



The Pitt Capsule



University of Pittsburgh School of Pharmacy

IPSF: Moving Forward...but First, a Look Back

By Natalie Capozzolo

Starting a new year with a clean slate is always a great feeling. However, I believe that it's important to take a moment to reflect upon previous accomplishments. IPSF shared in many successes during November and December including volunteering to repackage medical supplies at Global Links Pittsburgh, a non-profit organization that recovers medical supplies from US hospitals and redistributes materials to health care facilities in the Caribbean and Latin America while promoting environmental stewardship. IPSF was also able to raise awareness about HIV/AIDS by inviting an HIV+ patient to talk with the student body and collaborating with ASP's Social Committee to hold a successful benefit concert for the Pittsburgh AIDS Task Force (PATF). Featuring the local groups Happy Ending and Haven, Dr. Neil Benedict's band, the night was one to remember. Thank you to everyone who made helped make this event a great success. Due to your support, we were able to raise \$850 for PATF!

Additionally, our 5-week Yoga for a Cause classes raised over \$300 for the Elizabeth Glaser Pediatric AIDS Foundation. This is a truly amazing accomplishment! Again thank you for your support.

Looking ahead, IPSF is anticipating an exciting semester. The organization is currently working on implementing a 4-5 week Medical Spanish course, developing a stronger relationship with the Pittsburgh AIDS Task Force by participating in volunteer projects, working with a local organization, Amizade, to coordinate events for World Water Week and collaborating with other chapters of IPSF to shed light on global and public health issues. Please join us for these innovative projects and exciting opportunities.

For more information on upcoming meetings, volunteer events or information on preparing for study abroad feel free to reach us at pittipsf@gmail.com. Additionally, if there are any projects you wish to initiate please feel free to submit your ideas.



Top left: Volunteering at Global Links

Top Right: IPSF members take a picture with AIDS Task Force speaker

Bottom Left: Dr. Benedict's band performs at Peter's Pub

Bottom Right: Yoga for a Cause



In This Issue:

- Page 3 ASP, LKS
Page 4 P4 Tuba City Rotation
Page 5 Tuba City, PLS
Page 6 KY, IHI
Page 7 Pharmacy Weeks
Page 8 Ravi's Corner, SNPhA
Page 9 Sudoku
Page 10 In Memorial

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P3's Last Semester

By Alicia Lichvar

As a class, we can actually see the light at the end of the tunnel. That light is called, "Rotations." It is such a coveted word that has been tossed around by numerous P4s since our entrance into Salk Hall. Soon, we will be selecting rotations. The students traveling abroad already know their destination, as do those traveling to various governmental rotations within the country. It is a crazy feeling to know that this is, in fact, our last semester in Salk Hall. What a wonderful feeling. Personally, I have been waiting for this semester since I first stepped foot into 402 for orientation, but I digress. This Spring Semester has so much in store for our class; I am anxious to see what we all can accomplish in the upcoming months.

It will be delightful. I can feel it.

P1 Brief

By Trey Draude

The P1s have ended their first semester! Just like the atomic material of quarks, there have been many ups and downs to the first set of classes we have faced. We ended the semester with a lovely Secret Santa and Ugly Holiday Sweater Party. The majority if not all of the class was in attendance! The Dean's Advisory Board and I are getting the final touches ready for the White Coat Ceremony taking place January 27th!

Patient Care Tracker

As of January 5: 384 patients



The P1 Class celebrated the holidays with an ugly sweater party!

RxPREP

Interested in becoming involved with RxPREP Pre-Pharmacy Organization? We are currently looking for students who are interested in helping us out next year. Please contact President Sarah Rindfuss for more information (sarah.rindfuss@gmail.com).

ASP Kicks off New Year

By Elyse Weitzman and Kyle McCormick

Welcome back and Happy New Year! I hope you all had a relaxing and fulfilling Winter Break with friends and family.

