The Pitt Capsule

Thank you to everyone who registered for MRM! We will have a great turnout, and Pitt will be represented well here in Pittsburgh. We are looking forward to learning more about the pharmacy profession, voting on policies, and participating in great networking opportunities!

The Fall Leadership Retreat was a huge success, so stay tuned for Dean’s Theme events to sign up for throughout the rest of the school year. In October, our chapter had a successful and inspiring outreach visit from Meryam Gharbi, APhA-ASP National Member at Large. We also celebrated American Pharmacists Month by participating in the American Heart Association Heart Walk, raising awareness for heart disease and showing that pharmacy has heart!

On November 16th, we will be holding an ARCO (Area of Concentration) Speed Dating Session during lunch for anyone who is interested in learning more about each ARCO from a student perspective! One of our big initiatives this month is World Diabetes Day, which is on November 14th. It is important to realize the impact that diabetes has around the world, not just in America. The theme this year is “Women and diabetes – our right to a healthy future,” so IPSF will have a photo booth in the atrium on November 14th to help spread awareness. If you can, please wear blue this day to show your support!

Look out for the Pharmacy Week’s schedule coming out over Christmas break. There will be many events to attend, including a happy hour at Steel Cactus! We look forward to seeing everyone there, and please reach out to any executive board members if you have questions.
This past month, members of Phi Lambda Sigma were hard at work! The Fall Leadership Retreat held in collaboration with APhA-ASP was a success. Students from various organizations worked on developing great ideas for their respective Dean’s Theme projects and we are excited to see them put into action throughout the year!

The first PLS Professional Development Workshop of the year took place on October 10th and was hosted by Dr. Regan. Students learned tips and information about negotiations in the workplace and were able to practice what they learned in a negotiation simulation. Be on the lookout for future Professional Development Workshops this semester!

Jesabel Rivera-Guerra came to speak to students and faculty about "breaking the rules" in the workplace and in the community at the James P. and Nancy A. Mastrian Young Professionals Lecture hosted by PLS and Rho Chi.

PLS members are already planning for the annual PLS auction, which will be held at the Wyndham Hotel in Oakland on January 25th. The auction has always been a fun and successful event, and we cannot wait for another great year. Start thinking of fun donations that your organization can auction off. More information will be provided as we get closer to the event!

The PLS application information session will be held on November 9th during lunch. This session will provide interested students with the opportunity to meet current members and learn more about Phi Lambda Sigma. All students are encouraged to attend. If you have any questions about the process, feel free to reach out to any member or email us at philambdasigma@gmail.com.

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October was a very busy month for SSHP. We started off on **October 2nd and 3rd** with the Clinical Skills Competition. Teams of two with members from the P2, P3, and P4 classes created a plan for a complicated patient case. A team of P4 scholar students, Lindsay Jablonski and Mary Grace Fitzmaurice, best defended their plan to the panel of judges and will now be competing at the National Clinical Skills Competition at ASHP Midyear. We congratulate them and wish them luck! A special congratulations also goes out to the other finalists in the competition: Dominic Leader and Megan Thornberg, and Olivia Marchionda and Heather Heiney. We thank everyone who participated and hope to see even more teams next year!

We completed our membership drive and now have 221 members in our chapter. On **October 25th**, we hosted Residency 101 with Dr. Nishaminy Kasbekar, the director of pharmacy at Penn Presbyterian Medical Center, and she gave an informative and enjoyable talk regarding residencies. Coming up in November, we will have a panel of local residents who will answer any questions you may have about residencies. 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!

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, if you ordered a fleece be on the lookout for when they come in. They will keep you warm and cozy all winter long while you hail to Pitt Pharmacy!

As we enter into quite possibly the most stressful part of the semester, some members of AMCP are hitting the dusty trail and heading out to Dallas, Texas (yeehaw!) for the AMCP Nexus conference. Nexus provides us with a wonderful opportunity to escape our normally scheduled classes and learn about the future of managed care through discussions on value-based payer models, new health policy, and exciting specialty pipeline drugs. How will our current healthcare model evolve to afford these expensive medications? Well, members of AMCP are going to attempt to wrangle up an answer. Between the Nexus conference, a meeting with Rob Snyder from Panther Specialty, and the P&T competition quickly approaching, AMCP will have a rowdy conclusion to the fall.
Happy November, everyone! As the semester is coming to an end, the sisters of LKS are looking back at all we’ve accomplished this semester, including welcoming a new pledge class of 51 girls into our chapter! We've had a blast so far getting to know all of our new pledges – starting with a spaghetti dinner to celebrate Founder’s Day and ending with initiation this month. We want to send out a special thank you to our recruitment co-chairs, Emily Novak and Catherine Pfendner, and our new member co-chairs, Carson Shoemaker and Jen Jordan, for doing an awesome job with our pledge process this year!

