



The Pitt Capsule

University of Pittsburgh School of Pharmacy

Lambda Kappa Sigma: Fall Semester Finish

By: Julie Lauffenburger

As the fall semester comes to a close, the end of the new member period also concluded as well. LKS, greatly enjoying the addition of the 30 new members, is also looking forward to the upcoming end-of-semester holiday events.

The new member period quickly came to a close with the annual LKS/PDC Formal—this year held at the Pennsylvania Athletic Association in Oakland on Friday, November 7th. Pharmacy students across all years celebrated the addition of new members and danced the night away. A great time was had by all, and above all, the new member skit was a great success! The sisters—new and

veteran sisters alike—also gathered for a huge group photo to send holiday cards to other LKS chapters around the nation. It's amazing how much the chapter has grown in size over recent years! LKS would like to thank Kerri and Amy for all of their time and hard work in organizing the formal.

The sisters are also eagerly anticipating the annual Holiday dinner party on Wednesday December 3rd before the P3s head out for the semester—this year at the Spaghetti Warehouse. Per tradition, this year will involve a white elephant gift exchange. Last year there was definitely a lot of trading of gifts, and this year should be no different!

Sisters attending the ASHP Midyear Clinical Meeting in early December are also looking forward to meeting up with other LKS sisters across the nation at the Dessert Reception. In addition, sisters have eagerly begun the planning for next semester's activities, including sister social events and the annual Hygeia Day professional program in March.

Holiday Greetings from all of us in LKS, and have a fantastic winter break!



LKS girls at the annual LKS/PDC formal

Rho Chi Updates

By Sierra L. Hogue

First of all, Rho Chi would like to thank all those who participated in our fundraisers this semester, including the lab card sale and business cards/ padfolio sale. They were both great successes for the organization. Also, thanks to everyone who attended the Professional Events Series co-hosted with PLS.

For next semester, remember that Rho Chi offers tutoring services to any student who wishes to obtain additional assistance with their school work. Holly Vozel (hlv2@pitt.edu) and Jennifer

Melichar (ilm96@pitt.edu) are the 08-09 tutoring co-chairs. They will assist any student needing tutoring services and pair them with an appropriate Rho Chi tutor. We will be continuing the Health Talks at The Salvation Army next semester as well, which take place the first Monday of every month.

Tentatively, the first one of 2009 will be held our first day back on January 5th at 6:30pm. In addition, the Student of the Month will be continued next semester as well. Each month, one student pharmacist will be selected from those nominated to be recognized

by Rho Chi for their dedication and involvement in our profession. Students can only be honored if they are nominated by their peers. So please take a moment to nominate one of your classmates who you feel deserves recognition for their hard work. Nomination forms are available in the PCLC and can be entered into the Rho Chi Box in the PCLC or emailed to zrr2@pitt.edu. Look for the flyer about December's Student of the Month, Raymond Barger (P2)! Congrats!

That's all for Rho Chi. Have a safe and happy holiday season!

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The Pitt Capsule

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SNPhA—Updates and Upcoming Events

By Melissa Ruminski

With Christmas break just around the corner, the dedication SNPhA has to serving the community is far from over. SNPhA is an organization dedicated to working in and with the community. SNPhA presents pharmacy students the chance to assist underserved populations.

As the economy slips deeper into financial difficulties, the number of individuals living without proper health coverage is continually rising. SNPhA hopes to aid these troubled communities and influence people's perception on the profession of pharmacy.

In December, SNPhA collaborated with SGAP and Face AIDS Pittsburgh for the World AIDS Day Gospel concert and silent auction. The event was held on December 1st at 6:30pm in the Union Ballroom (4th floor) on the Duquesne campus. The proceeds will benefit AIDS research. SNPhA will also be raising donations for the AIDS organization DAHP (www.dahp.net) that was founded by Dr. Adeyeye.

With the money raised, medications for patients with HIV and AIDS will be purchased and sent to Nigeria. Also donations will help purchase children's books to educate children about AIDS and how it can be transmitted.

SNPhA also tabled in the Litchfield towers on Dec. 1st from 11am-3pm promoting AIDS awareness. Volunteers distributed information and ribbons to individuals on the ground floor in the lobby. Donations will be contributed to the previously mentioned AIDS organizations.

