

S P R I N G 2 0 1 6

the

# Pitt Capsule

Spring into the season!



## Student Industry Organization

**Kerry Moore,**  
VP of Communications

Thank you to all who attended our first 2016 Pharmaceutical Industry Symposium on Saturday, February 27th. This event was such a success with over 30 students and 12 professionals from 8 different companies in attendance. Students were able to network, practice mock interviews, and have their CVs reviewed. It was a huge success! Looking forward, keep an eye out for our executive board applications that will be available this month. Over 7 positions will be available for P1s and P2s to take. If you are looking for leadership opportunities within the School of Pharmacy and you are interested in pursuing a career in industry, this might be a great opportunity for you! Please contact any current executive board members for more information on their positions if you are interested in this opportunity. Have a great spring break!

## Pennsylvania Pharmacists Association

Laura Yost  
Communications Ambassador

Last month Pitt PPA held a fundraiser dinner at TGI Fridays for the Pharmacy Political Action Committee (PharmPAC), a voluntary non-profit group that supports political candidates who advocate for the profession of pharmacy. We would like to thank everyone who supported the cause, and Emily Bobrzynski for an excellent job coordinating the event!

It's time to get excited for **Legislative Day, April 6, 2016!** This year the main talking points with legislators will be fair

### Save the Date!

#### Legislative Day

[April 6<sup>th</sup>]

Advocate for the future of pharmacy with your legislators!

#### SSHP P4 Panel

[March 29<sup>th</sup>]

Have all your residency questions answered!

#### Family Feud

[March 24<sup>th</sup>]

Put your pharmacy trivia to good use and have some fun with ASP!

pharmacy audits and interchangeable biological products. This is an exciting time of progress in the pharmacy world and YOU play an influential role. We look forward to seeing you in Harrisburg.

Are you passionate about promoting the profession of pharmacy through advocacy, education, and communication? We encourage you to consider applying for a position on the Pitt PPA Executive Board. Two positions are available for the upcoming year, Communications Ambassador and Government Relations Ambassador. If you are interested, send an email to [pittppa@gmail.com](mailto:pittppa@gmail.com) by March 2. Interviews for these 2016-2017 Executive Board positions will be held the week of March 14-18. We wish everyone a safe and FUN spring break!

**PLS** Kerry Moore,  
PLS Secretary

Spring is here! PLS had a busy month in February. We welcomed 12 new members who will be inducted at a ceremony later this month. Our first professional development workshop series was a success. Dr. Jonkman led a group of students in discussing and brainstorming opportunities for nontraditional leaders in health care. Look for our next workshop in April! PLS and Rho Chi have continued our monthly lectures and welcomed Dr. Patrick McNeilly from the FDA who spoke about policy and research issues, as well as career opportunities for pharmacists within government. Thank you to all who participated in our February activities! Please keep an eye out for our new initiative, LeadeRx, which was debuted at the end of February and will be continued this month as an installment series. Through our new LeadeRx initiative PLS aims to highlight projects within the School of Pharmacy that have demonstrated exceptional leadership. Have a great spring break!

# SSHP

Alyssa Davis  
SSHP Business Manager

P1s and P2s: believe it or not, it is that time of year to start thinking about leadership positions for the next academic school year! Elections are being held March 2nd during our general body meeting. We highly encourage anyone who is interested to run for a position! Even if you are unsure of what each job entails, please feel free to reach out to any of our current e-board members. Don't miss out on this great opportunity to strengthen your resume or CV!

Midyear reimbursement funding has been finalized by the e-board and thank you to everyone who turned in their activity expense forms and receipts. We have turned in the paperwork to the wonderful ladies of the student services office. Please be patient for reimbursement checks to become available for pick up, as this process may take 1-2 months. Thank you in advance!

