

MONOGRAPH

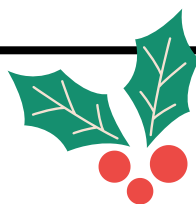
Volume 25 Issue 2



Featured in this issue:
Rx Fails, Recipes, Clubs
Corner, and more!



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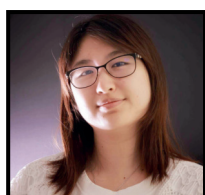
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Greetings Phrends!

Welcome to the latest edition of the Monograph!

We're thrilled to bring you Vol. 25, Issue 2, filled with exciting content. In this issue, we have a diverse array of articles covering a wide range of topics, from insights into Undergraduate Summer Research Program (USRP) to antimicrobial stewardship and more! Our contributors have put together an engaging mix for your reading pleasure.

As we wrap up this semester, we want to express our gratitude for your continued support. The success of this publication is a result of the collaborative efforts of our contributors and the dedicated layout team.

Thank you for making this semester's Monograph a success!

Looking ahead, we have exciting plans for next semester. Expect more captivating articles, diverse perspectives, and engaging content. The Monograph is committed to delivering quality information and entertainment, and we can't wait to share it all with you.

If you're interested in contributing to future issues or joining our layout team, please reach out to your class reps. Your input and creativity are crucial in shaping the Monograph into a dynamic and informative publication.

Wishing you a fantastic end to the semester and an inspiring start to the next!!

Sincerely,

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

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UPS ADDRESS

Hey all!

Congrats, you survived midterms (and MTM)! Now's the fun part, F I N A L S S E A S O N! Make sure to rest up and take care of yourselves; we know how crazy it can get during the grind. As for what we've done since the last Monograph issue, we were glad to experience Halloween Spirit Week, Town Hall, and the Holiday Spirit Week with you! We've received such great feedback, especially about our Faculty-wide Trick or Treat! So many of the profs were grateful to meet new students that participated, and we're glad that we could start that new tradition. Phollies was a huge success this year, with our venue actually being too small for the event this year!! We watched the 2T7s put on the captivating love story of Romeo and Janumet, and were serenaded by the caroling of the 2T5s and the rap stylings of the 2T6s. Mackenzie's comedy routine had us in stitches, Sarah and Grace's performance was moving, and who could forget the profs and their ability to pivot through any situation. And nobody could forget our amazing choir, and ADR bringing the house down at the end of the night! We would like to give a shout out to Linda and Anushka, our UPS events coordinators, for always throwing banger events for all of us to enjoy.



With that said, make sure to rest up lots during our holiday break since we've got an exciting winter semester lined up for when we all return! Look forward to the UPS Charity Week in January and the Ontario Pharmacy Student Integrative Summit (OPSIS) Conference at the end of March (be one of the 40 UofT students to join us in Niagara!). The class that raises the most money throughout Charity Week will win the Dr. Kennedy Charity Award! If you're excited to meet some Waterloo pharmacy students, OPSIS is a definite must to expand your network (or to just have fun in Niagara :D)! Looking to get more involved in the following year? UPS General Council Elections will start in January for the upcoming President and Vice-President, with the rest of the council being elected in February/March.

As always, we're always open to everyone no matter the reason. Got a question? Come find us! Concerned about something? We can help! Got tea? Oh, we're THERE ;) Get the scoop on our Instagram (@uoftpharmacysociety), our website (www.uoftpharmacy.com), or just send us an email at ups@uoftpharmacy.com.

Thank you always and we're excited to see everyone again soon!



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

Adam Da Costa Gomes *Nicolas Pham*

"How's the food here?"

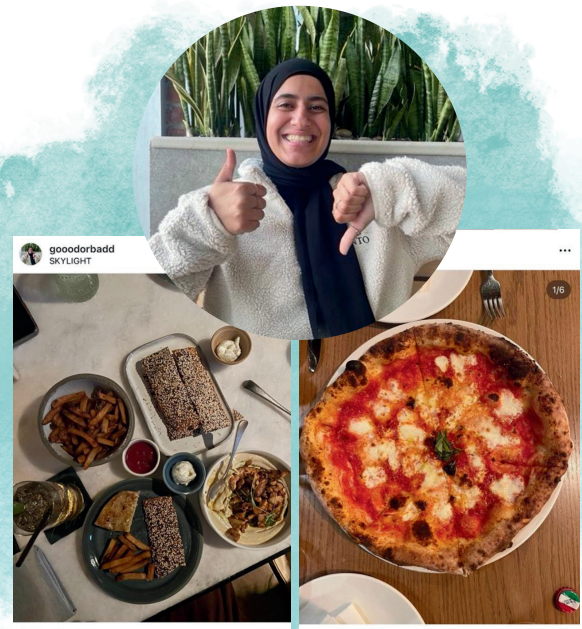
By: Rabia Mirza, 2T5

That's the first question I think about after finding a place to eat. Along with this, I like to check other people's reviews regarding their experience (usually via TikTok and Instagram) at the restaurant and look at their Instagram page to see how the food looks. And, of course, you know I already looked at the menu and decided my order before even going.

Living in a big city like Toronto has its perks, especially when it comes to eating out. Since downtown Toronto has a lot of different types of cuisines to offer, this led me to develop my hobby of reviewing food. Additionally, I have been told that I am a "picky eater," which is why my page always stirs up controversy among my followers. I'd like to point out that I am always open to trying new foods (with discretion).

On my first page @robsrating (on Instagram), the rating is based on both the food and dining experience offered, including service. In terms of the food, key aspects that are taken into account are the plating, portion size, freshness, and taste. Regarding the rating scale, a poor rating is anything less than a 5, a successful rating is anything over a 5, and an exceptional rating would be anything over an 8. A unique take on this page is that viewers are offered a video on the "first bite" of the food because, as we know, the first impression is the last impression. Since this page does require a lot of time and attention to detail, a sister page was formed called @gooodorbadd. The basis of this review page is very simple: the food is considered either good or bad. This page allows for no overthinking and gets straight to the point of stating whether the meal was good or bad.

If you are a casual foodie like myself, follow my pages to enjoy a unique perspective on food reviews or if you're looking for recommendations for a particular cuisine."

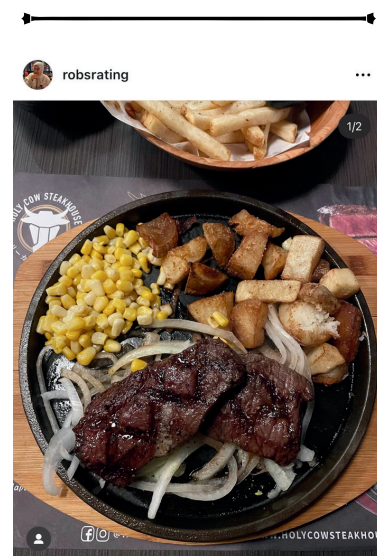


robsrating 📍 Narcos Tacos

Pulled Beef Tacos
 😊 it was "good"
 😊 tasted like a paratha with some salan (idk I wasn't expecting it to taste very desi)
 😊 only good thing about it was the quantity (very filling and worth the price)
 😊 green sauce was very yummy tasted like chutney
 😊 would I go again? No
 😊 rating: 4/10



robsrating



robsrating 📍 Holy Cow Japanese Steakhouse

5 oz Wagyu Steak:
 😊 mine was done medium
 😊 super juicy and delicious
 😊 staff was very nice and accommodating
 😊 for this specific cut, you had to purchase a minimum of 5 oz (it was a good size imo and very filling)
 😊 slightly pictured are the fries and not the rice which was decent (how can you go wrong with rice, but fries could've been more crispier)
 😊 would I go again? Yessss
 😊 rating: 9/10

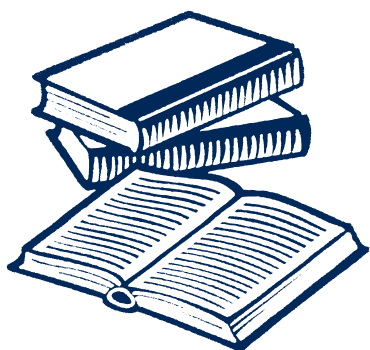
robsrating 📍 La Duperie

Chocolate Dipped Cone with Pretzels:
 😊 surprisingly a very good combo
 😊 vanilla ice cream was good
 😊 just gets a bit messy while eating
 😊 would I go again? Yes
 😊 rating: 9.2/10

The Pharmacy Student Exploring Research: The Undergraduate Summer Research Program

By: Sara Rough, 2T6

This past summer I had the pleasure of partaking in the Undergraduate Summer Research Program (USRP) from June until the end of August. I heard about the program while talking to some professors, given I had an interest in continuing to strengthen the research skills I gained during my undergraduate studies. I also wanted to focus on more pharmacy related research since I had more of an organic/inorganic chemistry research background in my previous research.

