



The Pitt Capsule



University of Pittsburgh School of Pharmacy

SOP Recognized Nationally

By Elyse Weitzman, P3, and Kyle McCormick, P2

For 40 Pitt pharmacy students among over 2,000 students nationwide, their Spring Break involved a trip to the APhA Annual Meeting & Exposition in New Orleans. With networking, educational programs, inspirational speakers, resolution discussion, chapter development, and time to explore the city, there was an endless supply of fun and little time to be bored during our extended weekend.

Look at all the recognition we received:

- APhA-ASP chapter: 1 of 5 nationwide winners of a \$10,000 Project CHANCE grant
- Phi Lambda Sigma chapter: Chapter of the Year Award
- Rho Chi Alpha Omicron chapter: Chapter Achievement Award
- **Luke Berenbrok (P3)** placed in the top 10 in the Patient Counseling Competition. (3rd student from Pitt to ever place in the top ten)
- **Indrani Kar (P3)**: elected as the 2012-2013 national Phi Lambda Sigma Member-at-Large
- **Elyse Weitzman (P3)**: Gloria N. Francke Student Pharmacist Scholar award from the APhA Foundation
- "Search for Life's Rx", our chapter's PharmFlix entry, placed in the top 15
- **Dr. McGivney** received the APhA Community Pharmacy Residency Excellence in Precepting Award.



Top: Pitt ASP Chapter at APhA Annual Meeting in New Orleans

Top Left: Indrani Kar, PLS National Member-at-Large

Top Right: PLS President Lindsay McCartney and Pres.-Elect Chrissy Jordan

Bottom Left: Elyse Weitzman with Gloria N. Francke Award

Bottom Right: Patient Counseling Competition Finalist, Luke Berenbrok, with coach, Dr. Pater

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The Pitt Capsule

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APhA-ASP April Events

-Last GBM on Wednesday, April 18: Come join us for a laid back final meeting of the year. The P1 class also has a potluck organized for that day so feel free to pick up some food as you enter 402 (\$5 per plate). At the meeting, we will feature our end of the year Pitt APhA-ASP Accomplishment Video, reactions from students who attended the Annual Meeting in New Orleans, introductions by the incoming Executive Board, an informal brainstorm session on what you would like to do next year, as well as some picture-taking.

-Amizade Water Walk Saturday, April 7th: We hope to see a large pharmacy contingency there! Registration at 10:30, walk starts at 12pm. Your efforts will be supporting access to clean water through the creation of water tanks in Tanzania and Brazil! For more information and to register, check out the Facebook page.

-Spring Leadership Retreat on April 11, 4:00-8:00pm: We hope that you will take advantage of this great opportunity to get involved in enhancing and organizing the impact that our student body has in the community, as well as developing your leadership skills.

****DON'T MISS OUT!****

Tonight: How will the Affordable Care Act affect Young Professionals Going into the Healthcare Field?

Date and Time: **April 4th, 2012 4:00-5:30pm**

Place: Crabtree (GPSA) A115.

****Dinner will be served!**

Students go to Legislative Day

By Erin Burke, P3

On April 3rd, over 40 Pitt students embarked on a journey to Harrisburg, Pennsylvania - the home of our state legislative branch. Students had the opportunity to lobby legislators about several important pharmacy issues within the state; chiefly, a student's right to immunize once they have passed the certificate program offered by APhA. Right now students cannot immunize anyone until they are licensed as practicing pharmacists, and pharmacists cannot give immunizations to anyone under 18.

Students have a huge impact on proper patient care, and as a student body, we could protect hundreds if not thousands of people each year. Students in 34 other states can already do this. Don't you want to be as experienced as students from around the country?

If you missed out on the trip, you may ask, "What can I do?" It's really easy. Take 2 minutes and email your state representatives and ask them to support the bill. Don't know your legislators? Just Google "find my legislator Pennsylvania" and click on the first link. Then put your address in and *ta da!*

You could also call them - you usually just speak to a staffer, who passes your message along. It's really easy, and who uses all of their cell phone minutes nowadays?

