

The Pitt Capsule

THE UNIVERSITY OF PITTSBURGH
SCHOOL OF PHARMACY

Pitt Student Pharmacists head to Orlando!

Josh Niznik, APhA-ASP Chapter President

Over 40 student pharmacists and several faculty members from the University of Pittsburgh School of Pharmacy attended this year's APhA Annual Meeting in Orlando, Florida. The University of Pittsburgh was well represented both in numbers and by the actions of our members. Kelsey Moss served as our chapter delegate, voicing the opinions of our chapter members to the national organization and one of our own, Aaron Devanathan, was asked to serve as a member of the 2014 APhA-ASP New Business Review Committee. The weekend was full of sunshine, professional development and plenty of student networking opportunities.

As we move closer to the end of this school year, remember that your commitment to the advancement of the profession of pharmacy doesn't have to end, as well. The **Fall Leadership Retreat**, to be held on **Wednesday April 9th**, is an excellent opportunity to get a jump-start on projects for next year. There are also plenty of opportunities available for student pharmacists to be involved and make an impact outside of school. Numerous fellowships and programs that can contribute to your knowledge and development are available to you through the University. You can even make a difference at your internship sites if you seek out these opportunities. I encourage all of you to take advantage of summer break and use that time to engage in opportunities that will contribute to your professional development.

To conclude, I would like to take this opportunity to thank each of our members as well as our executive board for the hard work that has been put into our chapter this year. The University of Pittsburgh School of Pharmacy has made a significant impact on the Pittsburgh community thanks to the efforts of student pharmacists. It has truly been a pleasure to serve as President of the APhA-ASP chapter over the past year. I know that our chapter will continue to excel at fostering the development of future leaders of the

profession of pharmacy and I am excited to see what the future holds!

Have an interest in Industry? Check out the Student Industry Organization!

Victoria Brown, SIO New Member Committee Chair

As every student pharmacist knows, pharmacy is a profession with many potential paths; just about everyone can find his or her niche, be it research or retail. However, certain paths have historically received more representation in classes and organizations than others. P4s Joe Fiore and Sajid Ahmed noticed this disparity, and from their research and efforts regarding the industry field of pharmacy came the Student Industry Organization (SIO). The founders will be graduating this year but have left the club in the hands of the newly-elected executive board.

The e-board has big plans for the organization. Brian Tererri, current P1 student and president of SIO, hopes that the club will, "expand students' understanding of careers in industry, and also to help pave the path for future student pharmacists at Pitt to obtain internships, rotations, and fellowships in the pharmaceutical industry." In addition to a lunchtime lecture series from industry professionals, SIO has planned a "meet-and-greet" networking event between its members and friends of the University who are involved in industry. Students interested in attending the event should be on the lookout for more information regarding the date and location.

Although this school year is coming to an end, the executive board has a plethora of ideas for the future. If you're looking to get more information regarding a diverse career path in pharmacy, we strongly suggest that our fellow student pharmacists attend the currently planned events and get involved with SIO!

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Join us for ‘The Price is Right – Pharmacy Edition!’

Jessie Lewis, Social VP

The Social Committee invites you to attend our last event for the school year – the Price is Right, Pharmacy Edition! Contestants will be pulled from the audience to “Come on down...” and be invited to participate in traditional “Price is Right” games. Aaron Devanathan and Tyler Halfhill will be running the show and staging the exciting games that are planned for contestants. However, don’t come expecting to guess the price of a car or fancy vacation. Contestants will be guessing the wholesale cost of drugs of course! The winners will walk away with prizes, and snacks will be provided as well. This fantastic event will take place on **Monday, April 7th in Scaife 6!**

P3 Class Update

Trey Draude, P3 Class President

The End of the Year Party is set for Wingharts on **Thursday, April 24th from 6-9pm**. Free food and two kegs of beer will be available, with other drinks to purchase throughout the evening. Open to all ages – but of course – if you are under the age of 21, you are NOT permitted to drink or be intoxicated! Tickets are \$10 and guests are welcome! Talk to any class officers to purchase a ticket or ask questions. See you all there!

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LKS: A Year in Review

Jocelyn Hatfield, Corresponding Secretary

LKS has had a very successful year through our efforts with professional projects, Dean’s Theme projects, and service events. Over the course of the last year we have given our members the opportunity to get involved in the community by working with the Children’s Institute, Children’s Home, and Adopt-a-Block. Additionally, coming up at the end of the year we will be hosting a Senior Prom for the members of a Southside Senior Center. We also gave our members the opportunity to further themselves professionally through the shadowing program, which allowed sisters to spend time with various pharmacists in their areas of interest.

