



# The Pitt Capsule



University of Pittsburgh School of Pharmacy

## Welcome to APhA-ASP!

By Elyse Weitman

Welcome back everyone! And a special welcome to the P1 class; you have made a great investment in your future with your choice to study pharmacy at the University of Pittsburgh. Get ready for an eventful year with the American Pharmacists Association – Academy of Student Pharmacists (APhA-ASP)!

For anyone unfamiliar with APhA-ASP, it is the student branch of the largest association of pharmacists nationwide, APhA. Our chapter serves as the School of Pharmacy's unifying student organization that provides opportunities for student pharmacists to advance their skills as young professionals outside of the classroom. To illustrate the diversity of our offerings, here are some examples of last year's events: hosted a speaker from the Pittsburgh Refugee Center, hosted Target pharmacy leaders to speak about interviewing skills and the community pharmacy career ladder, screened patients for diabetes at local pharmacies and surveyed patients at a physician clinic about their adherence to medications, held two annual leadership retreats for students, helped to debut journal clubs for students across all colleges of health sciences, and held our annual formal in the spring. No matter what your career goals or interests are, you will be sure to find APhA-ASP helpful to you.

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*Above: LKS Sisters Kailey Troutman, Sarah Brinley, Glenna Shutzberg, Heather Lezanic, Katrina Zook, and Jenn Plank*

## Lambda Kappa Sigma Visits Motor City

By Kailey Troutman

After a summer of travel, the sisters of LKS are excited to begin a new semester of pharmacy school. From July 27<sup>th</sup> to the 30<sup>th</sup>, sisters Sarah Brinley, Heather Lezanic, Jenn Plank, Glenna Shutzberg, Kailey Troutman, and Katrina Zook attended the 2011 LKS annual convention in Detroit, Michigan. The theme of the convention was "Putting YOU in the Driver's Seat," and attendees had the opportunity to learn about taking an active role in the profession of pharmacy as well as within the fraternity. During the trip, the girls in attendance were able to listen to a speaker from the Chrysler Corporation, attend a Detroit Tigers baseball game, and participate in an etiquette luncheon. The LKS girls are now fully versed in table setting, soup eating, and napkin folding!

Additionally, the Delta Chapter had the opportunity to participate in a poster competition where the girls won an honorable mention for the annual "What Not to Wear" event. The Delta sisters also became relatively famous at the convention for being the chapter to travel to Detroit the least expensively with a \$2.00 per person round trip fee on the Megabus. On the final day of the convention, a 5k walk throughout downtown Detroit was held to benefit Project HOPE, which provides medical care, health education, and humanitarian assistance to people in need around the world. LKS was able to raise over \$5,000 from the convention alone and is planning to continue fundraising throughout the year. Overall, the convention was a wonderful time, and the girls in attendance gained some great ideas to try at Pitt this year.

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## The Pitt Capsule

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By Hannah  
Duttenhoeffer

Welcome back from Beta Kappa! Our biggest update is our national meeting, or Grand Council Convention (GCC), that was held in San Francisco, CA on August 2-6. Those that had the opportunity to go to GCC enjoyed spending time with Brothers from across the country, learning about the Fraternity, catching a Giants game, and eating a lot of Carl's Jr Hamburgers. Pitt was well represented with five Brothers in attendance. Luke Berenbrok, Sarah Rindfuss, Chelsea Fitzgerald, Dan Yarabinec, and Julie Styche, traveled to accept Beta Kappa's awards this year. We earned the title of 3<sup>rd</sup> best collegiate chapter in the nation and best chapter in Province 2. The Pittsburgh Grad Chapter also earned a top 10 spot nationally, coming in at number 9. Also, Brother Dan Yarabinec was awarded a Kappa Psi Foundation Scholarship, while Brother and GCD for the chapter, Dave Maszkiewicz, RPh, earned a top 10 GCD spot nationally.