It's your future, so take a stance.

RxIMPACT Day- A Chance for Students to Advocate for Pharmacy's Future

By Kyle McCormick, P2

Four Pitt students, Erin Burke, Tamiko Yamatani, Molly Wilson, and Kyle McCormick, traveled to Washington, DC on March 20-22nd to advocate for the profession on Capitol Hill about two hot topics in pharmacy today - MTM and PBMs.

The journey began a day before the event, with the four students departing from Salk Hall and driving to Arlington, VA. After a short night and no fun (the band, there was plenty of actual fun), they had the opportunity to tour APhA headquarters. The Pope building (the original APhA Headquarters building) and the new addition, are the only health science association buildings represented on the National Mall. Legend has it that a pharmacist owned some of the Mall land and sold it to the government with the condition that pharmacy remain represented on the Mall. The headquarters is a beautiful building that is highly recommended for touring next time you are in DC - call ahead though, they share the building with the state department.

The day continued with check-in with the National Association of Chain Drug Stores (NACDS - the hosting organization) and a series of talks regarding pharmacy advocacy and the process of meeting with legislators. The final exercise of the evening involved a standardized patient-like experience, during which students talked to a faculty member portraying a member of Congress. The interaction helped take concepts from the lectures to and apply it. To cap off the evening, a nice 3-course meal was served, awards were presented, and a "state of American politics" talk was given. Lest it be forgot, a 6-option pillow menu made choosing the desired head support difficult (some options included buckwheat, Swedish memory foam, sound, and magnetic therapy pillows).

Thursday morning, the second day of RxIMPACT, began with a breakfast briefing about the issues to be discussed at meetings throughout the day. The first of the two big topics was the expansion of MTM services within the Medicare program (HB



From left: Tamiko Yamatani, Molly Wilson, Kyle McCormick, and Erin Burke

891). If expanded, pharmacists would be able to catch problems before they grew in complexity. The second involved oversight of PBMs through fair audit practices of pharmacy (current FTC hearing regarding Express Scripts/Medco merger and HB 1971). Pitt students were placed on separate Pennsylvania teams. Team 3, led by Erin, included Kyle, Tamiko and Carl Marrara, Government Relations Manager at the Pennsylvania Pharmacists Association. The team had six meetings with legislative staffers for six Pennsylvania Representatives. Many of the staffers had some understanding of the issues; however, through stories about student pharmacists' encounters with patients and supporting facts, they began to fully understand the benefits of MTM and the dangers of unregulated PBMs.

To complete this journey's story, the ride back late Thursday night involved extensive studying, gas 'emergencies', LFO, and Kelly Clarkson's "Stronger"; but still no fun. (again, the band).

In summary, about 200 student pharmacists and practicing pharmacists had approximately 350 visits. To put this into perspective, Medco had a similar "fly-in" the day before. Just 30 pharmacists came and met with only ~100 representatives. This is a perfect example of how our voices can be heard and can be louder than others' - but only if we raise them.

LKS is in the Swing of Spring!

By Kailey Troutman, P3

The first couple weeks of spring have been a busy time for the sisters of LKS. In addition to volunteering at the Family House in Oakland, the girls have been holding breakfast sales to benefit Project HOPE and providing information on poison prevention at the Shadyside Senior Clinic and Falk Pharmacy. Additionally, LKS sisters will be participating in Amizade's 5th annual Water Walk on April 7th to raise money for clean water initiatives around the world and walking in the Relay for Life on April 13th. On April 12th, the National Ovarian Cancer Coalition of Pittsburgh will be holding its 2nd annual TEALtini cocktail contest and fundraiser. This year, the Delta chapter of LKS has been working to promote ovarian cancer awareness. A large number of sisters will be volunteering at the TEALtini event, where some of Pittsburgh's best mixologists will be creating teal-themed cocktails to raise funds for the NOCC. LKS will also be selling red dress pins and teal ribbon pins in class, and all proceeds will benefit the American Heart Association and NOCC, respectively.

