



The Pitt Capsule

University of Pittsburgh School of Pharmacy

Phi Lambda Sigma Goes on Retreat

By Sarah Rindfuss

The Fall Leadership Retreat took place on Saturday, September 18th. This event, which hosted by both PLS and ASP, was held at Seven Springs this year. A total of 17 students as well as the Dean and Dr. Corman attended the retreat.

After an early morning wake-up, we fueled up on Dunkin Donuts and made it to Seven Springs in one piece. We began the morning participating in team building activities and a ropes course.

The first of these activities taught us to trust our classmates by free falling backwards off a platform and trusting in our classmates' ability to catch us. We were then forced to use problem solving, work cooperatively, and set goals to pass all team members through a "spider-web" without touching any of its ropes, have all members escalate a 20-foot wall, and cross a "lava pit" without touching the ground using a rope swing.

The highlight of the ropes course was the Alpine Tower, a 50-foot tall obstacle course composed of rock walls, roped nets, and wooden platforms that were used to ascend

the tower (some of us finding the harnesses a bit more comfortable than others did).

These activities taught us about various leadership roles, teamwork, and how to think out of the box, things that we will all be able to apply to pharmacy school. P3 Katie Simms said, "A good bit of the day was bonding and trust-building activities, which were

my favorite part. We learned to communicate well with each other and laughed A LOT! I definitely recommend it; it teaches you things while you're busy playing outside!"

After a catered lunch (and more donuts), we spent the afternoon in roundtable discussion sessions about a variety of topics pertinent to the School of Pharmacy, such as the Dean's theme and collaboration between various School of Pharmacy organizations. Presentations were

given by Dean Kroboth and Dr. Corman, as well as PLS and ASP Presidents, Summer Stairs and Shailly Shah, respectively, who did a fantastic job in ensuring the success of the event.

The Fall Leadership Retreat takes place every year, so make sure to keep your eyes open next year so you do not miss out on a great experience! Don't just take my word for it – Cory Hale (P1) stated: "It was really neat to see what happens when

you put a bunch of leaders in a room or situation together. I absolutely think more people should take advantage of it...it doesn't sound nearly as interesting or as fun as it actually was. I think a bunch of students missed out on a great time!"

PLS is also busy planning a social event for the beginning of October, and is planning to host an event with the PLS chapter from Duquesne University's School of Pharmacy soon as well. Other upcoming PLS events include the next Professional Lecture Series. This is going to take place on Wednesday, October 13th from 12-1 in 402. The speaker for the event is Pat Eppele. Hope to see you there!



Students help to carry Dean Kroboth through the spider web without touching the net



Elyse Weitzman, P2, is helped up the wall.

In This Issue:

Special Feature: Community Pharmacy in the Baltic Region	3
LKS, AMCP	4
Kappa Psi, PSHP	5
Rho Chi, RxPrep, Social Committee	6
PI Spotlight	7

The Pitt Capsule

Editor: Tim Mizak
Email: PittCapsule@gmail.com

Contributors:

Samantha Allen
Rebecca Crooks
Svetlana Goldman
Alicia Lichvar
Laura Mincemoyer
Sarah Rindfuss
Shailly Shah
Brad Stevens
Julie Styche
Kailey Troutman

October is American Pharmacists Month!

By Shailly Shah

This month-long observance is a time to recognize the significant contributions to health care and the commitment to patient care by pharmacists in ALL practice settings from around the country. "**Know Your MEDICINE, Know Your PHARMACIST**" serves as the theme and core message of the month.

It is our month to celebrate our profession and raise awareness of the services pharmacists can provide. Our APhA-ASP chapter is supporting American Pharmacists Month by raising awareness through social media. We have compiled a list of pharmacy facts to post on Facebook, Twitter, etc. to help promote the profession. The more participation we have from our chapter members, the greater impact we can make! Help promote your profession by adding these facts to your daily status!

APhM Facts of the Day:
MAKE SURE TO UPDATE YOUR FACEBOOK STATUS!!

October is American Pharmacists Month. **Know your MEDICINE. Know your PHARMACIST.**

Wednesday, October 6 – The American Pharmacists Association (APhA), founded in 1852, was the first and remains the largest association of pharmacists in the United States, representing more than 60,000 pharmacists.

October 7 - Some of the most popular drinks, Dr. Pepper, Coca-Cola, Pepsi-Cola, were developed by pharmacists.