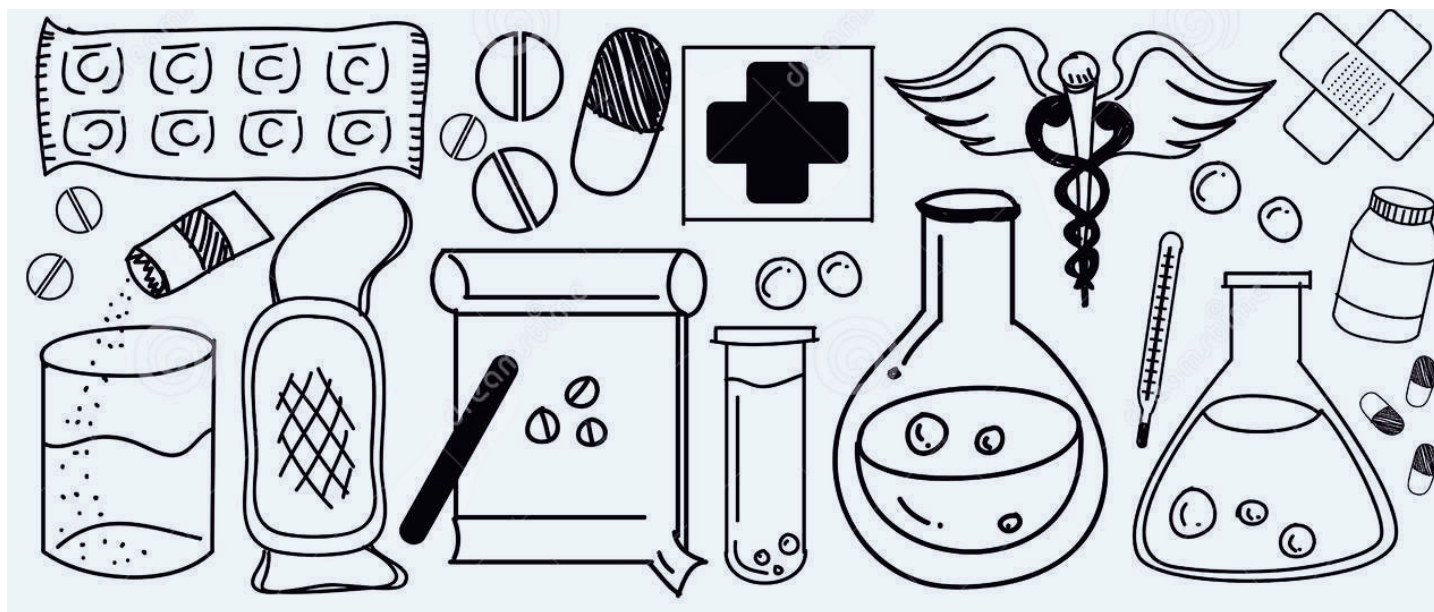


While partaking in the program, I was able to conduct research in photodynamic therapy for cancer patients in Dr. Gang Zheng's lab. Photodynamic therapy involves the activation of a photosensitizer molecule by specific wavelengths of light. Once activated, they have the ability to react with molecular oxygen to generate reactive oxygen species (ROS) in their local environment, effectively killing the tumor cells. I had a special focus on creating a new photodynamic therapy that could be activated by IR light and then have applications in patients which have deeper seated tumors that are harder to treat with UV and visible light. During my project I also got to learn a lot about lipid nanoparticles, drug formulations, cell culturing and animal testing.



Outside of my own project, the program allowed me to learn about other interesting research going on in the faculty from Pharmacists and other experimental researchers. We would have twice weekly meetings to learn about the work of each researcher. We also got to network with other student researchers and faculty during poster presentations present our research findings at the end of the summer. It was interesting to see all sides of pharmaceutical care and interventions being explored by the faculty.





Pharmacist researchers were focused on topics related to patient care such as deprescribing and investigating drug regulations. In contrast, experimental researchers were focused on developing new technologies in the hopes they would be novel drugs or apart of pharmaceutical formulations one day.

If anyone is interested in research, I highly recommend applying for positions through USRP and see what interesting things they learn!



Although I had research experience prior to being in the program, it's not required to apply for any positions. The positions were also paid and open to both PharmD students as well as pharmaceutical chemistry students. The program was very versatile in accommodating for the PharmD students and their rotations, making it an ideal summer job and experience.



Quick & Easy Dinner Recipes for Under \$15

By: Elin Foulds, 2T6



As a pharmacy student who's always in class or studying, I often have trouble figuring out what to make for dinner after a long day. I'm always looking for something that's going to be quick and easy to make, healthy, and not too expensive. Recently, my family and I have started using the New York Times Cooking app to find recipes that are vegetarian or vegan, quick and easy to make, and cost less than \$15. As a result of this family cooking adventure, I have compiled two go-to recipes that I thought I would share for those of you out there who are also struggling to decide what to make for dinner after a long day at PB. These recipes have become some of my family's favourites, and I hope they may become yours too!

Creamy White Beans with Herbs

Feeds 2-4; takes 15 minutes to make. Recommended to have with crusty bread.

Ingredients:

- ½ cup chopped chives
- ½ cup chopped cilantro leaves
- ½ cup basil leaves
- ½ cup & 2 tbsp olive oil
- The juice of 1 lemon
- 2 garlic cloves, thinly sliced (can be omitted for those who don't like garlic – it tastes just fine without it!)
- 2 cans of white beans (15-oz), rinsed and drained
- ½ cup vegetable stock or water

Steps:

A. Make the herb oil by combining the chopped chives, cilantro, and basil in a food processor (or blender) and pulsing the herbs until they are finely chopped. Then, add ½ cup olive oil to the processor (or blender) and pulse until an emulsified mixture results. Transfer the mixture to a bowl, add the lemon juice, and then salt to taste. Set the mixture aside.

B. Heat 2 tbsp olive oil on a skillet over medium-low heat and add garlic, cooking for 1 minute. Then, add white beans to the skillet, season with salt and pepper, and cook for 2-3 minutes, stirring occasionally. Use the back of a spoon to mush up to ½ of the beans in the skillet, ensuring that some remain intact.

C. Add vegetable stock or water to the skillet, bringing the beans to a simmer. Cook for another 2 minutes, until the mixture becomes creamy.

D. Transfer the beans to a bowl and mix in the herb oil made in step A. Now you're ready to serve up and eat!

Quick & Easy Dinner Recipes for Under \$15

By: Elin Foulds, 2T6

Honey-Glazed Mushrooms with Udon

Feeds 4; takes 20 minutes to make.

Ingredients:

- 1 ½ lbs of fresh/frozen udon noodles
- 2 tbsp vegetable oil
- 1 lb cremini mushrooms, sliced
- 4 garlic cloves, finely chopped (can be omitted)
- 3 tbsp honey
- 4 tbsp butter
- ½ a small head of cabbage, thinly sliced
- 3 tbsp soy sauce
- 2 scallions, finely sliced
- 1 tbsp toasted sesame seeds

Steps:

A. Bring a large pot of water to boil, then add udon noodles and cook for 2 minutes. Drain and rinse noodles under cool water, and let sit.

B. Heat a wok or skillet on medium-high, add oil and mushrooms, and stir-fry for 7-8 minutes, allowing mushrooms to carmalize. Add garlic, salt, and black pepper. Add 2 tbsp honey, and 3 tbsp butter.

C. Add the udon noodles, cabbage, and soy sauce to the wok or skillet and toss everything for 2 minutes or until the cabbage wilts. Remove the mixture from heat, add the remaining 1 tbsp honey and 1 tbsp butter, and season with salt and pepper if needed.

D. Serve with scallions and toasted sesame seeds on top. Enjoy!

References:

1. Henry C. Creamy White Beans With Herb Oil [Internet]. The New York Times Company [cited 2023 Nov 19]. Available from <https://cooking.nytimes.com/recipes/1019385-creamy-white-beans-with-herb-oil>
2. McKinnon H L. Honey-Glazed Mushrooms with Udon [Internet]. The New York Times Company [cited 2023 Nov 19]. Available from <https://cooking.nytimes.com/recipes/1022833-honey-glazed-mushrooms-with-udon>

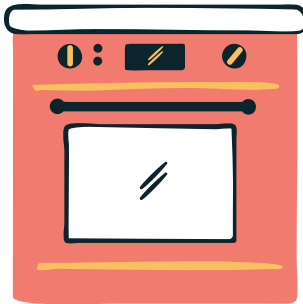
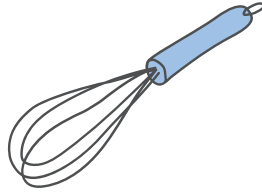
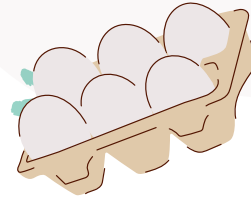


HOLI-SLAY MERINGUES

By: Silas Taylor, 2T7

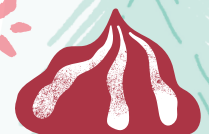
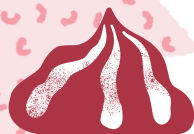
Ingredients:

- 4 egg whites (Room temperature!)
- 3/4 tsp cream of tartar
- 1/8 tsp salt
- 1 and 1/2 cup granulated sugar.
- Vanilla extract
- Mint Extract
- Red + Green food colouring.



Steps:

- Preheat oven to 225 degrees.
- Combine the first 3 ingredients in mixing bowl.
- Add sugar 1 TBSP at a time using a whisk at high speed.
- Whisk until stiff peaks form.
- Divide into three bowls.
- Gently fold vanilla into one bowl.
- Add red and green food colouring separately to each remaining individual bowl.
- Add mint extract to one (or both depending on your taste) of the coloured bowls.
- Put meringues in piping bag with a star tip.
- Pipe onto lined baking sheet, these don't spread so they can be close together!
- Bake for one hour.
- Turn oven off and leave meringues in the oven for 1-2 more hours (leave oven door closed).





Banana Oatmeal Squares



These yummy oatmeal squares are quick and easy and have more than 4g of protein per square!

