

The PITT CAPSULE

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SCHOOL OF
PHARMACY

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Our APhA-ASP chapter took a stand for American Heart Month this February. Together we can educate our patients and advocate for healthy hearts!



APHA-ASP: AMERICAN PHARMACIST ASSOCIATION ACADEMY OF STUDENT PHARMACISTS

Alexa Hospodar (P3), Social Vice President

With the semester hitting the halfway point, we are looking forward to the APhA Annual Conference in San Francisco! Additionally, the Spring Leadership Retreat is coming up and will be held on Monday, **April 10th** in room 402 at 5 PM. Come out to help brainstorm ideas for Dean's Theme next year! As Rock-the-Block was such a success this year, we are looking to expand our ideas and have an even greater impact in the future.

A big shout out and thank you to everyone that participated in the coffee sleeve campaign through Operation Heart! It was great seeing the posts on

social media and read the interesting facts about heart health. It is wonderful to see everyone participating and spreading awareness about the importance of heart health.

If you are still interested in having a professional headshot taken through our fundraiser for the PharmPAC, please reach out to Mikhaila Rice (mikhailarice@pitt.edu) to set up a time to meet. We had a great turn out, but space was limited so do not hesitate to reach out if you are still interested! The headshots are \$5 (see examples below), and all money raised goes towards PharmPAC, which provides

advice and consultation to the Surgeon General on issues related to both the professional practice of pharmacy and the personnel activities of Civil Service (CS) and Commissioned Corps (CC) pharmacists.

Finally, on behalf of APhA-ASP, I would like to congratulate all of our new executive board members! We are looking forward to another successful year of patient care, policy, and advocacy as the current executive board members begin to transition their positions over to the new executive board.

SPECIAL FEATURES IN THIS ISSUE

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PLS: PHI LAMBDA SIGMA

Gabby Dziuba (P3), Secretary

Phi Lambda Sigma had a busy month in February. We welcomed 12 new members, who will be inducted at a ceremony later this month during the PLS/Rho Chi Induction Ceremony at the University Club Ballroom. The current members of PLS participated in their first service event of the semester by cooking a pasta dinner for 60 people at the Ronald McDonald house in Bloomfield. The members showed off their cooking skills and worked together to prepare the meal. Thank you to PLS member Julie Mandel for setting up the event. Our organization will be returning in April to cook once again for the families staying there.

On February 22nd, PLS co-hosted “The Story of You” workshop with SSHP in order to give students the opportunity to learn how to present themselves and stand out during an interview. PLS would like to thank Dr. Smith and SSHP for their collaboration on the workshop, as well as all the students who attended and benefited from the event.



Top Triamwong (P3), Julie Mandel (P3), and Martha Ndungu (P2) hard at work



Phi Lambda Sigma members cook the afternoon away.

From left: Becca Wytaz (P3), Billy Wilkinson (P3), Gabby Dziuba (P3), Heather Johnson (P3), Martha Ndungu (P3), Kelsey Haller (P3), Top Triamwong (P3), Julie Mandel (P3)

SSHP: STUDENT SOCIETY OF HEALTH-SYSTEM PHARMACISTS

Heather Johnson (P3), Business Manager

Congratulations to the newest members of the SSHP executive board! President Elect-Caylee Sams; Vice President-Jessica Chmielinski; and Business Manager-Kiana Green. We want to thank all of the members who came to elections and congratulate the SSHP members who won prizes at our raffle! In the coming weeks, we will be appointing the rest of the executive board members for 2017-2018, and we will be looking for Professional Projects leaders towards the end of the semester. If you are interested in the contraception, men’s health, travel vaccines, poison prevention, or psychiatric support projects, keep an eye out for upcoming events and future leadership opportunities.

SSHP was happy to collaborate with PLS to put on a successful event with Dr. Smith on February 22nd. Dr. Smith taught P1-P4 students how to tell their

story and improve their interview skills. We hope everyone had fun and learned a lot!

