

The Pitt Capsule

THE UNIVERSITY OF PITTSBURGH
SCHOOL OF PHARMACY



ASP Finishes A Great Year!

By Kyle McCormick, ASP President

If a picture is worth a thousand words, then the picture above is worth 252,002 words. As a result, this is the longest article I have ever written. It's also the hardest one I've ever written. It is difficult - not from writer's block - but rather the realization that this is the end. With only 4 weeks of school left, this is our final general body meeting and the last article I will ever write as president. With the end in sight, I have a few parting words:

Of the 252,002 words, the most important are the two that you can actually read - thank you! Thank you to the executive board who has spent countless hours planning, going to meetings, and documenting events. Thank you to the school for their support of organizations. Thank you to the faculty and other preceptors for their willingness to oversee our events, giving their valuable time to help progress the development of student pharmacists. And most importantly, thank you, for making a commitment to the profession by joining ASP, for representing Pitt at all the events (making it the best pharmacy school, even if the rankings haven't caught on yet), for your passion for patient care, and for continued efforts to make your mark.

To say that serving as president has been a blast would be an understatement. Yes, it has had its difficulties but I would

not trade the experiences I have had for anything. Just looking at the pictures above bring back great memories. Watching the organization grow, and seeing the abundance of skills and ideas from members, has been inspiring and has led to some fantastic accomplishments. As a chapter, we have done some really amazing things for our school, our profession, and our community. Despite this, we still have a long way to go and I see only greater things coming from APhA-ASP at the University of Pittsburgh in the future. With that I will leave you with one of my all-time favorite quotes:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be...?"
- Marianne Williamson

Spring Leadership Retreat

By Nicole Romstadt

The Spring Leadership Retreat took place on Saturday, March 23. This event was hosted and planned by PLS and ASP. At the retreat, participants learned about leadership, participated in an interactive team-building game, and worked on planning events for next year's Dean's Theme.

The Dean's Theme from the past school year was Operation Inspiration, and many School of Pharmacy organizations participated, creating valuable programs with large impact. Great job to everyone that participated!

The 2013-2014 Dean's Theme will be Generation RX! This national ASP initiative advocates for increasing patient awareness about prescription drug abuse, as well as proper drug disposal. Our ASP chapter became involved with this initiative two years ago, and has planned great events already - including tabling at many events, talks at high schools, and programs targeted towards educating parents.

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Project CHANCE Update

By Jessa Koch, IHI/Interprofessional Chair

Thank you to everyone who has participated in Project CHANCE this past month, and also for everyone’s continued interest! Look on the Project CHANCE section of the Porxtal website to sign up for April times. We hope to have one last Project CHANCE meeting to discuss the future direction of the project and look for more volunteers over the summer months. We are also planning a fun and informative activity for this meeting. Be on the lookout for an email about the date and location- it will probably take place the week of April 15th.

Email pittprojectchance@gmail.com with any questions or feedback on how to improve the project. If you would like to go to clinic, but feel hesitant, feel free to send us an email so that we can set up an on campus or at clinic training session!

Presidential Updates

By Georgina Waldman, P1 Class President

The first week after spring break was rough, but the P1's are now out of vacation mode and ready to finish their first year! Crazy how the time has flown! It feels like we just got our White Coats. April is full of finals and hopefully some fun, with everyone hoping that all of this ridiculous snow will finally end and we can enjoy at least a few days of Pittsburgh's attempt at spring. Make sure to attend our **P1 Health Fair on April 19th** in BST. There will be lots of free food/samples and raffle prizes!

By Trey Draude, P2 Class President

The P2s and P1s have finished the Million Hearts March Grant! This has been a whirlwind of work but very worth it. We are excited to gather the results and see the impact of this project! The P2s are also looking forward to getting down during the end of the year party and finishing the semester on a fun note - just the way we started it at the back to school party!

Social Committee Updates

By Ashley Firm, Social Committee Chair

Hope everybody had a great spring break and is ready to finish the last few weeks of the semester! The social committee is busy planning end of the year events including a joint event with Duquesne’s APhA- ASP Chapter. Duquesne is hosting an **Operation Immunization** tabling event at PNC Park **Tuesday April 16th**. Help raise awareness on the importance of immunizations, contribute to their Operation Immunization efforts and watch the Pirates take on the St Louis Cardinals. There are several seats options available and the order form is available on the Pitt APhA-ASP Facebook page.