October 8 - The most expensive medication is the medication that doesn't work.

October 11 - In 2009 student pharmacists participated in patient care projects, which educated more than 16.3 million people in communities across the nation.

October 12 - Pharmacists can administer vaccines (immunize) in all 50 states, District of Columbia, and Puerto Rico

October 13 - According to a 2006 Gallup poll, pharmacists' honesty and ethics were rated as "high" or "very high" by 73% of Americans, and surpassed in ranking only by nurses.

October 14 - After receiving their Doctor of Pharmacy degree, pharmacists can complete 1-2 year residencies for additional training in a variety of settings from community to health-systems

October 15 - Pharmacists and student pharmacists communicate with legislators and regulatory agencies, like the FDA, to provide them with the most recent information concerning the profession of pharmacy

For more pharmacy facts that you can use throughout the entire month, go to <http://tinyurl.com/aphm31facts>



American Pharmacists Association[®]
Improving medication use. Advancing patient care.

Community Pharmacy in the Baltic Region

By: Svetlana Goldman

This past May I had the opportunity to travel through the IPSF pharmacy exchange program to learn about the vast differences in pharmacy practice between America and Latvia. When I arrived in the capital city, Riga, my coordinator pointed out the numerous chain pharmacies called "Mēness aptieka". This is where I would spend the next three weeks learning about the practice of community pharmacy in the Baltic region. The location of the specific pharmacy where I worked was in a beautiful historic building adjacent to a polyclinic. Thus, most of the patients that came to this pharmacy were regulars, often visiting right after a physician visit to get their prescriptions filled.

Merely walking into the pharmacy one can see the vast number of differences from a typical pharmacy in the states. The pharmacies are much smaller, with almost everything behind the counter or inside glass shelves, allowing the pharmacist more opportunity to counsel each patient on the OTC medicines they purchase. While pharmacists in Latvia have a great opportunity to counsel they often do not ask enough comprehensive questions and leave out key aspects of a patient's medical history before making a recommendation.

For example, I watched a patient come in and describe their headache and the pharmacist just grabbed something off the shelf without even asking about the symptoms of the headache, severity, and other medications they may be taking. In addition pharmacy technicians have the right to make recommendations and fill prescriptions without any verification system set in place by the pharmacist.

The pharmacies do not keep computer records of all the medications each patient takes. Thus, the pharmacist may be unaware of drug interactions and duplications

in a patient's profile. In America, patients usually see their PCP once a year for a check-up which is when the doctor writes any prescription for a year. On the other hand in Latvia, patients just bring in a prescription for one month or maximum three month supply of medicine and then go back to the doctor much sooner for monitoring their condition. Since their health care is government based and not through private insurers patients can afford to see their doctor more often and medications cost much less than in the US.

When we drop off prescriptions in the US we pick up our bottle, labeled specifically with our name, address, and directions on how to take the medication. However, in Latvia you just receive the manufacturer's bottle or a blister package of the medication and the pharmacist verbally tells you what instructions the doctor wrote on the prescription. Although, this may have a positive impact by forcing patients to be more in charge with their medication management and requiring them to listen to the pharmacist explain how to take their medications it may make it more complex for those taking multiple medications.

I attended a few pharmacy classes in the Latvian university. Pharmacy students attend a university for 5 years and focus on supplements, herbs, vitamins, and basic clinical knowledge. In America, we have much more clinical based classes with computer based simulations that en-



hance our knowledge and ability to implement more precise and personalized care to each patient. Latvian students usually work in community pharmacy after graduation. Some students continue their education in order to get certified to do research and work in a hospital.

Although many aspects of pharmacy practice in Latvia seemed strange to me at first, I have come back to America with new ideas and approaches as to how we can advance a pharmacist's role in medication management. Patients seem to respect and trust their pharmacist much more in Latvia than they do in the US. Often a line would form and patients would patiently wait till their turn to speak with the pharmacist and always be thankful for the advice they receive. Since pharmacists spend more time talking to the patients and less time dealing with insurance issues this forms much closer therapeutic relationships. Perhaps, with the new health care bill changes pharmacists will have more time for patient counseling. After this experience I have a renewed excitement and appreciation for the knowledge I will receive this coming school year and the opportunities I have to advance this profession in the future.

LKS Looks Forward to a Fun-Filled Fall!