SSHP will be hosting Dr. Bob Weber from The Ohio State University on **April 13th** during lunch, who will talk to us about being a leader in health system pharmacy. Dr. Weber was a faculty member here at our School of Pharmacy, and is now the Administrator for Pharmacy Services at the Wexner Medical Center as well as Assistant Dean for Medical Center Affairs at the OSU College of Pharmacy. His lecture will give everyone a look at a unique path you can take after graduation, so be sure to mark down **April 13th** on your calendar!

One of the fun raffle prizes from given out during SSHP elections!



SNPhA: STUDENT NATIONAL PHARMACEUTICAL ASSOCIATION

Top Triamwong (P3), President

SNPhA has been celebrating its founding this month by moving along with its mission to serve the underserved. This past month, we had our first stroke education and blood pressure screening event at the Islamic Center of Pittsburgh. In addition to providing patient education and screenings, SNPhA also lent a hand in their monthly food distribution operation. Our preceptor, Dr. Amna Jamil, also referred appropriate patients to the Birmingham Free Clinic, ensuring that each person received the care he or she deserves. It was an incredibly rewarding experience, and while it was our first time there, the center is looking forward to having us there every month. If anyone is interested, feel

free to reach out to us in helping the community through this IPPE-approved event!

In other news, SNPhA will be hosting our upcoming undergraduate meeting, where we will be having mock patient cases designed around our initiatives. We are having undergraduates interact with standardized patients so they can get a taste of what it's like before pharmacy school. Additionally, it will be focused on underserved patients to reflect SNPhA's primary mission. We are hoping that those in attendance will learn a great deal. That about does it for SNPhA this month; thanks for reading!



PTES Chair Joanna DeAngelis (P2) and President-Elect Martha Ndungu (P2) providing care with swagger.

CPFI: CHRISTIAN PHARMACISTS FELLOWSHIP INTERNATIONAL

Olivia Marchionda (P3), Vice President

In the month of March, CPFI members will continue to meet for our weekly Bible studies and fellowship. Looking forward, we are hoping to get involved as volunteers with CORE: Center for Organ Recovery and Education. If you are interested in joining this outreach event, let us know. We hope everyone has a wonderful and restful spring break!

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." – Ferris Beuller's Day Off

SCRIPT YOUR FUTURE PROGRESS REPORT

Hannah Hoseyni (P2),
Social Media Chair

The Class of 2019's Script Your Future initiative is well under way. Through engaging patients at community pharmacy rotation sites and tabling events around the greater Pittsburgh area, 917 patients have been reached, which means students are well on their way to reaching the set goal of 1,250 patients. The final tabling events are scheduled for March 13th at Walgreens Pharmacies in Wexford, Homestead, East Liberty, Crafton, and Wilkinsburg. The Script Your Future initiative was also featured for the first time on February 18th in the Pitt News, drawing attention to the impact our student pharmacists have had on the community and the importance of medication adherence. Please like the Script Your Future Facebook page, follow @script_your_future_pitt on Instagram and @SYFPitt on Twitter, and view the blog at pittsyf.wordpress.com to read about students' experiences.



Phil Kappes (P2) with his pharmacist preceptor at Your Hometown Pharmacy in Dormont, PA.

PDC: PHI DELTA CHI

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

It is a well known fact that February is the shortest month in the calendar. The men of Phi Delta Chi determined this to be an alternative fact based on their ability to pack February as full of action as any other month; from football to fitness to finding our way out of locked rooms, the PDC boys made it a month to remember.

The month started out with a number of brothers getting together to watch the epic Super Bowl LI. Brothers shared snacks and memories as one of the greatest games in gridiron history played out before them. Many of us are still salty that the Steelers weren't in the big game; however, we couldn't be too sad because the excitement of the game did a lot to boost our monthly hoagie sale.

As mentioned last month, we initiated 23 new brothers into our fold as our P1 brothers finished the pledging process and became official members of our fraternity. Initiation was a memorable night as we followed the ancient rituals of our hallowed organization.