The social committee is also busy collaborating with **Relay for Life** to plan a great fundraiser for cancer research. On **Sunday April 7th**, join us for **Lung Function Olympics** at 1400 Posvar. Groups of up to 5 can compete in several pulmonary related events with a suggested \$5 entrance fee. The winner not only earns bragging rights but will also receive a prize. Don’t feel like competing? Come out and support the teams and enjoy a provided lunch and take a break before the stress of finals takes over. More information available on the Facebook event titled “Lung Function Olympics” Contact hosts Ashley Firm, Jessie Lewis or Hannah Greivenkamp with any questions!

KY Has Big Things in the Works!

By Kathryn Wersosky, KY Corresponding Secretary

The Beta Kappa chapter of Kappa Psi had the second round of elections on March 7th, resulting in the election of Katlyn Grossman & Joe Napora as Pledgemasters and Jessie Lewis & Tyler Halfhill as Rush Chairs for the 2013 year. We are sure the four of you will help us have a great fall semester with a new pledge class! Marissa Csovelak and Sarah Ward were also chosen to represent our chapter as



KY brothers pose for a picture after the closing ceremony at the APHA-Annual meeting in Los Angeles, CA.

SSHP Updates

By Sudha Mokkapati, SSHP Secretary

As we begin to wrap up our school year, we begin to bring closure to our public health projects. Thank you to all of our members who have been, or will be, involved in assembling and personally handing out Cancer Care Packages at the Hillman Cancer Center, the Children's Hospital Craft Drive, the Asthma Device Video project, Poison Prevention Tabling, and the Contraception project this year! These projects are going to be great successes because of all of the time and effort our members devoted! Most of these projects are almost completed, but if any females are still interested in participating in the Contraception project, please contact Allison (ahd7@pitt.edu) or Jocelyn (jmh146@pitt.edu) to see what you can do to give back to your community.

Our past few events were successful, including the Clinical Talk by an ER Pharmacist, and the lecture by Drs. Veldcamp and Gillis for World TB day, which was a collaboration with IPSF. If you missed these great events, you have a few more to look forward to coming up in

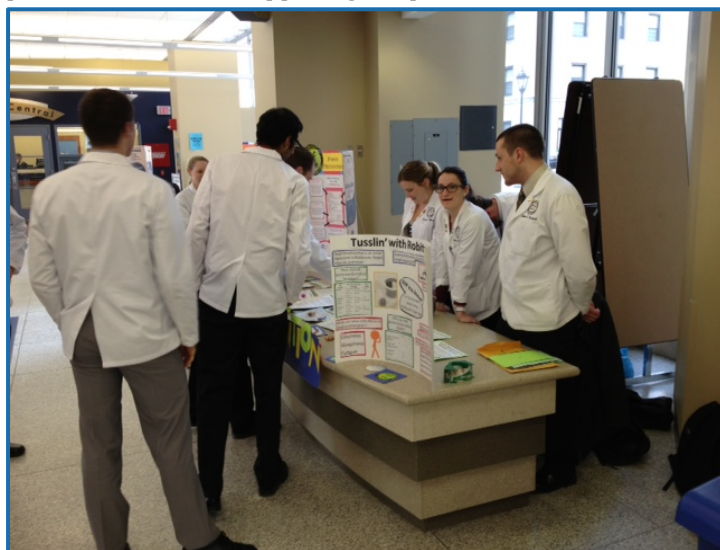
delegates at the 56th Grand Council Convention in St. Pete Beach, Florida over the summer. So far, we have a total of 13 brothers planning to attend this Kappa Psi National Meeting!

As always, we have many events happening this semester. On Thursday, March 28th we went to Extreme Laser Storm on McKnight Road for a night of intense laser tag. It was great to have a little friendly competition, and also heart-breaking to find out I only made 4 hits after pulling the laser trigger 100-plus times. Next on Kappa Psi's agenda is the Centennial Celebration, which will consist of about 50 graduate brothers, national officers and most of our collegiate brothers all coming together for the first weekend in April. We will be having a Friday night social, and Saturday night formal and dinner, and plenty of events in-between for our guests in the Station Square area. We are extremely proud to have reached 100 years as a chapter!

