



Fall in love with the Pharmacy weeks

Pitt Capsule

APhA-ASP Pitt Chapter

Dear Aspirin

Q: How do you get the dental boys to like you?

A: Get a cavity and show up at their clinic.

A: Offer to carry their tackle boxes, hold the door for them, show them what girls look like not when they are NOT in scrubs (if you know what I mean...)- tell him dental jokes: Q: What does the dentist of the year get? A: A little plaque; Q: What did the dentist see at the North Pole? A: A molar bear
Q: What did the dentist say to the golfer? A: "You have a hole in one. "

Q: How do I stop playing Trivia Crack during class? I always delete it by then end up reuploading it because everyone else is always playing it.

A: Trivia crack is called crack for a reason

A: Don't! I consider the science questions as part of my studying for exams

Q: What are some positive things about graduating from Pharmacy School? I'm about to end my P2 Spring term in a few months and it's a little sad to think that after next year we'll be on our rotations and then on to graduation. What other time are you going to be around so many other people your age who share this same thing in common? Still got two years left to go and I'm already missing this place.

A: \$\$\$\$\$\$

A: Everyone will have to call you doctor!

Falling in love with the pharmacy week

Jessica Lewis, ASP Social Vice President

A big welcome back to all the students from winter break – hope it was relaxing and you’re ready to enjoy all of the events during pharmacy weeks! We have some exciting events this year, and I hope all of you are able to take the time to enjoy these activities to celebrate our success as students! These weeks are meant to be a time of recognition for our great profession, so be proud to be a pharmacist (well...soon) during this time! On the right is the schedule of events.

Hope you all get a chance to attend and enjoy! Looking forward towards the spring, make sure to look out for announcements regarding the Second Annual “Price is Right: Pharmacy Edition!” Students will have the chance to *come on down* from the audience and play the traditional Price is Right games! The twist is, you will be guessing the prices of medications! So be sure to take advantage of this great event—it is sure to be a ball of fun!

Sunday/Monday, January 18th/19th:

Novo Nordisk

On-site Trip

Thursday, January 22nd: Dr. Salk Hall

Saturday, January 24th: Winter Formal

Tuesday (lunch), January 27th: “Pie a Kappa Psi”

Tuesday (evening), January 27th: P&T Competition

Wednesday, January 28th: National Patient Counseling Competition

Thursday, January 29th: “No Talent” Talent Show

Friday, January 30th: White Coat Ceremony

Tuesday, February 3rd: OTC Competition

Thursday, February 5th: PLS Auction

Rho Chi: Updates!

Meera Vachhani, Rho Chi Historian

Welcome back to another great semester! Rho Chi members finished out last semester with many events so here’s a recap! In November, Rho Chi held the annual Posters, Professors and Progress event. This event featured faculty and their research and students were able to rotate through the tables that interested them the most. The event was a success and we hope that everyone who attended enjoyed it as much as we did!



Rho Chi members giving Top Drugs



Left: Rho Chi members giving health talk at Salvation Army Rehabilitation Center

SCCP: Looking Forward

Ryann O'Neill, SCCP Secretary

As we enter the spring, the members of the Student College of Clinical Pharmacy look forward to its second semester on Pitt's campus. Its successful first semester was spent brainstorming events that will offer students a variety of opportunities, many unlike any of those currently offered in the School of Pharmacy.

The officers and members are working diligently on a chapter-wide project to organize information about each faculty member's research topics in one location. This project will lead into a two-week shadowing program with clinical pharmacists that we are hoping to implement in the next few months.

This semester, SCCP is excited to begin working with Rho Chi on the upcoming student poster presentations, which is likely going to be in March. Additionally, SCCP is collaborating with other student organizations, the Student Industry Organization, Academy of Managed Care Pharmacists, and the Pennsylvania Pharmacists Association, on a donation to the PLS Auction. Each organization is donating caddies for a faculty golf outing!

SCCP is forty-five members strong, which is fabulous for our first year. A main goal for the upcoming semester and year is for the majority of our members to become official members of the American College of Clinical Pharmacy. In order for the student chapter to be a nationally recognized, all of the SCCP members must be national ACCP members.