To honor American Heart Month, PDC started a new fitness program where brothers with gym experience take on a brother who is just beginning to work out in order to show them the ropes. This is a great way to promote brotherhood and a healthy lifestyle. Tying into this fitness initiative, the Phi Dex Raiders have also begun their intramural basketball season. The Raiders will play on Thursday nights at 9:30. If you are interested in seeing handsome dudes with great basketball

fundamentals, feel free to come out and watch us play.

Finally, our month wrapped up with a group of brothers going to Escape the Room. This event was years in the making, and it was great to see a group of our guys use teamwork and critical thinking skills to solve the puzzles of the room and find their way to freedom.

As always, thank you for reading about what Phi Delta Chi has been up to, and we have some exciting things in store for the future!



Leaders in Pharmacy
Brothers for Life



Left: PDC Brothers celebrate escaping the room, an experience for the ages.

Right: The PDC Raiders pose for a photo after their first intramural basketball game. Come watch the Raiders play Thursday nights at 9:30 PM at Trees Hall.



AMCP:
ACADEMY OF
MANAGED CARE
PHARMACY
Hilare Kimmel (P3),
Communications/Social
Media Chair

AMCP has had an exciting spring semester! The annual Pharmacy and Therapeutics competition has concluded and our winners have been picked. Team members of this year's winning team include Tim Crabtree, Brando Barry, Ally Seitz, and Gabby Dziuba. Congratulations! Looking forward, we are thrilled to be traveling to Denver, Colorado March 27th

through March 30th for the annual AMCP conference. This year's attendees include Alexa Hospodar, Carley Mingone, Hilare Kimmel, Tim Crabtree, and Rami El Chammas. Two of the students, Alexa Hospodar and Carley Mingone, will be presenting their research at the conference.

In addition, AMCP will be hosting one

of our very own alumna, Janetta Bekman, who is currently a PGY1 pharmacy resident at Highmark Blue Cross-Blue Shield. Dr. Bekman will come to speak about her experiences in managed care and managed care residencies. AMCP will also be searching for new executive board members to take over the organization. Look out for announcements regarding applications!

Luke Jennings, Michelle Miller, and Dana Jenkins participated in the OTC Jeopardy competition at PPA Mid-Year!



PPA: PENNSYLVANIA PHARMACISTS ASSOCIATION

Nicolette Diehl (P3), Communications Ambassador



Student pharmacists took a few minutes out of their lunch break to send a letter to legislators advocating for provider status.



In January, Pennsylvania Pharmacists Association hosted its Mid-Year conference in Lancaster, PA. Many of our P1, P2, and P3 student pharmacists attended the conference to participate in student programming events including the student poster presentation. Topics for the student programming sessions included: dispensing guidelines, networking workshop, ownership perspectives, medical marijuana, and interviewing skills. Our OTC team competed in the annual OTC Jeopardy competition against the other seven schools of pharmacy with team members including Luke Jennings, Michelle Miller, and Dana Jenkins. Some of our students also participated in the Know Pain, Know Gain competition, and our students did a great job in both

competitions. PPA's next conference will be the annual conference in September in the Poconos. Check out their website for more information!

In February, the Pitt PPA E-board helped promote the campaign for provider status bill. If this bill is passed, pharmacists will be allowed to utilize Medicare Part B to their full capability by providing services to the underserved. If you didn't already send a letter to your Senate and House legislator, please talk to any E-board member about how to do so!

Legislative Day is right around the corner – **April 19th** to be exact! If you have not completed the GRASP program yet, please consider doing so; this program will teach you about the current legislation that we will be discussing at Legislative Day and prepare you to talk to your state legislators. The program is free for all students and details can be found on the PPA website.

