

The Pitt Capsule

THE UNIVERSITY OF PITTSBURGH
SCHOOL OF PHARMACY



Winter Challenge Offers Opportunity to Provide Patient Care

By Kyle McCormick

Finals are over. Libraries are closed. Football games are only on the weekends. Black Friday shopping has passed. You have no excuse. That is, no excuse for not participating in the Winter Challenge.

What is the Winter Challenge? It is your opportunity to host your own patient care project. Over break, we want you to pair up with a local pharmacy and carry out your very own patient care project. It can be anything from taking blood pressures to poison prevention education. Double-up and get credit for another organization you are involved in by making it Operation Inspiration themed.¹ The only requirement is having preceptor oversight throughout the process. Even if you do not work in a retail pharmacy, ask a local pharmacist if you can host an event at their location.

Just plan the event, take some pictures, and fill out a short summary form. The student who best meets the judging criteria of impact and innovation will win an additional \$300 towards his/her trip to APhA2013 and a "Make Your Mark" t-shirt.² The winner will be decided by the executive board and announced at the January general body meeting. **Entries are due by January 4, 2012.**

If you are struggling with ideas for patient care events, need resources, or are concerned about finding a pharmacy/preceptor contact asppatientcare@gmail.com or pitt.aphaasp.eboard@gmail.com.

For more information and to access the summary form, visit www.poRxtal.com.

¹Funding is available for events relating to Operation Inspiration. Contact pitt.profouncil@gmail.com for more information.

²Combined total reimbursement from ASP and other organizations not to exceed \$1,000. Executive board members not eligible. "Additional" meaning in addition to general funding based on involvement throughout the year. Prize money will be split if multiple students participate in project.

ASP Member of the Month

Name: Michelle Bucci

Year: P3

Area of interest: Exploring new options

Favorite ASP Project/Event: The Device Training Session with Kyle McCormick - It was a great time for P3s, allowing them to share information learned in class and become teachers for a day. It was also an opportunity for P1s and P2s to gain counseling points through hands on experience. Plus, it was fun playing with all of the devices!

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Rho Chi Update

By Greg Trietley

The Rho Chi induction ceremony date and location has been set. The ceremony will take place on March 26 at the Pittsburgh Athletic Association from 6 to 9 p.m. Rho Chi's induction class will be announced early in the spring semester. Current Rho Chi members who would like to attend the induction ceremony should e-mail Emily Mallit at edm17@pitt.edu.

The date of this year's Koch Lecture has also been set. 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 Pitt Pharmacy student knows and loves.

We don't want to hype it up too much just yet, but Rho Chi has a new donation for this year's PLS auction on January 31. Come bid on our potluck dinner and trip to Phipps Conservatory, which is surely the best non-stargazing-based item at this year's event.

The next Rho Chi Health Talk at the Salvation Army Adult Rehabilitation Center is scheduled for Monday, Dec. 10 at 6:30 pm. The topic is medication safety. "It's right around finals!" you say? Well there's always time to be safe, so come to the lecture and just use the Rho Chi tutoring service later to make up for the lost time.

P1 students who inquired about tutoring should have received an e-mail from a P3 tutor over Thanksgiving break. If you did not receive an e-mail or are just hearing about this excellent tutoring service now, e-mail Samantha Holliday at slh89@pitt.edu to sign up. The tutors will be a huge help with all of your SOAP note needs.

If you are regretting your decision not to purchase Rho Chi lab cards for five dollars, an additional sale will take place in the PCLC in early December. 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.

Rho Chi's Pharmacy Week activity in January will be a research symposium in which pharmacy school faculty will present and discuss their current research projects to students, residents and fellow faculty. Stay tuned for details!

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

P1 Update

By Georgina Waldman

During this past month, the P1 class has decided that it is very ready for winter break. Pharmacy school is a lot of work, but we are perfecting time management skills to prevent insanity. The White Coat Ceremony is fast approaching which will be held in Soldiers and Sailors this year due to the fiery destruction of 402 last summer. All in all things are going well as we approach the close of our first semester of pharmacy school!

P2 Update

By Trey Draude

The P2 class is ready to put the fall semester behind us! Without a doubt one of the most challenging but educational semester we have had. We look forward to our annual Holiday Gift Exchange and Holiday Party on **December 7th at noon in Posvar**. We will also be having a ginger bread making competition!