Finally, our Dean’s Theme project this year was geared toward educating about prescription drug abuse through the Girl Scouts and POWER organizations. We would like to give a big THANK YOU to all of our board members who made this year a success! We are excited for next year and can’t wait to see what exciting events will take place.

Coming up on **April 11th**, we will be collaborating with the National Ovarian Cancer Collation to sponsor “**Teal Tini**” which will take place at Mario’s and Steel Cactus in Shadyside. The venues will be creating teal drinks, and proceeds will go towards to the NOCC. So come out and support a great cause!

PLS welcomes new members

Nicole Romstadt, PLS Secretary

Phi Lambda Sigma inducted new members to our chapter at the Induction Ceremony on March 25th at the Pittsburgh Athletic Association. We are excited to welcome the new members and pass the torch to the incoming officers. We wish them the best of luck as they grow as leaders – improving our chapter and profession of pharmacy. Congratulations to the members on their new leadership positions!

2014-15 Executive Board and Chair Positions:

President elect: Maddie Chavara
Vice president: Alex Marshall
Secretary: Lana Avshalumov
Treasurer: Katlyn Grossman
Auction Co-chair: Dylan Atkinson
Mentor Co-chair: Brian Terreri

The second annual Pirates Tailgate with PLS members, which was purchased at the PLS Auction by Dr. Pater and the pharmacy residents, is scheduled for **May 2nd**. It will be a great time for all as members supply the food and fun before heading to watch an exciting Pirates game!

As the semester quickly come to a close, PLS members are still hard at work. Many members travelled to the APhA Annual Meeting in Orlando, Florida last week. Members attended the House of Delegates meeting as well as the PLS reception, where they had an opportunity to learn more about the organization and network with other professionals!

The annual **Leadership Retreat** is set for **April 9th** in the William Pitt Union. The leadership retreats are a great way to learn new leadership skills and work together in small groups to develop ideas – plus, they are always a lot of fun! The retreats are open to *all* School of Pharmacy students, so sign up today at www.Porxtal.com!

Rho Chi has a busy March

Nicole Romstadt, Rho Chi Historian

March was a busy month for the members of Rho Chi! To start the month, Rho Chi held elections for the new executive board and committee chairs. We would like to congratulate the following members on their new positions and wish them luck with the coming school year!

2014-15 Executive Board and Chair Positions:

President: Neil Turco
Vice President: Shea Liput
Treasurer: Andrew Beyer
Secretary: Christina Xia
Historian: Meera Vachhani
Tutoring Co-Chairs: Aaron Devanathan, Jennifer Baird
Service Co-Chairs: Cameron Ninos, Emily Linville
Professional Co-Chairs: Vivian Nguyen, Kyle Hejmanowski

New members were inducted at the induction banquet held on March 25th at the Pittsburgh Athletic Association. Rho Chi members also chose two faculty members to receive the annual Rho Chi awards. Dr. Li was recognized for his scholarly contributions and Dr. Drab was recognized for his contributions to teaching innovations. This year's Koch lecturer, Dr. Church, spoke at the induction ceremony and a few lucky Rho Chi members had the opportunity to attend a luncheon with him the following day!

Many Rho Chi members ventured off to Orlando, Florida to attend the APhA Annual Meeting. Members had the opportunity to attend the Rho Chi Society programming, where they were able to be involved with the organization at a national level and meet other members from across the country!

The outgoing service co-chairs, Liana Mandel and Ruth Lidoshore, organized another successful Rho Chi health talk at the Salvation Army; this month's topic was HIV.

Finally, Rho Chi started the month of April by holding a blood drive. Thank you to everyone who donated blood!

The Rho Chi members would like to thank everyone for a great school year! We hope that the outgoing P1s – P2s have an enjoyable summer and that the P3s have fun on rotations!

Another One Down

Aaron Devanathan, Class of 2016

No matter who you are in pharmacy school, this is certainly not your first year in school. This time of the year denotes “graduation fever”, where students “graduate” from one year to the next. In pharmacy school, we are moving on up the ranks to the next level.

I remember feeling so relieved when P1 year was over, knowing that I could say that I have one year of pharmacy school under my belt. I think I will be much more relieved knowing I will soon have two. And the summers between the years are always full of mysteries. Who knows what will happen?