By: Kiera Miller, 2T5

Ingredients:

- 1-2 ripe bananas
- 1 ½ cups milk
- 3 tbsp maple syrup
- 3 tbsp cinnamon
- 1 pinch of salt
- 1 scoop protein powder (vanilla or choice)
- 1 egg
- 2 cups Quick Oats
- ½ cup chocolate chips (optional)
- ¼ cup shredded coconut (optional)

Directions:

1. Preheat the oven to 375°F.
2. Mash bananas in a small bowl.
3. Add milk, maple syrup, cinnamon and protein powder into a large bowl, then add the banana in.
4. Beat an egg in the small bowl and then mix into the large bowl.
5. Add a pinch of salt.
6. Mix in the quick oats.
7. Add in some shredded coconut and or chocolate chips if desired.
8. Line a glass dish with parchment paper and pour in the mixture.
9. Place in the oven for 30-40 mins until the surface is a golden colour.
10. Let cool and remove from the glass dish and cut into desired sizes. (typically 12-16 pieces)

Notes:

- Use 2 bananas for a more moist square.
- If using steel cut oats, let the mixture sit for 10-15 minutes before placing them in the oven.
- You can use ripe bananas from the freezer and let them thaw for ~ 1 hour before mashing (or pop them in the microwave for 30 seconds) - The maple syrup can be replaced with honey.



CHEWY GINGERBREAD COOKIES



By: Loren Zomer, 2T7

Ingredients:

- 3 cups flour
- 2 tsp. ginger
- 1 tsp. cinnamon
- 1 tsp. baking soda
- ¼ tsp. nutmeg
- ¼ tsp. salt
- ¾ cup softened butter
- ¾ cup firmly packed brown sugar
- ½ cup molasses
- 1 egg
- 1 tsp. vanilla extract



Directions:

1. Mix flour, ginger, cinnamon, baking soda, nutmeg, and salt in a bowl.
2. Beat butter and brown sugar with electric mixer on medium speed until light and fluffy. Add molasses, egg, and vanilla extract; mix well.
3. Gradually beat in dry ingredients on low speed until well mixed.
4. Press dough into flat disk and refrigerate for 4 hrs (or overnight).
5. Preheat oven to 350°F.
6. On a lightly floured surface, roll out dough to ¼ inch thickness.
7. Cut and place 1 inch apart on ungreased baking sheet.
8. Bake 8-10 minutes, or until edges of cookies are set and just beginning to brown.

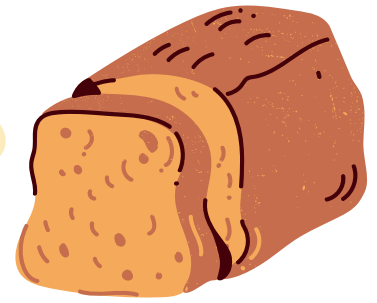
Yields: ~30





RECIPES

Banana Bread



By: Bakhshish Brar, 2T5

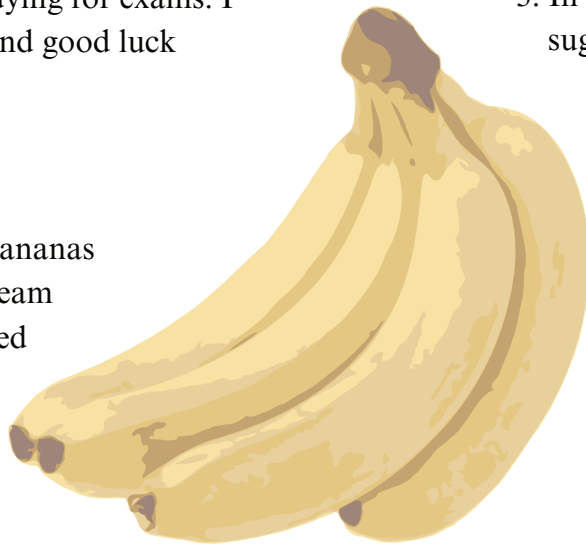
I think that banana bread is so delicious and is something that is really hard to mess up. It's a forgiving recipe that uses up ripe bananas, and is easy to customize to individual preferences.

Today I will share the recipe I use when I'm procrastinating studying for exams. I hope you enjoy it, and good luck with exams!

INGREDIENTS

for 16 slices

- 4 mashed ripe bananas
- 1 cup of sour cream
- $\frac{1}{3}$ cup of softened butter
- $1\frac{1}{4}$ cup of brown sugar
- 2 eggs
- 2 tsp of vanilla extract
- $2\frac{1}{2}$ cup of all purpose flour
- 1 tsp of cinnamon
- $\frac{1}{2}$ tsp of salt
- 2 tsp of baking soda



ADDITIONAL INGREDIENTS

- Chopped walnuts
- Chocolate
- Caramel
- Pumpkin puree
- Coconut

INSTRUCTIONS

1. In a medium sized bowl, lightly mash the bananas with a fork and set aside
2. Preheat the oven to 325 degrees Fahrenheit, and generously grease two loaf pans
3. In another larger bowl, mix the butter and sugar together. Toss in the eggs and give it a good mix. Add in the sour cream, mashed bananas, and vanilla, and stir it all up.
4. Sift in the flour, and add salt, cinnamon, and baking soda, and stir until combined
5. Fold in any additional ingredients into the mixture at this time to personalize it to your preferences!
6. Divide the batter evenly between prepared loaf pans. Bake for 40 minutes to 1 hour or until a toothpick inserted in the center comes out clean.
7. Let your banana bread cool once finished baking and enjoy!

melodies in the snow

A GUIDE TO MAGICAL CHRISTMAS CONCERTS IN TORONTO



By: Radhika Thakkar, 2T6

As the snowflakes delicately blanket the charming city of Toronto, the festive spirit fills the air, and what better way to celebrate the magic of Christmas than by attending some heartwarming concerts? Toronto is not just a bustling metropolis; it's also a city that comes alive with enchanting melodies during the holiday season. As a lover of music and concerts, I wanted to share how you can immerse yourself in the joyous sounds of the season with these must-attend Christmas concerts in the city!



SYMPHONY OF LIGHTS

Roy Thomson Hall

Step into a world of enchantment as the Toronto Symphony Orchestra brings the Symphony of Lights to Roy Thomson Hall. This annual concert is a sensory delight, combining the grandeur of classical music with the twinkling beauty of festive lights. Let the orchestra's rendition of beloved holiday classics transport you to a winter wonderland, making it a perfect outing for families and friends alike.

[Get your tickets here](#)

JINGLE BELL ROCK

Massey Hall

Massey Hall, with its historic charm, hosts the Jingle Bell Rock concert, a lively celebration of all things rock and roll during the holiday season. From classic rock anthems with a festive twist to heartwarming acoustic renditions of Christmas favorites, this concert promises a night of toe-tapping joy. Grab your Santa hats and get ready to rock around the Christmas tree at this iconic Toronto venue.

[Secure your spot here](#)



A CAPPELLA CHRISTMAS

Koerner Hall

For those who appreciate the pure beauty of voices harmonizing in perfect unison, A Cappella Christmas at Koerner Hall is an absolute must. Experience the magic of acapella groups bringing your favorite holiday tunes to life without any instrumental accompaniment. The intimate setting of Koerner Hall creates an immersive experience, allowing the audience to feel the power and warmth of the human voice during the most wonderful time of the year.

[Book your tickets now](#)



HOLIDAY HARMONIES

The Danforth Music Hall

Celebrate the diversity of the holiday season at The Danforth Music Hall with the Holiday Harmonies concert. Featuring a mix of musical genres, from jazz to soulful ballads, this event brings together a lineup of talented artists ready to serenade you into the Christmas spirit. Grab a cup of hot cocoa, find your seat, and let the harmonies of the season wash over you in this festive and historic venue.

[Tickets available here](#)

WINTER WONDERLAND JAZZ JAM

The Rex Hotel Jazz & Blues Bar

For a more intimate and laid-back Christmas celebration, head to The Rex Hotel Jazz & Blues Bar for their Winter Wonderland Jazz Jam. Enjoy the smooth sounds of jazz musicians as they infuse classic holiday tunes with their unique flair. This cozy venue provides the perfect setting to unwind, sip on a holiday-inspired cocktail, and let the soothing melodies of jazz carry you away.

[Secure your jazz-filled evening here](#)



Toronto is not only a city of skyscrapers and bustling streets; it's a city that harmonizes with the magic of Christmas. These concerts offer a delightful escape into the enchanting world of holiday melodies, making them the perfect way to create lasting memories with loved ones. So, bundle up, grab your tickets, and let the music of Christmas in Toronto fill your heart with joy and festive cheer!

UPS Athletics Fall Recap

By: Julia Ioannou, 2T6, Jr. Athletics Director

The fall season is always an exciting time for athletics at UofT pharmacy. As the new academic year starts, so do the many athletic activities at the Leslie Dan Faculty, such as intramural sports, the Annual Pharmacy Soccer Cup, Fall Fitness Challenge, and Annual Curling Bonspiel. Now approaching the end of the fall semester, we can look back on all the thrilling events that took place!

