

The Pitt Capsule

University of Pittsburgh School of Pharmacy

Volume 17 | Issue 3



Featured in
this Issue:



Crossword Puzzle

Pharmacy knowledge, APhA-ASP trivia, and fun facts about our very own School of Pharmacy make for a fun and challenging puzzle!

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Phashion Phorum

Brought to you by our very own phashion experts Doreen and Pauline, the Phashion Phorum is an excellent source of advice on phashion and professionalism. This time featuring: Dr. Meyer!

11

Thank You!

APhA-ASP would like to extend a huge thank you to all of the students, faculty and staff that assisted with planning and execution of Rock the Block. We began working on this event last April at the Spring Leadership Retreat, and it has been incredible to see students from all different organizations join together to put on such a unique event. Thank you!

#TogetherWeCan

Kappa Psi

Matt Greene (P3), Corresponding Secretary

Greetings from Kappa Psi, and on behalf of the Brothers I hope everyone is having a fun and educational semester! Currently the Chapter is very excited, as Fall Province Assembly is only days away at the beautiful Sheraton Hotel in Station Square. Over half of us are going to Province, a huge turnout that will ensure we all get to benefit from meeting new Brothers, learning about how the rest of the Fraternity is doing, and learning more about the pharmacy profession. More than 150 Brothers will be attending, not just from our own Mountain East Province, but from collegiate and graduate Chapters around the country. We truly can't wait!

Congratulations to Brothers Billy Wilkinson, Heather Johnson, Addie Brown, and Ellie Tomaszewski for winning the statewide Achieving Independence competition at PPA Annual! It's a huge achievement for these Brothers, and I want to say on behalf of the whole Chapter: we are proud of you guys! Billy, Heather, Addie, and Ellie are great examples of Brothers who put our Founding Ideals of Industry, Sobriety, Fellowship, and High Ideals into action and make real contributions to the Profession of Pharmacy. I hope that their example can inspire the rest of the school to dig deep and reach new heights as we get into to the really thorny part of the Fall Term.



Kappa Psi Brothers win the statewide Achieving Independence competition at the PPA Annual Conference
Left to Right: Heather Johnson (P3), Addie Brown (P3), Billy Wilkinson (P3), Ellie Tomaszewski (P3)

Phi Lambda Sigma

Gabrielle Dziuba (P3), Secretary

Phi Lambda Sigma members collaborated with APhA-ASP to host the leadership retreat during which students developed and planned the successful Rock the Block event that was held on October 15th. The event reached many people and was very successful in providing education and fun to the community. Our members volunteered at the booths with many members of the other participating organizations

PLS members are already planning for the annual PLS auction, which will be held again at the Hilton

Garden Inn in Oakland. Members have been busy inviting the pharmacy school's faculty and staff to join us for the event. The auctions have always been a huge success, and we look forward to another great year. Start thinking of fun events or donations that your organization can auction off! More information will be provided closer to the date of the event.

The PLS information session was held on October 26th, providing interested students with an opportunity to meet members



and learn more about Phi Lambda Sigma. The application will go live on December 1st and will be due on January 6th. All student leaders are encouraged to apply. If you have any questions about PLS or the application process, feel free to ask any member or contact us at philambdasigma@gmail.com.



Academy of Managed Care Pharmacy

Hilare Kimmel (P3),
Communications/Social Media

AMCP students enjoyed an exciting October! Four members of the AMCP E-board including Carley Mingone, Tim Crabtree, Gabby Dziuba, and Hilare Kimmel, attended the 2016 AMCP Nexus conference in National Harbor, MD from October 3rd through the 6th. Students enjoyed meeting with faculty and making connections with other managed care professionals. Some of the sessions the students attended included information on regulation and laws surrounding biosimilars, specialty drugs in the pipeline, and new cholesterol therapies. These AMCP members also had the chance to learn about various managed care residencies offered across the country at the residency showcase. Also in October, we had a joint meeting with SIO on with Dr. Wanovich, Vice President of Market Strategy and Delivery at Highmark.

