



The Pitt Capsule



University of Pittsburgh School of Pharmacy

APhA2011: Pitt Pharmacy Represents in Seattle, WA

By Elyse Weitzman and
Shailly Shah

The University of Pittsburgh School of Pharmacy was well represented at the 2011 APhA Annual Meeting in Seattle, WA with 43 students, up from 25 last spring.

Students attended leadership workshops, organization receptions, education sessions, and the House of Delegates session where 3,000 student pharmacists convened as resolutions were debated. Our chapter proposed a new business item on the need to uphold and maintain regional Poison Control Centers, and it was passed! Erin Burke served as our chapter delegate, and Shannon Harrison participated in the national patient counseling competition.

Our chapter earned yet again the IPSF Outstanding Activity Award and recognition for membership and for submitting a top 10 PharmFlix video. We also witnessed our own Steven Zona, APhA-ASP National President, give his presidential closing address and review the accomplishments of APhA-ASP!

Here are some first-hand experiences from students who attended the meeting:

"I had a great experience. I really enjoyed meeting fellow students from around the country and was inspired by the enthusiasm my peers have for the profession. I recommend to everyone to get involved and attend the Annual conference, you will not regret it."
—Aaron Daily, P3

"Having 31,000 student pharmacists rise in support of a Pitt-proposed



resolution now means that APhA-ASP officially will advocate for it on Capitol Hill! That's a big deal to have our voice heard!"

—Indrani Kar, P2

"Going to the Annual Meeting for the first time as a P3 made me wish I had been more involved with ASP throughout pharmacy school. I wish this had been my third meeting!"

—Jonna Munroe, P3

"It's amazing to discover that one patient care project can reach 1,000,000+ people, whether by screening or simply education. It puts our role as students into perspective, giving us a glimpse at the impact student pharmacists and the profession as a whole can have on patients' lives."

—Kyle McCormick, P1

"The annual meeting was a great opportunity to meet and interact with students from all around the states. I got to learn about what other students

do at their schools and brought these ideas back to our school. Great experience overall and some time to explore a new city!"

—Kajal Patel, P2

"Attending the Annual Meeting in Seattle was a great way to network with other students, pharmacists, drug reps, and potential employers from across the nation and internationally. The educational sessions were very informative, the student meetings were inspiring, and exploring a new city is always a blast!"

—Ana Sidor, P3

As the year draws to a close, the Executive Board of APhA-ASP would like to thank you for another great year! We always appreciate your involvement and ideas, and we hope that you choose to continue to be or become a more active member!

Remember, APhA-ASP is here to represent our student pharmacists, and the more involvement you offer, the greater the impact we can have on our community.

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The Pitt Capsule

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IPSF: We're Number One!

By Julia Sasanko

This article is my last for the Pitt Capsule, but it is also probably the one with the best news: for the second year in a row, Pitt's IPSF chapter has been honored as the chapter of the year at the APhA-ASP Award Ceremony in Seattle, Washington! This award reflects the amazing dedication that our student body has regarding international issues. We, as a chapter, can continue the work that was honored last year by continuing service projects and implementing new ones.

At the time of composition, our total donation to the American Red Cross to help victims of the Japanese earthquake for World Water Week is unknown. However, I must take time to thank several people—Melissa Ruminski, Lori Schmotzer, Natalie Capozzolo, Staci Ziobert, Ravi Patel, Karen Nenko, the ASP Exec Board, the 11th floor faculty, and everyone that donated. The money collected will be going to help restore the water table in Japan, as well as to clean-up efforts. I would like to thank everyone for their generosity and

attention to this issue—the School of Pharmacy is wonderfully represented by your donation.

We will be having our last meeting of the year on April 14th in Salk 532. We will be planning for our summer activities, namely the Student Exchange Program. We will also be setting up the Latino Health Fair (date to be determined) and discuss implementing a brown bag session for EL hours at the Pittsburgh Refugee Center this summer. This is your chance to become more involved (if you're a P1 or a P2) or to say good-bye (if you're a P3). Come join the IPSF chapter that has been selected as APhA-ASP's best for the past two years!

On a personal note, it has been a great personal honor to chair IPSF this year, and I thank everyone that has participated throughout the year. It will certainly be a bittersweet moment to hand everything over to Natalie in May. Thanks again for a great year, and I hope to see everyone over the summer!

