

# The Pitt Capsule

THE UNIVERSITY OF PITTSBURGH  
SCHOOL OF PHARMACY



# Election

February 6, 2013

## Elections, and Annual, and Utah! Oh my!

By Kyle McCormick

**Welcome back!** We hope you all had a relaxing holiday season. Thank you for making 2012 a successful year for APhA-ASP and here's to 2013!

January and February are exciting months for our chapter and school as we host the annual Pharmacy Weeks (find out more later in the Capsule). There are also several other important events and deadlines happening during this time.

The biggest highlight of APhA-ASP is the Annual Meeting and Exposition. This year it will be held in Los Angeles on March 1-4th. Join 3,000+ student pharmacists and approximately 40 of your classmates to learn about the profession, network with other students and practicing pharmacists, and discover opportunities for involvement and development as a health professional.

Look for more information to come regarding the meeting. In the meantime, register online at [www.pharmacist.com](http://www.pharmacist.com) before February 1st for the reduced rate. The chapter has booked hotel rooms so you only need to worry about flights and registration. Funding for the event will be based on involvement in Chapter events throughout the year. We will be sending out a survey to determine the number of attendees and to help coordinate housing.

Every summer, students have the opportunity to attend the Utah School of Alcoholism and Other Drug Dependencies. This past year, our chapter was fortunate enough to send six students. The program is a great opportunity to gain greater awareness and knowledge of the physiologic process of addiction, as well as the social impact. APhA offers a national scholarship, which Pitt student have received two years in a row. The scholarship deadline has yet to be announced but it has traditionally been at the beginning of February. In addition, our chapter offers funding for two students. Keep your eyes open for information regarding this opportunity.

Most importantly, it is time for us to begin the search for next year's leadership team. Serving on the executive board has many benefits. Many of these benefits are obvious such as developing leadership skills or making yourself more marketable in a competitive job market. However, some of the most rewarding benefits are the less obvious: getting to know your peer's strengths and personalities; expanding your understanding of the profession, from its history to current issues; and sharing ideas and rooms with various student, academic, and industry leaders. Regardless of the organization, every student should consider a leadership

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position as it truly opens minds and doors. Within APhA-ASP, there are a number of positions on the executive board. To learn more about each position we encourage you to read the brief descriptions below, contact the current board members, and attend the information session on January 10, 2013 from 12-1pm. **Elections will be held during the February General Body Meeting on February 6, 2013 from 12-1pm.**

Below is a list of the current **executive board positions** and general responsibilities:

- 1. President/President-Elect** (serves 1 year learning the about the organization and helping the president):  
*Current: Kyle McCormick (kmccor2008@gmail.com)/Josh Niznik (jdn18@pitt.edu)*
  - Plans chapter and executive meetings, programs, projects, and events
  - Key contact between national headquarters, chapter advisors, new practitioners, executive board, and the chapter
- 2. Interprofessional Chair:**  
*Current: Jessa Koch (jmk130@pitt.edu)*
  - Representative to the Institute for Healthcare Improvement Open School Interprofessional Board
  - Develop interprofessional relations and plan events that foster these relations
- 3. Communications Chair:**  
*Current: Nicole Romstadt (pittcapsule@gmail.com)*
  - Communicate with organization members and leaders for article materials, publishing a monthly copy of the Pitt Capsule
- 4. Student Political Action Network (SPAN) Coordinator/PPA Liaison:**  
*Current: Brandon Antinopoulos (b.c.antinopoulos@gmail.com)*
  - Plan and promote programs and events involving advocacy for the profession and relevant pharmacy issues
  - Plan and promote PPA and ACPA events
  - Prepare/submit resolutions for consideration at regional and national meetings
  - Serve as chapter delegate for the regional and national meetings
- 5. International Pharmaceutical Students' Federation (IPSF) Liaison:**  
*Current: Ravi Patel (rmp40@pitt.edu)*
  - Chapter contact person for regional and national IPSF leaders
  - Plan, organize, and promote programs, projects, and events relating to international practice and pharmacy issues
- 6. Patient Care Coordinators:**  
*Current: Sam Becker/Katie McGuire (asppatientcare@gmail.com)*
  - Plan, organize, and promote patient care projects and events relating to national initiatives and chapter initiatives
  - Oversee patient care committee and project leaders
  - Develop and maintain relations with community partners
- 7. Chair to the Professional Council/Chair-elect** (serves 1 year learning the about the Chair's position and help fulfill those duties):  
*Current: Derek Sampey/Regina Ullis (pitt.profouncil@gmail.com)*
  - Oversee the Professional Council (council made up of leaders from each of the School of Pharmacy organizations) and its functions, promoting school-wide participation in organization events
  - Representative to the Graduate and Professional Student Government (GPSG)
- 8. Social Chair:**  
*Current: Ashley Firm (alf60@pitt.edu)*
  - Plan and promote social activities within the School of Pharmacy, including but not limited to the Back to School Picnic, the pharmacy weeks, and the formal