Thank you to those that contributed feedback on our past and proposed future events by completing our online survey. We do very much appreciate and take into account all of your input throughout the year.

With January brings the highly anticipated Pharmacy Weeks, two weeks at our school of pharmacy dedicated to showcasing the profession through various events organized by student groups. This is a fun time of the year that brings our school together. It is never too late to get involved in organizations and see what interests you!

The APhA2012 Annual Meeting and Exposition in New Orleans, LA is quickly approaching! It will take place over Spring Break during the weekend of March 9-12. From our initial round of surveying, approximately 40 students expressed that they would be somewhat or highly interested in attending, which is great! Attending the Annual Meeting is an enriching and invigorating experience with student programming that allows for the sharing and collaboration of ideas about the profession, and development of policies that could ultimately impact our profession.

Our chapter has already reserved hotel rooms at the Hampton Inn Convention Center, which is conveniently situated a few minutes-walk away from the Convention center where the conference will be held. If you are planning to attend, you are responsible for purchasing your own airfare. Since there will be a large group of students attending, it will be easy to coordinate traveling with others if you so choose. Students are responsible for making payment upfront, whether it is for conference registration, airfare, and the hotel upon checkout, with retrospective reimbursement offered based on involvement in our APhA-ASP chapter activities and meetings. We will provide you with an estimated amount of reimbursement in mid-February. Please sign up for the conference, confirm plane tickets, and complete our chapter registration form by February 6. The form is available on our Facebook page and in paper copy. You can still attend the meeting if you register after February 6th, however, you will have to find your own hotel arrangements.

In the coming summer, a program called the Utah School on Alcoholism and other Drug Dependencies will be taking place. It 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, whose application deadline is February 1. Our chapter also can fund up to 3 students. In order to be considered for the Chapter's scholarship you must complete an application by February 15th. If you are interested in participating in the Utah program, we recommend that you apply for both the national scholarship as well as our chapter funding. The program application will be available shortly on www.pharmacist.com, and will be due to the Utah School by June 1.

As always, please feel free to contact us if you have any questions, comments, or concerns! We hope you enjoy the month of January and all of the celebrations! Congratulations Class of 2015, your student pharmacist wardrobe will soon be complete!

Welcome back from LKS!

By Kailey Troutman

After a restful winter break, the sisters of Lambda Kappa Sigma are ready to begin a spring semester filled with exciting events. An LKS activity for Pharmacy Weeks is currently in the works, and forms for the spring clothing sale will be distributed to all classes in the near future. LKS will also be holding a white coat sale this semester, and we encourage P3 students preparing to go on rotations to consider purchasing an extra coat!

This spring, the girls of LKS will be participating in several service and professional projects including continuing to volunteer at the Ronald McDonald House. Bake sales will be held throughout the semester, and the proceeds from these sales will benefit Project HOPE, a volunteer initiative that provides medical care and health information to populations in need around the world. Satisfy your sweet tooth and support a worthy cause by purchasing items from any or all of these sales. The annual PowderPuff football game versus Kappa Psi is another exciting event that will be taking place this spring. Hygeia Day, an annual LKS luncheon that features a guest speaker who discusses a particular health care topic, is tentatively scheduled for the month of March. Look for announcements over the next month detailing this event, as it is one you want to be sure not to miss!

Congratulations to Allison Doherty (P1) who was chosen as the Lamb Light for the month of November. Allison served as the SuperPledge for the new members this fall and helped to organize the P1 bake sale to benefit Project HOPE. We commend Allison for all of her hard work. Stay tuned for reports of January's Lamb Light in the next issue. On behalf of all of the LKS sisters, welcome back to Pitt, and best of luck with the semester!

P4 Rotation Profile: Tuba City, Arizona, Indian Health Service

By Svetlana Goldman

During my rotation with the Indian Health Service (IHS) in Tuba City, Arizona I was surprised to see how different the Native American living conditions were and the health disparities in this unique population. Living in a major city people often lose perspective about the complexities of life and how much we have at our fingertips. People complain about the internet being too slow or the shopping mall not having enough stores. Often, we lose sight of how lucky we are to have basic life necessities including a roof over our heads, running water, and electricity.

