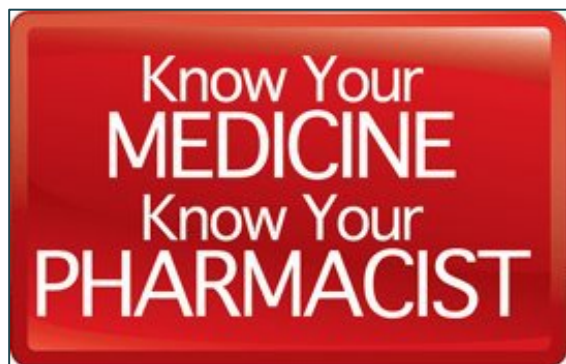


The Pitt Capsule

THE UNIVERSITY OF PITTSBURGH
SCHOOL OF PHARMACY



Get Fired Up for American Pharmacists Month!

By Joshua Niznik, APhA-ASP Chapter President

Greetings fellow student pharmacists!

October is upon us once again and we all know what that means: American Pharmacists Month! Each year, APhA encourages the public to talk to their pharmacists with the slogan, "Know Your Medicine, Know Your Pharmacist."

American Pharmacists Month is our opportunity to advocate for our profession and educate the public on all of the services pharmacists can provide that they might be unaware of. Pharmacists are one of the key players in helping to reduce healthcare costs by ensuring that patients are using their medications properly. Try to keep this in mind throughout October. Talk to your family, friends, and members of your community about how a pharmacist can make an impact on their health!

Throughout the month of October APhA-ASP at the University of Pittsburgh will definitely be keeping busy! This year, together with the Social Committee, we will be hosting the first ever **School of Pharmacy Spelling Bee** on Tuesday **October 15th at 7pm in Scaife Hall**. This event will be a night full of entertainment, starring your fellow classmates, that you don't want to miss! At the end of the month, the American Heart Association's **Heart Walk** will take place at Heinz Field to help raise awareness and promote prevention of cardiovascular disease. This annual event is one of the major highlights of the fall semester as it allows all students

of the School of Pharmacy to come together for the benefit of a wonderful cause. Join us on **Saturday October 26th** and sport your "Pharmacy Has Heart" t-shirt to represent Pitt Pharmacy!

Looking forward, we are in the midst of planning our weekend getaway to our nation's capital for this year's **Mid Year Regional Meeting** from **November 1st-3rd**. This year the MRMs between Region 1 and 2 will be held together in an effort to bring more diverse programming opportunities for student pharmacists! Not only that, but even more student pharmacists will be in attendance to network and share their experiences.

As you may or may not know, the APhA-ASP's national theme for this year is "Be the Change." I am confident that our chapter can be the change and continue to "Make its Mark" like we have in the past! We have already seen an incredible amount of interest in APhA-ASP this year. Our first general body meeting may have been one of the most successful meetings for our chapter thus far! There was so much interest, in fact, that we actually exceeded the maximum capacity of Room 402! The Fall Leadership retreat was also a great success with approximately 90 students in attendance! I encourage all of you to keep up this momentum and become even more actively involved in our chapter!



P3 student, Trey Draude, hosts the Birdhouse building competition at the Fall Leadership Retreat.

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The Pitt Capsule:

Editor: Nicole Romstadt
pittcapsule@gmail.com

Contributors:

Joshua Niznik
Meera Vachhani
Trey Draude
Georgina Waldman
Jocelyn Hatfield
Jessie Lewis
Kathryn Wersosky
Nicole Romstadt
Allison Doherty
Alex Morgan
Ravi Patel
Aaron Devanathan
Leah Williams

Patient Care Committee: Upcoming Projects

By Meera Vachhani, Patient Care Committee Co-chair

The APhA-ASP Patient Care Committee is hard at work getting all the projects set up and ready to go within the next month! We have a lot of great projects to participate in so we are going to need your help to make them a success! If you were not able to make it to our first meeting, don't worry! Here's a quick recap on what the operations will be doing this semester:

Generation Rx (Danielle Mayer – pittgenrx@gmail.com)

- High School Presentations – dates will be announced soon!
- Parent/PTA presentations and Toolkits
- Drug Disposal education tabling at Falk Pharmacy – dates will be announced soon!