Fall Intramural Sports

Fall intramural sports are always an exciting time for athletics, since sign-ups happen right as the first-year students finish up Phrosh week. It's fun to see all the eager phroshies decide which intramural sports teams to sign-up for and it's interesting to witness how the new players mesh with each team once the season starts. This year, Hamza and I set up a booth for UPS Athletics during the Clubs Fair. We received so many great questions from the first-year students about how to sign-up for intramural sports on IMLeagues, how different sports leagues are structured, and what the skill levels are like. This year, we had around 100 students sign-up for fall intramural sports. We were able to offer both outdoor and indoor sports teams including soccer, volleyball, basketball, dodgeball, and badminton. We are so proud of how all the pharmacy sports teams performed this semester and would like to give a special shout-out to the mixed and women's volleyball teams for making it to the playoffs!

Sign-ups for the winter intramural sports are approaching soon and we hope to see as many students participate next semester.



Annual Pharmacy Soccer Cup

Every year, the Annual Pharmacy Soccer Cup takes place between UofT Pharmacy and Waterloo Pharmacy. This year, UofT was responsible for organizing and hosting the game. For the past few years the game has taken place in the winter semester, however, this year we wanted to host it in the fall so that it could be outdoors and have a 'homecoming' game vibe. We rented out a massive stadium, Allan A. Lamport Stadium, in downtown Toronto with lots of spectator seating and a good quality turf field. On September 23rd, at 11:30AM, kick-off took place. During the first-half of the game, Waterloo took the lead with 3 goals. Soon after, UofT was able to catch up and tie the game 3-3. The second half of the game was tight with the score being tied at 3-3 for the majority of the half. Unfortunately, in the last 5 minutes of the game Waterloo scored a 4th goal, making the score 4-3. With such little time left in the game, UofT put up an amazing fight and effort, but was unable to score another goal before the 90 min mark. As always, the game was a fun and exciting match and it was nice to see our Waterloo pharmacy peers in Toronto. I'd like to thank Professor Kenny Tan for being an excellent coach for the UofT soccer team and to Shaheen for being a stellar co-captain on the field!



Fall Fitness Challenge

In October, UPS Athletics hosted the Fall Fitness Challenge in PB Atrium. We selected 4 fitness exercises that students could choose to attempt on the yoga mats next to our booth and if at the end of the day their name was at the top of the leaderboard, they would win a \$20 giftcard. The 4 exercises were push-ups, sit-ups, plank, and calf-raises. I was so amazed by the amount of participation there was for this event and the level of physical ability that the pharmacy students have! I witnessed multiple students do over 300 sit-ups consecutively and saw many students hold a plank for over 3 minutes. Many participants held a calf-raise for over half an hour and a number of students did over 50 push-ups consecutively. It was amazing seeing the strength and determination that the students had. By the end of the day, the students at the top of the leaderboard were the following: Push-Ups - Vincent Huynh (71), Sit-Ups - Alina Montgomery (402), Plank - Shangari Senthuran (10:03), Calf Raise - Silas Taylor & Ranhee Lee (86:22). Thank you to all the students who participated in the event!

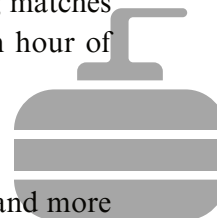


PUSH-UP	SIT-UP	PLANK	CALF RAISE
① Vincent Huynh (71)	① Alina Montgomery (402)	① Shangari Senthuran (10:03)	① Silas Taylor (86:22) Ranhee Lee
② James Chow (68)	② Margherita Bastian (401)	② Abel Kondoor (4:24)	② Tryston Charlton (57:34)
③ Hamza Mian (66)	③ Jennifer Chen (200)	③ Sharon Guan (3:46)	③ Shivanthi Kandappa (30:00)
④ Chris Adanty (60)	④ Ramez Mikhail (142)	④ Deep Shah (3:36)	④ Varon Gupta (22:30)
⑤ Matteo Torelli (56)	⑤ Caroline Ho (100)	⑤ Jennifer Chen (3:31)	⑤ Miral Bunha (20:00)

Annual Curling Bonspiel

In November, we hosted the classic Annual Curling Bonspiel at Leaside Curling Club. It's especially enjoyable seeing students try a new sport together or to see returning students further practice their curling skills. Curling is a lot harder than it looks! There is a lot of balance, coordination, and strategy that goes into releasing and sliding the curling stone. The instructors at the curling club were very friendly and did a great job teaching us how to curl. For about an hour, we practiced and learned the rules of a curling match, how to properly push/release a stone, and how to sweep with a curling broom. Afterwards, we got to team up in teams of 3-4 and play curling matches against each other. It was cool to see how much everyone improved in their curling skills after only an hour of practice!

Overall, UPS Athletics had a successful fall semester and we look forward to bringing intramural sports and more fun athletic events to the pharmacy Faculty in the winter semester!



THE FUTURE OF HISTORY

By: Vidish Upadhyay, 2T4

“Teleology” – the term used by German philosopher George Hegel claiming that the flow of human history leads towards an ideal society. Most of us see history as a record of past events, but in Hegel’s eyes, he believed that the accumulation of history has a purpose or end goal. As humanity progresses through time, we move closer and closer to an equal society with all our freedoms and self-consciousness fully realized. To Hegel, history was not simply a subject to be studied in school, rather it was a force of nature like gravity or photosynthesis that dictated the evolution of humanity.

We often hear the term “History repeats itself,” but I do not believe that is accurate. I believe a better term is “History rhymes.” Meaning that the literal actions of man are not replicated in a manner which is congruent to events in the past but in a manner that replicates the *nature* of man. The events of World War I and II were unlike anything we have seen before, the scale of which has yet to be duplicated. While you can war is a constant throughout history and repeated itself in the 20th century, we are ignoring the causal factors. In essence, it is the corruption, greed, prejudice, and opulent character of humans that drive them to war. So, when Hegel envisions a future of such ideal society is he suggesting that such historical events must take place so we can learn and progress? If it is the nature of man that is constant throughout history, how can we ever hope to reach such self-actualization if conflict is inevitable?

I don’t know. What we can take away from Hegel, even if you do not agree with him, is that history *does* guide the acts of man. Unlike animals who survive solely off the genes from their ancestors, we have history. While people were powerless during the time of dictators and kings, we can use the pen of history to impeach the tyrants of the past, teaching future generations about their crimes. We see that accumulation of history is what we describe as the present, and what happens today will determine the events of tomorrow. Is there a purpose to all of it? Are we heading in a positive direction as a race?

Maybe history is in its infantile stages and its hands have yet to reach beyond the crib of humanity. Only time will tell.





HISTORICAL TEA TIME: THE WONDERS OF SILPHIUM



By: Isabel Wang, 2T7

In his *Naturalis Historia*, Pliny the Elder wrote of a plant so marvelous and desired, it was driven to extinction. The Roman culinary author Apicius included the same plant in no less than eighteen recipes in his *De re coquinaria*. The modern shape of a heart—not the anatomical heart, the shape, mind you—purportedly saw its origins in the seed pod of the same plant.



Once a panacea to the ancient world, silphium (alternately known as silphion, laser, laserpitium, and laserwort, among other names) was worth its weight in silver. Various authors claim tens, if not hundreds, of its medicinal uses. In chapter 49 of *Naturalis Historia*, Pliny the Elder claims in a single paragraph that silphium could promote digestion, alleviate joint pain, promote menstruation, and act as a diuretic. In popular remembrance, silphium is known for its aphrodisiac and abortifacient properties as well; some theorize this is the clinical application that drove its overharvesting, and ultimate extinction. Ancient sources state that all attempts to cultivate silphium through agricultural means failed. Pliny the Elder claims that the last stalk was given to the notoriously cruel emperor Nero. And thus ended the story of silphium: a miracle plant brought to extinction by the greedy hands of mankind.

Until very recently, we truly believed that silphium was gone to us, but in 2021, Dr. Mahmut Miski from Istanbul University published “Next Chapter in the Legend of Silphion: Preliminary Morphological, Chemical, Biological and Pharmacological Evaluations, Initial Conservation Studies, and Reassessment of the Regional Extinction Event”. In the paper, he names *Ferula drudeana*, of the fennel family, as the most likely identity of silphium. Dr. Miski and his team discovered that *F. drudeana* is a monocarpic plant—meaning it flowers once in its entire life cycle, nine or ten years after sprouting. They also concluded that the reason Roman farmers were unable to cultivate it from seed is because the seeds needed to undergo winter weathering to promote sprouting first. Chemical analysis of *F. drudeana*’s extracts revealed that some of the medical claims that Pliny the Elder and his contemporaries made about silphium may actually hold water—in addition to the aphrodisiac and abortifacient compounds promised, Miski et al. also found that *F. drudeana* contained antihypertensive, hepatoprotective, and anticancer compounds, among others. Whether *F. drudeana* really is the silphium of legend is still debated, but Miski et al.’s discovery may revolutionize the field of pharmacognosy.



The delicate nature of silphium's growth cycle, however, means that harvesting, and indeed cultivation of silphium, will prove to be difficult. Miski et al. note that the commercial interest in *Ferula* species for treating erectile dysfunction may drive *F. drudeana* to extinction—potentially meaning a second extinction of one of the world's most fascinating plants.

In the spirit of not further endangering a delicate species, here's a silphium-free tea inspired by the flavours of the *De re coquinaria*.

ROMAN SPICED TEA

You will need:

- 1 stick cinnamon
- 1 sprig of mint (a few leaves will do)
- 2 honey dates, chopped roughly
- (optional) a few black peppercorns
- (optional, for the truly brave) ½ teaspoon of cumin
- Honey to taste
- 500 mL water (about two cups)

Put all ingredients except honey into saucepan and bring to a boil, then lower the heat to a simmer for five minutes, then turn off heat and let steep for another ten minutes. Strain and serve with honey to taste.