Coming up on March 29th, we will be hosting our annual P4 panel, where current students describe their experiences with the residency process and how they matched with their programs! They were in our shoes not too long ago, so this is a perfect chance to ask questions about how they succeeded! Pizza will be provided :)

*“No winter lasts forever; no spring skips its turn” – Hal Borland*

## SNPhA

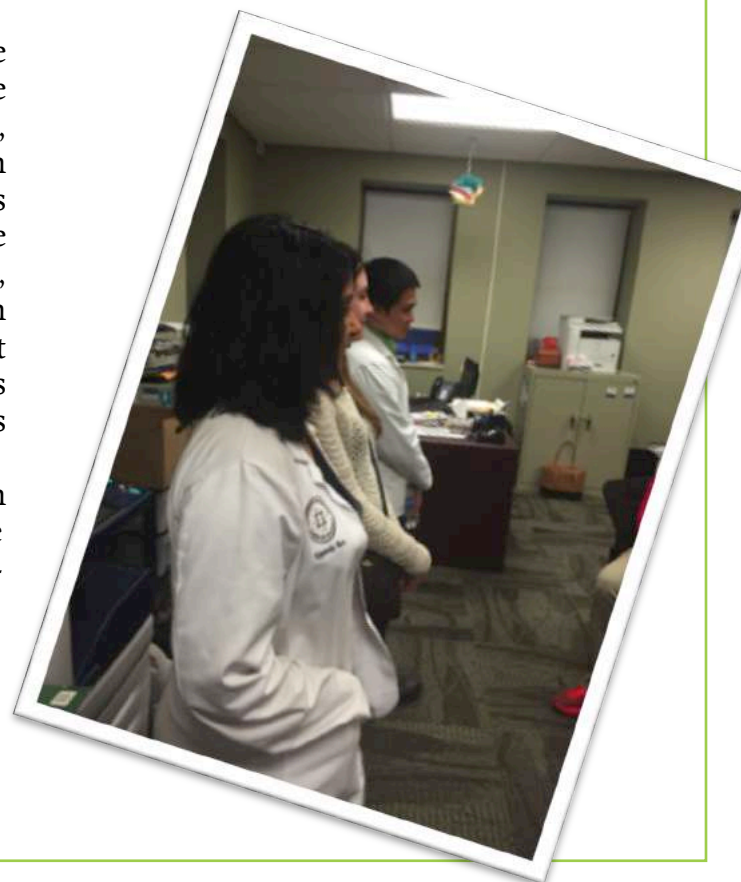
**Ingrid Pan**  
SNPhA President

SNPhA has been busy! Our chapter applied for SNPhA's and Wal-Mart's Prescription for Service Competition for our immunization project, The HPV Vaccine: The Red Light to Cancer. On February 13, 2016, we received notification that we were the winners of our region and would be granted \$2,500 to expand our project. Our chapter is thrilled at this opportunity to further reach out into our community and increase the catch-up population's awareness of this life-saving vaccine. Special thanks to Top Triamwong, Nayanika Basu, Kaley Hayes, and Dr. Thorpe for helping out with the application!

For National Heart Month, we held an event in the Oak Hill Community Center. The Power to End Stroke Initiative Chair, Lauren Albert (P1), organized the event to draw awareness and attention to the cardiovascular accident known as stroke. Both pharmacy and undergraduate SNPhA members, Top Triamwong (P2), Nayanika Basu (P2), and Kaycie Gavin (freshman) were there to help

facilitate the activities for the students. The presentation consisted of an overview of the various stroke types that included ischemic, hemorrhagic, and TIAs. The most common symptoms were addressed so that the students could learn what it might look like if someone was having a stroke. Following the presentation, students participated in various hands-on activities to simulate the symptoms they just learned about. SNPhA hopes to return to this community to educate the students on diabetes and even drug and alcohol use.

We have several events coming up in March! With RxPrep, we will be hosting the second mock career roundtables for pre-pharmacy students and collaborating with the Duquesne SNPhA chapter for the Sam's Club health fair. Stay tuned for updates! Interested in helping out? Email [snpha.pitt@gmail.com](mailto:snpha.pitt@gmail.com).



## APhA–ASP

Alexa Hospodar, APhA-ASP Social Vice President

Congratulations to the No Talent Talent show prize recipients and thanks to everyone that came out to support the acts of your fellow classmates! The talents displayed left the judges speechless and the talent show was a great wrap up for Pharmacy Weeks! Once again, thanks to everyone that participated in Pharmacy Weeks this year, it was a great success!

The Social Committee would like to invite you to come see what the survey says and join us for “Family Feud: Pharmacy Edition” on Thursday, March 24<sup>th</sup> during lunch! Grab a team of four and compete against other teams to see who can guess the most top answers and win some great prizes! Keep on the lookout for sign ups that will be sent out soon. We will also be hosting the second annual basketball tournament and another laser tag event, and information on these events will be posted soon!

