**Be sure to check us out:**

Facebook: Pharmacy Athletics UofT

Instagram: @UPS Athletics

Email: [athletics@uoftpharmacy.com](mailto:athletics@uoftpharmacy.com)



## Who's Who

Hi reader! The Canadian Society of Hospital Pharmacists (CSHP) Chapter at UofT carries out a variety of activities each year to help introduce the student body to the institutional aspects of pharmacy practice, and to connect the students at our faculty to hospital pharmacists. This year, due to the uncertainty of the pandemic, many of our yearly events will take on a different look as the committee continues to navigate the circumstances so stayed tuned to our social media for events, membership registrations, and committee applications that will be continually rolled out through the year!

For this first article, our lovely CSHP at UofT student committee has put together a series of introductions of themselves. Check them out below!

If you are interested, keep your eyes peeled for our next announcements and events! On behalf of the committee, we congratulate the incoming Class of 2T4s on joining our community, and we look forward to seeing all of you as event participants and CSHP members!

Wei Wei, 2T3,  
Communication Representative  
CSHP UofT Student Committee

**Senior CSHP Liaison: John Huynh, 2T2**  
**From Ottawa, ON**



**Position and Role:** As the Senior Liaison, my main responsibility is to oversee the CSHP student council operations. This includes organizing educational events, membership drives, and symposiums. I also report to the Ontario Branch CSHP council and provide a pharmacy student body perspective at council meetings.

**Interesting things I learned at CSHP events:** During the First-Year Mixer, I had the opportunity to meet various hospital pharmacists from many backgrounds and learned about the impact they have on patient care. I found it interesting that clinical pharmacists contribute largely to healthcare teams and use their expertise to ensure patients receive safe and optimal care.

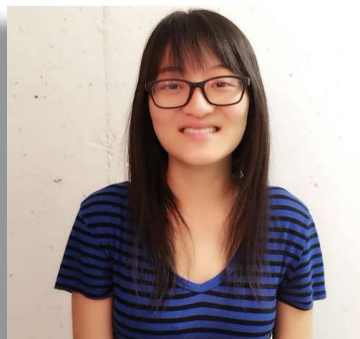
**Junior CSHP Liaison: Arnold Ruste, 2T3**  
**From Toronto, ON**

**Position and Role:** I am the Junior CSHP Liaison and my main aim is to provide correspondence between the CSHP Ontario Branch to our committee members and the general U of T student body.

**Interesting things I learned at CSHP events:** CSHP events that I enjoy involve the opportunities to meet with current hospital residents where they provide an introduction to pharmacy residency programs.



**Awards Representative: Elaine Shang, 2T3**  
**From Mississauga, ON**



**Position and Role:** My role as the Awards Committee Student Representative is to work with the existing CSHP Awards committee and assist in the review, selection, and presentation of the Ontario Branch CSHP awards. Some example awards we have are: Personal Recognition Awards, Awards for Projects/Articles, and Residency Awards.

**Interesting things I learned at CSHP events:** Canadian Pharmacy Residency Board acts as a centre that collects residency applications and does the matching. However, each hospital still has its own requirement and it is up to you to find out what they are! (Just like how we used OUAC for university applications – same idea!)

**Education Representative: Helen Huynh, 2T2**  
**From Toronto, ON (repping the West end of Parkdale!)**

**Position and Role:** I'm the CSHP Education Committee Student Representative and I'm responsible for organizing and promoting educational events for pharmacists and pharmacy students. I'm one of the members of the CSHP's Ontario Branch Education Committee and we're currently planning the 72nd Annual Educational Conference that's happening (virtually) in November.

**Interesting things I learned at CSHP events:** Hospital pharmacists are a part of a multidisciplinary team and work in collaboration with healthcare professionals such as physicians, nurses, occupational therapists, physiotherapists, speech language pathologists and many more!



**Membership Representative: Isabella Fortuna, 2T3**  
**From Toronto, ON**



**Position and Role:** As the Membership Representative my role is to make students aware of the many benefits associated with joining CSHP and to help students in registering for CSHP insurance.

**Interesting things I learned at CSHP events:** While attending CSHP events I learned about the typical routine of a hospital pharmacist and the various responsibilities they take on in the hospital setting.

**Communications Representative: Wei Wei, 2T3**  
**From Toronto, ON**



**Position and Role:** My role as the Communications Representative is to write a CSHP-related article for each of the Monograph's issues, and also to manage our chapter's social media presence. During first year, I appreciated the work CSHP at UofT was doing to help connect the students with the pharmacy practice in hospitals, and I wanted to help make our activities known to more people.

**Interesting things I learned at CSHP events:** The most interesting thing I learned from a CSHP event is that there are different positions that a hospital pharmacist may perform, such as staff, clinical, and informatics pharmacists, which showed me the diversity within the institutional practice of pharmacy that I had not realized before.

**Metro Toronto Chapter Co-Representative: Aya Akrawi, 2T2**  
**From Oakville, ON**

**Position and Role:** As Metro Toronto Chapter Student Co-Representative, one of my main responsibilities with Amy is to organize and host the speakers series - interactive seminars featuring guest clinical pharmacists to highlight various aspects of hospital pharmacy!

**Interesting things I learned at CSHP events:** After attending many CSHP events I soon realized that hospital pharmacy was so vast in its areas and specialties!



**Metro Toronto Chapter Co-Representative: Amy Choi, 2T3**  
**From Ottawa, ON**



**Position and Role:** As the Metro Toronto Chapter Student Co-Representative, my role is to plan the CSHP UofT Student Council Speaker Series with Aya! We would also help the Metro Toronto Chapter Chair of the CSHP Ontario Branch to plan events for pharmacists and students.

**Interesting things I learned at CSHP events:** At the CSHP Student Symposium last year, I really liked learning about lab values and how the hospital pharmacist made it really interactive for students!



**CSHP**

Canadian Society of  
Hospital Pharmacists



Société canadienne des  
pharmaciens d'hôpitaux

Supporting Pharmacists Committed To Patient Care

# COMPPS: Covid & Compounding

Anna Shevchuk, 2T3

When everything closed down in March, Ontarians had two main supply issues: toilet paper and hand sanitizers. To combat hand sanitizer issues, Health Canada expedited the process of reviewing Health Product submissions which led to many newly formulated sanitizer products to quickly reach the market. Unfortunately, this led to a lack of good manufacturing practices (GMP) and resulted in a recall of over 50 different alcohol-based sanitizer products over the course of the summer. These defective sanitizers often contained methanol, an organic compound that is fatal when taken orally, or ethyl acetate, which is a toxic skin irritant. Both are contaminants found in industrial grade ethanol which is not authorized for use in sanitizers.

What can we do to solve this? Compounding! Many compounding pharmacies, including the one I work at, took it upon themselves to prepare products according to Health Canada-approved formulas that were both safe and effective. Using 70% alcohol and a lavender scent, we packaged sanitizers in the form of gels and sprays in 60mL bottles, and sold them for everyday use. Not only did they effectively sanitize hands, but they also weren't sticky or smelly. It's important to create a product that people enjoy using, especially if they're using it several times a day. However, we also had to address the increased demand for bulk sanitizers. Supplies were so low that a Quebec trucking company contacted the pharmacy to provide their several hundred drivers with 70% alcohol sanitizer gels. The compounding

## Club's Corner



pharmacy was not only able to meet the demand of the market, but also used a portion of the proceeds to help frontline workers. While I worked there, I witnessed the pharmacist generously donate large bottles of sanitizers to neighbouring hospitals and long-term care homes.

