



The Pitt Capsule



University of Pittsburgh School of Pharmacy

Schweitzer Fellow Shares Experience

By Tina Elgin, P2

Ever feel like you weren't doing enough to help in the community? Ever wish you had the chance to dream up an idea to help the neediest people and actually make it happen? If you answered yes to those questions, then mix that desire with a project, a nation full of fellows and a theologian/organist/philosopher/physician with a big mustache and you have what it takes to be a Schweitzer Fellow!

It takes a truly brave, somewhat crazy man to go to medical school at age 30 and move to Gabon, West Africa to provide medical care to the native people; but Albert Schweitzer did it in 1912. This Nobel Peace Prize-winning physician was a true pioneer in care for the underserved. Nothing could stop him from helping some of what he deemed the "neediest people in the world."

Each year, there are approximately 250 graduate students from 13 branches across the country that attempt to walk in his footsteps and become "leaders in service". Fellows are challenged to design and implement a project that is influential and sustainable in the community. These fellows engage in a year of service with at least 160 hours of direct service to populations in need.

This year, the Pittsburgh branch has 22 fellows, including 6 environmental fellows, that represent 12 different schools in the area. Through this mix of students with different backgrounds, we have come to learn a lot from each other and ourselves. Through the fellowship activities, like commencement, retreat, monthly meetings, outreach projects and fellow site visits, we have definitely earned an education we never could have learned in school.

These fellows are completing very different projects with very different populations. We have medical students working with autistic children,



2011-2012 Schweitzer Fellows

incarcerated teens and young girls to an occupational therapy student leading a diabetes support group for Spanish-speaking patients. Sites include after school programs, public schools and underserved clinics, like the 9th Street Clinic in McKeesport where P4 Michele Doan is partnering with a Duquesne Pharmacy student.

My project addresses an issue very relevant to pharmacy: opioid overdose. Overdose deaths are now the leading cause of accidental death in the US and have outnumbered deaths from vehicle accidents and homicides combined in Allegheny County since 2002. I have partnered with Prevention Point Pittsburgh and have chosen to implement my project at various sites throughout the city including: Birmingham Clinic, Positive Health Clinic, Allegheny County Jail and Metro Family Practice. By providing education and counseling on opioids, as well as implementing a naloxone prescription program, I hope to empower patients with the tools necessary to stay alive and well. I've really enjoyed working with this population and even just listening to patients. It's amazing what you learn by simply talking to people and trying to understand their experiences.

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The Pitt Capsule

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At our sites, we see hardship and hope, frustration and victory. Part of being a fellow involves becoming more aware of the disparity between populations in your own community and working together with other professionals and populations to optimize patient health. The goal is to empower populations above their current circumstances and to practice the mantra of "reverence from life" that Schweitzer believed so strongly in.

I cannot begin to describe all that I have learned so far in my fellowship year. I will take away lessons in responsibility and professionalism, as well as leadership and virtue. I believe this fellowship is truly a lesson in life and working together to better the human condition. While it is rewarding to congratulate one another on the success we have achieved, it is important to keep a clear view of the present and future and meet each "boulder" with an open mind. Even if you don't know who Albert Schweitzer is, I challenge all of you to understand and apply his words:

When we are truly filled with the idea of reverence for life, all our attitudes, thinking, actions change. We must go deep into ourselves to find inspiration. Slogans, publicity, and means of communication don't help us to find this philosophy. Now is there one formula for everyone. But if we turn within, pondering our duty in this world in silence, and act to move toward this goal, a change will come about. There are many opportunities to prove that we live in the spirit of the philosophy of 'reverence for life.'

Feel free to contact me at cle19@pitt.edu if you have any questions about the fellowship!

PLS Accepts New Members

By Sarah Rindfuss, P3

Phi Lambda Sigma is pleased to announce that we have accepted 14 new members! PLS members are chosen by peer recognition after submitting an application that highlights their dedication to the advancement of pharmacy through leadership and service. Eligibility for membership requires that they applicant have finished at least one year of professional school and has maintained a 2.5 GPA. This year, we had over 30 applicants, the most we've had in recent years! We would like to thank all applicants for applying and encourage those who did not get accepted to try again next year, as the application process is extremely competitive. Please join me in congratulating our newly accepted members: P1's - Anthony Boyd, Trey Draude, Colleen Moroney, Kathryn Wersosky, P2's -Mike DeAngelis, Tina Elgin, Ashley Firm, David Ho-Sik Kim, Kinley Sepkovic, Jessa Koch, Kyle McCormick, P3's - Erika Morgan, Glenna Shutzberg, and P4 - Adam Martin.