Operation Diabetes (Alison Merkel - alm192@pitt.edu)

- Tabling at Senior Centers to provide seniors with information to help them manage their diabetes -- Upcoming dates in October!

Operation Self-Care (Rachel Filiaggi and Kelsey Siebold – aspsselfcare@gmail.com)

- Presentations at dormitories with Res life about common OTC products for cold/flu season --Upcoming dates in October!

Operation Heart (Jenny Zhao – chz23@pitt.edu)

- Healthy Heart is the Way to Start: Presentations for children at after-school programs about healthy diet and physical exercise -- Upcoming dates in October!

Look for **sign-ups for the projects on the Porxtal** soon! We are looking for committee members who would be interested in helping to work on any of these projects or have ideas of their own! Please feel free to email us with any comments, questions, ideas, or concerns at asppatientcare@gmail.com or come talk to Katie McGuire (P3) or Meera Vachhani (P2).

P3 Class Update

By Trey Draude, Class of 2015 President

The Class of 2015 has hit the ground running with their final year of didactic learning! It seems like yesterday we were P1s roaming the halls of Salk... Time flies! This semester we are hosting a 3v3 basketball tournament for the entire pharmacy school to raise money that will go towards the end of the year party. We are also planning another class camping trip to embrace the fall weather. We look forward to making this not only our last year, but our best one!

P2 Class Update

By Georgina Waldman, Class of 2016 President

By the time of this publication, the P2 class will hopefully have survived the worst week of exams yet. This upcoming month we will be returning to our Silver Scripts sites as well as starting to work in the WISER center. Working with the sim man is a lot of fun and a unique clinical experience. 'Til the next round of exams!



Sophie (left) and Christina (right) – LKS Recruitment Chairs 2013-14

Welcome, New Lambs!

By: Jocelyn Hatfield, Corresponding Secretary



Lambda Kappa Sigma is proud to welcome 33 new members to our organization! We congratulate you on your decision to further your professional career and join a sisterhood of life-long friendships! Over the next few weeks we have various sisterhood events planned that will help the current members get to know our new pledges. We are excited to have you, and hope you are excited as well!

A special thanks goes out to our recruitment chairs for this year – Sophie Yang and Christina Vaghetto. They worked tirelessly to make our recruitment events a success, and their enthusiasm throughout the process did not go unnoticed.

Fall Fun: Social Committee working on upcoming events

By Jessica Lewis, Social Committee Chair

The committee was proud to have hosted a successful picnic to welcome everyone back to school this year! There was a great turnout from students and organizations, and luckily only a few people got soaked from the water balloon fight. A big thank you goes out to everyone who helped and came out to make it a great evening!

Our first meeting was held on September 18th and brainstormed some great ideas for this year. We are currently working on events for later in the fall, the next being the **First Annual Pharmacy School Spelling Bee**.

The Bee will be held on **Tuesday, October 15th in Scaife 6** from 7-9pm. Bee vocabulary will include medical terms, professor names, and of course...drug names (both brand and generic). So start studying up! Expect an email within the next few weeks for signups. Snacks and soda will be provided for spectators as well.

The committee is also looking for a collaborative dinner with dental students for November and also an event for the spring that will coincide with the Dean's Theme of Generation Rx – more information to come! We have also been setting up **Pharmacy Weeks** for the spring which will run from **January 27th through Saturday February 8th**. If your organization is interested in setting up an event for pharmacy weeks, please contact Jessie Lewis at JRL74@pitt.edu.