This type of response from compounding pharmacies has happened during many other drug recalls and shortages. Another example was in 2019 when there was a shortage of EFRA Thyroid in all commercially available strengths. Compounding pharmacies were able to step in and make thyroid capsules to accommodate patients who were on these medications. Since the medication was back-ordered, most insurance companies even paid for the compounded version as it was the only one available.

During times of crisis, when large scale manufacturing fails to meet the quality and quantity demands of the market and product availability becomes limited we can turn to compounding pharmacies for creative solutions. This shows why compounding should be seen as a strong, effective response to healthcare challenges.

Reference:

<https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/73385a-eng.php?fbclid=IwAR1H6CcILg-fj-bdUFIIFtB0RXU5UPVEF4MiulmNcqmwdeIKtUimDXUsfmw>



# COVID-19 Testing in the Pharmacy:

## What We Know, What We Don't Know

*Michael Vu, 271 Representative - OPA Student Chapter*

*Disclaimer: The views in this article reflect those of the author and not OPA. To the best of the author's knowledge, the information stated in this article is accurate as of the time of writing. However, the situation is rapidly evolving and details may become out of date.*

This year, aside from being full of tragedy and uncertainty, has also made it apparent what it means to be an “essential service”. When clinics across the country closed down, pharmacies stayed open, becoming the primary care hub for many patients and ensuring continued access to medications. Working under these conditions takes a heavy toll, but it is part of our job.

From a logistics perspective, pharmacies are an established network of distribution centres with experience in cold-chain. It makes sense to leverage this network to distribute services quickly and accessibly. This is why we do flu shots. The “health hub” concept can take on many forms: in South Korea, the government nationalized the manufacture of PPE early in the pandemic to preserve supply. Each citizen was allocated a weekly supply of masks, which they picked up at their neighbourhood pharmacy.

In Ontario, advocacy for new regulations and expanded scope usually takes years. During the pandemic, regulation changed within weeks. Now, to address a COVID-19 testing wait time bottleneck (greater than 5 hours in some locations!) pharmacists are permitted to collect samples for the rapid PCR test, a form of point-of-care testing.

What we know
<p><u>Personnel:</u> Only licensed pharmacists will conduct COVID-19 testing, not pharmacy students or interns.</p>
<p><u>Eligibility:</u> Patients must book an appointment ahead of time at a participating pharmacy (appointment-based model). Eligible persons are:</p> <ul style="list-style-type: none"> <li>• not showing symptoms of COVID-19 (asymptomatic)</li> <li>• have not been in contact with a person who has tested positive for COVID-19</li> <li>• a resident of or worker in an at-risk setting, such as a long-term care home, homeless shelter or other congregate setting OR health care worker OR teachers OR a farm worker OR a visitor to a long term care home OR an international student who has passed their 14-day quarantine</li> </ul> <p>The spirit of the eligibility criteria is to target populations who need testing to continue working, so they need to “prove their negative status” rather than query for positive status.</p>
<p><u>Reimbursement:</u> COVID-19 testing will follow the model employed in Alberta, which separates the test into an assessment service and a sample collection service. If the pharmacist judges that a patient is ineligible, they can decline to collect a sample after their assessment. Billing will be similar to dispensing of naloxone kits, in that a health card is not required.</p> <p>Testing is free for patients.</p> <p>Pharmacist Fees:</p> <ul style="list-style-type: none"> <li>• \$20 - Pharmacist Assessment and Screening for Eligibility</li> <li>• \$22 - Collection of sample, including costs for PPE, labour, and reporting the result.</li> </ul>
<p><u>Sample Collection:</u> In Ontario, samples will be collected using a shallow nasal or throat swab. This is different from the nasopharyngeal swabbing currently used in hospitals and by pharmacists in Alberta, as this invasive procedure lies outside of our scope in Ontario.</p> <p>While the Government of Ontario will provide some PPE at the initial launch, ultimately pharmacies are responsible for securing their own PPE for COVID-19 testing.</p> <p>The OPA has released a free training for COVID-19 testing which will be available to all pharmacists.</p>
<p><u>Logistics and Reporting:</u> Pharmacies are responsible for transporting samples to testing labs. They are also responsible for reporting the results of the test to patients.</p>

As with many things this year, there remain unresolved questions and potential issues:

### What we don't know

Staff Buy-in: Pharmacies may opt-in to the COVID-19 testing program. However, individual pharmacists, technicians, assistants and other staff have less say in the matter. Their jobs may be at risk if they do not wish to work at a COVID-19 testing site. Given these realities, how will pharmacy owners ensure buy-in from their employees and assure them that measures are being taken to minimize their exposure?

Pharmacists doing COVID-19 testing must wear extensive PPE that may preclude them from playing a role in the dispensary. Can pharmacies do testing in a high enough volume to justify paying a dedicated pharmacist? Currently, only licensed pharmacists will conduct COVID-19 testing, but in the future this role may enter the scope of pharmacy technicians. How will their buy-in be obtained?

Testing Integrity: What are the false positive and false negative rates for the shallow nasal/throat swab compared to the nasopharyngeal swab? I am not aware of any head to head comparisons.

Logistics and Reporting: How will pharmacies build up a robust and reliable sample transport and results reporting system in a very short time frame?

Pre-Screening Compliance: Can we assure staff that patients arriving for their appointment are truly asymptomatic? Even if someone claims to be asymptomatic at pre-screening, they may develop symptoms before their appointment and fail to report it.

If we must assume all patients arriving for testing may be carriers of COVID-19, what precautions must be taken to protect pharmacy staff?

Looking ahead: Pharmacy looks to play a larger role in the pandemic response in the coming months and years. How will COVID-19 testing play out in the context of influenza vaccinations? Will pharmacies participate in administering an eventual COVID-19 vaccine? Building out infrastructure and capacity, as well as buy-in from stakeholders **in advance** of these developments seems to be a wise move.

In the end, wait times and geographic access are not the only bottlenecks in the response to COVID-19. There are still more tests performed every day than our labs can process in a timely manner. When we get a positive result for COVID-19, it must be accompanied by contact tracing and subsequent testing of these contacts. However, data shows that 50% of positive cases in Ontario have no epidemiological link, demonstrating our current failure to monitor the virus.

Without timely results (ideally within 24 hours) and consistent contact tracing, a positive COVID-19 test result is not very useful from a public health perspective. Improved access to COVID-19 testing can help in this respect, but pharmacists must join other healthcare professionals and the public in advocating for greater investment into contact tracing and lab capacity if we are to beat this pandemic.

Still have questions?

Learn first-hand from Alberta pharmacists on what it is like to launch a COVID-19 testing program. Search for the “Pharmacist Matters, an OPA Podcast”, the episode titled: “COVID-19 testing in pharmacy: the Alberta story.”

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Government of Ontario - September 23, 2020: Ontario Expands COVID-19 Testing to Pharmacies

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CP24 - by Chris Herhalt, September 24, 2020 :Ontario goes back to discouraging asymptomatic COVID-19 testing to ease backlog

<https://www.cp24.com/news/ontario-goes-back-to-discouraging-asymptomatic-covid-19-testing-to-ease-backlog-1.5118043>

The New York Times, April 1, 2020: How South Korea Solved Its Face Mask Shortage by E. Tammy Kim

<https://www.nytimes.com/2020/04/01/opinion/covid-face-mask-shortage.html>

# Advice for A Successful Transition to Online School

By: Shaista Malik, 2T2 Monograph Rep



With the start of the new academic year, there have been numerous changes in our learning environment. For many of us, online classes represent a change that was never anticipated and one that often brings difficulty. The onset of online classes has not only affected our day-to-day school activities but also our overall learning experience. During this time it is more important than ever to take measures to ensure your continuous learning despite the unprecedented circumstances. As the first few weeks of online classes comes to an end here are some tips to help you successfully navigate through the year and make the most out of distance learning!

