



# The Pitt Capsule

University of Pittsburgh School of Pharmacy

## Kappa Psi Wraps Up the Semester

By Julie Styche

Although it may seem like a long haul for some, the Beta Kappa Chapter's pledge period is officially complete. One of the last major events of pledging, the annual scavenger hunt, was held during the second weekend of November. This event is a favorite among the Kappa Psi Brothers, and a handful of graduate Brothers even traveled into town for the fun-filled night. All of those who attended seemed to definitely enjoy themselves. With the conclusion of pledging comes initiation into the fraternity, the last step in becoming Brothers.



active for a few years, but with the help of some dedicated KY graduates and our very own Beta Kappa Chapter, the Pitt Grad Chapter is headed in a positive direction. So far this semester, they have held regular monthly meetings, elected new officers, and organized a philanthropic project called "Stockings for Soldiers," in which Christmas stockings filled with goodies will be sent to troops in the Middle East.

As the semester comes to a close, the KY Brothers will be celebrating with their annual Christmas party, complete with a holiday-themed potluck dinner and Secret

Santa gift exchange. The Brothers are also looking forward to the annual ski trip upon returning to classes in January. We will again be going back to the Huber House in Seven Springs for a weekend of Brotherhood and fun in the snow. With the start of the new semester will also come the election of a new executive board. Thank you to all of those who served on the board during this past year to help keep up the great Beta Kappa tradition.

Kappa Psi would like to wish everyone good luck with finals and have a safe and happy holiday!



While pledging has come to an end, the Pittsburgh Graduate Chapter is undergoing a fresh new start. The chapter has been relatively in-

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## The Pitt Capsule

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## Happy Holidays from LKS!

By Justine Parker

On November 5<sup>th</sup>, we officially welcomed our twenty newest sisters to the fraternity at our Initiation Ceremony. The ceremony was followed by the annual LKS/PDC Sweetheart Formal, which was held on the Gateway Clipper this year. It was a chilly night, but certainly enjoyable for everyone! The LKS/PDC superlatives added additional entertainment, honoring sisters and brothers for being "The Next Dean of the School of Pharmacy," "Best Big and Little," and "Most Likely to Marry Someone from the Jersey Shore."

We have been working on several service projects throughout the month of November. We adopted two families in need this holiday season. On behalf of our organization, we are shopping and wrapping presents for them to open during the holidays. Sisters will also be collecting cards for St. Jude's to recycle over the holidays. Finally, we are wrapping up the Yoplait Save Lids to Save Lives program® for

breast cancer awareness and will be mailing in the lids from School of Pharmacy students by the end of the week. We are eager to see how many lids we collected! Thanks to everyone who ate Yoplait® and dropped off pink lids in the PCLC over the past two months!

The annual School of Pharmacy Clothing Sale items will be in this week. They will likely be distributed at the end of the week or during finals week, so be on the lookout to pick up your items.

We will have our Holiday Party and gift exchange at the Spaghetti Warehouse Wednesday, December 1<sup>st</sup> and are looking forward to bringing in the holidays together. As the semester comes to a close, the sisters of LKS wish you a happy holiday season with friends and family, as well as a finals week as stress-free as possible! Good luck!

## PSHP News

By Samantha Allen

The PSHP Annual Assembly meeting was held November 11-13<sup>th</sup> in Mars, PA. On Friday night, students gathered for the annual WPSHP pharmacy residency showcase from 6:00-8:00 PM at the Four Points Sheraton. Directors and residents from PA, OH, and WV showcased their residency programs. Thank you to all who attended!

Our November 18<sup>th</sup> meeting hosted a panel of 9 current pharmacy practice residents who discussed their residency experience, shared tips to choosing a residency, and answered any questions students had.

I hope everyone who attended found the panel worthwhile!

GOOD LUCK to Sarah Dombrowski and Julie Sasanko who will be representing our school at the National Clinical Skills Competition in Anaheim, CA at the ASHP Midyear meeting December 5-9<sup>th</sup>!

Upcoming events: Cardiovascular Health in institutional practice, Poison Prevention activities, Hurley & Associates Lunch and Learns. Any questions about PSHP, contact Samantha Allen ([sma34@pitt.edu](mailto:sma34@pitt.edu)). More information to come about meetings and speakers next semester!

