

The Pitt Capsule

THE UNIVERSITY OF PITTSBURGH
SCHOOL OF PHARMACY

Know Your
MEDICINE
Know Your
PHARMACIST

Happy American Pharmacists Month!

By Kyle McCormick, Josh Niznik

In case you did not know, October is American Pharmacists Month (APhM). Simply put, it is our time to take pride in the profession, look back on the history of pharmacy, and advocate for its future.

Let's start with the history:

- Ancient Egyptian pharmacological knowledge was recorded on various papyri as early as 1550 BC
- In 701 AD, the role of pharmacists in Japanese society was expressly defined in the Taihō Code
- The first United States college of pharmacy was founded in 1821 and is now known as the Philadelphia College of Pharmacy

University of Pittsburgh School of Pharmacy history (Adapted from "A Contribution to Western Pennsylvania Pharmacy: A History of the Pittsburgh College of Pharmacy 1878-1958):

- Plans for a college of pharmacy began on July 2, 1878
- Supplies for the lecture course in Chemistry totaled \$425.00 and consisted of:
 - One spectroscope, microscope, and oxy-hydrogen lantern
- The first class was held on October 1, 1878 in room #2 of the Western University
 - 20 students enrolled
 - 11 completed the course and graduated on March 30, 1880
- Julius A. Koch became the first dean on April 21, 1891
- A four-year course began in the fall of 1930
- A letter grading system consisting of A, B, C, D, F(failing) was

adopted in 1946

- The Pittsburgh College of Pharmacy became the University of Pittsburgh School of Pharmacy on January 26, 1948

With the historical importance of pharmacy in medicine, it is important that we, as future practitioners, take pride in this fact and advocate for the future of pharmacy. But how?

One of the best ways is to use your rights as a citizen - vote. The practice of pharmacy is set by laws and regulations. Therefore, change must occur here for practice to be affected. The easiest and most important action you can take is to vote. If you have not already, register to vote in the upcoming election and apply for your absentee ballot today if you will not be able to physically make it to the booths.

Another easy way to influence legislation is through visits to your local legislators, Harrisburg, and/or Capitol Hill. Legislators like to talk with people who are passionate about issues and are constituents in their area; therefore, if you talk, they will listen. If you cannot make it in person, a letter expressing your position on a bill or issue will go a long way in starting a discussion for change.

In order to make a sound decision at the polls you must also stay abreast of the issues facing pharmacy. There are several ways to do this with the most enjoyable being attendance at professional meetings. From APhA to PPA to all the pharmacy organizations between, you will walk away from a meeting knowing more about the profession and the issues that we, as future professionals, face.

Finally, advocate to family, friends, and patients. This is the easiest step. Simply telling those around you what pharmacists can do is extremely important. As the landscape to pharmacy changes, many people still view pharmacy as "people behind the counter counting pills." They are unaware that we can immunize, hold collaborative practice agreements with physicians, be their diabetes coach, and much more.

Vote, tell people about pharmacy, and go to the APhA-ASP Midyear Regional Meeting, November 9-11th, in Morgantown, WV!

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What A Great Start To The Year!

By Sudha Sai

SSHP, the Student Society for Health-System Pharmacy, had a large turnout at our first general body meeting in September. At this meeting, we discussed some exciting events planned for this year, including several guest lectures, the Clinical Skills Competition (Oct. 17th), and the Residency Panel (Nov. 7th). The CV workshop was held last week and we hope the students found it helpful!

The Leadership Retreat this month was a great place for us to develop our idea for a service project that can improve public health on a large scale. Our current idea consists of planning a fun and educational outreach event to teach the public about asthma. We hope to collaborate with many other organizations! If you or your organization is interested in helping us out or taking part in this event, make sure you talk to one of the board members! Email us at pitt.sshp@gmail.com.

We are very excited to see how involved and excited everyone has been so far, and we hope to see you at our next clinical pharmacy talk in October.

Social Committee Planning In Full Swing!

