

# PITT CAPSULE



## Dear Class of 2018

# Welcome to Pharmacy School!

PPA

Pennsylvania Pharmacist Association

By: Kelsey Moss, P3

**Welcome Back!** And to the P1's- **Welcome to Pharmacy School!**

PPA, Pennsylvania Pharmacists Association is our state organization that focuses on legislative and advocacy events relating to advancing our profession and patient care. Each of the seven pharmacy schools in Pennsylvania has a student chapter, which creates a tremendous opportunity for networking and to become involved. Students always have a wonderful time at our conferences throughout the year, which are affordable and held within the state! Make sure you **mark your calendars for Annual**, which is coming up soon! It will be held at the Four Points Sheraton in Mars, PA from **Friday September 19-Sunday September 21**.

PPA is also responsible for coordinating events such as 'Legislative Day', which is held annually at our Capitol in Harrisburg and gives students the opportunity



to meet with state representative to inform them about important pending regulations, such as student interns being able to provide immunizations!

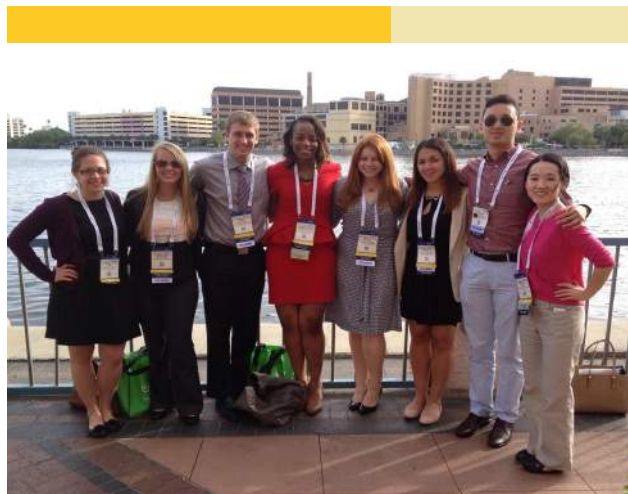
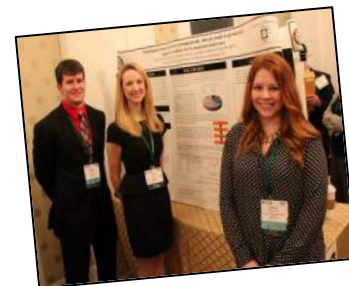
With your membership to PPA, you also receive membership to ACPA, Allegheny County Pharmacists Association, which has monthly dinners and events throughout the city as a chance to network with local pharmacists.



Look forward to attending their picnic on **Wednesday, Sept. 3** at the David Lawrence pavilion from 6-8PM in Schenley Park to **win free registration** and enjoy **free catered dinner** to both members and non-members and a chance for the annual conference in September!

Be sure to stop by our first general body meeting during lunch on September 4 (Location TBD) to learn more!

Looking forward to another great year!



### AMCP

### Academy of Managed Care Pharmacy

By: Brent Milovac, P3

AMCP for short, Pitt's Academy of Managed Care Pharmacy chapter is a focused, niche organization for students who want to gain exposure in one of pharmacy's most unique, alluring fields.

A marriage of pharmaceutical knowledge and business acuity, managed care takes your favorite pharmacy concepts, such as medication therapy management and adherence assistance programs, and uses them to construct ideas like therapeutic appropriateness and patient outcome incentives.

Managed care pharmacists strive for a bird's eye view of healthcare, but they merely use that broad perspective to zero in on important details for health plans and other insurers. In short, the field of managed care aims to save money while improving a population's overall health.

This new spin on what you already know about pharmacy might be daunting, but that's why AMCP exists. We'll get you acclimated early and set you up to get your hands dirty throughout the year.



In addition to monthly events and general body meetings, AMCP offers financial assistance to students attending conferences, an informative introduction to participating in the school's annual pharmacy and therapeutics (P&T) competition, curriculum vitae (CV) workshops, and insight on how to land an ever-coveted managed care internship.

(AMCP Continued)

This past year, our chapter boasted eight members at the national meeting in Tampa. Three of our members also attended AMCP's leadership academy. This year's national meeting will be held in the spring in beautiful San Diego. There will also be an opportunity to attend AMCP Nexus—a smaller meeting just to give us all a taste—in October, which will be held in Boston. Nexus registration will be closing September 5<sup>th</sup>, so chat with us soon!