Pharma Maiden Meadley

By: Huy Pham, 2T4

Pharma Melodies

Should make the drugs no one has ever heard
Like Plavix and Humira
Make the drugs no one has ever heard
Fill the shelves of pharmacies

Thinking about chemical space every night and
day
How to change the structures every night and
day

Natural origins, or is it synthetic
Found *in silico* or serendipity
Look forward, look reverse, try to get that one
lead compound.

Should make the drugs no one has ever heard
Like Plavix and Humira
Make the drugs no has ever heard
Fill the shelves of pharmacies



Into the Market

Think about it
Even if it's not the first-line
Think about it
What can we do to make the brand better?

Think about it
Even if substitutions are fast approaching
Think about it
What can we do to make the brand better?

Change
The landscape's changing (It keeps on changing)
Instead of complaining (oh-oh)
Keep ahead in the drug game (Ahead, ahead, keep
ahead in the drug game)

Fate
The future's waiting
For you to shape
Clinical practice



4 Trials

(Come on, new drug approval)

Gazing into the world

Of drug development

Staying ahead at all times

And no one catch up

First in human, proof of concept, multicentered (RCTs)

This risky dance

Keep vigilance

Come on, new drug approval

Lack of efficacy janai

Safety concerns janai

Should release the drugs

No one has ever heard

NOC-ing on wood for your NDS. Safety, efficacy, and

quality

These trials make drugs strong (make them strong)

Let's all come along

See for yourself

Can't stop us now. Can't stop us now. (Don't stop us now) Can't stop us now

These trials make drugs strong (make them strong)

This journey will be long

See for yourself

Submission for approval

It's pivotal

These trials make us strong



Discover Therapeutic Universe

Vast collections of therapeutic potential
found in this library

And targets for them to bind to

High-throughput screening all the possibilities

Vaccine, antibody, CAR-T, nucleotide,
PROTAC, gene therapy.

Out of the thousands, where it will lead

The first step of

Discovery now.

What an event to be observed

Selection. Lead Identification.

Time to optimize.

Apply medicinal chemistry

Whether it is for PK or PD

I'll take you now,

This journey to treat anything.

ALS, Breast cancer, TB or diabetes

Let's find it now

A candidate in the pipeline. The key to
market entry

It might just look like this

INTRODUCING *Your Platform for All Thing's Oncology*

By: Alysha Pinck, 2T6

Hey Pharmacy! Do you have a passion for oncology and want to get involved? Or are you new to the world of oncology and simply want to learn more? Well, NCODA is your hub for all thing's oncology!

Also known as the National Community Oncology Dispensing Association, NCODA aims to educate, spread awareness and create a community of professionals who are interested in oncology with the ultimate goal of creating medically integrated teams that provide optimal care for patients. As pharmacy students, we have limited exposure to the world of oncology through our curriculum, which makes it hard to develop a passion for oncology and realize its importance in clinical practice. In fact, cancer statistics show that 1 in 2 Canadians will develop cancer in their lifetime, which has a significant impact on the healthcare system and shows how rapidly growing this field really is. NCODA, therefore, has expanded its scope to not only healthcare professionals, but to students as well, so that they have the opportunity to learn more about oncology early in their practice and understand the important role they will play in caring for patients with cancer.

How can I get involved?

Originally based out of the New York, NCODA has grown over the last decade to have over 42 student chapters, with the University of Toronto having been the first international chapter! Now, there are 5 chapters across Canada and this number is still expanding.

However, being part of a chapter is not the only way to get involved with NCODA. By joining NCODA on their website (for free!) you get access to many resources, learning opportunities and events held by experts in the oncology field. For example, virtual Student Educational Talks (SETs) are offered to all student members and outline emerging topics in the oncology field and

important updates on novel drug therapies and patient-centred care. Weekly digests and unique training opportunities are also offered.

Mentorship programs, residency programs, fellowships and international opportunities are also available! The fall summit this year, hosted in Orlando, Florida, brought together thousands of students and oncology experts for three days of educational talks, networking opportunities and leadership activities. NCODA always offers scholarships to be able to attend, so keep an eye out for those in the New Year!

Finally, our NCODA chapter at the Leslie Dan Faculty of Pharmacy aims to host events to spread awareness about oncology. You may have seen us so far this year when we hosted the Stem Cell drive in the atrium at PB, or the Breast Cancer Pink Photobooth in B2, where you got to take some fun pictures with your friends. We also just hosted our yearly Movember event in collaboration with all the chapters Canada-wide, to spread awareness about prostate cancer. Stay tuned for many more events in the New year too!

As your NCODA chapter, we want to help drive your passion for oncology and hopefully fill any knowledge gaps that you may have, ultimately to help you realize the important role that pharmacists (and future pharmacists!) play in the world of oncology. If you have any questions, you can reach out by emailing us at ncoda.uoft@gmail.com, follow us on Instagram @ncodauoft, or at our website <https://ncodauoft.wixsite.com/home> (or google ncoda uoft). We look forward to seeing all of you at our upcoming Movember event and the SET at the end of the month!

Alysha Pinck, 2T6

NCODA UofT Director of Communications

ANTIMICROBIAL STEWARDSHIP IN PHARMACY EDUCATION

A VITAL PILLAR OF PATIENT CARE

BY: AQSA ALI, 2T5



In the ever-evolving landscape of healthcare, the role of antimicrobial stewardship has become paramount in the battle against antibiotic resistance. At the forefront of this endeavor within our pharmacy program is the Pharmacy Students for Antimicrobial Stewardship Society (PSASS) - a student-run pharmacy club dedicated to advocating for antimicrobial stewardship and educating students on the importance of responsible and safe antimicrobial use. By initiating this discussion, we aim to inspire you to learn and speak on these topics. Throughout the year, PSASS hosts a myriad of events, including trivia nights and collaborations with experts in the field.

What is Antimicrobial Stewardship?

Antimicrobial stewardship is a concerted effort to optimize the use of antimicrobial agents, ensuring their judicious prescription and administration. It comprises a spectrum of strategies aimed at enhancing patient outcomes while curbing the emergence of antibiotic resistance. PSASS spearheads these initiatives, instilling a culture of responsibility and awareness.

Why is it Important?

Combating Antibiotic Resistance:

Antibiotic resistance poses a global health threat with far-reaching consequences. Active participation in antimicrobial stewardship positions pharmacy students, especially those engaged with PSASS, as contributors to the collective endeavor of preserving the efficacy of existing antibiotics, safeguarding

future generations from the repercussions of drug-resistant infections.

Enhancing Patient Safety:

Inappropriate antibiotic use can lead to adverse effects, drug interactions, and escalated healthcare costs. Pharmacy students engaged in antimicrobial stewardship initiatives can directly impact patient safety by ensuring precise antibiotic prescriptions aligned with individual patient needs and characteristics.

Professional Development:

Participation in PSASS offers pharmacy students a unique avenue for professional growth. They cultivate skills in evidence-based medicine, critical thinking, and interdisciplinary collaboration, establishing a robust foundation for their future roles as healthcare professionals.

Relevance to Pharmacy Students:

Clinical Application of Knowledge:

Antimicrobial stewardship bridges the gap between theoretical knowledge and practical application. Pharmacy students, especially those affiliated with PSASS, actively contribute to patient care by applying their understanding of pharmacology, microbiology, and therapeutics in real-world scenarios.

Interdisciplinary Collaboration:

Antimicrobial stewardship inherently involves collaboration with physicians, nurses, and other healthcare professionals. Engaging in such initiatives readies pharmacy students for the

interdisciplinary nature of healthcare, fostering effective communication and teamwork.

Leadership Opportunities:

PSASS provides a platform for pharmacy students to assume leadership roles. By spearheading initiatives, organizing educational campaigns, and influencing positive change, students cultivate leadership skills that extend beyond the academic setting.

Embracing the principles of antimicrobial stewardship is not just a responsibility; it's an investment in the well-being of individuals and the sustainability of healthcare practices for generations to come. Look forward to our events throughout the year to introduce students to experts in this field and expand your understanding of antimicrobial stewardship.

Pharmakon Yearbook Sale 2023

Thank you to everyone who came out and picked up their Pharmakon 2022-2023 yearbook the past few weeks! We are very pleased how the design turned out this year, especially the glitter texture on the cover, and hope everyone loves it as much as we do.

Theme: For last year, we decided to go with an alchemy theme, piggybacking off of the theme for Phrosh that year, which was Harry Potter, and putting a pharmacy twist to it. The cover is based on spell and potion books from fantasy as well as history, incorporating the coat of arms of the Leslie Dan Faculty of Pharmacy with the motto:

"TRUTINA PENSO DOCTRINAE"

which translates from Latin to "I weigh by the balance of learning."

The inside is more colourful, though, as it is also a nod to the physical copy of the CPS book, which published its last print edition in 2022 after 60 years. This includes the colour coded chapters on the inside: green, pink, purple, and yellow.

Yearbooks can also be purchased directly if not pre-ordered yet, just contact Pharmakon and we'll be able to go ahead and grab one for you! It's a great way to preserve all the memories you have made with your friends and includes big events that happened throughout the school year including Phrosh, the orientation banquet, Halloween pumpkin carving, Christmas cookie decorating, the Phollies, and much more!!

Thanks again for a great year, and we hope you look forward to the Pharmakon yearbook for next year. We have an amazing theme in the works already and can't wait to share it with everyone!



