

THE PITT CAPSULE

American Pharmacists Month

YOUR PHARMACIST

KNOW
YOUR MEDICINE

October is American Pharmacists Month What Can You Do?



Take Initiative. If you work part-time in a pharmacy, help your supervisor plan activities and events for American Pharmacists Month. Come up with ideas specific to your practice site.

Recognize Pharmacy Technicians. Make an effort to recognize pharmacy technicians, especially your co-workers, on National Pharmacy Technician Day. Thank them for their support and the invaluable contributions they make to the profession.

Write an article for the Pitt News or another campus newspaper to raise awareness about pharmacists' role in helping patients manage specific health conditions.

Say thank you. Thank faculty and preceptors for working with you through messages, APhM goodies, or even a party.

October 4th is American Pharmacists Month Selfie Day! Share a selfie expressing your love of the profession. Be sure to use #APhMSelfieDay or #APhM2017.

APhA-ASP: American Pharmacists Association Academy of Student Pharmacists

Olivia Berger (P3), Membership Vice President

After our first GBM, APhA-ASP is ecstatic about all of the excitement you have shown towards our upcoming events, and we are really looking forward to a fun and successful year!

This year, our Dean's Theme is OTC Med Safety! As a school, we are planning many fun and educational events to promote this theme and educate the public about this important topic, especially 5th and 6th grade students. Participating in these events is a great way to get involved and also a great way for P2s and P3s to get IPPE hours. If you are interested in helping to plan some of these events and projects, we encourage you to attend the Fall

Leadership Retreat on October 5th from 5-8 PM in Salk 402!

This year, the APhA-ASP Midyear Regional Meeting will be held right here in Pittsburgh on November 3-5th, 2017. This will be a great conference to attend because it is so close to home for all of us here at Pitt. If you plan on attending, there will be an informational meeting on October 19th during lunch - attendance is encouraged.

Our next GBM will be on Wednesday, October 4th during lunch in Room 456! We hope to see you there!



Sophia Cothrel (P3), Sarah Hunt (P3), Katie Rudzik (P2), and Kaitlyn Burkett (P3) attended the Ice Skating Event hosted by PPA and had a table for this year's Dean's Theme, OTC Med Safety!

PLS: Phi Lambda Sigma

Sarah Hunt (P3), Secretary

Phi Lambda Sigma has had a busy and exciting 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. Phi Lambda Sigma and Rho Chi welcome all students to attend the James P. and Nancy A. Mastrian Young Professional's Lecture on Monday, October 2nd at 5:30 PM in Scaife Lecture Hall 6. We are very excited to have our guest speaker, Jesabel Rivera-Guerra, speak to us about her contributions to healthcare and her current role as the Community Health Director at the American Heart Association in Pittsburgh. Ms. Rivera-Guerra's talk entitled "Life is Short; Let's Break the Rules: Tips for the Rule-Breakers" will focus on how to break rules and norms in order to solve the complex challenges in our future workplaces, communities, and the world we live in. We hope to see many of you there!

The Fall Leadership Retreat, hosted by APhA-ASP and Phi Lambda Sigma, will be held on Thursday, October 5th from 5-8 PM in Salk Hall 402. We encourage all students to come and

learn about this year's Dean's Theme, "Operation OTC Medication Safety", and how to get involved and take on leadership roles within the various student organizations!

Phi Lambda Sigma and Rho Chi
Present the

James P. and Nancy A. Mastrian
YOUNG PROFESSIONALS LECTURE SERIE



Jesabel Rivera-Guerra, MPH, CHES
Community Health Director, American Heart Association

KY: Kappa Psi

Emily Craine (P2),
Corresponding Secretary



Oh my gourd, can you believe it's fall already? Neither can the Brothers of Kappa Psi! Hopefully all of the P1s are adjusting to the pharmacy life. There were many awesome rush events to reminisce about this semester thanks to our fabulous rush chairs, Nicole Farah and Olivia Fritz. Now that the rush season is winding down, we are eager to start the pledging process and welcome new Brothers into the family.

Not only do we have pledging to look forward to this season, but also many other exciting events. On October 2nd we are having a CV review session with members of the Kappa Psi Pittsburgh Grad Chapter, which is a valuable opportunity to get advice from grad Brothers, whether you have a completed CV or are just starting

to develop one. On October 4th we are having a Chipotle fundraiser from 5-9 PM; come hungry and tell them you're there for Kappa Psi! It's the perfect excuse to treat yourself in the middle of the hectic semester. The Brothers are pumped for our fall regional meeting in Buffalo, NY this month where we'll get to meet and catch up with Brothers from other Kappa Psi chapters in the region. There's also the Heart Walk to look forward to on October 21st.

