



The Pitt Capsule



University of Pittsburgh School of Pharmacy

APhA-ASP Active in September

By Elyse Weitzman

We have made it through only one month of school and our APhA-ASP chapter has already been active! On September 17th, 62 students and 6 faculty and staff members attended the Walk to Cure Diabetes in Schenley Park, raising \$1,143 for the Juvenile Diabetes Research Foundation. Beautiful weather and friendly company of community members and students made for a fun, inspirational morning. Since our chapter was able to register over 50 participants, we had a tent among many to show our unity and support for caring for patients with diabetes. Before the walk itself, we interacted with 42 patients and family members of patients with diabetes in a game involving ordering foods from lowest to highest sugar content. Thank you to everyone who attended!

Continuing the day, a group of students checked out some botany at the Phipps Conservatory before the start of the Kickoff for a Cause. During the afternoon, 29 students and 5 faculty and staff members learned techniques from John Porcari, an internationally recognized leadership coach, about how to embody a proactive and asset-based mentality. The other component of the event involved building excitement and structure around our chapter's new cause of saving lives: preventing prescription drug abuse in the Pittsburgh community. It was great to see



students of all classes interacting and sharing thoughts on how to translate our cause into a workable project. I would like to thank Lindsay McCartney, Sam Becker, Jaclyn Brucker, Alicia Lichvar, and Kyle McCormick for all of their contributions in planning the event.

As the month of October approaches, so does the spirit of American Pharmacists Month. Teams of chapter members have been working on plans to educate the undergraduate campus community about the profession in such settings as Pitt Student Health Pharmacy, residence halls, and via campus TVs. Later in the month, October 22, a day dedicated to cardiovascular health, will feature the American Heart Association Heart Walk and the Maggie Dixon Heart Health Fair. Stay tuned for further information. Please also consider

sharing a blurb about a positive interaction you have had with a patient in a "Thank you, Student Pharmacists" Box either in 402 or the PCLC throughout the month. The experiences will be featured in the next Pitt Capsule issue. We will also be holding a Facebook campaign with Facts of the Day – be sure to share the facts with your friends and family by updating your status.

Also, if you are artistically adept at filming or acting, the APhA-ASP PharmFlix contest would be a great way for you to shine and represent the school in a nationwide competition. This year's theme is, "Share Your Story." For more information contact Kyle McCormick at kmccor2008@gmail.com As always, please do not hesitate to contact me if you have any questions or feedback!

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The Pitt Capsule

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SPAN Finishes Letter Writing Campaign

By Erin Burke

I would like to thank all of you who participated in our first letter writing campaign of the year. This was our first all-electronic campaign writing to our federal congressmen and women about drug shortages and how to stop them. 42 students participated! As promised, a prize was raffled off for all those who put their name on the Google Doc. Congratulations goes to Corey Karadeema; he won 10 dollars to Razzy Fresh!

The next big advocacy event is APHA-ASP Midyear Region II meeting on October 28-30, 2011 in

Philadelphia. One of the highlights of the conference is the policy process in which students will discuss and vote on policies that each school has submitted. Please submit any ideas or written policies to eburke31@gmail.com by October 7th. I can help you create a policy or write one using your ideas. After all schools have submitted their policies, we will get a chance to discuss them as a chapter to see how to vote. Every APHA-ASP member has chance to voice their opinion. All conference attendees must do this in order to get reimbursement. Be on the lookout for more information soon.

IPSF: Starting the Year Strong

By Natalie Capozzolo and Ravi Patel

IPSF started their year by hitting the ground running. After a successful summer Student Exchange Program, we turned our attention to our school's international endeavors. Anna Bondar (P1), Ravi Patel (P2), and Natalie Capozzolo (P3) gave enthralling presentations regarding their pharmacy experiences abroad in Peru, India and Brazil, respectively. At this meeting, we also introduced the addition of office hours in which students have the opportunity to arrange for a one-on-one meeting with those in IPSF who have already participated in pharmacy or research abroad to discuss available scholarships, travel programs, and project ideas.