## Organize your schedule:

To help you stay on top of your classes and deadlines take some time to create a calendar for yourself! Whether it be a physical paper calendar that you can put up in your study space, or a digital one, calendars allow you to be aware of what is coming up next, so you never miss a deadline. To make things fun, add colours and stickers

to your calendar to keep you motivated as you approach these tasks.

## Stay connected:

Online classes often involve the mundane task of sitting in front of a computer for hours on end with little to no social interaction. This social isolation alone can become difficult and is without a doubt a huge change from in person classes. Throughout the years school has been associated with the fun of seeing your friends. However, with distance learning this may not be possible. Nonetheless, you can still take this time to stay connected with your phriends virtually! Whether it be through video calls or messages, take the time throughout the day to keep in touch with your phriends and check in with them!

## Eat healthy:

Making healthy food choices is not only important for your physical health but also your mental health! Be

sure to take steps during the day to incorporate healthy eating into your diet. Small steps you can start taking today include keeping yourself hydrated by carrying a water bottle, replacing junk food with fruits and vegetables, minimizing your sugar intake and limiting fast food. Most importantly ensure that you eat breakfast every day! Examples of nutritious breakfast meals include oatmeal, fruit bowls, and avocado toast.

### **Get enough sleep:**

What is one piece of advice to not only boost your grades but also make you a better student? Get enough sleep! Adequate sleep helps to reinforce material you have learnt throughout the day and ensures you are well rested to tackle the next day. Aim to get 7-8 hours of sleep by sticking to an appropriate sleep schedule. To help calm your mind for a restful sleep, take time to meditate, read and relax before sleeping. Ease your mind from the stresses of the day and eliminate noisy thoughts as you drift into sleep.

### **Create a study space:**

Online school means that you will be spending a lot of time studying at home. For successful home study sessions, you should create an appropriate study space. Having a desk in a comfortable and peaceful area does wonders for productive studying. Take time to implement characteristics of your study habits into your study space. For example, if you prefer studying in a quiet area, set up your study environment in a quiet room. Alternatively, if you enjoy background noise, then add in some light music!

### **Get Exercise!**

It is so important to spend some time out of your day engaging in exercise. Whether it be walking, jogging, playing a sport or even practicing yoga, the effects of exercise on your body are profound. After a day of sitting in front of your computer for online classes, moving your body will help get your blood and heart pumping, clear your mind and make you feel refreshed.

### **Finally...**

I want you to know that your mental health is more important than any test, assignment or deadline. You should always remember that you are valued, loved and important. If you ever feel overwhelmed with school, take some time off from what you are doing and take a break.

Things can get tough in pharmacy school. With so many constant deadlines every week, it can get overwhelming and exhausting! Nonetheless, I want you to remember the importance of self-care. This is something that needs to be implemented every single day of the year. It is important to take time out of your day for yourself and enjoy an activity you like. This will not only give you a break from studying but also give you a chance to relax.

At the end of the week, take an evening off just for yourself as a reward for making it to classes, labs and writing midterms! Wear a face mask, listen to music, talk to your phriends, watch a movie or do anything that you find enjoyable and relaxing! Plan out a fun activity with your friends at the beginning of the week to help give you something to look forward to as you get through all the deadlines!

Mindfulness is also very important. After a long day of studying try to go outside and admire the beauty of the sunset and be mindful of the nature around you! Even if it's just for a few minutes, look up to the beautiful colours in the sky, look at the different shades of leaves as they change colours, admire the trees and enjoy the peacefulness of the evening as you breathe in the fresh air. I personally like doing this as it gives me time to reflect on my thoughts and helps me remember that life is so much more than a midterm, getting a DTP right or writing up care plans! Mindfulness also helps me appreciate a larger perspective of life, and helps me remember that there are more important things in life than a midterm or assignment.

And lastly, my main message to you is to take care of yourself as we venture through the huge changes involved with online school. Try aiming for 8 hours of sleep, drink water, eat healthy, exercise and if you ever feel burnt out make sure to take a restful break! Even a short 20-30-minute nap does wonders! Moreover, although it is easier said than done try not to stress so much. If you ever have a bad midterm, lab or workshop, don't let it get to you. Keep your head up high and strive to correct what you did wrong for next time.

Good luck with everything this semester, believe in yourself and have confidence, you're a smart cookie and will do amazing!

# 2T4 Virtual Orientation Week: A Recap

Sally Jeon, 2T4 Monograph Rep

The start to a new chapter for the 2T4s has been unique and special. The COVID pandemic had given us no choice but to meet virtually in diverse regions all over rather than downtown Toronto. Due to the limitations that restricted physical mingling of the newly incoming students, the 2T4 Orientation Week was brought to online platforms such as Facebook, Zoom, Twitch, and Discord. It was filled with a variety of online activities such as Icebreakers, Hobbies Night, Games Day, Welcome Back Picnic, Clubs Fair, Coffeehouse, and more.



The orientation officially commenced on a livestream on Twitch. A welcome video filmed at the pharmacy building was played which showed us around the school introducing various tips on starting at the Leslie Dan Faculty of Pharmacy. It really made me want to go on campus even more. After the welcoming introduction from the upper years, we all moved onto the Discord server to meet our Phrosh groups. There, I was able to meet my group and orientation leader, but most importantly my first 2T4 phriends.

On the second day of orientation, we were introduced to the various societies at the school, followed by Hobbies Night. Through the society presentations, I was able to learn what the many acronyms we've heard were referring to. The presentations gave me great insights on what I was going to encounter for the next couple years in pharmacy school and granted me a great sense of inclusion. After the presentations, we had Hobbies Night. During Hobbies Night, there were 5 different activities which included Physical activity, Health and Wellness, Arts & Crafts, Rx Bingo, and Mindfulness & Meditation. I personally participated in Rx Bingo and Physical Activity. I was not able to win the Rx Bingo, but I learned to do some cool TikTok dance moves in Physical Activity.

On the third day, there was the Welcome Back Picnics and Games Day. We combined with another group and we all played Mafia together. It was a great opportunity to get to know more people outside of my own Phrosh group. The Welcome Back Picnic was to replace the in person barbeque that would traditionally take place at the Pharmacy building. Upper year students all over Ontario, Vancouver, and Montreal hosted picnics in their local areas. I personally attended the Waterloo-Kitchener Picnic, which was a relatively small picnic consisting of four 2T4s and one 2T2. We met up at Waterloo Park, making sure we kept our social distances and kept our masks on throughout. It was so nice to finally meet and interact with some of my classmates in person.

After the official first day of classes on Thursday, the Club's Fair took place on Discord. The discord rooms were virtual "booths," and students could move between the various booths and visit the clubs. The presenters in each booth introduced their clubs to us and answered all the inquiries the students had for them.

On the very last day of Phrosh week, the 2T4s met up with their Big Sibs one on one. Conversing with my Big Sib was so delightful and gave me a better idea of what to expect for the upcoming journey in pharmacy school. For the virtual Coffeehouse, videos were submitted in advance and streamed. There were students that performed by singing, playing various instruments, and entertaining videos.

It's a new journey for everyone in this new era, and I believe we can get through it well. I look forward to eventually getting to know everyone!