## 18 Students Represent Pitt Pharmacy at MRM in Alexandria, VA

By Shailly Shah

Pitt's APhA-ASP Chapter at the Midyear Regional Meeting  
The region 2 Midyear Regional Meeting took place November 12-14<sup>th</sup> in Alexandria, VA. Of the 18 students from Pitt who attended the meeting, 12 of our members had attended MRM for the first time, and here's what they have to say about it:

*At MRM you get to meet and interact with people who are truly passionate about our profession of pharmacy. They not only talk about the profession, but they also back up their words with action. However, the best thing I*

*can say about the weekend is that it is truly a fun experience. You get a chance to have a good time with your pharmacy classmates and those in other classes as well and that perhaps is the biggest selling point."*

Mike White, P3

*My first MRM experience encompassed spirited debates, educational sessions, and great networking. I highly recommend everyone to go next year."*

Tony Amos, P2

*"Definitely worth it. The conference got me really interested in becoming more involved in our chapter as well as at a regional level; it also provided me the opportunity to meet some old friends from other schools as well as make new ones. I can now see how our work impacts the pharmacy world. "*

-Natalie Capozzollo, P2



*"Our regional APhA-ASP MRM provided a great forum for discussion between chapters on patient care projects. These conferences allow us to see how large and powerful APhA-ASP really is outside of our isolated chapter."*

- Elyse Weitzman, P2

*"This year's MRM was the first pharmacy conference I have attended and it was a great meeting because it is completely geared towards students and how we can affect policies in our profession even before we graduate. The Pitt students also had a great time getting to know each other with our own 'icebreakers' in the hotel hallways and I feel closer to everyone who attended the meeting as a result."*

Katie Lynch, P3

*"MRM opened my eyes to just how big, yet connected, the profession of pharmacy and its affiliated schools is. It was nice to see that all of the schools are moving in the same direction as Pitt, fighting the same fight to move from a traditional dispensing centered practice to a patient care model. As a first-year student and first-time attendee I left MRM motivated to become even more involved in the profession."*

-Kyle McCormick, P1

As attested by our students, attending an APhA conference helps you develop as a student pharmacist, make connections with other students, and learn more about our Profession. Look forward to more information about the Annual APhA meeting in Seattle Washington during our December General Body Meeting, and strongly consider attending!

## MRM 2010 - Region 2 Passes All Five of Pitt's Proposed Resolutions

By Kate Steward

One of the features of the APhA-ASP Mid Year Regional Meeting (MRM) is the chance for the 20 schools of Region 2 to collectively discuss some of what they feel to be the most important issues facing the profession of pharmacy. Each school submits proposed resolutions, which if carried through the policy process to the Annual Meeting in March 2011 and passed by the 30,000+ body of student pharmacists, can enter our policy book and become an action item for APhA-ASP chapters nationwide. For example, one of the resolutions passed at Annual Meeting 2010 concerned the implementation of educational programs about substance abuse (including prescription drugs) in the pharmacy curriculum, so that we might be able to educate our peers and patients. As a result, all eight MRMs throughout the country debuted a new session, "Generation Rx", which provided students with a presentation they can share in order to address this issue.

This year's Region 2 MRM reviewed 48 proposed resolutions submitted by the 20 chapters throughout the region. At the closing business session, 20 of those 48 proposed resolutions were passed, including **all five of the proposals submitted by Pitt**. No other chapter had such success! The titles of the proposed resolutions passed are included below; resolutions submitted by Pitt include the full resolution statement and are bolded.

Our next update on the progress of the proposed resolutions will come in February. At that time we'll find out which 10 resolutions, selected by the

National Resolutions Committee from amongst all eight Regional MRMs, will be progressing forward to be voted on at Annual Meeting 2011.

Proposed Resolutions:

2010.12 Pharmacy Technician Licensure

2010.16 Effective Leadership and Advocacy in the Curriculum

2010.19 Medication Collection and Disposal at Pharmacy

**2010.21 Eligibility of Commercial Drivers' Licenses for Insulin Dependent Diabetic Patients**

APhA-ASP supports legislation to amend the physical requirements for commercial truck drivers to allow capable insulin dependent diabetic patients to apply for or maintain commercial licenses.

**2010.22 Pharmacists Education on Medicare Part D and Patient Assistance Programs**

APhA-ASP supports the education of pharmacists and pharmacy students on the Medicare Part D System and its coverage limitations that may prevent affordable access to prescription medications.

APhA-ASP encourages pharmacists and pharmacy students to recognize prescription drug assistance programs that can enhance a patient's ability to access prescription medications and serve as a resource to help eligible patients enroll in these assistance programs.

**2010.23 Student pharmacist-provided immunizations**

APhA-ASP reaffirms APhA-ASP Resolution 2002.2 and furthermore sup-

ports student-provided immunizations upon completion of appropriate immunization certification training.

