

The Pitt Capsule

THE UNIVERSITY OF PITTSBURGH
SCHOOL OF PHARMACY

2013

*New year, new events
...same organization!*



class of 2016! You have entered a great profession with endless potential to help those around you; seize these opportunities often and with excitement. If you put the patient first in everything you do, you will excel as a pharmacist and as an individual.

There were many other exciting events between then and now. We hope you enjoyed them all - but the celebration is not quite over. Remember to come out for tomorrow night's No Talent Talent Show and then cap of Pharmacy Weeks at Formal.

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally." - David Frost

Happy Pharmacy Weeks!

By Kyle McCormick

Happy Pharmacy Weeks! Pharmacy Weeks is a time for student pharmacists to have fun and celebrate the profession together. We thank you for continuing the excitement of this celebration and hope you have enjoyed all of the events so far.

Pharmacy weeks kicked off with the first annual Dr. Salk Hall Competition, hosted by Lambda Kappa Sigma. The event elicited the talents of Pitt's students and acted as a de-stressor during our busy schedules - all to benefit the Wounded Warrior Project and Project Hope. We hope to see the event in next year's schedule. Congratulations Dr. Salk Hall, Brandon Antinopoulos!

The excitement carried into the Tucci Lecture as RADM Scott Giberson inspired us to action, encouraging us to be providers and public health professionals in all that we do, to foster a mutualistic environment with other health professionals, and to focus on patient outcomes not medication outcomes. The message resounded with ASP's theme - Make Your Mark.

The theme of making a mark in the profession was embodied by student pharmacists, clothed in white coats, who recited the *Oath of a Pharmacist*. Congratulations

Social Committee Update

By Ashley Firm

Pharmacy weeks have been up and running for a few weeks with lots of exciting events. I hope everybody enjoyed Dr. Salk Hall and congratulations to the winner-Brandon Antinopoulos! Congratulations to the P1 class on receiving their white coats and to everyone winning a prize at the PLS Auction.

Special thanks to all the organizations that held an event during the pharmacy weeks.

Please join the social committee at the No Talent Talent Show Thursday February 7th from 6-9 at Peter's Pub. Can't wait to see everyone at the Formal Saturday and announce the winners of Faculty and Student of the Year!

Our next meeting will be Wednesday February 27th from 12-1 in the PCLC.

Thanks to all who participated in the past weeks' activities. We hope you had a blast. Also, it's not too late to catch the last events of pharmacy weeks!

- No Talent Talent Show. Thursday February 7th, 6PM. Peter's Pub (On Oakland Ave)
- School of Pharmacy Formal. Saturday February 9th, 6PM. Westin Downtown

In This Issue:

| | |
|--------|-----------------------------|
| Page 1 | APhA-ASP, Social Committee |
| Page 2 | SSHP, Presidential Updates |
| Page 3 | PPA |
| Page 4 | LKS, Patient Care Committee |
| Page 5 | KY, PDC |
| Page 6 | Rho Chi, Faculty Bio |
| Page 7 | Schweitzer Fellowship |
| Page 8 | IPSF, Editorial |

The Pitt Capsule:

Editor: Nicole Romstadt
 pittcapsule@gmail.com

Contributors:

- Kyle McCormick
- Ashley Firm
- Sudha Mokka pati
- Trey Draude
- Gerogina Waldman
- Brandon Antinopoulos
- Shayna Stout
- Katie McGuire
- Kathyrn Wersosky
- Joshua Radel
- Greg Trietley
- Tina Elgin
- Ravi Patel

SSHP Has Many Events Planned

By Sudha Mokka pati

In our first month back after break, SSHP has been busy getting together some goodies to keep your mind off the cold. Thank you to everyone who came out to our last event, a clinical talk during lunch, featuring the Director of the Oncology Pharmacy Residency program at Shadyside Hospital. It was great to hear his perspective on the significance of doing a residency in the scheme of our developing profession. Also in the past few weeks we sold copies of the *Sanford Guide to Antimicrobial Therapy* as part of a small fund raiser, which should be helpful to us as we progress through our careers as student pharmacists and

beyond.