I always debated how I should write an end of the year

article. Should I allude to the past (I do that enough already)? Or should I look forward to our unknown future? Perhaps a message to all the classes? At this rate, I might as well do all three and call it a day.

Looking back on this year as a P2, it was very clear what many had told me last year about the experience. Projects, studying, and real life all coalesce into eight months of business that just doesn't seem to go away, no matter how many weeks you traverse. The "home stretch" is really stretched out and the barriers pop up like bread in a toaster.

Non-academically, so many things happened that I simply could not detail. However, it must be acknowledged that the P2 class, as of March 22, 2014, has transferred six people into the "engaged" category (forgive me if I am mistaken). Who's next? Only time will tell, I suppose.

The immediate future is quite bleak time-wise. If you're a P2, you know exactly what I mean. Tests and trips and projects and group work all seem to be concentrated in one last hurrah (before finals, of course). Looking beyond April 24, we have a nice few months of summer that will (hopefully) provide some sort of relief to a weary set of over 100 student pharmacists.

Regardless of where you stand in the pharmacy curriculum, I am sure you are awaiting the end of April. But I couldn't end an article without some sort of message to the individual classes, starting from up top.

P4s: Congratulations! In about a month, we will be able to call you all pharmacists and I think that is a wonderful accomplishment. Many of you have told me what seems to be the phrase of the millennium: the years go by fast. I personally cannot wait to see where everyone ends up in the next few years. There have been so many great people in your class and I wish you all the best.

P3s: It really is amazing how time flies. You all will be heading on over to rotations next year, and that inevitably means an extended stay away from the school, with the periodic welcome back. While this is not a formal farewell (that comes later), this school will certainly miss seeing many of you each and every day. But don't worry. Your tutelage to my class and the class after mine will be invaluable for the next few years; the school is in good hands.

P2s: We are exhausted. I wish I could say that it is truly over for this year, but there's still one long month. It's been a good year so far and I believe the last month of our year will be just as good. As crazy as it has been, we have certainly powered through some tough stretches thus far. When we all come back in August next year, it will be great to see what more we do for the school then.

P1s: You can almost log a year into the books! From

what I have been told so far by you all, the year has been challenging but not impossible, which is good to hear. Take a breather when May rolls around and enjoy the few months of summer. When you come back in August, it'll be more challenging but doable with a pure heart and a sound mind.

It's hard to believe that we will soon be welcoming in a new set of student pharmacists once August comes around. But I sleep easy knowing that the current student pharmacists will without doubt welcome them in as previous classes have welcomed us.

Pharmacy is a small world after all. The bonds formed in pharmacy school, both personally and professionally, last a lifetime (or so I have been told) and that gives credence to the type of people we are.

Although I may be excited for the end of the year, I am more excited for what the future holds for all of us. Where will be in 5, 10, 15 years? We're all going to be doing great things in the following years and we should all be proud of what we have accomplished so far. So congratulations to everyone for another wonderful year!

To Two More, Too

By Aaron Devanathan, Class of 2016

I wanted to take this time to write an article about two great student pharmacists who will soon become pharmacists: Kyle McCormick and Ravi Patel.

Let me give you all some background first. I arrived at the school as a P1 with a blank canvas and a brush; I could be whatever I wanted to be in the four years of pharmacy school. That is due to the multiple opportunities that are available to us from sheer virtue of attending this institution. And I can say that now because of the help of these two individuals. With their help, I was able to traverse the first year of pharmacy school and set sail on a great journey.

Kyle: I think everyone can say with certainty how appreciative we are for your contributions to the school during your years of pharmacy school. Although I cannot say that I am entirely privy to your work when you were a P1 and P2, I can only assume they were great as well.

To me personally, your greatest contribution has been your ability to show me the opportunities that this school has to offer. You helped me become more involved with the school and that has been wonderful for me.

Your passion for technology and teaching will be greatly appreciated by the patients for whom you will care and the colleagues with whom you will work. There is no doubt in my mind that you will appear in pharmacy news outlets in the next few years, discussing innovative ways to empower

patients and further input passion into the profession of pharmacy.

We don't know where you will be in the next year but wherever you end up, we all believe you will be doing great things. Your contributions to the school have been so wonderful and I cannot wait to see how much more you will provide to the profession of pharmacy.