Looking ahead, we are eagerly planning our Tuberculosis workshop for October. At this meeting we will look at this disease from a global perspective and explore ways in which pharmacists can be instrumental in its treatment and epidemiology.

As the semester continues,

keep your eye open for a service event: volunteering at Global Links--Pittsburgh, a non-profit organization that recovers medical supplies from US hospitals and redistributes these materials to health care facilities in the Caribbean and Latin America. See <http://www.globallinks.org/> for more details about this organization. Additionally, we are in the final stages of initiating a campus-wide "Yoga for a Cause" event that will take place twice a month and be led by certified power flow yoga instructors from a local Pittsburgh yoga studio. This event will raise money for the Elizabeth Glaser Pediatric AIDS Foundation (www.pedaids.org/). As this event becomes finalized, look for ways to become involved with planning future sessions.

For more information on office hours or upcoming events feel free to reach us at pittipsf@gmail.com. Additionally, if there are any projects you wish to initiate please provide us your ideas.

Kappa Psi has Successful Rush

By Hannah Duttenhoeffer

Happy first month of classes from Beta Kappa! Now that the school year is officially in full swing, Beta Kappa has been busy participating in our annual rushing events. Brothers and prospective brothers had a blast getting to know each other and learning about the pledging process at four events planned by our rush chairs, Tina Elgin and Joe Fiore, held around campus throughout the month of September. From luaus and barbeques at the Kappa Psi house to game night on the Pete lawn and an informational lunch session in 402, those interested in joining Kappa Psi had the opportunity to have some fun and mingle with current Brothers. So far, we have had great attendance and interest, so thank you to those who attended and helped to plan the events!

Beta Kappa Brothers also participated in the first annual Mini-Golf tournament hosted by the Pittsburgh Graduate Chapter on September 11, 2011 at 2-Par golf course in Monroeville. Fun was had by all as teams battled through 54 holes of mini golf for the first place trophy and bragging rights. Beta Kappa GCDs Chris Miller and Dave Maszkiewicz won the tournament, followed by Beta Kappa collegiate, Josh Titus, and Beta Kappa grad, Matt Barnes. All



Kappa Psi P3's Allison Astor, Alexa Benner, and Julie Jean enjoy the luau rush event

proceeds from the sign up costs went to the Beta Kappa Centennial Fund, which will be used in the upcoming year to plan our 100th chapter birthday celebration.

Our chapter is looking forward to officially starting the pledging process in a few days, and we hope to get a great pledge class this year! Good luck to everyone on your first round of exams!

PSHP Update

By Anna Bondar

Thanks to everyone who came to our first meeting on September 15th! Chapter Dues will be \$7; look for an email regarding collection of dues. We have formed a Google Group (search **Pitt PSHP 2011**) to make communication easier for everyone! Some important points discussed at the first meeting were our upcoming events:

- **10/5** at noon - Clinical Skills training session
- **10/10 at 5pm** (tentative) - Clinical Skills Competition
- **10/20** at noon - general body meeting (guest speakers from hospital and clinical pharmacy)
- **11/9 at 5pm** - Residency Panel

If you are looking to get more involved in the school, joining or leading one of the PSHP committees is a great way to begin! The three we are expanding are Fundraising, Event Planning, and Public Service. If you are interested in a committee or haven't gotten a Google Group invite, just e-mail pitt.pshp@gmail.com.

Thanks and we are excited for this year in PSHP!