## Kappa Psi 3rd in Nation



Above: KY Brothers Dan Yarabinec, Julie Styche, Luke Berenbrok, Sarah Rindfuss, Chelsea Fitzgerald, Ashley Toale

Outside of GCC, Brothers have been working hard at internships and rotations across the country, with Brothers scattered from New Mexico to New York. Despite the distance, we managed to keep in touch through an intramural softball league in Pittsburgh, emails, and occasional Sandcastle trips. We also held our annual House Lift where Brothers got together to fix, clean, and decorate our house, and it looks spectacular! Thanks to all who participated!

Now that school has officially begun, Beta Kappa is looking forward to planning rush and pledging events for the fall term, as well as the annual Back to School Party. Hope to see you all there!

## Pitt Capsule Needs You!

By Laura Mincemoyer  
The Pitt Capsule Committee is responsible for contributing articles to and assembling the monthly Pitt Capsule, taking pictures at School of Pharmacy events, and maintaining the 4<sup>th</sup> floor

bulletin board. If you are interested in writing articles, taking pictures, or getting involved, please attend our first committee meeting on September 7<sup>th</sup> at 12:30 in the PCLC. Hope to see you there!

*APhA-ASP continued...*

The organization is further divided into unique committees that encourage students to enhance their patient care skills, advocate for the profession, collaborate with other healthcare professionals, learn and act on international pharmacy issues, and socially engage peers. Our overarching mission is for our members to identify our APhA-ASP chapter as a consistent source of professional and patient care skill development that foster their growth into well-rounded pharmacists.

This year, we hope to collaborate with community, campus, and school organizations at a more profound level, and plan innovative events and projects to maximize student involvement and patient impact. We challenge each of you to participate in at least one patient care outreach activity, during which you will experience personal and professional growth, as well as touch the lives of patients in the community.

Please take advantage of the many opportunities our student organizations present in

order to enhance your skills and broaden your knowledge of the profession of pharmacy! We understand that it can be difficult to break away from your studies, work, and family, but you will be amazed at how fulfilling it can be to become involved in professional activities outside of the classroom.

Feel free to contact me or another other executive board member if you have any questions, comments, or suggestions. I look forward to meeting and engaging new and returning members!

## **APhA-ASP Executive Board**

**President:** Elyse Weitzman, *erweitz5@gmail.com*

**President-elect:** Kyle McCormick, *kmccor2008@gmail.com*

**Past President:** Shailly Shah, *shaillykshah@gmail.com*

**Patient Care Co-Chair:** Sam Becker, *asppatientcare@gmail.com*

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**SPAN Liaison:** Erin Burke, *eburke31@gmail.com*

**IPSF Liaison:** Natalie Capozzolo, *pittipsf@gmail.com*

**Social Chair:** Chelsea Fitzgerald, *crf17@pitt.edu*

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**Professional Council Chair-elect/Secretary:** Derek Sampey, *das125@pitt.edu*

**Historian/Pitt Capsule Editor:** Laura Mincemoyer, *lauramince@gmail.com*

## **Social Committee Welcomes Students, Old and New**

By Chelsea Fitzgerald

The social committee worked hard this summer to kick the school year off with the annual Back-To-School picnic! The picnic was held on Tuesday, August 30<sup>th</sup> from 6-9 at the Veterans Pavilion in Schenley Park. This was a great opportunity for pharmacy students to re-connect with each other after a long summer and to enjoy free food and games! It allowed P1s to start thinking about how they want to get involved in the school as most organizations were present and looked to recruit new members.

Although the annual formal and pharmacy weeks in January is far from most students' minds, planning has already begun and dates are being finalized! Additionally, the social committee has been jumping on board with the new Dean's theme this year by creating Generation Rx shirts that were debuted at the Back-To-School picnic by the ASP executive board. The shirts will later be sold for the entire school to purchase.

The social committee will be having its first meeting on Wednesday, September 7<sup>th</sup> at noon in rooms 229-230. If you enjoy planning social events and having fun then this is the committee for you! We look forward to having another successful year of events!

## Patient Care Committee Introduces New Project

By Jaelyn Brucker and Sam Becker

Welcome back! APhA-ASP's Patient Care Committee plans and participates in pharmacy-related projects to impact patients in the surrounding communities. This summer we started to lay the foundation for Operation Diabetes, Operation Immunization, and the brand new initiative: Generation Rx. We are always looking for students to help lead and to join!