Looking forward to the next few months, SSHP has been working hard to put together some public health projects for students to take part in! Our instructional videos on the proper use and handling of commonly used inhalers are on their way, and almost ready to be filmed!

In addition, we are looking for volunteers to help put together care packages to distribute to the patients at the Hillman Cancer Center and to send to sick children at the Children’s Hospital. If you are looking to help out with any of our projects, our ears are always open! Email us your ideas or to get involved at pitt.sshp@gmail.com.

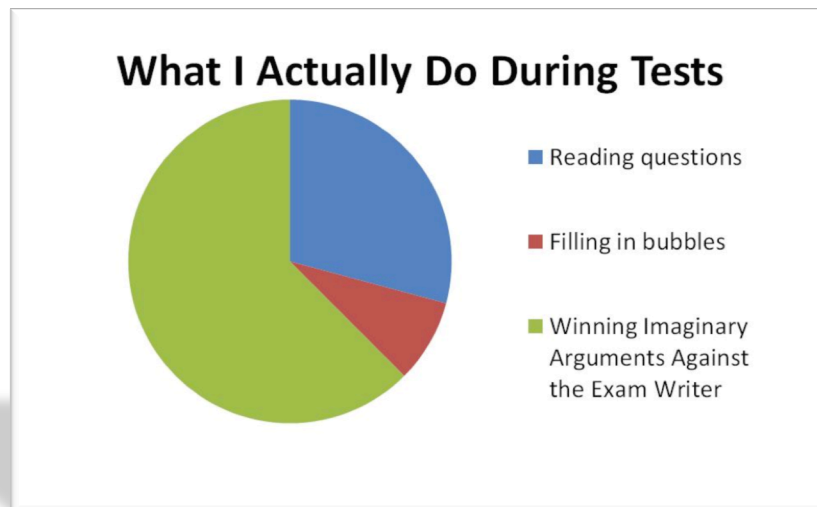
Presidential Updates

By Trey Draude

The P2s are enjoying the start of a new semester. With the dreaded P2 Fall behind us, we set course for P2 Spring with determined minds. The class is also excited for the fast approaching PLS auction and Pharmacy Weeks! Many of the P2s are taking active roles planning and participating in these events!

By Georgina Waldman

The P1 class is excited to receive their white coats February 1st! Right now class is preparing for the first round of spring semester exams. This month the P1 students will also start participating in the Silver Scripts program at their sites.



Comic provided by Ravi Patel, P3

Pitt Students Stake Their Claim in Harrisburg

By Brandon Antinopoulos

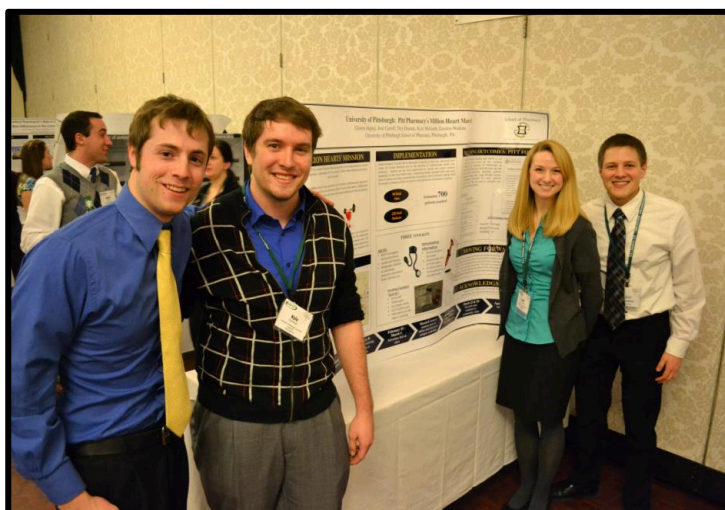
A record-breaking number of Pitt pharmacy students descended upon the Harrisburg area January 25th-27th for the PPA Mid-Year Conference. In total, 32 student members attended, half of which presented 13 posters. The weekend kicked off Friday with the 3.5 hour drive extended due to snowy driving conditions, but that was not about to keep Team Hard Exclusions, Pitt's OTC Jeopardy team consisting of Cory Hale, Kinley Sepkovic, and Greg Trietley (P3's), from making it with only seconds to spare before the start of the competition. Pitt was prepared though with Gordon Watkins, Trey Draude, and Andy Nguyen (P2's) ready to #16 Charlie Batch the situation. The Hard Exclusions were at the top of their game the entire night and took home 2nd place. They were only one of two teams who correctly answered the final jeopardy question.