The annual LKS Hygeia Day event will be held on April 5th at noon. Please attend this event to listen to a presentation on substance abuse by a UPMC pharmacist. Lunch from Jimmy John's will be served.

Congratulations to sisters Cayla Jones (P2), Chelsea Claar (P2), Deanna Rowe (P2), and Kinley Sepkovic (P2), who were recently inducted into the Rho Chi Society. Also, hats off to Erika Morgan (P3), Glenna Shutzberg (P3), and Kinley Sepkovic (P2), who were inducted into Phi Lambda Sigma. Congratulations are also extended to our officers for the 2012-2013 year:

President: Molly Wilson

Vice President: Allison Supko



From left: Heather Lezanic, Glenna Shutzberg, Nicole Kovacic, Kailey Troutman, Erika Morgan, and Kelly Luzi

Recording Secretary: Tamiko Yamantani

Corresponding Secretary: Shayna Stout

Treasurer: Lindsey Schultz

Historian: Laura Bredenberg

Recruitment Chairs: Julia Zecchini and Hilary Navy

New Member Chairs: Alyssa Miller and Becca Fletcher

Fundraising Chairs: Lindsay Fakete and Deanna Rowe

Professional Projects Chairs: Toni Bui and Caitlyn Anderson

Service Chairs: Kelsey Barclay and Natalie Valentino

Alumni Chairs: Annie Haddad and Allison Doherty

Social Chairs: Hope Nakazato and Lindsey Rihtarchik

LKS is looking forward to its end-of-the-year party which will be held in April at Mario's in Shadyside. It will give all of the sisters a chance to reminisce on such an eventful year! On behalf of LKS, best of luck with the remainder of the semester!

Project CHANCE: A Chance for Those Who Need It

By Sam Becker, P2

At APhA2012 in New Orleans, Sam Becker and Jessa Koch's Project CHANCE grant was selected as one of five \$10,000 grant recipients for our School of Pharmacy to help the underserved hypertensive population at Birmingham Free Clinic in the Southside. The purpose of Project CHANCE is to help the underserved via interprofessional collaboration and comprehensive pharmacy services.

Our school's project, entitled *Project CHIP: Controlling Hypertension Interprofessionally in Patients*, will promote pharmacy and dental student collaboration at the clinic in order to provide continuity of care, reduce cardiac events, and increase medication compliance for hypertensive patients. Goals include increasing patient education and eliminating barriers to care. This is a huge opportunity for students to collaborate and use their skill set to truly make a difference in patients' lives!

However, in order for this project to be as successful as it can be, we need your help! We are in need of dedicated, interested students from all years who would like to help lead, plan, brainstorm,



From left: Sam Becker and Jessa Koch pose with their poster at APhA2012

participate, or initiate the project. There will be areas for everyone to get involved, whatever your niche may be. We will be forming a committee and seeking out a project leader. A general information session will be held **this Friday, April 6th at 12pm in the PCLC**. We would love to see you there! Contact asppatientcare@gmail.com if you would like more information, have any questions, or would like to read the grant.

An Interprofessional Look at Medication Reconciliation

By: Jessa Koch, P2

Second year pharmacy students have been working with 4th year medical student, Tim Liu, on a quality improvement project involving the medication reconciliation ("med rec") process currently conducted at UPMC Presby. This multidisciplinary project has two aims.

Aim one is to obtain qualitative information about the med rec process on an internal medicine floor as compared to the transplant unit. Qualitative information is being gathered by pharmacy students as they shadow various health care professionals on the floors. Students will get to learn about the med rec process from the perspective of the charge nurses

and patient care liaisons that they shadow.

The second aim of the project is to conduct a retrospective cohort analysis using data from UPMC's electronic medical records. We are in the process of obtaining de-identified patient data from UPMC's IT department in a report form. The data we are looking to analyze will indicate whether medication reconciliation was completed during admission and discharge. Patients with medications reconciled during admission would serve as the intervention cohort, and the rest would be in the control cohort.