The P&T competition is something we will talk about a considerable amount at our meetings, but it's essentially a way for students to build skills related to formulary management and product analysis. This is what the big boys and girls do—time to step up to the plate, everybody!

Last year, our CV workshop was led by a resident who just got her number one choice of a job with Caremark in Arizona. Having experienced professionals who have been around the block a time or two to show you the ropes is imperative in any field, and managed care is no exception. That's also why you'll benefit from talking with our three members who currently have managed care internships in Pittsburgh. This city is somewhat of a managed care hub, and we're here to help you utilize the wealth of resources available to you.

Be on the lookout for an e-mail about our first meeting! If you have any questions about joining or how our organization works, please e-mail Brent Milovac at [bmm76@pitt.edu](mailto:bmm76@pitt.edu).

## APhA-ASP

### American Pharmacists Association-Academy of Student Pharmacists

By: Jessie Lewis, P3

The APhA-ASP Social Committee is involved in spicing up student life to offer opportunities for pharmacy students to mingle and attend fun activities throughout the school year. We meet once monthly during the lunch hour to discuss and plan details of events that are held throughout the year. Some of the staple events that the committee is involved in planning include the Back-to-School Picnic which welcomes all the faculty and staff back from summer break, and elements of Pharmacy Weeks, which are a few weeks in late January and early February that revolve around a lot of events that celebrate the profession of pharmacy and our achievements as students.

Activities during pharmacy weeks include the "No-Talent Talent Show," Dr. Salk Hall, the male beauty-pageant type competition, the PLS Charity Auction, the White Coat Ceremony for the incoming P1's, and our Winter Formal Dinner and Dance. It's fantastic to see so many pharmacy students come out to these events to celebrate our accomplishments and the profession! There's a chance for everyone to get involved.

Not only does the committee work towards planning these staple events, but we are constantly brainstorming and planning ideas for new events as well.



This past year we held our First Annual Pharmacy School Spelling Bee, in which students competed to spell drug names and medical terms correctly for a trophy and prize.



(ASP Continued)



We also held "The Price is Right: Pharmacy Edition" in which students got the chance to *come on down* and play Price is Right style games guessing the wholesale market price of different drug therapies. The committee will work towards continuing to hold these great events and others like it to involve students outside the classroom, and to add a little fun to our rigorous schedule! Our committee welcomes anyone interested in event planning or opportunities for a little fun, and needs people both detail-minded and that have big-picture ideas--we'll take everyone in between! If you are interested in joining in, come to our first meeting in the PCLC at noon on Wednesday, September 17th, or contact me at [JRL74@pitt.edu](mailto:JRL74@pitt.edu).

Hope to see you then!

## SSHP

## Student Societies of Health-System Pharmacy

By Brendan Homanick, P3

The Student Society of Health-System Pharmacy (SSHP) is excited to begin another successful and fulfilling school year. The organization has made great strides in the past few years and we hope to continue this growth with your P1 class. SSHP is primarily focused on hospital pharmacy practice, clinical pharmacy, and preparation for residency training. This is achieved by having monthly general body meetings, clinical talks from pharmacists in different specialties, clinical skills competition, a residency panel, CV workshop, and several professional projects.

SSHP has had great success with our professional projects and we hope to have as many P1s as possible participating in the near future. Our projects include a Poison Prevention Initiative to teach adults or children about proper medication storage and disposal, Contraception Outreach for females to teach Pitt's sororities about the different types and importance of contraception, Immunization education to patients at WPIC, and a Men's Health presentation to fraternities about health supplements amongst other smaller projects.

Our first general body meeting will be Friday, August 29<sup>th</sup> and we will have meetings the last Wednesday of every month afterwards. Even if you are not interested in hospital pharmacy, we encourage everyone to speak with us at the Back to School Picnic and come to our 1<sup>st</sup> GBM to see what we are all about. You can stay up to date with our events on

## PLS-Phi Lambda Sigma

### PLS Excited to Mentor New Students

By: Lana Avshalumov, P3

Phi Lambda Sigma (PLS) is an honors and leadership organization that brings together student leaders from all of the pharmacy school organizations. Members are selected by peers within the organization for their dedication to leadership, achievement, and service. Each year PLS is excited to welcome new members into the organization. Students are eligible to apply for PLS after their first semester of pharmacy school. To those students who are interested in applying, applications will become available in November and will be due some time in January. An information session will also be held before applications become available, where students can learn more about the application process.

