

MONOGRAPH

Volume 24, issue 5

MONOGRAPH



***Pharmacists: The Superheroes
of Pain Management
by Caterina Stathakos, 2T5***

***A Four-Year Journey with
The Monograph
by Amar Deonandan, 2T3***

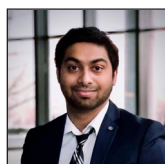
***Food For Thought
by Mackenzie Richardson, 2T5***

The Monograph Team



Editors In-Chief

Joham Ahmad, 2T4
Ruba Ullah, 2T5



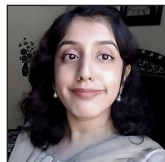
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Hello Phriends!

Welcome to our FINAL issue of the year! Yes, you read that right – we have already arrived at Vol. 24, Issue 5. A special shout out to the newly appointed Monograph Co-Editors, Aqsa Ali (2T5) and Sheena Ye (2T6)!

We begin with our final UPS Address and CAPSI's wrap-up of Pharmacy Appreciation Month. We have wonderful reflective pieces from Amar Deonandan (2T3), Radhika Thakkar (2T6), Meriam Salih (2T6), Sara Rough (2T6), and Lydia Wadie (2T6). We received some pharmacy-related tips and guidance from 2T4s Ruby Ung and Huy Pham, and several athletic updates from Stephanie Rosenbaum (2T4), Julia Ioannou (2T6), and UPS Jr. Athletics Director Hamza Farah (2T5). Step into Club's Corner with EVOLVE's piece on the pharmacist's role in pain management and Pharmacy French Club's prescription drop-off script! All of this and more articles to dive into for some light reading during exams! And what better pick-me-up than a peak at our beautiful array of art and photography!

As we bring this academic year to a close, we would like to express a heartfelt appreciation to everyone who has contributed to this issue - from our executive and layouts teams, to the writers, puzzle-makers, recipe-providers, artists, and photographers! Your hard work and dedication have helped to make our newsletter so special, and we are grateful for your contributions. This was truly a collaborative effort and we are proud to provide a platform for your creativity and passion.

If you are interested in being a cover artist or part of the layout team, please reach out to us by email. We would love to hear from you!



Joham Ahmad and Ruba Ullah

Monograph Co-Editors 2022-2023



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UPS ADDRESS



Hey Phamily,

So we were forced to write this message against our wills because we refuse to believe that we have come to the end of the 2022–2023 year. What a whirlwind of an experience! It just seems like yesterday that the Second Cup in PB opened up after so long. In all honesty, we feel like we can all attest to the fact that this year was challenging. Navigating things in person after many years felt so strange. However, our ability to bounce back quickly surely allows us to conclude that we all grew much closer together.

With the return of in-person events, we were eager to bring back so many traditional events lost during the pandemic. There are way too many memories from this past year that we hope have cemented wonderful memories, including the Welcome Back BBQ and Ice Cream Social, Boat Cruise, Halloween and Holiday Weeks, Phollies, Charity Week, Lunch and Learns, OPSIS, UPS Awards Gala, and so much more. Of course, we cannot forget all the countless initiatives hosted by our clubs. Thank you to everyone for contributing to student life here at the Leslie Dan Faculty of Pharmacy.

We wanted to take this opportunity to shout out some special people who helped make this year possible. To our Faculty Advisors, Aldo DiMarcantonio, Andrea Swanson, and Kate Richards, we thank you for your guidance in navigating the challenges we faced this year. Another special shoutout to Wei Wei for his instrumental help in overseeing our bookkeeping. To Adam and Nic, your incoming UPS President and Vice-President, thank you for showing your interest in continuing the efforts of the UPS. While we leave behind a trail of trials and tribulations, we hope they serve as a guide in helping the two of you make the most of the UPS. We cannot wait to see all the amazing things you accomplish; we are proud to leave the UPS in such capable hands.

To our UPS General Council. Thank you. Thank you for helping us achieve our goals this past year. Each and every member exceeded our expectations in support of

maintaining a positive student experience for all. As we both end our terms on a high note, it was only through your contributions that we were able to achieve as much as we did.

Finally, thank you to the readers and our phamily. Without you, our role would not exist. Sharing our platform with you all to amplify your voices and support your learning and engagement has been an absolute pleasure. As we end this chapter, we wish you all the very best in the next. It has been more than just an honour and pleasure serving as your UPS President and Vice-President. As we now pass the gavel, thank you for an unforgettable year and best of luck in all your future endeavours.

Signing off, 🙌

Al-amin Ahamed
UPS President

Rachel Ma
UPS Vice-President





As the 2022-2023 academic year comes to an end, we, the incoming UPS President and Vice-President, would like to congratulate everyone for surviving another year. With this having been our first year completely back in-person, it's exciting to see a sense of pre-pandemic normalcy finally return to campus.

From the Interprofessional Boat Cruise to the Orientation Banquet, Phollies, Charity Week, OPSIS, and the Semi-Formal and Awards Night, among many other activities and events, the current UPS Council has worked endlessly over the last year to give all of us as many reasons as possible to get together and make lasting memories.

Whether your interests were career-oriented, to play as many sports as possible, or just to meet people and make friends, we are happy to look back on the huge variety of activities that our 30+ student groups have organized to make the past year as engaging as possible for everyone.

We hope to continue supporting these student groups and their initiatives, as well as promoting the development of new groups and initiatives, so that the students of the Leslie Dan Faculty of Pharmacy can have fruitful extracurricular experiences for years to come.

With the 2023-2024 academic year quickly approaching, we are proud to introduce the full composition of our incoming UPS Council:

- **Mona Mollaeizadeh** as the Executive Secretary.
- **Nickalos Narine** as the Senior Finance Director.
- **Amira Bouchema** as the Junior Finance Director
- **Amir Torabi** as the Senior External Affairs Director.
- **Jessica Amiana** as the Junior External Affairs Director.
- **Linda Li & Anushka Sarkar** as the Events Co-Directors.
- **Hamza Farah** as the Senior Athletics Director.
- **Julia Ioannou** as the Junior Athletics Director.
- **Aqsa Ali & Sheena Ye** as the Monograph Co-Editors.
- **Irien Zhang & Omar El Barbir** as the Pharmacokin Co-Editors.
- **Nuzat Karim & Kelly Chiu** as the Marketing Co-Directors.
- **Kay-Ann Ormsby** as the Webmaster.
- **Varun Gupta** as the Speaker.
- **Ayman Lakhani** as the Senior CAPSI Representative.
- **Meriam Salih** as the Junior CAPSI Representative.
- **Hitisha Solanki** as the UofT Students' Union Representative.
- **Sasha Mohindra** as the IPSF Senior Representative.
- **Jason Jian** as the IPSF Junior Representative.
- **Rachel Ma** as the 2T4 President.
- **Stephanie Rosenbaum** as the 2T4 Vice-President.
- **Mackenzie Richardson** as the 2T5 President.
- **Ashish Gante** as the 2T5 Vice-President.
- **Rehan Saeed** as the 2T6 President.
- **Saniha Budhwani** as the 2T6 Vice-President.

We are incredibly thankful to this year's UPS Faculty Advisors (Aldo DiMarcantonio, Andrea Swanson, and Kate Richards) for their hard work, and are excited to work with them for the next calendar year as well.

As we begin to buckle down for final examinations, we are reminded of the power of community and collaboration as a Phamily. The past year has shown us the truth in Helen Keller's famous words, "Alone we can do so little, together we can do so much." We have witnessed the strength of our collective efforts in the numerous events and initiatives organized by student groups, Class Councils, and the tireless work of the UPS Council. As we move forward, let us continue to support each other, work together towards our common goals, and create meaningful connections that will last a lifetime.



On a more personal note, we would like to express our deepest gratitude to our predecessors, Al-Amin Ahamed and Rachel Ma, for their exceptional leadership and invaluable contributions to UPS and the Leslie Dan Faculty of Pharmacy. They have set an incredible example for future PVPs and pharmacy students, and we will strive to carry their legacy forward. They have empowered us to take on these important responsibilities, and we hope to do them proud in our tenure.

We are so excited to be representing you for the next academic year!

Sincerely,

Adam Da Costa Gomes & Nicolas Pham
Incoming UPS President & Vice-President,
2023-2024



CAPSI PAM 2023

Recap



March is usually a busy time for pharmacy professionals, as we all come together to celebrate Pharmacy Appreciation Month (PAM). Countless clubs at the faculty led by UPS rose to the occasion to provide pharmacy students with exciting events.

PAM 2023 started strong with UPS and CAPSI collaborating to host Wake Up to PAMCakes! For the first time since the pandemic, students had the opportunity to kickstart PAM in-person and enjoyed free pancakes. Dean Lisa Dolovich, Jonathan Nhan, and Sara Ingram were present as guest speakers on behalf of the Leslie Dan Faculty of Pharmacy (LDFP), Discovery Pharmacy, and the Ontario Pharmacist's Association (OPA), respectively.

We are immensely grateful to National Bank, Loblaws Pharmacy, Metro, Shoppers Drug Mart, Rexall, Sobeys, OPA and LDFP as sponsors of this year's Student Support Fund, which makes it possible for clubs to organize their various events.

Similar to last year's PAM, PAM 2023 was held in a hybrid format, with some in-person and online events. Marketing for our events was incredibly important and our UPS Marketing Directors, Joy Wang and Hitisha Solanki worked hard to provide CAPSI UofT with all the amazing promotional materials for PAM and TNTP. Check out their artistic designs for our PAM Banner, stickers, and weekly/monthly calendars on our Instagram or Facebook (@uoftpam2023)! You can still find and add our PAM stickers to your Instagram story by searching

UofTPAM throughout the year. Joy and Hitisha also produced a captivating TNTP Trailer of our contestants and also created all the TNTP Facebook banner and contestant reveal photos. We could not have done all the promotions and run such amazing PAM events, without UPS Co-Marketing Directors! Thank you, Joy and Hitisha for your creativity, dedication and hardwork!

Every year, CAPSI UofT hosts some annual PAM events and this year is no different! To list some, we hosted 2T4 Mock OSCEs, Kids in Medicine (KIM) and Pharmacy Outreach Days (PODs), an IPE Event on Bipolar Disorder, IPSF initiatives, and Toronto Next's Top Pharmacist (TNTP).

This year, we restored the format of KIM and PODs to in-person initiatives. With the 2T4 CAPSI Representatives, Sanaz Chenani and Valentina Zapata, and the KIM and PODs subcommittees, 5 presentations and 3 posters were developed for outreach at elementary and secondary schools and community pharmacies. At the schools, about 80 students in total received presentations on one of allergies & food hygiene, smoking cessation or sexual health by Christina Kang, Theodora Udounwa, Yas Zareyan, Kira Walker, Obinna Okafor-Justin, Maryam Majeed, Kevin Li and Sanaz Karimi. We were glad to be able to increase awareness of the contribution of pharmacists to delivering care for the topics we discussed and received positive feedback from the students and their teachers regarding the KIM presentations.

In the community pharmacy setting, our PODs subcommittee members displayed infographics on diabetes, travel medicine, and naloxone/opioid stewardship. Huy Pham, Pamela Molina, Kira Walker, Christina Kang, Yas Zareyan and Natalie Chaput engaged passers-by in conversation about these topics, answering questions they may have had about their general health or routine services which pharmacists can provide within their scope! We are proud of our subcommittee members for being champions for patient care and providing education on the role of pharmacists to the general public.

