

The Pitt Capsule

"Our greatest glory is not in never falling, but in rising every time we fall."

Happy fall, pharm phriends -
Keep rising!

SNPhA: Student National Pharmaceutical Association Top Traimwong (P3), President

Hello everyone! SNPhA is dedicated to serving the underserved by increasing health education to all areas of the community. We are planning to have an educational presentation at the Oak Hill Community Center in October, which has always been great in the past. We are also giving both student pharmacists and undergraduates chances to serve through helping with organization of flu clinics! We will be having our JDRF Walk event on **September 24th**, which will surely be a good time to socialize (and exercise!) while contributing to an often overlooked patient population. The SNPhA chapter from Duquesne will be there, so it will also be an opportunity to make connections and maintain friendly relationships with future colleagues. Since we both represent

the same city and share the same mission, we hope that future collaborations will yield impactful results towards the city of Pittsburgh.

In other news, we had just held our first general body meetings for both student pharmacists and undergraduates. Those who came to the student pharmacist meeting were treated to delicious noodles, while those in attendance at the undergraduate meeting had the chance to interact with both our organization and RxPrep. We would like to thank everyone who has shown interest in SNPhA, and will be sure to keep everyone updated with events as they come!

We Welcome Two New Organizations to the *Pitt Capsule*!

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Feature Article:

IPSF: Pharmacy Experiences Around the World! pg. 12



SNPhA Vice President Olivia
Fritz speaking at the
Undergraduate Mixer/GBM



APhA-ASP: American Pharmacists Association Academy of Student Pharmacists

Alexa Hospodar (P3), APhA-ASP Social Vice President

On behalf of APhA-ASP, we would like to thank all of the student pharmacists that joined our organization this year! We had a great turnout, and we are excited about all of the things we will be able to accomplish this year with how large our chapter is! October is American Pharmacists Month, so we want to take every opportunity we can get to spread the word about what our profession can do for patients! A great way to get involved is to participate in Rock the Block, which is on Saturday, **October 15th** from 5-10 pm in Squirrel Hill. Pitt Pharmacy will have booths to provide diabetes, exercise, and nutrition education as a part of the Dean's Theme Operation Diabetes. The event is IPPE approved! Sign up with LKS, PPA, SCCP, or SNPhA. With such a huge organizational involvement, we hope to make a huge impact on the community!

Our next general body meeting will be held **October 5th** from 12-1 pm in room 355. The National President Elect of APhA-ASP, Michael Murphy, will be joining us that day, so we would love for everyone to come and hear about opportunities and internships ASP is offering on a national level!

The midyear regional meeting for region 2 is **October 21st-23rd** in Somerset, NJ. The deadline to register for the conference is **October 7th**. We highly encourage anyone who wants to come to join us! The conference provides great insight to what is happening with our profession in the real world and we have a chance to impact APhA on a national level with any policy resolutions we suggest. We hope to see you there!



Your 2016-17 APhA-ASP EBoard 2

SIO: Student Industry Organization

Paul Stangl (P2), Vice President of Communications

SIO is kicking off the year right with a number of great events! Thanks to everyone who visited our board at the back to school picnic—we were impressed by the number of students with interest and experience in industry! Our first general body meeting was a success, and we had a great time spreading awareness of the pharmaceutical industry and the opportunities it offers to new students! In addition to our regular activities, we are proud to announce the start of the Biotech Fantasy Investment League. This is the first year of operation for the Investment League, which serves to educate students about the

pharmaceutical industry through a group investment simulation coupled with information sessions. Want to join? Ask SIO members Sam Bott or Collin Wolf or send us a message on our Facebook page! We are also currently in the process of choosing our P1 representative, which will provide a solid link between SIO and the P1 class. Our upcoming events include our Rutgers Industry Fellows Seminar on **October 4th**, which is a great way to interact with industry fellows and learn more about what it's like to work in industry. This event will be held in room 355 at noon and will feature free catering from Jimmy Johns. It is a great opportunity for anyone interested in industry or fellowships. We also plan on hosting additional speakers in November. If you would like more information on any upcoming events please like our Facebook page @SIOPitt, Student Industry Organization!



SCCP: Student College of Clinical Pharmacy

Mikhaila Rice (P2), Secretary

Thank you to all of those who came out for our first general body meeting on September 15th! If you haven't already, be sure to like our new Facebook page for important updates @universityofpittsburghsccp. October is an exciting month for SCCP, as several members of our chapter will be traveling to Hollywood, FL for the annual ACCP (American College of Clinical Pharmacy) conference. At the conference, our students will have many opportunities to network with other professionals from across the country and to learn more about the profession of clinical pharmacy.

