

PITT CAPSULE

Dear Aspirin

Do you know of any other shortcuts up the hill when the falk walkway is closed?

Shuttle, or your feet/ walk outside

Helicopter or take the 10A (will add 15 minutes)

Enter presby through emergency department

What is your best advice for keeping the white coat looking pristine? No matter how hard I try, I can't seem to keep it white!

Chlorox pens as soon as it gets stained!

Dry clean it every so often

Oxyclean-add it to every load

Get shoot stain remover- works like a charm!

Where do I find professional dress clothes that are not too expensive?

Ask for them for Christmas, Hannukah, birthday, etc

Sales @ Macy's, Marshalls, Tmax, Kohls

Answers are submitted by ASP E-Board

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Clinical Skills & Awards

Brendan Homanick, SSHP Business Manager

Congratulations to Clinical Skills Competition Winners Neil Turco and Aaron Devanathan! On October 7th, SSHP held the local version of the CSC with 26 groups of two students. The students had two hours to generate an in-depth plan and the top four groups defended their plans to practitioners.

We would like to thank everyone that participated and our judges that included faculty, residents, and pharmacists from Presby. Neil and Aaron will represent Pitt at the National Clinical Skills Competition at the ASHP Midyear Clinical Meeting in Anaheim, CA this December. Best of luck!

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SSHIP is proud to announce that our chapter has been recognized with the Outstanding Professional Development Project Award for the WPIC Immunization Project. Projects were evaluated on content & information, creativity & resourcefulness, service, outreach & impact, and overall impression. The project will be presented at the Student Society Showcase at the 2014 Midyear Clinical Meeting where it will receive a winner's ribbon, and the awardees will be recognized during the Pharmacy Student Forum Awards Ceremony.



CSC Winners Neil & Aaron defend *their* plan

Rho Chi: Updates!

Meera Vachhani, Rho Chi Historian

It is hard to believe that the semester is more than half way over! We hope you enjoyed the first two PLS/Rho Chi Lectures of the year. For the most recent lecture, we were joined by Dr. Jonas Johnson, who is a passionate advocate of the HPV vaccine awareness initiative. Students were very inspired by his lecture and are more ready to advocate for the cause! Keep tuned for the next date and speaker for the November lecture series. Make sure to come out for the next lecture to learn something new and enjoy lunch on us! Looking forward, Rho Chi will be hosting the Faculty Poster session on November 13th from 12 to 1 in room 402. This session is typically held in the spring but it was moved up to the fall this year to allow students to see the research interests of our accomplished faculty and to better gauge who they may want to approach for a Special Topics elective! Various faculty members will be stationed at tables with their research poster on the screen.

"New Reigning Bee Champion"

Jessica Lewis, ASP Social Vice President

The Social Committee was happy to dub a new reigning champion of the Second Annual Pharmacy School Spelling Bee in October - congratulations to P2 competitor Betsy Smith! She won the Bee spelling through an impossibly long word that I will not even burden you by writing out...and did not even use any of her life lines until the final round! Also a shout out to P3 Karen Hoang who assisted her with the final round! The contest came down to a cut-throat final three who hung in for the final stretch: Besty, P2 Andrea Evankovich, and P2 Taylor Watterson. Host P2 Keith Long tested their spelling skills and drug knowledge ruthlessly - while still making sure the audience had a good laugh here and there! Thankfully, the audience served as an invaluable help for life lines, assisting the competitors if help was needed. P1 Megan Thornberg held her own as a P1, lasting longer in the competition than some of the P3's! At the end of the night, all of the participants spelled with great honor, and a big thanks to everyone who came out to the event! Betsy will now be the proud owner of a Bee Trophy (shared custody with Karen was discussed after the event).

Looking forward, the Social Committee will be working towards planning Pharmacy Weeks! If your organization is thinking about hosting an event during pharmacy weeks, please contact Jessie Lewis at JRL74@pitt.edu to schedule a time and day. We're looking forward to celebrating our profession with some great events!



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They will then speak for 10 minutes to give a quick overview on what their research is about. Students will rotate around the room and be able to visit with numerous faculty members; faculty members will also stick around at the end for questions. Come out and see what our faculty is up to; you might be surprised to see what catches your interest!