The 2T5 CAPSI Representatives, Lina Lo and Alyssa Matsumura, led the planning of this year's mega IPE Event on Bipolar Disorder. About 150 students from several healthcare programs in Ontario attended and our guest speakers were Sunny Wang (Pharmacist), Cassidy Smith (Social Worker), Maureen Sayeg (Nurse) and Dr.

Urvashi Prasad (Physician). Planning this event also involved collaboration with the UofT Chapter of the Institute for Healthcare Improvement (UTIHI) and CAPSI University of Waterloo to recruit 17 student facilitators. The event also featured a video filmed by the IPE sub-committee illustrating the patient case of interest. After months of planning, the event went successfully with healthcare students in attendance understanding more about the roles played by providers outside their fields in caring for patients with bipolar disorder. Thank you, Alyssa and Lina!

Themed Pandemic Superheroes, CAPSI's Toronto's Next Top Pharmacist (TNTP) 2023 was a HIT this year (as always). We had SIX stunning contestants, Tina Zhou (2T4), Adam Da Costa Gomes (2T5), Setayesh Yazdani (2T5), Elin Foulds (2T6), Mia Lefebvre (2T6) and Sara Rough (2T6). They showcased their unique talents and flashed an amazing catwalk. All the contestants put on a great performance with their classy showmanship. In case you missed it, you can check out the TNTP 2023 reel on our page @capsiuoft! Our wonderful judges, Dr. Dubins, Dr. Crandall, Professor Swanson and Mackenzie Richardson (TNTP 2022 winner) had a tough time crowning our TNTP 2023 winner. After tallying the points, with a close win, Tina seized the TNTP crown and will be representing University of Toronto at CNTP happening at Professional Development Week (PDW) 2024, here in Toronto! Thank you to 2T6 CAPSI Representatives, Meriam Salih and Sanaz Karimi, for organizing this and being first-class MCs!

Unique to this year, Theodora and Ayman organized a Lunch and Learn with Immunize.io, a not-for-profit organization based in British Columbia. The objective of this event was to increase the knowledge of pharmacy students in the context of vaccinations and vaccine hesitancy beyond what we learn during formal injection training at school. About 20 students attended and some shared that despite not having a lot of vaccination experience from community practice, they found the presentation very informative!

Alongside other Canadian pharmacy schools, CAPSI UofT held a pill drop in collaboration with LDFP and the International Pharmaceutical Students' Federation (IPSF) UofT on March 10 where over 2100 medication units were safely disposed of. Also on a national scale, we participated in the CAPSI National Virtual Meet & Greet and PAM merchandise sale. The profit of \$300

from the sale was donated to Indspire Canada in support of improving education access to Indigenous peoples.

In line with their Medication Awareness Campaign, IPSF representatives Alissa Kong and Sasha Mohindra led a variety of initiatives throughout the month to improve awareness about the pharmacist's role in medication safety. As mentioned above, IPSF UofT joined our local CAPSI branch for a national initiative to encourage the safe disposal of prescription and OTC medications. In collaboration with Jonathan Nhan of Discovery Pharmacy and Tianna Costa from CAMH, IPSF hosted an opioid stewardship and naloxone training workshop. IPSF also organized a bake sale and raffle with proceeds being donated to Drug Free Kids Canada. Finally, students drove home what they learned from IPSF's initiatives by participating in an interactive prompt to answer the question "How will you promote medication awareness as a pharmacy student?" It was clear from the responses that the IPSF initiatives committee did a fantastic job inspiring students to practice medication safety!

Last but not least, we have to thank all the amazing club executives for planning all their PAM events. Everyone contributed a significant amount this month to ensure all pharmacy students get a well-rounded PAM experience. CAPSI could not have hosted such a successful PAM month without everyone's contributions. We wish everyone a Happy PAM again and we are looking forward to the next PAM 2024 already!

**Cheers,
Your CAPSI Team 2022-2023**



CAPSI UofT Council Photo



*UPS x CAPSI Wake Up to PAMCakes-
CAPSI UofT Council Photo
UPS Council Photo*

CAPSI UofT Winter 2023 Council

Theodora Udounwa - CAPSI Senior Representative

Alissa Kong - IPSF Senior Representative

Ayman Lakhani - CAPSI Junior Representative

Sasha Mohindra - IPSF Junior Representative

Sanaz Chenani - 2T4 Representative

Valentina Zapata - 2T4 Representative

Alyssa Matsumura - 2T5 Representative

Lina Lo - 2T5 Representative

Meriam Salih - 2T6 Representative

Sanaz Karimi - 2T6 Representative

PAM Subcommittees

IPE Alyssa Matsumura, Kalid Ibsa, Lina Lo, Natalie Chaput, Setayesh Yazdani, Yas Zareyan, Yuji Choi, Theodora Udounwa, Ayman Lakhani

IPSF Caitlin Lam, Judy Truong, Uroosa Abbas, Alissa Kong, Sasha Mohindra

KIM Christina Kang, Emily Crosier, Hannah Shaio, Jahnvi Bhasker, Keerat Kandola, Kevin Li, Kira Walker, Maryam Majeed, Natalie Chaput, Obinna Okafor-Justin, Pamela Molina, Samir Kanji, Sanaz Chenani, Sanaz Karimi, Uroosa Abbas, Valentina Zapata, Yas Zareyan, Theodora Udounwa, Ayman Lakhani

PODs Caitlin Lam, Christina Kang, Huy Pham, Judy Truong, Kay-Ann Ormsby, Kira Walker, Natalie Chaput, Pamela Molina, Sanaz Chenani, Valentina Zapata, Yas Zareyan, Theodora Udounwa, Ayman Lakhani

TNTP Huy Pham, Meriam Salih, Sanaz Karimi, Varun Gupta, Theodora Udounwa, Ayman Lakhani

Reflecting on the PAM Diabetes PODs Booth

Pamela Molina and Huy Pham, 2T4s

On March 9th, 2023, we had the privilege of participating in CAPSI's Pharmacy Outreach Days (PODs) at Rexall 1974 (Church and Wellesley) as part of Pharmacy Appreciation Month (PAM). Our goal was to meaningfully educate patients about diabetes and how pharmacists can help with its management. Armed with nothing but a poster, tripod, our white coats, and warm smiles, we set up in a high-trafficked area of the pharmacy and made ourselves available to questions from patients.

DIABETES

Pharmacist Appreciation Month

Background on diabetes

Diabetes is a chronic disease where you have high blood sugar. Insulin is an important hormone in your body that helps control your blood sugar and is produced by your pancreas. There are two main types of diabetes: type 1, where your pancreas does not make any insulin, and type 2, where your pancreas can't make enough insulin or your body does not respond to insulin. Diabetes can be managed with exercise, diet, and medications.

BLOOD SUGAR TARGETS

- HbA1c: $\leq 7\%$
- Fasting blood sugar: 4-7 mmol/L
- Post-meal blood sugar: 5-10 mmol/L
- These targets can be individualized depending on your condition
- Maintaining these targets helps to slow disease progression and prevent complications

HYPOGLYCEMIA

- State of too low levels of blood sugar (generally a blood sugar of <4 mmol/L)
- Signs and symptoms include sweating, tremors, hunger, nausea and weakness
- **Immediately check** blood sugar if there are any signs or symptoms of hypoglycemia

LOWERING YOUR RISK

- Partake in at least 150 minutes of weekly aerobic exercise with two sessions of resistance training per week
- Caloric reduction to achieve a healthy body weight
- Dietary modifications (e.g. DASH, Mediterranean, Diabetes plate method)

HOW PHARMACISTS CAN HELP

- Optimization and education on diabetes medications
- MedsCheck for Diabetes
- Do A1c and lipid profile testing
- Teach how to use blood sugar monitoring devices
- Educate on hypoglycemia and how to manage it
- Provide personal and professional support
- Measure blood pressure

SELF-CARE AND MONITORING

- Daily foot examinations
- Regular check-ups with family doctors and eye doctors
- Regular immunizations
- Cholesterol control
- Blood pressure management
- Reduce/Quit smoking

Diabetes PODs Poster

During our time at the pharmacy, we engaged in an extensive conversation with a patient about his experiences navigating the healthcare system. He shared with us the challenges and obstacles he faced in trying to attain timely and effective care as a person living with a disability. He explained the long wait-times, miscommunications and moments of loneliness that many patients like him face. The discussion was both enlightening and moving, leaving a lasting impact on us as aspiring healthcare professionals. This encounter provided us with a first-hand account of the realities that patients face, which cannot be learned from textbooks or in a classroom. Witnessing his resilience and determination was inspiring, and it reinforced our commitment to being empathetic and compassionate healthcare providers.

Beyond that patient, we had encounters with other peo-

allow us to connect with patients and communities in a way that cannot be replicated in a classroom or online setting. Organizations like CAPSI are instrumental in providing students with opportunities to engage with their communities in this way. Through events like the Pharmacy Outreach Days, Kids in Medicine, OTC Competition, Patient Interview Competition etc, CAPSI empowers students to develop their communication, leadership, and interpersonal skills to become better equipped to serve their patients.

To the 2T5s and 2T6s: We strongly recommend seizing every opportunity to engage with your community and attend in-person events like Pharmacy Outreach Days. These experiences have the power to shape you in ways that cannot be replicated in a classroom setting, and they will be among the most impactful experiences of your pharmacy school journey. We are grateful to CAPSI for providing such an enriching opportunity.

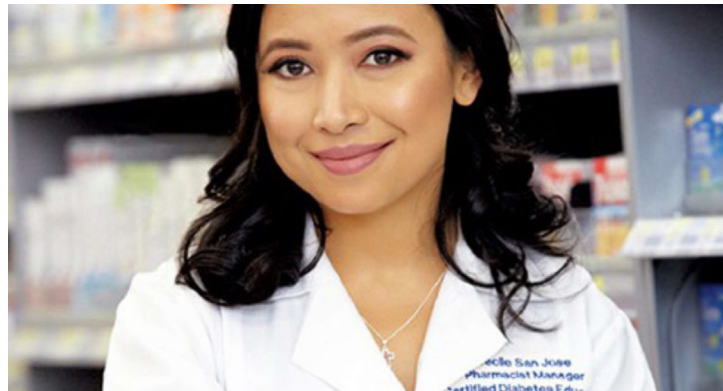
By Pamela Molina and Huy Pham PAM 2023 PODs Subcommittee Members



Pamela Molina (left) and Huy Pham (right)

ple including a Rexall staff member who was living with diabetes and a client who was interested in how their diet can influence their diabetes. There were also some discussions about how they themselves manage their blood sugar.

As 2T4 students who completed the majority of our studies online, participating in CAPSI's Pharmacy Outreach Days was an incredibly valuable experience for us. These types of hands-on, community-focused interactions are essential in pharmacy student life as they



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Careers

Recap: CSHP's Residency Speed Meeting Event 2023

Joham Ahmad, 2T4

On March 8th, 2023, CSHP held its annual Residency Speed Meeting (RSM) event at the Pharmacy Building. Current, former, and future residents were in attendance, along with many curious upper-year pharmacy students – including myself!

