

MONOGRAPH PRE-ISSUE VOLUME 25

SEPTEMBER 2023

Meet UPS & Clubs

who's who

Anti calendars

insider info
on classes

THE MONOGRAPH TEAM



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Vidish Upadhyay



2T5 Representative
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2T6 Representative
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2T7 Representative
TBD!

Cover Art
Sheena Ye

EDITOR'S ADDRESS

... and with that, another summer has flown by us and we are going full force into the new school year! We want to begin this address by welcoming our incoming class of 2T7s – we hope you had a great orientation week and are ready to carry this energy for the rest of the school year! We would also like to welcome back our returning 2T6s and 2T5s on campus and wish our 2T4s good luck on their APPE rotations!

We, Sheena Ye and Aqsa Ali, are super excited to be your Monograph co-editors for the 2023/24 school year! We hope that reading our issues will provide you as much joy as it was for us to make it. From UPS member introductions to learning about the clubs on campus in our “Who’s Who” section, this issue is going to be a fantastic tool for the next few months as you see familiar faces on campus and get involved! You will also be hearing from your newly elected UPS President Adam Da Costa Gomes and Vice President Nic Pham, incoming first-year Sarah Kozma (2T7), and bid a farewell to our new graduate Amar Deonandan (2T3). We are also featuring our popular “Anti-Calendars” for ALL years to get updated insider information on upcoming courses so make sure to save this issue as a fantastic resource for the rest of the school year!

To finish this address, we just wanted to emphasize how excited we are to use the Monograph as a platform to showcase student voices and unify our student body. Please feel free to reach out to any of the co-editors (us) and your class representatives should you have any interest in writing for the Monograph, wanting to see specific content, or even if you wish to contribute to our layout team. We are SO excited for the school year and we will all keep in touch!

Sincerely,

Aqsa Ali and Sheena Ye
Monograph Co-editors 2023-2024
monograph@uoftpharmacy.com

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UPS ADDRESS

Hey Phamily!



To all of the students coming to campus for the first time as well as all of the students returning for the 100th time, the Undergraduate Pharmacy Society (UPS) would like to give each and everyone of you a warm welcome to the Leslie Dan Faculty of Pharmacy! We, UPS, are a student council that focuses on advocating and representing the student body with the best interests of all of you in mind. With that said, we've got plenty of things planned for this academic year that we're excited to share with you! We are so excited to be leading this year's council, as we believe we've got some of the best and brightest leaders across our cohorts to make the 2023/2024 academic year the most exciting in LDFP history!

Kicking off the year is Phrosh, to welcome the incoming class of 2T7s! The Phrosh Planning Committee, helmed by 2T6 PVP Rehan and Saniha, have been working diligently over the summer months to bring our new friends an amazing week filled with fun and excitement. With everyone in the friendly and phamily spirit this fall, we encourage new and returning students alike to introduce themselves to one another to foster a more tightly-knit community here at the Leslie Dan Faculty of Pharmacy (plus networking yay!!!). And just as we alluded to earlier, we have SO much more than just Phrosh lined up. Keep your eyes open and ears peeled for our Orientation Banquet at the end of September, Halloween spirit week for October, Phollies for November, Winter holidays spirit week for December, OPSIS in March, and Awards Night in April. Not enough pharmacy for you? Good thing that the Leslie Dan Faculty of Pharmacy is home to over 30 clubs, hosting fun, interactive, and informative events throughout the academic year. If learning is what you're more interested in, come and join us for a variety of conferences like PDW and PharmacyU! Did you join healthcare to help people? Then you might get excited about our Charity Week or our Blood drives, where each semester we donate blood as a cohort.

No matter your interests, UPS is confident that you will find activities that you will find personally and professionally fulfilling.

Remember, UPS is here to serve YOU, the students, by advocating for you and being a resource for you during your time at the Faculty. To make sure that we are doing that as effectively as we can be, please make sure to follow us on Instagram, Facebook, LinkedIn and check out our UPS website! You can even email the two of us at ups@uoftpharmacy.com. If we can't answer you directly, we'll be sure to refer you to the person that can. We look forward to seeing you all in-person real soon, but feel free to reach out to us online, we would love to chat!

We can't wait to see what you'll get up to this year!



Adam Da Costa Gomes

Adam Da Costa Gomes
UPS President 2023-2024

Nicolas Pham

Nicolas Pham
UPS Vice-President 2023-2024

LETTERS TO THE MONOGRAPH: 2T7

First, let me introduce you to little Sarah who was in grade four when she first stepped into the pharmacy world. The pharmacy she stepped into was her aunt's pharmacy in a small town in Syria. She used to wait impatiently for weekends to go with her aunt to the pharmacy and closely watch how her aunt improved patients' lives. Back then, pharmacy was very traditional in Syria, for example, there were no labels to place on drugs that indicate directions, drug name, dose, etc. Pharmacists would write the directions on the medication box with a pen. I aspired to be that pharmacist. So, I used to collect empty boxes at home and ask my brothers to act like they were my patients and I was their pharmacist. Then, I would start counseling them and write directions for them on those empty boxes: "Take on an empty stomach", "Take after food", "Take one tablet twice daily", etc.

This was how little Sarah fell in love with this career, and this passion has grown stronger since then. I planned to study hard and apply to pharmacy school. Then the civil war started in Syria and I knew that war does not only destroy houses or kill people, so I thought my dream was at stake too. My parents planned on moving to Lebanon when I was in grade nine to escape war and it was a struggle to live in a new country. After three years of living in Lebanon, we relocated to Canada. So, you can picture how a student's life would feel like moving to different countries with different cultures and languages. Besides, there were some distorted feelings of identity, safety, and stability and it felt like going back to zero twice. However, my passion for pharmacy persisted. With that persistence, I decided to major in chemistry at York University and I started taking the pre-requisite courses for pharmacy school. Being new in this country, knowing very few people, and having humble English-speaking skills made me feel so lost during my first year because I did not know exactly how to get to my dream of becoming a pharmacist. After my first year of undergrad, I decided to know more about the pharmacy field in Canada so I decided to apply to the Pharmacy Technician Program at Centennial

College. The program was two years and has helped me remember how passionate I still feel about becoming a pharmacist. During this program, I completed placements at retail, hospital, and Long-Term Care pharmacies; and I learned a lot from many experienced pharmacists and pharmacy technicians. I got registered as a pharmacy technician, then I started working at Shoppers Drug Mart pharmacy, and it has been two years since I first started. While working, I completed my pre-requisites for pharmacy school and I applied to my dream school, Leslie Dan Faculty of Pharmacy at UofT. Here we are, all of us living the dream. It has been a beautiful journey in this career, and I cannot wait to start the new chapter of my life achieving what I have been waiting for for years. I have experienced dealing with angry patients, patients who start crying at the counter for losing loved ones, patients who start yelling because of insurance coverage, patients who keep thanking me for helping, and many others. I am ready to continue doing this in the future as a pharmacist and will always be working for the best interests of my patients.

Lastly, congratulations to all of us on this achievement. I cannot wait to meet you all and spend those four years learning and making lasting memories. Best of luck to us, class of 2T7!



Sarah Kozma, 2T7

LETTERS TO THE MONOGRAPH: 2T3

Allow me to extend my sincere congratulations on your well-deserved admission to the Leslie Dan Faculty of Pharmacy. You will be surrounded by amazing classmates, colleagues, and teachers, who will make these the four most exciting years of your life! Embrace the journey, the rewards, and the challenges along the way, because before you know it, you will be in your graduation gown, having the knowledge needed to practice as a pharmacist.

During the COVID-19 pandemic, pharmacists have stepped up, massively contributing to the largest mass-vaccination effort in Canadian history. We are now able to independently prescribe for minor ailments. We can now order and even perform certain lab tests. Four years ago, when I wrote our 2T3 Incoming Letter to the Monograph in 2019, I merely imagined pharmacists as clinical drug experts just beyond your stereotypical pill-pusher. Well, you may ask, how was this even possible?

And so is my advice to the Class of 2T7: Better is always possible. Truly question what you learn throughout the next four years in pharmacy school. While you work. While you participate in extracurricular activities with your friends and colleagues. Ask yourself, is there something in my knowledge, my workplace, or my school experience, that can be improved for the better? If a professor says, “We don’t know”, is there a means to us eventually knowing? If there is a student club that is needed, can you make it happen? You and your colleagues will thank yourself for making such a positive impact on our Faculty and our profession. But most importantly, don’t forget to have a good time! You will make so many connections at the Leslie Dan Faculty of Pharmacy. Your classmates will become your colleagues, your professors are well-established leaders in our profession, and your rotation preceptors may become your best friends! While I can imagine how you feel about studying in such an intensive program, use this opportunity to network. Join extracurriculars, attend professional

events, and go out with friends. You will look back on those times and appreciate the value it brings to your student and professional life.

Thoroughly enjoy the next four challenging, yet highly rewarding years. Do not hesitate to reach out to any of your classmates and reach out when you are able to. Pharmacy is a very open, yet tightly-knit profession. We have been in your shoes before and are always more than willing to lend a hand.

Again, congratulations on joining the Leslie Dan Faculty of Pharmacy. I can’t wait to work with you soon and can’t wait to see everything your class will accomplish!



Best wishes,

Amar Deonandan, 2T3

UPS: WHO'S WHO?

Meet your 2023-2024
UPS council!



UPS Past President

pastpres@uoftpharmacy.com

Role: I serve as an advisor to the executive team, helping to navigate challenging situations and the various portfolios overseen by the council.

Talk to me about: Anything Drag Race, Pokemon, or food related!

Favourite Pharmacy Related Memory: Planning boat cruise has honestly been such a highlight of my pharmacy experience!



UPS President

ups@uoftpharmacy.com

Role: I oversee the entirety of our council and its activities, making sure that we are always working to improve social, academic, and professional life in our Faculty. There are many other nuances to the position, and you're always welcome to reach out if you're curious!

Talk to me about: Pokemon, your 10 most recently-added songs, your best meal in the city, anything at all!

Favourite Pharmacy Related Memory: Boat Cruises, working on branded content with Comms, UPS socials, and there are so many others!



UPS Vice President

ups@uoftpharmacy.com

Role: I work closely with the President to ensure that UPS works to the best of our ability to advocate and represent the students.

Talk to me about: Coffee, food, video games, and how dogs are better than cats

Favourite Pharmacy Related Memory: 5am cram sessions with friends before our morning exams

UPS: WHO'S WHO?

Executive Secretary

secretary@uoftpharmacy.com

Role: As the UPS secretary I will be in close contact with the president and vice president in order to set up our UPS meeting, input your UPS points and any other US related involvements.

Talk to me about: Fav coffee shops in the city and where your fav places to eat in toronto.

Favourite Pharmacy Related Memory: Boat cruise, 2t6 class council, the late night study dates with friends.



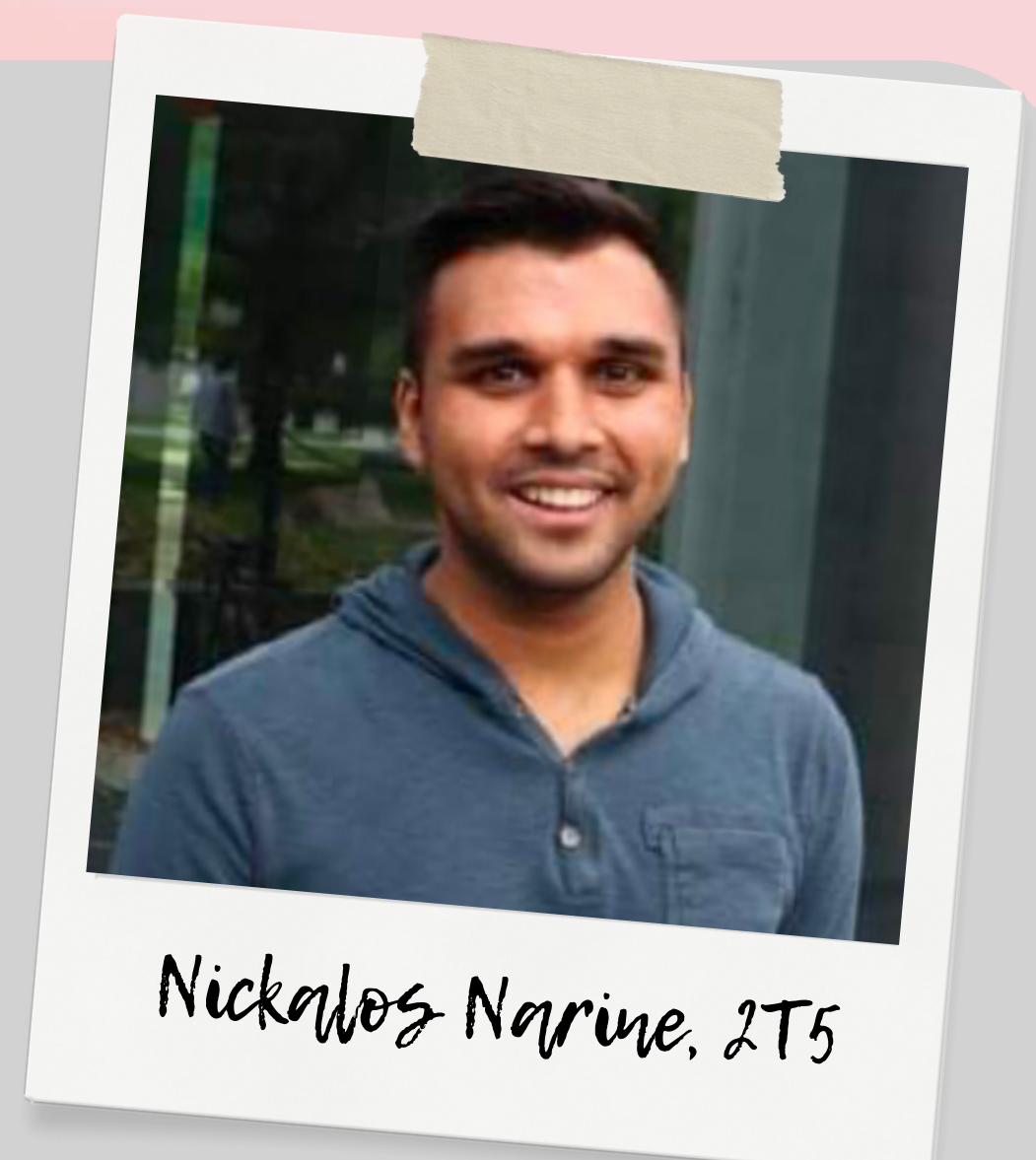
Sr. Finance Director

finance@uoftpharmacy.com

Role: As Senior Finance Director, I am responsible for maintaining the financial backbone of the society. We ensure all student life activities have the funding they need so that you can continue to enjoy free pizza and UPS points :) KG KDS Giroux

Talk to me about: Custom keeks, Japanese model kits and tinkering with 3D printers!

