

Pearls of Wisdom from 2013 Teams

University of FL:

1. Consult sources and literature outside the manufacturer-provided dossier
2. Make sure each team member is familiar with and edits all aspects of your submission (4 heads are better than 1)
3. Use clear and concise language in your submission
4. Remember you are a TEAM: work together, seek feedback from your team members, and try to discuss each section verbally amongst the 4 of you to come to a collaborative decision on what you will put in your submission

University of Maryland:

1. Read through the dossier fully before attempting to start.
2. Have a working understanding of the statistical measures of importance when evaluating clinical and safety evidence of a drug. Information is widely available on the internet - you just have to look for it.
3. Don't be intimidated if you haven't learned it all in school yet; most of us haven't either. That's why it's never too early, or too late to compete and learn.
4. Avoid initial bias as much as you can. Do not begin working on your submission with a formulary decision already in mind.
5. Consult or research how decision makers typically place drugs on formulary. In managed care, there are no absolutes.
6. Clinical evidence supersedes economic evidence, but a good economic analysis goes a long way to supplementing your clinical findings.
7. Delegate based on individual strengths, but make sure everyone has a working understanding of each other's parts.
8. Budget plenty of time to put together your powerpoint. It will be the last thing you produce, but should be of equal or superior quality as compared to the rest of your submission. After all, this is the presentation you'll be giving over and over.
9. Present in front of friends and colleagues. Practice makes perfect. There will always be mistakes during the actual presentation, but handle them with grace. Believe in all of your hard work, and know your material; that's what counts in the end.
10. Consult an expert in the disease state you are interested in treating.
11. Make sure at least one member of your team has had some experience with the P&T competition in the past.
12. Edit, Edit, Edit. Have all other team members read over your work.
13. Don't leave references to the last minute. Log literature, papers, and references as you come across them.
14. Find a group of students you know you can work well with. Team dynamic and morale are the most important things to keep in check throughout the long and gruelling competition. Work together in person as much as possible.
15. Most importantly, have fun. The P&T is one of the most unique opportunities offered to students during pharmacy school. It's a lot of hard work, and is quite time intensive, but you'll take away so much more from the experience if you have fun while you're doing it.

University of Southern California:

1. Read, understand, and follow all directions, rules, and scoring categories to maximize competitive standing.
2. Diversifying your team with different skillsets and perspectives will promote insightful discussion.
3. Team dynamics are important, as each team member should be able to motivate each other and feel comfortable giving and receiving constructive criticisms.
4. Keep track of all references during the research process.
5. Create a list of all abbreviations used during the process and be consistent with abbreviations throughout the entire body of work.
6. Schedule sufficient time near the submission date for final review, last minute changes, and proper formatting.
7. Create a long-term plan with deadlines and emphasize the discipline to follow the schedule.
8. Collectively delegate responsibilities and parts of the project with a point person. This can ensure that all bases are covered in times of emergencies or for the final presentation itself.
9. Make sure to allow time to practice delivery of the presentation; it can make all the difference.
10. No matter what happens, you will learn something from this process.

University of California – San Francisco:

- 1) Realize that the competition will require more than 40 hours of work and will require writing and reading over winter break. Recognizing this big time commitment early ensures teammates anticipate what they will be doing and increases the chance of finishing the competition.
- 2) No matter who wins, everyone benefits from doing the competition because you get introduced to reading primary literature, thinking critically, learning about formulary management, and developing writing and presentation skills.
- 3) Although you may find it easier to finish by dividing the work, have everyone read each other's sections, give criticism, edits, and understand the arguments. Everyone should be familiar with all the sections.
- 4) Anticipate questions and actually practice answering the questions out loud with each other.
- 5) Make team meetings productive by setting hard deadlines and living up to them. Members should come prepared to work.
- 6) Time management is critical since you will have to juggle all this extra work on top of your other activities. Make sure you write out to-do lists and stay organized.
- 7) Take breaks once in a while with your teammates and have fun! This is a great competition for making friends.
- 8) Don't be afraid to speak up because this is a team competition. Talk out your arguments and you can write a stronger statement because you have already discussed and defended it out loud.