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Last semester, Rho Chi members made great efforts to help fellow students with tutoring endeavors such as the tutoring and the Top Drugs lecture for the P1s, Wisner and Capstone overview for the P2s, and Semester at a Glance at the beginning of the term. Efforts will continue with the Semester at a Glance and other events, so stay tuned!

In addition, Rho Chi members will be selling business cards again, in case you missed it in the fall! Keep your eyes open for more details to follow and get some business cards before hitting the road for upcoming conferences! Members will also be selling pocket lab cards, which are great edition in any white coat, stay posted!

Finally, the Rho Chi Health Talks have continued to be successfully held at the Salvation Army Adult Rehabilitation Center. Looking ahead into the semester, some topics that will be covered include alternative medicine, HIV and depression.

SNPhA Updates!

Tyler Halfhill, SNPhA President

Here at SNPhA we are ecstatic to kick off the Spring semester, and we have a lot of exciting events in mind! This spring will mark the kickoff of our HPV Vaccination Project that we are partnering with APhA. We hope to wrap up our "Perceptions and Attitudes" survey in February, and begin having educational programs to spread awareness of the benefits of the HPV Vaccine. We also hope to partner with Student Health on campus to actually have clinics in which the HPV vaccine will be administered!

Furthermore, we plan to return to the Oak Hill Community Center and give a presentation about stroke prevention. We plan to educate them about the dangers of stroke, how to recognize a stroke, what to do if someone is having a stroke, and steps that they can take to prevent a stroke. We also plan to have a food drive led by our legislative committee, a health fair at a senior center in Uniontown, PA, and a Stroke Putt-Putt Golf fundraiser for the national Power to End Stroke Initiative.

We are also making our final arrangements to go to the SNPhA Regional Conference in Atlanta, GA. We will be presenting and defending a resolution to the SNPhA National by-laws at the conference, and we hope to expand our network and put University of Pittsburgh School of Pharmacy in the national spotlight!

SIO Updates!

Brian Terreri, SIO President

A total of 28 members of The Student Industry Organization, ranging from P1s to P3s, attended our first every field trip over the extended holiday weekend to the Novo Nordisk US Headquarters in Plainsboro, New Jersey.

(Continued on the next page)

PLS: Busy at Work

Lana Avshalumov, PLS Secretary

PLS members have been hard at work since returning from holiday break! Beginning in December, PLS members have been helping with **PharmD applicant interviews**. Members meet with applicants to give a tour of Salk Hall and answer any questions about our pharmacy program, student pharmacy organizations and city living. We are excited to share our experiences with prospective students and hope to see many of them here in the fall!



Members also met for a long evening to review and discuss PLS applications. There were many great candidates, with a wide variety of **leadership experiences** both within and outside of the School of Pharmacy. Thank you to everyone who applied. We are excited to welcome new members to the organization! The list of incoming inductees will come out with the Rho Chi acceptance letters in late February.

The auction co-chairs are currently hard at work planning the annual **Grace Lamsam Charity Auction**. There are many great items up for bid this year so make sure to mark your calendars for **Thursday, January 5 at 6PM!** The auction will take place at the Hilton Garden Inn, at the corner of Forbes Ave and McKee. Make sure to come prepared to bid!

(Cont'd)

The SIO students carpooled in 7 cars and stayed the night in New Jersey, taking time out of their own short break to take the initiative in finding more out about possible future careers. Students were treated to an amazing day of networking and learning about the pharmaceutical industry lead by Pitt alum Pat Quinn, Global Head of Trade for Novo Nordisk. The students were impressed by the brand new facilities and were excited to first learn about the products that Novo Nordisk produces. Students were then treated to a question and answer session hosted by 10 pharmacists within the corporation who spoke about how they arrived at Novo Nordisk and encouraged students to pursue careers in industry. Pat Quinn and others encouraged students to research into possibly careers in the pharmaceutical industry, as well as the thought of possibly pursuing pharmaceutical industry fellowships.

Students with an interest in pharmaceutical industry fellowships should look forward to the next SIO meeting focusing on applying to and navigating through the Rutgers Fellowship involving current fellows Sajid Ahmed and Joe Fiore, as well as recently accepted fellows Allison Doherty, Jocelyn Hatfield and Jonathan Wang.

SSHP Updates!