Philadelphia, PA
October 28-30

P4 Shares Ireland Rotation Experience

By Kristina Susic

I chose to spend my first 6-week APPE rotation abroad exploring the profession of pharmacy in Dublin, Ireland. I spent most of my time working for Mr. Liam Farmer, a pharmacist that owns four independent pharmacies. Each of the pharmacies served a different patient-base depending on the location of the pharmacy. For example, two of the pharmacies served generally older, long-term illness patients. Another pharmacy was located next to a hospital and provided primarily fertility or other specialty medications. The fourth pharmacy had a large pediatric population since it was located next to a pediatric clinic. In addition to working at various community pharmacies, I spent one day at a methadone clinic, one day at the Royal College of Surgeons in Ireland (RCSI) pharmacy school, and 2 days at UPMC Beacon Hospital.

Below are some interesting facts about pharmacy practice in Ireland:

- If a patient has refills on a prescription, they hold onto the original prescription. At the time of dispensing, the pharmacy stamps the back of the Rx and writes down the date and how much was dispensed. Only when there are no refills remaining does the pharmacy keep the hard copy.
- Most people do not have prescription coverage—so they pay out-of-pocket for their medications. There is a government-funded insurance and citizens can apply to have private coverage, but in general most people just pay cash.
- Patients are *rarely* prescribed opioids. The pharmacists said opioids are usually only used for terminally ill patients. Instead, they use a lot of acetaminophen and diclofenac.
- Community pharmacies can dispense methadone for addiction treatment and they often do supervised doses in the pharmacy. Additionally, only liquid methadone is available.
- Everything generally comes in blister-pack pre-packaged boxes. It was rare that I counted out tablets.



- Once a prescription is written, it is only valid for 6 months. And if it is a CII, it is only good for 2 weeks past the written date.
- Pantoprazole is OTC, but omeprazole is Rx Only
- Naproxen is Rx Only; Acetaminophen can only be bought OTC in packs of 24 tablets; and the largest size of ibuprofen is 48 tablets.
- Each generic has its own “branded” name. For example, Valium=diazepam=Anxicalm.

Outside of rotation time, I had the opportunity to explore both Dublin and other parts of the Irish countryside, both of which were absolutely beautiful. Everything around me was so lush and green! While I was there, both the Queen of England and President Obama visited which brought extra excitement to the country.

If you are interested in reading more about my trip or looking at some pictures, feel free to look at my blog: <http://outandaboutindublinrx.blogspot.com/>. I'd definitely recommend applying for the rotation or just visiting Ireland for fun. If you have any specific questions about the rotation feel free to contact me at ktina.susic@gmail.com.

LKS Promotes Women's Health This 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" event. The sisters of LKS would like to thank everyone who helped with and attended the APhA-ASP Back-to-School Picnic/Activities Fair on August 30th. At this event, sisters were able to speak with P1 girls as well as host the "White Coat Toilet Paper Challenge," where teams of students were asked to create a white coat for a classmate out of toilet paper.

Over the past month, LKS has hosted four recruitment events. On Wednesday, September 7th, an informational pizza lunch was held to introduce potential new members to the values upheld by the fraternity and requirements for membership. An ice cream social was held at the home of two sisters in Shadyside on Thursday, September 15th, and on Wednesday, September 21st, LKS co-hosted a barbeque with PDC at the brothers' new house in Oakland. All spirited sisters and recruits also visited the home of several LKS sisters in Oakland on Sunday, September 25th, to root on the Steelers in their game against the Colts. Many current sisters and prospective members attended these events and had a wonderful time. A special thank you goes to sisters Nicole Kovacic (P3) and Erika Morgan (P3) who organized this recruitment period.

On Thursday, October 13th, in Scaife Hall Lecture Room 5, LKS will be hosting its third annual "What Not to Wear" fashion show. This entertaining evening will feature students and faculty modeling both acceptable and inappropriate pharmacy attire.



The show will be hosted by P2 student Kevin McMahon and Dr. Smithburger and is sure to be a good time! All proceeds generated from the show will be donated to a women's health organization chosen by LKS. Although several of the outfits will earn some laughs, attending this event will help you to choose clothing that best fits your pharmacy needs and allow you to support a worthy cause. If you are in need of some pharmacy school spirit, the LKS fall clothing sale is fast approaching. Be sure to listen for announcements in class concerning the due date of the order form. Hoodies, sweatpants, and t-shirts are only a few of the items being offered this year. Please contact Kinley Sepkovic (P2) or Allison Supko (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!