**2010.24 Internship Credit for Progressive Pharmacy Practice Settings**

APhA-ASP reaffirms APhA-ASP Resolution 1981.5 and furthermore encourages schools of pharmacy to support student experience in progressive pharmacy practice settings as a means to continue to advance and sustain the profession and patient care.

**2010.25 IV Batching and Expiration of Medications in a Hospital Setting**

APhA-ASP supports renewed hospital standards for IV bag and medication delivery, preparation, and disposal using new technology to enhance patient care.

2010.28 Exclusive Pharmacy/PBM deals

2010.29 Availability of Epi-Pen by Pharmacist

2010.30 Pharmacist's Presence on In-hospital Rapid Response Teams

2010.31 Standardization of Prescription Payer Information Cards

2010.32 Point of Care Genetic Testing

2010.33 Pharmacy Organization Collaboration

2010.36 Medical Marijuana Storage and Dispensing

2010.38 Prescription Sale Campaigns

2010.39 Student Participation with Active State Pharmacy Associations

2010.47 Exclusive Pharmacist Provision of Medication Therapy Management (MTM) Services

2010.48 Veterinary Medicine BPS

Thanks to all who voted on the proposed resolutions, as well as all who helped at MRM!

## A P4's Perspective: Unique Rotations

By Nicholas Casale

My rotation experiences this year have been quite unique. Unlike most of my colleagues, I am completing the majority of my rotations outside of Pittsburgh. In fact, only my first rotation was completed in the city.

I started out with Dr. Pater's ambulatory care rotation, and I highly recommend it. Dr. Pater is a wonderful preceptor. I learned a lot in the areas of diabetes, HIV/AIDS, and Internal Medicine.

After leaving Pittsburgh, my rotations pretty much turned into a road trip experience. After having the second rotation off to spend some time on vacation, I traveled to Baltimore, MD to go on rotation with Dr. Rowena Schwartz, who teaches some classes in the Oncology module. Dr. Schwartz turned what could have been a basic, mundane general hospital rotation into a great learning experience. Not only did I get to round on a new oncology unit each week, I learned how to make chemotherapy products, and participated in many hospital meetings with Dr. Schwartz.

I continued on from here to West Chester, PA, my home town, to go on a community rotation with a local food store. It was another great experience with a great preceptor.

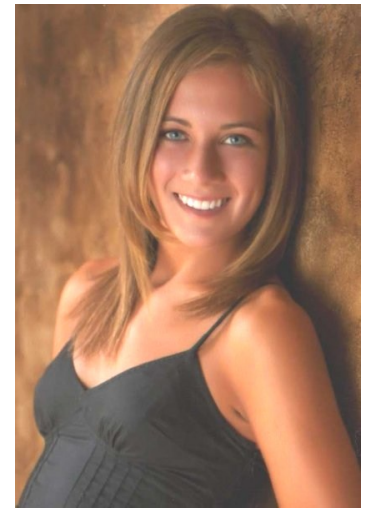
When October rolled around, I once again hit the road and drove all the way to Orlando, FL to complete a second ambulatory care rotation with Celebration Health, the official partner health facility with Walt Disney World. Here I had the opportunity to go to a different Disney World park or resort every day to screen Disney Cast Members for

diabetes, hypertension, and hyperlipidemia. By the end of the rotation, myself, 10 other pharmacy students, 4 residents, and 4 preceptors screened over 17,000 Cast Members. I also had the experience of participating in a pharmacist-run anticoagulation, lipid, and smoking-cessation clinics. November was here before I knew it, and that meant another move for me. I traveled to Tampa, FL to go on an elective rotation with a pharmacy benefits manager, Healthsystems, where I am currently still on rotation. It really has been a fun rotation so far seeing pharmacists work in a non-traditional setting. Pharmacists here are a well-respected and crucial part of the company. Our patient population is workers' compensation so we look for drug misuse and abuse, improper prescribing for workers compensation, and we make sure all therapies evidence-based treatments.

After the winter break, I head back to the Philadelphia area (where I am from) for my final two rotations and a second off block. The year has gone so quickly, and I cannot believe I only have two rotations left. If I were to give advice to future P-4's I would say to think outside the box; see different health systems, and have fun while learning. UPMC is one of the best health centers in the world, but if you have the ability, why not try something new? If you have any questions about my experiences, or want to contact me feel free to email me at [NJC15@pitt.edu](mailto:NJC15@pitt.edu).