## Happy New Year From LKS!



*Above: The sisters had their annual holiday party at Buca DiBeppo in early December, and instead of bringing gifts for a gift exchange amongst one another, the sisters decided to incorporate service work into the party by bringing various toys to be donated to Toys for Tots.*

By Shayna Stout

After nearly a month-long winter break, the sisters of LKS are ready to start up another busy semester! Before break, the sisters were sure to finish up various service and professional events. Professional events included smoking cessation tabling sessions, which were modeled after the Dean's Theme: Operation Inspiration! And in the service area, in addition to sending various sisters to Ronald McDonald House and Family House, LKS has also participated in Adopt-A-Block and organized an Angel Tree for those less fortunate this holiday season. This semester, LKS expects to continue many of these professional and service projects, which will also include various bake sales.

Dr. Salk Hall is scheduled for January 24<sup>th</sup> from 7-9, so be sure to come out to enjoy snacks, prizes, and of course, the competition to see who will win the title of Dr. Salk Hall!

Last month, LKS member and Treasurer Lindsey Schultz won the "Lamb Light," for all of her hard work this semester. Congratulations, Lindsey!

All of the members of LKS hope that everyone had a wonderful holiday season. They would also like to wish everyone a Happy New Year, and best of luck in the spring term!

## Faculty Bio.

### Dr. Karen Steinmetz Pater

**Area of practice:** Ambulatory Care Clinician, specialty in DM - Special interests include smoking cessation and underserved care

**Classes currently teaching:** Behind the scenes in POP1, Co-coordinator of POP2 and Coordinator of POP3

**Memorable teaching moment:** My most memorable teaching moments occur each year when the students realize that self-care truly is important and understand the value of following a systematic approach for obtaining information from patients (such as QuEST/SCHOLAR) to provide optimal patient care (regardless of the setting)

**Alma Mater:** University of Tennessee College of Pharmacy

**Memorable pharmacy school moment:** Celebrating my birthday last year with a surprise party in 402

**Favorite subject to teach in pharmacy school:** Believe it or not, the OTC Course!

**Favorite TV show:** Too many to mention.... but, popular favorites include Survivor, The Amazing Race, Buffy the Vampire Slayer, and Alias. Honorable mention to The Big Bang Theory!

**Favorite band:** Sting and the Dave Matthews Band

**Favorite restaurant:** Recent favorite is Ichiban, but I can be frequently found at the Penn Brewery and the Hofbrauhaus

**Advice to students:** Live every day with no regrets. Be kind to all people. Look for opportunities outside your comfort zone. And maybe most importantly... be aware that all actions have consequences.

**Fun Facts:** Dr. Pater was an all-state percussionist in Highschool. Although no longer training, Dr. Pater received her Black Belt in Tung Soo Do Karate in early 2000's. Dr. Pater enjoys spending all of her free time with her beautiful little girl and her husband, and they are all actively involved in a German Trachtenverein in Pittsburgh. If you don't know what that is, feel free to ask her...Everyone is welcome to attend Club Events!!