SNPhA will be holding elections at the general body meeting on Jan 8th. Also that month, SNPhA will be celebrating Pharmacy Week on Jan. 28th from 12-1pm. Activities and refreshments will be part of the festivities so please come and join us. More details about the event will be posted on the portal in coming weeks.

Spring Meetings

Salk Hall: room 402

Jan 8th – elections

Feb 19th

Mar 26th

Apr 15th (TBA)

ISPF Semester Wrap-Up

By: Julie Lauffenburger

As ISPF looks back on the past semester, it is great to see how far we have come in the last few years as an organization in promoting international pharmacy and the importance of global awareness. Looking into the next semester, ISPF is earnestly planning events for the spring—already we have a lot on our plate, but we are really looking forward to all the activities!

For the first time, ISPF will be participating in the school-wide January Pharmacy Weeks by hosting a global health event fundraiser. It should be a great way to learn about the role of non-profit organizations in global health as well as help out the global community. In addition, ISPF was also asked to provide international immunization and travel health information again at the International Study Abroad Fair at the end of January. Stay tuned for more information about both events!

As previously mentioned, ISPF is also in the process of organizing a medical Spanish mini-classes beginning in early January. The interest has been high in the classes so far, but it is not too late to join, as long as you are willing to commit to attending all the sessions. Email myself (j.lauffen@gmail.com) or Karen Nenko (kl14@pitt.edu) ASAP if you are interested and have not turned in your participation form yet!

I also just wanted to thank everyone for their hard work and enthusiasm this semester—I look forward to even more success next semester. Nothing would be possible without your help. Don't forget the first meeting of the next semester Monday January 5th at 12pm in the PCLC!

Have a great winter break, everyone!

A Day In the Life of a P4

Rotating Through a Federal Prison

By Lauren Jones

The great thing about P4 rotations is that you have the opportunity to experience pharmacy in ways that you may never have imagined. I, for one, never thought that I would spend 5 weeks of my life behind prison walls. However, when I began to look for rotations, I stumbled across the Bureau of Prisons and it really spiked my interest.

I ended up choosing to do my ambulatory care rotation at the Federal Correctional Institution in Danbury, CT. FCI Danbury is a minimum security, all female facility that houses approximately 1,400 inmates. Within the prison walls is a healthcare clinic run by doctors, physicians assistants, nurses, dentists, and pharmacists.

Working in the pharmacy at FCI Danbury was a unique experience. In some ways the pharmacy operated similar to a community pharmacy. Orders for medications that were permitted to be "self-carried" were filled by the pharmacy and picked up by the inmate during the designated distribution period. When the inmate needed a refill, they dropped off their refill request at the pharmacy window. Inmates were not allowed to carry all of their medications with them.

Pill-line, which occurred twice a day, was used to distribute antipsychotics, certain antibiotics, and medications with abuse potential. During pill-line, inmates came to the pharmacy window where we watched to make sure they swallowed their medications. In addition to working in the pharmacy, I spent a lot of time with the other medical staff,

developing patient care plans and doing special projects.

Overall, my rotation at FCI Danbury was a really great experience. The environment was a little frightening at first, but once I got over that I learned a lot about managing complex patients.

When considering rotations for P4 year, I would definitely recommend considering the Bureau of Prisons or another division of the Public Health Service for a truly unique and rewarding experience.



A Successful Semester for PLS

By Alexa Ray

As an exciting and successful semester draws to a close, the members of Phi Lambda Sigma are looking forward to a busy spring semester as well. Our Annual Pharmacy Weeks Auction will be held at the Wyndham in Oakland on Thursday, January 22nd. Dr. Benedict and Dr. Fabian will be hosting the event and lots of great prizes will be auctioned and raffled off throughout the night. Bring your friends for a night of fun benefitting the Grace Lamsam Pharmaceutical Care Fund!

PLS has a lot to celebrate from this semester—three successful Professional Events in conjunction with Rho Chi, a fun-filled Fall Leadership Retreat at Jumonville in September, our P1 mentoring program, and more. We closed out the semester with a fun social event, attending Pittsburgh's Light-Up Night. Member of PLS met up for dinner at Joe Mama's and headed downtown to enjoy the activities. It was extremely cold but we had a great time!