## PI Spotlight

### Lindsay Rosso



Undergrad: 2 years at Pitt

Hometown: Pittsburgh, PA

Pharmacy Experience: Pitt Student Health Pharmacy, CVS Pharmacy Intern

What I like about pharmacy school thus far: Learning things that are relevant to my career and all of the new friends that I have made

Fun Fact: My nickname at home is Lou because when I was little I looked identical to Cindy Lou Who from the Grinch

Dream job outside of pharmacy: Owning my own bakery

Gift I am wishing for this holiday season: Tickets to the Winter Classic

*Contributed by Laura Mincemoyer*

## A Life-Long Learner

By Svetlana Goldman

Dr. Shelby Corman's passion for evidence based medicine and research began at an early age. Dr. Corman knew from the start that she wanted to focus on something science or medical related. At first she was intrigued by clinical lab sciences, but when this major was discontinued she decided to pursue a pharmacy degree. Her advisor told her that "if you are the best at what you do, you will always be able to find a job". She took this advice to heart and began the path to becoming a pharmacist.

During pharmacy school she continued to pursue her passion for clinical sciences and conducted drug metabolism research alongside faculty members. After graduation she worked at the Drug Information Center where she began gaining skills on literature evaluation and analysis to help find answers to questions, assist in drug policy decisions, and promote medication safety. While many students see Drug Information as simply a pharmacist answering phone calls, there is much more to this specialty that goes unnoticed. Drug Information pharmacists help evaluate current research to apply principles to medical practice, analyze new drug literature, and interpret safety of off-label uses of drugs.

As a resident at the Drug Information Center she built on her literature evaluation skills and gained much more practice in writing new drug reviews to help with formulary decisions. She learned more about evaluating guidelines to develop the best course of practice, along with examining off-label uses of drugs. In her current position as an Assistant Professor and Clinical Specialist she continues to use these skills every day to come up with recommendations for the use of new drugs in clinical practice. For example, if there is a new drug on the

market that is similar to one already on the hospital formulary she must analyze whether it is any safer, more effective, or cost efficient compared to the older drug. Furthermore, she uses her analytical skills and clinical knowledge as an integral member of the Institutional Review Board. For instance, she must analyze the design of a proposed study, including inclusion and exclusion criteria, to make sure that patients with specific contraindications do not receive the drug being tested. This helps to protect the patients that participate in studies that Dr. Corman later uses to influence patient care decisions.

Her typical workday involves a plethora of reading and writing. She reads many articles to keep up to date on any changes in medicine and recent drug developments. In addition she attends many meetings such as the Pharmacy and Therapeutics Committee along with the Formulary Subcommittee where she works alongside physicians and other health care professionals to help make evidence based decisions. The most rewarding aspect of her work is using her knowledge and expertise to devise therapeutic recommendations for a broad patient population. By gaining a consensus on where a new drug fits in the standard of care she helps to improve the safe and efficacious use of this drug in all patients.

As a professor Dr. Corman teaches students the importance of literature evaluation and using evidence based medicine. While some students may not think that they need these skills unless they go into Drug Information, Dr. Corman consistently gets feedback from recent graduates about how these skills have been put to use in various pharmacy settings. She says that "There is a Drug Infor-



mation pharmacist in everyone". There will always be new drugs that come to market and pharmacists must know how to find relevant and accurate information regarding these changes to stay up to date in their medical knowledge.

Outside of class Dr. Corman enjoys watching hockey and college football. Not only is she a teacher and clinical specialist, but she is also a student working on her Masters degree in clinical research. Her advice to students is to "see and do as many things as you possibly can, because you never know where you will end up". Even if you try something that you do not enjoy, then at least you can weed out what you are not interested in for the future. Furthermore, she stresses the importance of getting involved with professional organizations. Through professional involvement you can network with other student pharmacists, find out new strategies to solve problems, and gain a newfound motivation and inspiration in your field. As it is becoming more difficult to find jobs and residencies, involvement in professional organizations helps distinguish one pharmacy student from another. So as 2011 approaches and New Year goals are set remember that it is never too late to get involved or become a lifelong learner, like Dr. Corman.

## Happy Holidays from Rho Chi!

By Svetlana Goldman

This past month Rho Chi participated in another ARC Health Talk where students discussed Hepatitis with the men. The men asked many questions and were quite interested in the material.

We would like to thank Dr. Falcione for helping answer questions during this event.

Furthermore, Rho Chi students have updated the lab cards with pertinent information and will be selling these sometime in January. So be on the lookout for lab card sales!

Also, we are planning to organize study group times in the spring semester for P3's to come to Hillman library or another location to ask questions before exams and get any help from Rho Chi students.