While Operations Diabetes and Immunization will be continued, Generation Rx will be our primary focus this school year. Generation Rx focuses on increasing awareness of prescription drug abuse in our community by encouraging and educating health care providers, college students, and parents to actively prevent abuse. We are looking for excited students to get involved! Please attend the Fall Leadership Retreat on September 17 to help brainstorm and plan Generation Rx projects.

If you are ready to start giving back to the community and supporting patients, join us for the Juvenile Diabetes Research Fund (JDRF) walk on

September 17<sup>th</sup> at 8:30 am in Schenley Park. The sooner you sign up, the sooner we can get prepared for the event!

1. Go to: [walk.jdrf.org](http://walk.jdrf.org)
2. Click on Register for a Walk Now - find walk in Pennsylvania
3. Click on Pittsburgh - Schenley Park - Flagstaff Hill
4. Click on Register for this Walk
5. Click on Join a Team
6. Team Name: Pitt Pharmacy, Team Type: School
7. Click on Pitt Pharmacy
8. Register with your information!

If you have any questions about what the Patient Care Committee is and what we do, attend our first Patient Care Committee Meeting on September 14<sup>th</sup> at noon in the PCLC or e-mail us at [asppatientcare@gmail.com](mailto:asppatientcare@gmail.com). We look forward to a great year of positively impacting the lives of patients in our community and developing award-winning projects!

## Meet the Professional Council

By Lindsay McCartney

The Professional Council is composed of a representative from each of the pharmacy school's organizations. Meetings are held monthly to discuss important matters related to the school. This year's focus is to increase collaboration between organizations and student participation by limiting the number of days that have several meetings during lunch. We are also promoting multiple-organization, joint events. As chairs for the Professional Council, we are responsible for reserving rooms for meetings or events. In addition, the chairs are also the pharmacy school representatives for GPSA, the governing body for all graduate and professional students at the University of Pittsburgh.

Chair: Lindsay McCartney

Chair-Elect: Derek Sampey

Contact us at [pitt.profouncil@gmail.com](mailto:pitt.profouncil@gmail.com)

## What is PSHP?

By Anna Bondar

If you are interested in learning more about residency or hospital pharmacy practice, then PSHP (PA Society of Health-System Pharmacists) is the organization to join! We are the student chapter of the regional society, which is a part of the larger organization: American Society of Health-System Pharmacists (ASHP). ASHP assists students with information and resources regarding hospital pharmacy such as management, staffing, and clinical. This group is responsible for the national pharmacy residency match and oversees the Clinical Skills Competition. Our own student chapter of PSHP is in

charge of the competition, which sponsors the winner's free trip to the Mid-Year ASHP residency showcase. Our chapter also hosts various speakers throughout the year to give students tips on career paths, residency selections, and hospital rotations. One of the biggest events that PSHP hosts is the residency panel, so make an effort to attend once this year's date is announced.

This year's E-board includes President David Kim ([hok7@pitt.edu](mailto:hok7@pitt.edu)), Vice-president Brian Park ([brp48@pitt.edu](mailto:brp48@pitt.edu)), and Business Manager Anna Bondar ([anb112@pitt.edu](mailto:anb112@pitt.edu)). Feel free to e-mail any of us with questions and we hope to see you at our first meeting on Thursday, September 15 at 12pm.

## Willkommen. Bem-vindo. Καλώς Ορίσατε. 환영합니다.

### Welcome from IPSF

By Natalie Capozzolo and Ravi Patel

Whatever your language, Pitt IPSF would like to extend a warm welcome to the new P1's and to all returning students. As we look forward to another successful year, many students may be curious as to what IPSF is. Also, you may not be aware that if you are a member of our umbrella organization, ASP-APhA, you are automatically a member of IPSF:

**National definition-** the International Pharmaceutical Students' Federation (IPSF) is the leading international advocacy organization for pharmacy students. Through the provision of information and educational programs, IPSF seeks to illuminate global health issues and improve public health.