I found this event to be a great supplement to Pharmacy Residency Night, which took place on January 30th and 31st virtually on the PheedLoop platform. RSM was in person, which provides an entirely different feel and sense of human connection. There were representatives from Sunnybrook Health Sciences Centre, The Hospital for Sick Children, Trillium Health Partners, UHN, and The Ottawa Hospital and Hôpital Montfort. The event took place in PB850, which provided an open space and flexible seating. It was structured like speed dating – students sat in groups at tables around the room, and residents rotated between tables. Each round of discussions lasted about 10-15 minutes.

If you're like me and the thought of networking brings on a sinking feeling in the pit of your stomach, I have good news for you. This event provides you all of the opportunities to network without the worries associated with it! When you're coming from a genuine place of

curiosity and a desire to learn, events like these facilitate the experience of making connections with others in a low-stakes environment.

This set-up created a very comfortable and casual environment that removed the tension usually present when speaking with professionals that you respect and admire. Interestingly, I also appreciated the time-limit. The sense of urgency allowed me to consider the priority of my questions, what I was most curious about, and what I was worried about most. This was also supported by Cheyenne Matinnia, a hospital pharmacist at The Hospital for Sick Children and Clinical Instructor here at the faculty, who made a special request for us to ask our “burning questions”. I also appreciated sitting with other students and hearing their questions. I learned a lot just from listening to these questions and answers, as it offered a fresh perspective on residency-related matters.

Overall, RSM was a great opportunity to meet with residents and learn from them about their journey and experience in residency. CSHP executives did a great job organizing the event, and I'm excited to attend their future events!





FROM FIRSTS



Lydia Wadie, 2T6

It was a fine September morning. A younger version of me opened her PHM 130 syllabus to see what the course was like. A few minutes later she would exclaim, “What do you mean I need to get a 100% to pass? TO PASS?”

That moment is one of the greatest markers of just how much has changed since September. Little did I know that that reaction was far too dramatic for PHM130 and better reserved for other courses where I would really question “Am I going to pass?!” So in honor of making it through first year, I’d like to take a minute to head back down Memory Lane, LDFP and look at a year that was truly one for the books (and not a book I want to read again).

Starting off with Phrosh: a week of great events, free food, upper years that seemed so wise and so far away, and a wonderful time overall. This was a great intro to the year, and I think we all have some fantastic photos and memories from that week that got us through those first few school months. Soon after, if I recall correctly, we were hit by the sudden shock of what it really meant to have 7 courses. Oh the joy of literally forgetting that you were part of some classes and feeling like you lived, breathed, and slept others. But we trudged our way along, until midterm season rolled around and made you wonder “is there somewhere I can buy more hours in a day?” Never have I understood more, that if a course has an extra credit assignment, it’s not because we just have so much extra time to pass, it’s because you will need the extra marks (zoom presentations, iykyk). After making it through midterms, I think we all had a moment of thinking “surely now I will get back on track, and study early for finals”. How sweet innocence can be! Finals was round two of midterms, but this time we we’re all just trying to get semester one done and out of the way. Whether you left an exam feeling confident or feeling like you learned more while taking the exam, the ultimate consensus was that “a win is a win”.

January brought about a new beginning. The winter break provided some refuge from school (although we did have to submit those EPE requirements, good times) and there was the promise of the induction ceremony. This semester also had a reading week, an exciting development which we were all so certain would provide a much-needed break in the middle of the semester. The induction ceremony was lovely and inspiring. I remember how real it made everything: I really was in pharmacy school and on my way to being a pharmacist! And the semester would soon prove that I REALLY was in pharmacy school. Between care plans and counselling simulations, this semester got very clinical very quickly. On the one hand, it felt like I was readjusting all over again, but on the other it was exciting to be engaging in the things I would end up doing for my patients one day (despite there being several moments where I really wondered when I would ever be using some of the things we were learning.) Reading week would eventually come, and it did provide a break! From commuting. I don’t know about you, but I spent that week staring at graphs and derivations and wondering if I really was cut out for this career. Midterms came and went, assignments were written and submitted, drug tables were created and reviewed, and counselling sheets were thoroughly prepared. It turns out though (and I do hate to admit it) you end up learning something through it all. Somewhere between the caffeine addiction, destroyed sleep schedule, and changing a lecture’s speed from 1.5x to 0.75x because you caught nothing the first time round, you actually get one step closer to being a good pharmacist. (Here’s to hoping these exams don’t take us a few steps back.)

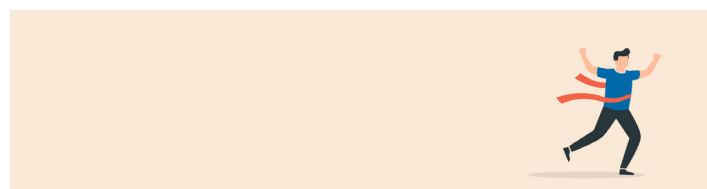
In all seriousness though, we’ve each overcome so much this past year. Academically, yes, but I think we’ve also grown as individuals and future healthcare professionals. Our experiences have shaped us into people more equipped to make a difference for our patients: wheth-

er through knowledge, skill, or empathy. They've also taught us that all things eventually pass; so we might as well stick it out through the bad and learn not to miss the good all around us. And trust me, there is always good to be found- even the fact that we are free to pursue an education is a privilege.

So remember, impossible now doesn't mean impossible forever. Just think of how you actually weren't sure that you would pass PK, and now - you would give anything to have PK back. Who knows, maybe next year we'll be nostalgic for Mol Pharm (hard emphasis on the maybe though).

All this to say, I'm incredibly proud of our class making it through a year of endless transition. That September you is likely in disbelief that hearing the word LAMA no longer makes you think of a fluffy, South American animal (I'm still trying to work out if that's a good

thing). More importantly though, I think that version of you is really grateful: that you showed up to that tutorial or did that extra practice question, that you knew when to prioritize your health or when you could push a bit more, that you kept going even when failure seemed certain and that you sought success for the sake of your future patients. I'm personally beyond impressed with everything I now know, about pharmacy and about myself. I think once the dust settles and you look around- you will be too. It makes me wonder who we'll be next March, but for now I think I should probably get back to memorizing some efficacy endpoints. Good luck this exam season 2T6s, I'll see you on the other side!



A Recap of 2T6 Athletics: A Year of New Sports, Friends and Fun!

Julia Ioannou, 2T6

Going into the first year of a challenging program at a new school, all while being in the big city of Toronto can be quite scary and daunting. A lot of things are unfamiliar. Being in such a huge program, it can be easy to feel lost within the hundreds of students, dozens of daily emails and notifications, and the never-ending school work. However, one thing that I knew was familiar to me was athletics. Sports have always been an outlet for me to meet new people, destress from school, and feel more connected to my community, and these are all things that I wanted to bring to the 2T6 cohort as their Athletics Representative. Fortunately, I was able to run a handful of athletic events this year, where I got to witness my peers try out new sports, meet new friends, and have a fun time!

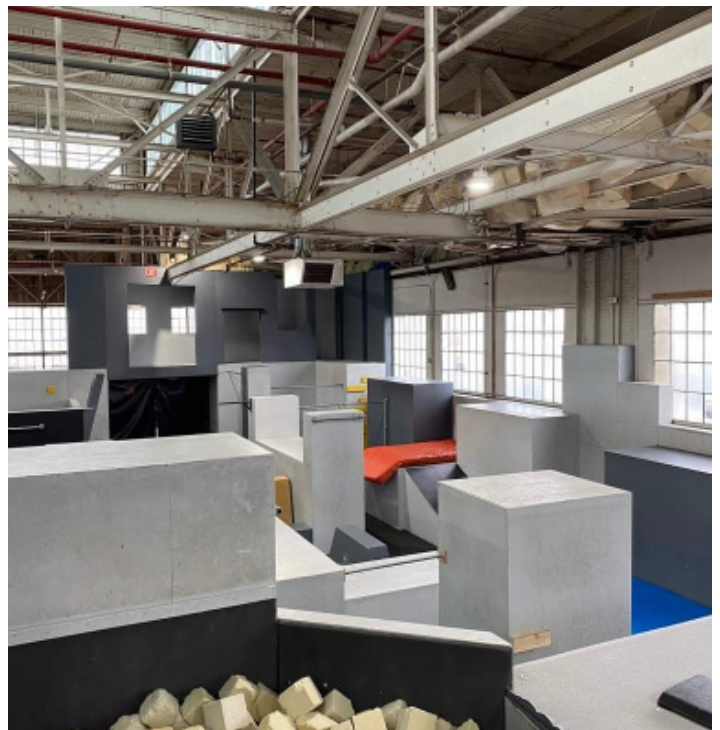
Bouldering Trip

In November 2022, I wanted to organize an athletic event that was fun and challenging, but also beginner friendly, so I ran a 2T6 Bouldering Trip to Basecamp Queen West bouldering gym. Bouldering was a new sport for myself and many of my peers who attended this event, so it was exciting to try something new with my classmates! After we walked over to the gym from PB, changed into gym clothes, and got a brief orientation from Basecamp staff, we were finally ready to climb. Bouldering is a bit different from traditional/top rope rock climbing. With bouldering, there are no harnesses or ropes which can make bouldering a little scarier for beginners because there is no rope to catch you if you fall. Nevertheless, I was so impressed by my classmates! They took on impressive climbing routes that were above a beginner's difficulty level. Everyone was so open minded to pushing their limits and it was endearing to see everyone encouraging each other while climbing. Bouldering is also a very social sport; between climbing routes, you sit and rest while watching others climb. This gave everyone a great opportunity to mingle with each other and personally, I met some really great friends from this event!



Parkour Trip

After seeing all the fun everyone had trying out a new sport at the Bouldering Trip, I wanted to give my classmates another opportunity to try something new. Hence, in March 2023, I organized a Parkour Trip to The Monkey Vault movement training gym. This trip started off with a nice subway ride to Downsview Park, and a short walk over to the gym. When we got to the gym, we were surprised to see that it was pretty empty, which was great because we had the entire gym to explore by ourselves. The gym is organized like an adult version of a jungle gym; with different leveled landings, bars, and windows to jump, run, and climb on. They even had a foam pit that you could do jumps and flips into. Some of the landings and jumps were much higher than I expected and personally I was quite timid at the beginning. However, once I overcame my fear of the heights, it was really fun to move and jump around like a ninja around the gym. My classmates and I also enjoyed jumping into the foam pit (although getting out of the foam pit was a workout in itself). One of my peers was fearless and started jumping and climbing with confidence and speed right away; it was quite impressive! Parkouring is definitely not for the faint of heart, but it was very pleasant working together with my classmates to overcome our fears and try something new together!



Mini-Golfing

In February 2023, I ran a Mini-Golf event at Par-Tee-Putt Golf Club. With this event, I wanted to do something athletic that wasn't too strenuous or unfamiliar to my classmates, so that my peers could focus more on mingling with each other, rather than focusing on the sport itself. Myself and my peers socialized while walking over to Par-Tee-Putt from PB. Once we got there, we chose our golf clubs, golf balls, and the courses that we wanted to play. Par-Tee-Putt has three different mini-golfing courses; each one with nine unique and quirky golfing holes. They have holes that are Twist-er themed, Game of Thrones themed, and Pokemon themed, just to name a few. We decided on two courses and began to mini-golf. Some of the holes were very intricate taking most of us 5-6 strokes to finish. Nonetheless, it was fun navigating the courses together and also getting competitive with each other because the scores were really close towards the 18th hole. Once we finished the 18th hole, we had some fun taking pictures with the different statues/decorations that were a part of the mini-golfing courses. Overall, this event was a fun way to engage in some friendly competition with classmates and I certainly spent a lot of time laughing and smiling during this event.