# The Class of 2T COVID-19: The First Month in the First Virtual Semester

## Quoc-Huy Pham, 2T4

This September is a month of many firsts. I am a First Year at the Leslie Dan School of Pharmacy. It is the first time I'm living away from my parents. This is my first time attending the University of Toronto and is also my (and I assume everybody's) first semester that is entirely virtual. As a result, for this first issue of Monograph for 2020-2021, I would like to go over my initial impression of the Fall courses as well as share some of the grievances expressed by my fellow 2T4s.

The first course of the semester and we're off to a great start. The "asynchronous" course of Human Histology & Anatomy is essentially a review of undergrad anatomy and physiology with sprinkles of PCAT review. The pace of the lectures is a bit slow for the first couple of lectures though I can use this opportunity to review the content on some textbooks during the lectures. This may be necessary given that the slides are intentionally bare bones. The professor said that the musculoskeletal anatomy is de-emphasized so hopefully that means no memorization of all 206 bones and how many muscles.

Metabolic Biochemistry and Immunology is pretty interesting. I have a good background in biochemistry and a natural curiosity of biochemical processes, so I think I'll find this course intriguing and look forward to expanding my knowledge. However, I am concerned about the extent of the memorization needed for this course. I can still somewhat remember glycolysis by heart (what is this, the fifth time?) so I presume I'll have to dedicate more time towards this course.

I've been going through the content of Pharmacokinetics pretty well, though I am a little worried about the class as a whole. I have the benefit of completing two courses that covered aspects of pharmacokinetics (Medicinal Chemistry and Advanced Biopharmaceutical Science if you're wondering) so I may not struggle with the content. The class is asynchronous and thus gives us the chance to either read ahead or procrastinate.

Pharmacy Informatics serves as a good introduction to some resources we can use as pharmacists. I find RxTx to be very useful for looking up drug information and fun to browse through. I can also think of a few courses where I might want to take advantage of RxTx. Now here's a question, will this course be: a) fun b) essential c) fulfilling? d) all of the above

To be honest, Pharmacy Calculations is a class that gives me worry. I am slightly nervous about the fact that I need 100% on the second exam and an average of 85% to pass. I've done some pharmacy calculations when I worked part-time at Shopper's Drug Mart so I guess I'll be fine. The content of this course will definitely be applied in future practice so I better keep my head up.

Pharmacology is the course that I expect to enjoy the most. I'm pretty confident about this course since I have a good background in pharmacology thanks to the pharmacology, medicinal chemistry, and biopharmaceutical courses at uOttawa. Yes, I am aware that I can technically skip this course however the course at uOttawa skimmed over the endocrine system and didn't cover autacoids or the hormones of the posterior pituitary gland so I've decided to stay. What's wrong with some extra pharmacology?

I've been at the federal government pharmacy ends of the Canadian health care system. As a result, I think I'll be fascinated learning about the healthcare system as a whole and the interconnectedness of different healthcare professionals in Health Systems. I am excited about the presentations by guest speakers and the written assignment. The course also provides the chance to discuss topics with other classmates.

The subjects covered in this semester transcend multiple disciplines, ranging from the hard sciences to social studies. There is a lot of content to process but with proper time management skills, I have confidence the Class of 2T4 and I will get through it okay. We must endure! We will survive! We shall succeed!



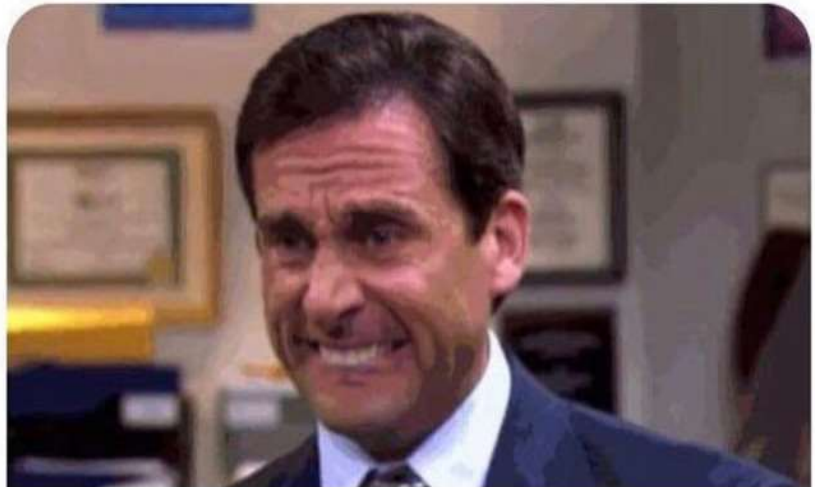
# APPE Survival Guide

*Hebah Arabi,  
271 Monograph Rep*

Time traveler: What year is it?

Me: 2020

Time traveler:



This year has affected countless aspects of our lives and needless to say the fourth year APPE rotations. Personally, several of my rotations were cancelled or re-scheduled due to COVID-19 as was the case for many of my fellow 2T1s. It was devastating since we spent so much time last year planning and researching about the various sites and ranking them. We had a lot of hopes and high expectations for this year since we have been talking about APPEs for the past three years! I am grateful for the support from faculty throughout the process as we were able to take non-direct patient care rotations during the lockdown. Now, we are out on our direct patient care rotations! I was able to complete my 10 week community rotation and am in the midst of my 5 week elective community rotation. Despite the challenges, I am reminded daily of the learning opportunities I am able to receive and am thankful for them.

Now that I have been on rotation for some time, I created a survival guide for APPEs on what worked for me, so that it might help you, whether you are an APPE, EPE1, or EPE2 student. I hope this helps! Here are my top tips to survive your rotations like a NINJA during the pandemic:

1) Sleep, eat breakfast, stay active!

This seems like a no-brainer but I am not afraid to be your mom and tell you that these things are essential to your success! Fuel your body with enough sleep and nutrients to keep fighting throughout the day. Exercise is so important for your mental and physical health!

2) Don't stress the small stuff

There will be new and unique challenges thrown your way. Sometimes it can be overwhelming but try not to stress over small things! If something isn't right, ask someone for help. Otherwise, be like Elsa and "let it go"! For example, we all have had less than ideal encounters with staff and patients, but I found it was best to brush it off and start the next day with a clean slate!

3) PPE and Social distance

Sounds like a no-brainer AGAIN but keep your distance, wear a mask, and gloves. At times, you will be in the aisles helping patients select an over the counter laxative or antihistamine and it is easy to forget to main-

tain your distance when you're getting in that "pharmaco-therapy zone". Definitely keep this in mind! With flu season and vaccinations approaching, I will be vaccinating patients and I will include eye protection in my routine as well. There is no shame in taking extra precautions! Here's a selfie of me all PPE-ed out!



#### 4) Do something you love

After your shift is over, it is easy to passively turn into a zombie and watch TV shows, youtube, scroll on insta for ever etc. Stay away from your screens and do something you LOVE! For me, I love watching unique art forms, making my own clay sculptures and sketching. I am able to disconnect from work, family, friends, whatever else is going on in my life and just BE in the moment. So try it! Find something you love, and even if you spend 30 minutes during the week to do that, you will have something to look forward to. I look forward to video chatting with my BFF, Pooja, every "Sat-art-day" as we art together...socially distanced in two different cities!

#### 5) Reviewing concepts... Look it up!

This is my only academic advice for you! If you are unsure...LOOK IT UP! Never get into the habit of guessing an answer for a patient or doc on the line. My dad

is a pharmacist and my coach, and his #1 tip was to never guess an answer...look it up...this tip has been with me since day 1 of pharmacy school and forever. I love you dad! <3 Also, keep a notebook in your lab coat pocket and write down drugs and topics that you need a refresher on. This way if you don't have time to look things up in depth at work, then you can always review at home. It's normal to have certain therapeutic topics that you're weaker at, but this helps you identify what you can work on to become a stronger pharmacist in the future.