ASCP: AMERICAN SOCIETY OF CONSULTANT PHARMACISTS

Amanda Schwenk (P2), Business Manager

Our new ASCP chapter continues to make steady progress in organization formation. During our first meeting in January, we heard from Dr. Ruby about her experiences at her current job, as well as at past positions she held. It was very educational and helpful for those interested in geriatrics to hear about what a typical day is like as a geriatric pharmacist. Over the past month, our organization has grown to thirty-five members, which is wonderful for a brand-new organization. We hope that our membership will continue to grow as we welcome the new P1's in the fall!

At our February GBM, we welcomed Dr. Matthew Joseph, a geriatric pharmacist at Western Psych. As he graduated from Pitt recently and completed both of his residencies

locally, he was able to thoroughly guide us through the process of narrowing down and choosing residencies. Dr. Joseph answered a wide variety of questions and gave us a closer look into the residency process and networking at showcases. He is enthusiastic about sharing his professional experience with others, so we hope to have a small group of members shadow him at Western Psych soon!

On February 18th, we held our first event at Heritage Place, a nursing home in Squirrel Hill. We partnered with the Script Your Future campaign and spoke with senior citizens about their unique disease states and the importance of taking their medications. Afterwards, we played bingo and socialized with the residents. Both groups enjoyed the

company and the event was certainly a success! We visited Heritage Place on February 27th for a second time, and will be visiting Heritage Place again on Monday, **March 13th** to solidify our bonds with the residents and continue to build their trust towards pharmacists.

In the coming weeks, we will be meeting with members of Duquesne's ASCP chapter for potential collaboration with them. Our next meeting will be Thursday, **March 23rd** and elections for next year will be held Tuesday, **March 28th**. As always, we are very open to any ideas for events and ways to reach out to the community; please reach out at pittascp@gmail.com. Best of luck with midterm exams!

KY: KAPPA PSI

Emily Craine (P1), Secretary

The first half of this semester has flown by for the brothers of Kappa Psi! We are proud to welcome our new executive board for 2017-18, which will be led by our Regent Shannon Ye and Vice Regent Rachel Young. Kappa Psi is in great hands this upcoming year! Recently, we raised money at our Pies with Kappa Psi event and enjoyed some scrumptious homemade pie, while smashing the dessert in our friends' faces. Our P1 brothers are looking snazzy in their long-awaited white coats and are eager to share their fresh ideas

for our chapter. The brothers are cooking up a storm of ideas for fundraising this year, so keep your eyes peeled for the product of our creative minds.

We all had an excellent time at our Black and White semi-formal on Saturday, February 25th, and we still have so many things to look forward to during the rest of this semester, the first of which is a mixer with the dental students that is in the works for **March 18th**; our chapter liaisons are putting



A roommate is the best person to pie in the face! Heather Johnson (left) and Ellie Tomaszewski (right) team up on Addie Brown to help out the Birmingham Free Clinic.

their heads together to come up with an awesome theme! After that, we'll be traveling to Virginia for the weekend of **April 7-8th** for our Spring Province, which is always an unforgettable event where new friendships and professional connections are born. In mid-April, we will be holding our annual Formal and taking on the night in our most stunning attire. We certainly can't forget about the football game versus PDC and LKS. We are already putting together a legendary team this year, so our opponents better watch out!

SOME MARCH NEEDED INSPIRATION...

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." - *Charles Darwin*

"The biggest risk is not taking any risk... In a world that's changing really quickly, the only strategy that is guaranteed to fail is not taking risks." -- *Mark Zuckerberg*

"There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed." --*Ray Goforth*

LKS: LAMBDA KAPPA SIGMA

Karen Quach (P3), Corresponding Secretary

Happy March! Time is flying and before we know it, we'll be quickly approaching the end of the semester. We have been very busy planning some of the biggest events of the semester, including the 3rd Annual Teal Tap Fundraiser (date TBD) to support and raise money for the National Ovarian Cancer Coalition. In addition, our ladies are working hard to organize the 3rd Annual HOPE WaLKS event, a 5K run/walk in Schenley Park on **April 8th**. We will once again be collaborating with the sisters of

Duquesne's LKS Tau Chapter to raise money for our mutual philanthropy, Project HOPE. Stay tuned for more details on our social media!