As always, LKS has been hard at work making a difference in our community. This semester, we partnered with POWER, an organization aimed to help women struggling with addiction to embrace their lives while realizing the promise of recovery and strengthening their relationships with families and communities. The sisters of LKS talked to these women about safe prescription and over-the-counter medication use. We had such a good time, and we look forward to working more with this amazing organization in the future!

Even with all our hard work, we have been sure to enjoy ourselves by embracing fall festivities, such as spending time together at our trip to Soergel Orchards this October -- just in case someone missed any of the pumpkin photos. Looking forward to the rest of the semester, we are planning our annual LKS formal with PDC, our holiday dinner, as well as our Dr. Salk Hall event next semester!

With that, we want to wish everyone good luck with the rest of the semester! As always, to keep up-to-date with all the exciting events and activities the LKS sisters are doing, please like us on Facebook (@PittLKS) and follow us on Twitter and Instagram (@LKSDeltaChapter)!

If you’re reading this, then it’s not too late to learn about what Pitt’s SNAPhAmily is doing on campus. This past month we taught children at Oak Hill about the gunk between their ears and how to prevent hearing loss. We kicked off the Dean’s Theme at the Children’s Museum and talked to parents and their children about the differences between candy and medications just in time for trick or treat season. Our presentations weren’t just to kids this month, we also taught undergraduate students about diabetes and received training on how to educate others about chronic kidney disease. The fun didn’t stop there! Dr. Moore returned to his old stomping grounds to teach us about the transplant and cystic fibrosis world and how pharmacists can help with medication adherence. Noodles and Company and transplants made a solid-organ-lunch (that joke was much better in person).

Let’s not forget the service planned for the rest of this month! ICP, PMADD, Jubilee Kitchen, and Family House, oh my! There are lots of referrals to give and blood pressures to take. All of the interventions will be IPPE approved, and the patients always have a lot of fun. We are only halfway through the semester, and we have already interacted with over 120 people! We can’t wait to double that by the end of the semester!

As always, it’s never too late to get involved with our community. Just reach out to us!
As we approach the midway point in the semester, the Brothers of Kappa Psi are putting the pedal to the metal and gearing up for a busy schedule with some awesome events in the works. We just had our biannual Mountain East Province meeting in Buffalo, New York where everyone had a blast networking with other Brothers from different chapters. Some of the highlights of the weekend included winning both the Academic Award of Excellence and the Recruitment Award of Excellence. Brother Abigail Elmes won the Professionalism Scholarship, and two of our Brothers, Jia Gao and Rachel Young, were elected to positions on the regional executive board. Our chapter is so proud of these accomplishments! Some of our Brothers even traveled to Provinces of other regions to meet even more Brothers!

October is sure to be spooky month with our annual trip to the Haunted House at the Hundred Acres Manor, a trip to Kennywood Fright Night, and a Halloween party coming up. We are embracing the Halloween spirit! Then, on November 7th, we will be holding another food fundraiser at Lotsa Pizza! Come hungry between 5 and 8 PM and enjoy delicious custom pizza while helping out Kappa Psi. Also in November is our annual Lineage Dinner, which is sure to be a fun night with good food. Our volleyball team, Pup ‘n’ Suds, is up and running for the semester and excited to compete. We’re also volunteering at Family House throughout this semester and cooking meals for patients and their families receiving medical treatment at hospitals in Pittsburgh. It may seem like a hectic time of year, but as Albert Einstein said, “Life is like riding a bicycle. To keep your balance you must keep moving.”

Rho Chi’s member of the month for November is Ashley Kamp! Ashley is one of our tutoring co-chairs. We appreciate all of her help in organizing and conducting our various exam review sessions and her dedication to helping those who may be struggling with their courses. After graduation she would like to complete two years of residency at a large teaching hospital and hopes to become a clinical pharmacist specializing in neurocritical care. If she could eat only one food for the rest of her life, she would choose Wegmans’ turkey subs! Fun fact about Ashley: she has seen Train in concert 11 times and once sang onstage with the band.

Rho Chi
Dana Jenkins (P3), Historian

Happy November! We hope everyone’s midterms went well. We would like to extend a huge thank you to everyone who attended the Young Professionals Lecture last month. Jesabel Revera-Guerrera had a great message, and we hope those who attended were inspired to break the rules! Also, thank you to everyone who participated in our business card sale; it was a great success!
Congratulations Pitt Pharm - we have officially made it halfway through the semester! After holding our first GBM and welcoming over thirty members, ASCP is very excited to continue serving the geriatric population and educating everyone about safe and effective pharmaceutical care for this special population in our second semester as an organization here at Pitt.