AMCP is looking forward many exciting things! In early November, AMCP will host Dr. Tim Mizak, who will be discussing what managed care is and what jobs are available for pharmacists in this field. AMCP continues to host their Webex events for students and local managed care pharmacists in the Pittsburgh area. The next Webex event will be on November 15th from 6:30 to 7:30 pm and will discuss specialty pharmacy drug trend reports. AMCP is also gearing up for our big event of the year—the P&T competition! Check out the AMCP website to learn more about why you should participate in this exciting competition. Look out for our first meeting to introduce the P&T competition happening mid to end November!

Student Industry Organization

Paul Stangl (P2),
Communications Vice President

Fall events for Student Industry Organization are going splendidly, and we're excited for what's to come! The Rutgers Industry Fellowship Seminar was a great success, and we enjoyed hearing the feedback from students during and after the presentation. We hope that all who attended got to learn about fellowships and make valuable connections! In addition, we have been consistently providing links and information about industry webinars, and we will continue to post more as the year goes on. The Rutgers Fellowship Fall Webinar was on October 19th and offered further insight into the Rutgers industry program. On October 26th, we had another webinar with Eli Lilly during their Visiting Science Fellowship Webinar Session (links to which can be found on our Facebook page!). On Thursday, October 27th, we hosted Dr. Robert Wanovich in a joint speaker event with AMCP.

We're excited to announce that SIO is starting its first T-shirt sale, featuring a unique Pitt Pharmacy logo in both classic and v-neck styles for \$15! More information about the T-shirts and ordering can be found

on our Facebook page! In November, we are looking forward to visiting Rutgers Fellowship FIND Fellowship Information and Networking Day in Somerset, New Jersey. There is also a Rutgers Post-FIND Midyear Boot Camp later this month that we will be posting about for those interested in pursuing an industry fellowship. Lastly, on November 30th, we have a LinkedIn Workshop with Meg Osborne in Salk 456. As usual, we will keep you updated on our current events via our page. Have any questions? Send a message to our Facebook page, and we will get back to you as soon as possible!

Phi Delta Chi

Thomas Szeltner (P2), Worthy Keeper of Records and Seals

Ah, October, the spookiest of months. Despite the risk of getting snatched by ghouls and goblins this month, the Brothers of Phi Delta Chi have been up to quite a bit. A large number of brothers presented or have been working on presentations in order to strengthen the professional objective of this fraternity.

On Saturday, October 15th, a large group of PDC brothers spent the afternoon and evening at Rock the Block, an event hosted by Pitt Pharmacy. Brothers talked to residents of Squirrel Hill about the importance of a healthy blood pressure and educated diabetics about glucose monitoring. The event was a great success, and we'd like to give a special shout out to our Dean's Theme Chair,

Rami El Chammas, as well as Brothers Matt Haupt and Andy Atterbury for their hard work in helping to plan the event.

A number of brothers also assisted SSHP with the Men's Health Presentation. The project, which focuses on college-aged men's health issues, such as fitness, immunizations, and sexual health, will be presented sometime in the future to different undergraduate groups. Phi Delta Chi wishes these Brothers and the rest of SSHP the best of luck on finishing their presentation.

The boys in old gold and dregs of wine were also able to flex their interprofessional prowess last month when we mixed with

Duquesne's nursing sorority on Friday, October 14th. We rented the top floor of Carson City Saloon in South Side and spent the evening chatting with some fellow future healthcare professionals, discussing school, and swapping stories of our clinical experiences. The evening was a lot of fun and a tip of the hat to Brother Marc McCann for setting the event up.

All in all, this month was a great opportunity for the Brothers of our organization to show off their knowledge of pharmacy and their ability to act as health care professionals. As the semester continues and our experience in the world of pharmacy increases, we hope to continue our mission of "advancing the science of pharmacy and its allied interests."