Navigating Patient Care in Times of Collective Grief

By: Meriam Salihi, 2T6

It's a busy day, back-to-back flu and COVID shots I pause for a minute to take a sip of water and bite of the granola bar I have in my bag before calling in my next patient. A lovely elderly lady with a sweet smile walks into my clinic room, I start prepping everything for her injections confirming her date of birth and allergies and then proceed to make some small talk, the way I do with everyone. I ask her how her day was, her polite smile not wavering she says she has not been well; she knows of people who have been directly impacted by the conflicts going on in other parts of the world, and even though she does not know anyone personally she is still struggling with feelings of guilt and grief. In that moment I stopped not sure what to do next...

The impact of violent and local and regional events becomes global within seconds thanks to social media and advances in technology, this should bring us together, right? Well in contrast, technology has made it so that we interact less with those around us under the guise of efficiency. Our conversations are short, our interactions are limited and we get all of our information from a little device that sits in the palm of our hands. While technology has made us more aware of the world's events, it's crucial to balance this with efforts to connect on a personal level. As healthcare providers, incorporating moments of genuine connection during patient interactions can make a significant difference. This could involve taking a few extra moments to discuss non-medical aspects of their lives, actively listening to their concerns, and demonstrating empathy.

I spent hours combing through online literature trying to gain an understanding of how to approach times of conflict and most importantly how to support our patients and ourselves. While there is no definitive guide in managing collective grief, there are some key ideas that stand out. First is to acknowledge the events openly and empathetically, recognize the emotions that are being felt.

Those feelings of guilt and grief are not weaknesses, they are a sign that we as human beings still care for one another. Create a safe space, one where others can express their emotions without feeling judged. It is only after these two points have been established can we offer support, in our case this can look like helping the patient to manage any long-term conditions they have, following up and potentially discussing alternative treatment options.

The ability for us to access information and know what is going on all over the world causes us to see a lot of things that we can no longer unsee, this is causing a shift in the healthcare landscape, continuous learning and adapting to new challenges are vital. Sharing insights and strategies within your healthcare community can also contribute to a collective understanding and response to these issues. It is important to encourage open conversations within the healthcare community about these challenges and sharing best practices can contribute to a collaborative and supportive environment.

As students and future healthcare professionals, our role in redefining the profession is significant. I believe we all chose this field because the wellbeing of others and our community is a priority to us. Embracing the human side of healthcare and advocating for holistic approaches that address emotional well-being alongside physical health can contribute to a more compassionate and patient-centered practice, one that can benefit the health of our patients, ourselves and our community.



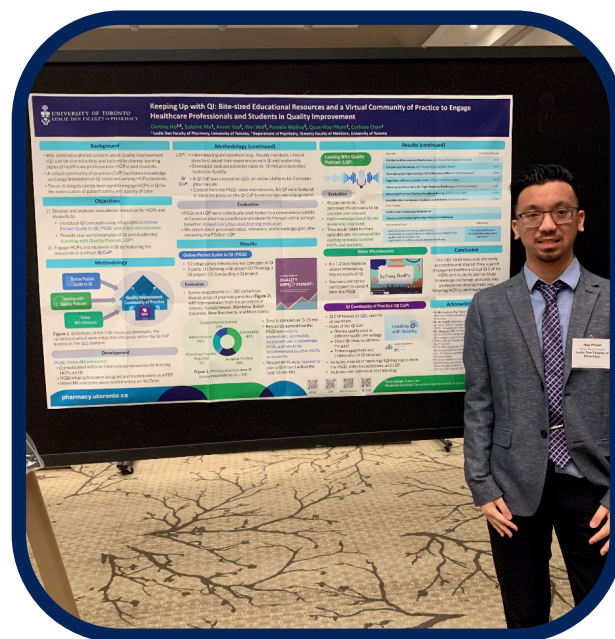
On the Path to Safety and Continuous Quality Improvement: Ottawa Patient Safety Conference

By: Huy Pham, 2T4

On October 27, 2023 (the last day of Canadian Patient Safety Week), I attended the Ottawa Patient Safety Conference at the Infinity Convention Centre near the Ottawa International Airport. This is annually hosted by the Ottawa Hospital and IQ@TOH Infinity Convention Centre near the Ottawa International Airport. I went to the conference partially out of interest, partially out of responsibility.

The theme of this year's conference was "systems for safety: from the front line to governance" and as a result, the plenary speakers spoke on topics relating to creating systems conducive to patient safety. The first speaker was Dr. Ward Flemons, Head of Respiratory Medicine at the University of Calgary and Alberta Health Services and co-author of *Fatal Solution: How a Healthcare System Used Tragedy to Transform Itself and Redefine Just Culture*. He detailed a medication incident in 2004 where two Calgary patients undergoing dialysis died after mistakenly given potassium chloride instead of sodium chloride (root-cause analysis is indicated) and how these events led the Calgary Health Region to develop a just and safe culture. His presentation focuses on the need for proactive and retroactive approaches to patient safety, as well as the importance of measurement for safety, quality management, and continuous quality improvement. The next speaker was Professor Jane Cummings, Former Chief Nursing Officer for England. She is notable for the invention of the 6 C's of nursing (care, compassion, competence, communication, courage, and commitment). Her session discussed some of the recent poor practices of the National Health Service such as the Stafford Hospital scandal, where patients were receiving poor care and the mortality rate was high among those admitted as emergencies, and the Morecambe Bay Investigation, which looked into the deaths of several mothers and newborns at Furness General Hospital. She also went into the new initiatives to address these shortcomings. One key takeaway I took away was the concept of compassionate

leadership, which she described as "effective, inclusive, collective, and systemic" and is built on the pillaring of attending, understanding, emphasizing, and helping the patient. There was a session by Dr. Christian Choquet, the Vice-President of Quality and Regulatory Affairs at the Canadian Blood Services, on the quality management system at Canadian Blood Services and the opportunities and challenges of implementing a multi-dimensional QMS at the national scale. Healthcare Excellence Canada, a non-profit organization launched from the merging of the Canadian Patient Safety Institute and the Canadian Foundation for Healthcare Improvement, hosted an interactive workshop on engagement-capable environments. The focus can be summarized in this quote: "everyone contributes to patient safety. Together we must learn and act to create safer care and reduce all forms of harm". Healthcare providers are encouraged to engage with patients in their care (think the dimension of "patient-centered" in Health Quality Ontario) and consider the factors that enable the creation and sustainment of partnerships and culture where patients, caregivers, and communities contribute to patient safety.

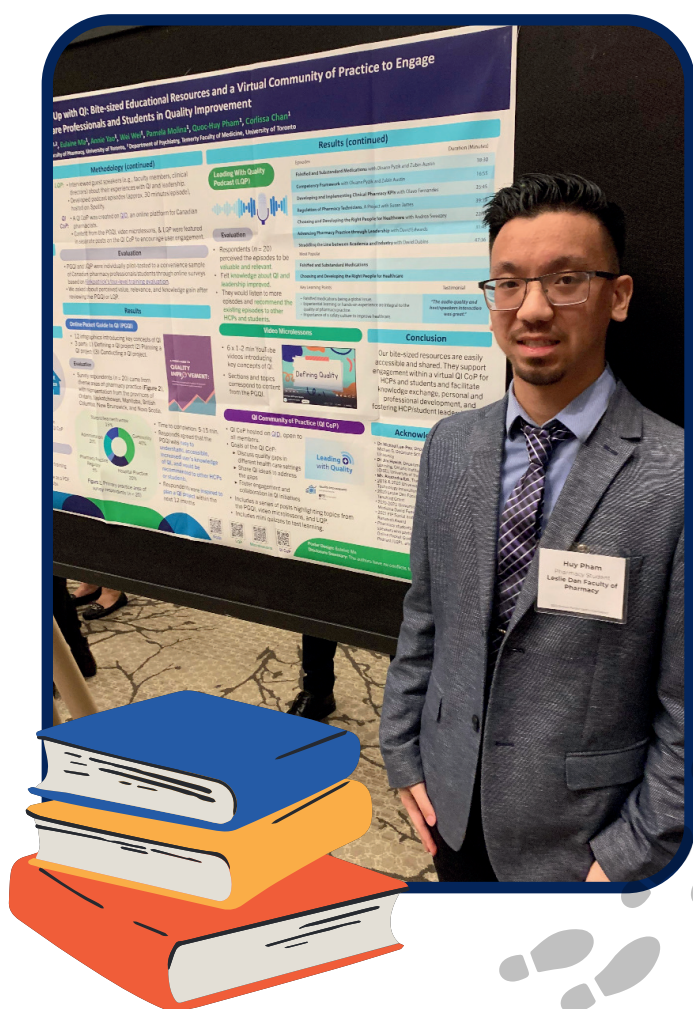


The workshop ended with an activity where we shared one idea that would best engage patients in their care, most popular responses involved asking patients “what matters to them”. The final plenary session was by David Marx, the CEO of the Just Culture Company, and covers just culture and nine behaviours conducive to just culture (open reporting, peer coaching, searching for causes, system design, transparency, non-punitive response to errors, fair response to recklessness, lack of severity bias, and equity). A notable slide outlines the spectrum of accountability in one’s behaviors and how to approach harm resulting from said behaviours. Human error is to be accepted (this is probably why human-based interventions are lower in the Hierarchy of Effectiveness).

At-risk behaviour is to be coached on. Reckless behaviour, knowingly causing harm, and purposely causing harm are to be sanctioned. In addition, he introduced a framework of three duties to be mindful of: the duty to avoid causing unjustified risk and harm, a duty to follow procedural rules, and a duty to produce outcomes. He encourages system thinking, as good outcomes are the product of reliable systems and good choices.