Favourite Pharmacy Related Memory: Mean Girls movie night and receiving my, "Personalized" burn book.



Jr. Finance Director

finance@uoftpharmacy.com

Role: N/A

Talk to me about: Honkaku Mystery Novels, cats, hiking, anime, poetry and cool food spots! (Bonus is how to make your matcha latte rock!)

Favourite Pharmacy Related Memory: Study Dates with PharmD friends!



UPS: WHO'S WHO?



Amir Torabi, 2T5

Sr. External Affairs Director

external@uoftpharmacy.com

Role: I work alongside the jr external and other ups teammates to organize events, communicate with external bodies that may help our clubs, as well as organize lunch and learns with various industry leaders for students to be introduced to potential career paths. I also serve as the CSHP chapter head to bring the world of hospital pharmacy to our cohorts

Talk to me about: Cooking, Anime, Video Games, cats, Academic Research 😊

Favourite Pharmacy Related Memory: phrosh week!



Jessica Amiana, 2T6

Jr. External Affairs Director

external@uoftpharmacy.com

Role: I work with the Sr. External Affairs Director to serve as the liaisons between UofT Pharmacy and our partners, as well as help plan various events throughout the year!

Talk to me about: Literally any animal, the gym, music (country, rap, rock, EDM, I love it all!), moving from a different city.. Am I allowed to put wine?!

Favourite Pharmacy Related Memory: The White Coat ceremony, study dates with phriends, post exam lunches.



Linda Li, 2T5

Events Co-Director

events@uoftpharmacy.com

Role: We get to plan and host events throughout the year such as boat cruise, orientation bashes, and semi-formals! Our job is to make sure every event is a success and to bring everyone together for an unforgettable good time!

Talk to me about: The best cafe spots in Toronto and any restaurant recommendations :)

Favourite Pharmacy Related Memory: The annual boat cruise and late night study at PB!

UPS: WHO'S WHO?



Anushka Sarkar, 2T6

Events Co-Director

events@uoftpharmacy.com

Role: 'm Linda's other half <3 Together we plan the boat cruise, orientation banquet, Phollies, semi formals AND MORE!!! We want pharmacy school to be more than just grinding and so we throw events that make sure you have some fun and get to hang with your peers!!!

Talk to me about: Running/outdoor activities, martial arts, music and food/cafe recs, and the best study spots on/off campus!!

Favourite Pharmacy Related Memory: Grabbing a sweet treat post exams with friends :) nothing slaps more than a sweet iced coffee post EX100.



Nuzat Karim, 2T5

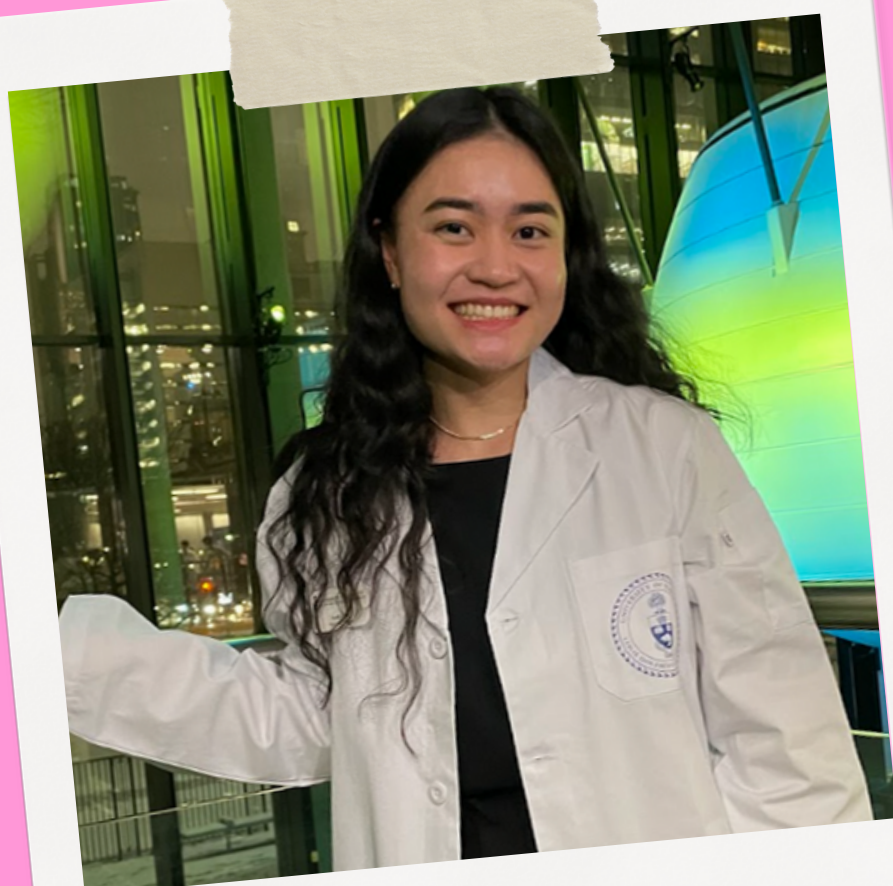
Marketing Co-Director

marketing@uoftpharmacy.com

Role: We create all the social media graphics and content for UPS events and initiatives. Our job is to ensure that everyone knows about all the amazing activities that UPS has planned for us!

Talk to me about: Your favorite cafe, anime, books, cozy video games, cats, and cameras!

Favourite Pharmacy Related Memory: Grinding for exams in the pod with phriends :)



Kelly Chin, 2T6

Marketing Co-Director

marketing@uoftpharmacy.com

Role: As the marketing co-directors, Nuzat and I are in charge of all the UPS social media accounts! We create, post, and share the amazing events that UPS has planned for the school year:)

Talk to me about: How to make the best matcha latte because mine always turns gray.

Favourite Pharmacy Related Memory: Thursday Lunch & Learns. Big tip, go to all of them- they give you free food!

UPS: WHO'S WHO?

Sr. Athletics Director

athletics@uoftpharmacy.com

Role: As the Sr. Athletics Director my role is to organize intramurals for the students of the pharmacy faculty! We offer a variety of sports at different levels of competition for everyone to enjoy. I also work alongside the Jr, Athletics Director (Julia) to help organize and promote athletic events.

Talk to me about: Anything sports, anime, manga, and places to travel if we weren't broke pharmacy students.

Favourite Pharmacy Related Memory: Organizing and participating in the annual curling bonspiel hosted by UPS Athletics! It was a great opportunity to try something new and I must say watching curling on TV hits different now, it's a lot more than just sweeping rocks.



Hamza Farah, 2T5

Jr. Athletics Director

athletics@uoftpharmacy.com

Role: I work with the Sr. Athletics Director (Hamza) to organize and promote athletic events to the pharmacy faculty. Specifically, the Jr. Athletics Director is responsible for organizing the Annual Curling Bonspiel and the Dodgeball Tournament!

Talk to me about: Cats, where you get your cute clothes from, your favourite musician or recent vacation.

Favourite Pharmacy Related Memory: Playing in the OPA Soccer Cup against Waterloo last year was so much fun and super exciting!!



Julia Ioannou, 2T6

Monograph Co-Editor

monograph@uoftpharmacy.com

Role: as co-editor of the monograph, Sheena and I are in charge of creating the student newsletter. We work with our Monograph Reps and layout editors to share with you all fun and exciting articles throughout the academic year.

Talk to me about: Anime, favorite food spots to eat in the city, and movies!

Favourite Pharmacy Related Memory: White coat ceremony, lunch and learns, and studying last minute with phriends :)



Aqsa Ali, 2T5

UPS: WHO'S WHO?



Sheena Ye, 2T6

Monograph Co-Editor

monograph@uoftpharmacy.com

Role: as co-editor of the monograph, we are in charge of creating and distributing our student body's newspaper!

Talk to me about: Cool cafes near campus, anything related to cats, books, and your Myers Briggs personality type.

Favourite Pharmacy Related Memory: The exhilarating thrill of eating free sandwiches at Lunch and Learns (for some reason it just hits different than normal sandwiches).



Irien Zhang, 2T5

Pharmakon Co-Editor

pharmakon@uoftpharmacy.com

Role: Together with Omar, my role is to work with a team of photographers and designers to capture the special and also mundane memories of Pharmacy school and by the end of the year, encapsulate it in our final yearbook.

Talk to me about: Your favorite reads and eats, pictures of your dog.

Favourite Pharmacy Related Memory: Falling asleep in the basement lecture hall and waking up in the same position after 3 classes have passed by and the sun has set.



Omar El Barbir, 2T6

Pharmakon Co-Editor

pharmakon@uoftpharmacy.com

Role: With Iriene, I will be collaborating with a team of talented photographers and designers in capturing our pharmacy school journey. We hope to present our academic, social, and personal moments in the final yearbook.

Talk to me about: Music, best spots in Toronto for pho/sushi, photography and travel!

Favourite Pharmacy Related Memory: Academically I loved compounding labs, but karaoke with friends was the main highlight :)

UPS: WHO'S WHO?

Speaker

speaker@uoftpharmacy.com

Role: Obviously I get to speak. In all seriousness, my position is mostly in charge of the flow of conversations during UPS meetings, as well as ensuring all the motions made are accurately reflected in the UPS constitution if needed.

Talk to me about: I love talking about kpop, anime, and pets (mostly dogs), however I really talk about anything other than sports. I just talk a lot to be honest.

Favourite Pharmacy Related Memory: AAttending Phollies and TNTTP. Tina's dancing is literally a core memory for me.



Webmaster

webmaster@uoftpharmacy.com

Role: I'm in charge of maintaining the UPS website and the individual class listservs. My job is to keep you all informed about any upcoming ups/ club events so that you can make the of your pharmacy experience!

Talk to me about: Music and books! I'm always down to listen to/ read new things so send recommendations! Also crocheting/knitting ! (that my secret stress reliever)

Favourite Pharmacy Related Memory: Lunch and learns and the different club events! They're great way to learn new things, meet new new people and potentially get free food/ gift cards



Sr. CAPSI Representative

torontosr@capsi.ca

Role: I work with Meriam, the Junior Representative, to oversee CAPSI initiatives at the local level, including competitions, Pharmacy Appreciation Month (PAM) activities, textbook sales, and more! On a national level, I sit on several subcommittees that advocate for student wellness and learning opportunities.

Talk to me about: Your pets! And any deals you come across (be it food, clothes, activities... I'm all for enjoying life on a budget).

Favourite Pharmacy Related Memory: Any event ever hosted by 2T5 Class Council - they never miss!



UPS: WHO'S WHO?



Meriam Salih, 2T6

Jr. CAPSI Representative

torontojr@capsi.ca

Role: I work alongside Ayman to plan competitions and different social events. We also act as the liaison between our school and CAPSI national council.

Talk to me about: Pretty much anything!! I love meeting new people and hearing people's stories...so if you ever see me around campus come say hi :)

Favourite Pharmacy Related Memory: Being a part of the compounding competition because it was my first time competing for anything...as well as PDW (pharmacy student conference) made so many new friends and so excited for it to be hosted in Toronto this year.



Hitisha Solanki, 2T5

UTSU Representative

utsurep@uoftpharmacy.com

Role: I work together with the student body in pharmacy as well the general University of Toronto Students Union to advocate for student interests and enhance campus life.

Talk to me about: All things birds, bollywood and TV!

Favourite Pharmacy Related Memory: Phrosh week and meeting new people each year :)



Sargha Mohindra, 2T5

Sr. IPSF Representative

ipsf@uoftpharmacy.com

Role: I advocate and bring awareness to public health issues on an international level. We organize various health campaigns and coordinate SEP, IPSF's Student Exchange Program to help students to explore Canada or support our students here to explore pharmacy globally. The Jr. IPSF Rep and I are excited to plan and host a variety of health campaign events, advocate for our profession of pharmacy, and expand both my knowledge as well as yours on health topics from across the world.