By Kailey Troutman

Lambda Kappa Sigma has had a busy first month back at Pitt. In addition to getting settled into classes, LKS girls have been working hard on organizing service projects, reaching out to potential new members, and preparing for this year's "What Not to Wear" program. The sisters of LKS would like to thank those who helped with and attended the ASP Back-to-School Picnic/Activities Fair on September 7th. At this event, sisters had the opportunity to speak with P1 girls as well as host the "Survivor Challenge" involving feats such as whistling after swallowing a spoonful of peanut butter and supporting the weight of candy-filled buckets.

Over the past month, LKS has hosted three recruitment events. On Wednesday, September 15th, a pizza lunch was held where prospective members were able to meet current sisters and view a presentation about the organization's history. The second event was an ice cream social held at a sister house in Shadyside on Wednesday, September 22nd. Despite the rainy weather, the social was a success and offered everyone an opportunity to relax prior to the start of exams. On Tuesday, September 28th, LKS co-hosted a barbeque with PDC at the brothers' new house in Oakland. This event was attended by many current sisters and potential new members, and everyone enjoyed the delicious food! A special thank you goes out to



Kristi Sadowski (P3) and Hannah Sidelinger (P3) who have devoted countless hours to this recruitment period.

On Thursday, September 30th, LKS held a blue and gold tie-dye event in the Quad to promote school spirit. Plain white t-shirts featuring two possible University of Pittsburgh designs were sold to patrons who could then create their own t-shirts with blue and gold dye. The event was a great success and proceeds will benefit the American Cancer Society Relay for Life. In order to promote heart health and good fashion sense, LKS's second annual "What Not to Wear" program will be held on Thursday, October 14th. This year, the program will benefit the American Heart Association. At the event, students and faculty members will be modeling both appropriate and inappropriate pharmacy

school attire. Although several of the outfits will earn some laughs, the event will be sure to help you choose clothing that best fits your pharmacy needs. If you attend, you are guaranteed a fun-filled evening.

The annual LKS clothing sale has also begun. Show your support for LKS and the School of Pharmacy by placing an order for any of the Pitt apparel offered this year including long- and short-sleeve t-shirts, hoodies, sweatpants, cotton shorts and much more! Forms are due by November 1st. Please contact Maria Kane (P2) or Heather Lezanic (P2) if you have any questions.

We hope that everyone has a great October and look forward to seeing you at the "What Not to Wear" event!

AMCP Updates

By Brad Stevens

September was an exciting opening month for the University of Pittsburgh Academy of Managed Care (AMCP) chapter. During the opening meeting on September 16, the outline of the year's events was presented and new students learned more about AMCP. The second meeting was held on Wednesday, September 29. Dr. Jessica Daw from UPMC

health plan spoke about roles of managed care pharmacists, and Dr. Erin Lopata, also from UPMC health plan, informed students about managed care residencies and the process of searching for and finding the right residency.

October is an eventful month for AMCP. Several students from the chapter will travel to St. Louis to attend the AMCP educational conference. Toward

the end of the month, (or just into early November) another meeting will highlight the pharmacy and therapeutics competition. All pharmacy students interested in participating should start to think about forming teams of 4-5 individuals for this exciting competition! If you have any questions or want to receive updates about meetings, send an email to the chapter at amcppitt@gmail.com.

Kappa Psi: On the Fast Track

By Julie Styche

First of all, the Brothers of Kappa Psi would like to thank everyone who made an appearance at this year's Back-to-School Party in September. Hope you all had a great time!

Since the start of the year, Kappa Psi has had a packed schedule. During the last week of September, a handful of Brothers traveled to Wilkes-Barre, PA for the semi-annual Province II Assembly. Throughout the weekend, KY Chapters from the surrounding region as well as Brothers visiting from other Provinces shared a weekend of fun and fellowship as they gathered for meetings and social gatherings. During the traditional formal dinner, our Beta Kappa chapter was awarded Province II Chapter of the Year for the ninth year in a row!

In order to keep up our winning streak, the Brothers have been busy

servicing the community. A few recently road-tripped out to a KY graduate's farm in Franklin, PA, where they built a corn maze for local children visiting the pumpkin farm. Upcoming events also include blood pressure screenings, cooking at Family House and volunteering at Global Links, where medical supplies are sorted and packed for shipment to developing countries.