In the future, we are interested in expanding the project to the outpatient sector to prevent future hospital readmissions.

Kappa Psi – Spring Philanthropy & Fun Events!

By Jon Lucas, P2



The Beta Kappa brothers have had a very busy February and March! Brothers participated in philanthropy service events including delivering valentines to and spending time with veterans at nearby VA hospitals during National Salute to the Troops events throughout the week of Valentine's Day. Additional projects included cooking dinner at Family House, handing out food through Produce to People, and performing blood pressure screenings at local pharmacies.

In addition to making connections with the community, Beta Kappa brothers

strengthened existing ties and formed new bonds with other chapters at the Spring Province Assembly hosted by West Virginia University's chapter, Beta Eta, in Morgantown, WV. The timing and weather for the weekend meeting could not have worked out better with the event coinciding with St. Patrick's Day weekend summer-like temperatures! We were very proud to have 38 brothers attend the assembly and excited to win the Province Chapter of the Year Award!

After partaking in a weekend of intra-fraternal activities, Beta Kappa also had the opportunity for inter-fraternal activity, namely the annual Kappa Psi vs. Lambda Kappa Sigma powder-puff football game, which was held at the Cost Center IM fields on March 25th. The women of Kappa Psi put forth a valiant effort and came out on top with a 3-0 win! Great job KΨ ladies!

Academia and the Allure of Clinical Practice

By Ravi Patel, P2

One day, as I was riding the escalators in Scaife Hall, a common scene struck me as unique. The doorway between Scaife Hall and UPMC Presbyterian Hospital was a dividing line between the brick walls and laminate tile floors of Scaife Hall and the hospital hallway with pleasing aesthetics meant to put patients at ease in the midst of a hectic experience. This dividing line between the academic ivory tower and clinical practice settings of medicine goes beyond architecture, though. While my plans for the future are perpetually locked in Jell-O, I find that learning about a future in academia, including fields like research, teaching, organizational positions, and administration, I find myself looking, longingly, at clinical practice.

So what is it about clinical practice that makes it so difficult to leave behind? It may be the direct contact with patients. In academia, research and organizations can improve the healthcare of a large, widespread population of patients but it is clinical practice, though, that allows the breakthroughs in science or reorganization in systems to reach patients. Clinical practice, however, wouldn't exist without the science and organizational structure. Even in this co-dependence, the difference in these fields can be stark. Academia can tend to busy itself with objective information. There is no denying that stats and facts are important to healthcare. Stats and facts, however, don't let you know how they are doing, stats and facts don't tell you about their kids' soccer games, and stats and facts don't hug you after a counseling session. Patient contact, however, is not without its difficulties. It's been said—probably just by me—that healthcare would be the most rewarding, enriching field, if it weren't for the patients. Rewarding patient experiences can remind us, though, that while patients are the paramount goal in healthcare, academia's indirect impact on them leaves something to be desired.

Beyond just the patients themselves, the skills, abilities, and tools we develop as students may dull or rust in the shed behind the ivory tower of academia. The cliché is that a good curriculum provides a proper toolbox of abilities. Identification of drug therapy problems, changes in guidelines, patient communication, and countless other "tools" I've gained, and promptly forgotten, accumulate to a shed-full, much less a toolbox. *...continued Pg 11*

Rho Chi wins Chapter Achievement Award!

By Sarah Rindfuss, P3

The Alpha Omicron chapter of Rho Chi came home from the APhA meeting in New Orleans with a Chapter Achievement Award! We are extremely proud of this accomplishment, so be sure to congratulate our members!