By Ashley Firm

Social committee kicked off the year with a productive meeting brainstorming ideas for events throughout the semester. Be on the lookout for more information as we start planning each event's specific details. If anyone would like to become more involved in planning for the semester or has an event idea that you would like to suggest - it is not too late to join the committee!

Pharmacy weeks are starting to fill up quickly with White Coat scheduled for February 1st and the Formal for February 9th. The PLS Auction, No Talent Talent Show and a possible event with Duquesne School of Pharmacy are all in the works! Mark your calendars, request off work and prepare for an exciting two weeks!

The next social committee meeting will be held on Wednesday October 17th from 12-1 in the PCLC. Unable to make it? Email us at asp.socialcom@gmail.com to be added to the email list and receive all the updates.

AMCP Updates

By Mike DeAngelis

Formulary management is uniquely dynamic and requires extensive and timely pharmaceutical knowledge as well as an understanding of the medical community practice standards that exist within the health care system. A Pharmacy and Therapeutics Committee (P&T Committee) is ultimately responsible for developing, managing, updating, and administering the formulary system that is utilized by managed health care systems.

Pharmacists who serve on P&T Committees must know how to evaluate the best available scientific evidence, clinical and economic, weigh its use and its impact on patient population outcomes, be able to conduct cost/benefit analyses, and relate drug therapy choices to practice guidelines. Development of these necessary formulary management skills will help managed health care systems achieve the challenging goals of improving the quality of patient care while controlling scarce healthcare resources.

AMCP is pleased to announce that the NUCYNTA® ER will be the medication to be reviewed in the 2013 Pharmacy and Therapeutics Competition. Our next chapter meeting will focus on P&T and residency opportunities within the field on managed care pharmacy. If you are interested in competing within the competition please come to our next meeting or email us at amcppitt@gmail.com

LKS Expecting a Busy and Fun-filled Fall!



LKS members host recruitment event with new P1 students.

By Shayna Stout

From organizing future service events to planning our annual formal, the ladies of Lambda Kappa Sigma have had a busy first month of school! Along with recruitment events such as a pizza lunch, barbeque, and ice cream social, the girls of LKS had an opportunity to spend time with the new P1s at the APHA-ASP Back to School Picnic! The White Coat Toilet Paper Challenge, hosted by LKS, was also a success, with teams of students creating a "white coat" out of toilet paper for one of their teammates.

The ladies of LKS have already had a bake sale benefitting

Project HOPE, and have many more on the agenda for the rest of the semester. In service activities, LKS is supporting the National Ovarian Cancer Coalition with a "Breaking the Silence" day, with hopes to raise awareness about ovarian cancer. LKS sisters will also have the opportunity to volunteer their time at the Ronald McDonald House, as well as the Family House.

Members who went to the Fall Leadership Retreat came back with some great ideas, and are excited to implement them this year! LKS also created a new committee this semester, which will be dedicated to helping with Operation Inspiration functions, which is the Dean's Theme. Professional Projects this year will also include a Diabetes Walk and various tabling sessions during Diabetes Month (November), which is the Women's Health Theme of the Year for LKS.

Another busy planning area this semester has come from the fundraising committee. LKS will be selling Otis Spunkmeyer cookie dough tubs, as well as Sheetz coupon booklets, in addition to the annual sales of the White Coats and the School of Pharmacy clothing sale. The clothing sale is coming up soon, and will provide students and parents with the opportunity to buy School of Pharmacy hoodies, sweatpants, T-shirts, and much more! Any questions about these fundraisers can be directed to Lindsey Fakeete and Deanna Rowe (P3s).

LKS hopes that everyone has a great October, and the girls are looking forward to seeing everyone at their various fundraising, service, and professional events!

Patient Care Committee Ready for American Pharmacist's Month

By Sam Becker

The Patient Care Committee is hard at work during American Pharmacists Month. We'll be reaching out to patients in our community and would love to have you participate!