At the Saturday breakfast, speakers from OutcomesMTM® talked about the opportunity for PA pharmacists to perform reimbursable patient care services in community pharmacies. This year's Tucci Lecture speaker, U.S. Assistant Surgeon General, Rear Admiral Scott Giberson, followed with one of the most inspiring discussions about advancing pharmacy practice, but all those who attended the Tucci Lecture probably already know that by now. Students then participated in student programming and CE's throughout the day until the Know Pain No Gain pain medication skills competition took place. The competition tested students' knowledge of pain meds and the finalists competed in a patient counseling component. Tyler Channas (P2) was one of three finalists in the competition and represented Pitt well, he did.

The poster presentation session was a success. Gordon Watkins said about the experience, "It was a great way to practice our presentation skills for future conferences." But alas, that was not all that was in store for PPA members during the session. A PhLASH MOB coordinated by the students across all the seven schools of pharmacy and PPA staff broke out in the middle of it all and ignited an excitement among students and pharmacists alike. "Great phlash mob last nite," tweeted PPA President, Rob Frankil @bobbygolf. Video of the PhLASH MOB is available on PPA's Facebook page.

Students and residents of Pitt joined Dr. McGrath and Dr. Bacci, as well as other Pitt alumni, for dinner at The Fire House Restaurant in downtown Harrisburg to celebrate Dr. McGivney's birthday! Twitter was on fire that evening from all the students tweeting about the happenings of the dinner, so it must have been good.

It was another successful conference experience. Pitt has obtained the reputation over the past couple of years with PPA as being one of the most active and passionate student chapters in the commonwealth. Now we need to keep the momentum going, and keep it going we will as we prepare for Legislative Day.



Top: Pitt students and faculty pose for a picture after enjoying dinner at the Firehouse. **Bottom:** P2 students, Trey Draude, Kyle McGrath, Joni Carroll, and Gordon Watkins present their poster during the Beer and Banter session at the PPA conference.

Happy 2013 From LKS!

By Shayna Stout

The members of LKS are excited to be back into the swing of things, and ready to start up another semester of activities!

Be on the lookout for many more bake sales this semester, with all of the proceeds going directly to Project Hope! Also, LKS will be contributing to their service branch by continuing Adopt-A-Block, in which they help to clean the streets of Oakland, Family House appearances, and Ronald McDonald Valentine's Day card making with the children.

As far as fundraising goes, LKS will be doing their annual White Coat Sale at the White Coat Ceremony this year, where you can invest in ordering a spare white coat!

The professional project chairs will also be busy this semester. They are currently planning Hygeia Day, which will take place during the lunch hour on March 6. Each year on Hygeia Day, LKS invites a speaker to come and talk about health issues. Previous talks include anorexia as well as substance abuse. Professional projects also include volunteering with the NOCC (National Ovarian Cancer Coalition), and tabling to raise awareness about the LKS theme this year, which is diabetes.

Operation Inspiration (Dean's Theme) is also becoming a very exciting area within LKS. Last semester, the LKS members tabled at various areas around Oakland, offering smoking cessation kits and gathering information, and they are planning on keeping up with this project this semester!

Dr. Salk Hall was a great success! There were various gift cards to local vendors that were raffled off, as well as a 50/50 raffle, with all of the proceeds going to charities. LKS would like to extend congratulations to Brandon Antinopolous (P3) who won the title of Dr. Salk Hall! Brandon was responsible

for over \$1,000 being donated to Wounded Warrior, his charity of choice, and an additional \$300 was donated to Project HOPE, LKS' chosen charity! Lastly, LKS would like to thank everyone who volunteered and/or attended the event!