Finally, we are also pleased to announce the completion of a successful rush period, after which a record num-



ber of bids were handed out to potential members. The Brothers welcomed the new fall pledge class at the KY House this past Friday. Congratulations fpc 2010 and good luck during your quest in becoming a Brother!

PSHP Updates

By Samantha Allen

PSHP, the Pennsylvania Society of Health-Systems Pharmacists, is currently conducting a membership drive for the 2010-2011 school year! PSHP is looking for students who are interested in health-system pharmacy practice, including institutional practice, patient care, managed care, home infusion, home care, long term care, and many other specialized areas of health-system pharmacy. Our next meeting general body meeting will be held on October 27th from 12-1 in 457 Salk. Interested students are encouraged to attend!

Also coming up in October is our Clinical Skills Competition, which will be held on Wednesday October 13, 2010. Dinner will be provided. Working in groups of 2, students will be given a clinical case to prioritize problems and develop a therapeutic plan. The top teams will present their cases to a panel of judges consisting of professors and clinical pharmacists. The winning team will earn a free registration to the Mid-year ASHP meeting in Anaheim, CA this December. A sign-up sheet will be posted in the PCLC the week prior to the competition. This year, we will be

holding a practice session on Thursday October 7 from 12-1 in 457 Salk Hall. Additional information can be found on the student portal under both events. Interested students can also contact Samantha Allen (sma34@pitt.edu) for more information.

Future activities for PSHP include speakers on Health-System pharmacy, Residencies, and Cardiovascular Health in institutional practice, Poison Prevention activities, Hurley & Associates lunches, and the annual PSHP meeting November 11-13 in Mars, PA, which will feature a local residency showcase.

Events that Will Make Your Heart Pound!

By Rebecca Crooks

The Social Committee started the year off properly for the School of Pharmacy with their annual Back to School Picnic, held at the Vietnam Veteran's Pavillion. At the event, pharmacy students new and old socialized, played games, and ate to their heart's content. In addition to the fun atmosphere, a culinary star appeared from the dessert competition. Sarah Rindfuss emerged victorious after whipping up an amazing batch of chocolate truffles for the event, and the Social Committee can only hope she makes more of them for future events!

In addition to the school's kick off, Social Committee chairs Alicia Lichvar and Rebecca Crooks took a field trip to the Westin Hotel to establish the winter formal menu. Two soups, two salads,

six entree varieties, and six dessert courses later the two were not only completely satiated but also had a pretty clear cut view of what the menu will be for the upcoming formal this January!

Lastly, the Social Committee is planning a huge campaign for National Pharmacy Month. October will start the celebration of Dean's Theme by selling "Pharmacy Has Heart" Shirts and spreading posters for the Heart Walk on 10-10-10. Other events in October will be a blood pressure screening at the Blue and Gold scrimmage and also the spreading of heart facts around lower campus. There are still plenty of opportunities for you to get involved! Join with us in making National Pharmacy Month a success!

Thank You From RxPrep!

By Sarah Rindfuss

On behalf of the rest of the RxPREP executive board, I wanted to thank everyone who came to the RxPREP Meet Your Mentor Night and served as a mentor to a pre-pharmacy student. We had almost 200 pre-pharmacy students and 100 pharmacy student mentees in attendance, and I was thrilled with the turnout.

I have received an immense amount of positive feedback from the pre-pharmacy students about how pleased they are with their mentors, so thanks again for giving up some of your time to help!

If anyone would like to serve as a mentor to a pre-pharmacy student but was

not able to make it to the meeting, send me an email (slr38@pitt.edu) and I can pair you up with a student who is still looking for a mentor! Also, keep your eyes open for an RxPREP t-shirt sale coming soon (because who doesn't love cheap T-shirts?!).

Rho Chi News

By Svetlana Goldman

This past month Rho Chi students helped with the P1 class's My Patient First Practicum where they assisted in taking blood pressures, peak flow measurements, and other health assessments.

Dr. Loren Roth came in to talk about inter-professional collaboration and the medical home model for the professional lecture series.

We have officially invited Dr. Stephen Schondelmeyer to come in to talk about trends in pharmacy and economic impact of pharmacy services, prescriptions, and MTM on health care costs for the annual Koch Lecture series in March.