On **Friday, April 19th** we will be hosting a **Pittsburgh Pirates tailgate** in the PNC lots before the game versus the Atlanta Braves. The game starts at 7:05 PM. We have plenty of tickets to sell, so if you are interested in joining us for some games and food, please contact any of the brothers for tickets. The official ticket sellers are Brittney Knass (P1), Jamie Eckardt (P2) and Anthony Boyd (for P3 and P4 tickets). One ticket is \$15 and gets you one hot dog or hamburger, bag of chips, drink and the ticket to the game.

April. For our next event, we will be hosting a lunch talk by Dr. Elaine Mabel, focusing on the Pharmacy Practice Model Initiative, which will be held on **April 17th at 12pm**.

Also look out for more information coming up about the P4 panel, which will be happening in April.



SSHP members participate in Poison Prevention Tabling in Towers Lobby.

Rho Chi Updates

By Greg Trietley, Rho Chi Historian

The Koch Lecture was last Wednesday, March 27, at noon in Scaife lecture rooms 5 and 6. We had the whole auditorium booked for Dr. Joseph T. DiPiro, Professor and Executive Dean of the South Carolina College of Pharmacy and senior editor of *Pharmacotherapy: A Pathophysiologic Approach*—the book that you’ve used to find the answer to just about every question a professor has asked.

Congratulations to the new officers elected at Rho Chi’s most recent meeting.

Matt Dukewich will be next year’s president, with Tyler Chanas elected vice president, Alaina Burns elected secretary, Gorden Watkins elected treasurer and Nicole Romstadt elected historian. Ruth Lidoshore and Liana Mandel will serve as service co-chairs, Josh Weber and Hilary Navy will serve as tutoring co-chairs and Anthony Boyd and Erin Resetar will serve as professional co-chairs. The metaphorical torch was passed at last Tuesday’s induction ceremony at the Pittsburgh Athletic Association.

Rho Chi members Emily Mallit and Deanna Rowe represented the chapter at the annual meeting in Los Angeles, receiving a chapter project grant award for the Posters, Professors and Progress event that took place this spring. Yes, Pitt won something this March.

The final **Rho Chi health talk** of the semester at the Salvation Army Adult Rehabilitation Center will take place at **April 8 at 6pm**. We will be leading a discussion on depression and mental health. Rho Chi will also present on asthma and COPD at the ASP patient care health fair.

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



Top: Emily Mallit and Deanna Rowe pose for a photo with Duquesne Rho Chi Chapter members. **Bottom:** Emily Mallit holds the Rho Chi chapter project grant award.

IPSF Springs Forward into April

By Ravi Patel, IPSF Chair

This past month the International Pharmaceutical Student Federation (IPSF) held a series of events on the topic of “Medical Tourism” in collaboration with the other Schools of Health Sciences. We held a table-top disaster simulation, written mainly by incoming IPSF-chair Colleen Moroney and facilitated by Dr. Joe Suyama, the medical director of UPMC Urgent Care in Shadyside. We also screened a documentary about patients in the U.S. seeking a surrogate for pregnancy abroad (*Made in India*) and hosted a discussion facilitated by Dr. Nicole Constable from the Department of Anthropology.

We are looking forward to finishing the semester with our **volunteer event at Global Links Pittsburgh** on the evening of Thursday **April 4th** and are continuing to plan our Medical Spanish course.

We are also coordinating our **Student Exchange Program** for this summer. If students will be in Pittsburgh this June, we are always looking for help in planning and participating in social events to showcase Pittsburgh culture and living. If you are interested in helping with SEP, or in anything mentioned above, please email PittIPSF@gmail.com. For more information or to see our calendar, visit our website: <https://sites.google.com/site/upittaphaaspchapter/ipsf>

Leadership Retreat, Continued from page 1

Pitt's Generation RX committee has shown great growth and increasing student interest over the past two years, and now the entire school is encouraged to get involved!