Our patient care committee is hard at work planning and implementing our Dean's Theme topic of sun safety, which includes SPF administration, ingredients, statistics, and formulations. We're planning to present this information to a wide variety of audiences, such as boy and girl scouts, sports teams, teachers, and parents. I believe it is going to be a falltastic semester!

CPNP: College of Psychiatric and Neuroscience Pharmacists

Domenick Francis (P2), Secretary

Hello student pharmacists! We at CPNP hope you're all having a great start to your year. As the first round of midterms begins to creep up on us, it's important not to neglect your mental health! While academics are very important, don't be afraid to take some time to yourself to relax and recover. If any of you are having a tough time adjusting, please feel free to reach out to us. School can be both academically and psychologically straining, but there are resources

available, and you aren't alone. October is a very busy month for CPNP! Our chapter will be meeting with Duquesne's CPNP chapter for the NAMI walk to raise awareness and money for mental health organizations on October 1st. This is a good way to get involved for a great cause. October 6th is National Depression Screening Day, so keep an eye out for the members of CPNP throughout Salk Hall as we hope to raise awareness and break the stigma on depression. We are also having a

guest lecture as well as a documentary film on mental health on October 11th in room 456. Finally, we are having a general body meeting in room 402 on October 24th. We hope to see all of you there! If you have any questions, please send an email to cpnpitt@gmail.com and we will get back to you as soon as possible. Have a spooky October and a Happy Halloween!

SNPhA: Student National Pharmaceutical Association

Martha Ndungu (P3), President



Kathy Monangai (P2)
President-Elect and Kaycie
Gavin (P1) Treasurer tackling
all the questions at the
Undergraduate Activities Fair.
Props to them for no water
breaks!

Looking for IPPE hours? Sign
up for UPMC flu shot clinics
around campus!

Email snpha.pitt@gmail.com
for the Google doc.

Hello Pitt Pharmacy!

September recruitment has got SNPhA excited about the rest of the year! Lots of sign ups and interest from those who want to serve the underserved and join our superhero SNPhamily while we “Connect the Pieces” this year.

Our first GBM was short and sweet (literally had yummy giant bakery cookies). Thank you to those who came to learn more about our organization.

The first event of the year is our annual blood pressure event, where P1s and pre-pharmacy youngins can learn the ropes from a Pitt Alumni resident. If the resident wasn't already a headliner, the robot arm gets the crowd going.

We also can't wait to Stomp Out Diabetes on September 23rd and raise our goal for the Type 1 Diabetes

kiddos! To round out a fun month we have Rachel Young (P3) holding an immunization case conference to get us mindful about the flu shot season. It's going to be a great way to refresh those cobwebs so we can go out into the community.

We hope to rally up some excitement in October through the multiple events we have coming up, especially volunteering at the Islamic Center of Pittsburgh Food Pantry and the Jubilee kitchen where we bring healthcare to those who are unable to afford it. We will participate in PMADD and hold educational events focused on Chronic Kidney Disease and Diabetes. We also hope to get some support at our next GBM as we welcome a guest speaker, a UPMC resident, to talk to us about the residency journey and how we can be an awesome resident!

AMCP: Academy of Managed Care Pharmacy

Sam Bott (P3), Communications and Social Media

Hi boys and girls,

A big thank you to everyone that came out to join us at our GBM. Luckily the pizza coma has subsided, and we can get started. Our inaugural event of the year is the first of many webex seminars titled “Implications of Hyperkalemia in Patients with Chronic Kidney Disease” hosted by Relypsa. These webinars present a good opportunity for

students to keep up on the status of healthcare in an informal setting...with tasty food. If you think this sounds like it could be up your alley, be on the lookout for the next webex event. Aside from our webex event, we've got a stacked schedule this fall. Pitt and Duquesne AMCP chapters met on Thursday, September 21st for a “meeting of the minds.” Look out for November 8th as we bring in Rob Snyder, VP of

Strategic Partnerships, from Panther Specialty Pharmacy to discuss applications of managed care in specialty. Aside from events, our special topics course titled “Formulary Management” is rolling along through the semester and should insure us a nice run in the P&T Competition coming up later this semester. Join us this semester and maybe learn something, eh?

SSHP: Student Society of Health System Pharmacists

Kiana Green (P2), 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 issue, we held one general body meeting, which was an introduction to our organization and all of the exciting opportunities this year holds for our members. We also held a unique internship lunch, where we had Pitt Pharmacy students share their unique internships in the various fields of pharmacy. We hope that students were able to learn something new about the field of pharmacy!