As was mentioned at our first meeting, several initiatives are in the works, including a self-care project with undergraduate students as well as various sessions for students interested in pursuing research opportunities through the School of Pharmacy. We would also like to announce that we have officially received funding for a research fellowship through SCCP, so we would encourage anyone interested in receiving that fellowship to attend our next GBM, which will be held sometime later this month. Like our Facebook page to stay informed, and we hope to see you again soon!



PDC: Phi Delta Chi
Science, Subs,
and St. Jude's
 Tommy Szeltner (P2),
 Worthy Keeper of Records
 and Seals



Brothers of Phi Delta Chi had the opportunity to explore some pharmacy innovations at the Carnegie Science Center

One month down, so many more still to go. Despite the fact that we have a marathon of tests and assignments coming up, the Brothers of Phi Delta Chi have been busy. With rush, sub sales, and St. Jude's all falling in September it's amazing that we've been able to breathe in the last month.

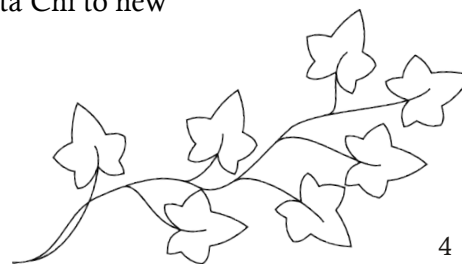
We've still been able to have some fun though. A group of our Brothers had the chance to go to the Carnegie Science Center 21+ Night, and they were pleasantly surprised when there was an exhibit featuring some innovations in pharmacy. The Science Center is home to ROBOT-Rx, a medical robot that tracks and dispenses medication to hospital patients. Our boys were even able to snap a picture with it. Who knows, maybe in the future one of our Brothers will be a pharmacy robot!

We would like to extend a thank you to everyone who supported us during our first sub sale. PDC is still working out some kinks after switching to Oakland's own Merante's Groceria as its sub dealer, but we promise next time the subs will be bigger. We are also working on some other new

things for our sub sales, so stay tuned because our next sale will be coming soon.

At the tail end of September, the boys in Old Gold and Dregs of Wine had the privilege of participating in the annual St. Jude's Walk/Run to End Childhood Cancer. So far this school year we have raised over \$2,000 for this great cause and we are looking to add to that amount as the school year continues.

Lastly, Phi Delta Chi would like to welcome our incoming P1 pledges to our Brotherhood. The Collegiate and Alumni Brothers are eager to get to know these great guys and we are looking forward to teaching them about our Brotherhood. We know that they will help us take Phi Delta Chi to new heights.



SSHP: Student Societies of Health-System Pharmacy

Heather Johnson (P3), Business Manager

SSHP is off to a great start already this year! We have gained many new members and have finalized planning our events for this year. Since the last *Pitt Capsule* issue, we have held two general body meetings: an introductory meeting to our organization and the exciting opportunities we offer, and a meeting in which Dr. Falcione, a critical care specialist, discussed antibiotic stewardship, the role of an infectious disease pharmacist, and her personal experiences. We hope that students in all years were able to enjoy this meeting and learn a lot about this unique area of pharmacy. This month we are hosting two events, which are open to all students. We will be having our annual Residency 101 Talk, in which Dr. Gilmore from John Hopkins will be joining us to share her advice on how to get the perfect residency. We are very lucky to have someone visit from such a distinguished institute, so we hope to have a large turn out! Whether you are a P1 just learning what a residency is or a P4 getting ready to apply, this talk will give you invaluable

insight. Students will also have the opportunity to ask questions. We are also hosting our annual Clinical Skills competition, which will be held on **October 4th** at 5 pm. This is a great experience open to all classes and would be an excellent addition to your CV. Teams, which are each made up of two students, will have the opportunity to apply problem-solving skills by working together on a patient case and coming up with a plan within a two-hour time limit. The top three teams will then defend their argument to a panel of judges, and the winners will get a free trip to Midyear along with the chance to compete at the national level! Grab a friend, have free food, and practice working on a patient case. In addition to our Professional Development activities, our Projects are off to a great start planning events and gaining members. Be sure to reach out to a project leader if you would like to get involved; we can't wait to see how the projects unfold this year. We encourage all students to get involved in SSHP this month!