Talk to me about: Video Games, Travelling, Books, Hockey and Fluffy Cows/cute animals!.

Favourite Pharmacy Related Memory: PDW, all the CAPSI competitions, 2T5 arcade event, Volleyball, 6th floor study sessions!

UPS: WHO'S WHO?

Jr. IPSF Representative

ipsf@uoftpharmacy.com

Role: Working alongside the Sr. IPSF representative, we plan events that promote awareness of global public health issues. We also collaborate with local IPSF representatives from other countries and organize oversea student exchange programs.

Talk to me about: Your problems (I am great at listening).

Favourite Pharmacy Related Memory: Chatting with phriends in the lobby when class ends!



Jason Jinn, 2T6

2T4 President

2t4@uoftpharmacy.com

Role: Coordinate the Therapeutic Choices sale in mid-September and support the graduation committee of the 2T4s.

Talk to me about: Valorant, TFT, other games, izakayas, movies, TV shows and anything else!

Favourite Pharmacy Related Memory: Late night eating/ Karaoke



Rachel Ma, 2T4

2T4 Vice President

2t4@uoftpharmacy.com

Role: plan events to support the grad committee, hold the summer merch sale, plan prof auction.

Talk to me about: Volleyball intramurals, we are the reigning champs ;) or books or food <3

Favourite Pharmacy Related Memory: Floor 2 PB study grinds with the phamily.



Stephanie Rosenbaum,
2T4

2T5 President

2t5@uoftpharmacy.com

Role: Along with Ashish, I plan and coordinate events and initiatives for the 2T5s. Our goal is to make sure that everyone has the chance to make friends, have fun, and succeed in their goals.

Talk to me about: Magic: The Gathering, Cats, Board Games, Video Games, Books, Movies, Dinning, and anything related to Japan!

Favourite Pharmacy Related Memory: Water bottle football in PB B250.



Mackenzie
Richardson, 2T5

UPS: WHO'S WHO?



Ashish Gante, 2T5

2T5 Vice President

2t5@uoftpharmacy.com

Role: Together with Mack, we organize and promote events for our class in order to make our program as rewarding and enjoyable as possible.

Talk to me about: Movies, tv shows, music, sports, and food spots around Toronto!

Favourite Pharmacy Related Memory: Attending council events such as secret santa, winterfest and visiting the aquarium!



Rehan Saeed, 2T6

2T6 President

2t6@uoftpharmacy.com

Role: I co-lead the 2T6 class council and co-organized the 2023 Phrosh Week in tandem with my VP

Talk to me about: Soccer, your favourite geeky activities and your gym-week split :)

Favourite Pharmacy Related Memory: Camping out on weekends in PB to study for exams, all while trying food from new restaurants every day!



Saniha Budhwaraj, 2T6

2T6 Vice President

2t6@uoftpharmacy.com

Role: I am the Co-Chair for Phrosh Week 2023, take part in leading charity week, and organize first aid for the incoming 2t7s!

Talk to me about: Your favorite TV show and the best place to get a coffee in Toronto!

Favourite Pharmacy Related Memory: Loved making the most of studying for exams by spending time with my friends and attending the boat cruise and banquet !

CLUB'S WHO'S WHO?

PHARMACY DRAGON BOAT CLUB

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

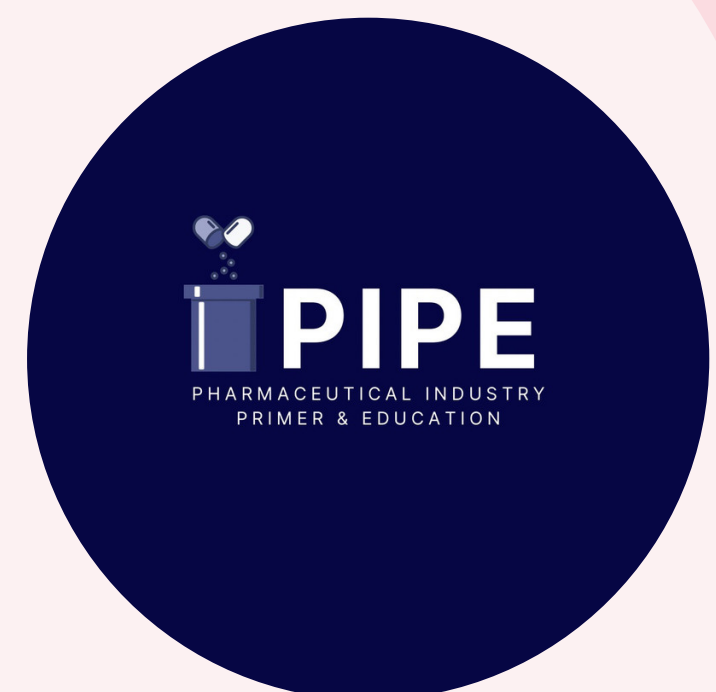


Presidents: Jason Jian, Deep Shah

Contact: pharmacydb@gmail.com , IG: @pharmacy.db

PIPE (PHARMACEUTICAL INDUSTRY PRIMER AND EDUCATION)

PIPE is a UPS club that aims to help students gain a basic understanding of the roles PharmDs play in the pharmaceutical industry. Now in our third year, our goal remains to provide students with opportunities to learn from and network with industry professionals while familiarizing themselves with the many opportunities for PharmDs within the industry including residency. This club was founded in 2021 because we feel that pharmacy students have little exposure to the pharmaceutical industry and the roles pharmacists can play in it, unless they take the third-year industry elective course. Therefore, we at PIPE aim to bridge this gap so PharmD students interested in the pharmaceutical industry can get a head start on their career planning. Our initiatives will include networking events, information nights, and roundtables!



Presidents: Vincent Saullo, Natalie Chaput

Contact: pipeuoft@gmail.com, IG: @pipeuoft

PHARMACY STUDENT SERVICE TEAM (PHASST)

The purpose of the Pharmacy Student Service Team (PhaSST) is to promote and encourage community involvement and volunteerism among pharmacy students. In doing so, we hope to develop social awareness and compassion, which can be integrated into our practices as future pharmacists. We will accomplish these goals through the following actions: 1. Connect students to volunteer opportunities at local service organizations. 2. Host periodic discussions on topics relating to social issues, such as poverty and development. 3. Organize annual fundraising and donation events, we will help to support the needs of individuals and local programs.



Presidents: Chloé Lavoie (President), Sarah Vo (Vice President)

Contact: phasst.utoronto@gmail.com, IG: @phasstuoft

CLUB'S WHO'S WHO?

IMAGINE CLINIC

IMAGINE (Interprofessional Medical and Allied Groups for Improving Neighbourhood Environments) is an interprofessional, student-run community health initiative aimed at promoting and providing health care to the core neighborhoods of downtown Toronto.

Presidents: Jamie Kim, Anthony Nguyen
Contact: imagin.clinic@gmail.com



PHARMACY AWARENESS OF RARE DISEASES

Rare diseases impact approximately 1 in 12 Canadians, with a notable portion affecting children (Canadian Organization for Rare Disorders, 2015). These conditions often face neglect in terms of attention, resources, and research funding due to their respective infrequency. Pharmacy Awareness of Rare Diseases (PARD) is dedicated to raising awareness and educating about rare diseases at the Leslie Dan Faculty of Pharmacy. We strive to foster conversations around patient challenges and breakthroughs in orphan drug research, while further fundraising for rare disease supporting organizations. Our goal is to provide pharmacy students with the opportunity to expand their understanding of rare diseases, all the while cultivating greater interest and awareness in this field.

Presidents: Nuzat Karim (President), Lea Ghaddar (Vice President)
Contact: pard.uoft@gmail.com, IG: @pard.uoft



PHARMACY MUSLIM STUDENT ASSOCIATION

Asalamualeykum! Peace be upon you all! PhaMSA is here to facilitate the integration of the dual identities of Muslims as pharmacy students. As Muslims, Islam encourages us to act in excellence in all facets of life by demonstrating mercy, honesty, and compassion. As pharmacists, we have vowed to act with beneficence, prioritizing patients' needs and drawing from our formal education to help them as best we can. Our club hopes to merge these two aspects of our lives by holding events that emphasize charity, unity, and commitment to patient-centered care. We aim to create a safe environment for Muslims to interact and learn with other members of the community. We look forward to seeing you soon!

Presidents: Hudaifa Khanam (Co-president)
Contact: pharmmsa@gmail.com, IG: @uoft_phamsa



CLUB'S WHO'S WHO?

PHARMAPRIDE

PharmaPride is a club that promotes diversity and inclusivity within the pharmacy space, primarily focused on members of the LGBTQ+ community. This club focuses on making those voices be heard within the pharmacy profession and looks to educate other people on the community. Join us for fun events revolving on queer art and expression, along with talks with members of the LGBTQ+ community to shed light on issues that we face. Looking forward to seeing you take this journey with us!

Presidents: Jonathan Scodeller, Chloe Carenza

Contact: pharmapride.uoft@gmail.com, IG: @pharmapride



INTERNATIONAL PHARMACEUTICAL STUDENTS' FEDERATION IPSF

IPSF is the leading international advocacy organization for pharmacy students. We advocate and promote awareness for global public health issues. IPSF aims to improve health through the provision of information, education, and networking opportunities through various health campaigns and events. One of IPSF's initiatives is the Student Exchange Program (SEP), which provides the unique opportunity to travel abroad and experience pharmacy practice in countries worldwide. With over 1000 exchange students across 60 countries, students can work and learn about pharmacy settings in community, research, hospital or industry at an international level. We have exciting events planned for this upcoming year and we hope to meet you all soon!

Presidents: Sasha Mohindra (Sr. Rep) Jason Jian (Jr. Rep)

Contact: ipsf@uoftpharmacy.com, IG: @ipsfuoft



PHARMACY STUDENTS FOR ANTIMICROBIAL STEWARDSHIP SOCIETY (PSASS)

Pharmacy Students for Antimicrobial Stewardship Society (PSASS) is a student-run pharmacy club that is dedicated to advocating for antimicrobial stewardship and educating students on the importance of responsible and safe antimicrobial use. By starting this discussion, we hope to inspire you to learn and speak on these topics. Throughout the year we hold many events, including lunch-and-learns, trivia nights, and collaborations with SASS teams from other healthcare faculties, such as medicine and dentistry. In addition to our events, PSASS releases guidelines on the management of infectious diseases to help students during their practical rotations.

Presidents: Kim Ann Cheung, Yasmin Ameeriar

Contact: psass.uoft@gmail.com, FB: PSASS - Pharmacy Students for Antimicrobial Stewardship Society



CLUB'S WHO'S WHO?

PHARMACY CAFÉ CLUB

Pharmacy Café brings together experts in healthcare to share their experiences in research, entrepreneurship, clinical expertise, and pharmacy practice in a relaxed café-style atmosphere. We foster an engaging environment between healthcare experts and pharmacy students while exploring the latest innovations in the world of pharmacy. A typical Pharmacy Café event will commence with a short presentation by an esteemed speaker followed by a group discussion. Subsequently, the audience will have the opportunity to pose any questions or share their ideas with the speaker. We envision Pharmacy Café to be a place where pharmacy students can create, connect, collaborate, and innovate with respect to the future of pharmacy practice.

Contact: pharmacy.cafeclub@gmail.com, IG: @pharmacycafeclub



HEALTHCARE KEYNOTES

Health Care Keynotes is a club that focuses on the development of communication and presentation skills while introducing you to non-traditional avenues of pharmacy. We hold biweekly meetings featuring high-profile and engaging guest speakers (ex: Monica Gautam, co-founder of Medical Affairs Canada, Moataz Daoud, global director of dermatology at Sanofi Genzyme, Zubin Austin, professor and winner of the President's Research Impact and Teaching Excellence awards). Sessions will often focus on tips and tricks to solidify your approach to interviews/first impressions and overall improve your verbal and non-verbal communication skills. Each meeting also incorporates an activity period where attendees are encouraged to participate in a range of exercises aimed at further developing their communication abilities. If you are interested in perfecting your speech, gaining confidence and learning more about the in-and-outs of pharmacy, then HCK is definitely the club for you!

Presidents: Michael Chan

Contact: healthcarekeynotes@gmail.com



GLOBAL MEDICINE INITIATIVE

Global Medicine Initiative (GMI) is a club that advocates for international health and access to medicines. We promote awareness and education regarding global health challenges by hosting fundraising events, information sessions, and our annual Gala

Presidents: Heather Amann

Contact: globalmedicine.uoft@gmail.com, IG: @uoftgmi



CLUB'S WHO'S WHO?

INTERPROFESSIONAL HEALTH STUDENTS' ASSOCIATION (IPHSA)

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

Presidents: IPHSA 2T5 Pharmacy Representative- Angela Cicero/ IPHSA 2T6 Pharmacy Representative- Sheena Ye
Contact: pharmacy.iphsa@gmail.com



UNIVERSITY OF TORONTO STUDENTS UNION

The University of Toronto Students Union (UTSU) serves as the representative body for students at the University of Toronto. Committed to advocating for student interests and enhancing campus life, UTSU organizes events, provides services, and engages in initiatives that promote student well-being, academic support, and social involvement. Through its elected officials and committees, UTSU collaborates with faculty, administration, and student organizations to address concerns, champion student rights, and foster a vibrant and inclusive university community.