OPA Soccer Cup

At the beginning of April, the annual OPA Soccer Cup between UofT and UW Pharmacy took place. I was fortunate to be the captain of the team and was tasked with organizing the roster and some other team logistics. Although this game was for all cohorts, more than 50% of the team were 2T6 students, so it feels appropriate to consider this a big part of 2T6 Athletics. This year, the game was hosted by Waterloo in Guelph, so the team had to take a bus to the field. Once at the field, we were met with a huge crowd of UW spectators. Despite the home support being much larger than our own, our fans and team still brought the energy and we were cheering each other on as loud as the other team. Kick-off took place and our team quickly took the lead with 2 goals scored within 5 minutes of each other. UW then scored their first goal, but shortly after we scored a third goal. Before the end of the first half, UW was able to secure one more goal to make the score 3-2. The second half started and UW scored 2 more goals, taking the lead with a score of 3-4. The time was running out, but UofT scored its 4th goal in the last 5 minutes to tie the game. The entire team was ecstatic. The ref blew the whistle to end the game and we immediately transitioned to penalty kicks. Unfortunately, we lost 3-2 in penalty kicks. Nonetheless, our team played an amazing game, especially the 2T6's. Many of our 2T6's dominated the field, scored goals, and worked extremely well together by connecting passes and plays on the field. Even though we lost, everyone still had a cheery mood from all the fun we had playing together. I am definitely looking forward to seeing what our 2T6's are capable of doing next year when the OPA Cup is hosted at UofT!

Conclusions

Overall, this year as the 2T6 Athletics Representative has truly been an honor and a blast. I hope I was able to bring new and fun athletic experiences to my peers, give my classmates the opportunity to connect with each other, and most importantly, the chance to make their first year of pharmacy school a little bit more memorable. It was such a treat getting to meet and mingle with the people who attended my events and I am tremendously grateful for the memories I made with them this year.

UPS Athletics Update:

Hi Pharmacy!



As we wrap up another school year, I'd like to thank everyone who came out and participated in all the athletic events we hosted this year. I hope everyone enjoyed intramurals and I'd like to recognize the success of the division 2 women's volleyball team who brought the trophy back to the Faculty of Pharmacy! They defeated UTSC winning both sets at a score of (25-10 and 25-23), well done! A special thanks to Stephanie Rosenbaum (2T4) who captained both the women's and mixed vol-



Division 2 Women's Volleyball Team

leyball teams. We appreciate the hard work managing both teams all year long. We would also like to congratulate the division 2 mixed basketball team on a successful season. They made it to the finals finishing second in the playoffs, it was a tough opponent, but you all made pharmacy proud.

In late March UPS Athletics also revived the Students vs Faculty Basketball game. Once again thanks to everyone who was able to make it and special thanks to Mina Tadrous who helped organize the faculty team. In a series of competitive matches the students came up on top, perhaps the professors will have better luck next time.

Lastly, we recently had our annual OPA Soccer Cup that was hosted by Waterloo Pharmacy in Guelph. We hope that everyone who came had a great time. Unfortunately, we did come up short this year losing once again in a penalty shootout. It was a hard-fought game and both teams played really well. On the bright side we are excited to host the OPA Cup back on our home turf this fall and hopefully bring the trophy back to Leslie Dan.



Division 2 Mixed Basketball Team

Once again thank you everyone for helping make this a successful year for athletics and we are excited to continue hosting more fun events next year. We are always looking for new fun ideas to keep everyone active throughout the school year so please don't hesitate to reach out to us with your suggestions.



OPA Cup UofT Soccer Team

Best of luck with your final exams and enjoy the summer vacation!!

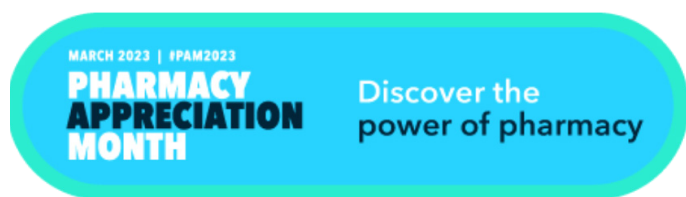
-Hamza Farah (Jr. Athletics Director), 2T5

PMP x PAM Initiative

Christina Kang, PMP Co-President, 2T5

Pharmacy Appreciation Month is observed every year in March to recognize and celebrate the contributions and hard work of pharmacists, pharmacy residents and pharmacy students. This month-long observance is an opportunity to highlight the essential role that pharmacy professionals play in healthcare, as well as to thank them for their dedication and service to their patients.

Our goal is to help students build the skills, knowledge, and connections they need to succeed in the pharmacy profession. Whether you are just starting your journey or are well on your way to becoming a pharmacist, we welcome you to join our community of motivated and passionate students. If you are interested, please check out our page and stay tuned for our executive applications if you are interested in joining our team!




The Pharmacy Mentorship Program (PMP) is a student-led organization that provides mentorship and guidance to students interested in pursuing a career in pharmacy. Our mission is to empower and support aspiring pharmacists by connecting them with experienced professionals in the field who can provide them with advice, insights, and networking opportunities.

Our program offers a range of resources to help students achieve their career goals, including one-on-one mentorship, workshops, and networking events. Our mentors are current pharmacists or pharmacy students who are committed to helping the next generation of pharmacy professionals succeed. They offer guidance and support on a wide range of topics, from preparing for pharmacy school applications to navigating the challenges of pharmacy school and beyond.

In light of pharmacy awareness month, PMP asked professors at the Leslie Dan Faculty of Pharmacy to share any pieces of advice they had for students. We ensured to ask professors from various years, ranging from professors who teach MTM courses to specific elective courses in third year as well. Please check out our Facebook and Instagram pages to get an insight for what the UofT professors have in store for you!

 Pharmacy Mentorship Program

 pmp_uoft





Pharmacists: THE SUPERHEROES of Pain Management

Caterina Stathakos, EVOLVE 2T5 Class Representative

If you had to guess, what do you think one of the most common reasons for physician or hospital visits is? If you guessed pain, you're right. Pain management has become one of the leading reasons for patients to seek out healthcare advice and treatment. Many people are living with both acute and chronic pain, which impacts their day-to-day activities and overall quality of life. There are a variety of ways that pain can be managed, including physical, emotional, spiritual, and pharmacological options. For the pharmacologic component of pain management, pharmacists are one of the most, if not the most, fit to manage cases of both acute and chronic pain. As pharmacists, our role as medication experts is to provide quality care by recommending an efficacious, safe, and convenient option for the management of a patient's pain. There are a variety of ways that pharmacists aid in the management of pain that make them a vital part of a patient's journey to combatting their pain.

The main thing pharmacists are known for is their knowledge of drugs. They know different classes of drugs, the side effects associated with them, and even information as specific as to which drug interacts with what. When it comes to pain management, pharmacists have a unique role in being able to use their extensive medication understanding to recommend a medication to a patient. This is also complimented with their appropriate use of patient assessment, which reviews all medical and social history, as well as a review of the type of pain the patient is experiencing, to come to a decision on an appropriate drug recommendation. Whether it be morphine for post-surgery pain or ibuprofen for dental pain, the pharmacist can appropriately determine what is best for the patient.

Not only can pharmacists recommend when to begin a medication, but they are also able to determine when it is in the best interest of the patient to discontinue

their medication. When it comes to pain medication, a patient may not really need the amount prescribed to them. It can come with uncomfortable side effects, or may not even help with pain as much as a patient would like. Pharmacists can discuss these things with patients and provide management strategies to discontinue or taper off their medications. For medications that can potentially cause withdrawal symptoms, such as SSRIs or opioids, pharmacists also have the power to provide taper regimens that will be safe and reduce symptoms.



What overall makes pharmacists stewards in pain management is their accessibility. With being the most available healthcare professionals, anyone can walk into a pharmacy to discuss their pain. Pharmacists have knowledge to recommend and manage pain medications, as well as discuss goals about pain management with patients to design a plan that is patient centered. By providing proper pain management education, it gives patients more hope in their journey to controlling pain, which is already a major step towards improving overall quality of life. It makes pharmacists like superheroes – always there to save the day, even when you least expect it.

Reflections of a first year, finishing up first year ...hopefully



Meriam Salih, 2T6 I

How is it already April, where did the past few months go? It feels like we just walked out of orientation with all the advice ringing in our ear... 'get involved but not too involved'... 'make sure you are reviewing your material daily' ... 'make sure you make time for yourself'. While it is easy to focus on the stress of such a demanding program (this is currently very high as I'm procrastinating finishing an assignment to write this), I wanted to take some time to reflect on the many lessons, and challenges overcome as we navigated our year in this new environment.

One of the key takeaways for me is to get organized, and fast. One thing I hadn't anticipated was the volume of work coming our way, and while it's easy to just sit down and start working, I have unfortunately found myself working for a few hours, only to find out I had missed working on something that was a lot more urgent. I'm still trying to figure out a method but taking the time to sit down at the beginning of the year and make sure you have documented and planned all the important dates, and hopefully this helps limit the shear panic of realizing you completely forgot you had an assignment due in 2 days (I'm speaking from experience unfortunately).

Second is to take risks and put yourself out there. With a never-ending supply of awareness campaigns, talks, conferences and events there are plenty of opportunities to grow your network as well as learn about the opportunities available in the field. Now I know this is easier said than done, putting yourself out there can feel very daunting, and as first years especially we may struggle with feelings of imposter syndrome, but sometimes it's better to feel the fear and do it anyway. Realistically, those feelings of fear are shared by everyone and I'm pretty sure none of us have a clear idea of what we are doing, but it's still important to get out there. With every new opportunity you learn more about yourself.

Finally, this one may be a bit of a shock, but to let go of the idea of balance. I'm sure we all would love to have days where we do it all, we are on top of our schoolwork, we work out to maintain our health, we hang out with our friends and family, while it's great to aspire to this, it is not realistic and is more likely to lead to burn out. Instead of trying to maximize each of our roles daily, it's okay to prioritize one over another. Some days we are amazing students, others we spend time with our family and friends and some days we rest. It never needs to be all or nothing, sometimes a bit of everything can be enough, and that's okay. Our days aren't meant to be static and robotic, they are dynamic and different (sometimes even chaotic), so do me a favor and let us toss the idea of balance and embrace the chaos and the adventure of our pharmacy school experience.