The next Social Committee meeting will be held on **Wednesday, October 16th in the PCLC at 12:00pm**. If you are interested in helping with events or have some ingenious ideas for a social outing, we'd love to have your help!

Kappa Psi: Fall Events, New and Old

By Kathryn Wersosky, Corresponding Secretary

The brothers of Kappa Psi had a great time with the rush events this past month, including an All-American Cook Out with hotdogs and hamburgers and a Taco Time Fiesta both at our house on Atwood. During the last event, we held a hot pepper eating contest where P1 Daniela Policicchio managed to beat veteran P3 Tyler Chanas despite her rumored GERD! Impressive! The Beta Kappa Chapter thanks our charismatic rush chairs, Tyler Halfhill and Jessie Lewis, for the planning of four successful rush events.

Fall is busy for the brothers but also exciting since we get to meet so many P1s. Aside from the new member events, Kappa Psi will be continuing to work on the Generation Rx project through our Patient Care Committee. This year, the brothers will be developing hands-on resident floor programs related to drug misuse abuse prevention and education in the campus dorms. If you would like to get involved in this project, contact Liana Mandel lrn36@pitt.edu.

Coming up on our agenda in October, many brothers will be traveling to Buffalo, New York for the Mountain East Province Fall Meeting. We will also have our fall traditions here in Pittsburgh, such as the lineage dinner at Spaghetti Warehouse and haunted house trip to Scarehouse.



PLS members pose with faculty and their families at the PLS Pirates Tailgate before heading into the game.

PLS has an exciting start to the year!

By Nicole Romstadt, Secretary

PLS kicked off the year by co-hosting the annual Fall Leadership Retreat with ASP. At the retreat, students worked in groups to build their leadership and collaborative skills. The retreat started out with a tasty meal and an inspirational TedTalk about overcoming barriers. Following the movie was an exciting “Bird House Building” competition, in which students had the opportunity to practice their creativity, teamwork and adaptability skills. After the winner was declared, students got down to business and broke into groups to work on planning events for the Dean’s Theme – GenerationRX. Students worked within their respective organizations to develop timelines and plans for GenerationRX events throughout the school year!

PLS members were pumped to tailgate for a Pirates game with professors and their families. This first annual tailgate was put up for auction last spring at the Grace Lamsam charity auction. Students provided the burgers and tailgating snacks, and served up dinner to Dr. Pater, Drs. Empey, Dr. Seybert and their families. After the tailgating festivities, everyone enjoyed watching the Pirates game!

The PLS mentoring program is continuing in full swing, with the next mentoring breakfast planned **October 7 at 8:00am in Salk 402.**

Rho Chi has a busy fall semester planned!

By Nicole Romstadt, Historian

Rho Chi continued the monthly “Health Talks” at the Salvation Army, with students educating participants about seasonal allergies and allergic reactions. Next month’s health talk will be on the common cold and flu.

Rho Chi members also had a chance to brush up on their clinical skills by helping the P1 students during their lab session. Rho Chi members took blood pressures, helped with peak flow meters, and calculated BMIs for the P1s so that they could fill out their own patient charts.

The Rho Chi tutoring program is excited to hold the first “Rho Chi: Tips, Tricks and Tutoring” session. These sessions will occur throughout the year and be geared towards helping P1 and P2 students with difficult projects, papers and patient care experiences. The first **P1 session** is a Patient Care Workup and Standardized Patient Final review, which will be held on **October 2 (tonight!) at 5pm in Salk 458.** The first scheduled **P2 session** is a Wisner Center Final and ID Capstone review, which will be held on **October 14 at noon in Salk 458.** These reviews will be led by P3 Rho Chi students, in an attempt to make students more comfortable with these experiences, answer questions, and offer tips on how to prepare and do their best!

Rho Chi collaborated with PLS to bring in speaker, Michael Bunn, PharmD from Pharmacy Healthcare Solutions, Inc. for a lunch talk. During the first of the PLS-Rho Chi lecture series, Dr. Bunn taught students about the opportunities available in consulting pharmacy.