**(PLS Continued)**

PLS is probably best known for their involvement in the school's mentoring program, in which PLS members and other student leaders serve as mentors to the P1 students. Each mentor is assigned to a small group of P1 students and is there to help these students transition into the pharmacy program. This also gives P1 students the opportunity to develop relationships with older students and learn about the different organizations and classes offered within the pharmacy school. Mentors meet with their P1 mentees during orientation and throughout the fall and spring semesters. The mentors are all very excited to work with the incoming P1 students through the mentoring program this year!

In addition to the mentoring program, PLS works with APhA to host the Fall Leadership Retreat! Information about the location and date of this event will be announced soon. This retreat is a great way for students to develop their leadership skills and come together to brainstorm and implement patient care projects pertaining to the theme. This year's Dean's theme is self-care and we greatly encourage P1's to attend the retreat!

PLS also partners with Rho Chi to co-sponsor a Professional Lecture Series each year and all students are welcome to attend. In addition to these projects, PLS also puts on the annual auction during pharmacy weeks.

This is always a fun event, raising thousands of dollars for charity and is attended by many students and faculty members.

The new executive board and current members are excited for what's to come for our organization this upcoming year. We can't wait to meet the new P1 students and continue to grow as leaders in our school and community.

**SIO****Student Industry Organization**

By: Dylan Atkinson, P2

The Student Industry Organization (commonly referred to as SIO) is a brand new organization to the University of Pittsburgh School of Pharmacy. A group of students recently worked together to start a chapter here at Pitt for any students interested in Pharmaceutical Industry. The vast and open field of Pharma Industry is one that is touched upon throughout the curriculum in the Pharmacy School.

Within the Industry, Pharmacists can have many different roles ranging anywhere from research to sales to even policy and advocacy in lawmaking and everything in between. Some of these roles can include Medical Science Liaisons (MSL), who work with providing clinical information on behalf of the Industry about the different options for drug therapies focused on a certain disease state, or a Sales Representative, who works more with providing information straight to doctors and Managed Care organizations about why their product may be a better option than some of the other drugs on the market. Pharmaceutical Industry is an opportunity for students who want to make a difference on a population of people, and the process of prescribing and filling prescriptions. The opportunities available through Industry can help you make a difference on a large scale.

In an ever-changing Pharmaceutical market, Industry must always be adaptive to new diseases and drugs on the market in order to find out what they can do to make the best product out there as well as the most cost effective way to do so. Through this organization, you can also gain exposure to the work that goes behind the process of creating and approving new drugs on the market.

This organization brings you an opportunity to learn more about the different career options and opportunities available in the Pharmaceutical Industry.

## (SIO Continued)

SIO frequently has Pitt Pharmacy Alumni come in and talk about what they are doing in the Industry and how they got to where they are now. For students who are interested in a different, exciting face of Pharmacy, SIO is a great way to be involved!

This year SIO is planning a Medical Liaison mixer. The mixer will be a networking event with current Medical Science Liaisons from different companies in order to find out more about what these MSLs do and what an average day for them is like.

Be a part of helping shape SIO in its first full year! For more information contact Brian Terreri with any questions at [bjt32@pitt.edu](mailto:bjt32@pitt.edu).

## Rho Chi

## Exciting Year Ahead!

By: Meera Vachhani, P3

Welcome P1s! Rho Chi is pharmacy's academic honor society with the mission to encourage and recognize excellence in intellectual achievement and foster fellowship among its members. Members who are in the top 20% of their class are inducted into the society during the spring semester of their 2<sup>nd</sup> professional year; even though induction does not occur until then, there are still plenty of opportunities for P1s to see what Rho Chi is all about!

## RxPrep

## Meet your Mentor Night!

By: Lana Avshalumov, P3

RxPREP is a student run organization designed to educate and support undergraduate pre-pharmacy students through academic, social, and community activities. We hold bi-monthly meetings to help students learn about the pharmacy school application process and introduce them to the many career paths available in the pharmacy field. Our annual "Meet Your Mentor Night" is going to be held on Wednesday, September 17<sup>th</sup>, and RxPREP needs your help!