Tutoring is still available for P1's and P2's and if you are interested please contact Amanda Eckenrode ([ame21@pitt.edu](mailto:ame21@pitt.edu)) or Melissa Ruminski ([mer69@pitt.edu](mailto:mer69@pitt.edu)) to schedule a convenient time.

All students and faculty should have received an email with a student of the month form so please think about who you would like to nominate for the coming month and email Abbey



Schram with your nomination form at [aes61@pitt.edu](mailto:aes61@pitt.edu).

On November 17<sup>th</sup>, we had Elizabeth Poole, Drug Information Pharmacist from UPMC Poison and Drug Information Center, come in to talk about common natural products, drug interactions, and where to look up information on these topics during the professional lecture series.

Finally, November 18<sup>th</sup> we partnered up with PLS and the Duquesne chapter for a fun night out at the Hofbrauhaus in South Side! We wish everyone a wonderful holiday season and a relaxing winter break!

## Dining with Dr. Dixit

### Cabbage Pakodas or Bhajias (fritters)

#### Materials:

- ◆ ½ lb. shredded white cabbage, soak in salt water for 30 minutes or so. Drain and rinse with cold water.
- ◆ 450 gm. besan (chick pea flour)
- ◆ 1 tea spoon cayenne pepper
- ◆ ¼ tea spoon powder turmeric
- ◆ 1 inch piece of fresh grated ginger root (optional)
- ◆ 3 table spoons of white sesame seeds
- ◆ ¼ tea spoon dried oregano (optional). Suggestion: Use either ginger or oregano.
- ◆ 1 ½ tea spoon salt (adjust to suit your taste)
- ◆ ¼ tea spoon baking soda
- ◆ 2 table spoon hot vegetable oil
- ◆ 125 -130 ml. water
- ◆ Vegetable oil for frying

#### Preparation:

1. In a bowl put shredded cabbage. Add salt, cayenne pepper, oregano (or ginger) turmeric, sesame seeds and salt. Mix thoroughly. Add water, small amount at a time and mixing continuously. After ¾ of water has been added wait for 15 minutes or so since salt makes cabbage sweat. Add the hot oil and mix. Now add the remaining water, a small amount at a time until you get batter that is suitable for Pakodas. The batter should fall of a spoon, not stick to it or not run away from the spoon either.
2. Heat oil in a kadhai or a wok for frying. Use an oil thermometer to adjust the temperature to 350 ° F.
3. Put the pakoda batter (a portion equal to two tea spoon full) by using two spoons into the oil. Do not overcrowd the oil. Deep fry pakodas turning a couple of times with a strainer spoon, for about 4 minutes, until golden brown. Remove from the oil and put them on paper towel to remove excess oil.
4. Serve with coconut or peanut chutney.

## Spread Some Holiday Cheer with Sudoku!

Difficulty: Easy

		4		1	5			8
	3	5		6			7	
	8		2	9	3			
	4		9			8		7
8								6
7		6			2		9	
			1	3	9		5	
	7			8		6	1	
5			6	2		3		

Difficulty: Hard

4	7	5	6		1		9	
				3			8	
								4
		7	3				5	
3				7				2
	1				8	7		
9								
	2			4				
	8		2		3	6	4	7

Difficulty: Medium

					3	9		
				5	8		3	6
	9		2			5	4	
	8			2				3
6		7				1		9
9				6			5	
	4	5			2		9	
2	3		4	1				
		6	3					

## Class Updates

**P2 Class Updates, by Alicia Lichvar:** This semester has been exceptionally busy for the Class of 2013 during their dreaded “P2 Fall.” Fighting off a constant avalanche of work, the P2 class is undoubtedly wading through one of the most difficult semesters in pharmacy school. Despite the seemingly constant onslaught of exams and assignments—my class has accomplished a great deal this fall. From PLS mentoring to fulfilling their officer positions within various School of Pharmacy organizations, the Class of 2013 has stepped up in many motivational ways. To reward the students for their hard work and to rile motivation, the members of the P2 Dean’s Advisory Board have decided to reward our class for surviving P2 year (so far) with an end of the semester party at Peter’s Pub. This event will remind all of the students in the Class of 2013 that they are “halfway done” through the dreaded P2 year and can celebrate a well spent. Lastly, to my fellow classmates reading this article, I would like to say, “Only a couple more weeks until Winter Break! Hang in there and good luck on all of your finals!”

**P4 Class Updates, by Mike Smith:** "Happy Chrismahanukwanzakah! Good luck on finals, see you in the new year."