Rho Chi is co-hosting a Blood Drive with the dental school on **October 10, beginning at noon, in the PCLC.** Stop in to donate and also enter to win Pitt Pharmacy clothing and other prizes!

AMCP P&T Competition

By Alex Morgan, Secretary AMCP

AMCP started off the year with a general body meeting that had a great turnout! We discussed our goals for the year, such as panel discussions with managed care experts, mock interviews, and CV reviews. We also explained the P&T competition, which was just announced by AMCP for this year!

The purpose of the P&T competition is to allow student pharmacists to see the various processes and skills that are needed to manage a formulary. A P&T committee is made up of medical directors, community based physicians, and pharmacists not associated with the managed care organization. The committee studies clinical information regarding safety and efficacy for new medications on the market, and decides whether the health plan will include the new drug on the formulary. A P&T committee also looks at the financial impact of a drug, reviews prior authorization criteria, and evaluates quantity limits for medications. All of this is done to deliver safe and effective medications to provide the best health care to all patients at a practical cost.

This year's P&T competition is on BENLYSTA, a B lymphocyte stimulator used as treatment for lupus. On **October 9th**, Pitt AMCP will have another **general body meeting in 355 Salk Hall** discussing the details of the competition. Overall, students will work in groups of four to prepare a monograph for the medication, and a presentation and report on BENLYSTA. The local competition will be held in January, and the winning teams' project will be sent to AMCP for review. The top 8 teams will be sent to the AMCP Annual Meeting in Tampa, Florida in April!

AMCP will also have a P&T panel at the end of October, which will bring in P&T experts from local hospitals and managed care organizations and discuss what makes their respective committees different. Once people have signed up for the competition in October, teams will be made and everyone will be able to get to work! If you have any questions about AMCP please ask any of the officers or email us at amcppitt@gmail.com. Hope to see you all on October 9th!

Spend the Fall Semester With SSHP

By Allison Doherty

First and foremost, SSHP would like to welcome all of its new members, as well as those returning! We had a very successful membership drive and are excited about the number of people who want to become involved with the organization this year. We already have a lot of activities happening this semester for members to participate in.

In September, we held a meeting for all students interested in leading professional projects this year. We brainstormed a lot of innovative ideas, and we are looking forward to making them a reality. We also had our first ever "Residency 101" event, where we discussed the basic facts of a residency for people who didn't know a lot about the process and wanted to learn more. We will be having our annual residency panel in November, where students can ask current residents about their experiences in their residency thus far. Members and non-members are encouraged to attend.

Mark your calendars for the **Clinical Skills Competition coming up on Wednesday, October 16th at 5:15pm**. The winners of this competition receive an all-expenses-paid trip to the ASHP Midyear Clinical Meeting held in Orlando, Florida this December! Members from any year can participate in the competition, and it's something you definitely do not want to miss. So whether you want to learn more about residencies, get involved with projects, or just take part in some healthy competition, SSHP is the place to be this semester! Please forward any questions about our events to pitt.sshp@gmail.com and remember to "like" us on Facebook!

A student one day, a pharmacist the next?

By Ravi Patel, Class of 2014

Pomp and circumstance. Tearful speeches. Smiling faces. Overall happiness. Many things are expected of graduation day. Amidst my confusion of how I wasn't found out as an impostor, I expect to be especially excited. I will be eagerly awaiting the box of knowledge and skills that will allow me to change from a student to a practitioner. I think they send it snail mail since it took four years, but the delivery will be worth it. After all, I can't imagine how else I could go from being a student two weeks before graduation to "Dr. Someone" the day after.

Graduation is a day to confer a title and a diploma to change a student to a practitioner. But, what actually changes after graduation? As a student, I can only speculate. So I do so, with a healthy fear of the "real world" and a mild case of Stockholm Syndrome in academia.