Before my rotation with the IHS I knew very little about the Native American culture and way of life. I had never been out west and immediately I was taken aback by the beauty of my surroundings, the deep red canyons, the endless national parks, and the serene expansive deserts. One can drive miles down an endless highway and see nothing in sight. After driving five hours from Phoenix, I finally arrived in the small town of Tuba City. Here some of the Navajo natives still live in traditional "Hogan" houses, which are cone shaped shelters where many religious ceremonies and dances are performed.

My first day at rotation I was placed in the outpatient pharmacy and trained to counsel patients on their new prescriptions. They had private rooms where the patient met with the pharmacist to discuss prescriptions including indications, directions, and possible side effects. Shockingly Tuba City still has paper charts, so it can take a few hours to fill a patient's prescription. The pharmacists need to get the charts from medical records and transfer this information into their computer system. I was surprised to see that often patients had no problem spending most of the day waiting. From my retail experience, I expected patients to be very frustrated and upset at the long wait time, but I was even more stunned to see how much the patients appreciated the education provided by the pharmacist. In most towns there are many pharmacies where prescriptions can be filled. However, in these remote areas one can travel hours before finding another



P4 students find time to take in the sights out West

hospital or community pharmacy. Thus, patients have no choice but to wait for their medications and they feel lucky to have access to these valued resources. Which is a change of pace from all of my experiences in retail pharmacy.

This was truly one of my most rewarding experiences as a pharmacy student. With each interaction, I realized that even through a simple 10 minute face-to-face encounter I had the power to motivate someone, help them change, and reach their health goals. Many patients shook my hand and repeatedly thanked me after I counseled them on their medications.

After working with many people, I definitely became very comfortable counseling patients on a variety of medications, especially diabetes prescriptions. A large proportion of the Indian population suffers from Type II Diabetes and the Tuba City Health Center has developed an innovative approach to help educate newly diagnosed patients. They have a healthy living center where patients can attend classes to learn more about their diabetes, how to manage it both through medications and lifestyle changes, and further realize they have a support system. This gave the patients tools with which to manage their condition. As a student, I was able to attend one of these sessions, where I was able to learn more about nutrition, exercise, proper medication use, and how to help motivate patients to reach their goals.

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continued from page 4... I got to demonstrate my value as a pharmacist, on the last day during a diabetes expo where I helped educate people in the community on how to both prevent and manage diabetes.

In addition to working in the outpatient pharmacy, I also gained experience in other pharmacist managed clinics including anticoagulation and flu. It was exhilarating to see pharmacists in clinical roles talking with patients, interacting with other health care professionals, and making a difference in every life they touched. I realized the complexities of managing a patient on warfarin and what types of questions need to be addressed to ensure safe and effective drug use. Furthermore, during my time in the flu clinic I screened patients and helped educate them regarding common myths of the flu vaccine. During the time on the reservation I traveled with one of the IHS civil engineers to see how water tanks and sewage systems were being built in certain areas. Not everyone is lucky enough to have the luxury of flushing toilets. I learned that it can take years to get all the necessary permits and approvals to start building, anything, let alone plumbing.

I also was able to meet with a natural medicine man that worked as a mental health counselor in the hospital. He opened my eyes to the beauty and traditions of the Navajo culture. They have special ceremonies for significant life events including birth, marriage, and death. When he was a child his grandfather knew that someday he would have the gift of healing people and he started

teaching him traditional songs and blessings. Many of the ceremonies involve singing for over a day. It truly amazes me to see the unique history and passing of songs and traditions between families. However, since many aspects of their culture haven't been written down some blessings and traditions have been lost forever.