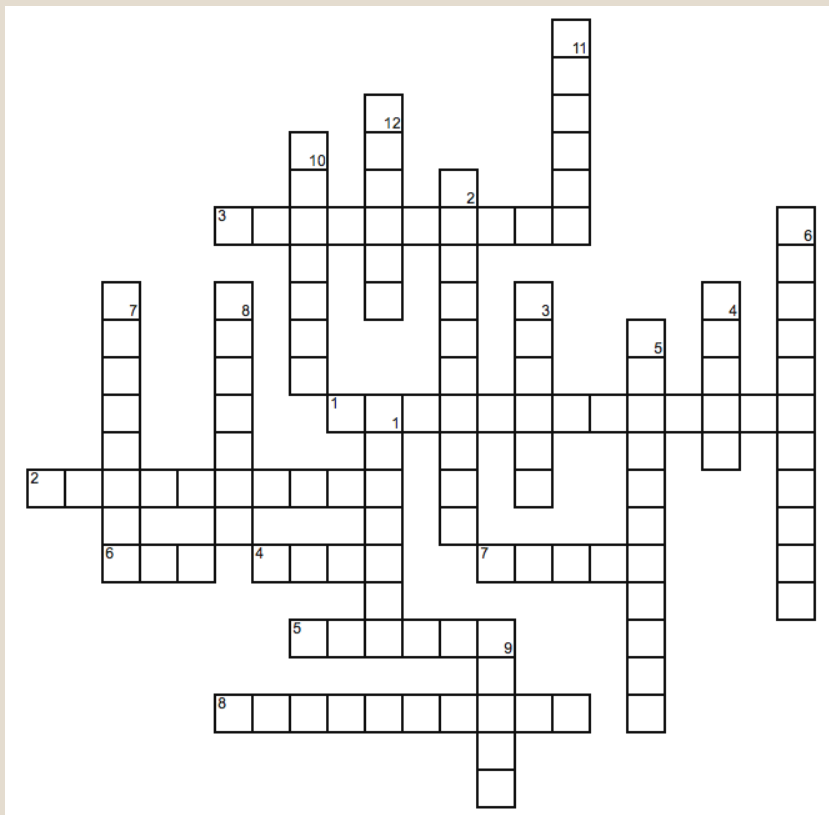


Brothers at Rock the Block

Pictured left to right:

Kyle Wilson, Tyler Ginn, Dave Nesmith, Tyler Graham, Matt Haupt, Tim Crabtree, Sam Bott, Collin Wolf, Andy Atterbury, Seth Stahl, Tommy Szeltner (bottom)

The Capsule Crossword



Across

- 1 What does the C stand for in CMR?
- 2 John Pemberton, the inventor of Coca-Cola was a _____.
- 3 Which immunosuppressant medication is Dr. Venkat responsible for?
- 4 Which professor has a collection of classic cars?
- 5 Dr. Pater is in a _____ dance club.
- 6 How many trees are there in the atrium?
- 7 What is the name of the APhA-ASP Speaker of the House?
- 8 An unfinished course of antibiotics may lead to _____.

Down

- 1 Which month is American Pharmacists Month?
- 2 Which drug can cause a dry, hacking cough?
- 3 Which professor is the only male alumnus of Pitt's LKS chapter?
- 4 Which vaccine did Jonas Salk discover?
- 5 Which founding father was a pharmacist?
- 6 Which Thanksgiving staple may cause an interaction with warfarin?
- 7 What does the R in SMART goals stand for?
- 8 Which professor played the drums in last year's Dr. Salk Hall competition?
- 9 The University of Pittsburgh School of Pharmacy is ranked _____ in the nation according to U.S. News and World Report.
- 10 What was the name of the APhA-ASP National President-Elect who visited us in October?
- 11 PPA members went to a dinner event at this local Pittsburgh restaurant in October.
- 12 On which date in December is the next Rho Chi blood drive?

Christian Pharmacists Fellowship International

Olivia Marchionda (P3), Vice President

It is hard to believe that the first half of the semester is already over - Thanksgiving will be here before we know it! This past month members of CPMI worked to put together care packages for our fellow P4 members! We really enjoyed getting fun gifts and snacks for the students to enjoy while they are out on their rotations. At one of our weekly meetings, we put all the packages together and recently shipped them out! We hope to continue this outreach event in

future years. We continue to meet for our weekly bible study and are beginning the third part of the book *Every Good Endeavor* by Timothy Keller. Have a great November!

"Nothing is impossible - the word itself says 'I'm Possible'."