## A KY Christmas and the End of Pledging

By Jon Lucas

Welcome back from the Beta Kappa brothers! We hope everyone had a safe and relaxing winter break filled with plenty of rest before the start of spring semester. During the first week of December, brothers celebrated the holidays early with the annual KY Christmas Party held at the KY House. Everyone brought a food dish or dessert, and the brothers enjoyed quite a feast - watching brothers open their presents while sitting on Santa's lap! Our Secret Santa Gift Exchange was a great success with upwards of 80 brothers participating!

December also brought on the official conclusion of the pledging period. Congratulations to Fall Pledge Class of 2012! You all are well on your way to becoming brothers! KY Initiation is coming up soon!

Aside from initiation, the brothers are looking forward to many major events in the spring semester including a ski trip at Wisp Ski Resort; Black & White semiformal party; Spring Province Meeting in Winchester, VA; and the No-Talent Talent Show. This spring semester holds great importance since our chapter turns 100 in March of this year!! We are very excited for our Beta Kappa Centennial Celebration in April and look forward to hosting graduate and collegiate brothers from all over the country!

**Top right:** Brothers Ashley Firm and Sarah Ward show off their festive outfits at the Annual Kappa Psi Christmas Party.

**Bottom right:** KY Brothers pose in their Argyle sweaters.



## Mark Your Calendars for Pharmacy Weeks!

By Ashley Firm

As we start another semester of exams and standardized patients, it is nice to have a break at the beginning of the semester to celebrate all things pharmacy. This year, pharmacy weeks will extend from **Thursday, January 24th to Saturday, February 9th** and include new events such as Dr Salk Hall.

Below is a list of Events, Dates and Times:

- Dr Salk Hall hosted by LKS. Thursday January 24th, 7PM. Scaife 6
- Tucci Lecture featuring RADM Scott Giberson. Wednesday January 30th, 12 PM. Scaife 6
- "Posters, Professors and Progress" hosted by Rho Chi. Thursday January 31st, 12PM. Salk 456
- PLS Auction. Thursday January 31st, 7PM. Hilton Garden Inn (Corner of McKee and Forbes)



- Dr Gordon J. Vanscoy White Coat Ceremony. Friday February 1st, 3PM. Soldiers and Sailors Memorial Hall Auditorium
- Kappa Psi Scavenger Hunt. Monday Feb 4th, 12PM.
- APhA-ASP. General Body Meeting. Wednesday February 6th, 12PM. Salk 456
- No Talent Talent Show. Thursday February 7th, 6PM. Peter's Pub (On Oakland Ave)
- School of Pharmacy Formal. Saturday February 9th, 6PM. Westin Downtown

Looking to be involved in any of these events? Check with the organization's president for more details! Contact Ashley Firm (P3) Hope Nazakato (P2) or Jessie Lewis (P1) to sign up for the No Talent Talent Show or turn in your formal RSVP (also found in this Capsule!). Stop by the next Social Committee Meeting **Wednesday January 16th in the PCLC 229/230.**

## Rho Chi Updates

By Greg Trietley

Rho Chi's "Posters, Professors and Progress" symposium will take place on Thursday, Jan. 31 during Pharmacy Week. Pharmacy school faculty will present and discuss their current research projects to students, residents and fellow faculty. The Pitt Rho Chi chapter received a special grant from the national organization for the event and, yes, that includes lunch.

Don't tire yourself out too much at the symposium, though, because that night is the PLS auction, and Rho Chi has a potluck dinner and trip to Phipps Conservatory up for auction. It's the best non-stargazing-based item at this year's event, we promise.

The Koch Lecture is just around the corner. Dr. Joseph T. DiPiro, Professor and Executive Dean of the South Carolina College of Pharmacy, will speak on March 27. Dr. DiPiro is also the senior editor of *Pharmacotherapy: A Pathophysiologic Approach*, a textbook every pharmacy student lists as the first-line choice for learning. The Koch Lecture, named after Pitt Pharmacy's founding dean Dr. Julius A. Koch, began in order to "promote the advancement of pharmaceutical sciences through the encouragement and recognition of intellectual scholarship."