CPFI: Christian Pharmacists Fellowship International

Olivia Marchionda (P3), Vice President

This is CPFI's first article in the *Pitt Capsule*! We are a Christian-based group within the school of pharmacy, and our mission is to provide fellowship among students. We hold weekly bible studies that are usually during lunch and send out weekly emails that recap the discussion, while also providing encouragement to get through the busy weeks! In addition, our members participate in outreach

events, including sending Christmas cards to the faculty and staff here in Salk as well as sending care packages to our fellow P4 members while they are on their rotations. If you would like to receive our weekly emails and updates about our meetings, see either me, Kaela Walsh (P3), or Angela Li (P2), and join our Facebook page: CPFI Pitt.

All are welcome!

Encouraging message:

**"There are far, far
better things
ahead than any
we leave behind."
– C.S. Lewis**

Good luck with upcoming exams, and happy October!



LKS: Lambda Kappa Sigma

Karen Quach (P3), Corresponding Secretary

Happy October! Hopefully everyone is getting nicely settled in as we approach the best season – fall! This school year is off to busy start for LKS. A huge CONGRATS to all pledges who have accepted their bid for LKS - we have had the greatest pleasure meeting you during our recruitment events and are very excited to get to know each and every one of you!

Our leaders have been hard at work implementing service and professional projects throughout the community. Pictured below, our ladies volunteered their Sunday to help out at the charity Polo Match held by Family House. Soon, we will also begin tabling at the University Pharmacy to educate about OTC meds! We also plan on continuing to work with our friends at the Children's Institute, Family House, and the National Ovarian Cancer Coalition. Coming up this month, we will be participating in the annual Pitt Make a Difference Day, a university-wide service event benefiting the Greater Pittsburgh community. In addition, our Dean's Theme

Committee has been hard at work planning our booths, "Diabetes Meds" and "Exercise" for the Rock the Block Health & Wellness Fair and Street Festival, to take place on **October 15th** on Murray Ave. in Squirrel Hill. Lastly, we are well into our annual Fall Clothing Sale – ask any sister for details!

We have also already taken the first steps forward in planning our big events for the rest of the year, including Dr. Salk Hall and HOPE WaLKS in collaboration with Pitt's Dental School and Duquesne's LKS chapter, respectively. These events have been hugely successful in the past; we hope to continue building these ties with groups outside our chapter.

We have lots to look forward to and are excited to see what we accomplish this year. Congrats again to our incoming pledge class, and we wish everyone luck through this first wave of exams!

Right: Sisters volunteering at the charity Polo Match held by Family House.



Left: Sisters at the Back-to-School Picnic

Rho Chi

Olivia Marchionda (P3), Historian

We hope everyone has had a smooth transition back into the school year! Rho Chi just finished up our first event of the year - our bi-annual business card sale! We hope that students were able to take advantage of this opportunity to purchase business cards for use at conferences, rotations, and other networking events. You never know when you could be talking to a future employer!

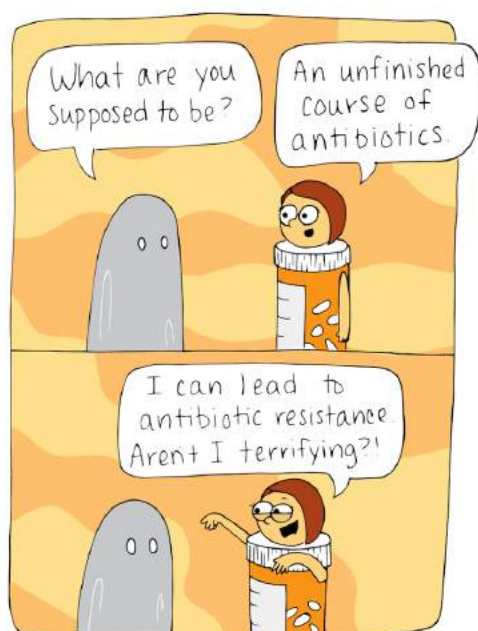
We also began a new lecture series this month in conjunction with PLS: The Young Professionals Lecture. Dr. Jim Withers, the Founder of Operation Safety Net, came to speak about medical outreach to the homeless and how pharmacists can make an impact in addressing patients' needs and creating healthcare solutions. Thanks to everyone who attended this lecture!



Another special thanks to everyone who participated in our first Blood Drive! This event is co-hosted with the dental school and provides an opportunity for student pharmacists to compete with dental students for prizes and save lives in the process. Our next blood drive is scheduled for Friday, December 2nd. Please stay tuned for more details.