## CPNP

Jessica Pavolko, CPNP Secretary

CPNP is off to a great start this semester! At our first meeting of the year, we welcomed Ms. Jennifer Sikora, who is the Chairperson of the Western PA Chapter of the American Foundation for Suicide Prevention (AFSP). She presented part of her talk entitled “Talk Saves Lives,” which focused on suicide awareness and prevention. She gave a powerful presentation about how suicide has affected her life personally, the multiple factors that lead to a person wanting to commit suicide, and how we can help people struggling with suicidal ideation and attempts. Our first general body meeting featured professors, residents, and pharmacists who discussed the basics of psychiatric and neurological residencies and career options. We are also currently selling mental health awareness lapel pins for \$3, which are great additions to your white coats.

Looking ahead, we are setting up job shadowing, movie groups, our Dean’s Theme project, and further fundraising efforts. We are fortunate to have many connections at Western Psych, so our members often shadow the clinical pharmacists who work in areas like dual diagnosis (mental illness and addiction). We’re also looking forward to CPNP’s national conference this April where some of our members may have the opportunity to present a poster. It’s being held at a resort in Boulder, Colorado. Lastly, we’re looking into different fundraising ideas, from t-shirts to yoga studio gift cards. We are also looking to strengthen our involvement in the neurology aspect of CPNP and are hoping to arrange guest speakers to discuss this subject with us at future general body meetings. If any of this sounds interesting to you, don’t hesitate to contact us at [cpnppitt@gmail.com](mailto:cpnppitt@gmail.com) or check out our PoRxtal page!

“Spring is the  
time of plans  
and projects.”

*Leo Tolstoy*

“You can cut  
all the flowers,  
but you cannot  
keep Spring  
from coming

*Pablo Neruda*

“In the Spring,  
at the end of  
the day, you  
should smell  
like dirt.”

*Margaret Atwood*

“Despite the  
forecast, live  
like it’s  
Spring.”

*Lilly Pulitzer*

## AMCP

Alex Marshall, AMCP Communications Chair

AMCP had their annual P&T Competition this month! The competition featured two pharmacist judges from Gateway Health Plan. The winning team of the competition consisted of student pharmacists Dylan Atkinson, Cavan O'Reilly, Ashley Lovas, and Alex Marshall. In addition to winning the local competition, this team has submitted their monograph and presentation to the national AMCP committee for a chance to compete at the AMCP Annual Conference in San Francisco, California in April. Eight teams from eight different schools will be selected nationally to compete at this conference. The winning team from the Pitt chapter is hopeful that they will be selected for this. Now that the P&T competition has ended, AMCP is looking forward to holding meetings open to the whole school. For the rest of the year, we will be focusing on recruiting managed care pharmacists from the Pittsburgh area to

speak at Pitt. As managed care is truly a centerpiece of healthcare, we hope that the school is ready to hear from pharmacists in this field.

There are a variety of ways to become involved in managed care pharmacy. From AMCP meetings to rotation opportunities to summer internships, students are able to gain experience in this area through a variety of avenues. One particularly awesome way to get involved in AMCP is by becoming a member of the AMCP executive board! Our positions that are available include President, Vice President/P&T Chair, Secretary, Communications Chair, and P2 Representative. We will be holding elections soon so be on the look out for an email with more information! If you have any questions or are interested in getting more involved in AMCP, please email [amcpitt@gmail.com](mailto:amcpitt@gmail.com).

## SCCP

Ryann O'Neill, SCCP Secretary

The Spring semester is in full swing, and some exciting new things are going on! Pitt's SCCP chapter is participating in an exciting national competition: the ACCP Clinical Research Challenge! This innovative competition allows P1's and P2's to compete against other students across the country in an attempt to hone their skills in the evaluation and application of clinical research and literature.

Each school may be represented in the competition by a team of three students. Pitt Pharmacy's team of three was determined through a local competition, where each student was given three days to review a journal article and then took a related examination. The top three scorers become our team, consisting of Kim Goehring, Hangil Seo, and Shirley Wu. Congratulations to these P2's! And good luck!

As of writing this article, the team is in the middle of the first round, an online journal club. If they are ranked among the top 20 teams nationally, they will continue on to the second round, where they will have four weeks to develop a research protocol. Then, the top three teams at the end of the competition will be provided with free registration to present their research designs at the 2016 ACCP Annual Meeting in Hollywood, FL, in addition to winning a cash prize! The competition will conclude in mid-March, and the winners will be announced April 29<sup>th</sup>!