Presidents: Hitisha Solanki - UTSU Representative
Contact: Utsurep@uoftpharmacy.com, IG: @uoftsu



EVOLVE

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

Presidents: Myuran Yoganathan and Adam Nanji
Contact: evolveuoft@gmail.com, IG: @evolveuoft



CLUB'S WHO'S WHO?

CANADIAN SOCIETY OF HOSPITAL PHARMACISTS

We are a club dedicated to educating students about the world of hospital pharmacy. Expect to see events tailored for students to network with hospital professionals, pharmacists, recent graduates/residents, and likeminded students. We are just one chapter under the Ontario branch wing. You can also sign up on the CSHP website to become an active member which will land you benefits such as subscriptions to the Canadian Journal of Hospital Pharmacy (CJHP), RxFiles, the CSHP e-Newsbrief, and the CSHP eBulletin and discounted liability insurance.

Presidents: Amir Torabi, Jessica Amiana

Contact: cshpcouncil@uoftpharmacy.com, IG: @uoft_CSHP



PHARMACY MENTORSHIP PROGRAM

Pharmacy Mentorship Program (PMP) is a student-run club that strives to provide pharmacy students with mentorship opportunities with practicing pharmacists. The goal is for students to gain wisdom on the different fields of pharmacy and develop life-long connections.

Presidents: Chloe Careenza, Christina Kang

Contact: pharmacy.mentorship.ut@gmail.com, IG: @pmp_uoft

PHARMACY
MENTORSHIP
PROGRAM

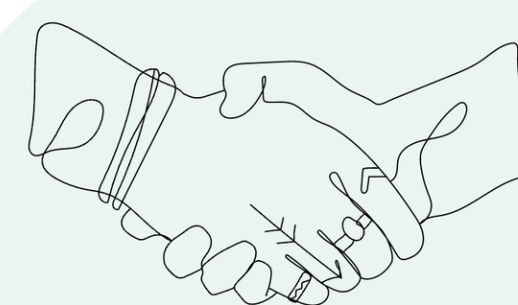
UNIVERSITY OF TORONTO

PHARMACY AWARENESS OF INDIGENOUS HEALTH (PAIH)

PAIH aims to bring awareness to the healthcare barriers faced by Indigenous communities. Our events & initiatives focus on raising awareness and education about Indigenous health within pharmacy by bringing to attention the historic impacts of colonization and residential schools. By doing so, we strive to improve pharmacy's Indigenous cultural competency and increase Indigenous representation in our profession. In the past, our club attended and promoted local Indigenous cultural events that provide pharmacy students with the opportunity to better understand Indigenous perspectives. Furthermore, we have hosted educational health workshops for Indigenous members of the Native Canadian Centre and the Native Child and Family Services of Toronto. Make sure to follow our Instagram, @paihuoft, to find out more!

Presidents: Yas Zareyan

Contact: uoftpaih@gmail.com, IG: @paihuoft



PHARMACY
AWARENESS OF
INDIGENOUS HEALTH

CLUB'S WHO'S WHO?

INITIATIVE FOR MENTAL HEALTH AWARENESS IN PHARMACY (IMHAP)

Initiative for Mental Health Awareness in Pharmacy (IMHAP) strives towards raising awareness and dismantling stigmas surrounding mental health. We're committed to fostering meaningful discourse within the pharmacy sphere to challenge the perceptions and approaches towards mental health. IMHAP connects students with prominent figures in the psychiatric pharmacy realm, offering invaluable networking opportunities and insights from clinicians. Through interactive discussions, workshops, and mentorship, we aim to equip students with the knowledge and skills necessary to combat mental health stigmatization within their future practice. Ultimately, IMHAP aspires to create a lasting influence in advocating for mental health. We envision a future in pharmacy that is marked by compassion, understanding and empathy.



Presidents: Nuzat Karim, Elena Rosagastaldo
Contact: imhapuoft@gmail.com, IG: @imhapuoft

COMPOUNDING OPPORTUNITIES AND MENTORSHIP PROGRAM FOR PHARMACY STUDENTS (COMPPS)

Compounding Opportunities and Mentorship Program for Pharmacy Students (COMPPS) is a pharmacy student club at the University of Toronto's Leslie Dan Faculty of Pharmacy. COMPPS provides compounding opportunities to enhance the student knowledge of compounding and hone their hands-on skillset in the art involved in preparing compounds. COMPPS also provides networking opportunities with other like-minded pharmacy students, pharmacy technician students, compounding leaders in pharmaceutical industry, pharmacists in the community, and other professionals.



Presidents: Hamza Farah and Leeya Christine Wilson
Contact: comppsinfo@gmail.com, IG: @comppsuoft

NATIONAL COMMUNITY ONCOLOGY DISPENSING ASSOCIATION (NCODA)

NCODA U of T Student Chapter seeks to be a link between NCODA National and UofT students to enhance their world of oncology pharmacy. NCODA is an international association working to share ideas and form connections between professionals passionate about oncology and industry. We are looking to give students the opportunity to network and develop professional relationships with leaders of oncology and learn about the newest developments in oncology through our many events and programs. Overall, this year we hope to enhance students' understanding of oncology pharmacy, hold charity and fundraising events, and give students opportunities to connect with oncology professionals.



Presidents: Thomas Cho
Contact: ncoda.uoft@gmail.com, IG: @ncodauoft

CLUB'S WHO'S WHO?

CANADIAN ASSOCIATION OF PHARMACY STUDENTS AND INTERNS (CAPSI)

As a UofT pharmacy student, you are automatically part of the CAPSI, and this comes with many benefits! CAPSI UofT is the local chapter of a national organization that serves to advocate for the interests of pharmacy students from all 11 pharmacy schools across Canada. Our goal is to provide diverse opportunities and an enriching pharmacy student experience through practical and professional experiences outside the classroom. We hope to see you at our CAPSI competitions and student initiatives, Pharmacy Appreciation Month outreach programs, and social media challenges. CAPSI National also hosts Professional Development Week (PDW), an annual, national pharmacy student conference and a great way to meet and network with students from other pharmacy schools. This year, PDW is scheduled to take place in January 2024 right here in Toronto! Be sure to keep an eye out for registration information that will be made available late-September.



Presidents: Ayman Lakhani and Meriam Salih (CAPSI Senior and Junior Representative)

Contact: torontosr@capsi.ca, torontojr@capsi.ca, IG: @capsiuoft

PHARMACY FRENCH CLUB (PFC)

PFC is a student-run pharmacy club that aims to promote the use of the French language among pharmacy students in an interactive and fun environment. Whether your goal is to learn a few French words, to practice French conversation skills or to try your hand at writing in French, we will run events for all skill levels including Instagram challenges, a word search, French conversation clubs and a French writing challenge! À bientôt!

Presidents: Kira Walker

Contact: pharmacyfrenchclub@gmail.com,

IG: @pharmacyfrenchclub_uoft



PHARMACY PEDIATRIC INITIATIVE (PPI)

PPI is a club dedicated to advocating for the pediatric population. As pediatric pharmacy is underrepresented, we strive to increase awareness and involvement through various events we hold throughout the year. These events include trivia nights, toy drives and information panels. Through these initiatives, we hope to increase student interest in this field and equip students with the knowledge and skill sets they need to excel in pediatric pharmacy.

Presidents: Lina Lo (President), Grace Liu (Vice-President)

Contact: ppi.uoft@gmail.com, IG: @ppiatuoft

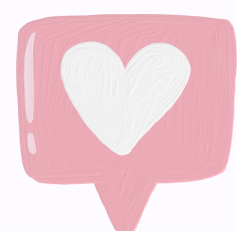


ANTI-CALENDERS

The anticalenders are back again this year to give students an insight to all of the courses in the PharmD program.

With the help of our Monograph representatives, the **anti-calendars** provide information on course description, professors, course average, and tips on how to succeed. We hope you find the anti-calendar helpful in preparing for the school year ahead!

-The Monograph Co-Editors



AUTHORS & ACKNOWLEDGEMENTS

We would like to thank the following authors for their contribution to this pre-issue's anticalendars!



First year anti-calendar: Purvi Mahida

Second year anti-calendar: Bakhshish Brar

Third year anti-calendar(s): Clara Dai, Adil Chowdhry, Pamela Molina, Stephanie Rosenbaum, Selina Luong, Karnie Garabedian, Huy Pham, Vidish Upadhyay



FIRST YEAR ANTICALENDER



Course Average	Course Description
PHM110H1: HEALTH SYSTEMS	
B+	<p>This course provides an overview of the Canadian health care system, with a focus on Ontario's system. It covers structures, financing, and policies of healthcare. The course aims to enhance students' understanding of how the Canadian healthcare system functions and its social determinants. It includes a written assignment, one midterm, final exam, and required IPE module/activities completion, along with guest lecturers contributing regularly. Additionally, the course explores health equity, barriers to accessing healthcare, indigenous and alternative medicine, and interprofessional skills for optimal patient care. Interprofessional collaboration is emphasized, and students will participate in small groups to explore teamwork and team dynamics.</p> <p>Tips for Success: In this course, you'll go over lectures, IPE modules, readings, and videos since they can all appear on tests. Memorization is key, so come up with ways to remember the content for both the midterm and final exam. Creating flashcards can help. The written assignment carries a lot of weight in your final grade, so make sure to do thorough research and apply what you've learned in class. You might find it useful to get help from the writing center and have peers edit your assignments. Much of the course centers around memorizing, particularly dates, lists, and processes. Having effective memorization techniques will be greatly beneficial as the exam is cumulative.</p>
PHM113H1: PHARMACY INFORMATICS	
B+	<p>Pharmacy informatics involves effectively managing and delivering medication data, information, and knowledge to support optimal medication outcomes. The course introduces various resources pharmacists use in clinical settings, including print and online references. Students learn how to use these resources to ensure safe and effective patient care during the medication process, which is essential for MTM-1 labs and EPE-1. The course is crucial for clinical practice as it teaches drug information references, classification, and documentation of drug information questions, the significance of electronic health and medical records, and the role of pharmacy informatics in medication use. Students develop skills in identifying, accessing, retrieving, creating, and exchanging relevant patient and health information for safe patient care. The course consists of one midterm, two online assignments, and a cumulative final exam.</p> <p>Tips for Success: This class focuses on reinforcing what you learn in lectures by going over assigned modules. When it comes to the timed assessment, you'll need to use online resources covered in class to answer questions about drugs. Being familiar with these resources can help you quickly find the answers you need. The class includes a timed assessment, midterm, and final exam. Doing well in the timed assessment means being able to use drug information sources (like RxTx, DPD, Lexicomp, ODB e-Formulary, etc.) quickly and effectively. Much of the course involves memorization. Use this course as an opportunities to learn about the resources we use in the workplace.</p>
PHM130H1: PHARMACEUTICAL CALCULATIONS	
P/F	<p>This course is an introduction to basic pharmaceutical calculations used in community or hospital pharmacy settings. It covers calculations for dispensing, pediatric patients, and compounding. The lectures introduce the calculations' relevance to clinical practice and provide step-by-step explanations of sample questions. Textbook problems are given for further practice. The course includes two midterms and a final exam. This is a pass or fail course, thus passing grade of 85% is required for the first midterm and final exam, while a perfect score (100%) is necessary for the second midterm, with an opportunity for a retake. Accuracy is crucial in pharmacy practice, and the course emphasizes its importance in providing safe and effective patient care.</p> <p>Tips for Success: Don't panic, getting 85% and 100% is not hard if you practice. Make sure to go over the questions discussed in lectures and finish the assigned homework. It's a good idea to attend tutorials, make use of the Quercus discussion board, and reach out to the TA for help when needed. Practice with previous tests (hint: questions on your tests will be very similar to the practice tests) and put together a formula sheet, since tests are open book. It's important to regularly practice the questions from the textbook. During tests, you can refer to your books/notes, which is especially useful for tackling difficult questions.</p>