#### 6) Don't be too hard on yourself and reach out to your preceptor/coordinator/friends for support.

This tip speaks for itself really so I am not going to ramble on too long. When something is bothering you, speak to someone you trust. I guarantee, this has helped me through every single challenge.

#### 7) Manage your time.

You will learn to manage several competing tasks such as helping a patient with a prescription, phone calls, faxes spitting out paper like a volcano, techs asking you questions, counseling, verifying prescriptions, etc. Alas, I am still wrapping my head around this and eventually you and I will be pros. But for now, try your best and learn from your mistakes!

Overall, your placement should be a positive learning experience! Straight up some days will be bad... like SATAN IS OUT TO GET YOU KINDA BAD... but overall I have learned a lot during my rotations and the good days clearly outweigh the bad. Wishing you all good luck on your journey and stay safe out there!





# Senior Year... Online?!

Andrew Tu, 2T2

**Senior year:** a time where students take their final round of classes and spend quality time with their peers before they move forward to the next stage of their lives. There are 4 years in the PharmD program at U of T, but by the time 4th year rolls around, students will be on their APPE rotations and will be on a different schedule than the other years in the program. Senior year, thus unofficially happens in 3rd year, where students take on many leadership roles within the faculty, serve as role models and mentors to the younger years, and celebrate many “lasts” with each other as a class before parting ways for APPE rotations.

I will admit that I was looking forward to an in-person “senior year” before the COVID-19 pandemic struck. As someone who has been very involved with student life in previous years, many of the events and activities that would have normally taken place this year would not have been new to me. There were many “last” moments that I was looking forward to cherishing with my 2T2 peers however: last first day of classes, last

tug-of-war competition (which our class has always placed last in), and really just our last year together as a class in person. Courses are taking place online this year, and things have been different in terms of the learning environment. But what feels the most different is going through the school year away from my fellow peers.

Thankfully, with the power of the internet, there are still ways to keep in touch with other students through activities. Student clubs and councils are hosting online events and UPS and CAPSI even hosted a welcome back picnic that followed social distancing guidelines. Although this year didn’t turn out the way anyone would have expected, it’s great to see that the spirit of student life is very much alive. For our “senior year”, we will get out of it what we put into it. I plan to keep connected with the phamily through online events this year and hopefully I can see them again in person one day. In the meantime, stay safe and healthy everyone and good luck with this year!

# SPACESHIP ISOLATION: MISSION SURVIVAL

Kevin Galido, 2T3



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**Credit to CGP Grey who made the original video that inspired almost all of this.**

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You awake on a spaceship; the endlessness of space through the glass window. You don't know where you are, but you know where to go: The Planetary Base, or PB. It is unlikely that you will return in a year. Distress and panic settles in. As you ponder, two bars glow in the distance: one for your mental health, the other for your physical health. Every stressful thought shrinks the bars, and the spaceship begins to slow. It is apparent that descending into despair will leave you endlessly floating in space. There is no other option, you must keep the bars full and keep the spaceship going until you are called to return.

Isolation in your tiny spaceship is overwhelmingly difficult. The area is small, but the potential is great. To keep your bars full and the spaceship moving, four stations must be made: exercise, sleep, recreation, and productivity.

Create the exercise station first. It just needs to be an empty spot in your spaceship. Outline a border. Whenever you cross these lines, you prepare yourself mentally and physically to exercise. The station doesn't need equipment, there are plenty of bodyweight exercises to do. For many, this will be a challenge, but the bars of your spaceship require that physical health be maintained. During this journey, exercise is not optional.

Next the sleep station. It is unlikely that sleep comes on demand. To help with this process, an area must be created, respected, and devoted to sleep. This is likely your bed; within its four edges, a boundary must be

formed in which you only go to sleep. Using this station to check social media, or watch videos, or eat, overall together degrades the station, degrades your ability to sleep, makes everything else harder, and the bars of the spaceship grow smaller with each passing day.

If you must do these things, do it in your dedicated recreation station. Within these boundaries, you are free to do activities you enjoy; giving it your full attention, where you feel better for having done it. Instead of doing said activities in your sleep or productivity station, you increase the quality of recreation time and not the quantity – which introduces problems when you realize it's 2AM or when you've run out of the time needed to complete a task. When used correctly, the bars of your spaceship will expand.

The productivity station is where you gain knowledge, complete tasks, and get things done. Enter this station only to create and not to consume. If you feel it necessary to watch videos or eat, do so away from this station and return when ready. Just like your sleep station, you want to keep this station as hygienic as possible or else you degrade your ability to be productive. If done successfully, the mental health bar of your spaceship will be at max for the remainder of isolation.

Maintain the stations and the stations will maintain you. The bars will stay full and the spaceship will continue to operate until we're allowed to go home to PB. Hope to see everyone there soon.



# Interview with PharmglobalRx

Hamid Moeini 2T3, Fadi Alkass 2T3, Yousif Jaheisha 2T3

Interview conducted by Runyang Yin, 2T3 Monograph Rep

PharmglobalRx is an 8-episode podcast initiative that educates the public on the role pharmacists play during the COVID-19 pandemic in collaboration with the Leslie Dan Faculty of Pharmacy and Global UofT. Made by Hamid Moeini (2T3), Fadi Alkass (2T3), Yousif Jaheisha (2T3), they recount their experiences producing PharmglobalRx!



1. What inspired you to start the PharmglobalRx initiative and video series?

Staying home during lockdown was a huge change for all of us but we wanted to make the best of the time we had. We always had an idea to create some type of video series related to pharmacy, so when we saw that UofT was offering a COVID-19 engagement award, we decided to submit our idea to the Global UofT Committee. We were motivated to show the world how pharmacists have stepped up to help patients during the pandemic and we thought a docu-series would be a creative way to do that. We look forward to continuing our initiative and advocate for pharmacists around the world. We would like to thank the Leslie Dan Faculty of Pharmacy and Global UofT for giving us the opportunity to create this docu-series showcasing pharmacists efforts during the COVID-19 pandemic. We also want to thank all of the pharmacists who participated in our project.

2. What is the process for making a new episode? Does it require a lot of planning and time?

HAMID: Before the interview process with the pharmacists, we all had to come up with relevant questions about COVID-19. This required lots of research from valid resources to prepare a set of questions that we could use to engage in conversation with the pharmacists and get their opinion on different topics pertaining to pharmacists' roles during the COVID-19 pandemic. Some topics include: Pharmacists' scope of practice during the pandemic, drug shortages, myths, and many more as depicted in the YouTube series.

FADI: Episode 0 involved us both filming and editing. It definitely took a while because we weren't used to being in front of a camera, so we definitely had to do multiple takes but we eventually got the hang of things. In terms of the other episodes, after conducting all of the interviews

we spent time compiling and organizing the recordings. Editing each episode involved multiple steps. We would find some important quotes for the intro, we then created a captivating title sequence, followed by the compilation of responses to each corresponding topic. The editing did take a lot of time, but the process became easier as we created more and more episodes. It was a challenging learning experience but an enjoyable one.

YOUSIF: Making a new episode is a multi-step process that requires hard work from all of us. One role that I had was finding pharmacists from around the world to take part in our docu-series. As our project was aimed at representing pharmacy on the global stage, it took a lot of effort to contact and set up interviews with the pharmacists. Oftentimes the language barrier was a challenge but in the end we successfully interviewed 10 pharmacists from 7 countries around the world. Also, it took good planning to coordinate interviews with pharmacists in different time zones.