At the leadership retreat, students had the opportunity to break up into different focus groups within Generation RX, including: media relations, parent education, middle school/high school education, campus relations, and health-science schools collaboration.

A big 'Thank You' goes out to everyone involved with planning this great event, as well as all student leaders that attended and actively participated – providing big ideas for events and programs to implement during the upcoming school year.

Stay tuned for more information to come, and further planning at the Fall Leadership Retreat!

PDC Elects New Officers

By Josh Radel

This past month, the brothers of Phi Delta Chi held elections for officer positions during the next year. We are happy to report that the following brothers have been elected to our E-Board:

- President: Craig Dennis
- Vice President: John Lyons
- Secretary: Kevin Ordons
- Treasurer: Matt Rinkus
- Correspondent: Jon Faix
- Pledging Chair: Will Wilson
- Pledging Co-Chair: Zach Hicks
- Alumni Liaison: Kyle McGrath
- Prelate: Ron Heisel

The new leadership of PDC looks forward to implementing a variety of service events in the community and improving communication and organization within the fraternity. Looking forward to April, we will be busy training the new officers for their position during this transition period.

First Meeting of the Minds Event

By Nicole Romstadt

This semester, students from PLS and the IHI Open School worked together to plan the first ever Meeting of the Minds Event - Emerging Leaders In Healthcare. This event took place on March 23, before the annual Spring Leadership Retreat.

The Meeting of the Minds event was intended to increase inter-professional communication and collaboration between Pitt's health science students. There was a great turnout, with pharmacy, dental, physical therapy, medical and rehab counseling students in attendance.

The students intermingled and formed teams to play Medical Scattergories. Everyone had a great time, with some healthy competition and inter-professional collaboration! After the game, students worked together on a case scenario, in which a patient was "shuffled" through the medical system with multiple provider errors, incorrect diagnoses, and patient insensitivity. Students participated in an open discussion focused on identifying where flaws occurred, and where we, as health professionals, can work together to improve care. This led into a discussion of the Medical Home concept, including where each profession can fit into the model, and the barriers to implementing this model that currently exist within the health care system.

Finally, there was an open forum where students from each professional school had an opportunity to discuss and answer questions regarding their school's curriculum, professional strengths, patient care requirements, current struggles, and limitations to improving quality of patient care. This discussion enlightened all students involved, and created a better understanding of how we, as future health professionals, can best utilize the skills sets unique to each profession in order to provide optimal patient care.

A short survey was sent out to gather feedback from attendees in order to plan even more successful future events. The majority of participants found the open forum to be the most interesting part, and were excited, or even surprised, to learn about other health science students' curriculums. Attendees also enjoyed hearing how other health science students viewed current health care issues, gaining valuable insight to different perspectives.

Based on the huge success of this event, and overwhelming positive feedback from students involved, IHI and PLS will be working together to plan another event in the fall.

Thank you to everyone who planned and attended this event!

Student Course Evaluations: For Professors' Eyes Only

By Ravi Patel

The beginnings of most semesters are met with grumbles and gossip about upcoming classes. Eager to figure out what the next months hold, I try to catch as much passing information about courses, professors, and exams as I can. The information shared amongst students is often subjective and there is usually a discrepancy between my experience and the information I had heard. Even with numerous semesters in this cycle of subjective information and discrepancies, I still try to learn as much as I can about courses, professors, and exams. Seeing how I don't learn from this repeated mistake, I don't wonder where my poor grades stem from, but I do wonder about my wonderings. Why do I want to know about the drolleries and despair of a semester before it happens and what can be done to address these questions?

I like to know about something before I experience it. Beyond my few month stint in Cub Scouts, my desire to prepare for the semester probably follows the idea that "the devil you don't know is worse than the devil you know." Students invariably ask each other about courses, professors, and exams. This information may help determine if lectures are worth attending, how to prepare for exams, or if a professor's sense of humor will accommodate puns in emails/assignments. All professors could claim that they make lectures worth attending, amply give information about exams, and that they have a sense of humor - but students' experiences can commonly refute such claims. Students seek information about professors and courses because the given information is commonly inaccurate or irrelevant to the experiences of students. It is difficult for professors/administrators to adopt an objective 3rd-party perspective of the course they have designed, and student experiences are highly subjective, so it's not an unforgivable fault that the information provided is not of immediate relevance to students. As a result of these barriers, however, the "best" source of information relevant to student experiences about a professor or course comes from immediate, past students.