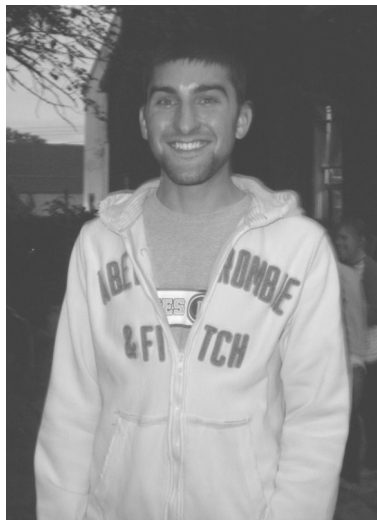
Also, Rho Chi students Katelyn Schultz, Justine Parker, Lauren Fisher, and Svetlana Goldman attended the monthly health talk at the Adult Rehabilitation Center in South Side. They talked to the gentlemen about the importance of immunizations, who should receive certain vaccines, common myths about the flu vaccine, and provided resources to the men about where they can go to receive an annual influenza vaccine.

Next month we will be participating in an ARC health talk regarding hypertension. Some upcoming events include a blood drive on October 14th, 2010 from 9:30-3:30 in the PCLC, held in conjunction with the dental school.

Furthermore, be on the lookout for business card sales in the near future!

PI Spotlight

Name: Luke Swintek



Undergrad: 2 years at Pitt

Hometown: Brockway, PA

Pharmacy Experience: Community pharmacy at Brockway Drug

Thoughts on pharmacy school thus far: Luke likes that the faculty really take an interest in the students, finds the coursework to be interesting, and enjoys the tight knit environment of the School of Pharmacy.

Fun Fact: During the summers of 2001-2009, Luke had an organized wiffle ball league in his front yard with fellow P1 Cody Moore.

Dream job outside of the pharmacy profession: Head coach of the Pittsburgh Steelers

Contributed by Laura Mincemoyer

APhA Academy of Student Pharmacists



Want to get involved in advocating for pharmacy and American Pharmacists Month in a fun, creative way?

Participate in APhA-ASP's PharmFlix Video Contest!

This year's theme is:

"Know Your Medicine, Know Your Pharmacist."

Here's what you need to know:

- The video needs to incorporate the theme's slogan in some form—be as creative as you want!
- Videos must be **90 seconds or less** (and submitted in .avi,.mov,.mpg, or .wmv format, not exceeding 150Mb)
- **Deadline for CHAPTER Submission: Sunday, November 14!**
- There will be a **screening of the videos on November 15th** at noon in the PCLC — Mark your calendars!
- There will be **prizes for the best video from our chapter!**
- The winning video for our chapter will be sent to the APhA-ASP National Contest — the winning video will be showcased during the **2011 APhA Annual Meeting and Exposition in Seattle, Washington!**

Pharmacy Has Heart!

What: 2010 Pittsburgh Start! Heart Walk – a 5K (3.1 mile) walk

When: Sunday, October 10, 2010 – Meet at 10:30; walk starts at 11:30

Where: Heinz Field & the river walk paths around it

Who:

- ALL University of Pittsburgh Student Organizations
- ALL Duquesne University Student Organizations

Why:

- To kick off Pitt's first annual Dean's Theme – Cardiovascular Health, uniting the student organizations around a common theme and purpose to benefit our community
- To support APhA-ASP's newest Patient Care Project – Operation Heart
- To promote the profession of pharmacy and raise community awareness of student pharmacists in and around Pittsburgh

Details:

- To show our unity as a profession and a school, all student organizations have committed to participating and representing us as a school.
- To register for the walk, sign up with your class president by Friday Oct 8th!
- APhA-ASP will be designing T-Shirts around the Dean's Theme of cardiovascular health to be sold for \$10. Class presidents will be collecting shirt money, due by Friday Oct. 8th
- We will be making stickers with Heart Facts to add onto our T-shirts. Make yours at the APhA-ASP general body meeting on Wednesday the 10th or at the Table on the 4th floor Wednesday 10/6- Friday 10/8
- The requested donation is \$10 per student, paid to class presidents.
 - Checks should be made payable to American Heart Association-Pittsburgh, PA
 - Cash collected by class presidents shall be pooled and written as a check
 - All money raised by this event goes to the American Heart Association, serving Pittsburgh and Western Pennsylvania.

On the Day of The Heart Walk:

Meet at 10:30am at the southeast corner of Art Rooney Avenue & North Shore Drive (along the river). Look for the Team banner "Pharmacy Has Heart".