We are looking forward to initiating our new members into Phi Lambda Sigma at the induction ceremony, which will take place on Tuesday, March 27th at the Pittsburgh Athletic Association. This ceremony is in conjunction with the Rho Chi Society's induction, and will feature Marie Chisolm Burns as a guest speaker, the speaker for this year's Koch Lecture.

Something to begin looking forward to is this year's Spring Leadership Retreat! This event is a great opportunity for students to become more involved in the school and also to develop themselves as leaders. We are currently working on the date for this event, but it will most likely be in April! Stay tuned for more details once a date for the event is set and talk to Chrissy Jordan (P2) with any questions that you may have!

Pharmacy Weeks Recap

By Chelsea Fitzgerald, P3

Another year of Pharmacy Weeks has come and gone! The social committee hopes that everyone enjoyed this time of year and is looking forward to participating in next year's events. We would like to thank all of the organizations that hosted events this year and take time to recognize all of the winners!

OTC Jeopardy: Erin Burke, Alicia Lichvar, and Lorin Grieve

Rho Chi Scavenger Hunt: Adam Root and Eric Saggio

"No Talent" Talent Show: Kevin McMahon

Patient Counseling Competition: Luke Berenbrok

AMCP P&T Competition: Tony Amos and Kajal Patel

Pharmacy Weeks concluded on Saturday, January 28th with the annual ASP Formal held at the Westin Convention Center. Over 230 students and faculty came out to enjoy an elegant evening with delicious food and superb company. Every year, the awards of ASP Student and Faculty Member of the Year are presented at this event. Congratulations to Natalie Cappozolo and Dr. Pater, this year's



Student of the Year, Natalie Cappozolo, and Faculty Member of the Year, Dr. Pater

recipients, respectively. The social committee would also like to extend gratitude to the Westin staff and DJ Scottro for making this event such a success! Although Pharmacy Weeks has come to an end, we are still looking to host one more social event before the end of the year. Stay tuned for more details!

Rote, a Necessary Evil?

By Ravi Patel, P2

There are a large number of TV shows and movie punch lines I can finish given just the first few words. Such a trivial reservoir of knowledge is embarrassing given the fact that I constantly forget whether lisinopril causes hyperkalemia or hypokalemia. After some reasoning and a few notes scrawled out on scrap paper, I eventually come to the answer of hyperkalemia but the thought of having to work out that piece of information while having the home address of fictional animated characters memorized is concerning. When I, as a studiously individual, begin to study diligently the night before an exam, I, and many others, come to consider an oft asked question: Why do I care about this information that I'm going to forget in a few days?

A little while ago, in the midst of a rather busy week, I was having lunch with a friend (instead of studying), when I lamented that, "All I really do these days is memorize and regurgitate." To this, he replied, "I feel like that's a very common complaint for bio majors." After his remark, I was almost

embarrassed of this reductive compliant of my complex curriculum. This embarrassment, though, may have been my attempt to cover the fact that my fear of a rote curriculum was being vindicated by a third party. Immediately after my friend's remark, I went on to explain that there may be some use in this approach and described how memorizing certain models in pharmacokinetics were relevant when explaining to others why not to mix alcohol and acetaminophen. In discussing the role of memorization as a necessary evil in education, I couldn't tell if I was trying to convince him or me.

There is an obvious distinction between memorizing the definition of first order and second order pharmacokinetics and learning how they differ conceptually. The reason why I use this example is because the professor teaching it said something very similar and it stuck with me. Education is not comprised entirely of memorizing facts and figure, but it is not entirely conceptually based either. It is a blend of the two. The alphabet must be memorized in order to write pretentious, grammatically-incorrect columns about education. *continued on Page 8*

ASP Update

By Elyse Weitzman (P3) and Kyle McCormick (P2)

Thanks for placing your vote for the best PharmFlix video! Our chapter's submission reached the top 15; and the top 10, based on student votes, will be showcased at the APhA Annual Meeting on the jumbo screens in front of thousands of students from across the country. Let's cross our fingers that a Pitt video will make it again!

P2s will be picking electives for next semester soon. One unique option for an elective is to work on a special topic with a faculty member outside of the classroom. On February 22 at 12pm in 402, a session will feature current P3 students that have completed special projects with professors that counted for elective credit. Come learn about the less advertised-option of special topics to provide you with more options for personal and professional growth.

Pitt School of Pharmacy alumni will be generously taking time to visit Pitt and interact with students at the Career Roundtables on February 22, from 2-5pm in the William Pitt Union Ballroom. This event is a great opportunity for students of all years to explore different career options and network while having small group discussions with practitioners in various fields of pharmacy. There will be representatives from managed care, independent community pharmacy, pharmaceutical industry, US Public Health Service/FDA, academia, residency, hospital, and many more. Even though P1s are required to attend, ALL students are encouraged to come!