3. With so many resources and articles out there about COVID-19, what sources do you consult to make sure your information is as accurate as possible?

Knowledge translation was one of the goals of our project, therefore we wanted to ensure that accurate and scientifically sound information was discussed throughout our docu-series. This was especially important in episode 0 where we presented basic information about the virus, to help build a foundation for subsequent episodes. Thankfully, UofT provides access to many great resources that helped us retrieve the necessary information for our episodes. Through resources such as RxTx and UpToDate, we built a general understanding of the topics at hand. From there we looked into the specifics by researching primary articles and reviews. This research allowed us to prepare for episode 0 and our interviews with the pharmacists.

4. What was something the pharmacists said that stuck with you most?

HAMID: One topic that really sparked my interest about pharmacists around the globe was their expanded scope of practice. As mentioned by Glen, a clinical pharmacist from the UK, pharmacists really had to step up their efforts and get involved in many different aspects of patient care using their expanded scope

of practice to ensure all patients are not only receiving their medications on time, but ensuring patient-centered care during these unprecedented times. This pandemic was a chance to show the world that pharmacists aren't just medication dispensers but rather play a more crucial and critical role in patient care as they are the first line healthcare providers for all communities.

FADI: I learned a lot from each pharmacist, but Israel Oni, the pharmacist from Nigeria, said something that helped me understand how important pharmacists are in other parts of the world where access to a doctor may be more difficult. He talked about how people who are feeling ill and who cannot easily access a physician will rely on their local pharmacist to provide them with help. The pharmacist would need to evaluate the patient to see if the patient can be helped by self care, or if a referral is necessary.

YOUSIF: Interviewing Christina Adams, Chief Pharmacy Officer of CSHP taught me a lot about the drug supply chain in Canada. As a hospital pharmacist and expert in drug supply management, her insights about the Canadian drug supply chain during the COVID-19 pandemic were invaluable. It helped me realize that getting the drugs to the pharmacy and ultimately our patients involves many steps and factors that influence the availability of drugs. It was also interesting to learn what Canada is doing to ensure our drug supply chain is protected.

5. What is a common myth about COVID-19 and can you debunk it?

YOUSIF: As the pharmacists were discussing myths from their respective countries, we found the idea that "young people can't get COVID" to be common. This was very interesting to hear about and the pharmacists did a great job at explaining that this is not true while advising young patients to be extra cautious during these times.



For more myths discussed you should all watch Episode 5: Misinformation of our docu-series, if you haven't yet. Episode 5: Misinformation highlights common myths and misconceptions about COVID-19 from around the world. It's interesting to hear how a lot of the misinformation being spread is similar across the globe.

6. Outside of pharmacy and work, what do you enjoy doing?

HAMID: Outside of pharmacy and school work, I enjoy playing soccer and some video games such as FIFA 21 and COD:Warzone. I also enjoy doing bodyweight workouts at home to stay fit.

FADI: Outside of the realm of pharmacy and school work I enjoy watching movies. Currently I've been going through different classic horror films. After working on this project I started to really gain an interest in photo and video editing. Most of the edits are just casual and for fun, pretty much if I have a random creative idea I will try to put it together the best I can.

YOUSIF: Outside of pharmacy and work, I enjoy pick-up soccer with friends, a workout or a bike ride through the city. I also really enjoy coffee and often find myself trying new brews and flavours from around the world. As pharmacy students we are always working so hard and I believe it's really important to take a break and destress!

## ANNA'S CHICKEN NOODLE SOUP RECIPE

### Anna Shevchuk, 2T3



- 2-3 potatoes diced
- 2-3 carrots grated
- 2-3 onions diced
- 4-5 chicken drumsticks
- 3 handfuls of filini noodles
- Some Bay leaves (2-4)
- Peppercorns (5-10) (seasoning is your friend!)

Okay when I want to feel warm inside and do something productive that's not related to school, I cook! Soup is a very neutral food that brings comfort and joy to most people including me. I like to make it from scratch, it's a lengthy but simple process that I really enjoy. So you want to fill a big pot with water and a couple of bay leaves and boil the chicken drumsticks until the meat easily comes off the bone, like 45 minutes. While that is happening, you can cut up the onions, potatoes and grate the carrots. Heat up a pan with like a tablespoon of butter (I like unsalted) and fry up the onions (until translucent), carrots, and potatoes for about 10 minutes on medium heat. Once the chicken is ready, take it off the bone (which you can give to your furry friends) and keep the water! It is your soup stock. If you feel you don't have enough stock you add some boiled water from the kettle. Add everything into the big pot along with some more bay leaves and peppercorns (5-10). Bring it to a boil and leave it to simmer. I like to add the salt, add as much as you like! That's it! This makes a pretty family friendly portion, or you can refrigerate/freeze the rest for later! Bone apple teeth!



Instagram: Pharmglobalrx

<https://www.instagram.com/pharmglobalrx/>

Youtube: Pharmglobalrx

<https://www.youtube.com/channel/UCBF-MGMcALt-Bwx9RUUnWbRDg>

# Fly Me to The Mooncake

What does Autumn mean to you? For some, it might mean that Starbucks is coming back with their pumpkin spiced lattes. For others, it means that a day off for Thanksgiving is around the corner—it's time for family, food, and catching up on schoolwork.

For me, it is time to get tempted by custard mooncakes at Chinese grocery stores that sell for \$50 per box of 4. Mooncakes are round or square pastries classically filled with thick fillings such as lotus seed paste, red bean paste, or jujube paste enclosed in a thin, baked crust. Many mooncakes also contain whole salted duck egg yolks. Yes, I get that this combination may sound unusual to many people, yet for many Chinese communities around the world, this pastry is a metaphor for what Mid-Autumn Festival celebrates. Mid-Autumn Festival occurs on the fifteenth day of the eighth month of the lunar calendar, which corresponds to Oct-1st this year. The moon is said to be the roundest and most luminous on this day, and the Chinese believed that the roundness of the moon symbolizes reunion and complete gathering. Mooncakes are usually shared amongst friends and family during Mid-Autumn Festival, acting as a bridge to connecting and reuniting with those close to you.

This year, I wanted to connect with my friends by sharing with them my favourite type of mooncake: custard mooncakes. While not the most traditional, custard-filled mooncakes has become a favourite for many people in recent years (myself included). However, while mooncakes are already pricey to begin with, custard mooncakes are usually sold at an even slightly higher price point compared to other fillings. Since I enjoy baking as a hobby, I decided to make my own.



Priscilla Sung, 2T4



While I have been warned by the recipe that this would be a difficult project, mooncakes were still way harder to make than I had expected. This was probably one of the most difficult things I have ever attempted to bake. I first started panicking when I was making the custard filling as oil started to separate out from the filling. I managed to save the filling by stirring everything back together after letting it cool for a bit. The real challenge came when I tried to wrap the filling into the crust and to use a mooncake mold press to press them into shapes of mooncakes. For reasons I have yet to figure out, the crust started cracking and the filling started to leak out as I worked with the mooncakes. There was nothing I could do at this point so I just kept pressing out mooncakes. When I was done, over 90% of them had a leak or crack in the crust. Despite my struggle, they look pretty impressive if you take a picture under bad lighting and if you don't look too closely at them (all thanks to the mold).