The tutoring chairs held a session for the P2s to overview the Wisner and Capstone; looking forward, we will be working to put together some things for the P1s such as study questions for Top Drugs as well as tutoring for Biochem and A&P. DD2 tutoring will also be available for the P2s. Sign-ups have already gone out, so keep any eye on your email for further information!

The next Rho Chi Health talk at the Salvation Army Adult Rehabilitation Center will be on November 10th and the topic of conversation will be asthma and COPD. That's all for now, Happy November to all!



Application and Auction Details from PLS

Lana Avshalumov, PLS Secretary

PLS members are already planning for the annual PLS auction on February 5th at the Hilton garden inn in Oakland! Members have been busy inviting the school of pharmacy faculty and staff to the auction, as well as asking local businesses for donations. The auction is always a great success, and faculty members have really enjoyed the donations from our student organizations. Start thinking of fun events or donations that your organization can auction off at an event that is sure to be a blast!

The PLS information session was held on October 28th to provide interested students an opportunity to meet members and learn more about Phi Lambda Sigma. Applications will be due on January 9th at 11:59pm.

Applications require a letter of recommendation from a PLS member or a faculty member, so start thinking of who you'd like to write your letter, and ask early! Applications are open already and can be accessed at www.portxtal.com. All student leaders are encouraged to apply! If you have any questions about PLS or the application process, feel free to ask any members or contact philambdasigma@gmail.com.

PLS also invited Dr. Jonas Johnson to give a lunch lecture about his work concerning the HPV initiative on October 15th. It was a great success and we were happy to see so many students interested in this initiative! PLS members also took this opportunity to take a quick photo after the lecture (left).

AMCP Updates

Brent Milovac, AMCP Communications Chair

The month of October has been good to AMCP. We raided Boston for AMCP's Nexus meeting, closed P&T Competition sign-ups with six teams (!) registered, brought in guest speaker Erin Lopata to give the DL on specialty pharmacy, and welcomed P1 representative Louise Chen to our too-cool-for-school executive board.

Nexus was an outstanding outlet for all things managed care. There were resources galore.

We had the opportunity to listen to Healthcare Futurist and well-known author, Joe Flower, speak about the changing model of managed care pharmacy and how we can be a part of it. Other excellent lectures, including fresh topics like pipeline specialty medications, biosimilars and their implications for payers, and Medicare's evolving, ever-demanding integration into the world of managed care pharmacy, just to name a few, were also provided.

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Networking was as easy as talking to that lady standing next to you. Rubbing shoulders with some of the most influential people in managed care—even healthcare as a whole—was a fantastic experience that all of us couldn't recommend more. So, yeah...go next year.

The P&T Competition will be officially underway very soon, with the drug we will be assessing being revealed in early November. We're stoked to have such a strong interest from the gang here at Pitt. Hopefully this equates to our winning team dominating at the national competition in April!

Keep your eyes peeled for more big things, peeps.



Greetings from PPA!

Brittney Knass, PPA Communications
Ambassador

We would like to formally extend our congratulations to many of our students, professors, and alumni who won awards at the PPA annual conference in September in Mars, PA. We are very proud of our students Aaron Devanathan, Shea Liput, Neil Turco, and Meera Vachhani, their faculty advisor, Dr. Pater, and our Independent Pharmacy Coach, David Sippel, for bringing home the gold in the "Achieving Independence Competition" for the third year in a row!

PROFESSOR PHUN PHACT

- His daughter is on the faculty of Johns Hopkins Medical School.
- He sleeps with eyes open.
- He is currently taking fencing lessons.
- He loves photography and owns Canon DSLR and here's a photograph he took



Dr. Venkat

Dr. Pugliese

Dr. Berenbrok

Dr. Zemaitis

Send your answers to
pittcapsule@gmail.com for prizes!

Answers from the October Issue

Dr. Pater has a black belt in Tang Soo Do

Dr. McGivney travelled all over the country and Europe for family vacations and pharmacy conferences

Dr. Smith has 16 grandchildren

Dr. Pschirer has a collection of antique medicine bottles

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Congratulations to Dr. Drab for winning the PPA Pharmacist of the Year Award, and Dr. Bacci for winning one of the 10 Under 10 Awards! We extend another huge congratulations to one of our 1951 University of Pittsburgh School of Pharmacy Graduates, Stanton Jonas, for winning the PPA Mortar and Pestle Award! Finally, we were honored to receive the Government Relations Award and strive to continue our legislative and advocacy efforts!