A Letter to the Intramural Volleyball Teams

Stephanie Rosenbaum, 2T4

Dear Women's and Co-ed volleyball intramural teams,

What a season! We started off uncertain, not knowing if we'd have a team at all or really knowing each other (shoutout to the 2T6's that have really shown up and shown out in their first year!). Our co-ed team started off really shaky not knowing the proper rotations or substitution rules. But by the end of the season the team that stepped out on the court that first day was unrecognizable. Both the women's and co-ed team's trust, communication, court awareness and skill level rose to new heights. Shoutout to Katie and Ruth for literally bringing our team some height and crushing it at the net with incredible blocks. Shoutout to Markus for carrying us on your back all day every day. Shoutout to Negar who played so hard her appendix burst and then transitioned into the coach of the year. Shoutout to Alex for the sneakiest, cleanest sets I have ever seen. Shoutout to Audrey whose serves brought us back in the final and brought the energy to every single game without fail. Shoutout to Nic and Andrew who not only played their hearts out on the co-ed team but also made up the entirety of the women's team cheer squad. Shoutout to Val and Julie that flick of the wrist and power too good. Shoutout to Reuben whose always ready to step on to that court and is one of 4 people (Alex & Ruth + me 😊) who made it out to every game! Shoutout to my setting partner Madeleine, you're my setter goals. Shoutout to Andy and Aaron for taking my yelling in stride, the growth you guys have made impresses me like no other. Shoutout to Amy for not being intimidated by any hits and being the libero of my dreams. Shoutout to Jennifer for playing hard on the women's team and then taking on lining at the co-ed game! Shoutout to Chloe for coming out even and learning on the court, you crushed! Shoutout to Anushka and Myriam for always showing up and matching my energy. I know I am missing a whole lot of you so if you were on the team huge shoutout to you for coming out, playing hard, and bringing the energy! I could not be prouder to have had an undefeated run

and bringing the trophy home with the women's team and making it to semifinals with the coed team. I am even prouder of the fact that no matter how competitive both teams got the atmosphere we maintained was friendly and welcoming of all skill levels. Thank you for being a huge part of the highlight of my 3rd year of pharmacy school. Beyond the achievements we got the real prize was the friendships that were made, and I could not recommend joining the intramural phamily more! Looking forward to my last intramural season ever next year.

Your captain,

Stephanie
Rosenbaum





A few things I learned in my first year of Pharmacy school

Radhika Thakkar, 2T6

I thought my experiences in undergrad had fully equipped me for the intense journey that pharmacy school is. But as it with any new experience, you learn and grow A LOT. While I did make a ton of mistakes, I also know that they're just getting me ready for the tough ride second year is going to be! I'm hoping that you read some of the mistakes I made, and you and I both don't repeat them next year!

1) Don't skip classes.

It might seem like a good idea to listen to the professor on 2x speed, but please don't do it. Sometimes the classes don't record, or the professor's mic is messed up, while other times I tell myself I would catch up, but then I have almost 20 lectures to catch up on. I definitely skipped a lot of classes to study for an exam or to catch up lectures I missed, but oh my god I regretted it like crazy afterwards. So, for next year, please try your best to go!

2) Email the TAs with your questions.

I didn't seem to use the amazing TA's we have for all our courses to the fullest potential until the end of second semester. I recently realized how helpful they are and are really out here just trying to see you win. Email them with questions you may have about the midterm, or an assignment and they'll reply to you within lightning speed.

3) Don't study the same way for every class.

Not every course requires us to type all our notes on a word document and memorize. Some may require you to write down notes, while others require you to read

through every detail on the slides and understand them. The content varies so much and you're going to have to learn to have a set of ways to study and depending on the type of content in a class, you have to pick which way would work the best for the exam.

4) Do not go to a party the weekend before an exam.

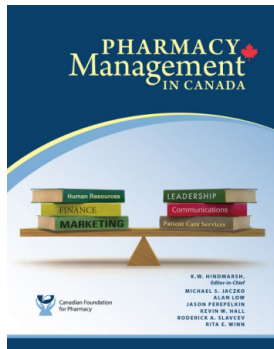
No matter how badly you want to go with your friends or how much your friends convince you that you'll be able ready for the exam, don't. Because you won't. I wish I could say I wasn't speaking from personal experience on this one; I don't think I'll ever forget this all-nighter.

5) But also make sure you take breaks to have fun.

School can take up a lot of your time. With assignments, labs, and exams almost back-to-back, we seem to never get a break in the school year. So, it can become a constant cycle of attending classes and studying, but make sure you force yourself to break the cycle to do things you enjoy. It's better to study with a fresh mind than an exhausted one.

6) Collaborate with your classmates.

A lot of times this year I worked on things myself instead of working with others because my brain had been trained like that from undergrad. But overtime, I realized how important it is to work with my friends and other classmates so that you can all reach your goal quicker but also to get different opinions that you may never have thought of by yourself.



A Textbook Approach to Managing a Pharmacy in Canada

Huy Pham, 2T4

Pharmacy Management in Canada is a textbook published by the Canadian Foundation for Pharmacy with the purpose of educating its readers on topics relevant to pharmacy and pharmacy management. This is a very important matter according to its Editor-in-Chief Wayne Hindmarsh, Dean Emeritus at our very own Leslie Dan Faculty of Pharmacy, who states that “with the ever-changing scope of practice for pharmacists and the need for maintaining clinical expertise, often management issues are not given the same dedicated focus”. He continues that “while management issues are a required part of the academic programs in Canada, overwhelmingly managers from community and hospital environments find graduates from pharmacy schools not well prepared for management issues”. On of that, there is the leadership crisis in Canada, a subject that one might be familiar with if one peruses the Canadian Pharmacist Journal.

I have read a couple of other books on pharmacy management and leadership such as *Leadership and Management in Pharmacy Practice*; *Pharmacy Management, Leadership, Marketing, and Finance*, and *The Pharmacy Leadership Field Guide: Cases and Advice for Everyday Situations*. However, I found this book to be a very delightful read, especially since the content is more tailored to a Canadian audience. The book also prides itself as being “written and reviewed by more than 100 experts from across the country”, among them faculty members such as Zubin Austin, Certina Ho, and Della Croteau.

The book itself has 53 chapters and is divided into twelve sections: Business Environment Analysis and Planning; Leadership, Management, Entrepreneurship and Personal Effectiveness; Financial Management; Risk Management; Operations; Quality Control and Assurance; Human Resources Management; Clinical Pharmacy Services; Communications, Marketing, Promoting and Customer Service; and Business Plans.

One highlight is the first section. As the name

implies, it provides an overview of pharmacy practice in Canada, both macro-environmentally (factors and trends affecting pharmacy in the context of the Canadian healthcare system) and micro-environmentally (industry forces in the pharmacy perspective). An interesting concept that appeared in the macro-environment analysis chapter is the PEST analysis, a framework that examines political (P), economic (E), social (S), and technological (T) factors and trends. From the PEST analysis, one can derive the opportunities and threats for a SWOT analysis. The section ends off with a chapter covering the key stakeholders of the pharmacy industry.

Another highlight is the chapter on personal effectiveness. It goes through the importance of one's personal brand and methods of strengthening. The chapter also summarizes Stephen Covey's *The 7 Habits of Highly Effective People* to help with brand delivery.

Some of the content is more directed to community/retail pharmacy (I doubt business plans are very pertinent to hospital pharmacy management). The one chapter that is specific to hospital pharmacy describes the governance and funding of hospitals, formularies and drug use evaluations, and cost-control strategies. For the industry-inclined, those who want to go into Sales and/or Marketing might benefit from section 11: Marketing, Promoting and Customer Service. Someone with aspirations for Medical Affairs might find chapter 6 very useful as it lays out the process of building a successful strategic plan and the importance of environmental scans and market analysis.

Pharmacy Management in Canada is a good book to have for personal and professional development. Personally, I've used a couple chapters to study for PHM371: Institutional Pharmacy Practice Management and PHM322: Patient/Medication Safety. If one decides to purchase a physical copy, the book is on the expensive side at ~\$150 though students get a discounted \$109 price (I got mine from last year's PharmacyU Toronto).



It felt like yesterday I was writing an article welcoming my fellow 2T6's to the PharmD program! Time has really flown by and I would like to take a minute to reflect on this past year as a whole. September was a new and exciting time. Participating in Phrosh helped me to be comfortable with the campus and gave me the opportunity to meet a lot of friendly faces that I am proud to call my phriends! The fall semester from therein was a whirlwind with trying to navigate classes, expectations of the faculty, juggling seven courses and participating in extra-curricular activities like writing articles for the Monograph and attending compounding workshops. Although there were a few tears, I think most of us can

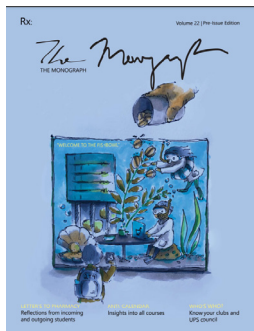
agree we made it through strong and ready for second semester! Second semester has already flown by with courses ending and exams coming up. However, second semester was just as memorable as the first. Some of the notable events that took place were our white coat ceremony in January, engaging in courses which directly relate to pharmacy practice and preparing for EPE-1. Some personal memories also include participating in Toronto's Next Top Pharmacist, being elected to be one of two faculty representatives on student council next year and sharing many more memories with my closest friends. Although the year was filled with ups and downs, I have had an amazing time and hope that the next three years are filled with many more memories that I can reflect on in the future. I wish my fellow 2T6's good luck on their exams and EPE-1. Also, a reminder to take a break for your mental health since the program is rigorous and we all need it. See you next year!



With my journey in pharmacy school coming to a close, now would be a great time to reflect on my time with The Monograph, which I've been with as soon as I started pharmacy school.



I started with the Monograph just as soon as I got accepted back in 2019. One of my friends, Sunny Haung (2T1), told me that the Monograph Co-Editors Shelby Yiu (2T1) and Andrew Tu (2T2) were looking for someone from my class to submit an article about my journey up to pharmacy school. Since then, I just kind of got involved, writing articles all the way to the end of school.

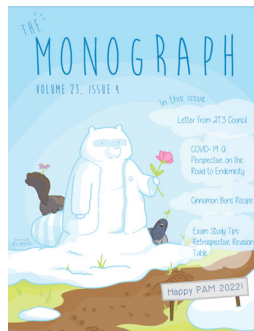


At the end of the first year, I opted to run for Monograph Co-Editor, a position that oversees the organization and publishing of the Monograph. While I didn't feel confident, I'd get the position at first, I attribute it to learning Adobe InDesign on my own time before interviews that got me the position, along with my soon-to-be partner in crime, David Czosniak (2T2). The second year was deemed to be a challenge for us, as COVID drastically changed the way the school operated. Isolating at home, we could not print

digital copies (great for our budget), but it also made interaction a lot more difficult. However, we marketed ourselves as the school's medium to maintain student life and encouraged people to contribute to our then digital articles. Having digital articles was great as well, as we could publish everything in colour and with no length constraints, leading to our longest-ever issue for the White Coat Ceremony.

A Four-Year Journey with The Monograph

Amar Deonandan
2T3 Monograph Rep



While I didn't have an official role during my third year, I did provide support for my succeeding Monograph Co-Editors, Eulaine Ma (2T3), and Sally Jeon (2T4). In addition to providing articles and serving on our Layout Team, I provided small tidbits of advice to help them transition into their well-established roles. They have done such an amazing job, and their taste in graphic design didn't cease to amaze me.

In my fourth and final year, I took on our class's role as Monograph Class Rep under Joham Ahmed (2T4) and



Ruba Ullah (2T5), which brought upon a new challenge-APPEs. Just like in second year, our class has been quite isolated from each other, making recruitment for contributions quite difficult. However, outreach to amazing and reliable friends, such as Misha Krivykh (2T3), and Moid Shah (2T3), has made this a pleasurable experience. I would like to commend our class for all of our contributions throughout the year.