Congratulations to Our New Rho Chi Members!

By Sarah Rindfuss (P3)

Rho Chi would like to extend our congratulations to those members of the Class of 2014 who have received invitations to join our prestigious organization. The Rho Chi Society, pharmacy's academic honor society, encourages and recognizes excellence in intellectual achievements and fosters fellowship among its members. Eligibility for membership in this organization requires that the student be in the top 20% of their class and aspire to pursue intellectual excellence and critical inquiry to advance the profession. The 21 members of the Class of 2014 who have been invited to join Rho Chi include: Elizabeth Ciuchta, Chelsea Claar, Cory Hale, Samantha Holliday, Manda Hryn, Cayla Jones, Jessa Koch, Pamela Lyons, Emily Mallit, Lukas Martin, Kyle McCormick, Joshua Radel, Deanna

Remember the phrase, "Cs make PharmDs"? You may wish to reconsider the validity of such an outdated representation of pharmacy school. The job market, pharmacy included, has been tight, with competition at a high level. The number of pharmacy schools increased by 50% over the past decade, flooding the market with pharmacists without a corresponding increase in jobs. That is why we have a special program in store for you. At our April 4th General Body Meeting, we will feature local representatives from hospital, community, clinical pharmacy residency, and managed care sectors to discuss how Pitt students can be competitive in the job and residency market.

Important Dates:

February 2nd:

-12pm, 402: Special Topics: What Options are Available?

-2-5pm, WPU Ballroom - Career Roundtables

April 4:

-12pm, 402- How to be competitive in the job/residency market

Residency Match Process: A Look Back

2011	- 63% of applicants matched (PGY1&2) - 1,353 applicants did not match
2010	- 63% of applicants matched (PGY1&2) - 1,228 applicants did not match
2009	- 66% of applicants matched (PGY1 &2) - 944 did not match

Rowe, Kinley Sepkovic, Carolyn Spiegel, Gregory Trietley, William Tylavsky, Evan Williams, Mark Yacko, Adam Yugas, and Olivia Zozom.

We look forward to initiating these new members into the Rho Chi Society at the induction ceremony, which will be held on Tuesday, March 27th in conjunction with Phi Lambda Sigma. The ceremony will be held at the Pittsburgh Athletic Association and will feature Marie Chisolm Burns, the speaker for the upcoming Koch Lecture, who won the ASHP award of excellence.

We would also like to send a quick congratulations to Adam Root and Eric Saggio, who won the Rho Chi Scavenger Hunt during pharmacy weeks. Lastly, there is a very limited quantity of lab cards remaining; please speak to any P3 Rho Chi member if interested!

Team Beaver Pillow Wins OTC Jeopardy

By Erin Burke (P3)

The Pennsylvania Pharmacist Association and APhA-ASP SPAN Committee are off to a great start this semester. 70 students participated in our Letter Writing Campaign during Pharmacy Weeks! Our thanks go to everyone who participated in sending letters to Senators Casey and Toomey about Pharmacists Inclusion in Loan Repayment Programs- Senate Bill 48.

The next big event coming up for the SPAN Committee is APhA's Annual Conference. I'm sure all of the attendees are looking forward to meeting other students and discussing the future of pharmacy.

6 teams competed for the chance to represent our school at PPA's annual OTC Jeopardy competition. After 2 hours and 99 questions, a winner was declared. Team Beaver Pillow (Erin Burke, Alicia Lichvar, and Lorin Grieve) were the victors and represented the school in OTC Jeopardy at the PPA Mid-Year Conference. Thanks go out to all of the teams who competed and put forth their best efforts. And much appreciation goes out to Drs.



Team Beaver Pillow: Lorin Grieve, Erin Burke, Alicia Lichvar



Left: Ryan Burg, Andrew Coogan, and Brad Elias compete in OTC Jeopardy

Pater and Hall for quizzing the students.

Over the weekend of February, 10-12th, our PPA chapter attended the PPA Mid-Year Conference in Harrisburg. Pitt had a strong showing: 19 students attended the conference with other students and pharmacists from around the state. Several of our students presented posters at the conference. Be sure to congratulate Jessa Koch, Brandon Antinopoulos, Frank Cintineo, Lindsay Fakete, Sarah Drombrowski, Daniel Green, Matthew Joseph, Andrew Menard, Elyse Weitzman, and Ana Sidor for all of their hard work.