In addition to the month's events, Rho Chi members continue to serve the community by hosting health talks at the South Side Salvation Army Rehabilitation Center to educate patients about cold and flu season and the importance of immunizations.

Looking ahead, our posters, professors, and progress event will be held on November 9th. More info to follow! Also, announcements regarding review sessions and study tips will be coming soon! Have a great October!



And Beatrice was never invited to a Halloween party ever again.

Beatrice the Biologist

ASEM: Allied Students for Equality in Medicine

Mason Jaynes (P3), Founding Member

Allied Students for Equality in Medicine is ecstatic to share their first Pitt Capsule feature, and we are ready to create a positive and lasting impact this upcoming year. We are a newly founded organization, receiving organizational status last spring, and are looking to combat health disparities through interdisciplinary action. We are attempting to include all graduate health science schools in order to ensure that when we combat health disparities we have a vast array of experts working towards equality. ASEM has five tenets in which we seek to combat health disparities: LGBTQ health, veteran's health, addiction and recovery, homelessness and poverty, and incarceration and re-entry. These five issues are important because as health professionals we have a duty to serve all individuals equally and disregarding any person because of our own biases is a disgrace to our profession and

Continued from previous page: ASEM

unacceptable. By recognizing these disparities and bringing them to the attention of all health professions in a platform where we can discuss how to best deal with these issues, ASEM hopes to create a change of consciousness.

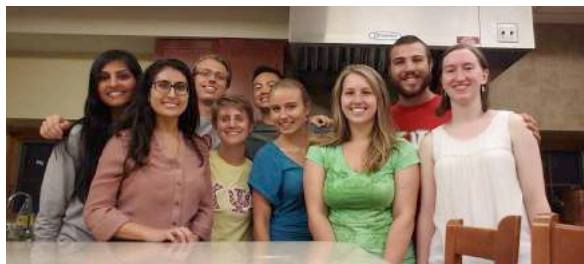
The upcoming projects we are working on implementing are a variety of small volunteering and large planned events. We are currently working with three food banks across the Pittsburgh area in order to have a consistent volunteer base to work with them all year; Shepherd's Heart, a Pittsburgh veteran's homeless shelter, to establish a rotating volunteer group to visit the site, serve food, and assist the

residents in any way possible; and potentially the GLCC and Metro Health in order to establish a plan in which health students can volunteer at the GLCC and assist in healthcare related aspects for any individual that seeks to request our services. The opportunities this organization has to implement projects that will immensely help underserved populations are immeasurable. If you have any ideas for a project or would like to be involved in this wonderful organization, we are accepting new members at this time and hope to expand this organization to an effective and sizable team. If you are interested in joining this organization, you can reach us at pittasem@gmail.com!

KY: Kappa Psi

Matt Greene (P3), Corresponding Secretary

Greetings again from the Brothers of Kappa Psi! We hope all the P1s are settling in to the pharmacy school grind, and that everybody else is surviving their classes. As the rush season comes to a close, we are looking forward to the start of pledging and the opportunity to welcome new Brothers into our great fraternity. During the rush season, we hosted some great rush events with a lot of enthusiasm from the Brothers. Shout



Above from left: Neha Poladi, Niha Idrees, Brian Keaton, Rachel Young, Brad Wong, Kim Goehring, Danielle Nichols, Dom Leader, and Meredith Sparks



From left:
Betsy Smith
Tom Smith
Megan Dunlop

out to Rush Chairs Shannon Ye and Niha Idrees who put together a great schedule and made an awesome presentation about Kappa Psi! We are also finalizing plans for hosting our organization's Fall Province Assembly right here in Pittsburgh at the Sheraton hotel in Station Square. Graduate and undergraduate Brothers from across our Province and from all over the country will converge over Halloween weekend. It'll be the chance of a lifetime to meet new Brothers, network, learn more about our great Fraternity, and strengthen this great profession with the bonds of our Brotherhood. We can't wait!