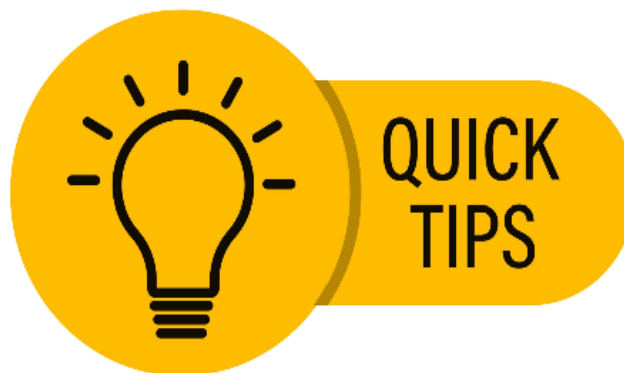


While this is the end of my role with the Monograph, this isn't goodbye. I have surely learned a lot of skills along the way, including Adobe InDesign, article editing, coordinating several teams, marketing and promotion, and making plenty of Monograph friends along the way. Thank you to everyone who was involved with the Monograph along my journey and thank you for making it a memorable one.

Until next time,
Amar Deonandan

Additional Tips for Conducting a BPMH in Practice:

Ruby Ung, 2T4



Additional Tips for Conducting a BPMH in Practice:

Hello pharmacy! :) I know that we learn how to conduct a BPMH in MTM but I have a few additional tips that may be useful when conducting a BPMH in practice.

Tip #1: triage your patients

Reading the consult notes by physicians is helpful to figure out why your patient is brought to the hospital and a brief idea of what possible medications they are on. Although you may have a pharmacy history, the consult notes may indicate other important things like OTC medications, older medications (i.e. a Tylenol #3 prescribed 1-2 years ago but the patient takes PRN). Other important things consult notes may indicate include: language barrier, if the patient is alert & oriented - able to provide you with a BPMH, a contact like a family member/caregiver that would be most familiar with the patients' medications.

Tip #2: systematic way of interviewing

Try to have a systematic way of interviewing all your patients. How I like to interview my patients, I like to introduce myself and my role/purpose of the BPMH and then proceed. I then confirm they fill the meds at ___ pharmacy and clarify the Rx medications. I have a list noted down based on the ISMP questions in regards to non-Rx medications / to be more thorough. For example, I always ask if a patient takes / uses: ASA 81 mg QD, vitamins / minerals / supplements, eye drops / ear drops, nose sprays / puffers / inhalers, medicated creams / patches / ointments, pain / fever, sleep, bowel movements, anything for heartburn, any injectable medications, and recent antibiotics in the last 3 months. I think going over those questions are especially important if a patient states they are not on any Rx medications. Then I clarify if the patient has any allergies or allergies to medications before thanking them for their time to wrap up the interview.

Tip #3: "research" the drugs the patient is taking

There may be a preliminary list of medications you know the patient is taking either from the consult notes, ConnectingOntario, or the pharmacy history prior needing to speak with the patient. If you're not familiar with the medications, I usually like to google what the medication is used for / if possible a way to describe the medications / brand name. Some patients are not familiar with the names of their medications and it's best to describe the use or how the pills may look like. If the patient has their vials with them, show them their medication to clarify how they're taking the meds.

Tip #4: understand the medical history & medications the patient is taking

Although you are conducting a BPMH, you are also going to be a future pharmacist. Asking further questions will help the medical team out / will be part of your job as a pharmacist, and extend your learning. For example, if I see a patient on rosuvastatin 10 mg but had a previous MI, I would clarify with the patient if they've ever been put on a higher dose like 20 mg or 40 mg. Other examples include if the patient was previously on atorvastatin 80 mg but was reduced to atorvastatin 20 mg, I would ask the patient why and if they've tried other statins before. This would be important to understand if the patient was experiencing side effects like myalgias or if the patient's cholesterol levels were acceptable with the lower dose statin.

These are just a few things that I've picked up when I was conducting a BPMH practice in comparison to MTM. There's always going to be more things that you may find useful but that's just with everything that comes with experience. Good luck and thanks for reading! :)

The Rehearsal Review

Moid Shah, 2T3

This year I had difficulty being inspired enough to write an article for the monograph. APPEs make you quite busy and that leaves little time left to write something substantial. I have had the Monograph Rep reach out to me asking for a submission, but I've had to decline multiple times. I think the best way for me to fully understand what it takes to write an article for the Monograph is to rehearse it. Once I have sufficient practice for all the inner workings of writing for the Monograph it will come naturally to me.

The Rehearsal is a show created by Nathan Fielder. He was also on a show Nathan for You and much of his comedy style revolves around a deadpan character that brings out a lot of interesting reactions from the people he interacts with. The Rehearsal is a scripted and non-scripted documentary series that works as a social experiment for the main characters in the show. The premise is that the people starring in the show want to have difficult conversations around major life events and go to Nathan to see how to best go about these situations. Nathan offers that the show will make a picture-perfect set designed to simulate the event and they can rehearse it ahead of time. The perfect planning of the situation will give them the chance to eliminate all uncertainty.



For this article, I decided the best way for me to write it was to rehearse it!

Writing an article for the Monograph is difficult; many obstacles can arise. So I should practice first. I think the first thing I need to do is to find a topic to write about. I can't simply review The Rehearsal; I must prepare for that. Movies are usually my go-to topic for me.

Once I have the movie I want to write a Monograph article about, I have to rehearse writing an actual Monograph article. But, how does one do this? First, I must find someone who is involved with the Monograph and ask when the deadline to submit is. So, I decided that for my first submission for the Monograph that I would review a few movies I found were interesting and I wanted to recommend others and I would reach out to the current Monograph Rep to do so. This is exactly what I did in my second year in the PharmD program. Part of what made this process easier for me was having peers to bounce ideas off of and even collaborate with. I had written my first Monograph article and was pretty satisfied with myself.

But surely this experience wasn't enough to have me understand the difficulties of creating an article for the Monograph. I mean, maybe this was beginner's luck. And besides, what if I wasn't on good terms with the Monograph rep or I got in touch at the wrong time? The only way for me to ensure that I was able to submit articles for the Monograph and submit them on time was for me to become the Monograph Rep myself. And so I did this during my second year of the PharmD program. Being the Monograph Rep was actually more than I bargained for. Not only did I have to submit every issue of the Monograph, but I also had to reach out to my peers to garner submissions for each issue. I thought one reliable person would be to ask the rep of the previous year for a submission. Although this was true for a couple of issues, this was not always the case. This was an interesting learning experience for me. What mindset could cause this to happen? The only way for me to find out is to put myself in his shoes and avoid making a submission once I am no longer a rep.

Over the course of rehearsing for this single Monograph article, I have learned a great deal. I learned that a good place to start is picking a topic that you have a lot to say

than I bargained for. Not only did I have to submit every issue of the Monograph, but I also had to reach out to my peers to garner submissions for each issue. I thought one reliable person would be to ask the rep of the previous year for a submission. Although this was true for a couple of issues, this was not always the case. This was an interesting learning experience for me. What mindset could cause this to happen? The only way for me to find out is to put myself in his shoes and avoid making a submission once I am no longer a rep.

Over the course of rehearsing for this single Monograph article, I have learned a great deal. I learned that a good place to start is picking a topic that you have a lot to say about. I'm not sure if I've eliminated all uncertainty in this process, but I do think I am prepared to finally do a true submission for the Monograph after all those previous rehearsal submissions.

Anyways, the show was really great! It's available to stream on Crave so if you get the chance to see it, please do.



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Sample PFC Conversation Club Script

Kira Walker, 2T5



Pharmacy Student: Bonjour, je m'appelle ____ (Hello, my name is ____). Je suis un(e) étudiant(e) en pharmacie (I am a pharmacy student). Comment puis-je vous aider? (How can I help you?)

Patient : Bonjour, j'aimerais remplir cette ordonnance. (Hello, I would like to fill this prescription).

Pharmacy Student: Ok! Est-ce que vous avez remplis des ordonnances ici auparavant? (Ok! Have you filled prescriptions here before?)

Patient : Non, c'est ma première fois ici. (No, this is my first time here).

Pharmacy Student: Pas de problème! (No problem.) Quel est votre nom? (What is your name?)

Patient : Mon nom est Jane Doe. (My name is Jane Doe).

Pharmacy Student: Ok! Votre date de naissance? (Ok! Your date of birth?)

Patient : Le 1er janvier 2001. (January 1st 2001)

Pharmacy Student: Et votre numéro de téléphone? (Your telephone number?)

Patient : Mon numéro de telephone est 416-555-5555. (My phone number is 416-555-5555)

Pharmacy Student: Votre adresse? (Your address?)

Patient : Mon adresse est #144 rue College. (My address is 144 College St.)

Pharmacy Student: Est-ce que vous avez des allergies aux médicaments? (Do you have any allergies to medications?)

Patient : Non. (No)

Pharmacy Student: Ok! Votre médicament sera prêt dans 15 minutes. (Ok! Your medication will be ready in 15 minutes.)





As we enter April and approach the dreaded final exam season, there is one thing I am going to miss more than anything else about the school term: free food. Indeed, throughout the term, several companies, including Shoppers Drug Mart, Loblaw Pharmacies, Sobeys Pharmacies, Walmart, and Metro, came to LDFP to try and sway impressionable students into signing on for their company. By hook, crook, or shish tawook, these businesses put on a show and a spread and demonstrated what they had to offer future employees. Below are a few key take-aways and important conclusions that I took from this term of Lunching and Learning.

1. Most companies are all in on the changing role of Pharmacists.

One point that almost every company made was how **the role of Pharmacists is changing**. These companies are aware that pharmacists do a lot more than just count, dispense, and counsel, and they know that the recent update to minor ailment prescribing is just the beginning. Metro highlighted its intention to combine their pharmacy with the natural food and supplement department, allowing pharmacists to become on the spot nutritionists for patients and customers. A nice feature it touted was little nutrition cheat sheets it made for its pharmacists and patients, helping them identify good dietary sources of vitamins and minerals and other useful non-pharmacological approaches patients can take to help manage their conditions. Shoppers and Loblaw talked a lot about pharmacist led walk-in clinics (which just so happen to be set-up in a Loblaw's grocery store) and seemed keen on the idea of spreading them across Canada, as soon as the legislation catches up. It may be possible that in the future, a visit to NoFrills will include a quick blood pressure test and a refill of your No Name[™] atorvastatin.

2. Grocery stores want to get you with less stress.

Virtually all of the grocery store pharmacies highlighted and stressed how relaxed an environment they have. Sobeys and Metro went out of their way to emphasize their lack of targets, minimum scripts per day, or top-down management. They stated repeatedly that their pharmacies existed to drive customers into the store, and as a pharmacist working there, you wouldn't need to worry about how many MedsChecks were getting done, or if you were selling enough OTC products. Whether this is true or not remains to be seen, but it is a sign that companies know most Shoppers are high work, high stress environments, and they want to ensure that their pharmacists don't experience that level of burnout. Whether this is simply lip-service or is the patent truth remains to be seen, but it's nice to at least hear companies understand we want good work-life balances and don't enjoy the burden of 500 scripts a day.