- Audrey Hepburn

Lambda Kappa Sigma

Karen Quach (P3), Corresponding Secretary



Pictured left: Maddie Kreider, Joanna DeAngelis, Kimberly Hill, Melanie Hawn



Pictured right: Rose Zhang, Megan Sybeldon, Hannah Hoseyni, Kristel Chatellier, Wenqi Chen, Casey Rowe, Ashley Kamp, Katie Muzzio, Marissa Waterloo, Alyssa Pagliaro, Sophia Cothrel, Carly Gabriel

Welcome to another month! We are well approaching the end of the semester, which is crazy – didn't it just start yesterday? The weather is getting colder, the leaves are changing colors, the pumpkins are playing victim in endless "basic" photos. But, nevertheless, Lambda Kappa Sigma has been hard at work doing what we do best – making a difference in our Pittsburgh communities! We've been active in several events throughout the month, including Adopt-a-Block, Pitt Make a Difference Day, and most successfully, Rock the Block. During this street-wide health and wellness fair, LKS hosted two tents educating the Squirrel Hill community about diabetes medications and

exercise. It was an excellent way to draw attention to American Pharmacists Month and to show the public how student pharmacists can make a huge impact in managing their health.

LKS is also partnering up with Rite Aid Pharmacy and organizing monthly Wellness Wednesdays. Catch us at your local Rite Aid Pharmacy educating patients about over-the-counter cough and cold products during the 1st Wednesday of each month!

We are also enjoying some fun activities to balance all of our hard work. Some of our ladies joined Duquesne's LKS chapter at their annual Project HOPE Ball on Pittsburgh's own Gateway Clipper,

which benefited the national philanthropy of LKS, Project HOPE. Earlier last month, we also organized a fun sisterhood trip to Soergel Orchards (in case anyone missed our myriad of pumpkin photos). Looking ahead, we are finalizing details for the annual LKS formal with PDC, sisterhood holiday dinner, and more! Lastly, of course, we can't forget to bring up the fact that we'll be initiating 62 baby lambs into the LKS family this month!

As always, please follow us on Facebook (@PittLKS) and Instagram (@LKSDeltaChapter) for more information and to stay updated on all of our events!

Pennsylvania Pharmacists Association

Nicolette Diehl (P3),
Communications
Ambassador



Pictured above: Casey Butrus, Mary Grace Fitzmaurice, Olivia Berger, Annie McAndrew, Becca Wytiaz, Ashley Blazewick, Carson Shoemaker

Pictured below: Jason Saver, Sophia Cothrel, Gabby Dziuba, Heather Johnson, Karen Quach



Following the Annual Conference, our PPA chapter quickly transitioned to work on our portion of Rock the Block. During the event, our chapter members talked to the community about diabetic immunizations and referred many community members to receive their flu shot at the neighboring Giant Eagle tent (including Dean Kroboth and Dr. Smith!). In collaboration with APhA-ASP, Lambda Kappa Sigma, SCCP, and SNPhA, our student pharmacists reached much of the Squirrel Hill community through the health fair. Our chapter wants to thank our preceptors Drs. Kovac and Floyd from Giant Eagle and the dean's theme committee for all of their dedicated work creating and planning this event. We were incredibly proud of the turn out and excited to see what impact we will make next year!

Allegheny County Pharmacists Association (ACPA) is continuing its monthly dinners, which include a meal and presentation from a drug representative at various restaurants around the city. Many of our student pharmacists attended the dinner at Willow in

September and Lidia's in October. These dinners are a great way to meet Allegheny County pharmacists, hear about new and upcoming drugs, and eat at a new restaurant. Students can attend any dinner free of charge by registering online through the PPA website. Stay tuned for emails from ACPA or posts on our Facebook page for information about upcoming dinners.

Our chapter will be holding our next GBM on November 16th at noon in room 402. During this meeting we will be discussing events at the Mid-year conference in January. Every year, three students are selected from the school to represent Pitt for the OTC Competition. This annual competition challenges students from each of the seven schools of pharmacy to a jeopardy style game about over the counter medications. Our H2P OTC team brought the "W" home for Pitt last year and we are hoping to keep up the winning streak! Additionally, this conference includes a student poster presentation. Many Pitt students present posters about their various projects every year. Please plan on attending our GBM to receive information on both of these events or reach out to any E-board member!