The next Rho Chi Health Talk at the Salvation Army Adult Rehabilitation Center is scheduled for Monday, Jan. 14 at 6:30 pm. The topic is COPD and asthma. How's your peak flow doing these days?

P1 students who didn't like what they saw on their fall report card should e-mail Samantha Holliday at slh89@pitt.edu to sign up for a P3 tutor. Trust us, school doesn't get any easier.

Rho Chi lab cards will continue to be sold during the spring semester for five dollars. Flag down Cory Hale at cmh110@pitt.edu or Chelsea Claar at clc170@pitt.edu to order a set today. These laminated, color-coded "cheat sheets" contain medical abbreviations, in-range lab values, empiric antibiotic treatment choices and more. They're a metaphorical—and possibly actual—life saver in pharmacy school and in the field.

The PLS/Rho Chi lecture series will continue this coming semester. Dates and speakers will be announced in the near future.

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

## SSHP Updates

By Sudha Mokkapati

### Happy New Year from the SSHP board!

If your resolution was to get more involved or reach out in your community, we have the perfect public health project opportunities for you. Some of our projects in the pipeline include making training videos on inhaler use for Operation Inspiration, and using artistic persuasive skills to proliferate the importance and technique of hand-washing in hospitals.

We could always use help in carrying out these projects and launching new ones, so please contact pitt.sshp@gmail.com if you have ideas for service projects, or to give us comments or suggestions for any of our previous events. We are very excited for these projects and hope you come check them out this semester!

## P2 Update

By Trey Draude

The P2s are BACK! And ready to put Fall behind them by preparing for the Spring. We hope to have a great attendance at this year's APhA-ASP conference and are very excited to continue an amazing year of bonding by planning several social events this semester.

## Spring Forward with IPSF

By Ravi Patel

The International Pharmaceutical Student Federation (IPSF) is looking forward to the spring semester. On the heels of our successful AIDS Day speaker, our spring events will have a combination of perennial events and new collaborations.

In March/April, we hope to coordinate our Medical Spanish sessions for students of all skill levels and there are preliminary plans for a school-wide awareness event to address global challenges with clean water access. Our collaborations include a joint-organization event regarding multi-drug resistant tuberculosis and supporting the Graduate School of Public Health's International Dinner. Even as our calendar fills up, we would appreciate any/all feedback on these events, or others you'd like to see.

To contact us, or to join our mailing list, just send an email to PittIPSF@gmail.com.

## Unreturned Exams – When I Stopped Caring

By Ravi Patel

I consider exams to be as great a hindrance as they are a benefit in education. A major sink of time and resources, there seems only minimal benefit of an arbitrary evaluation of “learned” material. Utilizing exams as an accurate measure of “learning” material is a laughable concept and I think it a rare event for me (and I assume many others) to use the results of an exam as a guide for reviewing material after the exam. A more common fate for exam material is often being archived in a physical or computer record to never be looked at again, being passed down to other classes/generations, or being trashed. This fall semester of P3 year, however, only a handful of our exams were even returned. This act of blatantly withholding the specific results of which questions I answered correctly or incorrectly was the tipping point in my excuse to finally and fully disregard exams as a useful component of my education.

This conclusion comes with disclosures on my part. My poor performance on many of these exams make me bitter towards any of their mention, but this also emphasizes how the withholding of the exams precluded me from learning from my mistakes. I also admit that I made minimal effort to proactively seek the return of my exams, but half-heartedly defend this laziness with the excuse that I was busy studying for the next exam. Even with these biases, my subjective conclusions on the effect of withholding exams still hold merit.