3. Not all meals are created equal.

You may not want to judge a book by its cover, but can you judge a company by the food it provides? In general, most of the pharmacies provided satisfactory options, making sure to provide options to vegetarians or alternative dietary needs as necessary. One major exception to this was Walmart: not only did they not bring anywhere near enough food, all they had was cookies and timbits. I understand complaining about free food may make me a choosing beggar, but it really does reflect poorly on your company. If a company is not willing to provide the funding to make the lunch and learn an enjoyable and engaging experience, it's an indicator that they will behave the same way when you're an employee in their pharmacy. It also feels like a smart investment opportunity. **Providing food to starving students will pay dividends when they graduate** and become pharmacists who remember your company fondly.

Overall, the restart of Lunch & Learns was great, and I highly recommend everyone join in on the fun next year. Not only is it a great way to network with professionals, learn more about potential employers and opportunities, and a great way to fill those awkward gaps in your schedule, but often it comes with a good and filling lunch as well. Also, there are tons of giveaways and prizes at these events, so it may fill more than just your stomach.



HOT HAMBURGER SANDWICH

Benjamin Martindale, 2T5

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

Lean ground Beef (1lb)
4 slices of white bread
1 egg
Bread crumbs (2 tbs)
Garlic (2 cloves) minced
Onion finely diced
Corn starch (1 tbs)
Salt and Pepper (to taste)
Worcestershire sauce (2 tsp)
2 cups of stock (chicken or beef)
Oven safe Pan (cast iron)
2 tbs vegetable oil

DIRECTIONS

1. Preheat oven to 350 F or 175 C then add oil to a cast iron skillet or oven safe pan on high heat.
2. Add the ground beef, egg, breadcrumb, garlic, onion, worcestershire sauce, pepper and salt to a bowl and mix well.
3. Form 2 equally sized hamburger patties and sear them on both sides until they have a nice seared/charred colour.
4. In a cup full of stock slowly add the cornstarch (while constantly whisking) until no clumps remain. Then, add the stock into the pan containing the burgers and place the pan into the oven for 20 minutes (until the burgers are cooked through).
5. Remove pan from oven and stack two pieces of bread on top of each other on a plate. Then, add burger on top and pour over resulting gravy (from the pan) and enjoy using a fork and knife.

NOTES

- Be careful when adding salt to the burgers as the stock usually adds a lot of salt.
- Serve alongside mashpotatoes and your favorite veggies to kick this meal up a notch.
- I often add additional canned gravy as well as fried mushrooms and onions for extra flavour

Cinnamon Roll Recipe

Aqsa Ali, 2T5

One of the first things I had ever baked were cinnamon rolls and let me tell you if done right can be a perfect snack to relieve all your stress and hunger during exam season. Here is a super easy recipe to help you make cinnamon rolls from scratch!

INGREDIENTS

Dough:

- * 3/4 cup warm milk
- * 2 1/4 teaspoons quick rise or active yeast (or 1 small pack of yeast)
- * 1/4 cup granulated sugar
- * 1 egg
- * 1/4 cup butter, melted
- * 3 cups flour
- * 3/4 teaspoon salt
- * Filling for the rolls:
- * 2/3 cup dark brown sugar (light brown sugar also works)
- * 1 1/2 tablespoons ground cinnamon
- * 1/4 cup butter, softened

Cream cheese frosting:

- * 4 oz cream cheese, softened
- * 3 tablespoons butter, softened
- * 3/4 cup powdered sugar
- * 1/2 teaspoon vanilla extract

DIRECTIONS

1. Warm the milk by microwaving it for 40-45 seconds. Then transfer it to a bowl of an electric mixer and add in the yeast. Add in sugar, egg, and melted butter. Mix until everything is well combined. Next stir in flour and salt with a wooden spoon until a dough begins to form.
2. On the electric mixer, place the dough hook and knead the dough for about 8 minutes or until it forms into a nice ball that is slightly sticky.
 - a. If you don't have an electric mixer you can knead the bread with your hands.
 - b. If the dough is too sticky, try adding in 2 tablespoons of flour
3. Transfer the dough to a bowl that has been oiled and cover it with plastic wrap or a warm towel. Allow dough to rise for 1 hour to 1 1/2 hours, or until doubled in size.
4. Then transfer the dough to a well-

floured surface and roll out into a large rectangle shape. Spread the softened butter over the dough.

5. In a small bowl, mix together brown sugar and cinnamon and then rub the brown sugar mixture into the butter.

6. Tightly roll the dough up. Cut into 1 inch size pieces with a knife or floss.

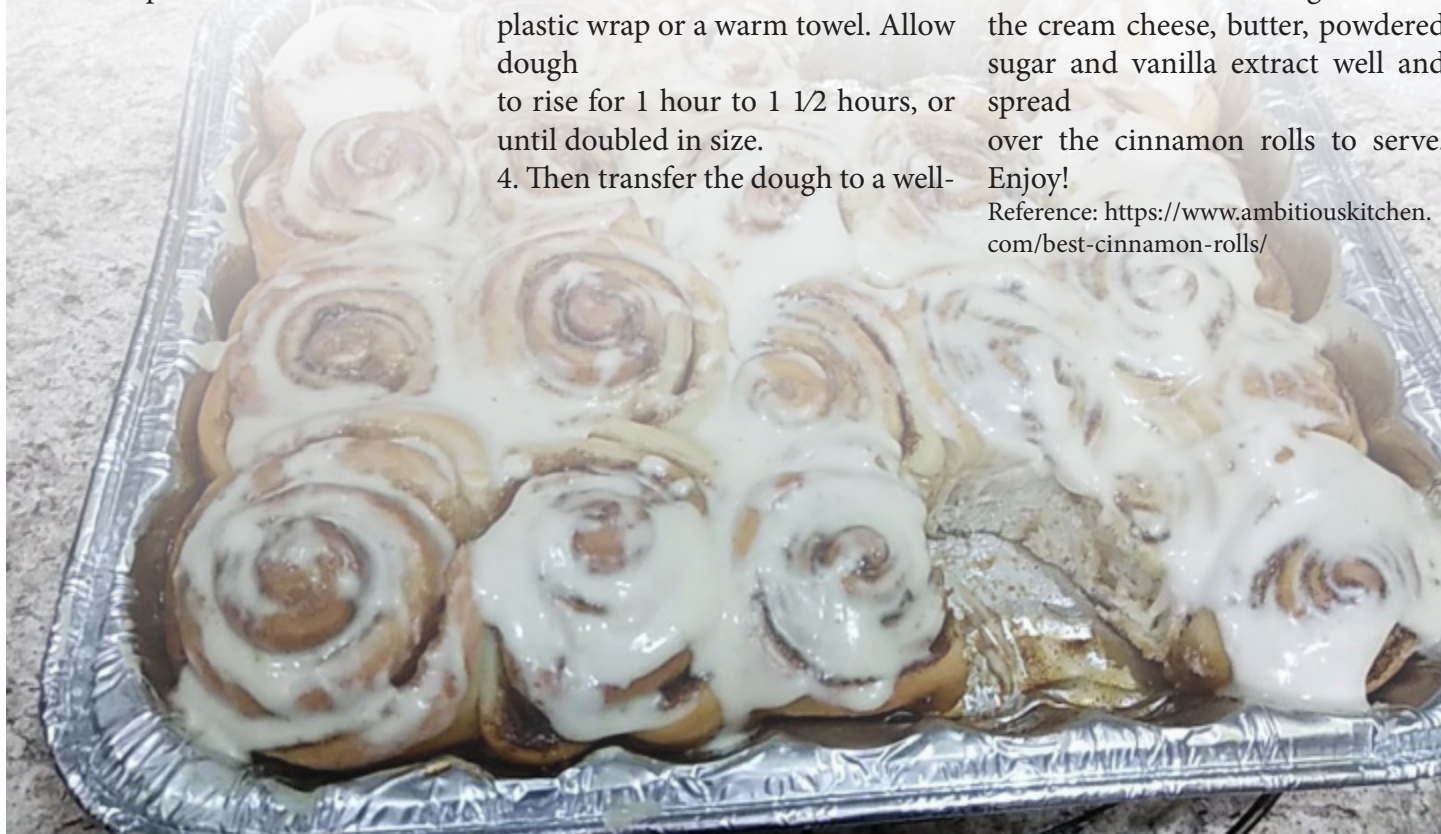
7. Place cinnamon rolls in a greased baking pan. Cover with plastic wrap or a warm towel and let it rise again for 30-45 minutes.

8. Meanwhile, preheat the oven to 350 degrees F.

9. Remove the plastic wrap and towel and bake cinnamon rolls for 20-25 minutes or until just slightly golden brown on the edges. Allow to cool for 5-10 minutes before frosting.

10. To make the frosting combine the cream cheese, butter, powdered sugar and vanilla extract well and spread over the cinnamon rolls to serve. Enjoy!

Reference: <https://www.ambitiouskitchen.com/best-cinnamon-rolls/>





The Summit

Refqa Kerolos, 2T6

*I am conflicted,
In chasing the futility of perfection,
I find disappointment;
I find mediocrity.*

*My mind is fractured and unkempt;
It loves passionately, criticizes, hyper-fixates, creates,
It chases accolades and punishes imperfection,*

*It is insatiable.
It kills.*

*My desperation for perfection causes me to mould,
Build a perfect image,
An image onlookers cannot criticize
But I no longer recognize my reflection.*

*I wish I could disappear;
To a quiet place devoid of expectation,
A place to escape.
A place where I am free.*

*But I find no such place,
The satisfaction of fulfillment evades me,*

*Clouds of inadequacy hang and linger;
There is no escape from the self.*

*Suddenly I am atop a summit.
Above the clouds I look over a mountain's edge,
The sun shines and the clouds scatter,
And I find a landscape.*




*A beautiful landscape.
A landscape with fruitful dedication,
A landscape that has seen rain and drought,
Love, and progress,*

*I look and I find myself,
My true self.*

*Though I know the clouds will return,
I know I can find my way back to that summit,
Where the sun shines through,*

*Where I can see that landscape in all its vastness
And I can come back to myself.*

SHOUTOUTS!

-  Shoutout to Bakhshish and Aqsa For making those long train rides worth the conversations!
-  I would like to shout out to Elin For being a constant support both to the class and to me as a friend!
-  Shoutout Rheanne in 2T6 For being super genuine, kind, and stylish too

AMOGUS: an imposter among us?



Mikhail Krivykh, 2T3

If you've spent any time on the internet in the past year, you've likely come across the popular meme and video game phenomenon known as Amogus. Originating from the game Among Us, Amogus has taken on a life of its own in the online community, with countless variations, parodies, and references popping up across social media platforms.

But what exactly is Amogus, and why has it captured the attention of so many people? At its core, Amogus refers to the imposter role in Among Us, a game where players are tasked with identifying and eliminating the imposter(s) among them. The imposter's goal is to sabotage the crew's efforts and avoid detection, leading to a thrilling game of deduction and strategy.

In the world of Amogus, however, the imposter takes on a new level of significance. The meme has become a shorthand for any situation where someone is hiding their true intentions or identity, often with humorous or suspicious overtones. From political scandals to pop culture controversies, Amogus has become a way to poke fun at those who seem to be hiding something.

But what does all of this have to do with pharmacy, you may ask? Well, as healthcare professionals, we are often tasked with identifying potential threats to patient health and safety. Just as the crew in Among Us must identify the imposter in their midst, we must be vigilant in identifying potential risks to our patients' well-being.

Whether it's a medication error, a drug interaction, or a patient who is not disclosing important medical information, we must use our skills of observation and deduction to ensure that our patients are receiving the best possible care. And just like in the game of Among Us, we must work together as a team to identify and address these threats.