FIRST YEAR ANTICALENDER

Course Average	Course Description
PHM142H1: METABOLIC BIOCHEMISTRY AND IMMUNOLOGY	
B+	<p>The course is divided into two sections, each taught by different professors. The initial portion explores the biochemistry and control of human metabolic pathways, along with the medical significance of disruptions in these processes. Emphasis is also placed on understanding how drugs work and the cellular structure of organs/systems involved. The second half focuses on the introduction to the fundamentals of immunology and the ways in which drugs modify immune responses through regulatory mechanisms. The course includes two written assignments, a midterm, and a non-cumulative final exam. Students can choose to engage in an extra-credit group presentation if they wish. Lecture notes are available either on quercus or PHM142 course website, and exam questions are based on lecture material, and class discussions.</p> <p>Tips for Success: Completing the bonus presentation is a great opportunity to earn up to 4% bonus marks. Although there is very little instructions provided for the presentation, there will be examples posted on the class site that you can use as a guideline. The midterm and final exams require memorization and applying your knowledge to practical questions. This course can be challenging, focusing on mechanistic understanding, pathways, pathologies, and drug treatments. There's a lot of content, including various pathways to memorize. Attending lectures and taking thorough notes will be very beneficial.</p>
PHM144H1: PHARMACOKINETICS	
B	<p>This course delves into the kinetics of drug processing in the body, covering the rate and extent of drug absorption, distribution, metabolism, and elimination. The lectures and tutorials introduce new concepts and equations to understand pharmacokinetics. The course also explores pharmacodynamics, drug dosing regimens, and drug-drug interactions. It is divided among multiple lecturers and includes four workshops, workshop quizzes, a midterm, and a cumulative final exam with multiple-choice, short and long answer questions. The course examines how physiologic and biochemical processes influence drug fate, focusing on the interrelationship between drug properties and ADME.</p> <p>Tips for Success: This is one of the hardest course in the fall term. Practice is key in this course. This course consist of memorization, understanding the content and applying the knowledge. To succeed in this course, practice extensively with tutorial questions, homework questions and previous exam papers. A significant portion of the course involves calculation-based questions related to pharmacokinetics and pharmacodynamics. You will also need to remember various transportation channels and metabolic reactions discussed in class. Since the course covers a substantial amount of material, consistent effort is crucial to avoid falling behind. It is important to stay caught up with the content because material for one lecture builds on things learned in the previous lecture. Attending tutorials and workshops helps reinforce learning, and quizzes offer insight into your understanding. Regular tutorial attendance has been proven to aid performance in the midterm and final exams. This course is demanding and requires full attention.</p>
PHM145H1: HUMAN HISTOLOGY AND ANATOMY	
B+	<p>This introductory anatomy course focuses on the structure and function of the human body's different parts, including cells, cavities, and organs. It is a memorization-heavy course, and the ability to remember and recall lecture material is crucial for success on tests. The course consists of three tests, each accounting for around 33% of the final grade. It covers various body systems and presents facts and diagrams in a clear and straightforward manner. The course provides an introduction to human histology and uses a systemic approach to study human anatomy.</p> <p>Tips for Success: To excel in the course, attending all the lectures can be very helpful as Dr. Sun emphasizes key information on slides that will be relevant for exams. This will really help you narrow down what you need to focus on for the midterms/exam. Prioritize noting down emphasized points during lectures as memorization is vital for success in this content-heavy course. While note-taking isn't heavily stressed since lecture slides are comprehensive, focus on strategies like spaced repetition to enhance your memory of the material. Memorization is key in this course.</p>
PHM146H1: FUNDAMENTALS OF PHARMACOLOGY	
B	<p>This course is an introduction to the fundamental principles of pharmacology, focusing on the fates and actions of drugs in the body. It covers various drug classes, their interactions with receptors, and the resulting responses. The course includes 3 quizzes, a midterm, and a cumulative final exam. The primary focus is on pharmacodynamics, studying how drugs affect the body. Lectures center around specific receptors, the drugs binding to them, and the response produced. The course introduces basic concepts in Pharmacology, emphasizing the role of this discipline in therapeutics. Topics covered include dose-receptor interactions, drugs affecting the autonomic nervous system (cholinergic and adrenergic agonists and antagonists), drugs targeting the neuromuscular junction, and drugs modifying autacoid function and endocrine effects.</p> <p>Tips for Success: This course requires memorization, particularly related to various drugs and their uses. Effective note-taking and finding your preferred memorization techniques are essential for success, given the extensive drug lists. Mastery of drug names and targets is a fundamental aspect of performing well in this course. Staying attentive during lectures, maintaining thorough notes, and employing study strategies for memorization are crucial.</p>

FIRST YEAR ANTICALENDER



Course Average	Course Description
PHM101H1: PHARMACOTHERAPY 1: FOUNDATIONS AND GENERAL MEDICINE	
C+	<p>The course is case-based and aims to equip students with the knowledge and skills to manage patients' drug therapy effectively. Students will learn to identify, solve, and prevent drug therapy problems, and create treatment plans for common ailments. The course involves weekly lectures on pathophysiology, pharmacology, and pharmacokinetics of therapeutic topics, which will be used to develop pharmacotherapy workups and care plans during workshops. The assessment includes quizzes, workshops, assignments, a midterm, and a final exam. The course is the first of nine Pharmacotherapeutics courses in the program, preparing students for direct patient care practice. The curriculum covers various aspects of drug therapy, including geriatrics and pediatrics. The course emphasizes applying learned knowledge to patient cases through a systematic decision-making framework. Students will be expected to develop care plans with pharmacist recommendations. The course will provide foundational knowledge and skills required for Pharmaceutical Care and functioning as a Medication Therapy Expert.</p> <p>Tips for Success: This course requires substantial preparation for each case study in the following week. Adequate preparation is essential as case work-ups and care plans can't be completed overnight. It's recommended to start working on the case during the weekend it's introduced to manage time effectively and conduct thorough research. While group collaboration can be time-saving, ensure you fully comprehend all aspects of the case work-up when your team compiles and shares it during workshops, as all cases are exam material. Taking detailed notes during lectures and using assigned readings for workshop preparation can be very helpful. It will help you narrow down what you need to focus on. The course can become overwhelming but with good time management it can all be managed.</p>
PHM114: SOCIAL & BEHAVIOURAL HEALTH	
A-	<p>The course is divided into two sections. The first section focuses on sociological theories and concepts that affect health and healthcare professionalism. Students will learn about ethical principles and apply them to analyze and solve ethical dilemmas. The second section delves into psychology theories to understand patient behaviors, enabling pharmacists to better assist patients in their care. Students will study behaviorist, cognitivist, developmentalist, and psychoanalytic theories to comprehend various responses and behaviors individuals exhibit when dealing with health-related issues. Last year's course included three online participation quizzes, a writing assignment, a midterm, and a non-cumulative final exam. The course examines healthcare and pharmacists' roles from both sociological and psychological perspectives.</p> <p>Tips for Success: The course is divided into between two professors. Each professor have their own way of teaching and testing the material. The content for this course is relatively management and the topics covered in this course are important to know and understand as future pharmacists. It's helpful to attend lectures as it allows you to see what the professors emphasize on. For the writing assignment, take advantage of the Writing Center. You will also have online participation quizzes, which are based on specific topic covered in class or the lectures itself. These quizzes are boost your mark so ensure to take advantage of that.</p>
PHM105: MEDICATION THERAPY MANAGEMENT 1	
P/F	<p>The course MTM (Medication Therapy Management) is designed to prepare students for practicing in a community pharmacy. It focuses on clinical knowledge and skills required for pharmacy practice. The course includes skill-based labs, patient care skills (PCS), and professional practice skills (PPS). In PCS labs, students counsel on drugs chosen by the facilitator from a list posted in advance. PPS labs test abilities in verbal prescriptions, prescription checking, drug information, and prescription processing. The MTM series of courses is delivered over three years, with MTM1 being the first part. It allows students to apply knowledge and develop skills related to MTM. The course's goal is to develop fundamental knowledge, skills, and attitudes for the students' professional identity as pharmacists, preparing them for their first-year early practice experiential (EPE) rotation.</p> <p>Tips for Success: In this course, even though individual labs contribute only a small portion to your overall grade, they accumulate over the semester. Don't be discouraged if you do not achieve your desired grade. It's important to learn early from your mistakes to avoid making those errors in later labs. Attending lectures and actively asking questions is highly recommended, as they provide valuable insights for successful lab performance. For PPS, it's helpful to create a checklist or taking the rubric with you in lab, to make sure you have covered all the mandatory requirements. For PCS, it's to dive the work among a group of peers. This allows you to focus on 1 or 2 drugs per counselling session.</p>

FIRST YEAR ANTICALENDER

Course Average	Course Description
PHM140: MOLECULAR PHARMACOLOGY	
B	<p>The course focuses on how drugs interact with receptors and proteins that mediate signaling within and between cells. The course examines protein families at a molecular level, looking at their structure, mechanism of action, modulation by drugs, and their role in underlying dysfunctions. Basic principles of molecular pharmacology are introduced to understand the relationship between drug dose and response, emphasizing concepts like affinity, allostery, intrinsic activity, and efficacy. The curriculum is divided into four segments, with each one centering on a distinct receptor category: GPCRs, ion channels, nuclear receptors, and tyrosine kinases. An individual instructor leads each segment, and participants will gain insights into interactions between drugs and receptors, ligands, and cellular signaling pathways.</p> <p>Tips for Success: This is one of the hardest course this semester. The first section, focusing on drug-receptor interactions, is considered the most challenging, involving equations, calculations, and application-based questions. The other sections require memorization of information. To succeed, start studying early and consistently. The first midterm contains a substantial amount of material, and performing well on it can set the tone for the rest of the semester. Last year for us, Professor Redka filled in for Professor Wells, and her tests were not similar to Prof. Wells that will be posted for practice. Hence, doing Prof. Well's past midterms and exams may not be super helpful as the difficulty level is higher. The other three sections require memorization. Its important to develop effective study methods, such as flashcards, to retain course content effectively.</p>
PHM141: PHARMACEUTICS	
B	<p>The course is centered on drug design, covering parameters and methods used in the process. Topics include clinical pharmacology, biopharmaceutical considerations, pre-formulation, and drug development. There are three quizzes, a midterm, and a cumulative final exam as part of the assessment. The course focuses on practical aspects of drug development and compounding. It explores various considerations, including physiochemical viability, efficacy, and safety restrictions. Each professor explore's different topics through their own teaching styles. The main emphasis is on the practical issues faced in real-world medication production, such as maintaining sterile environments, appropriate conditions for drug preparation, and understanding molecular properties that influence dosage forms. The assessments consist of application-based questions from lecture topics, along with some calculations in the assignments.</p> <p>Tips for Success: Focusing and paying close attention during lectures is essential to grasp the course concepts, particularly because the latter two-thirds of the course often introduce new and potentially challenging topics not fully covered in the slides. This course heavily relies on a deep understanding of the material, so attending all classes and taking thorough notes is crucial. Be prepared for both application and recall questions on exams, as different professors have unique question styles. Review sample practice questions to understand how to approach each question type. Familiarity with equations and their applications is also valuable for navigating the equation sheet provided during the midterm and final exams.</p>
PHM143H1: PATHOBIOLOGY & PATHOLOGY	
B-	<p>In this class, we study how diseases work on a chemical level. They are introduced to the physiological and biochemical mechanisms underlying pathological states. We are taught how diagnostic instruments can validate their existence and guide treatment choices. The course is taught by different guest lecturers, each specializing in their respective fields. Assessments include a midterm and a non-cumulative final exam, both consisting of multiple-choice questions. The course provides a comprehensive exploration of various ailments, covering epidemiology, treatment options, and disease conditions in the body. Topics include cardiovascular issues, ophthalmology, kidney disease, and more.</p> <p>Tips for Success: There are a lot of topics covered in this course, making this course memorization-based. Which means having effective memorization techniques can be beneficial. Each lecturer is an expert in their field and will have different testing methods. To succeed in this course, attending lectures and paying attention to what the lecturers emphasize can be very helpful. This will help you identify important topics for the memorization-based exam. Attending TA-led review sessions can help you narrow down the things you need to focus on.</p>

SECOND YEAR ANTICALENDER



Course Average	Course Description
PHM 201H1 – PHARMACOTHERAPY 2: SELF CARE PERSPECTIVES	
B+	<p>This course covers a wide variety of topics that is used in daily practice of a pharmacist. Lecture topics include Patient Communication Skills, Dermatology/ Physical Assessments, Drug-Induced Skin Reactions, Neoplasms. Selected skills lab topics include Seborrheic Dermatitis, Contact Dermatitis, Acne, and Psoriasis, Diaper Dermatitis, Atopic Dermatitis Allergic Rhinitis & Conjunctivitis, Cough and Cold, Plantar Warts, Athlete’s Foot, Lice, Scabies, Insect Bites, and Burns/Wounds. Skills labs follow a panelist style with groups of about 20 students. Students are divided into two groups; note takers post on a forum called PeppeR, and speakers will interact with the professor and answer selected questions. Speakers for the skills labs are not disclosed in advance, if you are selected to participate, notes will have to be submitted to Quercus as well (so come prepared!) Assessments for this class include skills lab quizzes, multiple choice midterm/final exams, and written reflections on pharmacist encounters.</p> <p>Tips for Success: Attendance is mandatory for this class, so come prepared to class with your notes, and annotate them during the lecture with new information presented by the professor. The tested material is largely from the sources that is provided by the professor (eCPS), and from discussions during lectures/skills labs. Furthermore, many of these topics will be assessed in the MTM2 labs! I would enter this class with an open mind! It structured differently from most classes; however it is an interesting experience and important for assessing minor ailments.</p>
PHM 202H1 – PHARMACOTHERAPY 3: ENDOCRINOLOGY, NEPHOLOGY, AND UROLOGY	
B	<p>This course will introduce you to conditions such as OAB, BPH, ED, Urinary incontinence, Diabetes, Menopause, Contraception, Thyroid disorders, AKI, and CKD. This course has a lecture component, as well as weekly workshops. The lectures cover foundational knowledge whereas the workshops go over case-based questions with smaller group discussions. Assessments for this course include workshop quizzes, care-plans, midterm, and a final exam.</p> <p>Tips for Success: Review the lecture slides before the workshops since the quiz questions typically test on specific points and medication specific facts. Don’t be afraid to ask questions during the workshops, it is a great opportunity to clarify concepts and work through case-based examples which is the style of exam questions the professors will assess you on. Many of the topics covered in the workshops will also reflect the material that the MTM2 labs will focus on as well!</p>
PHM205H1 – MEDICATION THERAPY MANAGEMENT 2	
P/F	<p>MTM2 is a course that is composed of topics that have been covered in first year (Asthma, COPD, GERD, OA, OP, Gout, PUD, Constipation), as well as new topics discussed in PHM201 and PHM202. This class has alternating CCS (clinical care skills) and PCS (patient care skills) laboratory sessions. An important thing to note: The 2T5 cohort attended CCS labs in person, and PCS labs online. CCS labs consist of 3 things: a verbal order, prescription check, and care plan.</p> <p>PCS labs are to be completed within 10 minutes. There is typically a DTP that is to be identified and addressed within the interaction.</p> <p>Tips for Success: Be sure to write your verbal order in pen only! If it’s written in pencil, then it would be a fail for that section. Don’t be afraid to clarify and read the verbal order back to the CI to ensure that you have all the important details of a verbal prescription order. It helps to work with other students to prepare drug charts and practice possible DTPs for each of the topics for the lab. Create notes that are summarized, concise, and in patient friendly language.</p>