We welcomed Dr. Pruskowski at the end of September to speak about the integration of palliative care specialists and consultant pharmacists, as well as the challenges and rewards of working with the geriatric population. We sold over 50 T-shirts as well as pins through the beginning of October to support the Alzheimer’s Association. Thank you so much to everyone that supported this important and relevant cause!

We will also be participating in The Walk to End Alzheimer’s on Sunday, November 4th at 9:30 AM on the North Shore. This community event will be a great opportunity to see the effects this condition can have both on those suffering as well as their families firsthand. We will demonstrate our school’s support for their battle while walking beside Duquesne student pharmacists. If you have any interest in attending, please reach out to Emily Kistler (P2) for more details! From November 2nd-5th, three members of our e-board will be attending the Annual ASCP National Conference in Kissimmee, Florida to present student research and to learn more about building our organization. On Monday, November 20th we will also be holding a Chipotle Fundraiser from 4-8 PM. You don’t want to buy groceries right before Thanksgiving break, so treat yourself to a night out at your favorite Forbes restaurant!

With the school year in full swing and plenty of activities in the planning stages, we encourage anyone interested in getting involved to join our Facebook page, attend our next GBM on November 8th, or send an email to pittascp@gmail.com. We are always excited about inviting new members and finding ways for students to be involved! Best of luck with the rest of the semester!

Our chapter will be holding our next GBM on Wednesday, November 8th at noon, room TBA. During this meeting we will be discussing PPA’s mid-year conference happening on January 25-28th, 2018. Every year, Pitt selects 3 students to compete in the OTC Competition to represent our school. This is a jeopardy style game to test the contestants’ knowledge of over-the-counter medications. In addition, the “Know Pain, Know Gain” competition is another annual event at this conference and focuses on pain management concepts and counseling techniques. Students will also have the opportunity to present a poster. This year is different from past years, and only 40 posters will be selected to present. Poster abstracts are due by December 1st. We encourage all students interested in presenting a poster to come to our GBM or reach out to any of the executive board members for more information and support. Lastly, this is a great opportunity to network in a low key and welcoming atmosphere. Mid-year is always a fun time and a rewarding experience. If you have any questions don’t hesitate to ask any of us!

Fall is quickly flying by, and it is hard to believe that it is November already! PPA is starting to spread holiday cheer by sponsoring our annual toy drive for Matilda Theiss. Throughout the month of November and into early December we will be collecting toys in the PCLC. Look out for more details to come.

PPA has multiple events planned for November. We are going to the Children’s Museum of Pittsburgh on Saturday, November 4th as well as the Boys and Girls Club in Shadyside on Wednesday, November 29th. In addition, we will be tabling at the undergraduate Flu Shot Clinics throughout the month to educate other students on the benefits of the vaccine and to answer any questions they may have on over-the-counter cough and cold medicines. If you are interested in presenting to kids or gaining IPPE hours, you can sign up on the Google document that will be shared on your class Facebook pages.

PPA: Pennsylvania Pharmacists Association
Kelly Jenniches (P2), Communications Ambassador

5th, three members of our e-board will be attending the Annual ASCP National Conference in Kissimmee, Florida to present student research and to learn more about building our organization. On Monday, November 20th we will also be holding a Chipotle Fundraiser from 4-8 PM. You don’t want to buy groceries right before Thanksgiving break, so treat yourself to a night out at your favorite Forbes restaurant!

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Last month, students and faculty traveled to Phoenix, Arizona for the ACCP Annual Meeting. It was an exciting meeting, full of student programming, networking, clinical discussion sessions, and many opportunities for our members to become more involved in clinical pharmacy. Members of our executive board attended a meeting for student chapters from across the country to exchange ideas for chapter events and activities. Morgan Casal, P3, served on the ACCP National Student Network Advisory Committee; Mikhaila Rice, P3, served on the Research Affairs Committee with pharmacy researchers, residents, and fellows. Several of our faculty received distinguished awards: Dr. Smithburger and Dr. Coons were both recognized as ACCP Fellows, Dr. Smithburger was awarded the Critical Care Practice and Research Network (PRN) Research Award, and Dr. Ensor was awarded the Immunology and Transplantation PRN Service Award. Finally, several of our Pitt students had the opportunity to present their research at poster sessions. Mikhaila Rice, P3, also had the opportunity to present her research in an oral presentation at the Health Outcomes PRN Business Meeting. All in all, our SCCP members had an incredible time. Keep an eye out for registration for the 2018 Global Conference on Clinical Pharmacy in Seattle, WA next year!