- **Rite Aid Wellness Fair, October 13, 10-2pm, Glenshaw, PA**
 - We will have a booth dedicated to promoting proper medication disposal and safe storage of prescription drugs, for Generation Rx. We will need student volunteers and it is approved for IPPE!
- **Maggie Dixon Heart Health Fair, October 14, 12-2pm, Petersen Events Center**
 - This cardiovascular health-centered fair takes place before Pitt's Men's Basketball's first scrimmage of the season! Come take blood pressures and educate patients about CV health! IPPE Approved.

Patient Care Committee is working on several other programs related to Generation Rx.

- **Presentations to Parents about Prescription Drug Abuse**
 - We are creating an interactive presentation to show to parents to educate about the prevalence of prescription drug abuse and how to keep their kids safe. We will be starting these presentations in the spring
- **Student Seminar**
 - We are planning an informational series for student pharmacists to learn about prescription drug abuse. We'll have a lunch series in the spring!
- **Pharmacy/Community Drug Disposal**
 - We are hoping to continue working with community pharmacies and other organizations to encourage proper disposal of prescription medications. We hope to continue the project in P2 Experiential Learning.

We are always looking for student volunteers and new ideas! If interested, please contact Sam Becker (P3) or Katie McGuire (P2) at asppatientcare@gmail.com. We hope to see you at our events!

Life On Rotation...

Name: Lindsay McCartney

Area of interest: Clinical Pharmacy

Plans after graduation: Match to a PGY1 Program

Rotation site: Duke Homecare and Hospice

Location: Durham, NC

Short description of site: I worked with an awesome preceptor who was a Pitt graduate, Jess Crable-Hartman. The site was so well organized and promoted inter-professional communication. We took care of patients throughout North Carolina and the surrounding states. Every day we worked with a team of nurses, pharmacy technicians, and infectious disease physicians at Duke to dose patients appropriately on home intravenous antibiotics. I called patients daily to determine what supplies they needed for the week, traveled with a nurse to patients' homes to educate them on starting home infusions, and was able to work with the other pharmacists on TPNs, compounding, pediatric dosing, and chemotherapy medications.

I came away with an appreciation and understanding for patients who are overwhelmed with the idea of having intravenous medications at home. If you thought patients had trouble taking oral medications, you will be surprised at how confused they are with IV medications which require IV line flushing and priming, infusion pumps, and drip rates. I started to see the total picture of patient care. These patients are just worried about remembering to take their medications, but also how they are going to keep their three-year old and dogs from pulling out their IV lines and how to store large bags of fluid in their home refrigerators next to their groceries.

Fun story/moment: I was mistaken as her husband's little sister because we looked eerily related, acted alike, and were both President of PLS at Pitt.

Advice to P3s choosing rotations: If you have friends or family in the area.... pick it! The people are wonderful and friendly (Southern Hospitality and all). Plus, you can take a weekend trip to the beach if you go in the summer months. It's a vacation while on rotation!

P2 Update

By Trey Draude

Class of 2015 has just survived its first... "Hell Week"! We are looking forward to relaxing whenever possible. Some are choosing to relax by participating in a Class Camping Trip happening on October 5th up at Coopers Lake Campground. Some other things on the horizon: Thanksgiving Potluck and Holiday Party!

Faculty Bio.

Dr. Lauren Jonkman

Name: Lauren Jonkman, PharmD, MPH, BCPS

Alma Mater: PharmD – University of Pittsburgh, 2006;
MPH – University of Pittsburgh, 2012

Area of practice: Family medicine, care in low-resource settings

Classes currently teaching: Cameos made in: EL1, POP3, Pulm, Care to Underserved Populations elective
Larger appearances in: POP4, Global Health elective

Favorite part of my job: Meeting and working with students who are super energized and motivated to work towards a specific issue or problem.

Advice to students: Push yourself out of your comfort zone. I found that the experiences that changed me the most were the ones I was terrified to start. And I know, without a doubt, that I wouldn't be here today were it not for those experiences. Find things that you are passionate about and seek out experiences that will help you to grow.