Tuba City taught me a lot of valuable pharmacy knowledge, but most importantly showed me life lessons and the generosity and warmth of the people. On the weekends I hit the road with my fellow classmates and explored our magnificent surroundings. We saw the Grand Canyon, Zion National Park, and Monument Valley, just to name a few of the sites. We were able to attend local fairs and flea markets where we could speak candidly with the natives. While in the pharmacy I shared my knowledge with the patients, outside the hospital they shared their beliefs and values with me. I learned about natural herbs they commonly use to treat ailments and the healing power of both cedar beads and turquoise. Upon conclusion of my rotation I realized the immense impact pharmacists can make both by providing exceptional health care, but more importantly by being friendly and open to all cultures. Finally, I realized the importance of being thankful for all the basic life necessities and commodities we commonly take for granted. So in this New Year, I hope all of the pharmacy students have time to reflect and realize the wonderful opportunities surrounding us and the dreams that lie ahead!

Join us at the PLS Auction!

By Sarah Rindfuss

On Thursday, January 19th, Phi Lambda Sigma will be hosting the PLS Charity Auction at the Wyndham on Forbes Avenue in Oakland at 6 PM. Organized by auction chairs Indrani Kar and Evan Williams, the auction, which is part of pharmacy weeks, will benefit the Grace Lamsam Pharmacy Program, which serves to fund underserved clinics throughout Pittsburgh. At the auction, prized donated by faculty members will be auctioned off, and a raffle will be held for giftcards and prize baskets. Crowd favorites from last year's event included a shufflepuck tournament at Dr. Benedict's house, whisky tasting with Drs. Folan and Fabian, dinner and ice skating with the Dean, Dr. Smith, and Dr. Gold, and a night at Hofbrahaus with Drs. Pater, Hall, and Falcione. Last year, over \$6,500 was raised during the auction, and we're hoping to top that number this year. Come join the rest of your classmates and faculty for some free nachos and beer and support the Grace Lamsam Program!

Phi Lambda Sigma will partner with APhA-ASP once again for the annual Spring Leadership Retreat. The planning for the retreat will begin at the end of January. The goal of this year's retreat will be to unite all of the organizations within the school of pharmacy around one common health initiative. We will use this retreat to plan and set goals for the fall semester of 2012. Look for more details about this event in the coming weeks!

PLS President-Elect Chrissy Jordan is currently working with a handful of students on an application for the Phi Lambda Sigma Charles Thomas Leadership Challenge Grant. Each year, a Leadership Challenge is proposed to all chapters of Phi Lambda Sigma. This year's challenge will be "promoting leadership in the age of social networking." Our chapter hopes to utilize Pharmacist Society, Facebook, and the student portal in our proposal. We will find out if we are awarded the \$1000 grant at the PLS annual meeting in March.

Kappa Psi Welcomes New Brothers

By Hannah Duttenhoeffer

Welcome back from Beta Kappa! We finished off our busy fall semester with our annual Christmas party where Brothers and pledges all got to sit on Santa Luke Berenbrok's lap and received their Secret Santa gifts and enjoyed fellowship with one another over an enormous potluck dinner complete with our traditional Christmas ham and compilation of deserts from cheesecake to chocolate truffles.

Pledging also wound down at the end of the semester with the pledges and Brothers participating in our annual scavenger hunt night around Oakland. Everybody had a blast getting to know each other better with team building exercises, trust exercises, and our traditional meal of pizza rolls, cheese sticks, pretzels, nachos, and O-fries.

The pledges also finished the pledging process and were inducted on January 5th into the Brotherhood. We are incredibly happy and proud to welcome them into Beta Kappa, and we look forward to what they will do in the future as Brothers. Special thanks to our pledgemasters, Julie Cusaitis and Nick Hunsinger for their fantastic job all semester, and...Congratulations, FPC2011!

As a new semester begins, Beta Kappa will be holding elections for next year's executive board soon. We will also be planning several philanthropic and social events for this semester, as well as our upcoming centennial celebration.

Good luck this semester everyone!