**Pitt Definition-** At the local level, IPSF seeks to examine more closely, the relationship between international pharmacy, public health and global health issues. We host renowned speakers on topics including HIV-AIDS, malaria and TB, hold fundraisers during World Water Week, discuss international opportunities including the Student Exchange Program (SEP) and teach each other based on our own experiences studying pharmacy abroad. Currently, Pitt students have had experiences and



*Above: Pitt IPSF members spend the 4th of July with international pharmacy students*

conducted projects in India, Brazil, Peru, Malawi, and Lithuania among others.

Additionally, every spring IPSF holds a Medical Spanish course.

This summer our chapter remained extremely active. Collaborating with Duquesne University, we hosted four international pharmacy students as a part of IPSF's Student Exchange Program (SEP). Our exchange students hailed from Spain, Poland, Estonia and the Czech Republic. We celebrated their arrival with a "Dinner and Movie" night that included presentations by several Pitt students who had recently studied pharmacy abroad.

Pitt IPSF planned a month-long rotation focusing on community, in-patient, out-patient, and managed care pharmacy in Pittsburgh to give SEP students the full gamut of experiences in the American healthcare system. However, we also ensured that the students had plenty of time for leisure by planning weekends in NYC and

Washington, DC, and plenty of lazy summer nights in Oakland.

We truly enjoyed their company and hope that they learned something about pharmacy in our country. Based on their comments, we trust that their feelings were mutual:

"What I found admirable was that we did not feel that we were bothering anyone at any time. Every pharmacist/student/technician/physician we met was so kind and were always willing to spend time with us. I am sure that none of us will forget this experience!" – Joaquim Secanell, Spain..."

With our warmest wishes, we bid the SEP students "adieu" and look forward to "hosting" you all in a similar fashion during upcoming year!  
**Reminder:** Our first meeting is Thursday, September 10<sup>th</sup> in room 456. Come hear from students about their experiences abroad!

## RxPREP Needs Your Help: Meet your Mentor Night!

By Sarah Rindfuss

RxPREP is a student run organization designed to educate and support undergraduate pre-pharmacy students through academic, social, and community activities by increasing their knowledge about the pharmacy school application process and providing them with insight of the many career paths available in the field of pharmaceutical sciences. Our annual "Meet Your Mentor Night" is going to be held on Wednesday, September 21<sup>st</sup>, and RxPREP needs your help!

RxPREP has over 200 undergraduate members who are either studying pre-pharmacy or have an interest in the pharmaceutical field. I am sure each and every one of you can remember what it was like to be an undergraduate student and have no idea how to apply to pharmacy school or what it would be like once you got there. By volunteering to be an RxPREP mentor, you will be able to help answer these questions for an undergraduate student, assisting them with any questions that they may have about our School

of Pharmacy or the profession in general. The number of undergraduate students that each mentor will receive will vary depending on how many mentors offer to volunteer, but it is usually around three or four. There is no further time commitment involved other than this night with the exception of communicating with your students via e-mail if they have any questions. There is no need to sign up for Mentor Night in advance; simply plan on showing up to 402 from 5-6 PM on Wednesday, September 21<sup>st</sup>.

## What is Rho Chi?

By Sarah Rindfuss

The Rho Chi Society, pharmacy's academic honor society, serves to encourage and recognize excellence in intellectual achievement and foster fellowship among its members. Furthermore, Rho Chi encourages high standards of conduct and character, and advocates critical inquiry in all aspects of pharmacy. Students are selected to join Rho Chi during the spring semester of their second professional year on the basis of academic and professional achievement. Eligibility for membership

requires that the student be in the top 20% of their class, and aspire to the mission and vision of the Society.