RxPREP has over 200 undergraduate members who are either studying pre-pharmacy or have an interest in the program. I know that all of us can remember how stressful it was to be an undergraduate student and not know the first thing about the application process or the PCAT. Therefore, RxPREP is looking for volunteers to be an RxPREP mentor to help answer the questions these undergraduate students have about our school of pharmacy or the profession in general.

Rho Chi, in conjunction with Phi Lambda Sigma, holds a monthly lecture series with lunch that features a distinguished guest related to the profession of pharmacy. Stay tuned for emails of who the guest speaker of the month will be! You won't want to miss it! In addition, Rho Chi also runs a blood drive during the fall and the spring; it is usually associated with some sort of prize for the winning class so that is definitely something to look in to! What might interest you all the most is the tutoring services offered by Rho Chi! We are looking to change it up a little bit this year to offer the most help that we can to the P1s.

Even though P1s cannot join the organization until the spring semester of their P2 year, we encourage all students to participate in events held by Rho Chi! We look forward to being of assistance to you during your transition into pharmacy school. Good luck!



**(RxPrep Continued)**

The number of undergraduate students that each mentor will receive will vary depending on how many mentors offer to volunteer, but it is usually around two to four students. We're looking for a good mix of mentors from each P1, P2, and P3 class. There is no further time commitment involved other than this night with the exception of communicating with your students via e-mail if they have any questions. If you want to be a mentor or if you have any ideas that you want to share with the organization, please email [pittandrprep@gmail.com](mailto:pittandrprep@gmail.com), stating your interest!

Additionally, we held numerous events in which we were able to show off our professional skills! We organized the Operation Immunization flu clinic, the Diabetes Health Fair at Sam's Club, and participated at Global Links. We also hosted a blood pressure training event in which we taught some undergraduate future healthcare professionals how to take a blood pressure! In February, we recognized Black History Month with a display about famous African American pharmacists, which was shown on the fourth floor of Salk Hall!

Being the only organization besides RxPREP that undergraduates can join, we made it a point to greatly increase our undergraduate membership. We were able to include pre-pharmacy students in many of our activities and taught them what it takes to be a pharmacist and make it in pharmacy school! We also attended the annual Regional and National SNPhA Conferences, which were held in Richmond, Virginia, and Arlington, Virginia, respectively.

**Blue Star Red Carpet Awards: "Kappa Psi wins the Blue Star Red Carpet Award for Best Educational Program on Pitt's campus"**



## SNPhA

### Student National Pharmaceutical Association

By: Tyler Halfhill, P3

What a year it was for SNPhA! The Fall 2013/Spring 2014 school year proved to be quite a successful one, packed with lots of great community outreach projects and professional events!

SNPhA was able to make an enormous impact in the community over the past year. We organized events in which we got down and dirty by gardening in Oakland, planting trees, and cleaning up the streets for Pitt Make a Difference Day. We also participated in the JDRF Walk to Cure Diabetes!

In the upcoming year, we have many new and exciting events in the works! We hope to participate in the annual DEA Drug Take Back Day, as well as partner with Walgreen's to participate in an outreach project for patients with HIV and AIDS for World AIDS day. It is a great time to jump onto the SNPhA bandwagon, as the hottest up-and-coming organization in the pharmacy school plans to keep this success rolling into the Fall 2014 semester! Hop on and enjoy some fun times and obtain some great professional experience!

## Kappa Psi

### Kappa Psi Pharmaceutical Fraternity – Beta Kappa Chapter

By: Karen Hoang, P3

Kappa Psi is the oldest and largest professional pharmacy fraternity. Among its many objectives, Kappa Psi is meant to develop co-ed pharmacy students into industrious and scholarly professionals while fostering friendships, high ideals and pharmaceutical research. The Kappa Psi brotherhood is extremely active in community service projects, social activities, School of Pharmacy competitions, and fraternity events.