If you're interested in learning more about the opportunities available through ACCP, there will be another SCCP general body meeting before the end of the semester.

## Rho Chi Welcomes New Members! And Oh, So Much More! Kaley Hayes, Rho Chi Historian

March is an exciting month for the Rho Chi Alpha Omicron. The chapter will be welcoming its 22 new P2 members on March 22<sup>nd</sup> at the University Club. Looking forward to a celebration of academic inquiry (and a tasty dinner)!

On March 23<sup>rd</sup> please join us for the Koch Lecture in Scaife 6 at noon with Dr. James Cloyd from the University of Minnesota, who is a distinguished professor and leader in the field of neuropharmacology and orphan drugs.

Our deepest gratitude to Top Triamwong, who was the highest bidder on the Rho Chi item at the PLS Auction, Escape Room: Faculty versus Students! Thanks Top, for contributing to a great cause.

We are pleased to announce that the March Member of the Month is Lauren Woolley. Lauren is an absolute asset to Rho Chi, as she has co-coordinated and attended the Rho Chi Health Talks at the Salvation Army Rehabilitation Facility. Moreover, Lauren, a passionate proponent of underserved health, is currently completing a Schweitzer Fellowship to optimize medication management at the FOCUS Free Health Clinic. Collaborating well with others and always spearheading intellectual discussion, Lauren is a great proponent of academic excellence and integrity. Oh, and did we mention she was the fourth fastest female OVERALL in the Baltimore Marathon? Congratulations, Lauren!

LKS

## Beware the Ides of March!

Kayla McFeely, LKS Corresponding Secretary



First and foremost, congratulations to Nicolette Diehl, the winner of the Ruth Davis Flaherty Award! This award is given yearly to a member of LKS who has shown commendable service and dedication to the community.

The sisters of Lambda Kappa Sigma had a wonderful month of February working on end of the year events, and hosting our annual Black and Pink celebration with the men of Phi Delta Chi. We were also very excited to host our regional supervision, Christina Inteso over the last weekend of February. We were thrilled to get to know her on a more personal level, and discuss our year in summary. All of the officers were able to meet with her one on one and get her advice on how we can make our chapter even more successful in the years to come.

On the horizon is our second annual Teal Tap event benefiting the National Ovarian Cancer Coalition, which will take place at Carson City Saloon on April 1<sup>st</sup>, 2016. We encourage everyone from the pharmacy school to come show their support for LKS, and raise money for a very important cause and public health initiative. Last year we raised over \$2,000 and would like to make this year's event an even larger success! Also, our public service announcement pertaining to the HPV vaccine is in the pipeline and we look forward to sharing all of our findings with the school as soon as the final edits are made.

To wrap up the semester, LKS will be hosting a 5k in Schenley park to raise money for Project Hope. Hope WaLKS will be held on Sunday April 17, 2016. Please reach out to any sister for more information on how to register for the event.

## KAPPA PSI

Matthew Greene, KY Corresponding Secretary

It's been a great month for the brothers of Kappa Psi! We are pleased to welcome our new Executive Board for the 2016-2017 school year, headed up by Regent Nayanika Basu and Vice Regent Brian Keaton. Looking ahead, we eagerly anticipate our spring semi-formal Black and White party on Friday, February 26<sup>th</sup>. We will follow this up with our Spring Formal on April 2<sup>nd</sup> at the beautiful Westin Convention Center downtown. And further ahead we are already putting together a big group of Brothers to attend our spring Province Assembly in Washington, D.C. These Brothers can look forward to a weekend of excitement: meeting new friends, making new contacts, strengthening the bonds of Brotherhood, and who could forget, a night tour of our nation's capital! Yes, the Brothers already have the weekend of April 8-10<sup>th</sup> marked off in their calendars in anticipation of an unforgettable time. Closer to home, we have already begun preparing for the much-awaited inter-fraternal football game. Players have stepped up, team captains have been chosen, and practice has begun! We can only hope PDC and LKS are up to the challenge. Amidst this training regimen, the Brothers also found time to start up an intra-mural volleyball team, sharpening their hand-eye coordination and athletic talents. Here they are, Kappa Psi's own Pup N Suds, pictured after trouncing their opponents. And speaking of Kappa Psi victories, this article wouldn't be complete without some hearty congratulations to our P1 Brothers, who stole the show at this year's No Talent Talent Show, taking first place! With our new Brothers welcomed into the Chapter last month and our new E-board elected this month Kappa Psi is reinvigorated, ready to have a great month and a great next year.