Rho Chi members participate in a variety of service projects, one of which is the ARC health talks at the Salvation Army Adult Rehabilitation Center on the Southside, where Rho Chi members educate on an assortment of health topics on a monthly basis. Additionally, Rho Chi helps to coordinate the PLS/Rho Chi Lecture Series, which will take place the second Wednesday of each month in 402 from 12-1 PM,

and all students are welcome to attend. During the lecture series, we will be bringing in speakers to discuss a variety of aspects pertaining to pharmacy, and a free lunch is included! Rho Chi members are also working on developing this year's tutoring program, which will be forming study groups and tutoring sessions to assist students who need extra help with their classes -- stay tuned for more details to follow!

If you have any questions about Rho Chi, please feel free to email us at [pitrhochi@gmail.com](mailto:pitrhochi@gmail.com)!

## Get Involved with PPA

By Erin Burke

The Pennsylvania Pharmacist Association (PPA) is a state organization with a chapter here at Pitt that can provide many benefits for students and many ways to get involved. There are chances to meet with students from other schools of pharmacy and practicing pharmacist during two statewide meetings, as well as other activities. The first meeting this year is their annual meeting, held in King of Prussia from September 22-25.

Other PPA activities include OTC Jeopardy, Pennsylvania Legislative Day, GRASP (Government Relations Advocacy for Student Pharmacists), letter writing campaigns, and an advocacy fundraiser, as well as activities with other organizations. PPA also advocates on our behalf and with us to promote the advancement of pharmacy in Pennsylvania. Advocacy is what allows pharmacists to give immunizations, and students to accept verbal orders. But advocacy is more than writing to legislators or speaking to them. It's also telling and showing patients about the services pharmacists can provide like immunizations, screenings, blood pressures, and medication therapy management. Whether you realize it or not, PPA can give you the assistance to advocate for your patients, yourself, and your future.

Along with a becoming a member of PPA, you also become a member of the Allegheny County Pharmacist Association (ACPA). This is an



opportunity to interact and network with pharmacists from around our area in a wide variety of fields: community, independent, and hospital pharmacy, as well as consulting firms and other areas. ACPA hosts CE dinners at various restaurants, which means great food, great people, and an opportunity to learn something new at a super price (free for members). In addition, there are social events throughout the year. The first event will take place on September 7, a back to school picnic in Schenley Park. You can meet students from Duquesne and pharmacists from the region.

If you would like to learn more about or join PPA, attend the back to school picnic, attend the PPA annual conference, or learn more about advocacy, come to our meetings the second Monday of each month. If you have any questions, contact Erin Burke at eburke31@gmail.com or 412-508-8184.

*LKS continued..*

Even though summertime has come and gone, LKS has a busy fall planned. During the month of September, the recruitment period for LKS will begin. Look for announcements throughout the next couple of weeks detailing the complete recruitment schedule. We look forward to meeting all interested students! Additionally, this fall will feature LKS's third "What Not to Wear" fashion show and

fundraiser. It was an enjoyable event the past two years, and we hope that everyone will attend to preview the latest (and most appropriate) pharmacy school fashions. LKS would like to extend our congratulations and wish good luck to all of the incoming P1 students. We are excited to meet you and hope that as you explore the many pharmacy school organizations, you will consider joining Lambda Kappa Sigma!

## PLS Continues P1 Mentoring Program

By Sarah Rindfuss

Phi Lambda Sigma (PLS) is an honors and leadership organization that brings together student leaders from all of the organizations within the pharmacy school. PLS assists the pharmacy school with various events, including orientation, leadership retreats, the white coat ceremony, and pharmacy week's auction. Members are selected through peer recognition of dedication to leadership achievement and service. Students are eligible to apply for PLS after their first semester of pharmacy school. To those students who are interested in applying, applications will be available near the end of the fall semester and will be due the first week of January. To see a sample of the application, check out the PLS page on the PharmD Student Portal.

PLS is probably best known amongst students for our mentoring program. Both PLS members and executive board members from all of the student

organizations serve as mentors to a small group of P1 students. Having a mentor to go to for advice and to answer questions helps the P1 students to feel more welcome to the school at a quicker pace, and helps them to develop relationships with older students. Mentors will be meeting with their P1 mentees during orientation on Friday, August 26<sup>th</sup>, and also during a subsequent lunch on Monday, September 19<sup>th</sup>. This will allow mentors to check in with their mentees about how classes are going, and to give them advice towards the rest of the semester. Student mentoring on the portfolio process will take place later in the semester. The mentors are all very excited to work with the incoming P1 students through the mentoring program!