I refroze the mooncakes overnight so they can keep their shape in the oven. I was anxious to bake them the next morning, since there was a good chance of the filling leaking out through the cracks in the pastry. Although I was disappointed in the fact that the mooncakes ended up spreading and flattening a bit in the oven, they still turned out better than I expected. And now for the reveal:

Not as good as store bought ones, but I'm still proud of them. At the end of the day I still think it was worth it to make my own since \$50 for 4 mooncakes is way out of my budget. Can't wait to give them to my friends!

While Mid-Autumn Festival celebrates gathering and reunion, please follow public health guidelines and gather responsibly this year. Even if you don't end up gathering with your friends and family, delivering some baked goods to their door is still a wonderful way to share your love! Happy (probably belated by the time you read this) Mid-Autumn Festival everyone!

# The Epic Game Where I Crossed Animals

Runyang Yin, 2T3 Monograph Rep

When my aunt and uncle called me in the summer to ask what's new, I had have nothing to tell them. Because of social isolation, all I did this summer was go to work and then come home right after to hide from the crazy world.

But when my friends message me on social media for the latest gossip, I tell them that this morning, right after I ate breakfast, I found a sleeping seagull on my beach, woke him up, and helped him find his phone in the sand.

This sort of odd exchange happens all the time in *Animal Crossing: New Horizons*, a wholesome and light-hearted video game for the Nintendo Switch that has become a world-wide topic during this pandemic. The idea of the game is simple: you move to an uninhabited island with a bunch of animated animal neighbors and you are tasked with transforming this island into whatever you want it to become. Better yet, you get to be "outside" to plant trees and flowers, dig up fossils, and catch bugs and fish all in the convenience of your living room. What a bargain! After you buy your home and choose where you want to build it on your island, you can begin to transform the interior with furniture and all kinds of decorative pieces. You can buy your furniture from your trusted general store, Nook's Cranny, or build them yourself by collecting materials and DIY recipes.

In the world of *Animal Crossing*, nothing is urgent and everything is chill. You never have to do anything but you can also do literally everything. Want to upgrade your house into a mansion? Then you better start saving money! On the contrary, if you're finding a smaller house cute and easier to decorate, then keep it simple and use your extra cash on buying a 100,000 Bell (the money currency in the game) grand piano to lighten up your living room. When you're done having fun in your house, you can move on to remodeling your island as you please. The possibilities are endless and all you need is your imagination.

Ever since I bought this game on release day back in March, I have been checking in on it every day, since the island runs in real time. That is, 9AM in the game is also 9AM in your time zone. I have had to wake up



**Here is a picture of my character enjoying the Japanese Summer Firework show that took place on every Sunday of August.**

at 5AM just to grab an accomplishment that the game keeps track of (I know, I'm crazy!).

Slowly and steadily, the game became a digital substitution of my real life as my island became the exact image of my dream – a busy Japanese city with a zen garden on the other side of the river filled with camellia bushes and traditional Japanese decorations. I have had the honor of having my friends fly over to my island (brought to us by the Nintendo Online subscription) to check out my hard work, and in return, I traded them furniture recipes and rare crafting materials so that they could continue to build their dream island as well.

The fun didn't stop there. Once in a while, my buddy Bill would host a party of about 6 people on his island to play musical chairs. Just like musical chairs in real life, the host plays a flute as everyone else runs around a bunch of chairs and when the host stops playing, you better move your fingers fast on that controller to grab your seat or else you are eliminated. The winners got thousands of Bells and occasionally even very rare items like gold ores for crafting gold furniture.

I can talk about *Animal Crossing: New Horizons* for so long that even this entire Mmonograph issue won't fit all my stories, tips, and ideas for designs. I love this game so much and it really helped me get through the last 5 months when nothing else was going on in my life. I am very grateful to have the privilege to play this game, and I look forward to having many more amazing moments.

# A “non-sus”

## AMONG US

## review



Misha Krivkyh, 2T3

*“He was following me the entire time, very sus!”*

*“Dude we just have tasks in the same location, stop being so paranoid.”*

*“Well someone is getting a little defensive huh?”*

This is a snippet of dialogue between players that serves as an example of what you may witness when you play the online game Among Us.

Among Us is a lot like the popular board game Mafia, with the major differences being that this is online and not as turn-based. Released in 2018, the game appears to have taken the Internet, and pharmacy students by storm. In every round, most players are crewmembers of a starship tasked with various responsibilities with regards to maintenance of the ship. One to three of them however are alien impostors, whose objective is to kill every crewmember or sabotage the ship altogether. When an impostor kills a crewmember, the killing ability must be recharged, and the body remains for other crewmembers to find and report to the rest of

the crew. When that happens, the crew votes on who the impostor may be. If they vote someone out, the individual gets kicked off the ship into the dark void of space. The discussion preceding the voting process is when the game is at its most intense moment, as that is when everyone tries to provide an alibi for themselves, and poke holes in others’. Crewmembers win by either kicking off the impostors successfully, or completing all of their tasks. Conversely, impostors win by killing off all the crewmembers until the number of crewmembers alive is equal to the number of impostors alive, or by successfully sabotaging the ship’s nuclear reactor or oxygen recycling systems.

While we are all feeling anxious and uncertain about what happens next during this semester, Among Us is a good way to keep in touch with your fellow pharmacy students. Whether it be by backing up your friends’ alibis, or by stabbing them in the back when nobody else is looking (quite literally), this game is a sure way to provide some bonding experience during a study break.



# RxSO: Empowering Pharmacy Students to Serve Their Community

Jash Parikh & Simran Sharma, UofT Liaisons

Pharmacy Students of Ontario (RxSO) is a group dedicated to volunteerism and community outreach, with an emphasis on pharmacy practice. It came about soon after COVID hit, then known as Pharm Against Covid19 (PharmCOVID19), as a means of allowing pharmacy students to aid the COVID response. Since then, it has grown into an organization that has procured and distributed over 300,000 PPE products through donations to pharmacies and shelters all across Ontario including Toronto, Kitchener, and Ottawa. They are also working to educate the general population about pharmacy practice! Their infographic Instagram posts @RxSO show the public how to keep pharmacists and the community safe while still utilizing pharmacy services. An upcoming project titled Day in the Life looks into the lives of pharmacy professionals, including students and professors from the faculty. To get involved as a volunteer, please visit our website [www.rxso.ca](http://www.rxso.ca).

“We recognize that Ontario pharmacists are one of many frontline healthcare professionals who are providing essential services to our community and strive for current students to not just be healthcare providers of tomorrow but leaders of today.”



## Pharmacy Shout-Outs!

▶ RIP Summer Heeb

▶ Honestly Al (pAl) puts a huge smile on my face. He is not afraid to be himself and he's just straight up funny! I wish I had his confidence and DAMN he has TALENT

▶ My twin brother= my best friend :)

▶ Shout out to bbb I love u all so truly v much and would definitely not be in the program surviving if it wasn't for every single one of you, from the bdays to the ranting sessions, to all the notes and Netflix recommendations. Love you.

▶ Andrew Tu for always being such an inspiration!

▶ Shout out to my BFF Pooja Patel for ALWAYS being there for me. <3 Why didn't I meet you earlier on in my life?!?!?

▶ Shout-out to Victoria Fung for being the coolest, most badass, most helpful and most caring future pharmacist. Love you babe!