Brendan Homanick, SSHP Business Manager

The Pitt SSHP Chapter and the School of Pharmacy were well represented at the ASHP Midyear Clinical Meeting held December 6th-11th in Anaheim, CA. Over forty students traveled across the country to attend the meeting for varying agendas. Several highlights from the conference include the Residency Showcase & PPS Interviews for P4 Students, Residency 101 & 102 for P1-P3s, Poster Presentations, Exhibition with many pharmaceutical product and service companies, various different programming, the Pitt & UPMC Reception, Student's Night Out, and the Keynote Speech from former Tonight Show host Jay Leno. We are proud and thank all the students that traveled to Anaheim to represent our chapter and school well and promote the profession of pharmacy.

(Continued on top right)

The SSHP E-board presented a poster on the WPIC Vaccine Project during the Student Society Presentation Session. The presentation won a Blue Ribbon Award as one of the Top 20 SSHP Presentations. We hope to repeat as an award winner next year.

Lastly, congratulations to Aaron Devanathan and Neil Turco for competing in the ASHP Clinical Skills Competition! They valiantly competed against all the different schools of pharmacy across the country and will look to repeat as local Pitt winners next October.

Elections will be held in February, so if you are interested in running for a position please contact us at pitt.sshp@gmail.com.



AMCP Updates

Brent Milovac, AMCP Communications Chair

Pitt AMCP has a spring semester packed with some great events to look forward to. On January 26th, two teams of four students tested their formulary management skills in the school's annual Pharmacy and Therapeutics Competition. Constructing an extensive monograph from scratch, evaluating a manufacturer product dossier, and orally presenting their many interesting findings were just a few activities these brave souls undertook. The competition is a fantastic experience that promotes team building and leadership skills while also acting as a real-world learning opportunity for those with little exposure to the field. We urge our younger members to strongly consider participating next year. (continued on the next page)

In other news, we are finalizing dates to have two exciting speakers pay us a visit in February and March. Willie Wilberg, the current Caremark resident, and Matt Sarnes, a representative from Xcenda—a consulting firm in Florida—have graciously agreed to give us some insight in their respective fields.

It's also time to start planning for AMCP's Annual Meeting & Expo, which will be held from April 7-10 in San Diego. Take some time away from the dreary, gray sadness of Pittsburgh and come out to the west coast to party like Katy Perry. Oh, and network. And other professional things, including attending poster sessions on some of managed care's most controversial issues and presentations on groundbreaking pipeline therapies. Essentially you can tan the frame and build your portfolio all in the same trip. Can't beat that. Ask an e-board member for flight information.



CPNP: Good News!

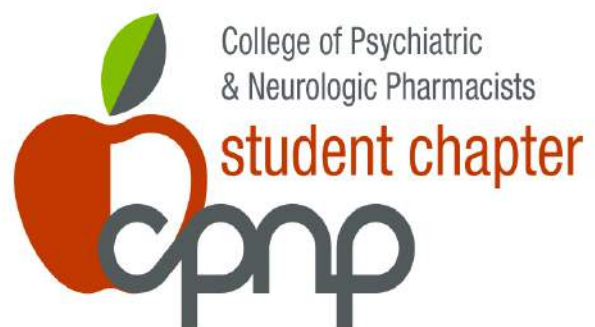
Kristin Lampley, CPNP secretary

The College of Psychiatric and Neurologic Pharmacists (CPNP) promotes excellence in pharmacy practice, education, and research to optimize treatment outcomes of individuals affected by psychiatric and neurologic disorders. Last fall, the University of Pittsburgh School of Pharmacy joined 16 student chapters nationwide to advocate for this highly stigmatized patient population and encourage interest in the field of mental health.

During this semester, we will provide insight into the profession of psychiatric pharmacy through lectures from our expert clinicians at Western Psychiatric Institute and Clinic (WPIC). This month, the PGY2 psychiatric pharmacy resident at WPIC, Dr. Lucy Wilkening, will be giving a career path talk. In March, we will be hosting a talk with psychiatric clinical pharmacists, Dr. Jessica Brennan and Dr. Justin Ellison, regarding the unique and interesting aspects of in their respective specialties. In addition to hearing from these outstanding pharmacists, we look forward to implementing educational development and community service projects at various sites, including WPIC and the UPMC Kelly Street Methadone Clinic.