Upcoming SNPhA Events

By Erin Mathis

SNPhA has started the semester off with planning for some fun events and unique ways to learn experiential learning hours. Come join us on Sunday, November 6, at the PPG Zoo and Aquarium for the annual Kidney Walk to raise awareness of chronic kidney disease. All walkers get a T-shirt and free admission to the zoo. SNPhA will also be participating in Operation Barbershop this semester, where students will visit barbershops around the city

to educate patrons about various health conditions. Specific dates for Operation Barbershop will be announced soon. And don't forget to mark your calendar for SNPhA's regional conference Feb. 5, in Charlotte, NC. There will be plenty of opportunities for networking, education, socializing, and fun! Please contact Sam Holliday (snphapitt@gmail.com) if you are interested in participating in any of these activities.

PLS Kicks Off for a Cause

By Lindsay McCartney

Phi Lambda Sigma (PLS) co-sponsored the Kick-Off for a Cause: Join Our Winning Team, formally known as the annual Fall Leadership Retreat. Guest speaker, John Porcari, shared his leadership practices with students and faculty in the William Pitt Union on Saturday, September 17th. Due to the stressful nature of pharmacy school, many students can become stuck in a "Reactive" state of mind. Reactive thinking often leads to people responding to the present, becoming frustrated, feeling as though they are a victim, and surrendering their choice in matters. In contrast, having a "Proactive" mind-set leads to feeling in control, having confidence, and allows you to live your life how you want to versus living on auto-pilot. One easy way to do this is by altering your word choices and thought processes by using, "will, choose, explore, can, could, create, and desire" instead of "try, want, need, or should." A simple example of Reactive

thinking: "This isn't my job and I don't want to do it." The Proactive response: "I'll find out whose responsibility it is so that it will get accomplished." Another example is, "I won't be able to take on this project" which can be rephrased as, "I cannot do all of what is needed for this project, but I have these skills and will be able to offer this amount of time to see that it is completed."

By changing our thoughts we can change our feelings and emotions, which are ultimately projected as our actions. Simple tricks and attitude changes can drastically change how you react to the world. I challenge you to become a Proactive thinker instead of a Reactive. I promise that you will start to see a positive change in your life if you do so. If you would like to know more about John Porcari's leadership techniques and other examples, please email PLS at PhiLambdaSigma@gmail.com.

Making this School Year Fun, One Event at a Time!

By Chelsea Fitzgerald

The social committee started the year off celebrating with the annual Back-To-School Picnic held at the Veterans Pavilion in Schenley Park. Students enjoyed a cook out while getting to learn more information on all of the pharmacy school organizations. They also enjoyed playing water balloon toss, a white coat toilet paper contest, and a tug-of-rope war. In addition, the Dean, Dr. Smith, Dr. Pschirer, and Dr. Jonkman enjoyed deciding upon this year's dessert competition winner. Congratulations to P2 student Jose Nery for taking the title this year! He made delicious peanut brownies topped with peanut butter stuffed oreos. Additionally, the social committee would like to extend thanks for everyone who came and helped make the picnic a success!

The committee has shifted its focus to events to plan for the rest of this school year. This year's formal will be held at the Westin downtown on January 28th. Within the next coming weeks, the menu will be finalized and various DJs will be contacted for the date. Plenty of help will be needed for the planning, advertising, and decorating of the



Dr. Smith, Dean Kroboth, and Dr. Pschirer judge desserts at the picnic

formal as well as other social events this year. If you're interested in helping out make sure to come to the next meeting on Wednesday, October 5th during lunch in 229-230! We look forward to planning more successful events for the whole school to enjoy!