Favorite quote: "I learned this, at least, by my experiment: that if one advances confidently in the direction of his (or her) dreams, and endeavors to live the life which (s)he has imagined, (s)he will meet with a success unexpected in common hours." - Thoreau

Project Chance Update

By Jessa Koch and Sam Becker

Thank you to everyone who attended the Project CHANCE training session! We had a fabulous turnout. We will be posting the PowerPoint and training video to the Project CHANCE section of the pharmacy portal. Before attending clinic in the future, we recommend another thorough review of both. We know it is a lot of information to digest at once, but it will make your time there easier and more impactful.

We will let everyone know when we start sign-ups, which should hopefully be in the next few weeks. Please let us know if you have ideas or questions at pittprojectchance@gmail.com. We could use help coming up with additional tips and information to recommend to patients.



University of Pittsburgh pharmacy students attended PPA's 2012 Annual Conference in Scranton, PA.

Pharmacy Is In The House!

By Brandon Antinopoulos

During the weekend of September 20th through the 23rd, PPA had their 2012 Annual Conference in Scranton, PA. "Pharmonopoly" was theme for the weekend, stemming from the popular board game, Monopoly. Members of all facets of the profession gathered to talk about recent challenges in pharmacy, share new ideas and innovations, and award students, preceptors, and practitioners that have gone above and beyond in the past year for pharmacy in Pennsylvania.

The University of Pittsburgh was well represented at this year's conference. The school tied for first place in the Appropriate Medication Use competition along with Temple and received \$75. Erin Burke (P4) and Brahim Shettima (P3)

Rho Chi Updates

By Greg Trietley

Rho Chi's first blood drive takes place on Monday, Oct. 8 in the PCLC from noon to 5 p.m. The event is in collaboration with Pitt's School of Dental Medicine, which will compete with the pharmacy school to see who has the most participants. A representative from the blood bank will be coming to classrooms with a sign-up sheet soon. Every donator will receive a complementary "I Bleed Black and Gold" t-shirt, and there are also prizes for lucky participants. The only way to win is to sign up!

The topic of this month's Rho Chi Health Talk at the Salvation Army Adult Rehabilitation Center is diabetes. The health talk, located a block from the 10th Street Bridge in the South Side, will take place on Monday, Oct. 8 at 6:30 p.m. and will last one hour. With 26 million diabetic Americans, it's an hour well spent.

Did your first exam grade come back a little lower than expected? Or maybe a lot lower? Turn those 66s upside-down with Rho Chi's tutoring service. If you're interested in a tutor,

compiled the report for submission, which highlighted the school's ability to impact not only patients in the community, but the commonwealth as a whole, through activities on and off campus both in Pittsburgh and Harrisburg. Pitt also won the Achieving Independence competition, where one team from each of five schools of pharmacy developed a poster and business presentation on opening a new independent pharmacy or taking over an existing independent pharmacy and implementing innovative services. Brandon Antinopoulos, Kyle McCormick, Natalie Pratte, and Ravi Patel (P3s) won for their idea to buy Hometown Apothecary Drugs and turn it into a "teaching pharmacy" focused on advancing patient care experiences for students and interns and redefining the role of the community pharmacist as one not bound by brick and mortar of a pharmacy to go out into the community to improve patient care through technological innovation and education. With help from Faculty Advisor, Dr. Karen Pater, and Independent Pharmacy Owner Coach, Mr. Joe Bettinger of Heiber's Pharmacy, the team gets an all expenses paid night on the town and \$1000 for the school's PPA Chapter. Past PPA President, Adam Welch, Pitt School of Pharmacy Class of 2003 graduate and Associate Professor at Wilkes University School of Pharmacy, was awarded the Pharmacist of the Year award by his Pennsylvania colleagues. He has played a significant role in helping to develop APhA's Pharmacy Based Immunization Delivery education.