We are working to reach out to several mental health organizations in the Pittsburgh area. We intend to provide a variety of experience and exposure for our members.

Lastly, we will end the semester with the CPNP Annual Meeting in Tampa from April 19-22. This conference offers a wealth of opportunity for students, including research presentation experience, student programming, cutting-edge lecture topics, and networking. We encourage you to join us in representing the University of Pittsburgh for the first time at the annual meeting!



Professor Phun Phact

- A. From age 15-18, I played drums for several rock-n-roll bands (one named "The V-Twins") around his hometown of Johnstown.
- B. I am an amateur student of the American Civil War, particularly of the campaigns of the Army of the Potomac. I had a number of relatives serve Ohio and West Virginia regiments – UNION
- C. After college, I attended flight school to become an airline pilot

Dr. Poloyac

Dr. Schiff

Dr. J Thorpe

Send your answers to pittcapsule@gmail.com to win a prize!

Script Your Future

Gabe Valasek, Class of 2017

The University of Pittsburgh School of Pharmacy, in conjunction with the School of Medicine, is currently taking part in a nationwide medication adherence competition known as Script your Future. Script your Future focuses around the importance of patients continually taking their medicines as prescribed in order to live healthier happier lives. The campaign specifically focuses on three classes of health conditions: cardiovascular disorders, such as high blood pressure and cholesterol, respiratory illness, including chronic obstructive pulmonary disease (COPD) and asthma, and diabetes. The objective is to enforce medication adherence in all patients.

The students at the School of Pharmacy will be putting Script your Future into action at their community pharmacy rotation sites during the spring semester. Each student will be responsible for effectively communicating with patients entering the pharmacy. The student-patient interaction will consist of a brief interview to gauge the patient's existing devotion to taking his or her medications. Once the questionnaire has been conducted, the student pharmacist will then distribute a multitude of resources to the patient.

These resources include a wallet card for medication information, informative facts sheets on the disease state in question and the Script your Future campaign itself, and a pledge card that states the patient promises continually take their medicines as prescribed.



Script your Future has already had a dramatic impact on patients across the country. It gives healthcare students the opportunity to reach out to people throughout their surrounding communities and better their medication experience by engaging in informative conversation.

Though the students do act as medication adherence coaches, the coaches cannot be successful without the team players. The team players being the patients and their willingness to adhere to the medicines prescribed, keep their disease states within proper limits, and thus script a healthy future of their own. To find out more information about the campaign, visit ScriptYourFuture.org. Be sure to like our Facebook Page “Script Your Future – University of Pittsburgh” and follow our Twitter @SYFPitt for medication adherence tips and updates on the campaign!



Greetings from PPA!

Brittney Knass, PPA Communications Ambassador

We hope everyone's having a good start to the spring semester! We would like to thank everyone who participated in the toy drive for Matilda Theiss as it was a huge success! Dr. Pater was so excited to see Kelsey Moss's car full of toys and I'm sure we made the kids' holiday extra special!

PPA has a busy semester ahead but we are very excited about all that we have going on. Our first big event in February will be the OTC Competition during pharmacy weeks. The event will be on **February 3rd** and the winning team will receive **FREE** registration to the PPA Mid-Year Conference!

PPA Mid-Year is the next big event we have all been looking forward to.

This year we will be heading to Harrisburg February 20-22 for the conference. We currently have 63 students who will be attending to present posters and are so proud of them all!

Mid-Year is always a fun and rewarding conference, and we hope everyone attending is looking forward to it as much as we are!



We are happy to announce that Legislative Day has been set for **April 13, 2015**, so make sure you save the date! There will be opportunities to receive IPPE hours for tabling and helping make the poster displays. We are also hoping to have Don Smith, PPA's Government Relations Manager, come to Pitt and provide a legislative update in preparation for Legislative Day.

Looking forward to seeing many of you at all of these big events we have coming up!