Aside from all the busy planning, our chapter has been staying involved in the community, organizing events such as monthly Family House Birthday Parties, where we baked cupcakes for the guests, and Wellness Wednesdays at Rite Aid, where we counseled pharmacy patrons about management of cough and cold symptoms. Moving

forward, we will strive to continue our service and community projects, as well as implement new projects to better immerse our chapter in the Pittsburgh community.

Finally, our chapter held our yearly elections to designate new officers for the 2017-18 school year. Congrats to all who have earned a position- we can't wait to see how our chapter will grow under our new leadership!

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



Sisters Jen Jordan, Divya Patel, Pooja Boghara, Gabby Dziuba, Jenna Borowski, Alyssa Faippler, Marisa Postava, Rose Zhang, Karen Quach, and Nicolette Diehl baking cupcakes at Family House.

SIO: STUDENT INDUSTRY ORGANIZATION

Paul Stangl (P2), Communications Vice President

Spring is in the air and Student Industry Organization is happy to announce our new e-board members for the upcoming year! We were very impressed with all of our applicants this year. All new position holders are posted on our Facebook page, and we wish them the best of luck leading SIO.

able to network and learn more about the pharmaceutical industry. You can find photos of this event on our Facebook page!

Looking forward to March, we are poised to bring in a guest speaker presentation. More information about

this guest speaker, as well as the date and location, will be posted as soon as more details are available. As usual, any updates about our events will be promptly posted to the SIO Facebook page.

Our biggest and most anticipated annual event, the SIO Industry Symposium, was a great success and we would like to thank everyone who was able to attend. In addition, we would like to thank Dean Kroboth, our distinguished speakers, and our event coordinators, Katie Muzzio and Elizabeth Garcia, for making this event possible. We were impressed with the level of interest and participation from students and hope that everyone was



The Symposium featured a number of distinguished speakers, including many alumni. Shown here is Janet Traynor, PharmD giving a presentation on important skills for a medical science liaison.

MEET THE 2017-18 APHA-ASP EXECUTIVE BOARD

Now that elections and interviews have concluded, the transition of materials and roles to the new APHA-ASP executive board has begun. In the coming year, remember that we are always open to hearing suggestions and to taking on new ideas and initiatives.

Get to know your new executive board by matching the fun fact to executive board member!

Answers on page 13



Sarah Hunt
President



Kaitlyn Burkett
Patient Care VP



Ben Yoder
Finance VP



Phil Kappes
Policy VP



Erika LeBakken
Interprofessional VP



Niha Idrees
International VP



Mikhaila Rice
Communications VP



Olivia Berger
Social VP



Katelyn Rudzik
President-Elect



Kimberly Hill
Patient Care VP-Elect



Danielle Snyder
Finance VP-Elect



Abby Kois
Policy VP-Elect

FUN FACTS

- A. Dream vacation: You know those beautiful pictures you see of Greece - the expensive hotels/houses on the mountainside looking over the bluest water you've ever seen? That's my dream vacation! Two weeks there, with my mother, would be perfect! A little sailboat to take out wouldn't hurt, either. And a view of the sunset over the Mediterranean...absolutely breathtaking!
- B. Three Items to bring to a deserted island: Definitely my dog because he give me endless happiness, probably a knife to help me survive, and sunglasses because I'm sure it would be really sunny.
- C. Perfect pizza: Prosciutto and cheese topped with fresh arugula.
- D. Spirit animal: Baby elephant. They are my favorite kind of animal at the zoo, and I think they really embody my personality. One minute they are happy and playful and another fast asleep.
- E. Dream vacation: Go to Spain and then never come back.
- F. Favorite thing to do when not in class, studying, eating, or sleeping: Binge watch TV shows. Oh and eat waffles.
- G. Proudest non-pharmacy accomplishment: I ran the Pittsburgh Half Marathon in 2015 and want to run another in the future!
- H. Longest time without sleep: Probably like 48 hours. I took a trip to Michigan like two summers ago and drove from Philly to Pittsburgh to Ann Arbor to Detroit to Mackinac to Traverse City to Windsor, Canada and then back to Detroit. That's the most tired I've ever been in my life.
- I. Proudest non-pharmacy accomplishment: I once wrote, casted, directed, and organized a murder mystery dinner theater fundraiser.
- J. Spirit animal: Freshman year, my floormates picked out spirit animals for one another – mine was a butterfly because I'm "happy, light, and bright, but also somewhat impressive upon closer inspection"
- K. Three items to bring to a deserted island: Sunscreen, natural water purification system, and my dog.
- L. Perfect pizza: BBQ chicken pizza with pineapple and some bacon.