Shadowing to Improve Patient Care

By Jessa Koch

Sure we have probably all shadowed someone at their job- maybe it was a pharmacist, a parent on take your child to work day, or another individual that held an interesting job to you. But have you ever shadowed the person affected by that job, such as the patient? The Pitt IHI (Institute for Healthcare Improvement) chapter is starting a shadowing club. The shadowing club is being run through the Patient Family Centered Care group of UPMC's Innovation Center whose mission is to provide exceptional patient care that delivers the best outcomes, quality and safety. The shadowing club will pair students with a family and/or patient during a point of care during a hospital visit. The students will shadow those individuals for a set length of time. During the shadowing experience, the student can help assist the family and patient and record any observations noted during the experience. Students will be provided with a survey that they can ask the family/patient about their hospital experience thus far. The surveys are simply to take note of points in the care process that may need to be improved upon and not to single out any care providers in the process. The observations that students make and what they learn from the patients will be utilized to improve patient care from the system level.

I got to take part in one of these shadowing experiences. I was paired with a patient being moved from an ICU at Presby to a step-down unit a few floors below. The experience was very worthwhile and really helped me to see patient care through a different perspective. The patient and I got to talk for a while. She expressed how tired she had been in the hospital due to the constant noises in the hospital. Her move to the step-down unit was rather quick but occurred early in the morning at about 7 AM. I noted that her family had not been notified about her move, which could cause future confusion. I hope that my observations will help to improve care.

Look out for a meeting later this month to further learn about the shadowing club and sign up for a shadowing experience.



Kappa Psi Brothers pose for a picture with Santa Claus on the fraternity house roof

Pharmacy Weeks and More!

By Chelsea Fitzgerald

The social committee would like to thank everyone that came to the AIDs Benefit Concert at the end of the semester and helped make it a huge success! We had over 100 students come out and between admission and raffle tickets, we raised almost \$700 for the Pittsburgh AIDs Task Force! We cannot thank Haven, Higher Ground, and the students enough for making this a successful and fun charity event.

With the spring semester in full force means that pharmacy weeks is quickly approaching! This is a 2-week period where many organizations host pharmacy-related activities and events for the students to participate in. The tentative schedule is below. Several more events will be added once dates are finalized.

If you are interested in performing in the Talent Show, please e-mail Ashley Firm at alf60@pitt.edu. Forms to RSVP for the formal will be handed out in class and e-mailed out to the student body.



Dr. Benedict and his band, Haven, perform at the Pittsburgh AIDS Task Force benefit concert.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	10	11	12	13	14	15
			OTC Jeopardy 12:00 PCLC Rm 457			
16	17	18	19	20	21	22
	PPA/SPAN meeting @ 12:00 Rm 229/230	Tucci Lecture 12:00 Scaife 6	1. Rho Chi Scavenger Hunt 2. PLS Auction 6-9 PM Hilton Garden Inn			
23	24	25	26	27	28	29
Family Feud with SNPhA 12:00	Patient Counseling Competition @ 5:00 in 8 th Floor Lab	Social Committee Meeting @ 12:00 229/230	1: IPSF Meeting 12:00 2: "No Talent" Talent Show 6-9 PM Pittsburgh Cafe	White Coat Ceremony Scaife 6	ASP Formal 6-11 Pm Westin (downtown)	

Counseling Students

By Ravi Patel

We have to use the full extent of our communication skills to compress 6 years (minimum) of education into a 60-80 second spiel, if any, that we give to patients about their medication. Students eager to share all the information needed to check off everything on a rubric inundate patients with information in our encounters with standardized patients. During Experiential Learning, we talk to patients about flu shots and vigilance blood pressures checks. Many of the cynics among us, realists being an arguable synonym, think that patients won't really remember most of what is discussed regarding their medication, if anything. A professional devoted to teaching someone something they may not understand nor even care about is a situation not too dissimilar to many of the classrooms in which I sit.