If anyone is interested in participating in the Achieving Independence Competition at PPA Annual in the fall of 2015 you can get can have a team of up to four people and it is open to any P1 through P4 students. If you are interested in competing please reach out to Kelsey Moss or Aaron Devanathan (P3s) before Thanksgiving. Stay tuned for when our November General Body Meeting will be held because we will be discussing **PPA Poster Presentations** for the Mid-year conference in February!

Don't forget to VOTE on November 4th!



SCCP: Austin Annual

Daisy Zhu, Business Manager

After a summer of hard work, the American College of Clinical Pharmacy has finally established its student chapter at Pitt's School of Pharmacy. The new officers, along with student presenters and faculty, spent a memorable weekend in Austin, TX for the ACCP annual, where an incredible amount of information regarding clinical pharmacy was presented. Highlights of the conference included specialty residency round tables, a CV workshop, a leadership discussion forum, and the clinical pharmacy challenge. We had the honor to meet with numerous national organization leaders and residency directors from across the country to advance networking and professionalism.



The 2014 ACCP conference coincided with the Austin City Limits music festival. The whole city was singing passion and love. The 2015 ACCP annual will take place in beautiful San Francisco and will be a global event, meaning attendees will have the opportunity to meet pharmacists from all over the world! We encourage everyone to attend!

Our 2nd SCCP general body meeting was hosted on **October 21st** to communicate the essence of the conference to our members. We also invited Dr. Meyers to present special topics to perspective students.

SIO Updates!

Victoria Brown, SIO New Member Committee Chair

The Student Industry Organization E-board would like to start off by formally thanking all of the students who attended the Medical Science Liaison/Pharmaceutical Industry Mixer. We were delighted to see how successful the mixer was and hope to watch it grow with each passing year. In addition, we would like to thank our own Maddie Chavara for putting countless hours into planning this event. Thanks to her hard work, we were able to build invaluable relationships with many industry professionals.

As for the future, we encourage all students to attend our workshops and presentations regarding industry internships and fellowships. It is our hope that, in addition to being quite informative, the workshops will also give Pitt's student pharmacists the upper hand when applying to these programs. Workshop dates are forthcoming and will be announced soon.

SIO's spring schedule is coming together as well! We will be hosting several speakers at the school who will discuss a wide range of industry-related topics. More events are currently being planned, so as always we encourage our members to check their emails and listen to pre-class announcements for more information.

SNPhA Updates!

Tyler Halfhill, SNPhA President

It is now October and SNPhA is still cruising through the semester! The JDRF Walk to Cure Diabetes was a huge success, as we raised over \$300 for type 1 diabetes research! We also participated in the lower campus Healthy U Fair, in which we educated over 50 patients about over-the-counter medications, as well as surveyed over 40 patients about their HPV vaccination history. Lastly, we participated in the DEA Drug Take Back Day in which we received the drugs of approximately 25 patients in the Pittsburgh area and took back old/expired medications that they had no other means to get rid of!

Looking forward, SNPhA is planning a blood pressure training event in which we will teach undergraduate pre-pharmacy students how to give a blood pressure! We are also planning to participate in the CKD Walk at the Pittsburgh Zoo, in which we will be raising money towards research for Chronic Kidney Disease! We hope to have a stroke education event in North Oakland at a community center, in which we will be teaching elementary school children the signs and symptoms of stroke, and what to do if they see an adult having a stroke! We are also planning on educating patients at Mt. Ararat Baptist Church about immunizations and stroke awareness. Lastly, we are planning a bowling social event with the SNPhA chapter at Duquesne with Walmart Pharmacy!

Fun times to be a member of SNPhA! Come join us for some excellent opportunities for personal and professional growth!

PDC Updates!

Brent Milovac, PDC Secretary

This past month for Phi Delta Chi has again been a fruitful one. Although you'll normally find our crowning achievements to be collaborative efforts—simply because that's how we roll—we like to recognize one of our own when he leaves the rest of us in the dust. So here he is, served up piping hot: P2 Brother Nicholas Ruzzi.