The ladies of LKS hope that everyone has a great semester, as well as a happy and healthy 2013!



Brandon Antinopolous proudly holds his trophy after being crowned Dr. Salk Hall.

Patient Care Committee Updates

By Katie McGuire

The patient care committee is off to a busy start this semester! We had a very well attended Generation RX meeting, where we discussed numerous upcoming projects. The first project involves giving presentations to parents about the growing problem of prescription drug abuse among teens. Pharmacy students will have the opportunity to give presentations throughout the semester.

The first presentation will take place at Peters Township Library on February 15. The next project involves giving presentations to high school students about the growing problem of prescription drug abuse. We are working on getting presentations set-up at various schools in the

Pittsburgh area. We are also working on setting up various IPPE opportunities in the community. These opportunities include blood pressure screenings, teaching patients about proper drug disposal at local pharmacies, and having booths at local health fairs. Finally we are hoping to have a few health fairs in March or April where different SOP organizations can set-up tables.

If you are interested in participating in any of the projects please contact asppatientcare@gmail.com.

Kappa Psi Elects New Officers for a New Year

By Kathryn Wersosky

Following the initiation of 45 new brothers, Kappa Psi packed up for a weekend in Maryland for our annual ski trip. This trip was a great opportunity to relax together after spending winter break apart. The unseasonably warm weather allowed for sunny hikes around Deep Creek Lake, but, unfortunately, the conditions were not ideal for snow skiing. Instead, we enjoyed board games, lunches out and multiple viewings of the beloved film, *Pitch Perfect*. To sum it up, that movie is aca-amazing.

Kappa Psi is looking forward to an event-filled spring semester including Pharmacy Weeks activities, formals, the PDC vs. KY football game and the LKS vs. KY powder puff game. We will also be creating intramural volleyball and soccer teams, so there will be plenty of opportunities to show off our athletic talents (and lack thereof).

Many brothers have been working hard to plan the Centennial Celebration of our chapter, Beta Kappa. This will be a huge weekend event in April for our 100th Birthday where we invite alumni to join us for events that spotlight memorable moments in our chapter's history.

Mid-January KY held elections for a new executive board, and ended up with a great mix of current P1's and P2's! Thank you to all of the out-going officers for your hard work and dedication to Kappa Psi throughout the past year. Congratulations to the new executive board members!



Kappa Psi brothers enjoy the sunny weather at Beta Kappa's Ski Trip.

Kappa Psi's 2013-2014 Executive Board:

Regent: Adrienne Jantzi
 Vice Regent: Anthony Boyd
 Recording Secretary: Jenny Zhao
 Corresponding Secretary: Kathryn Wersosky
 Treasurer: Lauren McMullan
 Chaplain: Kim Ulshafer
 Historian: Andrew Nguyen
 Sergeant-at-Arms: Tyler Andring
 ASP Representative: Josh Niznik
 IFC Representatives: Joe Kosto and Elena Schaller
 Immediate-Past-Regent: Evan Williams