On Tuesday, March 27th, the Alpha Omicron chapter of the Rho Chi Society was proud to induct 21 new members. The induction ceremony was held at the Pittsburgh Athletic Association in conjunction with the Phi Lambda Sigma induction ceremony, and featured Dr. Marie Chisholm-Burns from the University of Tennessee as a guest speaker. Dr. Burns also spoke on Wednesday, March 28th at this year's Julius A. Koch Memorial Lecture. At the induction, we were also proud to honor two of our faculty members: Dr. Pater won the Innovations in Teaching Award, and Dr. Schonder won the Scholarly Contributions Award. We are extremely proud of all our new members and congratulate them on their initiation! We would also like to congratulate those new members who ran for officer positions for the 2012-2013 school year: **President-Emily Mallit, Vice President - Lukas Martin, Treasurer-Deanna Rowe, Secretary-Kinley Sepkovic, Historian-Greg Trietley, Professional Chairs-Cory Hale, Chelsea Claar, Tutoring Chairs-Pam Lyons, Sam Holliday, and Service Chairs-Jessa Koch, Kyle McCormick.**

The Spring Blood Drive is going to be held on Thursday, April 5th from 12-5 PM in the PCLC in



2012 Rho Chi Inductees

conjunction with the American Student Dental Association. This year, they have upgraded to an electronic registration process, which should help to speed the process up. Rho Chi will also be hosting a prize raffle similar to what was done in the fall. Please consider donating blood on this day, and talk to Desiree Kosmisky (P3) with any questions you may have!

As the year wraps up, Rho Chi is continuing to give our monthly health talks at the Adult Rehabilitation Center in the Southside, with our last two talks focusing on Asthma/COPD and Medication Safety. We are also looking forward to the annual paintball tournament against PLS, which will be held on April 13th.

The Social Committee Thanks You for a Successful and Fun Year!

By Chelsea Fitzgerald, P3

The social committee finished the year with a happy hour co-hosted by GPSA at Ava Bar and Lounge in East Liberty. Pharmacy students were able to meet and network with students from the other graduate and professional schools of the University while enjoying delicious food catered by Royal Caribbean. Thanks to everyone who attended and helped out with the event!

We will be having one last meeting to brainstorm ideas for next year. The meeting will be held on Wednesday, April 11th in the PCLC during lunch. If you cannot attend this meeting and you have a great idea for a social event next year, please e-mail it to asp.social.com@gmail.com. We would like to send a big thanks to everyone that helped out with our events this year as well as those who attended them and helped to make them a success! Have a great summer and we'll see you next year!

PLS wins Chapter of the Year!

By Sarah Rindfuss, P3

The Beta Delta chapter of Phi Lambda Sigma was proud to initiate 14 new members into our organization at the initiation ceremony on Tuesday, March 27th. The ceremony, which was held at the Pittsburgh Athletic Association, was held in conjunction with the initiation ceremony for the Rho Chi Society. We are extremely proud of our new members! Elections for officer positions for the 2012-2013 school year were also held on March 27th, but results were not tallied in time for this publication.

Some of the most exciting news is that our chapter of Phi Lambda Sigma came home from the APhA meeting in New Orleans with the Chapter of the Year Award!! In addition, P3 Indrani Kar was elected as the 2012-2013 Phi Lambda Sigma National Member-at-Large. Please congratulate both Indrani and our PLS Chapter as a whole on these accomplishments!!

Phi Lambda Sigma is busy planning this year's Spring Leadership Retreat. The retreat will be held at the School of Pharmacy from 4-8 PM, and dinner, an "open bar" will be served - as in a Qdoba taco and burrito bar! This year's event is titled "Care, Collaborate, and Compete," and will include games focusing on leadership and group communications as well as group brainstorming



Newly inducted PLS members and Chapter Officers at Initiation sessions. The focus of this event is to bring ALL organizations and classes together around a common initiative. All leaders within the school are strongly encouraged to attend, but the event is open to all school of pharmacy students, especially those who wish to develop their leadership potential! Keep checking the ASP website for sign-ups and updated information!

As the school year wraps up, PLS is looking forward to our annual paintball battle against Rho Chi, to be held on Friday, April 13th. As I sign out of my last Pitt Capsule article ever, I'd like to say it's been a pleasure writing for you for the past three years, best of luck to my fellow P3's with our upcoming rotations, and have a great summer to everyone else!