Each fall, PLS and ASP team up to host the Fall Leadership Retreat. This year, the retreat will be held on September 17<sup>th</sup> from 12:30-5 PM at the William Pitt Union on lower campus (though students

are encouraged to attend the Juvenile Diabetes Walk for ASP at 10 AM in Schenley Park beforehand). This retreat is a great way for all leaders within the pharmacy school and those students who would like to become better leaders to develop their leadership skills. This year, we are bringing in John Porcari, a personal consultant that specializes in highly effective teams. He will be teaching us about techniques to use in each of the School of Pharmacy organizations.

The first meeting of the year for current PLS members will be held on Tuesday, September 6<sup>th</sup> at 12:00 PM in the PCLC. The first Professional Lecture Series of the semester will be held on Wednesday, September 14<sup>th</sup> at 12:00 PM in 402, and will be co-sponsored by Rho Chi and IHI. The Professional Lecture Series are open to all students – come join us for a guest speaker and a free lunch!

## What is AMCP?

By Tony Amos

The School of Pharmacy has a multitude of organizations identified by acronyms, and AMCP is one of them. AMCP stands for the Academy of Managed Care Pharmacy and for those of you who are new to the pharmacy profession, managed care pharmacists serve patients and the public through the promotion of wellness and rational drug therapy by the application of managed care principles. Managed care pharmacy involves a wide range

of concepts including pharmacoconomics, drug use evaluation, disease management, and outcomes research. Areas of pharmacy that involve managed care include pharmaceutical industry, community pharmacy, hospital/clinical pharmacy, government agencies, consulting, pharmacy benefit managers (PBMs) and many more.

What are the benefits of joining AMCP? AMCP allows for great networking and shadowing opportunities, has two national conferences that students can

attend, offers information on residencies, and organizes unique events that can prepare you for your future, such as the annual Pharmacy & Therapeutics competition.

If you are interested in joining AMCP, attend our first meeting in September or contact executive board members Tony Amos, *President*, or Michael DeAngelis, *Vice-President*, at [amcpitt@gmail.com](mailto:amcpitt@gmail.com).



## Brand Word Search

V D K G H H I Q Y V C E O R  
J P S M B D I O V A N V Q I  
W L W D R Z Y P R E X A U A  
S A X E K O P R H Z M E S L  
V V L A S E R O Q U E L V U  
K I E P A Q Q T G I C N U G  
D X X Y E E P I M E U C U N  
N I A K Q C R P E D O R O I  
Y R P Y G U O I V L I D S S  
O K R U B Q V L N M O B O F  
N D O S I H I X R I F H T N  
W K A A M B G E W M R I C P  
O S X I E B I Z P M O F A J  
M L X H A J L D Y N F N H M

LIPITOR  
ZYPREXA  
LEXAPRO  
PROVIGIL  
PLAVIX  
SINGULAIR  
SEROQUEL  
ACTOS  
DIOVAN  
GEODON

### P3 Class Update

It's time to suit up and show up for another year of pharmacy school. The only difference, you may ask? It's our last year of classes. I know P1s and P2s, the stinging that you feel is jealousy, but it's okay. Keep your chin up and one day you too can be a P3 someday. Having relaxed during our last officially free summer of our academic careers, our class is ready to take one step closer to our awaiting Doctor of Pharmacy degrees.

### Generic Jumble

1. nariaastovtt \_\_\_\_\_
2. lnzanoapei \_\_\_\_\_
3. olpcsrtaiem \_\_\_\_\_
4. idolniafm \_\_\_\_\_
5. cgrpleidool \_\_\_\_\_
6. tutoeaknmls \_\_\_\_\_
7. tanqupeeii \_\_\_\_\_
8. zitgaoopnlei \_\_\_\_\_
9. nltvsaraa \_\_\_\_\_
10. enrpoizidas \_\_\_\_\_