Rho Chi

Olivia Marchionda (P3), Historian

Happy November! We hope everyone has had a chance to relax following the first few rounds of exams.

Rho Chi has several updates and upcoming events to look forward to! The Rho Chi Posters, Professors, and Progress event will take place on November 9th in room 402. Lunch will be provided! This event

provides a great networking opportunity for students to discuss research with the faculty members of the School of Pharmacy as well as consider who they may want to approach for a Special Topics elective. Various professors will be stationed at each table with their research posters on the screen. They will speak for about 10 minutes and students will rotate between different tables. You will also have the opportunity to

Continued from previous page (Rho Chi):

win a raffle prize for attending—hope to see you there!

Also, our next blood drive will take place on Friday, December 2nd! For everyone who donated in September, the American Red Cross reports that if it has been at least eight weeks since your last donation, you are able to donate again.

The Rho Chi Health Talks at the Salvation Army continued this month with the Dean's theme topic of diabetes. Students lead interactive activities to teach patients about proper nutrition, insulin pen use, and blood sugar monitoring. The events have been extremely successful so far and we



Picture from last month's Salvation Army Health Talk for the Dean's theme: Diabetes education

Left to right: Kelsey Haller, Addie Brown, Brian Keaton, Kim Goehring, Abby Meyer

are considering new topics for upcoming presentations.

Last but not least, our featured members of the month: Kim Goehring and Heather Heiney! Kim and Heather are our current

professional project chairs and together they organized our business card sale last month, which was a huge success. Thank you to Kim and Heather for providing students with resources to be prepared professionals.

Student Society of Health-System Pharmacy

Heather Johnson (P3), Business Manager

October was a very busy month for SSHP. We started off the month with the Clinical Skills Competition on October 4th. Fourteen teams with members from the P2, P3, and P4 classes created a plan for a complicated cardiac patient. A team of two P4 students, Melissa Bastacky and Kaley Hayes, defended their plan best to the panel of judges and will be competing at the National Competition in Las Vegas. We congratulate them and wish them good luck! A special congratulations also goes out to the other finalists in the competition, Hangil Seo and Kathryn Ching, Brian Keaton and Kim Goehring, and Heather Johnson and Ellie Tomaszewski. We thank everyone who participated and hope to see even more teams next year!

We completed our membership drive and now have 229 members in our chapter. We also launched our Courseweb page where we will have helpful information and forms for our members. Dr. Ensor

hosted a workshop on Letter of Intent writing that was very helpful to all who attended. The information from the workshop is on the Courseweb page for anyone who could not attend, along with an opportunity to submit a letter for faculty review. On October 12th, we hosted Dr. Gilmore from John Hopkins, and she gave an informative and enjoyable talk on residencies.

Coming up, on November 17th, Dr. Martin from ASHP national will be visiting during lunch to talk to us about Midyear and to teach us how to make a good impression at residency showcases. We will also be having a panel of local residents in November that will answer any questions you have about residency. This is a really great session for P1s and P2s who are still trying to figure out what a residency is and if they would be interested in one. The date will be announced soon, so keep a look out!

Continued from previous page (Rho Chi):

Our projects are moving along, and it is not too late to get involved. If you have an interest in helping with Men’s Health, Poison Prevention, Travel Vaccines, or Mercy Behavioral Health, reach out to the project leaders and find out how you can get involved. Finally, don’t forget to buy a fleece. They will keep you warm and let you hail to Pitt Pharmacy!