Patient Care Update

By Jaclyn Brucker, P3

The Patient Care Committee has been busy promoting Poison Prevention during the month of March. Student pharmacists spoke to pre-pharmacy students at RXPrep about the pathophysiology of addiction, showed videos about the different faces of addiction, and highlighted projects pharmacy students were working on to address medication abuse and misuse in the community. Additionally, P2 students carried out a project at their community pharmacy sites about proper medication disposal and promoting the DEA's medication take back day. A special thanks to all students involved!

Upcoming, the Patient Care Committee will have a booth at ISPF's Water Walk on Saturday April 7th. Students will be instructing people on safe medication disposal, talking about the role of safe water in medicine, and challenging people with prescription medication trivia. Come check out the booth for a chance to win prizes and send your non-

pharmacy friends our way. You can also check out the booth at the School of Pharmacy Relay for Life team on Friday, April 13th.

Even though the semester is winding down, the Patient Care Committee will be keeping busy working addressing the legal, ethical and moral issues associated with dispensing controlled substances for a CE. We just got the ball rolling on this project, so it's the perfect time to get involved. Students interested in getting involved can email asppatientcare@gmail.com.

Make sure you submit your ideas for the 2012-2013 Dean's Theme on the ASP website. Your idea might just direct the patient care projects for next year! Thank you to all the students that participated in patient care activities this year from Operation Diabetes, Maggie Dixon, and the Generation RX initiatives. We hope to see all the P2s and P1s continue their involvement in Patient Care next year.

Under Pressure: Class of 2013 Report

By Alicia Lichvar, P3

It was another Monday morning, and I was already running late. Downing my coffee in record time, I frantically stuck my earphones in place, threw my coat on my body, turned on my Pandora station, and started my ascent to Salk Hall. As I walked through the cool, quiet morning, South Oakland seemed still. Then, a catchy, familiar bass and piano hook cut through my Monday morning funk. It was the famed Queen and David Bowie song, "Under Pressure." Trudging into the entrance of this hospital, it dawned on me how incredibly relevant this song is for the Class of 2013.

We are under pressure and a great deal of pressure, at that.

As we exit Salk Hall and are thrust into the world of rotations and P4 year, our Class has so much to learn and even more to prove as students who are on the cusp of completing a four year journey into the real world of pharmacy. By going on rotations, we are going to experience a different type of stress that we have to adapt and learn to be comfortable with as professionals. Our actions and attitudes will be put to the test on a daily basis, and some days it will seem as if the pressure is pushing down on our class for no reason at all. In the midst rotations, we are somehow supposed to decide what we want to do with our lives, and we have to finally integrate into adult, professional society. This is no easy task, by any stretch of the imagination.

However, while there will be this pressure to gain perfection, it is crucial to keep in mind what is

important and what you love as an individual. Things that are truly important in life will not allow pressure or stress to tarnish them. During this demanding time for the Class of 2013, it is exponentially important to remember what is actually imperative in life, and what can merely act to create chaos and stress instead. Simply, stick to what you love and what you have a passion for as a person, and you can never stray too far from the path you are destined to travel upon through life.

Granted, there will be stressful days, but I know in my heart that our Class can handle those difficult periods. We just need to rally and take every opportunity that is presented to us during this upcoming year. Most importantly, we need to stay positive. Even if a negative scenario cannot be changed, attitude can still be altered to find some speck of positivity. Once that glimpse of optimism is realized, we need to let it consume both our actions and our words. There will be days were this is easy. There will be even more days when this is harder to do, but it is a worthwhile task at every juncture in the attitude crossroads. We need to stay positive no matter who, what, when, where, why, or how.

So, as the Class of 2013 exits Salk Hall to get a yearlong taste of reality, we are faced with momentous tasks and goals. Through grueling rotations, job applications, and residency pageantry, we need to dig deep, and we need to help each other by showing positivity, resilience, and love. This is our last dance.

This is ourselves. Under pressure.