Following the awards banquet and dinner, Pitt students danced the night away with fellow association members, and also performed our very own Phunk Inducers' "Pharmacy Rocks Anthem." Rob Frankil (@bobbygolf), current PPA President, tweeted, "What a night! Pitt students rock! #PPA2012Annual." If you think that sounds like a lot of fun you missed, you missed out on pharmacists and students dancing to Gangnam Style, too!

contact Samantha Holliday at slh89@pitt.edu for details. P2 and P3 students interested in tutoring should contact Pam Lyons at pj127@pitt.edu.

Rho Chi, in conjunction with Phi Lambda Sigma, offers a monthly lecture series (with lunch!) that features notable figures across pharmaceutical disciplines. This month's edition of the series will take place Wednesday, Oct. 17 at noon in Salk Hall 456. The guest speaker is Pitt Pharmacy alumnus Dr. Ameer Ali, who works at the UPMC Center for Quality Improvement and Innovation.

This past month, Pitt's Rho Chi chapter won a grant from the national organization in order to support "Posters, Professors and Progress." For this event, Rho Chi will invite pharmacy school faculty to present and discuss their current research projects at a symposium open to students, residents and fellow faculty. Planning is underway for this new interactive event to take place during American Pharmacy Educator Week in late October. Stay tuned for details!

For questions about the Pitt chapter of Rho Chi, please feel free to e-mail us at pitrhochi@gmail.com.

Kappa Psi: Another Year, Another Awesome Rush!

By Jon Lucas

Now that the fall semester has kicked into full gear, the Beta Kappa brothers had a September jam-packed with various rush events. From visiting our booth at the Back to School Picnic, to playing volleyball on the Cathedral Lawn, to enjoying a few burgers and watermelon at a barbecue and luau - those interested in joining Kappa Psi had the opportunity to learn more about our fraternity and the brothers. The brothers would like to thank our rush chairs, Tyler Chanas and Mel McCoy, for planning and organizing all these events! Great job guys!

We are happy to share that an unprecedented number of rushees expressed interest in pledging Kappa Psi and accepted their bids!! Besides focusing on rush, Beta Kappa brothers also took time out of their busy schedules to help with our annual Corn Maze philanthropy event. We appreciate the effort and dedication put forth by the brothers who participated!

As the rush period quickly comes to a close, the brothers look forward to the start of the pledging process with great anticipation. We expect to have another awesome pledge class this fall and cannot wait for upcoming events like our trip to Fright Farm and our Lineage Dinner! We hope everyone did well on their first round of exams!

IPSF Is Ready For October

By Ravi Patel

The International Pharmaceutical Student Federation has had a strong start to the semester. Focusing on global/public health, our Committee started the semester with a meeting about our organization and the Student Exchange Program. The agenda and a video of the meeting can be found online at our webpage.

This October, we look forward to participating in "Al Servicio de la Comunidad." At this event, meant to bring together resources for the Spanish speaking community of Pittsburgh, we plan to present information about hypertension and provide blood pressure screenings. We hope to collaborate with the School of Dental Medicine and share our table at the event with the Hispanic Dental Association.

Continuing our mission to bring together students with an interest in global/public health, we have been working closely with student groups from the School of Medicine and the School of Public Health to plan future events. We encourage all students to attend the Center for Global Health Open House on Friday October 19th from 12:00p.m.-6:30p.m. Students will have the opportunity to learn more about student projects abroad, funding resources, the Internal Review Board, and meet with mentors with current projects abroad.

For more information about the organization, "Al Servicio de la Comunidad", the CGH Open House, or to view our calendar please visit our organization's website.



Above: Kappa Psi Brothers came together for the Corn Maze philanthropy event.



Above: P1 students enjoying the luau rush event at the KY House.

Student Of The Month

Name: Anna Bondar

Year: P2

Area of interest: International pharmacy and public health

Favorite ASP Project/Event: The student exchange program's (IPSF) events are my favorite because attending these events has allowed me to learn how other countries practice pharmacy and to share the message of U.S. student pharmacists with people from around the world! Project Chance is my favorite ASP project because it allows me to utilize my clinical and language skills to assist underserved patients right here in Pittsburgh.