Great SOP Turnout at JDRF Walk

By Jaclyn Brucker

The Patient Care Committee would like to thank everyone that came out for the Juvenile Diabetes Research Fund Walk on September 17th. We had great weather for a walk in Schenley Park. Many of the participants stopped at our table to pick up Halloween goodies like cards, stickers and tattoos and they shared their diabetes stories with us. Whether it was how they dealt with a child, a sibling, or a grandchild being diagnosed with juvenile diabetes and the life style changes or barriers they faced. Many of the walkers that we talked to were diagnosed with juvenile diabetes and their stories drove home how important it is that a cure is found. One team's shirt at the event said it best, "Insulin is not a cure. It's life support." The student, faculty and staff support at the event was great and our team raised \$1,143 to help find that cure.

Look for upcoming Patient Care events like the Maggie Dixon Heart Health Fair on 10/22, Diabetes Screenings starting in October and GenerationRX projects in the works. Anyone interested in medication abuse or misuse should definitely talk to us for more information and come to our next committee meeting. TBD.



Students participate in JDRF walk in Schenley Park

Patient experiences coming up include:

- Medication Adherence Project at Montefiore Various
- UPMC Medication Take Back Day 10/28
- Uniontown Medication Check Up Day 10/29

If you're looking to get involved or have any questions don't hesitate to email us at asppatientcare@gmail.com

Professional Council Sets Goals for Year

By Derek Sampey

One of the goals of the Professional Council this year is to have more student involvement in organizations and school projects. We conducted a fictional survey and found that meeting attendance over the first month of school is up an average of 26%. When asked about the student turnout for his first meeting, PSHP president David Kim replied, "Yeah, there were a lot of people there." So we are doing a good job this fall. But as a school, we can do even better by also participating in committees and school wide projects.

10/5 → Become involved in the planning of pharmacy school events such as the Back to School Picnic, ASP Formal, and pharmacy weeks by attending the ASP Social Committee Meeting at noon in the PCLC.

10/22 → We want every single P1, P2, and P3 student to save the date for the 2011 Heart Walk ♥. The school needs a colossal turnout this year in order to help promote cardiovascular health to the community. Wear Red!

10/28-10/30 → The ASP Midyear Regional Meeting in Philadelphia is a great way for any student to learn more about APhA-ASP. It includes education sessions, leadership training, and policy lectures. There are also social events held after the meetings.

***Go to www.students.pharmacy.pitt.edu for a complete list of meetings and events

Reflections: More Than Just for Mirrors?

By Ravi Patel

As a P2 wondering how I made it through P1 year without failing or dropping out, I can't help but ponder the nature of reflection. All the people, places, and things I would have missed that first year make me stop to consider the importance of consideration. I reflect on why I reflect. Meta, right?

The biggest surprise to me about my first year here in pharmacy school is how much I realize I learned and experienced—even though I didn't realize it the first time around. I spent time with former victims of addictions, cancer patients at various stages in their treatment, and senior citizens who cared as much about their past canine companions as they did their medications. In the scramble of the first year, it was easy to miss the important things, big and little alike, until I looked back on it all.

While my jokes about debriefs are dry and, honestly, not funny, I learned that they do have benefit to the burgeoning clinician's mind. Those debriefs presented the chance to learn from reflection. As students, our first thoughts about such a chance is exhilaration, I'm sure. This is closely followed by feelings of desire to participate and the belief that it is time well spent. But nonetheless, they do hold some benefit.

Last spring I had the opportunity to travel to Washington D.C. and lobby congressional staffers on the behalf on my profession. In a baptism by fire, with only a dinner and breakfast meeting's worth of training, my group of fellow pharmacy students and I went through a series of meetings with congressional staffers in the course of a short afternoon. Meetings consisted of explaining how MTM services was deserving of federal funding. Following the first meeting, as we hustled through the bustling corridors of the nation's capitol, I felt the urge, yes the urge, to take a moment to debrief from the meeting we had just left. I turned to my closest fellow Pitt student and asked about the strengths and weaknesses of my spiel which ended not more than 3 minutes before. Taking the time to realize what worked and what needed improvement, I felt more comfortable and confident in my message as the day progressed. By the end of that afternoon, I had so much feedback I felt like I could pitch the idea of MTM to anyone who cared to listen. This would soon be followed by a pitch to name the new Salk Hall annex after yours truly.