Looking for a unique way to improve patient care in a small community, Ruzzi organized a diabetes support seminar at his internship at Jeffrey's Drug Store in Canonsburg. Over a dozen patients with type I and type II diabetes mellitus were in attendance. The session, entitled "Taking Control," was led by A1C Champion Doreen Bugai who inspired the group by providing management advice and sharing personal accounts about why she chose to take control of her disease.

Though the support group is the first of its kind for the pharmacy, Ruzzi and his preceptor are pleased to report a very successful interaction with this patient population, which leaves plenty of room for expansion.

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Also of note for PDC is our Brother of the Month Spotlight. We extend a collective fist bump and many thanks to P2 Brother Collin Petrochko for all his hard work this past month.

On Sunday, October 26th, 15 of our men had a blast at the Steelers-Colts game with Brothers from other Great Lakes Region Chapters. We were proud to show some of Pharmacy's greatest young minds the ways of the Yinzer.



LKS Highlights, Lamb Lights, and More!

Lana Avshalumov, Corresponding Secretary

The sisters of LKS had a great October, which included welcoming a new pledge class into our chapter. The events have been a blast so far thanks to our new member co-chairs, Maeghan Moss and Brittany Stocks. They planned several events including the spaghetti dinner where the new members created pasta dishes, sides, and dessert for the sisters. The food was nothing short of incredible and we cannot wait to continue getting to know our 46 new pledges throughout the remainder of the semester!

A group of LKS sisters also participated in the walk for diabetes in downtown Pittsburgh. Countless students from all three pharmacy classes donated money and spent their time walking for this cause on October 4th and our sisters were happy to be a part of this event.

For the rest of the semester we will be continuing our service projects at Family House and Adopt-a-Block as well as planning the Third Annual Dr. Salk Hall Competition! Last year we had 10 of the finest men from the pharmacy and dental school compete to be crowned Dr. Salk Hall and we cannot wait to see what this year's event has in store for us!

LKS also continues their monthly "Lamb Light" sister recognition program this semester. One sister is voted for lamb light every month for making special contributions to LKS within that past month. Congratulations to September's Lamb Light, Shea Liput (P3) and October's Lamb Light, Maeghan Moss (P2)!



October with Kappa Psi is Always a Fun Time!

Karen Hoang, Corresponding Secretary

Since our last Pitt Capsule update, 31 Beta Kappas attended the Mountain East Province Fall Assembly on September 26th-27th. We thoroughly enjoyed getting to meet brothers from other chapters and learning more about Kappa Psi at this regional meeting. Many brothers are planning to go to the spring assembly that will be held in April in Baltimore. Some brothers are even talking about potentially going to Gulf Coast Province Assembly in Nashville in January!

We went on our traditional trip to a haunted house this past month and this year we decided to go to Hundred Acres Manor Haunted House in the South Hills. We were given our own house where we could hang out and eat snacks while we waited for people to go through the haunted house. Many brothers really enjoyed Hundred Acres, especially being chased through the maze portion by someone with a (fake) chainsaw. We also had a blast at the Pitt Pharmacy Homecoming Event! This year the event was held in the O'Hara Student Center and many pledges, collegiate brothers, and graduate brothers came to enjoy the food and great company. Kappa Psi brothers of all generations socialized during the event and had a wonderful time.



Brothers and pledges await their turn to go through the Hundred Acres Manor Haunted House



Pledges, collegiate brothers, and grad brothers have fun at the Pitt Pharmacy Homecoming Event

Events that we are looking forward to include the annual Kappa Psi Halloween Party (which will have a costume contest!), the annual Lineage Dinner (which will be held at Penn Brewery this year), and more service events at places such as Family House and Global Links.

PHASHION PHORUM WITH DEAN KROBOTH

Pauline Phuong Hoang, Stephanie Tchen, and Jennifer Fever

Phalling for Phall

Autumn came to me while I was driving on I-70, amazed by the view of those magical reddish and amber leaves swaying with the light wind. This transitional season also brings about changes in weather and thus, your style of clothing. How would you choose your outfit for a day of October in Pittsburgh? Talking about Phall and Phashion, our Dean shared with us her fall and professional fashion choice and her most recent Halloween outfit.