Between the sessions by Dr. Flemons and Prof. Cummins, I presented some of work by Certina Ho’s research team. I presented a poster on The bite-s. Some notable people who came by the poster included those in leadership from the Ottawa Hospital’s Pharmacy Department (who I coincidentally sat with during the presentations and lunch). Other poster abstracts covered other aspects of patient care, patient safety, and quality improvement (including one that seems familiar to me). I was also one of four people who did oral abstract presentations to the audience of over 200 people. In my case, I presented on the application of gamification in teaching patient and medication safety in pharmacy education. The other oral presentations were on: the referring provider perspective of Triaging Referrals to eConsult, a retrospective analysis of near-miss incidents at William Osler Health System, and the use of MDClone, a self-serve data platform, at the Ottawa Hospital and implications of the platform for patient safety and quality.

The Ottawa Patient Safety Conference was an enriching experience and it did allow me to apply some of the concepts from school (primarily PHM310, PHM322 and PHM371). It was intriguing to see how other professions approach safety and quality and it was the first year that the conference invited patient advisors and partners to attend the conference. Whether or not I’ll attend the next year’s conference is uncertain though it is something I’m considering.



CONFERENCE ATTENDANCE AND TIPS FOR PHARMACY STUDENTS

By: Pamela Molina, 2T4

As a senior student in my fourth year at Leslie Dan, I have had the privilege of participating in several conferences, a valuable aspect of my academic journey. I recently attended the OPEN Summit where I showcased a poster on quality improvement in pharmacy practice. I also attended the AI in Medicine conference where I presented a comprehensive literature review on the integration of AI in medical education. These experiences have significantly enhanced my knowledge, contributing to my development as a well-rounded healthcare professional in ways traditional classroom instruction cannot. I strongly advocate for all pharmacy students to actively pursue such external opportunities, irrespective of their stage in their pharmacy careers, with an emphasis on early engagement.



How to Secure These Opportunities:

Research Involvement: To attend and present at conferences, active participation in research is essential. Fortunately, being part of one of the world's premier pharmacy schools at Canada's top university ensures ample research opportunities.

Work-Study Programs:

Consider joining a work-study program, such as the one I participated in under the guidance of Dr. Certina Ho. These programs provide enriching experiences, and opportunities can be found on CLNx.

Third-Year Research Elective:

Students can opt for a research course elective, enabling them to conduct research that can be translated into posters and abstracts for conference presentations. Many 2T4s who completed this research course were featured at the OPEN Summit this year.

Fourth-Year APPE Elective:

Explore the possibility of a project NDPC rotation with a university professor during your fourth year. This elective allows you to contribute to ongoing research projects. Additionally, during the APPE year, students are permitted two days of excused absence from rotations to attend conferences, provided they demonstrate continued progress toward learning objectives.

2

My Tips for How to Prepare:**Rehearse:**

Given the limited emphasis on presentation skills in the pharmacy curriculum, dedicated rehearsal is crucial. Spend ample time reviewing your content, crafting a script, and committing it to memory.

Familiarize Yourself:

On the day of the conference, take the opportunity to visit the room or area where you will be presenting. This step not only familiarizes you with the space but also provides insights into the expected audience, making the actual presentation less daunting.

3

Enjoy the Experience!

Conferences offer a unique and enjoyable experience, bringing together brilliant minds dedicated to advancing science and healthcare. As a student, this is a prime opportunity to practice your communication skills without fear of judgment. Make the most of the situation and do your best.

A special thank you to faculty and professors like Dr. Certina Ho for providing these opportunities to students. Personally, attending these conferences ranks among the top three memories of my pharmacy school journey, an achievement made possible by their support.



Ensuring Festive Medication Safety: A Pharmacist's Guide to Holiday Health

By: Purvi Mahida, 2T6

The holiday season is a time of joy, celebration, and togetherness. Amidst the festive decorations and merry gatherings, it's crucial to remember that health and safety should be at the forefront of our celebrations. Pharmacists play a vital role in ensuring that individuals can enjoy the holidays without compromising their well-being. They ensure festive medication safety is maintained and by making sure patients are well informed about things like alcohol interactions, over-the-counter medication risks, and proper storage practices in the midst of festive environments.



One of the key concerns during holiday celebrations is the interaction between medications and alcohol. Festive gatherings often involve the consumption of alcoholic beverages, and individuals need to be aware of how alcohol can interact with their medications. Pharmacists can educate patients on the potential consequences of mixing certain medications with alcohol, including increased side effects, decreased effectiveness of the medication, or even dangerous interactions. This is particularly crucial for individuals taking medications for chronic conditions such as diabetes, hypertension, or mental health disorders.

Over-the-counter (OTC) medications can also be a risk factor during the holidays. Due to the hectic times of festive preparations, individuals may be more likely to self-medicate without proper consideration of potential risks. Pharmacists can emphasize the importance of reading labels carefully, avoiding duplicate ingredients, and being cautious about combining multiple OTC medications.

Proper storage of medications is another critical aspect of festive medication safety. With the changes in day-to-day schedule, it's easy for medications to be misplaced or accessed by unintended individuals, especially children. Especially, medications that need to be kept in the fridge. Pharmacists can provide guidance on storing medications in a secure and cool place, away from direct sunlight and moisture. Additionally, it's essential to keep medications in their original packaging with clear labeling to avoid any confusion.

Pharmacists can further contribute to festive medication safety by engaging in community education initiatives. Hosting informational sessions on medication safety during the holidays can empower individuals to make informed decisions about their health. Distributing pamphlets or posters highlighting key safety measures can also reach a broader audience, extending the pharmacist's role beyond the pharmacy counter.

In conclusion, as we embrace the festive spirit, let's not overlook the importance of medication safety. Pharmacists stand as trusted healthcare professionals, ready to guide individuals to ensure that the holiday season is not only joyous but also safe and health-conscious for everyone.



EXCITING COMPETITIONS WITH LOTS OF NEW FACES, CAPSI COMPETITION SEASON 2023 IS ONE FOR THE BOOKS!



As the semester comes to a close, that's a wrap on another CAPSI competition season! This year's competition season had lots of fun-filled and tense moments. Please join us in congratulating our local competition winners:

- Compounding Competition: Hamza Farah, Mackenzie Richardson, Rachel Kuruvilla, Said Aoude (Team NSAID)
- Patient Interview Competition: Mackenzie Richardson
- Over-The-Counter Competition: Hamza Farah
- Student Literary Challenge: Lydia Wadie
- Advice for Life Presentation Competition: Mackenzie Richardson
- Guy Genest Passion for Pharmacy Award: Ayman Lakhani
- PharmaFacts Pre-Bowl:
 - 2T5 - Varun Gupta
 - 2T6 - Rehan Saeed
 - 2T7 - Nidhi Andrews
- PDW T-Shirt Design Competition: Alyssa Matsumura
- PDW Research Poster Competition: pending judges' decision as per time of publication

We kicked off the season with our annual compounding competition, where nine teams faced off to show us their compounding talents by preparing three compounds in one hour. Teams were composed of students from all years; there was an impressive show of 3 teams that contained members of our 2T7 cohort. After an hour of nail-biting intensity, "Team NSAID" came out victorious. Congratulations are in order to Hamza Farah (2T5), Mackenzie Richardson (2T5), Rachel Kuruvilla (2T5) and Said Aoude (2T5)! Of course, this competition would not be possible without our national sponsor Medisca, as well as our amazing 2T6 representatives Lara Ali and Samir Kanji who worked tirelessly to plan and execute this competition.

Second on the roster was our Patient Interview and Over-The-Counter counselling competitions. Contestants were given a case and had 10 minutes to correctly counsel the patient and identify any DTPs. Again, we had an impressive show of competitors from all years, but two stood out from the rest: congratulations to Mackenzie Richardson (2T5) for winning the Patient Interview Competition and Hamza Farah (2T5) for winning the Over-The-Counter counselling competition. A special thank you is in order for all of our judges and actors that were essential to the success of this competition, our sponsors Loblaw and Pyrls, and of course our amazing 2T5 representatives Christina Kang and Zahra Quidwai who brought this competition to life with all of their hard work in organising and planning.



And closing off competition season we had our greatly anticipated Pharmafacts Pre-Bowl, which is a trivia style competition where each contender fights for their own by answering questions in Kahoot style rounds. The competition was held in hybrid format both in person and on zoom, so anyone could join. The competition heated up as tension rose with each round. One winner was selected from each year. Varun Gupta (2T5) emerged victorious with the highest score overall. Congratulations are also in order to Rehan Saeed (2T6) and Nidhi Andrews (2T7), as the winners of their respective cohorts. Special thank you to AgroHealth who provided the questions for this year's competition, as well as our amazing 2T7 representatives Anica Shafiq and Ayesha Ahmad who worked so hard to not only organise this competition, but to host it as well.

In addition to our in-person competitions, we were blown away by our talented submission-based competition winners. For the Student Literary Challenge (SLC), Lydia Wadie (2T6) submitted an eye-opening article titled "Requesting MAiD: How Free is the Choice?". Lydia shed light on the lapses in our healthcare system that may drive patients to requesting MAiD, pondering if the choice is really free or if we have left some patients with no other option. The piece detailed how, from a code of ethics perspective, we as pharmacists can do more to support our patients as they grapple with extensive medical conditions and difficult decisions. Lydia's submission was submitted for consideration in the national competition! The Advice For Life competition asks participants to submit a presentation intended to be shared in community practice. Mackenzie Richardson (2T5) submitted a presentation titled "Sleep is for the Strong: Optimizing Sleep Quality for Overall Health". The presentation highlighted the importance of sleep from a scientific and functionality standpoint, as well as tips to help improve sleep quality. The presentation is especially relevant for us as students, who oftentimes may feel the need to compromise sleep for studies. Mack's presentation was also submitted for national consideration and we await the results!