▶ Shout-out to Group 5 for being the wonderful, unique humans you are! Thank you for supporting me academically, socially, mentally - all of it! You're superstars and I can't wait for our professional careers with lots of new memories together! xoxo Sim

▶ Shout-out to the 526 pham <3

▶ Shout-out to UPS, class councils, PPC, all club execs. It's actually insane how we organize so many things on top of full course schedule and part time jobs/family commitments. Time management on point, what a flex 😊

▶ Shout-out to ato, you're a gem mate

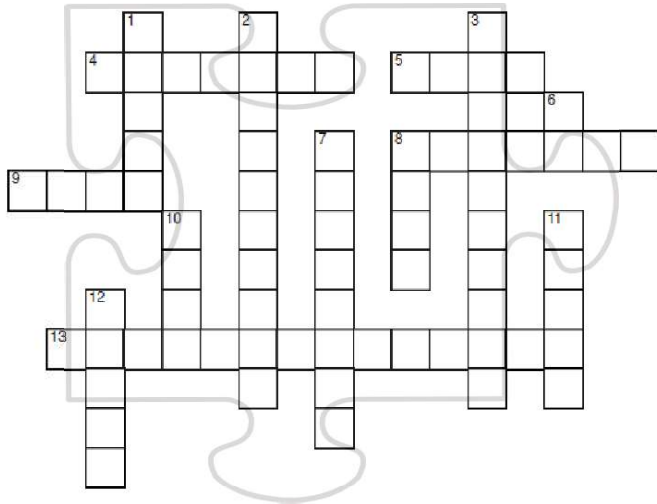
▶ Shout-out to Grace Lo for being an amazing Pharmakon Co-Editor! You're super responsible, timely, and have a great creative mind. So excited and glad to be working with you.

# Puzzles!

## Octoberfest!

### Pumpkins, Pile Ups, and Pandemics!

Jessica Attalla, 2T2



#### ACROSS

4. Built in the open air for warmth, celebration, to burn (notes) leaves
5. Means "to move quickly" but isn't going anywhere, anytime soon
8. An apple pie, a civilization, a
9. Not our problem, since we are stuck inside
13. A genuine Toronto haunted mansion

#### DOWN

1. A VeggieTales character, even though it's not strictly a vegetable
2. Something we do to slow the spread of... you know
3. A spell, a classic, a rhyme
6. We've been separated for six months :'(
7. Haunting! Or suddenly disappearing after a date
8. A candy, a vegetable, a dad joke
10. A lantern, a professor, a verb
11. The cold drink of choice
12. The hot drink of the month

## September Scramble

Chloe Chau, 2T2

Well, that was a different kind of summer. 4 students, 4 years of study, and what else was there to do during quarantine except master a craft? As much as you can "master" a craft, anyways. Each student accomplished a different goal related to their hobby, and they each took a different amount of time to get there. Can you match each student to their year, their accomplishment, and the number of weeks it took them to achieve their goal?

Clues:

1. Li Mei took 3 more weeks than the 2T3 student to accomplish her goal.
2. Nikolaj is the 2T1 student.
3. The student who spent 12 weeks on their hobby is either a 2T2 or solved a Rubik's cube.
4. Li Mei has blisters from holding down ukulele strings.
5. The student who spent 6 weeks is either a 2T4 or a 2T3.
6. Of Omar and the knitter, one spent 3 weeks and the other is a 2T1 student

	Li Mei	Mara	Nikolaj	Omar	Play a song on ukulele	Solve Rubik's Cube	Knit a scarf	Bake a perfect macaron	2T4	2T3	2T2	2T1
3 weeks												
6 weeks												
9 weeks												
12 weeks												
2T4												
2T3												
2T2												
2T1												
Play a song on ukulele												
Solve a Rubik's cube												
Knit a scarf												
Bake a perfect macaron												

#### Answers

Name	Weeks	Hobby	Study
Li Mei			
Mara			
Nikolaj			
Omar			



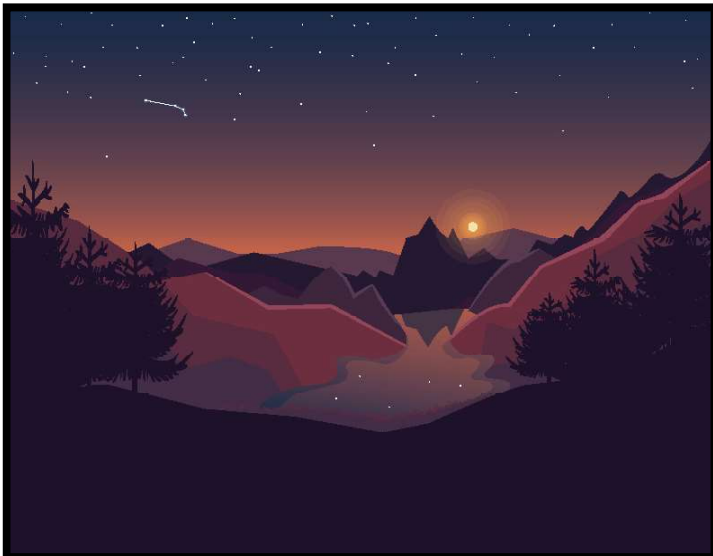
# Artist spotlight



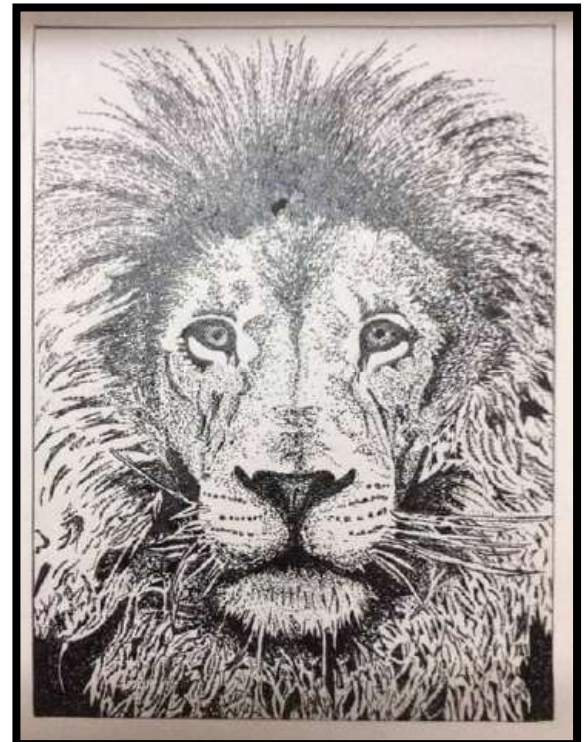
**Al-Amin Ahamed, 2T4**



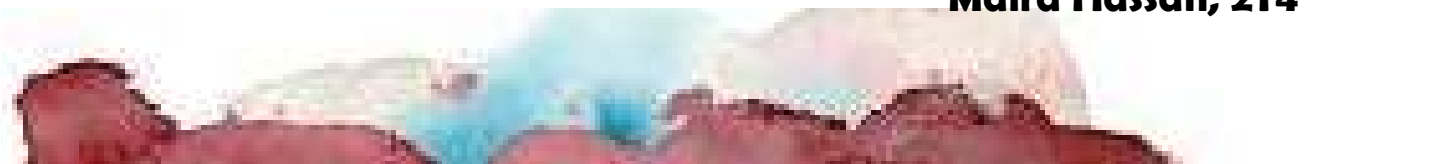
**Ayisha Salamath, 2T2**



**Samra Ghazi, 2T4**



**Maira Hassan, 2T4**



# Artist spotlight



**Al-Amin Ahamed, 2T4**



**Prima Zhao, 2T4**



**Victor Liang, 2T3**



**Pooja Patel, 2T4**





# *Behind the Lens*

PHOTOGRAPHY



Cameron Ho, 2T3



Kevin Leung, 2T2



Cameron Ho, 2T3



Annie Yao, 2T3



Ann Chang, 2T2