The Brothers have already begun their philanthropic work with a visit to Family House to cook dinner for families experiencing medical emergencies. We will keep up the good work all year long with participation in great events like the Pittsburgh Heart Walk, NAMI Walk, Global Links, and more. Before we leave you until the next edition of the Pitt Capsule, take a look at this awesome photo (lower left) of three Brothers displaying their letters proudly! These are P4s Megan Dunlop and Betsy Smith, along with Tom Smith, Betsy's dad, a pharmacist and Brother of Kappa Psi's Temple University Chapter. Just remember: Kappa Psi is for life! 8

PPA: Pennsylvania Pharmacists Association

Nicolette Diehl (P3), Communications Ambassador



PPA Back-to-School
Picnic Annual
Kickball Game



Our Winning Achieving
Independence Team: Addie
Brown, Billy Wilkinson,
Heather Johnson, and Ellie
Tomaszewski

Thank you to all of the students who stopped at our tablet at the Back-to-School Picnic and came to our first general body meeting in September! We are really excited that we were able to share our mission with so many members of our student body. Just a quick reminder that if you want to become a PPA and ACPA member please reach out to Marissa Badzik (mdb@pitt.edu) for more information.

Many of our PPA members attended ACPA's Annual Back-to-School Picnic in the beginning of September. Our students were able to enjoy a picnic with many Allegheny pharmacists and participate in the annual kickball game against Duquesne's School of Pharmacy. Our team was able to bring home the "W" with the help of Dr. Pater, Dr. McCormick, and Dr. Patel. We are looking forward to continuing our winning streak next year!

Many of our P2, P3, and P4 members attended the PPA Annual Conference in King of Prussia at the end of September. Students had the opportunity to attend various events, participate in the residency showcase, and network with Pennsylvania pharmacists. Our Achieving Independence Team, consisting of Billy Wilkinson, Heather Johnson, Addie Brown, and Ellie Tomaszewski, competed in the annual statewide completion and brought home the fifth win in a row for Pitt! We are proud of their

accomplishments and are excited to keep our winning streak alive! Looking ahead, our next conference will be Mid-Year from **January 28th-31st** in Lancaster, PA.

The Pitt PPA Chapter is excited to participate in the Rock the Block event for this year's Dean's Theme. The event will be held on Saturday **October 15th** on Murray Ave. in Squirrel Hill. We will be coordinating a health fair from 5-7 pm and will switch over to a block party from 7-10 pm. Our Dean's Theme Committee has been busy preparing to table on diabetic immunizations at this event. To get involved in PPA's planning, please contact Nicolette Diehl (nad62@pitt.edu).

Additionally, we are encouraging all students, especially P2's, to complete the GRASP Program. This program is free to all PPA members and consists of eight online modules geared to prep students for Legislative Day. For more information, please contact any board member.

For updates on PPA's events including Dean's Theme, Katy's Kids, and ACPA's events, please follow our Facebook and Twitter pages. The time and location of our next GBM are currently TBD, but we hope to see you there!

Phi Lambda Sigma Falls into October

Gabrielle Dziuba (P3), Secretary

Phi Lambda Sigma has had a busy September. We were excited to welcome all the new P1s at the Back-to-School Picnic and look forward to getting to know them more. Over 50 students, representing all organizations at Pitt Pharmacy, attended the Fall Leadership Retreat on Monday **September 26th**. Thank you to all who attended and continue to inspire leadership and foster collaboration within our school. We are excited to participate and educate community members about the Dean's Theme, "Operation Diabetes", at Rock the Block Health & Wellness Fair and Street Festival on **October 15th** from 5-10 pm. We hope to see many students there. PLS will be having an information session for potential applicants on **October 26th** at noon in room 355. All students interested in learning more about PLS and how to apply are welcome.



CPNP: College of Psychiatric and Neurologic Pharmacists

Kristin Baughman (P3), Secretary

CPNP would like to welcome all of the new members we gained from our first general body meeting. We are very excited about the events we have had so far. Our first big event was a guest speaker from the American Foundation for Suicide Prevention on **September 28th** during lunch. We were very excited to have her back to speak with us again about suicide prevention and the impact we can have as healthcare professionals. The next big event is the 5k NAMI Walk, which will be held on **October 2th** on the beautiful trail at the Waterfront. NAMI, or the National Alliance on Mental Illness, is an organization that fights the stigmas associated with mental illness, a cause very close to our hearts. Last year, eleven students from CPNP and other pharmacy organizations attended, and together, we were able to donate \$290, far surpassing our goal. Overall, NAMI raised \$163,464! We are hoping to beat our donation

from last year and have more members walking for this great cause.

Looking ahead, we are setting up job shadowing, our Dean's Theme project, and 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). Lastly, we're looking into different fundraising ideas, including the stress relief baskets for finals that were a hit last year. 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 cpnpitt@gmail.com or check out our PoRxtal page!