P1's Get White Coats

By Trey Draude (P1)

The P1s officially fit in with the rest of Salk Hall. Another piece of our life long "Professional Puzzle" has been put into place. The ceremony went

very well and it was great to relax with friends and family. The chocolate fountain at the reception was a huge hit "nom nom nom". The class is looking forward to putting our White Coats to the test at Silver Scripts this semester!

Kappa Psi Welcomes New E-board Officers

By Jon Lucas (P2)

The brothers of Beta Kappa had an awesome start to the semester with the annual ski trip at the Wisp Ski Resort, where we spent the weekend skiing, ice skating, and enjoying the snow and surprisingly unfrozen lake! As always, ski trip gave the brothers a chance to spend time together and relax before tackling the busy spring semester head-on.

After returning from ski trip, Beta Kappa held annual elections for the 2012-2013 Executive Board. Beta Kappa is also very proud to have 7 brothers selected to Rho Chi and 8 selected to Phi Lambda Sigma this year. Congratulations! We could not be more proud!

During the school's Pharmacy Weeks, many brothers had a part in planning and participating in a wide array of activities. The brothers had a wonderful time at the APhA-ASP formal, made gutsy bids at the PLS auction, and tested their knowledge in PPA's OTC Jeopardy competition. Another key event that conveniently took place during Pharmacy Weeks was the annual PDC vs. Kappa Psi football game, which was held at the Cost Center on January 22nd. The men of Kappa Psi duked it out with PDC in the snow and cold, but they unfortunately could not pull off a win despite putting forth a great effort.



P4 brothers reunite for their last Beta Kappa Ski Trip

Congratulations and best of luck to our new Executive Board:

Regent: Evan Williams

Vice-Regent: Chrissy Jordan

Recording Secretary: Anthony Boyd

Corresponding Secretary: Jon Lucas

Treasurer: Ashley Firm

Chaplain: Tina Elgin

Historian: Sarah Ward

Sergeant-at-Arms: Luke Swintek

ASP Representative: Jessa Koch

IFC Representatives: Adrienne Jantzi and Mike Johnston

Immediate-Past Regent: Luke Berenbrok

LKS Ready for Fun in February

By Kailey Troutman (P3)

January flew by, and the sisters of LKS are now ready to fill February with a variety of school, service, and social events. Most recently, however, the Delta Chapter of LKS was visited by its regional supervisor and received a glowing report. We are proud of our chapter and all of the projects that we have completed in the past year.

On February 12th, sisters performed a service project at the Ronald McDonald House located adjacent to the Children's Hospital of Pittsburgh. The Ronald McDonald House provides a home away from home for parents and siblings of children who are required to remain in the hospital for an extended period of time. Future plans are also in the works for

volunteering at the Family House in Oakland and in the annual Pitt Relay for Life event. On March 26th and 27th, a breakfast bar will be held, and on April 18th, satisfy your sweet tooth by visiting the LKS bake sale. Additionally, LKS sisters will be selling Sarris Candy chocolate-covered pretzels over the next month.

LKS is also planning to continue the Ovarian Cancer project it started last semester. Sisters visit various sites around campus to share information concerning early detection of this devastating disease. Special recognition is due to sister Stef Drahuschak (P2), who raised \$845 for the Ovarian Cancer Society through the sale of teal ovarian cancer bracelets. Several other sisters assisted her in this endeavor,

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Preventing Prescription Drug Misuse & Abuse: Generation Rx in Full Swing

By Sam Becker (P2)

Since the beginning of spring semester, ASP's Patient Care Committee has been hard at work educating pharmacists, fellow students, and themselves about the prescription drug abuse epidemic in Allegheny County and the rest of our country. And indeed it is an epidemic. In 2008, it was estimated that 1 Pennsylvania resident died every 5 hours from drug poisoning. Here's what we've done so far:

***Duchesne's Chemical Dependence Day**

A group of students had the opportunity to attend a packed-full day at Duchesne's Pharmacy School focusing entirely on chemical dependence and prescription drug abuse: the scientific, physiologic, behavioral, and clinical aspects. All P1 students at Duchesne attend this event. We were able to hear both a pharmacist in recovery and a professional interventionist share their stories. It is safe to say that it truly put the scope of the problem in perspective for all of us. The Patient Care Committee is brainstorming ways to have something like this implemented at our school next year. Let us know if you are interested in helping us plan.