Ravi: If there were a person I would want by my side with that blank canvas and that brush, it would be Ravi Patel. This man will save the world, one patient at a time. I am sure that where you end up in the next year, you will be doing great things as well. There is no doubt there.

You can be rest assured that the school is highly appreciative of your contributions. Your passion for integrating technology into pharmacy to teach and encourage the next set of student pharmacists is phenomenal and inspiring. I assure you that there are student pharmacists who have answered the call of duty after you.

To me personally, you have shown me the doors that pharmacy school can offer. And that certainly has happened. My goal is to be able to follow in those footsteps and be able to show those opportunities for future student pharmacists as you had previously shown for me.

It is not entirely certain where you will end up (if I am not mistaken), but we are all sure you will do wonderful things wherever you are. As I mentioned with Kyle, pharmacy news outlets, in the next few years, will be mentioning your name, discussing the impact you have had on the profession.

Congratulations to both of you! You both are clearly the epitome of student pharmacists and we all can agree that the profession is extremely excited to welcome in two more great pharmacists.

You both have shown me opportunities in this school that I wasn't even aware of and my goal is to be able to do that for the future classes. As you enter this new chapter of your lives, you'll do wonderful things for the profession that will benefit everyone. I am sure of that.

Anyway, I wanted to take this time to say how appreciative we are for your work. I don't think a day goes by where one of your names doesn't pop up in conversation, further supplanting our appreciation.

As you and your classmates graduate soon, a new set of P1s will arrive with clear eyes and full hearts (no copyright infringement intended). And it will be up to us to show them the opportunities that you all have shown us. We are very appreciative of your contributions to the students, the school, and the profession. Congratulations!

March Madness Kappa Psi Style

Karen Hoang, Corresponding Secretary

March has been a crazy busy month for Kappa Psi and we wouldn't have it any other way! Earlier in the month, six brothers went to Lima, Ohio for the Great Lakes Province Spring Assembly. A great time was had by all as we attended fun events such as cosmic bowling and a St. Patrick's Day social, which gave us opportunities to meet other brothers. It was wonderful getting to know brothers outside of our province and we brought back a ton of ideas to potentially implement in both our chapter and our province! We also had our annual KY vs. PDC football game as well as the Powderpuff game against LKS. The chapter had a blast at both games and the players worked really hard during practices/the game and made our chapter proud.

Upcoming events for Kappa Psi include the annual formal which will be held at the University Club and Relay for Life. We also have our upcoming annual Professor Lunch; seven Kappa Psi professors have agreed to come and the chapter is really excited to have the opportunity to mingle with them outside of the classroom. Finally, P4 Night, where the chapter says goodbye to the P4 brothers, and a Pirates tailgate will round out the busy semester.



Top: Brothers that played during the Powderpuff game! Bottom: Brothers that traveled to Lima, Ohio for the Great Lakes Province Assembly!

From learning to teaching – lessons in between

Ravi Patel, PharmD Candidate 2014

Coming to a close in my formal training, the light at the end of the tunnel is a mixed vision of an exit and/or a train approaching me head on. I've enjoyed the chance to share these musings with this audience. I hope to look back on these articles as snapshots of frames of mind, a practice of writing, and alibis of sanity. To leave this project, I thought I would try to express what I learned through my writing. While not quite like some of the "Life Lessons" we may have learned during certain classes, I hope these strike some common ground in your experiences.

1) Lift the curtain of science; don't lose the fascination with it.

The whole schooling experience is about learning how to view phenomena from a different perspective. Learning about anatomy, physiology, and (maybe) even policy. It's an exercise in trying to understand a function, not memorize a process. The hard part is not trading the job of education with the joy of learning. Find some ground between the Wizard of Oz and the Magic School Bus.

2) Context, Linkage – Learn from everything.

Recently reading a book about medical writing, I found that applying rules of writing to philosophy made it more bearable to read. When writing, making a sentence connect to previous information and introduce new concepts keeps a reader interested and information more impactful. Extend the concept to all your official and unofficial learning experiences. Failed tests, career decisions, thankful patients, grownup clothing. All came from somewhere and all have some potential impact on your future. If anything, it lends utility to successes and failures. Enjoy both. Make the connections to the past, see how you can learn from it in the future.

3) Don't be afraid.

Fear is a funny thing. It can cripple a standardized patient interview, freeze career choices at the worst time, and/or manifest shrieks at any insect with multiple legs. Learning what it is that you are afraid of is an important exercise. There is an abundance of fear in education or practice. It doesn't matter if it results from pride, embarrassment, or failure, identification of what causes a fear might be the first step to overcoming it.