Accessories are an important piece of an outfit. They can dress it up or dress it down. Dr. Kroboth likes wearing statement necklaces, finger candy, and do not forget about those shoes! However, the must-have item of the Dean for fall time is the *scarf*. In her office, she keeps her favorite black scarf that she can wear to professional meetings and lectures. Scarves are light and easier to bring around than jackets. Dr. Kroboth finds scarves to be very portable, as she can easily tie her scarf to her bag. When she is cold, she would simply throw the scarf over the shoulder. "If your carotid arteries are warm, your body will be warmed, too," she said. That is why scarves would be really useful as we walk out during those windy days or sit in our quite chilly classrooms. Girls, try to bring a scarf to wrap around your shoulder, to cover up if needed, or to use as cushion for those spontaneous naptimes. Guys, do not think we forgot about you! You should also try wearing a scarf next time you get cold, because gives an elegant look when paired with a nice coat.

Our discussion about fall reminded Dean Kroboth of her trip to Italy where she had a walk on the street in the evening. She was very surprised to notice that so many Italians dressed up for even the simple pleasures



Christian Louboutin Simple 85 Patent Leather Pumps. (\$775) If you thought that Dean Kroboth liked expensive shoes, you were highly mistaken. This editor likes expensive shoes. These classic red soled pumps are an iconic part of fashion, but yet simple enough to class up any outfit. Good shoes will take you good places and will give you all the confidence you need to own that



Asos Oversized Scarf in Check (\$34) At first glance, this may look like a blanket, but do not be fooled, it's a scarf! In our last issue I mention how crazy I am for plaid this fall. New to plaid? Try adding it in slowly with accent pieces like a scarf. It will keep you nice and toasty this season, too!



J. Crew Men's Heather Chamois Elbow-Patch Shirt (\$98). Ok guys. I am not saying you need to pay ridiculous amounts of money for your clothes. These are just examples. There are definitely ways to find alternatives. This is a little twist on the classic shirt. I really like the elbow patches and the dark jewel toned color is also



in life. It is true that clothes should be comfortable but know what to wear to different places or occasions. For those of you who care about networking, make sure you dress to impress! Remember: dress to show your accomplishments, not to distract away from them.

One of my favorite parts of autumn is Halloween. What were you this Halloween? Dr. Kroboth's last choice of costume was a black witch outfit. Spooky. The non-professional occasions like Halloween are the time for us, student pharmacists, to set aside our suits, slacks, shirts and ties and have fun with any outfit that we like to wear. Learning how to separate between professional settings and non-profession activities and dress appropriately for each of them would be the key to succeed in your professional and social life.

Editor's Choice:

(Please note, these were all chosen entirely our editors. Dean Kroboth expressed no opinions in the making of this portion. Thank you.)

Halfway There

Aaron Devanathan, Class of 2016

We are a little over halfway through with the semester. How is it going so far? Did you do everything you wanted to do? Have you explored all your options yet? I hope the answer to the last two questions is “no”. I hope by now you have noticed how many opportunities this school has to offer. For instance, there are many organizations in which to become involved. And the best part is that they collectively attract people with different interests.

So we’re halfway through the semester. What will the second half look like? We have Thanksgiving (though if you’re a P3, we sort of do?) and then winter break won’t be long after that. And then it’s the spring semester! Time really does go by quickly, especially when you are incredibly busy. Take a look ahead to the next few weeks and see what you have. Tests? Assignments? Both? It’s par for the course.

Something I’ve noticed in pharmacy school is the relentless amount of work. It’s the nature of the beast, and the work takes up the lion’s share of your time. But I have always commended those who could achieve the magical trifecta: school, extracurricular activities, and social life. That’s truly the goal of pharmacy school. If you can achieve that trifecta by the time you graduate, you’re ready for the real world.

So in this second half of the multi-semester journey, try to do something new. Dare I say to become *more* involved. Halfway through the semester is a wonderful time to reflect and see what more you need to accomplish. Grades can be “remedied”. Friends can still be made. Involvement can still increase. Before you know it, you’ll reflect on the entire semester. It’s a great time of the year and I hope you all enjoy it.

From the Editor-in-chief

The last issue of the fall semester is finally here and yes I am still in shock too!

P3s, hope you enjoy the last first semester of classes and school.

P2s, the end of the tunnel is so close that we can smell the grass and hear the birds sing.

P1s, please take us seriously when we say P1 PFun!

Finally, best luck to everyone! The Pitt Capsule will see you in 2015!

Daisy Zhu
APhA-ASP Communications VP

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APhA-ASP E-Board

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