Class Updates

P4 Class Updates

By Michael Smith

The Class of 2011 would like to say farewell and bid adieu. Now that the Match results came out, and with graduation right around the corner, the P4's are ready to take the next step. About 80 students will be joining the real world (most of whom have signed on months ago) in the community, hospital, and other settings, while approximately 20 students will be completing a residency, and a handful of students will be continuing their education with some post-graduate work. Congratulations to all of the underclassmen for making it through the academic year. Good luck on finals!

P3 Class Updates

By Adam Martin

All...Most...There... Only 15 days until we are officially done with classes FOREVER! All of our rotations are set, projects/assignments are piling on, finals are numerous, and we couldn't be more excited for the sunshine and 2-week summer to come!

Aside from that, we are looking forward to the annual End of the Year School of Pharmacy Party, to be held at the Pittsburgh Cafe on Thursday, April 28 at 5:30PM following the last scheduled final. All Pitt Pharmacy students & faculty are invited, so it should be a great time!

RxIMPACT: Pharmacy at the National Level

By Ravi Patel

Over spring break, on March 9th and 10th, pharmacy students had the opportunity to experience pharmacy organizations and the legislative process at the national level. Representatives from various classes toured the national office of the APhA and took part in the National Association of Chain Drug Stores' (NACDS) RxIMPACT Day program in Washington D.C.

At the APhA national office building, the students learned the history and current role of the Association. The tour, lead by the Vice President of Professional Affairs, explored APhA's historic, original building and its adjoining current headquarters. The original building, built in 1934 at the foot of D.C.'s National Mall, houses the meeting room of the organization's Board and a variety of historic pharmacy-related monuments and artworks.

In the new headquarter building, dedicated just two years ago, the students learned about APhA's current efforts to promote interprofessional patient care through working with the American Medical Association, granting pharmacists "provider" status when accessing electronic health records, and changing patient perception of pharmacists from a product-based to service-based role. The students learned how pharmacists could have a national influence on the practice of pharmacy as both licensed practitioner and as a pharmacy student current on rotation or in residency at APhA.

From the national headquarters of the APhA, the students traveled to the National Association of Chain Drug Stores' RxIMPACT Day. The goal of RxIMPACT Day was to introduce students to advocacy in the field of pharmacy at the federal level and give them the chance to lobby their federal legislators on the behalf of the profession.

This effort was achieved through two parts. The first part of this program



was the "U" Academy. The Academy introduced students to the definition, importance, and application of advocacy, involvement, and leadership in pharmacy through a series of presentations, held over the course of the afternoon, evening, and following morning. The presentations were led by representatives from various chain drug stores, leaders in national pharmacy organizations, congressional health advisors and fellows, and nationally recognized advocates of pharmacy (including former Pitt School of Pharmacy professor, Gary Matzke).

The second part of the RxIMPACT program, the "official" RxIMPACT Day, included the application of this advocacy. More than 180 students from more than 15 schools of pharmacy set out to lobby their federal senators and representatives. The goal of this lobbying was to inform the legislators and encourage them to co-sponsor bipartisan legislation meant to improve access to MTM services, expand patient choice as to where they may receive these services, and ensure that drug plans reimburse MTM-providers.

Armed with statistics, first-hand experience, and packets of information,

Pitt students worked with students from the Philadelphia College of Pharmacy, Temple University, and representatives from the Pennsylvania Pharmacists Association in three teams to meet with the legislative staff of twelve Congressmen. At these meetings, held in the Congressional office buildings surrounding the U.S. Capitol, student pharmacists discussed with the legislative staff of Senators and Representatives their experiences with MTM, the proposed legislation which would improve and expand MTM services, and the patient and financial benefits of these services.

Personally, as a P1 student, I learned a great deal about MTM and careers in the fields of advocacy and legislation through this experience. This experience introduced me to pharmacists and fields I would not have had a chance to know otherwise. This was such a positive experience that I would highly recommend this event, or anything similar (such as PPA's GRASP program), to any student eager to learn more about different fields of pharmacy or to improve the profession through his or her own practice and experiences.