4) Be very afraid.

Fear ain't all bad, I guess. I once thought I saw a small spider in the woods and ran the fastest mile split on that cross country course, and learned that how fear can be motivating. When a preceptor or professor puts a great deal of faith in your knowledge and ability, a healthy dose of fear of mistakes or embarrassment can push you to a new level of effort. Just as we learned, though, it's all about finding the right dose for the person at the right time.

5) Help others.

Patients, fellow students, future students, people who don't like you. Many students go into this job/career/profession for some interpretation of "helping others". There is an acknowledged, endless subjectivity to this particular recommendation, but understanding this phrase and how it applies to you and your practice could help other things (electives, careers, moods) fall into place.

A short, grammatically errorred list like this is the case-in-point that no such list is comprehensive nor is it meant to be. Like most any of my past articles, I hope that it at least gave a pause or reason for reflection to allowed you to get more out of some experience (or to put off the puzzle on the next page for the next class). As time goes on and more lessons are learned/relearned, I hope you keep your own list, musings, or random analogies. Doing so has been a fun chance to practice my thinking and writing so thanks for reading and sharing the experience.

SSHP Updates

Allison Doherty

The Student Society of Health-System Pharmacists is thrilled to be finishing up another exciting year at the School of Pharmacy. As mentioned in the previous Pitt Capsule issue, we are pleased to welcome our new executive board. We have also selected a new chair positions for the 2014-2015 academic year. Congratulations to our new Career Development Co-Chairs, Julia DiNardo and Brittany Jordan, and our Professional Project Chair-Elect, Kyle Zacholski. We know they will make valuable contributions to the organization next year!

SSHP would like to thank all of the members who have made this year such a success. We've had educational speakers and projects that have positively impacted the University of Pittsburgh and surrounding area. We will be finishing the semester with sessions from our Contraception

Education, Men's Health, and Poison Prevention projects. We look forward to the continuation of our projects, as well as the addition of new ones, in the fall. We encourage members from any year to get involved next year!

SSHP would also like to wish the best of luck to the fourth-year School of Pharmacy students who will be completing a residency in 2014-2015. We know you will do a fantastic job, and are looking forward to seeing you at the 2014 ASHP Midyear Clinical Meeting! We will still be checking our email over the summer, so please feel free to email pitt.sshp@gmail.com with any questions or concerns. Remember to "like" SSHP on Facebook for all the latest updates. Have a nice summer, and we will see you in the fall!

PDC/KY Football Game

Kevin Ordons

On the third weekend of March, the Phi Delta Chi (PDC) brothers took on the brothers of Kappa Psi (KY) in a friendly football match at the new field behind the Cost Center. The brothers went into the game very motivated after watching the LKS girls win a triple overtime match against the KY girls. The boys game started off with a defensive battle. The first half was low scoring with offenses struggling early. The KY boys scored first in the game late in the first half. The PDC brothers were feeling the heat as they went down early; however, the offense responded. At halftime, the teams were only separated by one touchdown.

The second half was more electrifying as the offensive play began to pick up. We saw long runs and deep passes as both teams traded touchdowns. As the second half ticked away, the PDC brothers were able to overcome the KY team with sheer manpower. The availability of many players allowed the brothers to frequently substitute. This kept fresh legs in the game at all times. This ultimately allowed the PDC brothers to wear down the KY team and pull away by a few touchdowns at the end.

Overall, this was a great event to bring the two fraternities together. The competition was exciting to watch as the fraternities battled on the field in this yearly tradition. Despite the cold weather, each team had a large section of support from pharmacy classmates. It was wonderful to see the fraternities come together for a friendly match. Thank you to everyone who came out for support, and I hope everyone is looking forward to next year!



PDC brothers pose after their football victory.

Letter from the editor

Nicole Romstadt, Communications VP

I just want to thank everyone that has contributed to the Capsule this year. The dedication that each organization has shown, by submitting articles each month, is truly impressive – especially during stressful exam weeks! With this last issue, I will pass the torch along to Daisy Zhu, who will take over the Capsule next year. There are some big changes planned, including a more interactive, web-based Capsule publication, so keep an eye out for that next fall. Contact pittcapsule@gmail.com if you have any new ideas or interest in helping to improve the Capsule for next year! Have a wonderful summer, and good luck to all of the P3 (soon to be P4s) that will be out on rotation.