Performance on exams are given in the form of “grades”. Exams already cover only a fraction of material discussed in a course. Further compressing this fraction of material to a number only emphasizes how poorly exams function as a reflection of “learned” material. When exams are not returned, this grade is the only thing students get back. Grades don't tell what questions, concepts, or information were missed. When only grades are returned, and not exams, the function of exams as a tool to determine where lapses of knowledge may exist is negated. Lack of learning from mistakes combined with the poor function of exams as a measure of material “learned” begs the question of what benefits these exams serve for students.

There are multiple perspectives on this issue. Accreditation, national rankings, and University

bureaucracy/politics are topics I couldn't even begin to comprehend, coherently write about, or critique without fear of “mysterious” disappearance, death, or (worst of all) academic reprimand. Even beyond these perspectives, there is the viewpoint of those who create and grade the exams. Why would they want to not return exams?

While there may be a nuanced answer, I'll use the obvious, or at least dissectible, answer: They don't want students to “cheat”. While I do understand the idea that returning tests could compromise the “academic integrity” of exams, I do not necessarily agree with it. Some courses provide previous years' exams to give students an understanding of previous question wording or past emphasis on concepts. While this is helpful in a course with one lecturer, such insight on a lecturer's exam-making process is invaluable when an exam has three or more lecturers/perspectives. I admit that resident turnover rates and dynamic course content may negate the benefit of old exams, but in those cases old exams wouldn't be of any detriment to “academic integrity”. If a course is taught well and an exam's questions fair and relevant to material, availability of old exams shouldn't be of concern to professors.

If exams didn't exist in education, I doubt that my education would suffer much, if any at all. When, as a requisite, I have to take exams only to have them disappear, then I question the benefit of having them at all. I suppose diligent studying and earnest concentration while taking them might make exams a slightly less bitter pill to swallow, but noncompliance seems like a much easier option.

### ASP Member of the Month

**Name:** Britta Anderson

**Year:** P3

**Area of interest:** Clinical pharmacy or pharmacy management

**Favorite pharmacy class:** Advanced Pharmaceutical Care

**Favorite ASP Project/Event:** My favorite ASP event was MRM 2012! I enjoyed the leadership training session and having the chance to represent our chapter as the Delegate!

## Between Two Jaggerbushes with Phi Delta Chi

By Kevin "BK" Flaherty

Over Christmas break, I had the opportunity to sit down with award winning pharmacy student Joshua Radel and ask him questions about life, love, and the scholarship he was recently awarded.

Below are excerpts from the interview - some of which deal with the scholarship.

**Kevin (K):** So, explain the whole scholarship to me.

**Josh (J):** It's called the United States Air Force- Armed Forces Health Professions Scholarship Program (USAF-HPSP). This program is notoriously competitive, so I was unsure if I actually had a chance of getting it. I was accepted for a two-year scholarship. In return, I owe 3 years of active duty in the air force, 4 years in the Individual Ready Reserves (basically, I can be called back if something happens within four years after my active duty service), and an active duty tour of 45 days while I'm in school.

**K:** What was involved in the application/interview process?

**J:** The application process was pretty extensive. When I first became interested, I contacted a recruiter and he gave me a workbook to fill out. I basically had to give him my life history (all of my addresses, place of birth, family members info/place of birth, work history, close to ten references, school info-all the stuff that would you expect to be necessary for the military to have). I also had to answer 9 essay questions about my character, intent, leadership, and other things. After all that paperwork, I had to do a physical at 6am in the federal building in Pittsburgh. After I passed my drug test/physical, I went to Wright-Patterson Air Force Base in Ohio to interview with the Colonel/director of pharmacy there. This whole process took place during the fall of P2 year. My recruiter submitted my application, and I found out in November that I was selected as a second alternative. They took 8 people in the country that year for my class, and I was tenth. Then, this past year, I resubmitted my application and was selected.