A Grandmother's Gift

By Alicia Lichvar, P3

After a long drive home from Pittsburgh, I began unpacking my clothes, school supplies, and medicine. I felt completely ready to have a week of rest after a wave of exams, assignments, and papers. When I was nearly done putting things away, my mother came into my room, delicately holding a paper-wrapped rectangular object in her hands. She carefully opened it and presented me with a present—a framed cross-stitched poem that my grandmother had stumbled across several months ago. The poem, my mother explained, was called "Grandmother's Pearls of Wisdom," and she thought it summed up everything that my grandmother felt about my accomplishments and future aspirations. It was her memento to me. This is the story of this

present.

Upon obtaining this poem, grandma took a copy of it to a woman known for her cross-stitching ability. However, this woman had given up the hobby after the death of her husband, nearly two years ago. Nevertheless, after reading the poem and after grandma's verbal persistence, the woman agreed to the task. Nearly two months later, the project was complete, and my grandmother went to retrieve the gift. The cross-stitching was beautiful, and grandma was taken aback by the amount of detailing that was put into the piece. When she asked how much the job would cost her, the woman refused to give a price because she did not want to charge anything. Instead, the woman explained that this task could not be expressed by a price because it had given her something that two years of time...*Continued Pg 10*

not—she received her life back. After so much sorrow following the death of her husband, this project allowed the woman to move on with her life finally and be liberated from her grief. No price could be placed on the item.

And so, I was given this gift from my grandmother. As I read the poem, I felt tears well in my eyes. It was her lasting message to me, something that I can always look at and hold to be true. The poem reads:

My Dearest Alicia,

I've traveled paths you've yet to walk,
learned lessons old and new
and now this wisdom of my life
I'm blessed to share with you.

Let kindness spread like sunshine,
embrace those who are sad,
respect dignity, give them joy
and leave them feeling glad.
Forgive those who might hurt you,
and though you have your pride
listen closely to their viewpoint,
try to see their side.

Walk softly when you're angry,
try not to offend,
invoke your sense of humor,
laughter's power is immense!
Express what you are feeling,
your beliefs you should uphold,
don't shy away from what is right,
be courageous and be bold.

Keep hope right in your pocket,
it will guide you day by day,
take it out when it is needed,
when its near you'll find a way.
Remember friends and family,
of which you are a precious part,
love deeply and love truly ,
give freely from your heart

The world is far from perfect—
there's conflict and there's strife,
but you can make a difference



Alicia and her Grandmother

by how you live your life.

And so I'm very blessed
to know the wonders you will do
because you are my granddaughter
and I believe in you.

I decided to share this poem for a variety of reasons, but only one is worth extrapolating. The message is this—somebody will always have faith in you, even if you do not have faith in yourself. From my experiences, I know that life is so far removed from fairness that it sometimes appears hopeless, overwhelming, and bleak. Life can get you down, and it makes you question your decisions and beliefs as a person. There are times that I cannot find the strength to believe in myself when I am amidst overwhelming circumstances and odds. However, even if I have lost faith in myself, I know that somewhere someone believes in my abilities and feels inspired by what I am doing. Somehow, I draw a great deal of strength knowing that in my heart. It keeps me focused, and it keeps me in the fight. Additionally, it allows me to understand my perfection as an individual comes from being imperfect. This gives me a deep sense of acceptance of what I am capable of attaining and how my accomplishments will never go unnoticed, no matter how insignificant they may appear in my own eyes.

I will not always have my grandmother, but I will always have these words etched upon my heart and my soul. And for that reason, I owe her—and those others who believe in me—my best.

And that is my pearl of wisdom.