Interprofessional Committee Updates

By Jessa Koch

Thank you to everyone who attended the first interprofessional meeting of the semester. We generated a lot of good ideas. There was a lot of interest in planning some interprofessional social events in the near future. I have contacted the medical school and am waiting to hear back about their thoughts on some of our ideas. A few students are interested in forming soccer or ultimate Frisbee teams and playing against the dental school. Additionally, we will hopefully be planning an interprofessional patient case simulation, in which a standardized patient will present and students from each school will have to work up the patient and help to solve the problem. If anyone is interested in any of these ideas, please contact me at jmk130@pitt.edu.

Since the meeting a new idea that came up was the formation of an interprofessional chamber music group. Chamber music is a great way to build relationships, work within intimate groups (usually 3-4 or 5 people can form a

chamber group, depending on which instruments they play), and to simply relax through musical expression. The goal would be to simply connect fellow musicians in the various schools with other musicians, so small groups of 4-5 people could be formed. Please contact Lauren Cirrincione at lacl19@pitt.edu if you would be interested in participating. Also include what instrument you play.

We also introduced the IHI chapter at Pitt to everyone who attended. The Pitt chapter will be hosting Dr. John Gilbert, a renowned interprofessional educator. He will be speaking on October 19th, more details to come. In addition to attending the Pitt chapter events, I encourage everyone to go to the Institute for Healthcare Improvement, www.ihl.org and register for the free open school. The online open school offers students a number of services including webinars, certificate programs in patient safety and quality improvement, and case studies. Stay posted for the next interprofessional committee meeting and future events.

Why To Tie A Tie

By Ravi Patel

The first thing that autocomplete comes up with when you start the search "How to..." is "tie a tie." With all the things to learn "how to" do on the internet, this autocomplete suggests that either people have a fervent desire to learn about knotted cloth or there is a high demand to learn about "professional dress." I'll assume the latter. Professional dress and its requirement or suggestion, implicit or explicit, is ubiquitous in many work or educational settings. For the sake of this article, I'll explore the question of "Is there any benefit to professional dress?"

The obvious answer is yes. "Professional dress" means you appear in such a manner that makes you look "professional." Professional has dynamic meaning. It can mean you look like you deserve to be given funding, your medical opinion is reputable, and/or your pickup line is forgivable because you may be successful elsewhere in life. The question, though, remains. Does looking like these things offer any "benefit"?

Yes. Professional dress, in one theory, shows your willingness to sacrifice something for the sake of something else. By wearing a worthless strip of fabric around my neck, I say "I sacrifice collar comfort and function of my wind pipe so that you'll believe me when I tell you acetaminophen is a possible treatment for headaches." I don't have any fancy science, or devil's statistics, to confirm this, but rather I rely on preconceived societal notions to anecdotally support the

conclusion.

The opposing view would (arguably close to correctly) argue that society's constraints on my wardrobe underlie subsequent, totalitarian employer or school enforcement of dress codes. Inclusion in a society, school, or place of employment come with some concessions, though. To be a part of the workplace, you can't yell obscene things, you have to wash your hands, and you have to wear professional dress. To be a part of a school, you agree to a code of conduct which says that you can't yell where someone can hear you, you have to at least feign washing your hands, and you have to dress professionally when you are told it's necessary. In theory, the school tells you to do so for the sake of your credibility as a student, professional, and practitioner. The fact that they executively enforce it is another discussion, but the fact remains that the knotted cloth around my neck still lends me credibility.

Regardless of this defense, students will still complain and the fear of "losing individuality" or misinterpretation as a uniform will persist. As students, we will have to deal with it either as a necessary evil, or convince ourselves it is a liberty. So, if you're stuck with it, make your own fun with it. Take some liberty, change up your tie, throw on a sweatervest, dare to rock some suspenders. There's no better combination than being credible and dapper, an opportunity afforded to you in the context of "professional dress".