**(Kappa Psi Continued)**

Some of our traditions and activities include going to Scarehouse, a lineage dinner at Spaghetti Warehouse, and a Secret Santa gift exchange at our Christmas Party during the fall semester. In the spring semester, we head off to our annual ski trip at the Wisp Ski Resort in Deep Creek, Maryland, cook out for a Pittsburgh Pirates tailgate, hold a spring formal, and celebrate our P4s' graduation.



**KY fall pledge class 2013 poses at the annual spring formal**



**Brothers at the Kappa Psi House on Atwood**

In addition to social events at the chapter level, we also go to regional and national conferences in order to network with other collegiate and graduate brothers and strengthen our brotherhood. We also have a very active Patient Care Committee that won the Blue Star Red Carpet Award this past April for Best Educational Program on Pitt's campus for the "Breaking Bad in the Lounge" project. The project involved Kappa Psi members educating undergraduate students in campus residence halls on the dangers of misusing prescription drugs.

Rush will begin at the Back to School Picnic and continue for 3 weeks before pledging starts. If you have any questions about the rush and pledge process or would like to know more about Kappa Psi, please visit the Kappa Psi tab on [www.Porxat.com](http://www.Porxat.com) or approach any of the brothers and we will provide you with an answer or point you to somebody who can.

**Lambda Kappa Sigma**

**Travels the Globe**

By: Lana Avshalumov, P3

After a summer exploring the world of pharmacy in locations far from Pittsburgh, the sisters of LKS are excited to be back in school for another year and to welcome in a new class of students! The sisters pictured below traveled to Naples, Florida in July to represent the Delta Chapter at the 2014 LKS annual convention. It was at convention that the Delta Chapter was recognized for their contribution to Project HOPE and the LKS Educational Trust Fund. Project HOPE has worked to make long-term, sustainable health care available for people around the globe for more than 30 years and it is the official National Philanthropy of LKS. Therefore, the chapter is extremely proud to have been recognized for our donation.

In addition to Florida, a handful of LKS sisters also had the opportunity to spend time in Washington DC, Turkey, Switzerland, and Spain. Maddie Chavara attended the 67<sup>th</sup> World Health Assembly at the United Nations building in Geneva, Switzerland. She learned about pharmacy practices around the world and witnessed the passing of international laws and guidelines.

Brittany Jordan had the opportunity to conduct research in Granada, Spain this summer through IPSF. She also explored local pharmacies and observed a few classes at the University of Granada's School of Pharmacy.



### (LKS Continued)

LKS sisters have also spent time showing two foreign exchange students from Germany and Iraq around Pittsburgh this summer. We encourage all students to take advantage of these types of opportunities and the sisters who traveled abroad this summer are happy to answer any questions about their incredible experiences!

Despite it being a busy summer, the sisters of LKS have been preparing for this school year's upcoming events and projects after the great success of last year. We plan on continuing our work on several service and professional projects from last year that include volunteering at the Ronald McDonald House, being involved with adopt-a-block, tabling for ovarian cancer awareness and the importance of vaccinations, and putting together frequent pot-luck sales to benefit Project HOPE and the chapter.

We're also planning various social events for this year to give us the opportunity to interact not only with the sisters of LKS, but also with the brothers of both PDC and Kappa Psi. Social events last year included LKS's annual formal with Phi Delta Chi, the Powderpuff game, in which the girls of LKS faced off against the ladies of Kappa Psi, and the Black and Pink dance.

The chapter is also excited about expanding our Dr. Salk Hall event, a male beauty pageant between dental and pharmacy students to raise money for charity. Last year, we donated to the Pittsburgh Project, St. Jude's and the Grace Lamsam Pharm Foundation, which provides medication to underserved clinics for Pittsburgh's uninsured patients.

LKS would like to welcome the new P1 students! We are excited for you to learn more about the School of Pharmacy's amazing organizations, and hope that you will consider joining Lambda Kappa Sigma! For more information about our events and to learn more about the accomplishments of our sisters and chapter, like us on Facebook at PittLKS.

## Phi Delta Chi

By: Brent Milovac, P3

Phi Delta Chi, affectionately known among the Salk Hall community as PDC, is one of the three fraternities in Pitt Pharmacy. Unlike Lambda Kappa Sigma and Kappa Psi, all of our members happen to be male. As a unit, the quality we most seek to promote is our unparalleled brotherhood. Both in and out of the classroom, you'll find us embodying our organization's motto: Each Needs the Help of the Other.