My Unique Experience – Northern Navajo Medical Center

By Andrew Coogan, P4

Email: acoogan37@gmail.com or arc62@pitt.edu

Area of pharmacy interest: Clinical pharmacy

Location: Northern Navajo Medical Center in Shiprock, NM

Description of Experience:

For my institutional APPE pharmacy rotation, I spent 6 weeks with Indian Health Services (IHS) in their inpatient pharmacy. The hospital I was at was located in Shiprock, NM on the Northern boarder of the Navajo reservation. The hospital is located in the center of what is known as 'The Grand Circle' - an area of beautiful landscape, and tons of amazing State and National Parks. During my time in Shiprock, I was able to see amazing things like the Grand Canyon, Delicate Arch, Mesa Verde, Waves, Monument Valley and Bryce Canyon. I also camped in the Grand Staircase and spent a two days mountain biking in Moab.

How this experience affected me as a student:

The inpatient pharmacy rotates on a 12 hour shift, so students spend 4 days on, then 4 days off. While in the pharmacy students spend time doing the requirements for an institutional rotation, but also engaging in topic discussions on many acute and ambulatory care topics. I learned a lot at Shiprock, not only in pharmacy, but about Native American culture as well.

Faculty Bio. Dr. James Pschirer

Name: James Pschirer, PharmD

Alma Mater: University of Pittsburgh School of Pharmacy, 1976

Area of practice: I worked in hospital practice in the Pittsburgh area for 30 years before coming to Pitt, most recently as the Director of Pharmacy at UPMC Shadyside hospital.

Classes currently teaching: Director of Experiential Learning. I also facilitate various small group sessions and teach pharmacy calculations in the Principles of Drug Action course in the P1 year.

Favorite part of your job: Helping students achieve their educational and career goals in whatever way I can.

Advice to students: Pharmacy is a small world. Always present yourself in a positive light and don't burn bridges.

Favorite quote: "Life is what happens to us while we're making other plans." – Allen Saunders

“Like” Pitt Pharmacy on Facebook and Earn Prizes!



Facebook and Social Media are growing as spaces for sharing news and information with prospective students, alumni, friends, and those currently engaged with the School of Pharmacy. We're looking for your help to grow our reach and spread the great news about the School! Beginning today, you have an opportunity to earn some cool Pitt Pharmacy swag and help the school spread our message by growing the number of "likes" for our Facebook page. Help us reach 1500 likes!

Here is all you have to do: Invite anyone you know to "like" the PittPharmacy Facebook page.

If they like the page AND leave a comment saying who invited them, you can earn some swag.

So - two things to do:

- 1) Invite your friends;
- 2) Have them "like" the school page AND also leave a comment saying who invited them.

The five people who invite the most new "likes" will get the prizes.

Ready, set, go! This event runs to **December 15th**. Help us reach that 1500 friends goal, and Hail to Pitt!

<https://www.facebook.com/events/334195753355138/>

Beta Kappa Volunteers at Family House, As Pledging Continues

By Jon Lucas

Happy November from Beta Kappa!! In early November, pledges had the opportunity to experience fellowship with graduate brothers and P4 brothers who had been away on rotations at our annual Lineage Dinner held at the Spaghetti Warehouse in the Strip District. Lineages were solidified as brothers conversed while enjoying a dinner of delicious lasagna, cheese manicotti, fettuccini alfredo, or spaghetti and meatballs. A huge thank you to Michelle Bucci and John Stapf for their diligent planning of this event!

Brothers also gave back to the community by volunteering with Family House at its McKee and Shadyside locations. They were kept busy preparing and cooking meals for families staying at Family House while their loved ones received treatments at nearby UPMC-affiliated hospitals. Keep up the great work guys! We all appreciate your dedication!

As the pledging period continues, Beta Kappa looks forward to rounding out the fall semester with the annual KY Christmas Party and starting spring semester with a bang at Ski Trip at Wisp Ski Resort!! Good luck with final exams and we hope everyone has a safe and enjoyable Winter Break!!



The Beta Kappa men looking very dapper at Lineage Dinner at Spaghetti Warehouse.