One of our top four teams in the Clinical Skills Competition, P3 students Hangil Seo and Kathryn Ching

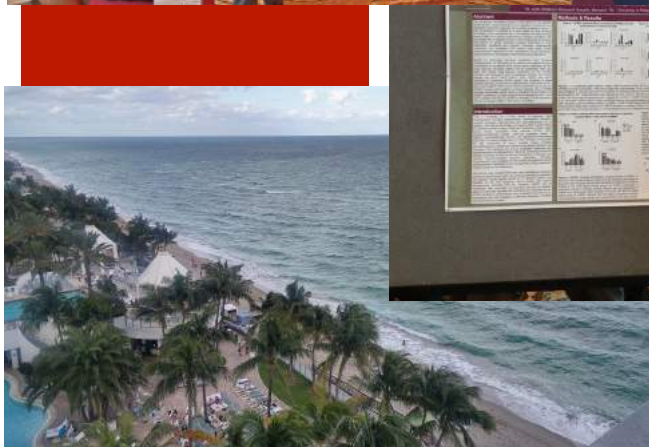
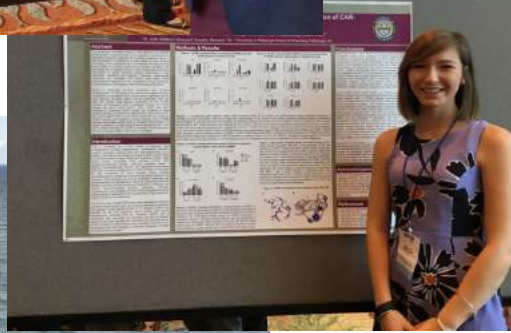
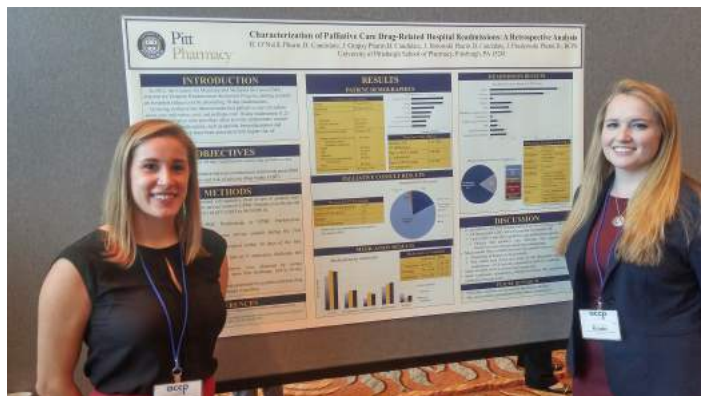
Student College of Clinical Pharmacy

Mikhaila Rice (P2), Secretary

October was a busy month for SCCP! On October 15th, our members joined other organizations from the School of Pharmacy to put on Rock the Block, a diabetes health fair in Squirrel Hill. Our booth gave event-goers a place to learn about nutrition with the central idea that together we can eat well to live well. The event was a huge success, and we would like to

thank all members who made it out to support our booth, as well as our school as a whole. Later in October, seven of our members traveled to Hollywood, FL for the 2016 American College of Clinical Pharmacy Annual Meeting. Our students met with clinicians and students from across the country for educational programming, professional development, and

networking. Back in Pittsburgh, we are working hard to develop various projects for members, including a self-care project and research interest sessions. Stay tuned for the date of our November GBM, which will likely feature faculty members who are highly involved members of ACCP!



APhA-ASP: American Pharmacists Association Academy of Student Pharmacists

Alexa Hospodar (P3), Social Vice President

Thank you to everyone who came with us to MRM this past weekend in Somerset, NJ! We are extremely excited to be able to bring home. Hopefully everyone who came enjoyed learning about the pharmacy profession, voting on policies, and networking.

With the end of the semester quickly approaching, there are still many things to look forward to before Christmas break! One of our big focuses this month is World Diabetes Day on November 14th. It is important to realize the impact that diabetes has

around the world, not just in America, so we will be holding a fundraiser to raise money for diabetes supplies for those who cannot afford it! The theme is “Eyes on Diabetes,” so keep an “eye” out for our fundraiser!

If you are looking for a study break, the GPSG Fall Formal is a great opportunity to hang out with friends and have a nice relaxing evening! The formal is a Casino Night on November 18 from 7:30 pm – 12:00 am at St. Nicholas Cathedral and includes Pittsburgh Popcorn, a

photo booth, all-you-can-eat apps, and beverage tickets for just \$20! Buy tickets on the Facebook event page or reach out to any of the GPSG board members for more information.