PDC thrives in countless different areas in pharmacy school; our members enjoy social gatherings, professional events, and service activities, among other benefits. In late November, our formal with LKS will be held at the University Club—chapter superlatives are announced, a lovely dinner is served, and music blasts as we leave each other in awe with our jerks and twerks. We also offer monthly presentations (prepared and delivered by current brothers) on topics that will be relevant to students serving patients within the community, such as over-the-counter supplements and diabetes care. Our partnership with the Jewish Community Center affords us an opportunity to refine our patient interaction skills as we attend monthly brown bag events and help seniors gain a better understanding of their medications.

Getting a bid is as simple as attending two rush events. There will be food aplenty at all four, so you owe it to yourself to attend. Chatting with your classmates in an environment where you're not scratching your head at biochemistry jargon is also a plus.



**LKS sisters Sophie Yang, Hyun Lee, Rebecca Campbell, and Christina Vaghetto attended LKS Convention in San Diego this**

(PDC Continued)



**PDC 2014 Rush Schedule:**  
 Back-to-school picnic: 8/26  
 Informational pizza lunch: 8/28  
 Wings at Quaker Steak: 9/10  
 Cookout with LKS: TBD

## This is How You Roll

By Aaron Devanathan, P3

The picnic is a school-wide event, so be sure to stop by our table for a quick bro sesh as you're checking out all that Pitt Pharmacy has to offer. The pizza lunch will be very casual—simply a way for you to hear from the horse's mouth why PDC is so great. There will be free wings at Quaker Steak on Forbes. Yes, wings. Come indulge with us. Finally, we'll be mingling with the LKS ladies as we toss corn hole and flip burgers at our annual cookout.

Although it won't be counted as a rush event, we will be playing a pickup football game with some of the brothers and encourage you to join us on the gridiron. Any questions about our rush process or the fraternity in general can be directed to Brent Milovac (bmm76@pitt.edu) or Collin Petrochko (cmp93@pitt.edu). We hope to see you around!



P1s: welcome to pharmacy school! I am sure you are all excited to begin this wonderful journey. You will most likely hear everything I say here about 200 times in the following month, so hopefully this won't be too redundant. I just want to briefly list some tips and information regarding the beginning of P1 year:

1. There are many organizations that you can join. Take the time to understand what each one represents and join accordingly. That is what makes this particular publication so great, because all the organizations periodically update what they're doing.
2. Pharmacy school is different from the undergraduate years. Classes are bunched together and there is significantly more work, both individual and group. Become friends with the people in your class. You're going to be seeing them a lot for at least three years, so you have no reason not to.
3. Attend conferences. The key thing is to network, which means you have to go out of your comfort zone (perhaps Pittsburgh) and travel to meet new people. You'll hear that forever, but it's just the way things work.
4. Stay on top of the work. We boast time management skills all day, but I believe pharmacy school begins to test that from day 1. There are many little assignments that can add up quite a bit. Different deadlines and requirements can be confusing, so do your best to keep it all together.

(Continued)

5. Lastly, you're all in this together. If someone needs help, assist him or her. If you need help, ask for it. You will be surprised by the amount of people who will provide help, from students to faculty.

This is a great school and you'll soon begin to see the opportunities around you, but only if you allow yourself to do so. In this first month or so, meet new people here and elsewhere. Yes, it will be tough, but it certainly isn't impossible. You just have to believe me. Pharmacy is a small world, and we welcome you all into it!



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### Letter from the Editor

Daisy Zhu, P2

*Happy back-to-school you guys! I am extremely honored to provide everyone with the most updated information of each organization monthly. Currently I am developing a website for Pitt Capsule to be viewed electronically. And some exciting new sections will be added (I don't want to spoil the surprise!).*

*A big shout-out to each organization writer for taking time out of your summer and contributing to this special edition of the Capsule! We are always open to new ideas. Please contact [pittcapsule@gmail.com](mailto:pittcapsule@gmail.com) if you have suggestions, criticisms, or want to be part of our Capsule team!*

*Pitt Capsule regular edition will be available at each ASP general body meeting every month.*

*I wish everyone a fantastic year!*

*Lastly P1s, fasten your seat belts and enjoy this PHUN ride!*