P1 Update

By Trey Draude, P1

The P1s are almost P2s! We are a few Standardized Patients and Exams away from being completed with our P Phun Year. We have come a long way as a class and have learned a lot about ourselves, each other, and the world of pharmacy. We hope to throw one more class program before the semester is out. Right now on the table is: A class egg hunt, a potluck lunch, or maybe even some minute to win it!

continued from Page 6... Rather than learning to use these clinical tools as an expert craftsman, though, I've stared blankly as a professors tried to explain how to properly used these tools to craft a foundation of clinical skill. Unfortunately, I've come away with multiple doodles of survival plans in case of zombie apocalypse on campus and only a tenuous grip on these "tools". Take for example patient communication. This is the hammer of the clinical toolbox. It's blunt, powerful, and a staple in any toolbox. Anyone can swing a hammer, but a clinical craftsman can use it to create masterpieces of patient care. I, however, have bruised and bloodied finger tips. It took a lot of swings, misses, and successes to finally learn the basics of how to use this "hammer" of patient communication to provide care. Even though this "tool" can easily translate to other professional skills, some aspects are clearly clinical in nature, such as learning how to speak in open-ended questions, motivational interviewing, and figuring out why a patient really was asking about the interaction between aspirin and bananas. All the time invested in clinical skills makes it difficult to leave them in a never opened toolbox.

These desires to not let direct patient contact and clinical skills fall by the wayside may stem from a deeper issue. As previously mentioned, my career plans tend to be dynamic. Factors like course load, popular new stories, and the phase of the moon can all contribute to the perpetual changes in these plans. This may all stem from a dangerous condition I call "grass is greener" syndrome. Any career path investigated can be trampled and scrutinized down to the dirt, making any other path seem more appealing. This problem of regretting every opportunity cost and thinking another option is better based solely on the fact that it's an alternative has its consequences in both professional and personal choices. In trying to figure out whether I want a crunchy or soft taco or whether I should make a witty/funny observation about salsa to the attractive girl on my left or my right, I end up going hungry and waiting for the sneeze guard to laugh at (not with) me and my joke. While the idea that the "grass is always greener on the other side" is difficult to account for when trying to make a decision, the pain of indecision is lessened with the realization that there would be indecision no matter the scenario. This dissection on why clinical practice appeals to the academician could easily be a reversed to investigate why academia may appeal to a clinician.

While educational paths may seem to fork, it's worth considering that few, if any, field are mutually exclusive. While clinical practice or academia may be more prevalent in a career, it is not the only field in an individual's career. So, I take some comfort in the fact that in my future professional career I'll have the option to combine the direct impact of clinical practice and system-wide good I can do in academia. Hopefully, one day I'll also have the chance to have a crunchy soft taco and tell my bad jokes the poor souls on both my left and my right.

Looking for a way to get involved in pharmacy school?

Why not help write for, contribute to, or design the 2012-2013 Pitt Capsule?

If you have *any* special interest, talent, or passion – share it with the school! For the next year, we're looking for new sections and new voices. These could include, but are not limited to, submissions of emerging issues, editorials, music reviews, artwork, graphic design, etc. If you're interested in sharing your skills, we'd love to hear from you.

Please contact Nicole Romstadt, at pittcapsule@gmail.com if interested or for more information.

Spring Leadership Retreat: Care, Collaborate, and Compete

A Planning Session for Our 2012-2013 School Year

April 11, 2012
4:00-8:00 pm, Room 402

<https://sites.google.com/site/upittaphaaspchapter/c-the-future>



Goal: Develop leadership and communication skills with group activities and increase involvement in organizational events related to the Dean's Theme through friendly competition.

Format: Organizations will have the opportunity to compete for up to \$1000 by holding events/activities throughout the 2012-2013 school year that relate to the Dean's Theme. Projects will be judged on innovation, collaboration, involvement, and impact.

This is NOT another planning session for APhA-ASP! This is an opportunity for your organization to define itself and begin planning for next year. SLR will also refocus all organization efforts so we, as a school, can have a BIGGER impact on our patients and the community. APhA-ASP and PLS will not be competing in the competition, rather they are only acting as facilitators.

Dean's Theme:

- Submit ideas for the Dean's theme by April 5th - sites.google.com/site/upittaphaaspchapter/c-the-future
- The student body will then vote on the Dean's theme leading up to the event, with the theme being announced at the retreat

Ask Christine Jordan or Kyle McCormick for details! We look forward to seeing you at the retreat!