If you missed out on competition season this semester, don't fret! There is more excitement to look forward to in the winter semester...



... We are kicking off the new year with Professional Development Week (PDW), or as I like to call it, the national stage of pharmacy school. Unique to this year, PDW is being hosted right here in our backyard at UofT! PDW is a 4-day event filled with informative sessional speakers, health fairs with lots of networking opportunities, and fun social events such as galas and Canada's Next Top Pharmacist. And of course, our local competition winners will be facing off against the other schools in the national competitions, so we look forward to supporting them from the sidelines as we showcase our school spirit in PDW t-shirts designed by Alyssa Matsumura (2T5)!



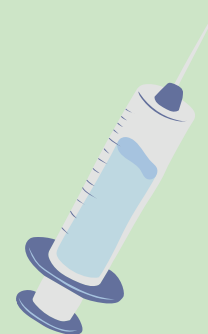
PDW 2024

We wish you all the best this exam season and happy holidays!



CAPSI 2023-2024 Council

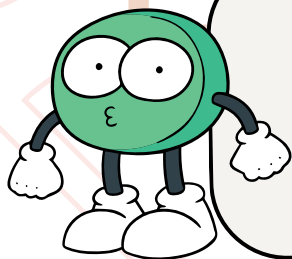
CAPSI Senior Representative - Ayman Lakhani
 CAPSI Junior Representative - Meriam Salih
 IPSF Senior Representative - Sasha Mohindra
 IPSF Junior Representative - Jason Jian
 2T5 Class Representative - Christina Kang
 2T5 Class Representative - Zahra Quidwai
 2T6 Class Representative - Lara Ali
 2T6 Class Representative - Samir Kanji
 2T7 Class Representative - Anica Shafiq
 2T7 Class Representative - Ayesha Ahmad



CAPSI 2023 Competition Subcommittee (Standardised Patients)

2T5 - Rachel Kuruvilla; 2T6 - Lara Ali, Sanaz Karimi; 2T7 - Ayesha Ahmad, Sarah Kozma

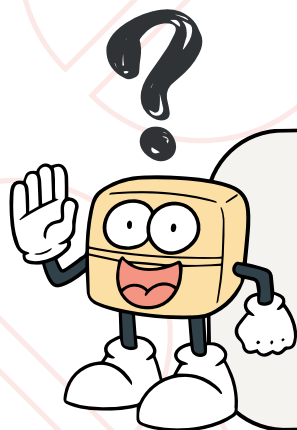
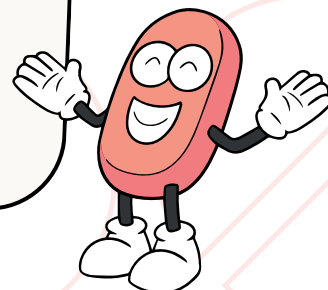
RxFAILS: Unplugged



Didn't know how to scan in new inventory that came in just before closing, left a note to the morning staff about it, accidentally implied i was high on weed (I don't, in fact, imbibe in marijuana)

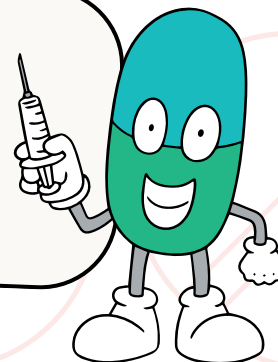


Fed the bird in the pharmacy building

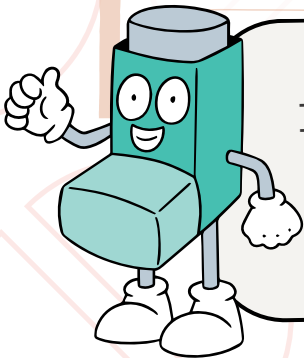


I confused advil with acetaminophen during my patient interaction

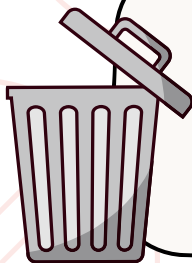
Not scanning the medication out properly which made the pharmacist on duty panic crazy because they thought it went "missing", I apologized



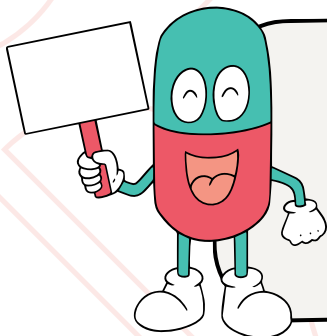
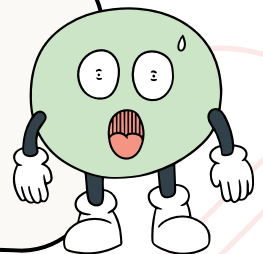
RxFAILS: Unplugged



I dropped an inhaler during MTM and the CI asked if they were supposed to drop it too



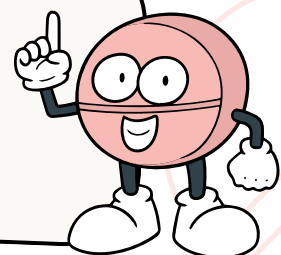
I lost a vial of ketamine at the hospital and almost got reported to Health Canada (finally found it in the garbage after hours of digging)



Writing the health card number on a narcotic prescription 🤪



Skipping class and letting work pile up on top of each other, leaving myself only a couple hours to study for exams. Did it go well? Nope.



Antibiotic Word Search

M	Z	C	S	C	Z	D	M	Q	F	C	L	K	X	D	X	Z	B	Y	A
M	F		N	I	C	Y	M	O	R	H	T	I	Z	A	Z		Z	W	Y
R	V	P	I	Z	V	W	S	N	I	C	Y	M	O	C	N	I	L	S	N
S	H	M	R	Q	U	I	N	O	L	O	N	E	S	I	O		E	C	I
E	M	B	O	Q	R	M	D	X	S	P	U	R	C	Z	N	D	I	E	K
N	O	E	P	L	T	P	C	H	D	R	D	A	G	I	I	P	K	R	I
I	X	R	S	J	S	B	G	O	L	N	X	E	C	S	R	G	P	I	K
L	I	Y	O	C	N	Z	C	B	R	O	M	Y	O	O	L	C	Q	Y	S
C	F	T	L	M	Y	K	X	T	L	I	M	C	F	Y	K	B	X	E	S
Y	L	H	A	A	F	I	Y	F	F	O	Y	L	C	C	T	H	D	M	A
C	O	R	H	X	W	A	O	L	R	L	O	O	C	N	F	I	E	T	I
A	X	O	P	V	O	V	O	H	G	X	P	S	Z	W	L	N	W	C	N
R	A	M	E	M	E	X	T	O	A	E	C	W	S	O	E	U	U	T	T
T	C	Y	C	L	A	I	N	C	P	Z	Z	R	R	P	I	T	C	L	E
E	I	C	U	C	R	I	I	T	O	H	P	C	A	J	E	H	K	R	V
T	N	I	I	A	M	N	I	Q	F	O	A	B	I	H	N	S	F	S	M
L		N	L	A		D	Z	I	J	M	R	A	U	K	J	N	K	K	E
Y	T	C	E	T	E	N	E	Q	R	A	L	D	F	S	U	K	L	M	L
Y	S	X	U	S	J	A	H	A	C	N	Z	R	B	X	Z	Q	Q	J	P
H	Y	E	L	G	T	H	Y	S	E	D	I	M	A	N	O	F	L	U	S

TETRACYCLINES
LINCOMYCINS
GLYCOPEPTIDES
CIPROFLOXACIN
GEMIFLOXACIN
ERYTHROMYCIN

CEPHALOSPORINS
MACROLIDES
AMINOGLYCOSIDES
LEVOFLOXACIN
AZITHROMYCIN

QUINOLONES
SULFONAMIDES
CARBAPENEMS
MOXIFLOXACIN
CLARITHROMYCIN



Selina Luong, 2T4



Allison Hegadorn, 2T6



Alysha Pinck, 2T6



Sheena Ye, 2T6



Julia Ioannou, 2T6



Selina Luong, 2T4

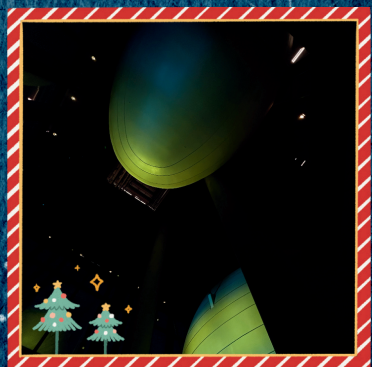


Bakhshish Brar, 2T5



Natalie Chaput, 2T5





Mona Mollaeizadeh, 2T6



Alisha George, 2T6



Sohila Elgedawi, 2T7



Purvi Mahida, 2T6

Art and
Photography



Purvi Mahida, 2T6



Mayar Talab, 2T7



Yu Zhang, 2T6



Deep Shah, 2T6



Jason Jian, 2T6



Bakhshish Brar, 2T5



Sheena Ye, 2T6