HOW TO MAKE THE MOST OUT OF YOUR EXPERIENTIAL LEARNING EXPERIENCES

Keito Hoshitsuki (P4)

One of the strongest parts of the University of Pittsburgh School of Pharmacy's curriculum is its wide range of experiential learning (EL) opportunities. Employers and residency programs care a lot about your rotations and therefore you should too. Residency programs consider EL experiences as one of their top reasons for extending interview invitations^{1,2}. However, as every pharmacy student in the country is required to complete EL, it is imperative to distinguish yourself to become a standout applicant. Here are some tips on how to make the most of your required IPPEs and APPEs:

1. Have the right attitude

EL is NOT working for free. Time wise, it is over 25% of the pharmacy curriculum. If you view it as part of the education you paid (a lot) for and not just putting the time in, you'll get more out of it. Preceptors can tell the difference and are more than willing to teach someone who wants to be there and learn. Approaching your experiences with the right attitude is the basis for success in your rotations.

2. Get out of your comfort zone and push yourself

This is your opportunity to explore many different areas of pharmacy. Being a student is great because you are supported by your preceptor and have the "student card" for when you don't know something; these safety nets go away once you graduate. Make sure to actually get back to your preceptor if you say you will look something up. Look for a variety of experiences and do projects and presentations on topics you are unfamiliar with so that you learn more and your CV reflects a wider scope.

3. Do more than the bare minimum

You have a lot of assignments to complete, but so does everyone else. When first contacting preceptors, ask if there are any extra projects or extra things you can take on. Preceptors appreciate the initiative, and it shows your interest. It is also a great addition to your CV and a potentially interesting talking point in interviews. Now, this also means putting in more than the minimum time: come in early, leave late, work at home. The amount of time you invest won't go unnoticed and reflects your hard work. Remember that letters of recommendation are much easier for people to write if there are specific things they can point to, like the extra work you did. They may even offer to write you a letter without you asking first!

4. Keep track of your interventions

You will be asked about the differences you made during your experiential learning rotations. Keep a running list of what you did during each experience so that you do not forget anything. People want to know exactly what you did to impact patient care, and you should have multiple examples and stories to tell.

5. Be nice to everyone

Employers are not just looking for smart people, but for people who will fit in with their staff. On my institutional rotation, it did not go unnoticed to my preceptor that I had built great relationships with the technicians, especially because I would stay late to help. The techs won't be the ones to hire me, but they talk to the pharmacists and managers. One of my proudest moments was when a tech told me that the entire staff hopes I apply to be a resident.

These tips may seem like small actions, but together they can make a huge difference in your experiential learning rotations. They will allow you to stand out from other pharmacy students, represent Pitt as the stellar institution it is, and set you up for a long, successful career.

References

1. Ensor CR, et al. *Am J Health Syst Pharm.* 2013;70(19):1670-5.
2. Hillebrand K, et al. *Am J Health Syst Pharm.* 2015;72(11 Suppl 1):S16-9.