The role of education in my daily, professional experience will undoubtedly change. As a student, I went (or at least was supposed to) go to class everyday to "learn" material, skills, and abilities, to be used in clinical practice. During rotations, I'm expected to apply this past education and everything I learn from topic discussion, assigned readings, and projects, to practice on rotation. When I graduate, the classroom will be beyond the horizon. The responsibility—professional, legal, ethical—will fall on me to continue my education. Save for structured "continuing education", I will have to learn practice through practice. That is the change in education's role. In the classroom, I learned about practice through education. On rotation, my education comes through practice. In practice, my practice will come from practice.

Why are we as students given the chance to learn through practice more on rotation than in years before? One factor on rotation is the drop in student:teacher(preceptor) ratio to nearly 1:1. Students in didactic education face hypothetical patient harm (and an actual threat to ego and competence), while students on rotation face real patient harm (and the threat to ego and harm). At a 1:1 student:preceptor ratio, a student mistake is likely to be caught and patient harm averted. Preceptors act as a "safety net" for students. For one year, we have a

chance to take (educated) chances and make mistakes (and get messy) under a set of watchful eyes. This "safety net" varies during the course of a rotation and between sites, but the overall goal is to not need such a net by the end of the year. When in practice, though, there are still "safety nets" and "checks" in place to account for mistakes, but to difference extents and with different influences on practice. So, another marked transition between student education and practice is the effects of mistakes and how they are prevented or mitigated.

In addition to an unhealthy fear of mistakes, almost twenty years of schooling imparts a certain perception of time in the mind of a student. During didactic education, there's a syllabus around which schoolwork, job, and internship applications can be planned. During rotations, the year progresses in neat, five-week, pre-planned blocks. I've been able to put off answering any questions about my future with, "Well, we'll see when [month] rolls around." After graduation, as I've been told, few deadlines, start/end dates, or "next things" are as neat. As a student, I'm used to the rhythm of an academic year, with the expected ebb and flow of a semester. After graduation (I've heard that), careers can change in a day, interviews ask for five- and ten-year plans, and retirement plans look ahead twenty to forty years. Things will not become instantly clear afterward graduation, but it's a deadline of sorts. One that's taken, and been an easy excuse for, four years. After graduation, that date will change. No longer will I have graduation as a deadline or easy answer to procrastination. It's a realization that's difficult to understand (much less write about), but one all students inevitably faces—and invariably accept, overcome, and/or (even) enjoy.

Learning through a new untried practice, the potential for mistakes that harm others, and the loss of an excuse/deadline. They sound daunting, but it is a matter of perspective. Graduation brings a chance to perpetually learn through practice, the potential to firsthand improve a patient's health, and, as extrapolated from one professor's definition, the chance to use a deadline to make a goal into a dream.

So on graduation day, I won't waste too much time looking for the box filled with knowledge and skills and turned my attention to celebrating by making it rain new business cards with my new title.

So... where exactly is the present?

By Aaron Devanathan, Class of 2016

It's been a month into pharmacy school. Are you having fun yet? By now, I am sure every student has endured the first round of exams. Some of us have come out stronger than before, whereas the rest of us are still catching up on sleep. For this year's P2s: only 3 more weeks until the next round! "Aaron, shut your mouth! I'm not thinking about that yet..." say all my P2 classmates. And I agree.

When I first started my second year here, I hit the ground running. And I haven't stopped. Even the weeks between exams are brutal. I see myself either cautiously looking ahead at coming weeks or regretting the past few weeks. And I am not particularly fond of that. Let me give you a scenario.

It's Wednesday morning and in the upcoming week, you have 3 exams. You have to work Friday evening and all of Saturday (by some stroke of luck, you don't work Sunday). You register all that and you make a plan for the next week to prepare for these exams. Let's now say you had a rough Wednesday and you are beat. You come home and you just can't study. So you don't study at all on Wednesday.