PHASION PHORUM WITH DR. BERENBROK

Stephanie Tchen, Jennifer Fever, and Pauline Phuong Hoang

The Men's Edition (Pt. 1)

I used to think that it was so easy for men to get ready on professional dress days. They don't have to think: Should I wear pants, a skirt, or a dress? Does this color pant go with this floral shoe? They just have to choose between some basic colors and common clothing items: shirt, tie, pants, dress socks, belt and shoes. However, there are more things that go into male professional fashion than previously thought. "You always want to be comfortable in your clothes and act respectfully toward others" was just one of the thoughtful comments that Dr. Berenbrok shared with us on this topic.

Dr. Berenbrok chooses a classic clothing style both at work and on his days off. At work, he likes to stick to the basic professional look with his own twist. He tries to stray away from following the normal trends by throwing in more colors into his wardrobe. By adding in more jewel toned colors, he is able to stand out more from the crowd of black and white. This can help you to be more memorable. No matter what color he chooses to wear on a particular day, though, he always makes sure that his belt matches his shoes; a rule all men should follow. Another basic item that can make a huge impact on your look is your socks. You can never go wrong with a black pair of socks, but it doesn't hurt to experiment with it every once in a while.

Now that everyone will be rocking white coats in Salk Hall (Congratulations Class of 2018!), it is important to take that into consideration when picking out your next professional outfit. Dr. Berenbrok stated that whatever you choose to wear underneath should not be white as well, in order to create contrast and visual interest in the overall appearance.

We cannot forget about ties, an important part in male professional attire! Dr. Berenbrok learned the importance of dressing professionally when he saw the difference in patients' response as he wore a tie with his professional dress. He explains that patients appeared to be more trusting of him after this change. For ties, the difference in the type of knot used depends on the type of collar a shirt has. Moreover, the end of the tie should end at around the middle to bottom of your belt buckle. In terms of tie style, Dr. Berenbrok prefers the traditional tie to bowties or skinny ties. Save those skinny ties for the night life!

In his closing remarks, Dr. Berenbrok left us with a few tips on staying stylish within the college lifestyle

budget. For instance, it is easy for guys to cheat and repeat shirts for multiple days. No one would notice if you just switch out your tie! Dr. Berenbrok himself owns 25 ties. How much does your collection hold? In maintaining your professional clothes, you may want to put some effort into ironing. For those of you wondering how to wash your white coat and other delicate business clothes, try asking your mother; she is very likely to be expert in laundry. His final piece of advice is for both men and women: you probably do not want to wear perfume at work or to interviews. This is because you do not want to be remembered for your scent, whether it is good or bad, but for your professionalism. Professional style is not only about the clothes and accessories. It is about having the appropriate attitude and the respect toward yourself as well as others. Sticking to all of these tips from Dr. Berenbrok should keep you looking and acting professional for the rest of your career.



LKS Prepares for a Fun Semester

Lana Avshalumov, Corresponding Secretary

The members of LKS are extremely excited to host 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. Not only is the event one of the most entertaining of the year, but it is also for a great cause. Each participant gets to choose a charity to donate the proceeds of the event to. The winner's charity will receive part of the money raised. Last year we were able to donate about \$1,000 to St. Jude's Children's Research Hospital, as well as about \$300 to Project Hope. Contestants will show us their best in categories such as professional wear, talent, and interview so make sure to attend this entertaining event on **Thursday, January 22 at 7PM!**



In addition to preparing for Dr. Salk Hall, the LKS sisters will continue their involvement with Adopt-A-Block and will continue to volunteer their time at Family House and Ronald McDonald. LKS also plans to continue their annual **White Coat Sale** this semester, so make sure to order a spare white coat for the upcoming year!



The professional project co-chairs are also busy preparing for this semester. They are currently planning **Hygeia Day**, which will take place during the lunch hour one day in March. Each year on Hygeia Day, LKS invites a speaker to come and talk about various health issues. Previous talks include anorexia, substance abuse, and sexual abuse on college campuses. LKS sisters will also continue to volunteer with the **NOCC** (National Ovarian Cancer Coalition) and continue to table to raise awareness about OTC medications in the university's student health center and pharmacy throughout this semester.

PDC Updates!

Brent Milovac, PDC Secretary

The Brothers of Phi Delta Chi could not be happier with this past holiday season. In the true spirit of giving, we again set out to help St. Jude Children's Research Hospital positively impact the lives of children who didn't have the luxury of being home for the holidays.