Phi Delta Chi Updates

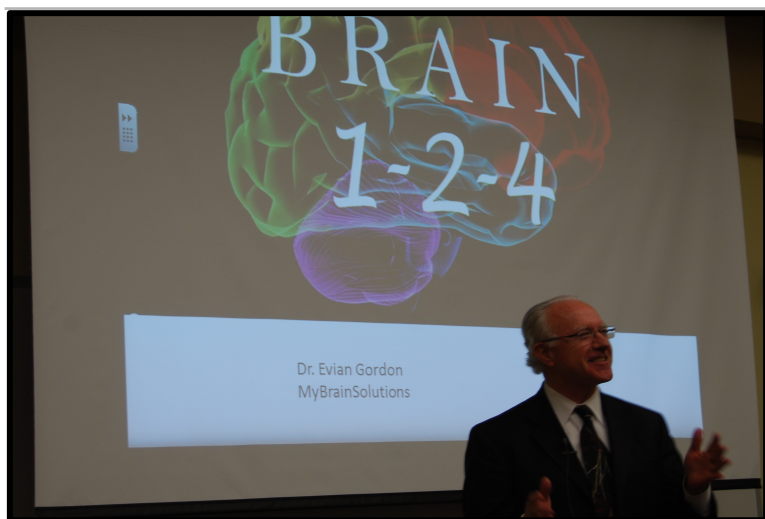
By Joshua Radel

January was a very busy month for the brothers of Phi Delta Chi. Upon returning from Winter Break, we held a bonding week in which the pledges and current brothers were able to get to know each other much better. We are excited to report that, after successfully learning the various rituals and history of Phi Delta Chi, one P3 and fourteen P1 students were initiated as Brothers.

During Pharmacy Week this year, Phi Delta Chi sponsored a charity dodgeball tournament. ESPN 8 ("the Ocho") was slated to provide media coverage of this event, but they later declined due to prior commitments. Both pharmacy students and non-affiliates came out for the fun, and everybody seemed to have a great time. Each player was asked to pay a \$5 entry fee, and the proceeds went to the charity of the winning team's choice.

We would also like to take the time to congratulate several members of PDC for their impressive performances in the first annual Dr. Salk Hall competition. Kevin McMahon, Joel Lauffer, Jose Nery and Brent Milovac were excellent contestants. Brandon Antinopoulos was ultimately crowned the winner and raised over a thousand dollars for his charity, the Wounded Warrior Project.

Looking forward, Phi Delta Chi members will be meeting with the fraternity's executive directors in February to discuss future service projects and participate in leadership workshops.



Dr. Smith speaks on January 23 as part of the Phi Lambda Sigma/Rho Chi lecture series.

Rho Chi Has Exciting Events Planned

By Greg Trietley

Rho Chi's "Posters, Professors and Progress" event is almost here! As part of Pharmacy Week, pharmacy school faculty will present and discuss their current research projects to students, residents and fellow faculty on Thursday, January 31st at the O'Hara Student Center from noon to 1 p.m. So far, 12 professors have signed up to present their research, and we're definitely going to persuade a couple more. There will also be food and a raffle, so come and learn some big science words!

Also on January 31st is the PLS auction. Rho Chi has a "Frappuccino and Phipps" outing on the auction block for four faculty members and their dates. It's a trip to Phipps Conservatory and whatever the heck a Frappuccino is. Maybe the winners can also talk Rho Chi members into a Fuel & Fuddle outing as well because, hey, we obviously love alliteration.

The next Rho Chi Health Talk at the Salvation Army Adult Rehabilitation Center is scheduled for Monday, February 11th at 6:30 p.m. The topic is smoking cessation. It's the most informative lecture on huffing and puffing outside of *The Three Little Pigs*.

The March health talk on over-the-counter products has been canceled due to a lack of availability over spring break.

Dr. Falcione will have part two of her teaching seminar with Rho Chi members later this semester at a time to be determined. It has the potential to be the best sequel since *Toy Story 2*.

P1 students: Rho Chi members Kyle McCormick, Ravi Patel and Lorin Grieve plan to put together online quizzes on your lecture material to help you study for your exams this semester. If you have any questions, e-mail us at pitrhochi@gmail.com or feel free to flag down a Rho Chi tutor. Kyle is the easiest to spot, since he's very, very tall.

Faculty Bio.

Dr. Pamela Smithburger, PharmD

Area of practice: Critical Care Specialty Clinician. Special interests include ICU sedation optimization and delirium detection and prevention, as well as medication safety in the ICU.

Classes currently teaching: Pulmonology/Rheumatology (course coordinator), Acute Care Simulation elective (course co-coordinator), Neuro/Psych, Special topics, APC1, Cardiology

Memorable teaching moment: During the final simulation of the year in the Acute Care Simulation elective, Dr. Smithburger is amazed about how much the students have learned and is thrilled every year by their passion for learning!