Coming up in the next month, we have quite a few events planned. PSHP's Residency Showcase is October 11-13th at Seven Springs Mountain Resort. The only day that is mandatory for students is October 11th, but students are welcome to stay for as many days as they would like. This will be our first time attending a PSHP event, and it is open to all years. However, it is especially encouraged for P3s who want to

get their foot in the door with a residency!

On October 25th, we will host our annual Residency 101 Talk. Dr. Nishaminy Kasbekar, the director of pharmacy at Penn Presbyterian Medical Center, will come talk to us about obtaining the perfect residency. We are very lucky to have someone visit from such a distinguished institute, so we hope to have a really big turn out! Whether you are a P1 unfamiliar with residencies or a P4 getting ready to apply, this talk will provide invaluable insight into the residency process. This is a great opportunity to ask any questions you may have.

On October 2th at 5 PM we will be holding our annual Clinical Skills Competition. This competition requires teams of two people to practice seeing a patient case and working up a plan within two hours and is open to all classes. The top three teams will then defend their argument to a panel of judges, and the winners will get a free trip to Midyear and the opportunity to

compete at the national level! Grab a friend, enjoy some free food, and practice working on a patient case. It is great experience for students in all classes and would look excellent on your CV.

In addition to our Professional Development activities, our professional projects are off to a great start! Each project has been planning events and gaining members. Be sure to reach out to a project leader if you want to get involved. We can't wait to see how they unfold this year and we hope you can get involved in SSHP this month!



Students attending the 2017 Unique Internship Lunch

Rho Chi

Dana Jenkins (P3), Historian

As the first month of the semester comes to a close, Rho Chi's events are in full swing! We'd like to thank everyone who participated in our first blood drive in September! It was a great success and we appreciate how many donations were given to Central Blood Bank.

This month, Rho Chi and PLS hosted the Young Professionals

Lecture featuring Jesabel Rivera-Guerra as the speaker! Jesabel is the Community Health Director at the American Heart Association and American Stroke Association here in Pittsburgh. Her talk titled "Life is Short; Let's Break the Rules: Tips for the Rule-Breakers" focused on how to break rules and norms as a way to solve problems in the

workplace, community and world we live in.

Our service event this month will be an ARC health talk taking place on Monday October 6th at 6 PM. This month's topic is vaccines! This is a great opportunity to educate a patient population in need about important healthcare topics.

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Review sessions for P1 and P2 exams will be starting as exams begin to roll around. Stay tuned for dates for these sessions, and as always, feel free to reach out to any member if you are in need of any assistance with courses. We are more than happy to help! Have a wonderful October!

LKS: Lambda Kappa Sigma

Andrea Bejjani (P3), Corresponding Secretary

Happy October! This school year has been a busy, but fun, start for LKS. We began the year with four successful recruitment events where we met plenty of amazing P1s. On that note, we want to welcome all of the pledges who have accepted their bid for LKS! We had a great time meeting you during our events and we are very excited to get to know all of you throughout your time at Pitt!

During the month of September, our sisters have been implementing service and professional projects throughout the community. LKS

showed their continual support for the National Ovarian Cancer Coalition (NOCC) through volunteer efforts at the annual 5K run/walk held in North Park to aid those battling ovarian cancer, ovarian cancer survivors, and their families. We look forward to working with the NOCC again in April for our Teal Tap event. The rest of the fall season, you'll see us back at the University Pharmacy tabling about OTC medications in addition to continuing our work with Family House. On a side note, look out for our yearly Fall Clothing Sale – ask any sister for details!

We have lots to look forward to and we're excited to see what we accomplish this year. Welcome again to our incoming pledge class, and good luck to everyone in the first wave of exams!

And, as always, to keep up-to-date with all of the exciting events and activities the LKS sisters are doing, please like us on Facebook (@PittLKS) and follow us on Twitter and Instagram (@LKSDeltaChapter)!



The LKS Sisters at the Back to School Picnic

Pharmacy Organization Matching!

How well do you know all of the unique organizations within our School of Pharmacy?
Test your knowledge!

AMCP

PDC

APhA-ASP

PLS

ASCP

PPA

BIFL

RC

CPFI

SCCP

CPNP

SIO

KY

SNPhA

LKS

SSHP

CPFI: Christian Pharmacists Fellowship International

Damaris Szmaciasz (P2), Business Manager

CPFI kicked off the school year with a presence at the Back-to-School picnic, an informational meeting outlining our semester plans, and some great weekly Bible studies in discussion and prayer with one another.

We have encouraged one another with topics ranging from our callings as Christians to the burden of caring with integrity in the pharmacy field.