Thursday wasn't much better and you study a little, but not nearly enough to compensate for doing nothing on Wednesday. You skip Friday and Saturday is a no-show. Uh oh. It's Sunday. Your plan is out the window. Now you worry about all the upcoming exams and all the time you thought you had and didn't utilize. This is the worst place to be: looming threats and big regrets. Forget football. You need to study.

The only "remedy" for this is to always look to the future and work, work, work so that you either never regret relaxing or you make sure you don't have time to regret relaxing. But that's not the right way to live. We are not machines, no matter how much we want to be. Heck, even machines need to cool down.

There's a secret way out of this rut, though. Do you want to know it? Listen closely. It's this: take pharmacy school one day at a time. I'll let you recover from your mind being blown. Are you ready to continue? Good.

That's the secret. If you take pharmacy school one day

at a time, you will feel much less stressed. Instead of thinking what you need to do for the next week, the next two weeks, or even the next month, think about what you need to do in the next hour and where you are now. It is monumentally less stressful and it works. You don't believe me, do you?

I wouldn't either if I was told that, but it really does work. Go ahead and try it for a week. If you think that's too risky, try it for three days. If that isn't your cup of tea either, then try it for tomorrow (today doesn't count; it's already noon). Seriously. Try it out. Put the blinders on for the future *and* past weeks and do what you need to do for that day. If you stay focused on that day's goals, you will accomplish them, rather than trying to do so much in one day because you are worrying about the future weeks.

Some people may suggest that my idea is too simplistic because you just miss everything else other than events on that day; my idea is too limiting. Not exactly. You should still be wary of the future and the looming threats, but you can't obsess over them to the point where you can't live in the moment.

Sports teams preach this all the time. Teams learn from the past in order to do better in the future and they become better each day. They take the seasons one day at a time and try to execute to their fullest abilities. They can't dwell on the past or worry too greatly for the future and it's a fantastic philosophy.

The one thing you should avoid is regret. Don't look back and regret not studying for those days. Study now so you don't regret not doing so later on. This is applicable to anything in life, from relationships to employment. It is the worst feeling knowing that you had an opportunity to do something and you didn't, only to realize it can't happen again. You just have to believe me.

So where exactly is the present? It's now. You're living in it. Make the most of it. If you have to do something, do it. Don't think about what will happen if you don't do it. Don't think about the impending doom. Just think about the present and you will be fine. And feel rest assured that I believe in you.

Ready, set, walk!

By Leah Williams, SNPhA President

This past Saturday, September 21st, the Student National Pharmaceutical Association (SNPhA) participated in the JDRF Walk at Schenley Park. The SNPhA team, consisting of both pharmacy students and undergraduate students, showed up bright and early in our bright blue shirts, ready to participate in a great cause. Along with thousands of other walkers, we walked a 2-mile course through Schenley Park in support of the Juvenile Diabetes Research Fund, a leading contributor to Type 1 Diabetes Research.

At about an hour before the walk was to start, the anticipated rain began to fall, which continued to pour throughout the walk. Luckily, most of the walkers came prepared with umbrellas and ponchos, and the walk went on. We began with a quick aerobic warm-up, and we were off. Despite the rain, the SNPhA team remained in great spirits, knowing that our soaked feet were not in vain.

From the walk, we were able to raise over \$650 to go towards raising awareness for Type 1 Diabetes! In addition to the volunteer effort, the walk also proved to be a great opportunity for SNPhA members to chat and get to know each other. We walked, we bonded, and we finished proud, wet, and strong. We even ended with a SNPhA chat: S-N-P-H-A-PITT PITT PITT SNPhA!

For more information about SNPhA or questions about how to get involved, please e-mail us at snpha.pitt@gmail.com.



SNPhA members participate in the JDRF Walk at Schenley Park in support of the Juvenile Diabetes Research Fun.

Sudoku

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