Screening Patients: Saving Lives

By Svetlana Goldman

While students may learn important clinical facts during lectures, readings, and practicum sessions the most rewarding way of learning is by touching a patient's life. As Aldous Huxley said, "Experience is not what happens to you; it is what you do with what happens to you." This past week I had a unique experience that will forever change me and helped me realize the potential I have to change patient's lives.

As a member of APhA-ASP, I have become an active patient care committee member by participating in Operation Diabetes. Through this program, pharmacy students help organize screenings to assess patients at risk for diabetes. We perform elements of a physical assessment including blood pressure readings and talk to the patients about their height, weight, past medical history, and family history. Through these interactions we use a diabetes risk assessment tool to see if patients are at low, moderate, or high risk for diabetes. After completing the screening we also provide patients with educational materials regarding healthy eating, exercise, and smoking cessation.

A few weeks ago, I was participating in a screening at Falk pharmacy, located within UPMC Presbyterian Hospital. The first patient that approached our table looked around and asked us to explain our screening. "Oh, I know all about Diabetes", she quickly responded. Immediately, I could see tears begin to fall down her face. She mustered up all her courage and strength and told us about how Diabetes has touched her life. She explained how just a few moments ago she had left her cousins bedside at UPMC hospital and the prognosis was not looking promising. Her cousin has been battling Diabetes for many years and unfortunately it looks as though Diabetes is in the lead. She has had both her legs amputated and lost most of her vision.

Doctors do not think she will ever leave the hospital.

Not only has diabetes touched this woman's cousin's life, but it has also affected two of her friends. She further went to explain how her two close girlfriends, who happen to both be nurses have been diagnosed with Type II Diabetes. She sadly explains that even despite the fact that these women are nurses, "They stab themselves with insulin and then eat a bowl of spaghetti". Even though they know that diet and exercise are integral to promoting healthy outcomes and preventing the serious and fatal complications of uncontrolled diabetes, they fail to possess the motivation to implement these changes. She physically must go to their house and drag them outside to take a walk because otherwise they will not get up. "It is so hard to just watch them killing themselves slowly", she says as she wipes the tears off her cheeks.

Although I have learned about diabetes in my endocrinology course, her story touched me much more than any clinical fact ever could. We learn about the millions of people that have diabetes but we seldom think about how deeply this disease impacts patients and caregivers. After she picked up her prescription she walked back up to our screening table. I grabbed her hand and said "thank you so much for telling your story". She confided that she felt embarrassed for disclosing all this information and felt relieved that we were glad she told her story. As she walked away from the pharmacy, she smiled, looked back, and said "You know, you are saving lives today".

Through these simple efforts, we truly can save lives and help promote disease prevention. So next time you are taking part in a small community outreach event or screening, remember that your touch can help improve the lives of many!

PI Spotlight



Kyle McCormick

Undergrad: University of Pittsburgh

Hometown: Somerset, Pennsylvania

Pharmacy Experience?:

Pitt Student Health Pharmacy - since 2010

Findley's Pharmacy, Somerset PA - since 2009

Thoughts on your first semester in pharmacy school:

"The focus of the first semester was the biggest surprise. I never expected to be thrown into clinical experiences the first year, let alone the first semester. However, it was through these patient encounters that I learned the most about being a pharmacist.

Fun Fact:

"I love to cook and bake. My favorite things to make are cheesecake (any kind) and chocolate mousse."

How tall are you? "6'7"

Contributed by Laura Mincemoyer

Spring Has Sprung for LKS!

By Kailey Troutman

During the month of March, the sisters of LKS were busy as they worked on completing service and professional projects, promoting Project HOPE, and participating in a variety of School of Pharmacy activities. As mentioned in last month's issue, sisters have been regularly attending the Birmingham Clinic to participate in the Heart Health project that involves speaking with patients about smoking cessation, diet, and exercise in order to promote the Dean's Theme of Cardiovascular Health.

This past month, sisters also collaborated with Dr. Ruby on a Poison Prevention project held at the Shadyside Senior Care Center. The members who participated in the project had the opportunity to speak with the geriatric

tured an interview with a current patient. Hygeia Day was greatly enjoyed by all students in attendance, and a donation was accepted for the National Eating Disorders Foundation



Above: LKS Powderpuff team. Below: LKS sisters spreading poison prevention awareness



patients about poisonous substances in the home. One feature of the project was a demo board comparing common pills to their candy look-a-likes. The patients enjoyed this information, especially since many of them have young grandchildren who come to visit.