As practitioners, we provide patients a large amount of information needed for them to understand their medications' proper and safe use. The majority of what is said, though, is outlined in the package insert. This insert is often not comprehensible by the patient and often not useful in the daily practice of clinicians. The pertinent information, however, in this tiny-typed, multiple-paged insert is, or at least should be, explained to the patient by the clinician.

As a student often confounded by whitepapers, scientific literature, and textbooks, I can relate to a patient's need to have a trained, knowledgeable figure guide me through a quagmire of information so that I can understand the pertinent

information. Just as a pharmacist may describe the important information from a package insert to a patient, a professor teaches pertinent information from a textbook to students.

We, as veteran students and burgeoning practitioners, can learn from this analogy. Through our first experiences in interacting with patients, we know the rewards of working with patients who are eager to learn and the frustration of working with a patient who pays lip service instead of attention. Many students themselves, though, are guilty of showing up to class only to lose themselves in a game, puzzle, book, doodle, etc. On occasion, however, we look up a few times and mistakenly make eye contact with the professor. Panic gives way to a slow nod of the head, just enough to give both the professor and ourselves a sense of confidence in comprehension of the material. At the end of the counseling session, or after the test, the person who was teaching hopes that the other person walks away with some basic, needed understanding of the information.

In understanding why patients must know possible adverse events even if unlikely, students may better understand why we learn about something like the field of pharmacogenomics even if we don't expect to see it daily as clinicians. If we were to go back and watch videos of our first attempts to counsel patients, cringes sure to ensue, we may be more forgiving of those who may be teaching a new or unfamiliar lesson for the first time. So at the start of this semester, see if better understanding your practice can help you better understand your education.

SNPhA Plans for Upcoming Meetings

By Erin Mathis

SNPhA's annual regional meeting will be held February 3-5 this year at Wingate University in Charlotte, NC. Registration is still open, so please contact Sam Holliday (snpha.pitt@gmail.com) if you are interested in attending this meeting. The fees for registration and hotel accommodations are covered for everyone who is a national SNPhA member, and some of the flight cost will be covered.

The national SNPhA meeting will be held in July of this year in Las Vegas. Registration and hotel costs are also covered for this meeting for all national SNPhA members. It is not too early to start planning to attend this meeting, which will be a lot of fun for all members attending!

SNPhA Executive Board elections for this year will be held in early February. All positions are open (President, President-Elect, Vice-President, Business Manager, Secretary, Lower Campus Liaison, and Historian). We will send out an e-mail with the details and duties for each position for all those interested in running for a position this year.

SNPhA will be conducting several community outreach projects this semester, including a Smoking Cessation clinic, and Operation Barbershop at People's Oakland. We will send out more details and the dates about these activities.

Sudoku

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

Easy

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

Medium

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

Medium

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

Hard

In Memorial



Timothy Robert Cook

October 8, 1984 - December 27, 2011

"Timmy Cook was a passionate person. His eyes always shined the brightest when he was doing something he loved: cooking for a group of friends and talking about the restaurant he wanted to open in the future, telling stories about his best pal- his dog Floyd, painting, watching "Step Brothers," explaining that the Irish are better than Italians and rooting for his favorite team- the Penguins (especially Jordan Staal), wearing his green jersey, and arguing with any female that he loved Sidney Crosby more. But the best thing about Timmy was that he loved to make people smile. He could always be counted on for a joke and a smile just because he liked to make other people happy. He was a reminder to me to never take myself too seriously and to enjoy the things in life that truly make you happy. I feel honored to have known Timmy and will miss seeing him in Salk Hall towering about everyone. Although he was taken from us prematurely, I know he will never be forgotten."

-Jennifer Bacci, Pharmacy Resident

"Timmy Cook was a man who was in every way larger than life itself, and had this magnetic personality to match it. If you were to ask all those who knew him, there are too many funny stories, too many quaintly small memories to even list. Timmy will be missed by so many, it is hard to comprehend."

- Alicia Lichvar, P3 Class President