## PDC Road Trip: Purdue Univ. Tyler Ginn, PDC Secretary

This month has been a brief but exciting one for ya boys in the old gold and the dregs of wine. We started February off donning our favorite black and pink attire for the aptly named "Black and Pink" party with the lovely ladies of LKS. It was a divine night at the exquisite Flats in Southside chock-full of laughs, merriment, and a little bump and grind. Following this, we went to Global Links once again to help sort and pack surplus medical supplies for underserved populations and third-world countries. Along with these supplies, our beneficence and large hearts were definitely in excess as we had one of the greatest turnouts yet with brothers from all three years volunteering their time. Some could even go to say that we are a philanthropic epidemic; we expand and try to spread our compassion, patronage, and brotherhood all across the country. That is why six of our men went to Purdue University in West Lafayette, IN to take part in the 2016 Great Lakes Regional Conference. Here we spent the weekend working with fellow brothers learning how to build up our chapters, work with other organizations, and promote the science of pharmacy and its allied interests. It was a weekend that was exploding with passion, innovation, and comradery. We are very excited to have some other brothers go to the Leader-Development Seminar in St. Louis this August to further bond with other chapters and learn ways to improve how we do things here at Pitt.

Finally, Phi Delta Chi wants to let the P3s know that we will be offering "School of Pharmacy Class of 2017" T-shirts in the Pitt script in both the old school and new school colorways. Everyone is getting one, so you'd be a square not too. I mean I'm gonna get one and I'm not even a P3...I just want people to like me. Prices and the graphics will be posted in the near future.



## Phashion Phorum: Coffee Break with Dr. Randall Smith

What was your first impression of Dr. Smith? Were you impressed by his charming suit? Did you notice his innovative personality and charm that makes him unique? To make his style unique, he likes to use ties. He has two racks of ties that hold over 100 items ranging in price from affordable to not-so-affordable. There are so many different types of ties, but currently, Dr. Smith likes bowties the most.

Dr. Smith always aim to be a role model in professionalism for all pharmacy students. Your image is your first impression, so you have to make it look good! A good style tip is to always wear neat and pressed clothes with polished shoes.

Clothes are so much more than just pieces of fabric. They can give you confidence and they can change the ways in which people perceive you. Dr. Smith believes that every student at this school has the ability to be an amazing leader. He believes that

even the shy students who are scared to step up have the potential to be some of the best leaders out there. A good way to help people make that step toward leadership is to give them a project. Good leaders can help mold these students by delegating work to them and by encouraging them. Leadership means that you have a team. It is important to show your appreciation to your team and reward their accomplishments. A good leader gets people to agree on an idea, motivates people to execute that idea, and gives permission to work toward achieving that idea.

Like your style and image, your environment is also important to your professional development. Dr. Smith recommends to minimize time in meetings and to maximize coffee breaks instead. Informal settings help to spark creativity and lead to new and innovative ideas. These are the perfect ideas for leaders.

### Editor's Choice

*(Disclaimer: Opinions expressed in this section are the editor's alone.)*

Pauline Hoang, Doreen Foy, Stephanie Tchen, & Iris Tang



#### ***Sophia Webster - Skye Sea Life (\$450)***

Styles from the past are slowly making their way back to the future. One iconic style was the fish in the platform shoe. This shoe has a suspicious object in the heel! Coincidence? I think not.

#### ***Burberry - Textured Wool & Silk BowTie (\$155)***

At first glance, one might wonder why you should spend more than a year's worth of Netflix® on a single burgundy bowtie. Well, look again! It is all in the fine details that we differentiate ourselves from one another. Stand out from the crowd and wear your confidence on your shoulders. We do endorse the canceling of Netflix® to afford this tie, though. Priorities.



## Letter from the Editor-in-Chief

“The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.” – Steve Jobs

Spring is all about sprouting hope. As you put forth your energy to wrap up the last bit of your academic year, make sure to reflect on this ‘heaviness of the past’ and learn how to be a beginner again when the year restarts. Be the light of your own life, be your own inspirations. Cheers.



Yours,  
Daisy Zhu  
APhA-ASP Communications Vice President

## Acknowledgements

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