On Wednesday, March 30th, LKS held its annual Hygeia Day luncheon, which featured Dr. Eric Rickin, an attending physician on the eating disorder unit at Western Psychiatric Institute and Clinic. His presentation covered the eating disorder anorexia and fea-

including an ice cream and movie night at the Family House and a visit to the Ronald McDonald House. LKS will be walking as a team in the Relay for Life event on Friday, April 8th as well. Service co-chairs Kristen James (P2) and Jonna Munroe (P3) have done a wonderful job organizing all of the service projects this year.

Additionally, March was Project HOPE month for LKS. Project HOPE promotes and provides health care to underserved areas of the world and is the official philanthropy of LKS. Currently, Project HOPE operates med-

(NEDA) as well. A special thank you is extended to our professional projects co-chairs Amanda Johnson (P3) and Katie Simms (P3) for organizing this event. LKS sisters also participated in a variety of service projects in the Pittsburgh community throughout March,

ical and HIV clinics all over the world, including Haiti, the Dominican Republic, Guatemala, Malawi, Thailand, and Mozambique. LKS held a bake sale in March to raise funds for this ever-expanding organization.

Congratulations to sisters Indrani Kar (P2) and Kailey Troutman (P2) who were recently inducted into the Rho Chi Society. Congratulations are also extended to sisters Molly Wilson (P1) and Deanna Rowe (P1) who were chosen as the Lamb Lights for February and March, respectively. Molly served as superpledge for the P1 class of new members and played an instrumental role in the organization of the Powderpuff game in which LKS was victorious! Deanna was voted as MVP for the game, as she caught several key passes and scored a touchdown.

LKS is looking forward to its end-of-the-year party which will be held on April 20th at Doc'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 on final exams and have a safe and restful summer!

PLS Wraps Up Another Successful Year

By Sarah Rindfuss

As the semester winds to a close PLS is still bustling with activity! On March 22nd, we inducted eleven new members into our chapter at a ceremony held with Rho Chi at the University Club. Once again, we'd like to congratulate our new members on this accomplishment!

We also recently elected a new executive board for the 2011-2012 school year. Congratulations to: Lindsay McCartney (President), Chrissy Jordan (President-Elect), Alicia Lichvar (Vice President), Sarah Rindfuss (Secretary), Maggie Ryan (Treasurer), Emily Mallit (Mentoring Chair), and Evan Williams (Auction Chair).

We are looking forward to another successful year with our new executive board! We would also like to thank our

outgoing officers for all the hard work they put in over the last year: Summer Stairs (President), Sarah Krahe-Dombrowski (Vice President/Auction Chair), Dan Yarabinec (Treasurer), and Amanda Johnson (Mentor Chair) – this year wouldn't have been a success without you!

PLS would also like to recognize some of our members for their achievements. We would like to congratulate Andrew Clark, Indrani Kar, and Eric Gardner for completing the Jonas Salk medical ethics fellowship. The Jonas Salk fellowship is a monthly interprofessional discussion sponsored by the Jewish Healthcare Foundation which addresses topics such as leadership and transformational change in health care. Congratulations!

There is still much going on in April that PLS is looking forward to. The Spring Leadership will be held in the School of Pharmacy from 5-9 PM on Wednesday, April 13th. Dinner will be provided, and we will participate in leadership activities and planning events for next school year. We hope to see you there, especially if you are a member of an executive board for a School of Pharmacy organization!

On April 15th, PLS is challenging Rho Chi to a paintball tournament, and is planning to return home with a repeat win and bragging rights! The last Professional Lecture Series will be held on Thursday, April 21st in 402 during lunch. Best of luck to the P4's post-graduation, the P3's with rotations, and have a fantastic summer!

Kappa Psi Updates

By Hannah Duttenhoeffer

Hello from Beta Kappa! With the change in the season, brothers are extremely busy planning and participating in a plethora of events all over the Pittsburgh area.