***Continuing Education (CE) Video with Duchesne**

A group of students have been hard at work both writing the script for and filming a student-directed video for a CE with Duchesne students. The video provides both good and bad examples of how pharmacists should counsel patients who are either accidentally or intentionally misusing their controlled medications and patients receiving prescriptions for suboxone. This video will be distributed as a CE to all pharmacists across western



Sudha Mokkalapati (left) and Jaclyn Brucker film CE Video

Pennsylvania. If the trial run is successful, the video will be distributed to pharmacists all across the country! Our students starred as pharmacists, patients, and techs!

***P2 Experiential Learning**

The Generation Rx Committee has created a public health project that will be implemented during Poison Prevention Week in March at the P2's community pharmacy experiential sites. Students will counsel patients on how to safely dispose of unwanted medications.

***Poison Prevention Week: March 18-24, 2012**

Poison Prevention Week is fast approaching! Look for more to come on events and let us know if you are interested in collaborating on a project!

We look forward to soon appointing a new Patient Care Coordinator for the next school year! Looking to get involved? As always, contact Jaclyn Brucker (P3) or Sam Becker (P2) at asppatientcare@gmail.com with any new ideas for projects or questions.

Spotlight on the Dental School

By Jessa Koch (P2)

We share Salk Hall, the hallways, elevators, and classrooms, but what do we really know about the dental school and its students? I have been working closely with a second year dental student over the course of the year, but only recently learned about the dental board exam. The dental board exam occurs on two subsequent days, February 17th and 18th. Prior to the board exam, the dental students have to find a patient with a "board-classified" dental

problem to work on during the exam. Can you imagine having to screen and select your own board patient? To this date, some students have yet to find their patients, so a fourth year student reached out to us for help. The dental school arranged screenings for pharmacy students at a convenient time for us. Based on the screening, students may qualify to receive free dental work during the board exam. At very the least, pharmacy students will get free x-rays and learn the results of the exam. Hopefully this collaboration will continue into future years.

"Rote" continued from Page 3... Numbers must be memorized to be able to add, subtract, and spell funny things on a calculator. Brand and generics must be memorized to be able to fill prescriptions. These distinctions are less obvious in academic subjects such as biochemistry or neuropsychology. In these subjects, or should I say classes, the line between memorizing and learning concepts becomes blurred. I don't know if I need to memorize each section of the brain to know the mechanism of action of donepezil, and its subsequent contraindications.

The further I get in my education, the more I realize that clinical practice is comprised of best guesses termed "clinical judgment." This concept extends to the student experience. Based on past practices, studies, and outcomes, I try to determine what is important to remember and what is important to understand in a stack of notes when studying for an exam. When debating this, I find myself wishing I had a cheat sheet for use during the exam. When sanctioned, cheat sheets are said to be a benefit simply in their creation. When being sneaky, cheat sheets are a means of getting away with something you either didn't agree with studying, have time for, or care about—a good life skill. In either case, a cheat sheet presents some

benefit in that it allows you to determine what you don't memorize/understand and create a reference to supplement this deficit. But why include a middle step of a cheat sheet? Why not let students simply use reference material during times when they are required to know fact/concepts that they may not have the time or capacity to do so. This grants students a greater onus of "knowing" or "learning" but also gives us the skill to learn proper use of references. A skill of utility, I assume, to a practitioner. I make this argument with the acknowledgement that standardized patients, capstone cases, and project/presentations do contribute to a sizable portion of my curriculum, but think of how many multiple choice tests we take during the course of our three didactic years.

Hopefully this makes you consider how and what you "study" this semester. As for me, I'll continue to shift through notes, struggling to care about the difference between treatment of nasal and cutaneous diphtheria—turns out both are resistant to placebo. I'll wonder whether I should have understood the conceptual difference between checking Wikipedia for the correct answer and changing it to match mine or whether I should have memorized the differences between not knowing and not studying.

LKS continued from Page 6... and we appreciate all of their hard work. LKS girls are looking forward to Hygeia Day, which will be held mid-March. This annual luncheon will feature a guest speaker on depression, and all students are welcome and encouraged to attend. Look for announcements over the next month detailing this event.

The annual PowderPuff football game held between LKS and Kappa Psi is tentatively scheduled for March 25th. LKS is looking forward to another victory this year! Also, LKS had a great time at their Black and Pink Party held on February 10th with the brothers of PDC.

Our Lamb Light for the month of January is Stef Drahuschak, who has served as a social co-chairperson this year. In addition to supporting the Ovarian Cancer Society, as mentioned above, Stef has helped to organize all social events this year, including the Sweetheart Formal this past fall and the annual Spaghetti Warehouse dinner. We are glad to have had Stef plan such exciting activities for the fraternity. Stay tuned for more information regarding upcoming LKS events. On behalf of all sisters, have a fabulous February!



Sudoku

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

Easy

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

Medium

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

Medium

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

Hard