SCCP: STUDENT COLLEGE OF CLINICAL PHARMACY

Mikhaila Rice (P2), Secretary

Many exciting updates from SCCP this month! Our chapter's Clinical Research Challenge team, which consists of P2's Morgan Casal, Austin Pegg, and Jenna Borowski, has advanced to the second round of the national competition after successful completion of the online journal club portion of the competition. In the second round, they will develop and submit a letter of intent in response to a clinically focused research question. The 20 teams with the best scores will advance to the third round, in which they will be designing and submitting a complete research proposal. We wish our team the best of luck!

For American Heart Month, the Cardiology Practice and Research Network invited student pharmacists from across the nation to compete in its first ever Step Competition. Students recorded their daily number of steps and reported the values nationally. Also in February, we held our first chapter fundraiser at Fuku Tea; we greatly appreciate all who came out to support our chapter. Be sure to make note of our upcoming Chipotle fundraiser, which will be held on **April 10th** from 5-9 PM!

Finally, we would like to announce elections for our 2017-18 Executive Board. If you are interested in running, please email a brief paragraph of intent to [Morgan Casal \(morgan.casal@pitt.edu\)](mailto:morgan.casal@pitt.edu) by **Friday, March 3rd**. Elections will be held on

March 14th during lunch, location TBD. We encourage all SCCP members to attend this meeting. As always, be sure to like our Facebook page @universityofpittsburghsccp, and have a great spring break!

RHO CHI

Olivia Marchionda (P3),
Historian

Looking back on last month, we hope that everyone who came enjoyed our Student Poster Presentation event and learned about all the awesome work that our students are doing. Thanks to everyone who participated!

March is an exciting month for Rho Chi. First off, all of the members of Rho Chi would like to extend a big congratulations to all of the P2s who have been invited to join Rho Chi! We hope that you are as excited to become a part of this great organization as we are to have you. New members will be inducted at the annual PLS/Rho Chi initiation dinner on **March 21st** at the University Club. We are looking forward to a celebration of academic excellence and a tasty dinner!

Everyone should mark their calendars for the Koch lecture on Wednesday, **March 22nd** at noon. Our speaker this year will be Dr. William Shrank. Dr. Shrank obtained his Medical Degree from Cornell University Medical College and now works for UPMC Health Plan as the Chief Medical Officer. He develops population health programs and clinical innovation efforts to improve patient care. He will be discussing the pharmacist's role in outcomes research and the importance of teamwork between health professionals. Dress professionally – it's a lecture you won't want to miss!

Also, a special thanks to Dr. Jonkman, who was the highest bidder on the Rho Chi item at the PLS Auction: Painting with a Twist! Thank you for contributing to a great cause.

Last but not least, we are pleased to announce that the March Member of the Month is Abby Meyer. Abby is an important asset to Rho Chi, as she always keeps everyone up to date on upcoming events so everyone knows when to be where. Abby also coordinated the Painting with a Twist event (PLS auction item), which is sure to be a blast.



Student Poster Presentations, February 2017

LETTER FROM THE EDITOR

March is the month of the cherished weeklong spring break. This week gives us the time to breathe in the middle of a hectic semester, allowing us to rest, recoup, revitalize, and then reenter the semester with a somewhat refreshed outlook.

Take advantage of your spring break to do the things you can't always do in the midst of a semester – read a book, get coffee with a long-lost friend, put in more hours at work, shadow a pharmacist in an area of pharmacy you never considered before, spend sunrise to sunset outside at a beach or a park. There are so many ways we can reenergize over the course of one week, so find what allows you to breathe a sigh of relief and then do it.

Yours,

Mikhaila Rice

The Pitt Capsule Editor-in-Chief
APhA-ASP Communications VP



WRITERS

Alexa Hospodar
Amanda Schwenk
Emily Craine
Gabrielle Dziuba
Hannah Hoseyni
Heather Johnson
Hilare Kimmel
Karen Quach
Keito Hoshitsuki
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Pitt
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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!