October kicks off CPFI's exciting fundraiser for Dean's Theme. CPFI will be holding a First-Aid Kit Drive to build first-aid kits that we will be handing out to local non-profits and churches with children's programs. Starting in October, you will find boxes set aside for each pharmacy class in the PCLC. Donate items on the list, check them off your class checklist, and help to

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support local non-profits and churches around the Pittsburgh area! The donation list includes the following items: absorbent compress dressings, roller bandages, triangular bandages, 3x3 gauze pads, 4x4 gauze pads, adhesive bandages, adhesive cloth tape, antibiotic ointment packets, antiseptic wipe packets, ibuprofen, instant cold compress, latex-free gloves, hydrocortisone cream, scissors, and tweezers. The class that collects the most items by Friday, November 3rd will receive a Dunkin' Donuts breakfast at the colloquium of their choice.

CPFI meets every Tuesday at lunch, and we would love to have you join us this year!

PDC: Phi Delta Chi

Alex Miller (P2), Worthy Keeper of Records and Seals

Happy Spooktober everyone! With one month under our belts, we still have a long way to go. Even with the large number of tests and assignments we have had in the past month, the boys of PDC have been at large, tackling all sorts of fun and productive events. Recruitment, fundraising, St. Jude's, and just spending time with our beloved brothers has been quite the task, but nothing that the Raiders can't handle!

Our back-to-school picnic recruitment event was a great success! Many of the incoming P1 students expressed an overwhelming amount of interest in our organization. Wing nights, pizza lunches, and cookouts with the lovely ladies of LKS provided great opportunities for all of us to see old friends, as well as make some new ones.

The Brothers of Mu Chapter are proud to announce that our Chapter raised the most money for St. Jude's

in the Great Lakes region, and we are now a top-ranking Chapter nationally. This is a huge step forward for our chapter and we hope to raise even more than we already have. Our annual St. Jude's walk has historically been one of our biggest events, and we couldn't have been happier with the turnout.

We would also like to thank everyone who supported us during the first hoagie sale of the year. This is a great fundraising opportunity for PDC, and we greatly appreciate the buyers. If you missed it, fear not: there are many more hoagie sales to come!

Unsurprisingly, PDC has big things planned for October. Believe me...BIG things. To kick off October, the Brothers of PDC will be participating as bankers at Three Rivers Casino for the National Kidney Foundation's Monopoly tournament. This will be a huge networking opportunity for us and we plan to build relationships for future events. We will also be tackling some packaging and shipping of unused medical supplies at Global Links a few times this month.

Finally, we eagerly welcome the P1s to our fraternity and are looking forward to getting to know each one of them and teaching them about our philanthropy. These young student pharmacists are the future of our organization, and we know that they will work to contribute to the success of our organization.

Brothers at the Back to School Picnic





SIO: Student Industry Organization

Paul Stangl (P3), Vice President of Communications

September was an exciting month for Student Industry Organization! We welcome all the P1 students that have decided to become members and attend our events! Our first General Body Meeting this year was a great success, and we were very impressed with the turnout. SIO continues to grow because of how many new and returning students come each year to express interest in careers within the pharmaceutical industry.

We are pleased to note that our New Drug Series event featuring Diane Ammerman from Genentech was a great experience for all involved, and the audience questions were thoughtful and insightful. A big thanks to those who attended and participated in both the New Drug Series and Journal Club event with SCCP! We look forward to hosting more joint events in the future!

Looking forward to October, our main event will be the second New Drug Series, this time featuring Gina Bonaccorso from Kite Pharmaceuticals! This event will be held on Thursday, October 12th at 12 PM in Salk 402. Like the first New Drug Series event, this will be an interactive lecture featuring a representative from a pharmaceutical company showcasing a new drug that they have developed. The audience is

encouraged to ask questions, and to aid in this endeavor, there will be a journal club event prior to the lecture. The journal club event is a great way to learn about how pharmaceutical research is done and what the results mean not only from a scientific perspective, but also from a market perspective. More details about the event, including the journal club, will be posted on our Facebook page! We look forward to seeing you there



Students at our first New Drug Series Lecture

BIFL: Biotech Investment Fantasy League

Sam Bott (P3) and Collin Wolf (P3)

“And so, my fellow healthcare professionals: Ask not what your profession can do for you, but instead, ask what high growth low volatility healthcare stocks can do for your financial prosperity and long-term success in this year’s biotech investment club.”

~Anonymous

This fall semester marks the third consecutive launch of the Biotechnology Investment Fantasy League: A competitive simulation where students are encouraged to dream big, learn the conversations occurring in the healthcare industry, and boast economic literacy that would put Adam Smith to shame.