A Chat With the UK and Observing World AIDS Day

By Ravi Patel

The International Pharmaceutical Student Federation (IPSF) focused on two leading international issues this past month. In November, we learned more about the leading cause of preventable deaths in the world, tobacco use. After our documentary screening about the world crisis of tobacco use, we screened "Sick Around the World" and learned about other systems of care in the world. Students interested in learning more about health care systems, are encouraged to review the electronic textbook "*Understanding health policy: a clinical approach*" through www.hsls.pitt.edu. We built upon this knowledge of international health care systems with our Skype call to a former Student Exchange Program participant, Shilan, from the United Kingdom. Shilan gave us insight on the role of pharmacists in the UK and her experiences with tobacco cessation products and counseling.

December's focus is **World AIDS Day**. IPSF participated in



the collaboration between Pitt's Graduate and Professional Student Government (GPSG) and (Pittsburgh) RED. Through this collaboration, IPSF committee members participated in the advocate march from Carnegie Mellon University to Pitt's campus, after which we co-hosted the "Trivia Night" social event. We look forward to our next committee meeting at which we will be hosting a speaker who will present a personal perspective on seeking health care and living with HIV/AIDS.

As we wrap up this semester, we thank you all for your involvement and interest in the last few months. In the Spring semester keep your eyes and ears open for events regarding Natural Products, Medical Spanish, and the Water Walk.

Good luck on finals, happy holiday, and enjoy this upcoming, well-earned break!

Social Committee Prepares for Pharmacy Weeks

By Ashley Firm

December is a busy month for social committee, preparing for the upcoming pharmacy weeks. The menu for formal is set, the centerpieces are under construction and DJ Scottro is excited to party with us again. Order forms for tickets will be distributed right after break or use the one in this Capsule! Forms and money are due by **Friday February 1st**. Tickets are \$40 a person and the money and order forms can be turned into Jessie Lewis (P1), Hope Nakazato (P2) or Ashley Firm (P3).

With finals rapidly approaching (and maybe even some over with!) the social committee is happy to announce we are holding a study break with Duquesne's APhA-ASP Chapter **Saturday December 8th from 6-10 pm at Buffalo Blue's** in Shadyside. Come to 216 S Highland Street (easily reached by the 71B!) for snacks, music and take a break before finals frenzy takes over. And really? Who is going to be studying on a Saturday night? See you there!

Any questions? Email the committee at asp.social.com@gmail.com

Looking Ahead For Patient Care

By Sam Becker

The Patient Care Committee had a busy November attending various events in the Pittsburgh community. Students held a fun blood pressure screening at the Pittsburgh Zoo during the National Kidney Foundation Walk. Students took 63 blood pressures over a 2-hour period stationed next to the elephants and the aquarium. The weekend after, students attended the Diabetes Expo downtown. There, students took blood pressures and medication histories, and also counseled on the signs of both hypo- and hyperglycemia - interacting with over 125 patients!

Generation Rx planning has been in full swing. We hope to have many exciting projects in the spring semester! The committee will be presenting to parents at various schools and libraries in the community to raise awareness of prescription drug abuse and prevent it from happening to their children. We also hope to send students to pharmacies in the community to educate patients on proper drug disposal. Our most exciting event will be Pitt's 1st Annual Chemical Dependence Day in April, in which P2's and P3's will learn about the physiology of drug addiction and how to help patients in practice.

We are always looking for volunteers and new ideas, so please contact Sam or Katie at asppatientcare@gmail.com if you are interested!



P3 student, David Kim, takes a break from taking blood pressures to pose for a picture at the Diabetes Expo.



LKS Welcomes New Sisters!

By Shayna Stout

On November 2, LKS officially welcomed their 27 new sisters at the Initiation Ceremony! (Pictured above) Shortly after, on November 10, the ladies of LKS and the brothers of PDC had their annual Sweetheart Formal, at the Twentieth Century Club in Oakland. A highlight of the night always includes superlatives, which honor members of each fraternity in specific categories, such as "Best Big and Little," "Mr. GQ and Most Likely to Win America's Next Top Model," and "Most Likely to Marry Rich." After eating a delicious catered meal and hearing the superlatives, the members of LKS and PDC danced the night away, and even enjoyed a chocolate fountain for dessert!