ROCK THE BLOCK
FEATURING
NEVADA COLOR

EASTEND MILE & EMERSON JAY

LIVE MUSIC • FOOD TRUCKS • CRAFT BEER
WELLNESS FAIR • NIGHT MARKET

SATURDAY, OCTOBER 15TH • 5-10 PM

MURRAY AND FORBES AVENUES • SQUIRREL HILL

PORTION OF PROCEEDS TO BENEFIT AMERICAN DIABETES ASSOCIATION

IMAPETS Planned, uncover SQUIRREL HILL, PtuPharmacy, APhA ASP, SQUIRREL HILL URBAN COALITION, SQUIRREL HILL

On **October 15th**, Pitt Pharmacy is hosting the first annual Rock the Block Health and Wellness Fair in conjunction with Uncover Squirrel Hill on Murray Avenue from 5-10 pm. APhA, LKS, PPA, SCCP and SNPhA are working together to organize a diabetes health fair with booths aimed at educating the community about diabetes medications, vaccinations, nutrition, exercise, heart health and glucose monitoring.

Pitt Pharmacy has paired with other graduate health professional programs and companies such as Giant Eagle and Rite Aid to round out the event. Free exercise classes from PureBarre and fun prizes will be available for those who come to the event, and food and beer will be served to live music later on in the evening from 7-10 pm. We hope to see many student pharmacists and faculty members there to support the hard work our peers have put into this huge event.

If you have any questions or would like to become more involved, please contact Hannah Hoseyni (hgh1@pitt.edu, P2), Hilare Kimmel (hak79@pitt.edu, P3), or Archita Achanta (ara80@pitt.edu).

IPSF (International Pharmaceutical Student's Federation)

Feature Article

PHARMACY EXPERIENCES AROUND THE WORLD!

Addie Brown (P3), APhA-ASP International Vice President

Torn between working as a pharmacy intern next summer and traveling the world? You can do both with the IPSF Student Exchange Program (SEP)! Each year IPSF accepts hundreds of student pharmacists from around the world to work in both community and hospital pharmacy settings in over fifty different countries.

This year, two of our own Pitt Pharmacy students participated in the SEP. Heather Johnson (P3) spent five weeks working in a pharmacy in Budapest, Hungary, and Sneha Mitra (P3) worked in a mental health hospital in Argentina for three weeks! Both Heather and Sneha learned more about pharmacy practice in other countries, created lifelong relationships with student pharmacists from around the world, and experienced daily life in another culture!



Heather (P3) compounding in a pharmacy in Budapest.



Additionally, our own school of pharmacy had the opportunity to host an SEP student, Emmy, from the Netherlands! Emmy spent five weeks in Pittsburgh, where she rounded each week with a different clinical pharmacist. She was intrigued by our clinical pharmacists scope of practice because clinical pharmacy is nonexistent in the Netherlands. When she was not practicing pharmacy, several student pharmacists had the exciting task of giving her a true Pittsburgh experience! This included a ride up the incline to see the great view of our City of Champions, watching the Buccos at PNC Park, analyzing the exotic artwork at the Andy Warhol Museum, celebrating the Fourth of July with sparklers, and much more! It was most definitely an exciting summer for Pitt IPSF!



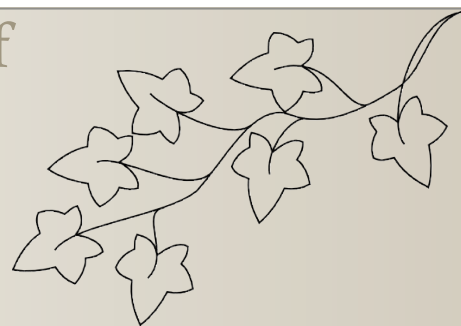
Andrea (P4) and Addie (P3) showing Emmy (center) a great view of Pittsburgh!

Letter from the Editor-in-Chief

We have reached that point in the semester where everything starts to spin a little (or a lot) out of control. The first round of exams have passed, for better or for worse, and we now seem to be in the midst of a never-ending storm of assignments, projects, quizzes, and – you know it – more exams. Why do we remain committed to this? Why do we persevere?

October is American Pharmacists Month, a time for us to remember and celebrate the importance of our profession. We remain committed so that we can continue to support and grow the legacy of the profession of pharmacy. We remain committed so that someday we can make a difference in our patients' lives. We remain committed for good reasons and in good company. So here's to October, for better or for worse, may you continue to persevere!

Yours,
Mikhaila Rice
APhA-ASP Communications Vice President



Acknowledgements

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Pitt
Pharmacy



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