We are extremely proud to have raised \$5,552, surpassing last year's total and placing us 2nd overall in the Pittsburgh area for the second consecutive year. We'd like to extend a heartfelt thank-you to those who donated and all who assisted us in spreading the word.

A special thanks to Brother Cameron Niños is also in order for his massive efforts in promoting the fundraiser.

We kicked off the semester by initiating sixteen fine men into our Chapter. We're excited to have our P1 Brothers join us in all that we have planned for the coming term, including our residency panel, Jewish Community Center brown bag events, disease state presentations, and much more. PDC would also like to report a successful fall professional sale, which we hope to conduct again next fall for anyone getting closer to attending meetings and setting up interviews. Much appreciation goes out to those who contributed. Finally, Mu Chapter Brothers took their talents to Gatlinburg, Tennessee in January to take part in the annual PDC Great Lakes Regional Brotherhood Retreat. As always, great times were had and new connections were made—were already looking forward to next year's installment.



Kappa Psi Starts the New Year with a Bang!

Karen Hoang, Corresponding Secretary

Since our last update, Beta Kappa had the pleasure of initiating 30 new brothers! FPC 2014 was very excited to finally join the brotherhood and receive their nicknames and letters. We were also very excited to join grad brothers at the Pitt Grad Holiday Party last month. Hilarious gifts were exchanged and everyone bought something delicious to the potluck; a good time was had by all!



Brothers at the banquet dinner Saturday night at the province meeting in Nashville

The weekend after New Year's, six brothers traveled to Nashville for the Gulf Coast Province meeting hosted by the Epsilon Lambda chapter, which is Lipscomb University! We had a wonderful time exploring Nashville and getting to know brothers from that province as well as brothers from the Mountain East, Great Lakes, and Southeast provinces! The first weekend of the semester, over 60 brothers journeyed to Deep Creek, Maryland for our annual ski trip. Brothers made good use of the sauna and the hot tubs in the cabin and bonded over movies, board games, and conversations at all hours of the night.



Brothers putting together a puzzle and bonding at Ski Trip

(Cont'd)

A new event that we have coming is Pie a Kappa Psi, which is our contribution to Pharmacy Weeks. During this auction style event, people will have the opportunity to bid on pieing Kappa Psi faculty and students in the face. There will be snacks and drinks and the proceeds will benefit the Birmingham Free Clinic so start saving up! Other events in the near future include executive board elections and our annual Black and White Party.

Wake Me Up When February Ends

Aaron Devanathan, Class of 2016

It's that time of year again! It's the glorious month of February! Check your planners and see how many exams you have. I'm sure they are well-placed, too. Before you start prophylactically studying for an exam for which you haven't learned the material, let's just walk through the month.

The month kicks off with the Super Bowl. Then, depending on which class you're in, you'll have some exams. February 14, always a "great" day, falls on a Saturday this year. February 21 follows suit. Then it's pretty good until the end of the month. It could be worse...it could be a leap year... And let me guess, on that following week (the week right before spring break), there are exams, further ruining February strictly by virtue of having to spend the end of it studying...after spending the first three-quarters of the month studying. My P3 semester calendar confirms this.

I don't know what it is about February that things have to become so condensed. It marks the middle of the semester and tests have to occur prior to spring break. There are some people who really like February. I suppose the bitter cold, Valentine's Day-bearing, exam-heavy month doesn't bother them.

Last year, I preached that it's crucial to turn the month into a positive one by doing other things outside of the triad of weather, love, school. That was probably for my own benefit, and it didn't turn out to be a good enough February. I guess I'll be hibernating throughout this month.

Second time's the charm, right? At least the month isn't defined by one moment, but rather by the many choices you make. My hope is that this February will be nicer than previous ones for all of us. It's a tough month, but it goes by rather quickly. It's up to us to seize the opportunity each and every day and make the most with what we have. Enjoy the month!

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Dear Aspirin
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From the Editor-in-chief:

Thank you everyone for contributing and don't forget to submit your Professor Phun Phact (P7) answers to address below to win a prize!

Lastly, I wish everyone a sweet and lovely month!

See you in March!

Daisy Zhu
ASP Communications Vice President



Contact us at Pittcapsule@gmail.com