An almost formalized system of gossip/grapevine does exist, though. Student experiences are recorded through "professor-requested evaluations". While I have completed many of these evaluations, I have rarely, if

ever, seen the evaluation results. Professors commonly iterate that these evaluations are reviewed to improve courses. While I do believe that these evaluations are used to improve courses, the fact that I've never seen the actual results makes me consider this an underutilization of available information.

Making course evaluation results available to students could hold a variety of benefits. In addition to addressing the previously mentioned concerns of incoming students, making results available may accelerate course improvement by holding courses accountable for improvements. It is to be expected that students, on an off day, may use this feedback opportunity as a catharsis for course frustration. Just as students may not want their grades and transcript made publicly available, professors might appreciate discretion over disclosure with some evaluations...but then, what fun is tenure if you can't flaunt infamy? (A joke from future-tenure-track me, of course!) In light of these benefits and drawbacks, it stands that in the case of extremes - transparency versus non-disclosure - students face opacity.

To compromise between these extremes, evaluations could be segmented into sections for professor/course-coordinator review and sections to be made available to students. Student accessible questions could address the broad categories of course/professor ease, clarity, helpfulness, and comments. These suggested categories come from the success of RateMyProfessor.com, though I am waiting for adaptation of a Netflix-styled star rating which leads to suggestions of other professors' teaching styles I'd enjoy. Many of these "RateMyProfessor.com" categories are already commonly covered in evaluations, indicating concern and use of student experience to improve the course, but explicitly segmenting these sections would allow for sharing, at the discretion of the course coordinator, of desired information already being collected. Such utility of evaluations could also improve student participation in these evaluations.

Making evaluation results available would be beneficial to students and professors. But until that happens, I'll get my information about professors and courses from the same place I get information about class gossip, current events, and recipes: the Internet, eavesdropped elevator conversations, and carrel graffiti.

Happy Spring From LKS!

By Shayna Stout

Ladies of LKS came back from Spring Break ready to start planning even more social, service, professional, and fundraising activities! The new officers for LKS have been chosen and next month, the current officers will meet with the new officers to show them the ropes to ensure that they have a successful year starting next fall!

In the world of fundraising, white coats, popcorn, and clothing sales were all a hit! Thank you to all of those who participated! The P2 class will be conducting another bake sale in the near future, so be sure to stop by and buy some goodies! As always, all proceeds will go to charity. Also in service, the members of LKS will be helping out with Adopt A Block (cleaning Dawson Street), as well as Easter Egg decorating with the members of Family House and the annual Relay for Life.

LKS has also been very busy planning various professional projects. Diabetes tabling is well underway and the ladies are looking forward to lending a helping hand. Operation Inspiration is finishing up making their toolkits as well as tabling, and the survey document analysis is underway!

Lastly, congratulations to Chelsea Henderson, who won the "Lamb Light" in February for all of her hard work. Additionally, congratulation is in order to Lindsey Rihtarchik, who won "Lamb Light" for March! Congratulations, ladies!

LKS would like to wish a **Happy Spring** to all!

Letter From the Editor

I just wanted to give a big **Thank You!** to everyone that has written such great articles this year. It's been a pleasure to work with each organization, and help to highlight all of the wonderful awards and achievements that Pitt pharmacy organizations earned this year.

It's been a great (but busy!) school year, and I hope everyone enjoys some much-deserved warm weather and free time over the summer.

Congratulations and good luck to everyone graduating, beginning new careers, and starting residencies!

If you are interested in contributing to the Pitt Capsule next year – articles, editorials, comics, pictures, or anything creative – please do not hesitate to contact me at pittcapsule@gmail.com. (We need someone to fill Ravi's spot!) Also, if there is something you'd like to see added in the Capsule for next year, please let me know!

Sudoku

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Solutions:

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