SECOND YEAR ANTICALENDER

Course Average	Course Description
PHM 212H1 – RESEARCH METHODS FOR PHARMACY	
B+	<p>Research methods is a course that discuss the varies types of methods used to conduct research ranging from foundational concepts, clinical trials, critical appraisals, research conduct, observational studies, systematic reviews, and clinical practice guidelines. Assessments for this course include online review quizzes called PrACTice. These quizzes are not graded but marked for completion and participation. Furthermore, there is a journal club group presentation, midterm, and final exam. The journal club assignment is a great way understand how to critically review and conduct and appraisal of scientific papers. The exam also has a critical appraisal section, so the journal club assignment is a great way to practice for the exam!</p> <p>Tips for Success: Do the “PrACTice” quizzes during the semester and after lectures as it helps to reinforce key concepts before exams. It helps to write out any comparison charts and draw the flow charts out by hand. The professor is passionate about the course which makes the lectures more engaging (I would highly suggest attending lectures as the professor provides examples and answers questions).</p>
PHM 241H1 – TOPIC IN PHARMACEUTICAL QUALITY AND CLINICAL LABORATORY MEDICINE	
B+	<p>This course introduces students to new topics that relate to pharmaceutical quality, manufacturing, and approval. This course has a lecture and laboratory component. The assessments for this course are as follow: 2 midterms, a final exam, and 3 compounding labs. Some of the things that you compound include tablets, capsules, crams, solutions, and suppositories!</p> <p>Tips for Success: Come prepare for the compounding labs! Read over the manual, pre-laboratory videos. For labs, please don’t forget your lab coat, gown, goggles, and T-Card! The compounding labs can be fun and are a great way to be introduced to this side of pharmacy.</p>
PHM242H1 – MICROBIOLOGY OF INFECTIOUS DISEASES	
B+	<p>Microbiology is about the different types of bacteria, fungi, and viruses that result in infectious diseases. This course provides foundational knowledge to prepare students for pharmacotherapy 4: infectious diseases. The assessments for this class include one midterm, and one final exam. Last year, both assessments were multiple choice. Overall, this course is content heavy, but it is interesting! I hope you enjoy this class.</p> <p>Tips for Success: This course covers a lot of material, so it is important to attend lectures as it is easy to fall behind. I am not sure who the professor will be this year, however if there are any practice midterms/ exams, this would be very helpful to go over! Active recall and making comparison tables/ drug charts is a good way to prepare for midterms and final exams.</p>

SECOND YEAR ANTICALENDER



Course Average	Course Description
PHM203H1 – PHARMACOTHERAPY 4: INFECTIOUS DISEASES	
C+	<p>The infectious diseases pharmacotherapy class builds off the microbiology course in the fall semester. This class covers fundamental topics such as Antimicrobial Pharmacology (mechanisms of actions, PK/PD), Antimicrobial Allergies, Antimicrobial Stewardship, Vancomycin and Aminoglycosides. The content is later divided into CNS, Respiratory, Cardiac, Gastrointestinal, Genitourinary, and Skin & Bone topics. The lectures usually follow a pathology introduction, and then introduction to the various pharmacologic agents used in the treatment of these diseases. This class has alternating workshops with PHM204. The workshops for this include a pre-workshop quiz, and workshop lecture that provides additional detail to the topic and drug/dosing algorithms. Attending workshops provides great context for the different conditions and drugs that will be tested during midterms/ exams. After each workshop, a care-plan assignment will be posted for students.</p> <p>Tips for Success: Study the pharmacology of antimicrobials lecture in depth. The drugs discussed in that lecture will show up in all subsequent lectures. It really helps to study the spectrum coverage of various drugs as well as this can help you to rule in/rule out different options on a test. When studying for this course, making mnemonics and drug tables made remembering drugs a lot easier! Start studying in advance, there is a lot of material in this course, so trying to cram last minute will be difficult. Some topics covered in this course will also be assessed in MTM 3 labs (PHM206)! There can be many sources for treatment guidelines, it is important to focus on the guideline that the lecturer notes as the dosing can vary slightly.</p>
PHM204H1 – PHARMACOTHERAPY 5: CARDIOVASCULAR DISEASES	
B	<p>This course prepares students for important cardiovascular diseases that you will certainly cross paths within your career as a pharmacist. Topics include Dyslipidemia, Hypertension, Venous Thromboembolism, Acute Coronary Syndrome/ Secondary Prevention, Heart Failure, CV Pharmacogenetics/ Pharmaceuticals, Arrhythmias, Stroke, ASA for primary prevention, Peripheral Artery Disease, and Drug Pharmacology. There are 5 workshops that alternate with PHM 203 (Infectious diseases). During the workshop, there will be an individual quiz, and a group quiz. Unlike the PHM203 workshops, the cardiology workshops are entirely case based discussions like PHM202 in the fall semester. After each workshop, there will be a care-plan assignment that is to be completed as well.</p> <p>Tips for Success: Prepare for the workshop quizzes as those grades add up by the end of the semester! The workshops are great learning opportunities, so it helps to ask questions and clarify any point of confusion. Selected topics will also be covered in PHM206 (MTM3), so be sure to practice identifying possible DTPs with therapy management as well!</p>
PHM206H1 – MEDICATION THERAPY MANAGEMENT 3	
P/F	<p>MTM3 is structured differently from the previous MTM courses. This class no longer has the typical CCS and PCS components. Instead, in this class, you will learn about communication skills, displaying empathy, motivational interviewing, and conducting a best possible medication history. These labs are conducted in small groups of 5-6 and are in-person interactions with a standardized patient. The CI will observe the 10-minute interaction and assess you using a rubric. Following the interaction, you will have to write a DAP note that is to be submitted online. During the interaction, you will be allowed to use a one-page (double sided) cheat sheet note to help guide your assessment and therapy plans.</p> <p>Tips for Success: I would highly recommend attending office hours to learn how you can improve after each lab. The lecture each week will provide details of the lab, as each week may be slightly different. The professors will not discuss therapeutics during lecture, and more so discuss how to improve communication and provide feedback from the week prior. I would suggest practicing with friends, and to compare notes for the topics.</p>

SECOND YEAR ANTICALENDER

Course Average	Course Description
PHM213H1 – HEALTH ECONOMICS AND PHARMACOECONOMICS	
B+	<p>This class discusses basic economics topics such as efficient, equity, resource distribution), as the foundations of economics (Microeconomics) are covered, the class then has a highlighted focus on health economics and how the government impacts different markets in healthcare such as drug insurance, and pharmaceutical economics.</p> <p>Assessments for this class include an individual assignment, group assignment, midterm, and final exam. There is also a critical appraisal section in this course that will be tested on the final exam.</p> <p>Tips for Success: Ask questions! The course material may be very different to what you are used to as it is not like any typical science class. Economics may be new to you, but it provides a new way to look at how economics can be used to explain different things in healthcare. It is an important course for students considering careers in industry/ government, and generally to explain drug related costs/ reimbursement methods. Time management is essential for the tests.</p>
PHM215H1 – MANAGEMENT, SKILLS, COMMUNICATION AND COLLABORATION	
A-	<p>This course is taught by two professors: Monica Gautam, and Zubin Austin. Monica's section involves engaging guest lectures that discuss various topics. These lectures are not tested but can provide an important introduction to the business plan competition assignment which will make up a majority of your grade. The business plan competition is a group project on any venture that is related to healthcare. You will be graded individually and as a group for different aspects of the project. The second half of this class is taught by Zubin and will be tested on the final exam. Selected topics include Diversity, Equity and Inclusion, Emotional Intelligence, Power and Leadership, Teamwork in Healthcare, Tort Law/Professional Negligence, Legal Issues, and Contract negotiation.</p> <p>Tips for Success: Your mentor for the business project will be a valuable resource and source of feedback! Set up a zoom call to discuss your ideas and identify areas for improvement. Try to personalize the course to yourself and identify how you see yourself in various topics discussed; I find that this helps me remember the concepts and helps me come up with examples that can be asked on the final exam.</p>
PHM230H1 – PHYSICAL ASSESSMENT AND INJECTION TECHNIQUES	
A-	<p>This course goes over General Assessments/Surveys, Vital Signs. Selected systems include Cardiovascular, MSK, Respiratory, Neurological, and Head and Neck assessments. This class will have quizzes, 1 midterm, and final exam which focus on lecture content. Simulation labs are interesting sessions that are graded as participation. It is a chance to learn how to use a stethoscope to hear respiratory sounds, check manual blood pressures, measure temperature, and look at the tympanic membrane of the ear. In this class, you will also learn about different immunization techniques (which will also be tested) and become immunization certified!</p> <p>Tips for Success: Review lectures and practice active recall. You will be asked specific facts and be able to differentiate various aspects of physical assessments.</p>
PHM240H1 – THE SCIENCE OF PHARMACOTHERAPY	
B	<p>There are 50 modules that cover a vast range of topics in pharmacotherapy. This course has 2 midterms, and 1 cumulative final exam; all of which are short answer based. The tutorial lectures prior to tests are extremely helpful to guide studying and highlight possible tested topics.</p> <p>Tips for Success: This course is almost entirely self-directed. I would highly suggest creating a consistent schedule and do a few modules each week. What helped me recall the questions was to hand-write and summarize the answers in a way that I would answer it on a test. Having summarized answers makes it easy to have a reference ready for the cumulative final exam. The professor also provides past tests, which is a helpful starting point as well. When writing the tests, get to the point immediately and avoid writing long wordy paragraphs. Time management is essential for these tests.</p>

THIRD YEAR ANTICALENDER

Year 3 Fall Required
Courses

Course Average	Course Description
PHM301H1: PHARMACOTHERAPY 6: HEMATOLOGY, ONCOLOGY, AND IMMUNOLOGY	
B-	<p>The course covers a broad range of topics in oncology, from the basics of cancer and chemotherapy to the treatment of specific cancers such as lung cancer and breast cancer to the management of side effects from cancer treatment to the practicalities of oncology pharmacy with some coverage of immunology. The professors are well-versed in the field of oncology practice. Similar to the other PCT courses, the course is divided into didactic lectures and small group workshops. Prior to each workshop, they post reading and learning objectives. The documents for the learning objectives are considerably dense, providing the answers to the learning objectives and drug tables as well as specifics in clinical trial results, recent updates in practice (the guidelines on lung cancer had two updates since the course ended), and current debates and controversies. These will help with creating the care plans, themselves a series of questions relating to a given case scenario. For the workshops, the students are split into groups to answer the pre-session quiz as a team. This portion is gamified, where a prize is given to the group who scored the most points. The post-session quiz is based on the pre-readings and workshop discussions.</p> <p>The evaluation is composed of 6 post-workshop quizzes worth 2% each (total 12%), two out of four submitted care plans worth 6% each (total 12%), a midterm and a final exam, both worth 38%. The exams are all multiple-choice and open-book but it's best to organize your printed notes prior to the exams considering the density of the material.</p>
PHM302H1: PHARMACOTHERAPY 7: NEUROPSYCHIATRY	
B-	<p>In this course you will learn about many mental health conditions including depression, anxiety, schizophrenia, bipolar disease, seizure disorders, dementia, alcohol/ tobacco /opioid benzodiazepine use disorders, and many others. Including weekly lectures, there are workshops that go through the lecture material and readings in which you will apply that knowledge to several cases. Be prepared for those and make sure to participate to fully grasp the content. I would advise making drug tables for all the lecture topics which is incredibly useful and summarizes everything you need to know without constantly scrambling for the information. Recall from second year Research Methods, where you had to critically appraise research articles, which is one of the assignments in PCT 7. It consists of 2 parts – the clinical question and the written report. While not challenging, I would recommend looking over last year's Research Methods notes and recall how to conduct critical appraisal and formulate research questions.</p> <p>The midterm exam was MCQ + SA, worth 30% of your grade. Make sure you attend lectures and workshops, do the readings and make drug tables. It can be a lot sometimes but some of the material does carry over to other subjects so it is important to stay up to date with what's going on in class. There are 2 reflections worth 5%, consisting of patient assessment in the virtual model. These are quite easy and wont take that long, just watching/reading a piece of media and creating a reflection. The final exam is worth 35%, not cumulative, although a lot of material does translate to the second half of the course so make sure you have been paying attention!</p>
PHM305H1 – MEDICATION THERAPY MANAGEMENT 4	
P/F	<p>This is the final MTM, congratulations! It has the same format as previous MTM courses, lecture with 3 hour labs each week. Similar to MTM 3, the labs will consist of scenarios based on lecture material from other courses like Psychiatry or past 2nd year courses. This year topics included: Health promotion, palliative care, adapting/renewing prescriptions, VIC, med rec, and shared decision making. Understand that this MTM focuses more on the professional scope of practice more so than clinical knowledge (although you still have to know it). The lectures are great for understanding how to be successful, how to improve upon your mistakes and what to expect in the upcoming labs. Naomi is very accommodating and is always willing to help students out if they have any questions, so take advantage of it, and I am sure you will do well.</p> <p>Overall, it is not much different from past MTM, but there is definitely worthwhile topics to cover this year. After this, no more MTM!</p>