“I don’t think we know what we are up against,” proclaims Sam Bott, founder of the league and current CAR-T expert. “I heard there’s a P1 that mines bitcoins. That’s some beta I’m just not ready for.”

Although the Biotechnology Investment Healthcare does not condone the mining of bitcoins, or any other sort of excavation, we look forward to the challenges, the lessons learned, and our most successful semester of investing yet.

Sincerely,
BIFL



SCCP: Student College of Clinical Pharmacy

Mikhaila Rice (P3), Secretary

We hosted our first ever New Drug Series Journal Club in conjunction with Student Industry Organization (SIO). Third-year student pharmacist Jenna Borowski led the journal club discussion on ocrelizumab, a newly approved medication for the treatment of primary progressive multiple sclerosis. The following week, our members and members of SIO learned more about ocrelizumab from Genentech medical science liaison, Diane Ammerman, PharmD, who is also a Pitt Pharmacy alumna.

Towards the end of the month, we held our first general body meeting of the year, and we officially introduced our patient care projects: Project Self-Care, Project Pulmonary, and Project Geriatric Care. We are excited to get these projects up and running in the next month!

Looking ahead, our next New Drug Series Journal Club will take place on October 3rd in 402. Rachel Cartus, a third-year student pharmacist and SCCP Mentored Research Fellow, will lead a discussion on Car-T, a new immunotherapy. Additionally, several of our SCCP members will be traveling to Phoenix, AZ for the 2017 ACCP Annual Meeting. Morgan Casal will be serving on the National Student Network Advisory Committee, Mikhaila Rice will be serving on the National Research Affairs Committee, and several of our members will be presenting posters. We wish them the best of luck!

As always, please follow us on Facebook for more updates and information about meetings and project events. Have a great October!

OCTOBER 2017

School of Pharmacy Organizations: Schedule of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
12PM LKS GBM 12PM PDC GBM 5PM <i>SSHP Clinical Skills Competition</i> 5:30PM <i>Young Professionals Lecture</i>	12PM APhA Eboard 12PM CPFI GBM 12PM SCCP Journal Club 12PM SSHP Clinical Skills Competition	12PM APhA GBM 12PM SIO Biotech Investment Fantasy League	12PM IPSF Meeting 12PM PPA Guest Speaker 12PM Professional Council Meeting 5PM <i>Fall Leadership Retreat</i> 6PM KY GBM	
9	10	11	12	13
12PM LKS GBM 12PM PDC GBM	12PM CPFI GBM 12PM PLS GBM	12PM CPNP Speaker on Mental Health 12PM SIO Biotech Investment Fantasy League 12PM SNPhA GBM	12PM Rho Chi GBM 12PM SIO New Drug Lecture Series 6PM KY GBM	
16	17	18	19	20
12PM LKS GBM 12PM PDC GBM	12PM APhA Eboard 12PM CPFI GBM	12PM <i>School of Pharmacy Career Fair</i> 12PM SIO Biotech Investment Fantasy League 4PM <i>Residency Expo</i>	12PM APhA MRM Info Meeting 6PM KY GBM	
23	24	25	26	27
12PM LKS GBM 12PM PDC GBM	12PM CPNP GBM 12PM CPFI GBM	12PM ASCP GBM 12PM SSHP Residency 101 12PM SIO Biotech Investment Fantasy League 5PM <i>Residency Crash Course</i>	6PM KY GBM	
30	31	Nov. 1	Nov. 2	Nov. 3
12PM LKS GBM 12PM PDC GBM	12PM APhA Eboard 12PM CPFI GBM	12PM APhA GBM 12PM SIO Biotech Investment Fantasy League	12PM Professional Council Meeting 12PM SIO Rutgers Fellow 6PM KY GBM	

GBM = general body meeting, all members welcome

Letter from the Editor

October is American Pharmacists Month. It is a time to celebrate our profession: where we started, where we are now, and where we are going. The profession of pharmacy has evolved over the years to meet changing healthcare demands; this evolution is largely because of pharmacy leaders who had a vision for the profession that extended beyond the framework of their time.

Our profession needs leaders who know how to create change, leaders who can organize people behind a vision and forge a new future of pharmacy. As we leave school and enter the workforce, we will become those leaders. Good leadership takes practice, and as student pharmacists, we have ample opportunities to get involved in pharmacy organizations. The time to begin developing key leadership skills is now.

So P1s (and P2s and P3s)... go get 'em.

Mikhaila Rice

Editor-in-Chief

APhA-ASP Communications Vice President



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American Pharmacists Month



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