Even if I wasn't saving pharmacy on the national level, "reflections" played more roles in P1 year than I had realized until I looked back. After SilverScripts, having senior citizens tell me about grandchildren when I asked about warfarin dosages made me feel like I was wasting time on a dead-end interview. At our debrief session back on campus, however, I learned that a lot of others faced the same problem. When we looked back at it, we saw how connecting tangential topics to healthcare tended to pull the interview back down a productive road towards building a comprehensive medication record. At the follow-up SilverScripts session, I was making medication records so fast (and accurately), I had time leftover to do chair aerobics.

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P1 Spotlight



Name: Gordon Watkins

Undergrad: University of Pennsylvania, BS Biology

Hometown: Charleroi, PA

Pharmacy Experience: I have four years of community pharmacy experience in a small independent pharmacy in my hometown. This past summer, I decided to try something a little different by working as a summer intern in a hospital pharmacy.

Thoughts on pharmacy school thus far: Pharmacy school has been great so far! I'm so excited to finally start learning things that I will actually use in my career. It's also awesome to be surrounded by more than 100 other people who are just as passionate about pharmacy as I am.

Fun Fact: I have played the organ for a few years in my church, and I was in the marching band at Penn for the past four years.

Dream job outside of the pharmacy profession: I've always envied Jim Cantore (the Weather Channel guy who gets to brave blizzards and hurricanes). As a little kid, I always wanted to be a TV meteorologist, and I used to do our class' daily weather report in elementary school.

...(mirrors continued) Indulge this analogy, if you will. In the amusement park that is life, there is questionable food, sawdust masking losing bouts with emesis and, of course, the rides. Life experiences are much like these rides. Some are scary and exciting with lots of corkscrews, dips, drops and loops while others are lazy and soporific, like the chair lift that takes you from one side to the other and back again. In both of these rides, you don't really have the chance to see what's happening until after you get off, turn around, and realize all the ups, downs, and girlish screams you just experienced.

P1's, don't take for granted your experiential rotation, even if you feel it's just glorified daycare. P4's, don't sigh that exasperated sigh when you start your rotation in a community pharmacy. Taking some time to reflect on what you are doing or have done may help you take away from this experience more than you thought you could. As the years of pharmacy school fly by, take the miniscule time and effort to glance over your shoulder and see what you did, how you would have improved it, or why it was such a success. Just watch your step for sawdust.

Professor Search

F W D G N E W M S P Y A O C U
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Class Updates

P1 Class- Trey Draude

T-Bone (Trey Draude), G-Watt (Gordon Watkins), and P-Cat (Paula Nociolo) are about to begin work on a class Wiki in order provide a central location for their class to obtain information about assignments, each other, and other happenings in the world of pharmacy. In addition, Wednesday, September 28th marks the beginning of their student committee elections! One can only prepare and ponder the placements of the P1's into these prestigious positions!

P3 Class- Alicia Lichvar

With the first wave of exams quickly approaching, the P3 class can only reminisce about summer. More specifically, how it was our last actual summer before rotations and reality barge through the college bubble of naivety. As the end of September quickly approaches, the P3 class is settling into its typical pharmacy school routine of class, noontime free pizza, and endless bouts of Sudoku or "Words with Friends." It feels as if we never left Salk Hall.

That being said, I hope that our class can enjoy these last few months in Salk Hall and make the most out of the last year of classes. Once again, our class plans on selling fleeces and a variety of other School of Pharmacy attire at some point this semester. Additionally, several social and professional event ideas have been emerging and are in the