THIRD YEAR ANTICALENDER

Course Average	Course Description
PHM310H1: PHARMACY IN MODERN HEALTHCARE SYSTEM	
A-	This course is the second part of the health systems course taught in first year. Assessments this year included 3 individual assignments, 3 small group assignments, participation quizzes and a final exam. Several guest lecturers were involved in teaching the course and the lectures alternated between synchronous and asynchronous. A variety of topics were covered including quality in pharmacy, patient safety, drug access, supply and reimbursement, e-Health, patient identity, pharmacy leadership and trust, patient/health advocacy, indigenous health, and Canada’s opioid crisis. The format of the final exam was a mix of multiple choice and short answer questions.
PHM340H1: INTRODUCTORY TOXICOLOGY	
B	Toxicology is a very biochemistry-heavy course that introduces mechanisms of drug-mediated toxicity in different organisms. Like molecular pharmacology, this course is cross listed as an undergraduate pharmacology course. Originally developed by Dr. Peter Wells, the brother of the legendary J Wells who taught molecular pharmacology, content here will not be as technically challenging as previously encountered in molecular pharmacology, with one major caveat-there are two high stakes midterms and a final exam. Each midterm exam will cover only one topic (and in the past exams were only a single question) worth 25% on your final mark. Questions are essay style and it is important that you are as thorough with your answer as possible. Do not answer straight to the point-explain any concept related to your question as detailed as possible. The marking scheme will be very selective to the point where not including specific keywords will cost you marks. However, don’t let that discourage you from taking this course. The content will be very straightforward and will be a breeze if you’re able to piece together concepts throughout the course.

THIRD YEAR ANTICALENDER

Year 3 Fall Elective

Courses

Course Average	Course Description
PHM320H1: GLOBAL PHARMACEUTICAL	
A-	Broad topics covered include corruption in the pharmaceutical sector, role of key stakeholders in global health, trade agreements and impact of IP rights, and conflicts of interest. The class requires participation and weekly readings (~30 minutes-1 hour weekly). However, the class is very engaging, and Dr. Kohler is a fantastic lecturer. The assessment style had been altered due to online learning, however, the assessment breakdown this year was a research presentation and a final exam (essay style). The research presentation was allowed to be on any topic of interest related to course concepts and the final exam was very reasonable requiring knowledge of key course concepts. The style of this course differs from typical pharmacy courses but is very interesting for anyone with an interest in global health.
PHM321H1: SELECTED TOPICS IN THE PHARMACEUTICAL INDUSTRY	
A-	This course provides insight into various aspects of the industry field. Each lecture focuses on a different topic, highlighting different roles within the industry, specific departments, or stages in the drug development process. This course invites a lot of guest speakers, which not only enriches the learning experience but also provides ample networking opportunities and a chance to seek clarification from industry professionals. Unlike traditional courses, there is no midterm exam; however, numerous assignments are given instead. These assignments are highly practical and mirror the real-world work one would encounter in the industry. Success in this course is easily attainable by attending classes regularly and staying on top of the assignments. Additionally, the assignments are graded fairly, ensuring that students receive appropriate recognition for their efforts. Overall, this course provides a comprehensive overview of the pharmaceutical industry and presents a pathway to excel by actively engaging in lectures and demonstrating competence in the assignments.
PHM323H1: MOLECULAR MECHANISMS OF DRUG ACTION	
B+	<p>While Molecular Pharmacology was no doubt a hard course for many (if not all) first-year students, don't let that discourage you from taking PHM323! This course is like Mol Pharm 2 but for undergrads. It's only a little of the same content, but much more different. In fall 2022, PHM323 was taught by four instructors, some of which we've had in previous years. The course consisted of a midterm and final, both worth 50%.</p> <p>The first midterm covered Professor Redka's mechanisms (short answer) and Professor Crandall's microbiology content (multiple choice), both of which felt like a review of what was taught in previous years in PHM140 and PHM242, respectively. New material by Dr. Erclik and Dr. Ganesh was covered in the final. Professor Erclik taught cell signaling in cancer and cancer drugs. Professor Ganesh focused on nucleic acids, DNA structure and nucleic acid therapies. The final was mostly short answer, with some fill in the blank and multiple choice. Some topics are review from the oncology course (PHM301) and some from basic concepts taught in an undergrad biology/genetics course.</p> <p>The class had around 8 pharmacy students and 20 undergrads. Lectures felt comfortable, intimate and very open for discussion. All lectures were recorded but attendance was obviously encouraged. Every professor provides either passed exams or sample practice questions. Overall, it was a well-rounded course, with engaging professors and way less stressful than "Mol Pharm 1" or other electives.</p>
PHM325H1: ABORIGINAL ISSUES IN HEALTH AND HEALING	
A-	This course is very different from what students are used to with the pharmacy curriculum. You need to attend every lecture, there is a weekly reflection you need to submit that will likely be related to one of the topics we have guest lecturers for. Attendance is graded for that reason and you get participation marks for submitting the weekly reflections. No midterm or final exams but the papers we are required to submit are pretty hefty and do require a substantial amount of research/background work. This is a pretty cool course that opens your mind to the idea of healing so go into it with an open mind and make sure you allocate enough time for the papers that are graded for your course grade. This is a very popular course so make sure you log onto ACORN bright and early as spots will fill up very quickly!

THIRD YEAR ANTICALENDER

Course Average	Course Description
PHM383H1: ANTIMICROBIAL STEWARDSHIP	
B+	<p>This course is very different from the ID pharmacotherapy course in second year, you will not learn any therapeutics. Instead, this course gives an overview of antimicrobial stewardship concepts such as the implementation of AMS interventions, diagnostic stewardship, as well as an emphasis on quality improvement and project management. The second half of the course focuses on the application of AMS in various settings such as critical care, primary care, long-term care, community, public health, and international and niche populations such as pediatrics and the immunocompromised. The evaluation of the course consisted of a midterm (25%), final exam (30%), assignments (4 x 7.5%), Dragon’s Den group presentation (10%) and an individual group reflection (5%). As the class size was relatively small (~30), the majority of lectures were delivered in-person. In 2021-22, this course was taught by Linda Dresser and Mark McIntyre who facilitated interactive class discussions and were a great dynamic! There were also lectures by guest speakers from different backgrounds (i.e., medicine). The Dragon’s Den group presentation integrates concepts learned in the course and provides a great opportunity to get feedback from a panel of experts in the hospital field. The format of the midterm and final exam were a mix of multiple-choice and short answer questions. I highly recommend this course for students interested in pursuing a career in hospital pharmacy as stewardship will come up along your way, either in your APPE rotations, hospital residency, or in practice.</p>
PHM389H1:RESEARCH PROJECT	
TBD	<p>This course is offered in both the Fall and Winter terms. It requires you to reach out to professors who hold SGS appointments in the Department of Graduate Pharmaceutical Sciences. Once you have found a supervisor who has space and enthusiasm to take you on; you will have the option of completing the research project in the fall or in the winter terms. It is recommended you begin reaching out to professors at least one semester in advance. The course is structured like an independent research project, where you work in a professor’s lab and complete a project - starting with a proposal, midterm report on your activities and a final report which is similar to a research paper submission to a journal. You have the option to complete a wet lab or a dry lab/literature review type project; the former notoriously requires much more hours. The quality of this experience will depend a lot on your supervising professor. A lot of the learning is self-guided and so you will learn only what you work to learn; but you may also get a publication out of it!</p>

THIRD YEAR ANTICALENDER

Year 3 Winter Selective Courses

Course Average	Course Description
PHM350H1: PHARMACOTHERAPY IN AMBULATORY	
B+	<p>This class covered diabetes, hypertension, pain, a fib, stroke, COPD, heart failure, stable angina, and drug interactions with weekly integrated cases. The first half of class reviewed the topic of the week and the second discussed the integrated case for which there was a weekly documentation assignment. Only 5 out of 9 documentation assignments count towards your final grade (top 5) and it is easy to do well on as the case is discussed in class. Overall it is an incredibly helpful course to review commonly seen medical conditions with more real life cases.</p> <p>Course breakdown: documentation assignments 50%, midterm 25%, final 25%</p>
PHM351H1: PHARMACOTHERAPY IN INSTITUTIONAL CARE	
B	<p>Institutional PCT is a versatile course that will prepare you for a variety of key conditions that you will typically see in hospital practice, including VTE prophylaxis, fluid/electrolyte management, acute ACS management, total parenteral nutrition, an introduction to critical care, and emergency pharmacotherapy. The difficulty and workload of this course falls roughly in line with previous pharmacotherapy courses. The evaluation style of this class includes weekly reading quizzes, condensed care plans called “chart notes”, with the best 2 of 3 being marked, group chart notes on integrated cases, a high-stakes midterm and non-cumulative final exam. I would strongly recommend this course if you are considering a career in hospital practice or would like a strong foundation for institutional APPEs. Since the nature of these cases vary widely from your typical community disease states, this course will help to prepare you to adapt your therapeutic approach for a different clinical environment.</p>
PHM353H1: PHARMACOTHERAPY IN CRITICAL CARE	
TBD	<p>This course focuses on medications, lab values, medical devices and disease states seen in the ICU. Examples of topics include shock, sepsis, renal failure and traumatic brain injury. The material is very interesting but quite dense (one slide deck was around 180 slides in 2 hours). There are several readings given as well; however, that material is rarely tested and you can get by with just a quick skim. You are given plenty of time on the exams; however, they are quite difficult and it can be challenging to do well even with plenty of preparation. On the bright side, there are 2 open book seminars, 3 open book quizzes and a critical appraisal paper which can bring up your mark and are marked very leniently by Norman. Overall, I think the class of 5 of us did well in the end and we’re happy with our decision to take this course! It is by no means easy, but the material was very interesting and reinforced you to integrate concepts learned throughout the years and apply them to new situations.</p>
PHM352: PHARMACOTHERAPY IN OLDER ADULTS	
B+	<p>The new topics covered in this PCT course are falls & fractures, palliative care, delirium, and Parkinson’s. Aside from this you’ll review depression, diabetes, hypothyroidism, UI, BPH and infectious diseases but with a focus on how these affect older adults. Most of the course explains how to do a comprehensive geriatric assessment which is essentially a care plan that looks at every facet of a person’s life: medical conditions, medications, cognitive abilities, social, etc.</p> <p>Course breakdown: 10% participation, 20% written assignment, 20% comprehensive geriatric assignment, 10% peer feedback, 40% cumulative final exam.</p>

THIRD YEAR ANTICALENDER

Course Average	Course Description
PHM354H1: PHARMACOTHERAPY IN PEDIATRICS	
B+	Pediatrics is a good course to take if you are interested in learning more about the pediatric population. Topics covered include pediatric medicine, neonatology, drug information, compounding, PK, TDM, nutrition, GERD, vaccines, ASP, allergies, cystic fibrosis, oncology supportive care, HF, nephrology, transplant, and PICU. This course features various guest lecturers who are experts in the field. Additionally, Sabrina and Jennifer break down their lecture slides to ensure each learning objective is answered, and these are how they formulate the exam questions. All professors are open to answer any questions you may have. The course load starts off moderate and then gets heavier in the latter stages of the course with more complex topics such as cystic fibrosis. The midterm exam was multiple choice and short answer questions. With the questions being based on the learning objectives presented in the lecture slides. There are 3 take home assignments which involved several cases that we went over in lecture and drug information questions that required research and providing answers from reputable references. Lastly, the final exam was a mix of multiple choice
PHM355H1: PHARMACOLOGY IN WOMEN’S HEALTH	
B	This course was an engaging and informative experience that focused on women’s health. It comprised a midterm, an assignment, and a non-cumulative final exam, which provided a comprehensive evaluation of the material covered. The topics discussed were highly relevant, with some overlap from the second-year endocrine PCT course. What made the course particularly unique was the instructor’s teaching style. Rather than relying on slides or PDFs, the instructor utilized a blackboard, which fostered a more engaging learning environment. The tests consisted of a combination of short answer and multiple-choice questions, ensuring a well-rounded assessment of understanding. To do well in this course, attending classes and taking detailed notes was really important. The tests were fair and achievable for those who regularly attended class, and it was encouraged to ask questions during lectures for clarification.
PHM360H1: PERSONALIZED MEDICINE	
B+	Personalized medicine provides students with an indepth exploration of well...personalized medicines. Topics of discussion will include pharmacogenetics, new vaccine technology, and targeted therapies such as the ones encountered in oncology. The evaluation style is straightforward and includes the following: three case studies where you will summarize and submit a paper assigned to you, three participation quizzes following a tutorial after each case study, a midterm, and a final exam. Both exams will be short answers only. While the course content can be incredibly dry and daunting at times, the evaluation style and course expectations are very simple and fair-pay attention to what Dr. Erclik will expect for her exams.
PHM362H1: ASSESSING THE BIOAVAILABILITY AND BIOEQUIVALENCE OF MEDICINAL DRUG PRODUCTS	
A-	This course is designed for individuals interested in research, industry, and/or regulatory affairs. Throughout the course, students learn about the different steps in planning a clinical trial, from preparing a study design to running the PK analysis to drafting a quality assurance report. Dr. Dubins teaches the material thoroughly and provides very detailed examples. Although students will do basic programming with Excel and R studio, Dr. Dubins provides sample spreadsheets, coding, and examples which he walks the class through step-by-step. Assessments include 4 problem sets, a midterm, and a final exam. Problem 7 sets test students’ knowledge to apply lecture material and focuses on ability to use online programs (R Studio). The exams test on understanding course concepts and definitions as well as various calculations. In conclusion, this course provides students with many practical tips for working in the pharmaceutical industry.