Alma Mater: University of Pittsburgh (Hail to PITT!)

Memorable pharmacy school moment: As a P3 student, Dr. Smithburger shadowed a faculty member in the MICU and fell in love with critical care. That morning in the ICU changed her career goals and aspirations and started her passion for caring for the critically ill.

Favorite subject to teach: Acute Care Simulation

Favorite TV show: Penguins Hockey and Gold Rush

Favorite band/musician: Loves all music and listens to a wide variety daily

Favorite quote: "Life is measured not by the breaths you take, but by the moments that take your breath away."

Favorite restaurants: Mad Mex, Spice Island Tea House

Advice to students: Honesty is always the best policy, be honest to others and yourself. Work hard, but also leave time for relaxation and fun.

Fun facts: Dr. Smithburger was a competitive figure skater throughout her childhood and coached in college, and she loves to bake cookies, especially Christmas cookies. Dr. Smithburger is also a huge Pittsburgh Penguins fan and is thrilled hockey is back for 2013!

My Unique Experience: Schweitzer Fellowship

By Tina Elgin

“The purpose of human life is to serve, and to show compassion and the will to help others.”

–Albert Schweitzer

What does that quote mean to you? Do you know what “reverence for life” is? What do you think about service? Before pharmacy school, I never really thought about any of these questions or what they meant to me. I considered myself blessed, but I never really thought about the people that weren’t as lucky as me. Through my experience with the Albert Schweitzer Fellowship, the answers to those questions now mean more to me than I could have ever imagined.

Let me introduce you to one of my personal and professional heroes: Albert Schweitzer. He was a theologian, organist and philosopher that went back to school to be a physician at the age of 30. In 1912, he moved to Gabon, West Africa to provide medical care to the most needy of people in the world. He was driven there not by an offer of greatness or the possibility of professional gain or wealth, but by the pure intrinsic goodness of his heart and what he believed was important in the world. Many of his quotes and writings have earned a permanent place in my life and personal philosophy.

The Albert Schweitzer Fellowship provides the platform for about 250 graduate professional students across the country to practice service and reverence for life in their own communities. Anyone from a medical or dental student to a social work or law student could participate in the fellowship. Once accepted to the fellowship, students must design and implement a project to work with and in underserved communities to promote health and well-being in a broad sense. For my project, I worked with various health clinics in the Pittsburgh area and Prevention Point Pittsburgh to provide opioid overdose prevention and education.

The beauty of being a fellow is the support and interaction you get with colleagues. Fellows meet once a month to discuss current issues facing their populations or humanity in general, as well as to discuss their projects, any problems they face or accomplishments they’ve made. Through the fellowship, I had three

different mentors to help me with my project, as well as twenty other fellows on our journey to being leaders in service. One of my mentors was Dr. Jonkman, who is currently the Board Chair and served as a Fellow when she was in pharmacy school.

My eyes were opened wide to how other disciplines within the healthcare team examine and approach various community problems. I learned the value of working *together* with both patient and other providers to better the health and life of the patient. I learned to focus on the patient’s needs, rather than what I thought were the patient’s needs. I learned how to be culturally more aware of how my patients see the world and health care. I learned how to better communicate my thoughts and goals.

A unique opportunity that we have in Pittsburgh involves the Environmental Fellows, who develop projects more specifically to change how environment influences health. I had never really realized how the physical and emotional environment affects health and well-being.

Even a year after my fellowship year ended, I have embraced continuing to learn as a Fellow for Life. I now serve as a mentor to a current fellow and am learning the importance of being on the other side of a mentoring relationship and what my mentee may need from me. Although my project has technically ended, I still find myself advocating for the population I worked with and the other groups of people in need that the other fellows worked with. I can now see how the practice of pharmacy is only one small piece in the puzzle of treating people as people. I think that was what Schweitzer was really trying to explain with the quote mentioned above—that we really aren’t that different from each other and we all have needs and have to receive and give help to our fellow man. Now I challenge you to find out what reverence for life means to you.