So the next time you come across the Amogus meme, remember that it's not just a silly internet trend – it's a reminder of the importance of vigilance and teamwork in healthcare. Whether you're playing a game or caring for a patient, always keep your eyes open for the imposter among us.

PHARM ANTHEM

Huy Pham, 2T4

As the dawn arise and faint red rays lines the sky,
I bravely step right into an unfamiliar, brand new world (slowly)

These dark thoughts (and uncertainty) stirring fiercely (within me).
Rewrite the signetur of this script
Hidden within burned out ashes, my heart and soul shines bright

This is a song of resilience
(this) PHARM ANTHEM
Can you hear my voice?

Grab hold of my hand, pull yourself out of your adversity

Never let the fear or self-doubt define your identity or your potential.
You're the only you. No interchangeables. The innovator.
Accept no substitutes.
So stand pridefully.
I am a Pharm student!
"Hopeful renewal"

With these hands I pray for my own ideal bright days.
Conceal anxiety and insecurities with confidence (stormy)
Inspiration (and self-esteem). Commitment to (eternal growth) will reliably sustain my body and mind.
Towards this stormy road, get ready!

This is a song of self-confidence
(my) PHARM ANTHEM
In the pits of despair,
Just count on me to support you through these trials and tribulations

Never crush these dreams with the harsh words of disbelief and condemnation
This version of me, lacking it may be, is the one I choose to face this hostile world

I've wept because I could not fly
And yet these broken wings
Are still not something I can just abandon
Rise upwards from Tartarus, Oh, fly me beyond the stars
With the power and strength of phriends with me, always by my side!

Spread open your wings and take flight into the boundless skies
"Defy expectations"
Determination breaking through all the barriers that comes your way

This is a song of resilience
(this) PHARM ANTHEM
Can you hear my voice?
Grab hold of my hand, pull yourself out of your adversity

Never let the fear or self-doubt define your identity or your potential.
You're the only you. No interchangeables. The innovator.
Accept no substitutes.
And stand pridefully.
We are Pharm students!
"Hopeful renewal"

A Pharmacy Song Unfinished

Huy Pham, 2T4

Three guesses where the structure of the song originates from

Minor Ailments, MSL, Ambulatory
Public Health, Compounding, Reconciliation
Gonna make it happen
Oncology, Education, Military,
Informatics, QI, Drug Information
Gonna make it happen

Through this long and endeavouring journey
(Wow wo wow)
At the top of my lungs, I will proudly proclaim

(I am Pharm)
Before, I was a lost student who was resting on the shoulders of giants
(I am Pharm)

But from now on, I'll forge my path for myself
This is the future! Go grab hold and achieve the pharmacodream!
(I am Pharm)

Never hesitating or turning back, I will march on
Uphold the pledge!

...

(I am Pharm)
To all the phriends and phamily who continue to guide and support us along the way,
(I am Pharm)

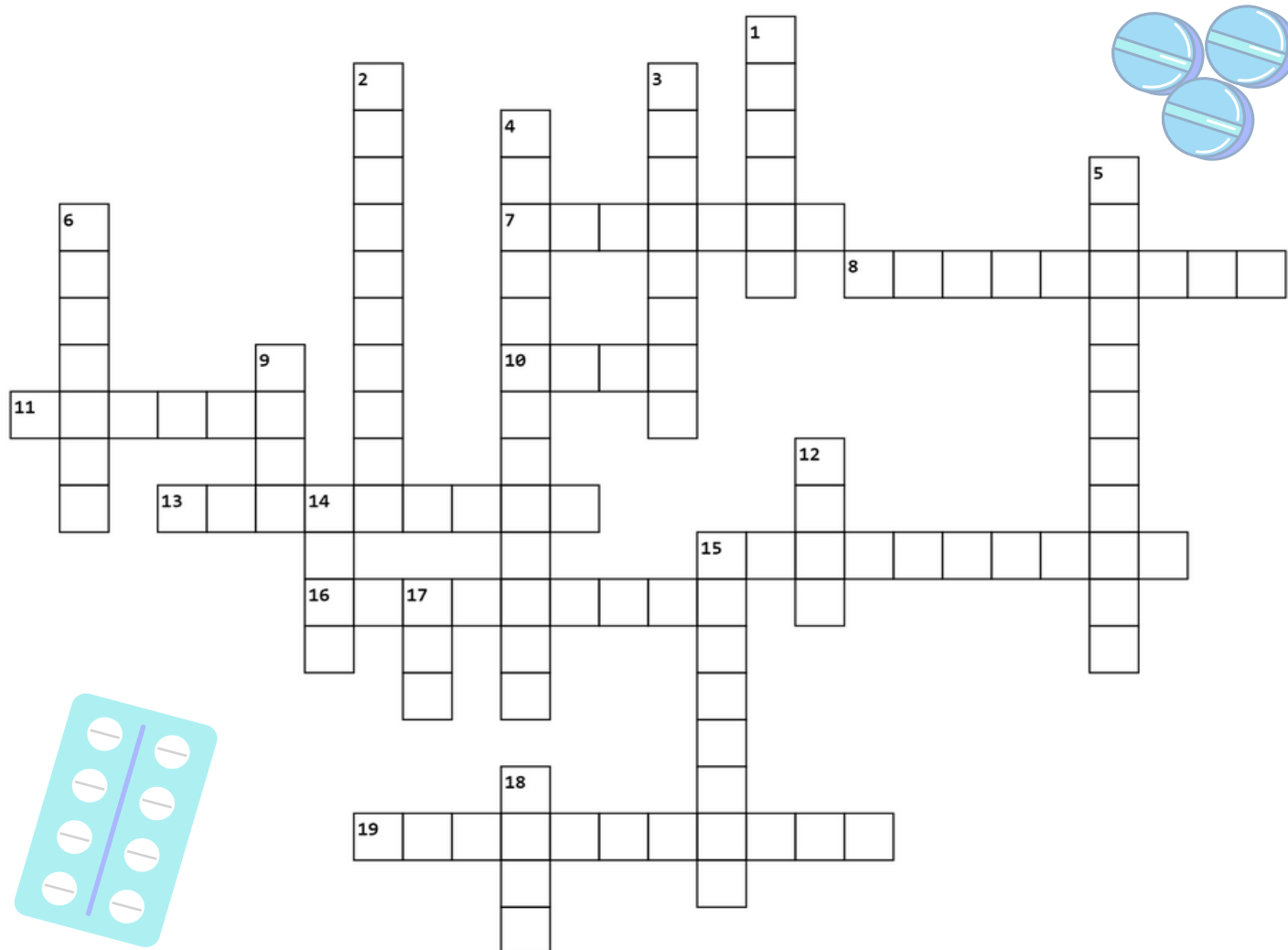
Thank you and kind regards, we want to say
This is the future! Go grab hold and achieve the pharmacodream!
(I am Pharm)

Never hesitating or turning back¹, we will strive to
Uphold the pledge!

(Pharm I am)
All pridefully wear our white coats and move towards endless possibilities
(Pharm I Am, Pharm I am)
Go forth with such passion and ferocity. To the very end
L-D-F-P

¹ Replace with "Saa koroshite misero yo" for the taunting version

COMPPS CROSSWORD



Across

- 7.** Additive in a powder formulation that improves the flow characteristics of a powder mixture
- 8.** In the last COMPPS workshop, we made _____
- 10.** You should familiarize yourself with this document for all chemicals that you work with
- 11.** Used to maintain suspensions in a desired pH range
- 13.** The formulation featured in the first COMPPS workshop of the year
- 15.** Heterogeneous systems consisting of at least two phases
- 16.** Additive in a powder formulation that prevents adhesion of material to equipment surfaces
- 19.** The act of grinding into a small powder

Down

- 1.** The master compounder, one of the happiest faces around PB, and probably the only reason you know your PKPD!
- 2.** Strength of tablets against wear
- 3.** Resistance of a solid to attrition or breakage
- 4.** Assemblage of particles in a powder
- 5.** Small plug of medication, designed to melt or dissolve at body temperature within a body cavity other than the mouth
- 6.** Small soluble case (usually made of gelatin) containing a dose of medicine
- 9.** Prescription vials are measured in this unit
- 12.** How much drug in total that is delivered to a patient at the time of administration
- 14.** To solidify a mixture into a desired shape, a liquid solution is poured into a _____
- 15.** Amount of active ingredient(s) contained in one unit of the formulation (e.g., one tablet)
- 17.** The date after which a compounded preparation shall not be used
- 18.** Describes formulations relating to the ear



BY: LEEYA WILSON AND
EMILY LAM
COMPPS 2T5 CLASS
REPRESENTATIVES



Khoa Vu, 2T3



Christina Kang, 2T5

Artist Spotlight

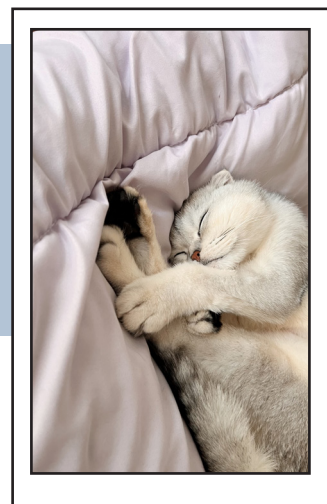
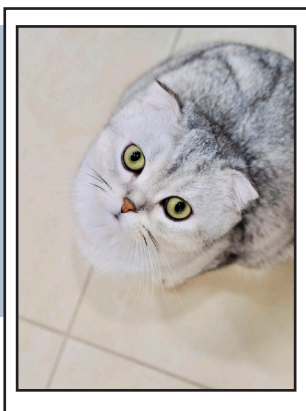


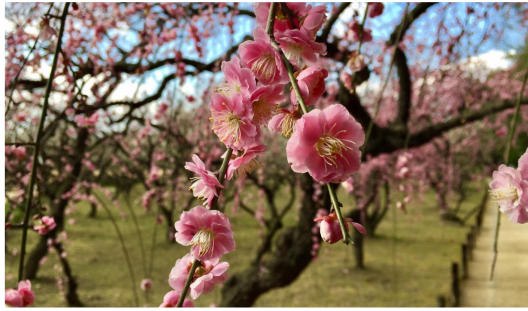
Khoa Vu, 2T3



Shakanya Karunakaran, 2T3

SNOW - NUZAT KARIM 2T5





Mackenzie Richardson, 2T5

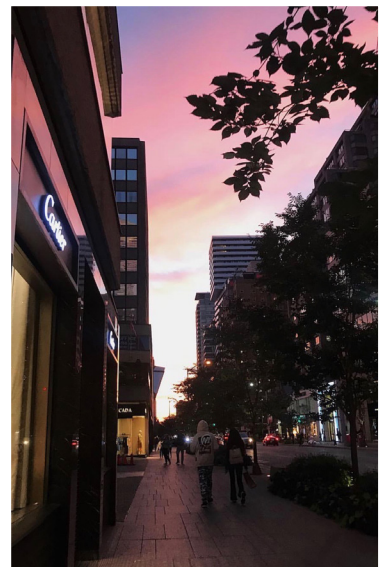


Brendan Lim, 2T5



Orion Nebula

Amar Deonandan, 2T3



Chelsea Cao, 2T4

Risansha Chhabra, 2T6



Brendan Lim, 2T5