Our Annual New Applicant Ice Cream Social was held Friday, November 21st in the PCLC. P1, P2, and P3 students interested in applying for PLS gathered to meet the current members and enjoy a highly nutritious lunch of ice cream sundaes. For those interested in applying that did not attend the social, see our PLS web page on the student portal for more info and an application. The application deadline for the spring semester is Wednesday January 7th, 2009. If you have any questions about the application process and requirements, please contact us at PhiLambdaSigma@gmail.com!

Kappa Psi Updates

By Dana Roman

November was a very social month for the Beta Kappa Chapter of Kappa Psi. We held our annual scavenger hunt, which was a lot of fun for all who attended. Many graduate Brothers who were coming to town for the Louisville game came in early for the chance to visit with other Brothers and meet pledges during this fun event.

We also had a "round-robin" style event for Brothers and pledges to get to know each other even better in various social settings. Brothers and pledges offered up their houses for different games and activities such as Catch Phrase, karaoke, Battle of the Sexes, Twister, Jenga, Cranium, and toothpick races. Everyone enjoyed lots of laughs throughout the evening, and mozzarella sticks, which seemed to be the snack food of choice at most stops.

However, our pledging period is slowly beginning to come to an end, with initiation just around the corner. Thank you to our wonderful Pledge Masters, Michelle Bert and Matt Felbinger, for all of your hard work this semester. Thank you also to our Super Pledges, Ben Cassidy and Kristy Klima, for stepping up to the plate and helping your pledge class through it all.

As the semester comes to a close, we celebrated with our potluck Annual Christmas party and gift exchange at The House. This year, the event served as a nice break from studying for exams, and a celebration of the end of finals for

P3's. The Kappa Psi Annual Ski Trip is also coming up once we return to classes in January. We will once again be returning to the Huber House at Seven Springs for a weekend of snow and camaraderie. Along with the new semester will come the election of a new executive board, so thank you to everyone who has served their offices so well this past year – we couldn't have done it without you.

Kappa Psi would like to wish all students good luck on their finals and a happy holiday season to all!



Top & Left: KY brothers and pledges enjoying each other's company



Clinical Skills, Residency Showcases and PSHP...oh my!

By: Christina Martin

The local Clinical Skills Competition was held on Thursday, October 16 in the PCLC. Eleven teams competed for a chance to participate at the National CSC, one of the first student events held during the ASHP Midyear Meeting. Each team comprised two students; they had two hours to design a pharmacotherapeutic plan for the patient case.



The P3 students were pleasantly surprised to see that the case was about asthma, a topic they had just taken a Pulmonology exam on three days prior! It was a test to see if they remembered everything that was studied the previous weekend.

After a quick dinner, the teams individually presented their cases to a panel of judges before being questioned about the decisions made for the patient's action plan.

So how did the students fare? In 3rd place: Amy Chang (P4) and Christina Mazur (P4). In 2nd place: Ashley Craig (P3) and Tina Khadem (P3). And the winners, for the second year in a row, are A.J. Rivosecchi and Zach Cain! They will be representing the University of Pittsburgh School of Pharmacy on Saturday, December 6 at the ASHP National Clinical Skills Competition in Orlando, FL. Congrats to our local CSC winners and good luck to A.J. and Zach as they participate for a second time at the National CSC in Florida! Thank you to all of the participants and judges who made this year's CSC a success!

The 6th annual WSPH pharmacy residency showcase was held on Tuesday, November 11 from 4:30-6:30 PM in 402 Salk Hall. Directors and residents from western PA, OH and WV showcased their

residency programs at the event. Dinner and CE presentations followed the showcase. Thank you to all who attended! I hope you found the event worthwhile and were able to garner information about local residency programs!

Our first PSHP meeting of 2009 will be Tuesday, January 13 at 12 pm in 402. One of the clinical pharmacist's from Children's Hospital will be speaking at the meeting. Lunch will be provided!

Check the portal for PSHP meeting dates for the rest of the semester. During the spring semester, PSHP will be working with ASP's Patient Care Committee to plan and present Poison Prevention Education at local schools and Falk Clinic.