The annual Kappa Psi vs. Lambda Kappa Sigma Powderpuff football game, one of our favorite events, occurred this past month on March 20th. It was definitely a lot of fun for both those that played and came to watch. Unfortunately, Kappa Psi wasn't able to come out on top due to a last minute touchdown by LKS. A big thank you goes out to all of those who came out to support our team!

Several brothers also traveled down to Station Square to participate this past weekend to attend our annual Province

2 Spring Conclave hosted by the Duquesne Chapter from April 1-3. Brothers attended various meetings to discuss the Province dealings for the year to come, as well as to elect the new Province 2 executive board for the 2011-2012 term.

However, the weekend wasn't all work. Brothers also had a blast at the formal dinner and annual raffle where a host of hilarious things were raffled off for charity. Overall, the weekend was a big success and a lot of fun, especially due to the fellowship that we had the

opportunity to share with the national brotherhood.

Brothers are also busy planning our annual formal which will be held next weekend on April 9th at the Pittsburgh Aviary. Also, join us for the annual Pirates game and tailgate which on Thursday, April 14th with the tailgate start time to TBA. Hope to see you there!



Kappa Psi's Rho Chi and PLS Inductees for 2011

Rho Chi Updates

By Svetlana Goldman

Rho Chi members were quite busy in the past few weeks getting ready for the induction ceremony, Koch lecture, and APhA-ASP annual meeting.

On March 22nd we welcomed all new Rho Chi members at the annual induction ceremony. We also recognized Dr. Benedict for his Innovations in Teaching through the use of VPSIM cases and Dr. Nolin for his Outstanding Scholarly Contribution regarding improving drug use in nephrology patients.

Furthermore, during the induction ceremony we had the pleasure of introducing Dr. Stephen Schondelmeyer, a renowned professor and leader in pharmaceutical economics from the University of Minnesota. Dr. Schondelmeyer provided students with three key statements of advise for their future: know what to do, do what you know, and do it with passion.

Many students and faculty attended the Koch lecture the following day where Dr. Schondelmeyer elaborated on the current health care issues including rising costs and how pharmacists

can be a part of the solution to the growing health care reform debate.

Following the Koch lecture, many students packed their bags and headed to Seattle, WA for the annual APhA-ASP conference. Several Rho Chi students attended the annual Rho Chi Meeting where numerous chapters discussed innovative ideas to promote more member involvement within their school. Some ideas included making mock interview sessions for P4 students to practice their residency interview skills. In addition, we had the opportunity to listen to Dr. John Grabenstein, winner of the annual lecture



award, talk about his work on promoting immunization programs, public health, and leadership.

We are looking forward to our future annual paintball tournament against PLS on April 15th. We wish everyone good luck on the last few weeks of school and a happy summer vacation!

A Final Note from the Editor...

By Tim Mizak

APhA-ASP Outgoing Historian

I've been working on the *Pitt Capsule* for three years, and this is the first and only article that I've actually written. (In fact, I wasn't even going to write anything, but as it turns out I needed to fill up the space somehow. Either that, or deprive the readership of a "Fun and Games" section, which I could never do. See pg. 8.)

During my time as a member of the APhA-ASP Executive Board and editor of the *Pitt Capsule*, I've witnessed and participated in many of the goings-on within the School of Pharmacy, and it's been a pleasure helping the organizations get their messages out to the stu-

dents, faculty, and alumni who read this newsletter.

However, much of what I do isn't possible without all of the people who make contributions and help out with the *Pitt Capsule*. In my three years at Salk Hall, this newsletter has come a long way. So as my time as Editor comes to an end, I'd like to thank those that have made my job worthwhile:

To the *Pitt Capsule* staff: Svetlana Goldman, Laura Mincemoyer, Caroline Burggaller, and anyone else who's helped in any way: thank you.

To all of the leaders and representatives of the organizations who submit articles every month, *none* of this is

possible without your help.

To the administration at the School of Pharmacy, thank you for helping improve the *Pitt Capsule* by ensuring that issues are now printed in color and distributed further than ever before.

To the APhA-ASP E-Board (both years), it's been a blast. Thank you!

Finally, to the readership: some of you look forward to articles, some just really like Sudoku. Either way, thanks for picking this up every month.

Okay, I'm done. Turn the page and complete the Sudoku puzzles, already!

Take a Break from Studying for Finals and Play Sudoku!

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"Evil"