**K:** Will this scholarship reimburse you for any tuition expenses from your first 4 years of school?

**J:** No, but the scholarship will cover my tuition for P3 and P4 year.

**K:** Do I have to call you sir now?

**J:** Nah, but you can make as many "Lieu-ten-ant Dan" references as you'd like since I was commissioned as a 2nd Lt on December 4<sup>th</sup>.  
\*laughs\*

**K:** Yes, sir. I imagine you will have to do some traveling for this job. Do you know where you'll be headed when you graduate?

**J:** I'll be going to Maxwell Air Force Base in Alabama for commissioned officer training for about 6 weeks after graduation. Basically, the day starts at 5am with physical training, and then we'll have classes all day to learn how to adjust to military life. After this training, I'll be promoted to captain and given my assignment. I'm able to give them several preferences of where I'd like to be, but I'll have to go wherever they assign me. Most likely, it'll be at a base in the US to start, though if I stay in long enough, it's pretty likely that I'll go overseas for a little.

**K:** How often will you have to move?

**J:** From what I've gathered, you stay at one location for at least a year, but it really all depends.

**K:** What kind of physical challenges/feats of strength will you have to perform?

**J:** On my first day, I'll have to bare knuckle box a grizzly bear. If I'm still alive, I must carry Harry Caray across a floor composed entirely of Legos. Seriously though, just basic pushup/situp/distance running standards that all officers have to do.

**K:** How many pushups can you do in a minute?

**J:** I've actually been working a lot on the pushups in a minute. The minimum requirement for men my age on the PT test is 40; I've been doing roughly 43-45 a minute but I'm trying to get it higher.

**K:** Are your hands a lethal weapon yet?

**J:** They aren't registered... yet.

**K:** What is your favorite movie?

**J:** Star Wars.

**K:** The originals or the prequels?

**J:** I like my Star Wars movies without Hayden Christiansen in them.

**K:** Don't we all. What is your favorite quote?

**J:** "What's in the bag? Shark or something?" -Nicholas Cage

**K:** How about your least favorite quote?

**J:** All of the Marilyn Monroe quotes that girls use on Facebook.

**K:** Did you use the word ph-army-cy during any of your interviews? I bet it would have helped.

**J:** No I haven't! I'm quite fond of "Air Phorce", though.

**K:** Thanks for your time Josh, and may the Phorce be with you.



*Above: Joshua Radel, Armed Forces Health Professions Scholarship recipient and Worthy Keeper of Records and Seals of Phi Delta Chi.*

**APhA-ASP Formal 2012**  
**Saturday, February 9<sup>th</sup>, 6-11pm**  
 Westin Convention Center Downtown

Please fill out this form and turn it in by noon on **Friday, February 1<sup>st</sup>** if you would like to attend the ASP formal. Forms can be turned in to Ashley Firm (P3), Hope Nakazato (P2), or Jessie Lewis (P1). Tickets are **\$40** each and can be paid in cash or check made out to the University of Pittsburgh.

**Schedule:**

- 6-7 cocktail hour with h'orderves,
- 7-8:30 presentation of awards and dinner,
- 8:30-11 dancing with music provided by DJ Scottro

**First course:** Vineyard salad

- Spring greens tossed with sun dried cherries, sugared walnuts, and crumbled blue cheese with ranch or raspberry vinaigrette dressing

**Second course:** choose one of the following

- Roast Strip Loin of Beef with Porcini Bacon Sauce with three cheese risotto and snap peas with radish garnish
- Chicken Chesapeake – Stuffed breast of chicken with blue crab served with tarragon Dijon cream sauce with three cheese risotto and snap peas with radish garnish
- Wild Mushroom Ravioli – Alfredo Sauce and fresh shaved parmesan cheese

**Third course:** Alternating chocolate lava cake with vanilla ice cream or turtle cheesecake

(Turn in filled out bottom half)

Name: \_\_\_\_\_

Meal choice:	Chicken	Beef	Vegetarian
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Guest's Name: \_\_\_\_\_

Meal choice:	Chicken	Beef	Vegetarian
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Please list any food allergies/dietary restrictions that we should be aware of:

\_\_\_\_\_