In the past, this project has counted for EL Service Learning Hours (P2 & P3 students). If you are interested in helping with Poison Prevention projects and have not signed-up at past PSHP or ASP meetings, please email Christina cym2@pitt.edu. More information about meetings and projects will be coming in January 2009!

Have a safe & relaxing holiday break! See you all in 2009!!

Updates from Your Class Presidents...

P1 Class Update

By: Adam Martin

As we approach our first finals week of Pharmacy School, consisting of 6 exams, 3 assignments and a quiz, we are also preparing for the Dr. Gordon J. Vanscoy White Coat Ceremony, which will be held on January 30, 2009.

All of the students have verified their coat sizes and name spelling/capitalization on-time, and the biography forms are almost all complete.

I would like to encourage all P1s to take photos throughout the year— at your experiential learning sites, your organizational meetings, activities, with your friends outside of class, in the classroom (without disrupting class of course), and any fun pictures of our class that you think would be interesting for your families to see.

*NOTE: no alcoholic beverages in pictures will be accepted.

P2 Class Update

By: Mike Smith

The P2 class is no longer “blue” as we were last month during our endless stretch of exams. Having just finished 6 consecutive weeks of exams and other miscellaneous tasks, the entire class is thankful for the upcoming holiday break.

We also just ended a successful fundraising effort for the school-wide party at the end of the year. For those of you who ordered school of pharmacy fleece hats, scarves, gloves, or mug and thermos sets, you will be notified of their delivery before the break.

For those of you who missed out the first time around, look out for a possible repeat sale in the future, while supplies last. Good luck on finals and happy holidays!

P3 Class Update

Katherine Radzevick

The P3 Class has been very busy this month with a number of projects and assignments, both as a group, and individually. Another Capstone Case signifies not only the close of a semester in the pharmacy school, but also a combination of multiple courses and disease states as we get a feel for the daily role of an MTM pharmacist.

Students are anxiously anticipating our rapidly approaching week of finals, followed by winter break. After finals however, there is a one-week experiential learning rotation for a portion of the class within various hospitals and unique sites around the city.

We held our off-rotation selection for the P4 year and are gearing up for making rotation selections when we return in the spring.

The class T-shirt fundraiser was conducted at the end of the month and will hopefully garner a respectable quantity of money for the end of the year school party. Best of luck to all of the pharmacy students during finals!

Meet the P1's—What are your Holiday Plans?



Nicole Hemmann
Hometown: York, PA
Undergrad: York College, PA
Holiday plans: Turning 21 and partying for Winter Break



Rebecca Crooks
Hometown: Martinsburg, PA
Undergrad: Pitt Johnstown
Holiday plans: winning a pong tournament and being a positive social network by confiscating cheese steaks from Harshal so that he can continue his healthy lifestyle



Stephanie Elmo
Hometown: Bluebelle, PA
Undergrad: Pitt-BS in Biology, minor in Chemistry
Holiday plans: Going home for Christmas to shop at King of Prussia

P4 Class Update

By: Matt Sapko

On behalf of the Class of 2009, we'd like to wish all of the other pharmacy classes good luck on finals, projects, and experiential rotations as the semester closes.

Many of our classmates are finishing up our last rotations before enjoying the holiday break. Additionally, many P4s are heading south to Orlando for the annual ASHP Residency Showcase December 7-11, 2009. Here, students interested in a variety of careers including clinical pharmacy, managed care, industry, academia, research, and many other pharmacy niches will be talking with and looking at residency opportunities for next year.

Our class has thankfully finished PharmD seminars and are enjoying some time off. As always, please consider asking any questions of us that may be helpful in selecting rotations, deciding on careers, or any other aspects of your future as students or pharmacists!

A Message From APhA-ASP...

Hello Friends,

I just wanted to take a quick second to introduce myself. For those of you who have not met me yet, my name is Steven Zona and I am the President-Elect of APhA-ASP. The semester is quickly coming to a close and I just want to recap on a few of our chapter achievements thus far and point out some ways to get involved for those interested.