To learn more about the fellowship, visit <http://www.schweitzerfellowship.org/>. More information can be found about the application and previous projects on the Pittsburgh section of the page. The applications are due February 15, 2013 and the link is on the website. Feel free to contact me or the other fellows listed on the website or in pharmacy school for more information: Alicia Lichvar P4, Jessa Koch P3, Lauren Cirrincione P2. Please don’t let fear keep you from applying to such an amazing opportunity!

IPSF Updates

By Ravi Patel

The International Pharmaceutical Student Federation (IPSF) had an exciting January. We had the chance to enjoy the School of Public Health's international dinner and Center for Global Health's Film series. We celebrated the acceptance of two of our students in the Student Exchange Program (SEP) who will be traveling experience pharmacy abroad this summer.

This February, we hope to coordinate a volunteer event at Global Links, a Pittsburgh organization that distributes medical surplus to resource-poor communities. We are also collaborating with the other schools of Health Sciences to create an "International Week" with a rotating daily topic to explore the breath of the topics in public and international health.

We wish you a pandemic of love and chalky heart candies this February!

Do Distractions Derive from Devices?

By Ravi Patel

There's a chance that you're reading this article while sitting through some meeting or class. After this, you may check your phone, peruse a news site, or scan your social media feed. As a student in a lecture, there are any number of "distractions" you may indulge during a lecture. These may range from a moment to answer a quick text message or complete disengagement, like when writing a monthly column. The lecturer at the front of the room that sees your head down knows that taking notes is not that interesting and you're not paying 100% attention. Regardless, lecture continues. If both parties acknowledge that the student is not really paying attention, what roles does "disengagement by distraction" play in the lecture or learning experience?

As a student, I know that not all lectures will be of interest to me (or my grade). This is almost a universal fact in education. I, for argument's sake, try to limit my own experiences with "distractions". I don't spend too much time (which I'll arbitrarily assign <10% of a lecture time) engaged in distractions. I consciously minimize time spent surfing news sites, finding/playing various games on my phone, online shopping, etc. When my battery runs out, I play spectator as neighbors do the same.

The common theme in these distractions is their function through "electronics". Students are often criticized for being

too distracted by their electronics, gizmos, or magic black boxes. It's often lamented how things in the classroom today are different from the past. While I agree that electronics do change how we are distracted, I disagree with the idea that they are the cause of the distractions. With a dead battery, I may not surf social network sites, but I do get distracted by trying to figure out my schedule for lunch. Even without the Internet access to read news, I could do the crossword in the local, daily paper. Instead of texting laughing emoticons, I crack jokes about CYP enzyme based-pickup lines. Electronics only introduced new forms of distractions. I'm certain that doodles, analog newspapers, and the stand-by of sleep were readily present in classrooms of years past. Even without electronics, students will still be distracted.

While there is an obvious responsibility of the student to pay attention, as they see fit, lecturers still have the responsibility to encourage active engagement with material. Beyond this responsibility of engaged learning, why should lecturers limit use of such distractions? The obvious answer is that "distractions" lead to poorer learning. In response, through poor use of science on my part, I cite an article from the [Journal of Pharmaceutical Education](#) which found that students with more use of electronics for non-class purposes during class time received the same grades as students who didn't use electronics for non-class purposes(1). The less obvious argument against distractions that lecturers explicitly cite is the view that distractions can be viewed as disrespectful. From this reason, my conclusion is that the clash between lecturers and students in regards to "distractions" stems from the fundamental differences in the subjective interpretation of what it means to be a "respectful audience". Some lecturers care, others don't. Same goes for students. Trying to reconcile the two may always be a universal issue in much of education and electronics may just serve as a lightning rod for criticism.

Now, I suppose I should probably go back to listening to this lecture....

1. Prescott, WA, Johnson, HL, Wrobel MJ, et. al. Impact of Electronic Device Use in Class on Pharmacy Students' Academic Performance. *Am J Pharm Educ.* 2012 November 12: 76(9): 167.