THIRD YEAR ANTICALENDER

Course Average	Course Description
PHM370H1: COMMUNITY PHARMACY MANAGEMENT	
B+	<p>In this course you will in essence learn the ins and outs of community pharmacy. This includes pharmacy operations, purchasing/inventory management, financing, ownership models etc. You get an overview on how a community pharmacy is built from the ground up and how to conduct the business as a whole from hiring to formulary access to dispensing fees. With each week comes a different topic that is accompanied by several readings to supplement the material. This course is recommended for individuals looking to own their own pharmacy one day and professor Ahmad and Morrison do a great job breaking down each component of the business so that you can have a head start when you graduate. During the term, Professor Ahmad had to take leave, replaced by professor Morrison. The mark breakdown for the course is this: Assignment (15%), MCQ Midterm (20%), Business Plan (35%), and final MCQ Exam (30%).</p> <p>The first assignment and the final business plan are related, where you have to select a location for a pharmacy and establish a brand, business plan, mission statement, and conduct market research. We had an option of two locations to choose from, and from there we were free to apply the course material to create a pharmacy and in-depth explain how we would approach opening one. Next is the midterm, which consists of lecture material and readings. The lectures alone are not enough, and one must do the readings to do well on the midterm and final.</p> <p>While not every single reading is testable, it is important to go over with the professor which readings are pertinent to the midterm. The Business plan is the biggest part of the course and will take a lot of time to complete and I would not recommend procrastination. It is an expansion of the assignment in which you will have to create a floor plan, individually find prices for materials (vials, shelves, chairs, etc...) and project financial estimations. It is a lot of work but in the end it definitely puts in perspective the depth of commitment it takes to open up a pharmacy.</p>
PHM371H1: INSTITUTIONAL PHARMACY PRACTICE MANAGEMENT	
B	<p>This course examines the organizational intricacies of institutional pharmacy and provides insight on opportunities in leadership outside the typical dispensary and clinical roles. Topics include but are not limited to: medication management systems, hospital accreditation, change management, patient and medication safety, and education in hospital pharmacy. Samantha is very accommodating, providing an introductory needs assessment survey to determine what students need and want to learn about institutional management. The course also has a multitude of guest lecturers in leadership positions at their respective institutions, as well as a leadership panel where students can ask about their career journey and advice on professional development. The course consist of a mid-term examination (35%) and three assignments: one involving the composition of a formulary submission (15%), one requiring the analysis of a medication incident (20%), and one where one plans for drug shortages due to the COVID-19 pandemic (30% and is functionally a final exam). There are workshops to help review concepts and provide students the chance to ask questions about the associated assignment.</p> <p>This course is particularly helpful for developing the knowledge and skills for managing a hospital pharmacy department. The workload is fair and it is recommended that you attend the in-person sessions to do well in the course. If you're interested in pursuing a leadership role in hospital pharmacy, pay special attention to this course!</p>

THIRD YEAR ANTICALENDER

Year 3 Winter Elective
Courses

Course Average	Course Description
PHM322H1: PATIENT AND MEDICATION SAFETY	
A-	<p>This course covers various topics surrounding safe medication practices in the pharmacy, both system and person-based. Topics include reporting of medication incidents and adverse drug reactions, drug interactions and how to manage them, various methods and models for error analysis on small and large scales, and the organizations involved with these processes. Each week, there are usually pre-recorded lectures, pre-reading materials, as well as a live lecture portion which goes over the material provided, and summarizes the most important information from that week. Workshops are held approximately every other week, following a shortened live lecture, and are run by ISMP Canada facilitators. These workshops are mandatory for students to attend, though not marked, and each one teaches a different error analysis method. Completing the workshops results in attaining 3 different ISMP Canada certifications which you would otherwise need to pay for (and are expensive!). The course breakdown includes a midterm (20%), final exam (40%), group project (10%) and written final report (30%). Weekly pre-readings are testable and many questions were included on examinations. Overall, while the content could be considered slightly dry, Dr. Ho and Dr. Sharma were very passionate, helpful and engaging about the topic.</p>
PHM381H1: MEDICAL IMAGING FOR PHARMACISTS	
B+	<p>This is an easy and interesting course that talks about the principles and applications of medical imaging including X-ray, MRI, ultrasound, mammography, CT, PET, and SPECT. The first 4 weeks are didactic lectures about the basic principles of how these technologies work. The next 4 weeks is applying the knowledge and using imaging to recognize disease states from healthy states. The rest of the course is guest radiologists from different fields who talk about their work and how they use medical imaging, which is very interesting to listen to. Only the first 8 weeks of material is tested; the guest lectures are not tested. All the testable material was provided in the slides with no additional required readings. Overall, the course load was very light and Dr. Reilly was very helpful and supportive throughout the term.</p>
PHM384H1: TEACHING AND LEARNING	
B+	<p>This class is incredible if you'd like a behind the scenes look at MTM and general considerations for lecture and content creation. Generally, the content is not heavy and class time is mostly taken up by discussions which does mean attendance is mandatory. 10/10 would recommend.</p> <p>Course breakdown: 1 written assignment 25%, 2 reflections 15% each and a cumulative final exam (not heavy content!) 45%</p>
PHM385H1: DIABETES CARE	
B	<p>Diabetes is becoming more and more prevalent in recent times, which makes this course an important course for those who are interested in specializing in diabetes or aiming for a Certified Diabetes Educator certificate. Unlike the second-year snippet of diabetes in PCT3, this course provides in-depth learning of diabetes topics, including exercise, nutrition, foot care, diabetes devices, travel, insulin dosing, special situations in pediatrics, pregnancy, and older adults, and more! Professor Halapy structures the course in a very organized and logical manner, consisting of mainly didactic lectures with some guest lecturers. He's very approachable and open to and provides many opportunities for him to answer questions from students throughout the term. This course consists of one test, one midterm, and a final exam. It is presented as a cumulative course, but the contents of the final exam are much more heavily weighted to topics presented after the midterm. Some tips for success: Make sure you stay on top of the lectures and begin reviewing for the tests ahead of time, as there is a lot of course content that you need to cover. If you are able to make condensed notes for yourself, it may aid you in your studying. Review your notes with a thorough understanding of the topics in class. If you get the opportunity to review your midterms, I recommend you to do so, since Professor Halapy is very thorough in helping you understand where you went wrong and what you can work on. Although this course may be heavy in its content, it's very rewarding with the knowledge that you are given, and will no doubt help provide you with the tools you need to help all your diabetic patients in the future.</p>

THIRD YEAR ANTICALENDER

Course Average	Course Description
PHM386H1: MENTAL HEALTH AND ADDICTION	
B+	<p>This course discusses various topics related to mental health including but not limited to stigma, ADHD, autism, personality disorders, and suicide risk assessments. It is a third year elective course that students can choose to take in their second semester. Much of the content can be seen as an extension of PHM 302 with far less complex pharmacotherapies or therapeutics. Evolutions for this course consist of a midterm exam, two reflections on course materials up to that point for participation, an “In The News” assignment posted on the class discussion board, and a final exam. The midterm exam consists of both short answers and multiple choice. What can make the multiple choice questions difficult to answer is there may be multiple “correct” answers for the case that is presented, but it takes careful reading to choose the “best” answer. The short answers rely more on the student’s ability to use careful language that answers the question fully but also connects to topics discussed in the course like stigma so that there is no stigmatizing language in the answer. I had a great experience with this course because I found much of the material interesting, not heavy on therapeutics, and relevant both within and outside of my clinical practice. Some tips for success: If you want to be successful in this course it is important to participate. Much of the course is what you take from it yourself. Because mental health is an increasingly more prevalent topic in our day to day lives, it’s important to be able to put yourself in a patient’s shoes and know how to approach that kind of a conversation. Therefore, actively participating will make it easier to understand the approach to the conversations and the kind of impacts certain words or misconceptions can have on patients. This participation will also translate to success in the course material as well because you will have a better understanding of what approach you should take. Lastly, this is a third year elective, so the best way to ensure you are successful is to decide if the subject matter presented in the course is actually something that interests you and can be relevant to your pharmacy practice.</p>
PHM387H1: GLOBAL HEALTH	
A-	<p>In this course, pharmaceutical policy on a global scale is discussed. PHM 320 with Professor Kohler in the fall semester is a good primer for this course but is more focused on global health policy whereas this course focuses on specific issues pertaining to global health. In the first half of the course, Doret and guest lecturers cover the foundations of global health, with topics including: domestic health policy issues, health disparity, governance, corruption, and medication safety in low resource countries. In the second half of the semester, guest lecturers are invited to discuss the burden of 5 specific diseases as part of a case discussion. Prior to each of these 5 lectures, a case workup is to be completed based on the required pre-readings. A reflection is to be submitted afterwards based on the content discussed. 3 of the reflections are graded.</p> <p>In place of a midterm, we completed a paper where each student prepared an orientation manual for a student completing an internship in a specific low-middle income country. The final paper was a grant proposal to strategic stakeholders in the efforts of improving global health in a low-middle income country. A group presentation was also completed towards the end of the semester. While there are minimal assessments, this course requires attention to detail and a significant amount of time spent on the midterm and final papers.</p>
PHM388H1: SELF-CARE PRINCIPLES AND PHARMACOTHERAPY FOR MINOR AILMENTS	
A-	<p>With minor ailments prescribing now being active in Ontario as of earlier this year, minor ailments will now become one of the most important courses you take in your pharmacy school journey. As a continuation from the second-year minor ailments course, the third-year course touches on some remaining minor ailments topics, including rosacea, emergency contraception, hemorrhoids, headache, other women’s health topics, pediatric illnesses, motion sickness, and more! Despite the heavy course load of the second-year course, the third-year course has a lighter course load and Debra is very accommodating to students and their needs throughout the school term and is open to discussing changes to course logistics if you ask. The course structure generally involves didactic lectures with a mix of workshops, similar to the second-year course. Each week, there may be up to two topics that are discussed. However, the workshops are much more relaxed and focused on your learning and understanding of the topics. As someone who previously disliked the second-year course, I found the third-year course very rewarding and engaging in the end, so don’t let your prior opinions sway you too easily!</p> <p>Some tips for success: Attend classes and workshops and be proactive in your learning! Debra’s tests are very fair, and you can easily do well in this course if you pay attention and keep up with your learning. There may be quizzes for the lectures and workshops, but they are fair as long as you listened during that class. Make sure to submit your preparation notes for workshops before your workshop day! There also may be opportunities for bonus marks throughout the course, so keep an eye out! Pre-readings are assigned before each workshop or lecture that you can reference for your studies.</p>

THIRD YEAR ANTICALENDER

Year 3 Winter Required
Course

Course Average	Course Description
PHM330H1: PREPARATION FOR ADVANCED PHARMACY PRACTICE EXPERIENCE	
P/F	<p>This course is the preparation course for upcoming APPE rotations. It requires you to understand how to handle patient cases and scenarios you will come across during your placements. For example, it goes over how to prioritize DTP's, how to reflect on mistakes, and how to formulate research questions (critical appraisal). The most important aspect of this course is that you must pass ALL assignments and final exams to pass the course. The work is not difficult, and as long as you keep up to date with the term and what's going on in class you will be fine. The final exam was cumulative and it is important to attend lectures because a lot of what was presented verbally is not found on the slides but is found on the exam, which is all short answers. Among the assignment and exam, there are 5 "DTP Vignettes" which are just quizzes with 10-20 cases in which you have to identify the relevant DTP. You must score 100% on these vignettes in order to pass the course but the good news is that you have unlimited attempts to do so. Overall, go to class, do the vignettes, and pay attention to what is being said in lecture so that come exam time you will not be surprised by the questions.</p>



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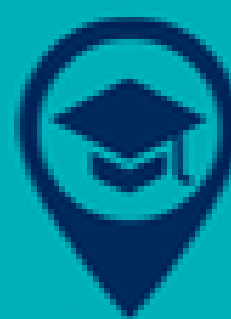
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