We had a successful membership campaign this year with over 90% of our study body joining APhA-ASP! Karleen Melody did a wonderful job of being the Mid-Year Regional Meeting Coordinator help in Pittsburgh, and our school had the most attendance in our region with over 50 students going. If there is one thing I want to pass on to Pitt students that another student told me is "Pitt Students are Leaders" and that was definitely evident with Kate Steward winning the elections to be our Region 2 Delegate who will represent our region at the Annual Meeting. We hosted a great speaker educating us on the Presidential Candidates and how their policies could potentially affect us as future pharmacists, and once again we have another proposal going forward to the national policy forum after passing a vote by our region peers. In our patient care events, the planning for Project Chance is just about complete and students will be going there in December to start learning to screen patients for mental health issues. I am sure I have missed many more of our chapter highlights of the semester, but just reading over this list inspires me for how much potential we have for next semester and next year.

With the new semester quickly approaching, I encourage everyone to consider running for an APhA-ASP Executive Board position. If you are interested in a specific please contact the appropriate board member to ask them what they do in their position and see if there is anything you could help out with. If you are still not sure of what may interest you but want to get involved more, I am always free to talk with you about different opportunities available to fit your interests. Below, the executive board positions and brief descriptions:

President Elect- The president-elect serves in this position for one year learning under the President and will then be the President of the chapter in the second year and Past President during their P4 year of school. The president oversees the whole chapter as well as leads the Executive Board Meetings to coordinate chapter activities.

Secretary/Treasurer- This student is responsible for overseeing the APhA-ASP budget as well as deciding reimbursement amounts with the President for student members. Also, this chair is responsible for the meeting minutes.

Patient Care Coordinator- The patient care coordinator is responsible for planning out the chapter patient care projects for the year. Past patient care projects have included: Operation Immunization, Smoking Cessation Project, and Heartburn Awareness.

Social Chairs(2)- The social chairs are the ones responsible for the back to school picnic and Pharmacy Weeks which includes the formal. In addition, the social chairs oversee the other social chairs in other pharmacy organizations and can call a "Social Council" to plan activities to increase socialization outside of the classroom between students.

Chair to the Council of Professional Activities- This executive position is responsible for coordinating all of the other professional organizations in the school as well as helping with the APhA-ASP Professional Development Series.

Historian- The historian is responsible for editing and publishing the Pitt Capsule as well as keeping records of chapter activities including making an end of the year scrapbook if they so desire.

IPSF Chair- This chair oversees the activities and meetings of the International Pharmacy Student Federation at our chapter which every member of APhA-ASP is also a member of.

Student Political Action Network Chair- This student is responsible for handling political advocacy within the chapter including being the chapter delegate at Mid-Year Regional Meetings and Annual Meetings. I hope those descriptions can at least give you a fuller picture into what the options are with APhA-ASP. Don't be afraid to talk

to all of the members of the Executive Board as they have the best knowledge about their position and can tell you why they are so passionate about being involved in APhA-ASP.

Finally mark your calendars for April 3-7! Those are the dates of the APhA-ASP Annual Meeting this year held in San Antonio, TX. It is sure to be a good time.

THE ASP ANNUAL FORMAL



WHERE: The Sheraton Hotel, Station Square

WHEN: Saturday January 31, 2009

6pm – 11pm: Program begins at 6:30, Dinner 7pm

COST: \$35 per ticket for students, \$50 per ticket for faculty

MENU:

Mixed Garden Green Salad

Your Choice of:

Chicken Admiral, Baked Boneless Breast of Chicken filled with Herb Stuffing and topped with a Light Cream Sauce

Roasted New York Sirloin, Pepper rubbed Sirloin Slow Roasted, Sliced and served with a Medley of Mushrooms in a Bourbon Demi-Glace

Penne Pasta Primavera, Penne Pasta with Steamed Seasonal Vegetables prepared with Garlic, Olive Oil and Herbs

Dessert

Dulce de Leche, Sweet Cream Cheesecake topped with a Carmel Mousse drizzled with Swirls of Carmel

Chocolate Decadence, Layered Chocolate Mousse Pie with a Chocolate Cookie Crust, finished with Chantilly Cream

****DJ and Dancing following Dinner****

Tickets go on sale **January 9, 2009.**

RSVPs due by **January 21, 2009.**