Look out for the Pharmacy Weeks schedule coming out over winter break. There will be tons of events to attend, including brand new events that APhA-ASP hasn’t hosted before! We look forward to seeing everyone there; please reach out to any EBoard member if you have any questions!

Our APhA-ASP chapter won the 2015-2016 Region 2 Award for Operation Immunization. Thank you to everyone who worked on this initiative last year!



Brando Barry served as our delegate at MRM, representing our chapter throughout the APhA-ASP Policy Process.



P2s Rose Zhang, Katie Muzzio, and Carly Gabriel networked with students from other APhA-ASP chapters.

Phashion Phorum Featuring: *Dr. Meyer*

Pauline Hoang (P3) & Doreen Foy (P3)

It was our pleasure to start our column this year with Dr. Susan Meyer, the Associate Dean of Education at University of Pittsburgh School of Pharmacy. With her experience collaborating with pharmacists at a national level at American Association of Colleges of Pharmacy, Dr. Meyer holds different leadership positions in academic and interprofessional committees at Pitt. She follows the servant style of leadership, acting primarily as a facilitator to help others succeed. She always aims to make it possible for students to gain the experience, resources and opportunities they need.

According to Dr. Meyer, Pitt is one of the first pharmacy schools to implement the new standards of interprofessionalism set by the accreditation body. Thus, she encourages us to actively engage in teamwork and initiatives in interprofessional organizations such as Primary Care Progress. Pharmacy students should stand out and make good impressions among other health care professions. Dr. Meyer has heard many comments on our professional attitude, presence, and communication. Keep up the good work!

With career round tables, a networking reception, and ASHP Midyear around the corner, Dr. Meyer has some tips for you:

Be confident! You want to be clear about your interest and deliberate in your speech. Ironed clothes and polished shoes are ways to show respect through your appearance. Don't feel intimidated or nervous because recruiters are interested in your future. Start with a good handshake: shake it like you mean it!

Dr. Meyer describes her style as classic. She dresses as a role model for others, especially with her role at the School of Pharmacy. Her favorite fall items are sweaters, boots, and jackets. For Dr. Meyer, black pants are a staple, as she has a pair for every occasion. You can never go wrong with well-suited black pants. Halloween is around the corner, which



Editor's Choice

(Disclaimer: opinions expressed are the Editor's alone)

Zara Jacket - \$199

Love the hand pockets!
Pair with a knee length skirt or suited pants for a professional look!



Miss Selfridge Contrast Heel Ankle Boots - \$96

Professional leather black with the edgy look on the heels = perfect ankle bootie for this fall!

happens to be one of Dr. Meyer's favorite holidays. She LOVES Halloween and usually dresses as a witch. She enjoys decorating "a little village" in front of her house and passing out candy. Fun fact: she used to play the clarinet! She was in the marching band in high school as well as when she was in pharmacy school.



Letter from the Editor

November is one of my absolute favorite months – between fall air, beautiful trees with changing leaves, and delicious comfort food, there's a lot to be thankful for.

Thank you to each and every one of you for making our School of Pharmacy one of the very best. Everyday, I see so much talent, ingenuity, and dedication – it is enlightening and inspiring.

As the semester continues to push forward – take a minute to stop and say thank you to those who brighten your day. Thanks pharm fam! ♥

Yours,
Mikhaila Rice

The *Pitt Capsule* Editor-in-Chief
APhA-ASP Communications Vice President

“Happiness can be found, even in the darkest of times,
if only one remembers to turn the light on.” – Albus Dumbledore

Acknowledgements

Writers

Alexa Hospodar
Gabrielle Dziuba
Heather A. Johnson
Hilare Kimmel
Karen Quach
Matt Greene
Mikhaila Rice
Nicolette Diehl
Olivia Marchionda
Paul Stangl
Tommy Szeltner

Publication Chair

Hannah Hoseyni

Publication Committee

Casey Rowe
Jessica Cole
Wenqi Chen

Phashion Phorum Co-Chairs

Doreen Foy
Pauline Hoang



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If you are interested in joining the APhA-ASP Communications Committee or submitting an article to the *Pitt Capsule*, email pittcapsule@gmail.com!