The members of LKS are excited to participate in various service projects this semester, such as Adopt-A-Block, in which the members take charge of a street in Oakland, and are responsible for cleaning it throughout the year. LKS is also continuing their annual service projects of Ronald McDonald House Family House, and bake sales. Lastly, Dr. Salk Hall will be happening **January 24th from 7-9**. Along with the entertainment of the event, there will also be snacks and many opportunities to win prizes, so look out for more details to come in January's issue!

In the fundraising world, LKS is expecting for the clothing order to come in soon, just in time for great holiday gifts!

Last month, LKS member Natalie Valentino (P2) won the "Lamb Light," for all of her hard work with service projects this semester. Great work, Natalie!

The ladies of LKS also have a holiday party at Buco Di Beppo this year, and are looking forward to celebrating the holidays together. All of the members of LKS would like to wish everyone at the School of Pharmacy a happy and healthy holiday season, and a wonderful New Year!

Boss-status: What is a “good” professor?

By Ravi Patel

While passing time in the School's computer lab, I chatted with another student about the current barrage of exams. As some point, this student mentioned “Yeah, I got an 93% on that exam.” My eyes rounded as I explained that was higher than I ever scored on an exam in that course. When I asked the student's secret to maintaining attention in class and reconciling that information with the notes, the student responded “I wouldn't know, I only went to the first class then only for the exams”. After the student left, I was left puzzled. I easily recalled the jokes that professor made during class, but was frightened at the little that I could recall about the medications from that course. Concerned about this lapse in memory, I eschewed the funny cat pictures and assigned readings I had, and begin to outline this article.

Information and students are linked through different means including books, team-based learning, and professors. The “professor” extolling knowledge at the front of a lecture hall is a ubiquitous experience at, surprisingly, all levels of education and can be focus of the complaint or compliment of many students. With the many ways students can learn, the professors holds a major portion of time in a curriculum. The historical role of a professor and the appeal of the dynamic education they can provide are understandable qualities that make them a fixture in the curriculum. But, even with these redeeming qualities, sometimes experiences with professors are less than ideal and earn the ire and complaints of students. These ever present, and oft misdirected, complaints and ire in my past experiences led me to this discussion on the role of professors in the curriculum and student perceptions on what is “good”.

Education at the level of University (British accent implied) has the unique experience of researchers who teach, or teachers who research. This has brought into question the merits and detriments of mandating teaching responsibilities from researchers. Students are exposed to the vanguard of knowledge but

through professors whose responsibilities are not centered on teaching. What is the merit of such information if not taught in a manner preferred by students? For some students, such a system can be rewarding and insightful while other students may struggle with the inconsistency that comes with a variety of “expert” professors in a course.

With the variety of backgrounds professors have, the information they provide may be communicated in any variety of teaching styles. The “best” teaching style is a subjective measure. Each student has a preferred style of teaching, notes, and testing. Even the most extreme of teaching styles (i.e. dry, straight-forward lectures) has its own student proponents. In spite of this subjectivity, however, there is still general consensus about some professors. Once, a fellow student told me a short-list of professors who had earned “boss-status” (meaning overall “good”) on a personal rating scale. This listing of professors found general agreement from nearby student who had overheard the conversation. In spite of the subjective nature of “good”, there are still professors who win general consensus. Perhaps the general consensus reached among students are worthy of identifying trends or generalities to find what students find “best”.

What benefit does this discussion have for students? We are not without the experiences of being professors ourselves. In fact, it's almost funny how quickly we adopt the bland, “boring” qualities many of us despise when we have to make presentations. After this discussion, hopefully we can better understand the role of professors in the curriculum and our opportunity to apply what we can learn from our own preferences. To poorly adapt a popular quote, being the educator you wished you had may not be the ideal for the student who you are teaching but the effort you put forth may be the first step to reaching that elusive consensus approval of students. Next time I have to give a presentation and wage the war on facts vs. puns for 15 minutes, I'll consider letting the puns win out, if only for a moment.

APhA-ASP Formal 2012
Saturday, February 9th, 6-11pm
 Westin Convention Center Downtown

Please fill out this form and turn it in by noon on **Friday, February 1st** 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

Guest's Name: _____

Meal choice: Chicken Beef Vegetarian

Please list any food allergies/dietary restrictions that we should be aware of:
