

# The PITT Capsule

## Welcome Back from APhA - ASP!

By: Erica Trimble - President

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Welcome back! It is hard to believe that we are already back at school, gathering in three rooms and the hallways of Salk Hall. I hope you had wonderful summers and are ready for another exciting year of Pharmacy! APhA-ASP has many new professional development and social events and service projects planned that will give every single one of you a chance to get involved. Our plan is to form committees so that members can concentrate on what you are most interested in. . . more to come at

our first meeting. And as you all may know, we are hosting the APhA Midyear Regional Meeting here in Pittsburgh in October. So be sure to register (or re-register) and turn in your dues in order to take advantage of these opportunities!

We will officially begin the APhA-ASP year on Wednesday, September 3, with our first General Body Meeting followed by the Annual Back to School Pic-

nic. We invite you all to join us in Schenley Park for a cookout, socializing, and music. The semester will continue with a lecture about the Presidential Candidates' standing about healthcare, an Interviewing Tips seminar put on by Career Services, the Career Fair, Heartburn Awareness at the Pitt versus Rutgers Homecoming football game, and many other fun events!

I look forward to meeting all of the P1's and working with the upper classmen again. With your help, we can make this an exceptional year for APhA-ASP and achieve recognition for our efforts at the University. If you have any questions or would like to know more about APhA-ASP, please feel free to contact Erica Trimble or any other member of the Executive Board.

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**The 2008-2009 APhA - ASP Executive Board.**

## The Social Scoop

By: Melinda Wingard and Josh Clossin  
Co-chairs to the Council of Social Activities

Welcome back everyone! We are very excited to be back to school and to start planning social events. Our first event will be the annual **Back-To-School Picnic** on **Wednesday, September 3<sup>rd</sup>** from **4-8pm** at the **Veterans Pavilion** in **Schenley Park**. Come join professors and classmates for fun, free food, and music. We will be holding a **best dessert competition** to be judged by faculty and prizes to be awarded, so bring your desserts. So far, the pharmacy weeks are being planned in January to be concluded with the formal on January 31, 2009 at the Sheraton in Station Square. Also, we are looking to hold social events outside of school hours throughout the school year. Please contact Josh or Melinda if you are interested in helping plan the social events during the year. Please check the portal for more information.

See you at the Picnic!!!



### RxPREP: Meet Your Mentor Night Sept. 10<sup>th</sup>

By: Amy Blossosky, President

It's that time of year again, and RxPrep needs your help at Meet Your Mentor Night! After a great turn out at our first meeting, RxPrep is expecting approximately 100 pre-pharmacy students who want to be matched up with a student mentor in the School of Pharmacy. I am sure you can all remember being a freshman, wondering what its like to apply and be in pharmacy school. There is no one better than those who have been through this situation before to offer advice to our pre-pharmacy students. You guys have been great with helping out in the past, and I hope it will continue this year. If anyone is interested in signing up to be a mentor, keep an eye out for a sign up sheet that will be passed around in your classes soon. Meet Your Mentor Night is scheduled for Wednesday September 10<sup>th</sup> from 5-6pm in 402 Salk Hall. Any questions please talk to Kat Kingston or myself. Hope to see you there!

*Interested in writing for or helping out with the Pitt Capsule? E-mail [res12@pitt.edu](mailto:res12@pitt.edu)!*

### Mark Your Calendars!!!

\*Please refer to student portal for more info\*

- 9/2: ASP Executive Board Meeting
- 9/3: ASP General Body Meeting & Back to School Picnic
- 9/4: SNPhA Meeting, Rho Chi Meeting
- 9/8: LKS Meeting
- 9/9: PSHP Meeting
- 9/10: PLS Meeting
- 9/12: Technology Committee Meeting
- 9/14: Fall Leadership Retreat
- 9/15: LKS Meeting
- 9/16: ASP Executive Meeting
- 9/17: Professional Event Series, Rho Chi & PLS
- 9/22: LKS Meeting
- 9/23: IPSF Round Table
- 9/25: Rho Chi Meeting, AMCP Open House
- 9/29: LKS Meeting, Lunch & Learn Lexi-comp
- 9/30: ASP Executive Board Meeting

*Look for us on the web!  
Coming soon - find The  
PITT capsule online on  
the student portal and  
on the ASP website!*

## Phi Lambda Sigma

By: Alexa Ray, Secretary

Welcome back! The Beta Delta chapter of the Phi Lambda Sigma Pharmacy Leadership Society is looking forward to an exciting and productive year. As an honors leadership organization, PLS strives to bring together student leaders in the school of pharmacy to work toward common goals within the school while encouraging the growth and development of student involvement and leadership. Members are selected through an application process which focuses on peer recognition of leadership achievement and potential. We will be accepting applications for membership this spring, so keep an eye out for announcements.

This year's PLS Fall Leadership Retreat will be held Saturday, September 13<sup>th</sup> at the Jumonville Retreat Center. PLS members will enjoy a full day of activities, including team building projects and a ropes course in the morning followed by afternoon roundtables and discussion ses-

sions about a variety of topics pertinent to the School of Pharmacy. We hope to return from the retreat with a plethora of new ideas for the year as well as plans for PLS traditions such as the yearlong Professional Event Series with Rho Chi and the Pharmacy Auction in the spring. We have a few spots left for any P1s interested in attending, so if you'd like to join us at the retreat please contact Dana Roman at [dmr28@pitt.edu](mailto:dmr28@pitt.edu) or Mike Smith at [mas81@pitt.edu](mailto:mas81@pitt.edu).

We will be continuing our P1 mentoring program this year, but with a few changes. Rather than assigning mentors on an individual basis to a limited number of P1 students, we have paired a PLS member with each P1 group. We hope to be able to reach out to more students and encourage a higher level of involvement from the Class of 2012 by having group PLS mentors in place of individual mentors.

Finally, after being out of use for a couple of years, we are excited to announce that our chapter's website is once again up and running. For the organization's history, membership details, contact information and more, visit <http://www.pitt.edu/~sorc/pls!>

The first Phi Lambda Sigma meeting of the semester will be held Wednesday, September 10<sup>th</sup> in the PCLC from 12:00-1:00 p.m. All members are asked to attend and help plan for the year ahead. We'll see you soon!



## Phi Delta Chi (PDC)

By: Nathan Hunnell, President

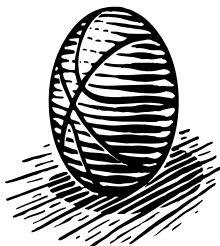
Phi Delta Chi (PDC) is a fraternity dedicated to advancing the science and practice of pharmacy while developing its members professionally and personally. The University of Pittsburgh's chapter is one of the few remaining all-male chapters in the country. Our purpose is to give its members assistance academically and professionally as well as provide social development.

Some of the events we plan to do this year are: holding a diabetes awareness intervention in underserved areas of

Pittsburgh, raising money for St. Jude's Hospital, and working collaboratively with our sister chapter (LKS) in other events.

To get away from the hectic pharmacy school schedule, we play football, basketball,

and poker. Also, you can often find us at one of Pittsburgh's



many entertainment establishments. If you see us while we're out, feel free to say hello and get to know us better.

If you have any questions about PDC or would like to become a member, you can contact Nathan Hunnell via email at [nah16@pitt.edu](mailto:nah16@pitt.edu).

## Welcome Back! From SNPhA...

By: Jimmy Gill, President

SNPhA would like to welcome back all of our fellow students, giving a special, warm welcome to the new P1 students! As usual, we have been very busy both this semester and the past summer, providing service for the Pittsburgh community. We began the summer with two health fairs for the Pittsburgh Housing Authority, using our Helping Hands for Healthy Hearts initiative to check blood pressures and answer medication questions for community members.

At the end of July, four SNPhA members and one of our advisors, Marcia Borrelli, traveled to Fort Lauderdale, Florida for our national convention. We stayed at the Marriott Resort & Spa right on Harbor Beach, a great location for any conference! On Friday night, we had opening ceremonies, followed by a yacht excursion and *White Party* dinner through Sylvan Lake. Saturday brought business meetings, continuing educations and a poster presentation, in which one of our students participated. Finally, Sunday brought more business meetings and lectures, some quality time on the beach with our friends from Duquesne and the finale—the dinner banquet and closing ceremonies. The banquet offered scholarships, which two of our students won, and some great networking with practicing professionals! All in all, SNPhA Pitt was very impressed with the quality of the conference, including the pharmacists and students representation of their respective businesses and schools.

Finally, we participated in another health fair in August—the annual KidsFest in Monroeville. SNPhA Pitt was happy to participate in this event



from the outset, as this was the first ever pediatric event for our chapter. Dr. Karen Pater was so gracious as to work with us through the event, providing aid in the uncharted territory of pediatric pharmacy. In the future, we plan on trying this type event again, and look forward to a packed semester of service!

## Curious About Managed Care?

By: Steven Zona, President

As president of the University of Pittsburgh chapter of the Academy of Managed Care Pharmacy (AMCP) I would like to welcome back all returning students and incoming P1's. This year is a very exciting year for our chapter of AMCP as we are starting from the ground up to build a strong student chapter allowing more opportunities for us to learn about opportunities and experiences in managed care.

What is managed care exactly? Managed care is a unique area of pharmacy away from a hospital or community pharmacy which involves using sound medication management principles and strategies to improve health care for all. Pharmacists working in managed care may work for an insurance

company on a Pharmacy and Therapeutics committee, work as pharmacy benefit managers, out in the field with doctors or patients, and use their clinical skills to work with patients to just name a few.

This year we will be having monthly meetings with the kick-off informational meeting set for September (more details will be coming via the student portal calendar). Some of the meetings this year will include: information needed if you are interested in pursuing an MBA after your Pharm. D., presentations from pharmacists working in managed care, internships and residencies in managed care, and the Pharmacy and Therapeutics Competition where the winning team from our chapter will have the opportunity to win an expense paid trip to the National Meeting in the spring.

I hope to be seeing many of your at our first meeting and if you have any questions or would like to get involved more with our chapter of AMCP feel free to contact me at [sdz3@pitt.edu](mailto:sdz3@pitt.edu).

*Don't forget to check the Student Portal daily for important announcements, meetings, class updates and more!!*

[http://students.](http://students.pharmacy.pitt.edu)

[pharmacy.pitt.edu](http://students.pharmacy.pitt.edu)



## Welcome Back! From Kappa Psi...

By: Dana Roman, Corresponding Secretary

Summer has ended and we've found ourselves faced with the start yet another semester. Of course, the start of classes also signified the return of a cherished event - The Annual Kappa Psi Back To School Party. Thank you to all of the students who came out to The House last Friday night to help us celebrate the return of friends after a long summer vacation. The Beta Kappa Chapter spent a busy summer fixing up our beloved house on Atwood St and planning for the fall semester. Brothers painted walls, tiled floors, and cleaned like crazy in an effort to renovate The KY House. Our Brothers are also eagerly awaiting the return of our regional meeting to Pitts-

burgh, hosted by the Delta Epsilon Chapter at Duquesne University, on October 3-5. We are excited to have current Beta Kappa, Tim Kayor, as well as 2008 graduates Erin Lopata and Chris Miller, all serving on the regional executive board. The Brothers of Kappa Psi are eager to announce our Fall Rush Events:  
**Thurs, Sept 11<sup>th</sup>, 12pm** in 402: Lunch and information session  
**Weds, Sept 17<sup>th</sup>, 6-8pm** @ Shootz Café (Southside): Free pool & pizza  
**Tues, Sept 23<sup>rd</sup>, 6-7:30pm** @ The KY House (361 Atwood St): BBQ

Rush chairs Megan Reilly and Scott Harley can be reached

at: [meglreilly@gmail.com](mailto:meglreilly@gmail.com) and [sah53@pitt.edu](mailto:sah53@pitt.edu), respectively.

The Beta Kappa Chapter of Kappa Psi Pharmaceutical Fraternity, Inc is looking forward to another excellent pledge class this fall. Any interested students are encouraged to attend as many Rush Events as possible. And always, feel free to talk to any Brother if you have questions about Kappa Psi.



*"...if you see something you feel needs to change concerning the profession, education or patient care, speak up."*

## Introducing... SPAN

By: Patrick Pugliese, Chair

This year APhA-ASP has changed the name of SPIN (Student Political Information Network) to SPAN (Student Political Advocacy Network). The goal of the new APhA-ASP SPAN is still to educate student pharmacists about current pharmacy related legislation while putting an even greater emphasis on taking a more proactive role in advocating the creation and implementation of new policies.

SPAN will be working in conjunction with PPA to encourage student advocacy involvement at both the federal and state level. Throughout the year we will be welcoming everyone to various lunch and

learns focusing on the legislative process, the importance of advocacy in the profession and writing etiquette. At the state level we will be holding both a letter writing campaign and attending Legislative Day in Harrisburg to educate our legislators on pharmacy related bills currently standing in the house and senate and encourage their support. We will also be continuing our participation in the PPA's GRASP (Government Relations Advocacy for Student Pharmacists) program, which will send interested students to learn more about the lobbying process at PPA headquarters in Harrisburg.

On the national level, we will once again be active in the APhA-ASP policy process. The School of Pharmacy was fortunate to have one of our own resolutions voted on during last years national meeting in San Diego and we hope to see the same happen again this year. So, if you see something you feel needs to change concerning the profession, education or patient care, speak up. We will be welcoming everyone at our first meeting, September 18th in the PCLC, to discuss upcoming events as well as talk about new possibilities. Welcome Back!

## Looking into the Fall Semester: Lambda Kappa Sigma

By: Julie Lauffenburger

As the summer cools down and the school year fires up, the sisters in Lambda Kappa Sigma (LKS) want to welcome you to the University of Pittsburgh School of Pharmacy! For all of you returning or new students, LKS hopes that the transition goes smoothly. The sisters of LKS are already excited about the coming school year. Two of our sisters attended the LKS biennial convention in Savannah, Georgia where they met other sisters from across the nation and interacted with alumni who practice pharmacy in a multitude of patient-care settings. Lambda Kappa Sigma is an international professional pharmacy fraternity founded in 1913 to promote the ad-

vancement of women within the profession of pharmacy. Today, LKS claims over 22,000 members internationally, with 44 campus chapters and 36 alumni chapters. The Delta Chapter at the University of Pittsburgh focuses on promoting on women's health issues as well as prides itself on offering a wealth of other social and professional opportunities to its members and the school. A variety of informational and social events have been planned for the recruitment period to engage potential members to learn more about the fraternity and its mission, as well as meet the LKS sisters. The first event is a free lunch/information session in 402 Salk on Wednesday,

September 10<sup>th</sup> from 12pm-1pm. Also among the events planned during the recruitment period are a beach-themed party on Tuesday, September 16<sup>th</sup>, as well as the annual LKS/PDC picnic on Thursday, September 25<sup>th</sup>. Come find out what LKS is all about! Through the rich variety of extracurricular activities offered, we hope that you find your niche in the School of Pharmacy. However, if you do find that Lambda Kappa Sigma piques your interest, we promise to keep you informed about our recruitment dates and upcoming activities. In the meantime, feel free to check out the student portal or contact any of our officers.

*"Today, LKS claims over 22,000 members internationally, with 44 campus chapters and 36 alumni chapters."*



From all of us at LKS, welcome to the fall semester!

Above & to the right: LKS girls at last year's recruitment events.



# Pennsylvania Society of Health-System Pharmacists (PSHP)

By: Christina Martin, President

Welcome back! Are you a P3 or P4 student considering a residency after graduation? Are you a P2 student with an interest in hospital or clinical pharmacy? Maybe you're a P1 student just curious about what PSHP is about? If you answered *yes* to any of the above questions, this organization is for you!

The first PSHP general body meeting will be **Tuesday September 9** from 12-1 PM in 402. At this meeting, we will discuss the opportunities that PSHP has to offer to student pharmacists. We will also provide information about the Clinical

Skills Competition, which will be held in early October. Working in pairs, students are given a clinical case where they rank a patient's health problems and provide a therapeutic plan for each problem. The top 10 teams will present their cases to a panel of judges. The winning team will compete at the National Clinical Skills Competition during the ASHP Midyear Meeting in Orlando, FL! Check the portal for information about Pitt's CSC, including where/when to sign-up.

The PSHP officers value your input as to what speakers and events you

would like the organization to be involved with this year. PSHP plans to continue its involvement with Poison Prevention education at Falk Clinic; this year, we hope to provide poison awareness to local schools and community centers. Even if you are not a PSHP member, check back for updates on the Poison Prevention Projects. Hope everyone had a wonderful summer and best wishes for the fall semester!

You can reach Christina at: [cym2@pitt.edu](mailto:cym2@pitt.edu)

### Things to look for in upcoming issues:

- Meet more P1's
- Updates from class presidents
- "A Day in the Life..."
- Sudoku!

## Meet the P1's!



**Name:** Justine Parker  
**Hometown:** Edinboro, PA

**How She Spent Her Summer:**

- Attending music festivals
- Bartending at a golf course

**Name:** Luke Miller  
**Hometown:** Somerset, PA

**How He Spent His Summer:**

- Visiting Canada & Myrtle Beach
- Working at Ruby Tuesday's as a server & a bartender



**Name:** Jonna Munroe  
**Hometown:** South Hills, PA

**How She Spent Her Summer:**

- Celebrating the fourth of July in Charleston, SC
- Working at Prescription Center Plus

## International Pharmaceutical Students' Federation: Connecting student pharmacists globally

By: Julie Lauffenburger, Chair

The International Pharmaceutical Students' Federation (IPSF), a student-run organization as part of APhA-ASP, brings together schools of pharmacy from around the globe. Over 70 different countries worldwide have chapters, working together to increase awareness on global public health issues, as well as increase cultural understanding across international lines.

The University of Pittsburgh School of Pharmacy chapter forged its own initiative towards cultural understanding—by hosting two pharmacy students for four weeks at UPMC and the school of pharmacy in the IPSF student exchange program. One of the exchange students, Rinat Stav, a fourth-year pharmacy student from Israel, wanted to share her thoughts on pharmacy in the US. In her exact words, here are her thoughts upon her departure at the end of July 2008.

### **What surprised you most about pharmacy in the US?**

That pharmacists need to count pills, that prescriptions can be in some places given through phone calls, fax or e-mail and that pharmacists are more involved in the health care of the patients like in the anti-coagulation clinic and in diabetic clinic after the physician makes an agreement with them that allow the pharmacists to change doses and medications according to their knowledge.

### **In what aspect of pharmacy do you think Israel is improved over the US?**

Our national health care [system], not selling medications in any age [patients must be 18 in order to buy OTCs] and not selling big amounts of OTC without pharmacist supervision.

### **In what aspect of pharmacy do you think Israel may be behind the US?**

Clinical Pharmacy in Israel is less developed than in the US. There are less kind of jobs that are available to pharmacist in MTM and better relationship between pharmacists and physicians that will enable them to work better as a team.

### **What differences do you think there are between pharmacy schools in the US and Israel?**

In Israel there is B-pharm degree of 4 years and then 6 months of internship in specific pharmacy site. In Beer-Sheva University we study clinical pharmacy so we have rotations in hospitals. We have 8 rotations, one week in each section of the hospital.

### **What was your most memorable pharmacy experience here in the US?**

I think that one moment that I will remember for a long time would be a lunch that was organized in the school of pharmacy. There were attending any pharmacists All of them were women but each of them worked in another site of pharmacy. We had the most interesting conversation about pharmacy and health care in Pittsburgh compare to Israel and I think that this women chat was the magnificent essence of all of this SEP – to share our knowledge. I learnt a lot about pharmacy and also about myself. Good luck to all of us in contributing to the improvement of patients' health care.



Join us for the first IPSF event of the school year—a panel discussion as part of Pitt's International Week, called *International Pharmacy Practice: Cultural Differences across Continents Roundtable*. It will be held on Tuesday, September 23rd from 12pm-1pm in Salk 402, involving students sharing their cultural and professional experiences from their recent international pharmacy excursions. Information will also be provided about how to locate your own study abroad program. Stay tuned for more information!