Back at Pitt, SCCP activities have been ramping up. A few weekends ago, our members participated in the American Lung Association Lung Force Walk to promote lung health. We were happy to donate a portion of the funds raised during our wine glass fundraiser last spring to support the American Lung Association. Lung health is a health concern especially relevant in Pittsburgh, so we are excited to grow our new initiative, Project Pulmonology. Project OTC is also up and running; our first tabling event took place this past Monday. Check out our Facebook page to sign up for future IPPE-approved events!

The New Drug Series has been a continued success. Rachel Cartus, P3, led our second Journal Club of the year to prepare for a discussion with a medical science liaison from Kite Pharma regarding CAR-T Cell Therapy. Up next, Hannah Akerberg, P2, will lead a Journal Club on Orencia® (abatacept), a new therapy for autoimmune diseases. Join us to discuss relevant clinical publications on Tuesday, November 7th. If you are looking for an opportunity to put the literature evaluation skills you have gained through these journal clubs to the test, look no further than our local Clinical Research Challenge, where P1 and P2 students compete to progress to the ACCP national competition. We plan on having a statistics and literature evaluation crash course later in the semester to make sure you are as prepared as possible, so stay tuned!

As the semester progresses, we hope to continue to grow our new projects and initiatives while maintaining focus on our members’ development as clinical pharmacists. If you have any ideas or events that you believe would fit with this mission, be sure to reach out to our executive board at SCCP: Student College of Clinical Pharmacy

Mikhaila Rice (P3), Secretary
CPNP: College of Psychiatric and Neurologic Pharmacists
Domenick Francis (P2), Secretary

CPNP had a very exciting and eventful October! October 1st marked the date of our first big event, the NAMI walk. Our members were all able to raise a substantial amount of money to help promote awareness for mental illness. We also had a table at the event where we promoted over-the-counter medication safety and provided valuable information to people participating in the walk in order to help reduce the incidence of OTC medication toxicity.

Need some Pitt Pharm gear? We are currently selling laptop stickers with the School of Pharmacy logo. They are 3 dollars each, and we will be accepting orders until October 27th!

Please message Maura McGonigal (P2) if you are interested.

Looking to get involved in a leadership position? CPNP is looking for a P1 to start planning a Dean’s Theme event. This is a great way to develop leadership skills, and there is a lot of room for creativity and mentorship. On October 11th, we had a guest speaker, Kayla Acklin, come speak to us about mental health in the collegiate setting. We had a really great turnout, which we hope to see continue into November, and we were all able to gain a deeper sense of awareness and understanding for mental health issues. Good luck on the next round of exams as we delve further into the fall!

PDC: Phi Delta Chi
Alex Miller (P2), Worthy Keeper of Records and Seals

The only month even spookier than October for the boys of PDC is November. Now, we must face the horrors of the exams and projects that November holds for us. But fear not, the brothers of PDC still have some great events planned to help keep us sane this month!

Looking back on October, our boys accomplished many great things. Our event at Three Rivers Casino for the National Kidney Foundation was a night for the record books, and a few of our brothers were able to build some relationships with important figures in the community. Additionally, we had several brothers step out on a Saturday morning to help clean up the streets of South Oakland. Many of us have also made a return trip to Global Links from last year and are continuing to send out unused medical supplies to underprivileged countries.

The Raiders have been working hard at fundraising for our beloved chapter as well. Our annual professional sale ran for several weeks in October, and we hosted one of our legendary Merante’s Hoagie Sales.

Even with all of these wonderful community service events, the brothers of PDC have also made time for some exciting social events. Following completion of our first wave of exams, several of our brothers attended Kennywood Fright Night, and things got pretty spooky. It's worth mentioning that some of our brothers got a little too scared, but as we always say, each needs the help of the other!
October was an exciting month for Student Industry Organization. We hosted an informative New Drug Lecture Series featuring a representative from Kite Pharma who presented information about a revolutionary CAR-T cell therapy. We were very pleased with the audience questions during the event and with the attendance at our Journal Club prior to the event. We would like to thank everyone for their participation!

We hosted Dr. Ameer Ali, who gave an inspiring talk on innovation and startups as it relates to pharmacy school and business. Looking ahead, on November 2nd in Salk 402 at 12 PM, we are welcoming Rutgers Industry Fellow and alumna Ally Sapirstein to present on her fellowship experience. This will be a valuable talk for anyone interested in applying to an industry fellowship following graduation. We are also hosting our third New Drug Lecture Series on November 16th featuring a representative from Bristol-Myers Squibb. Keep an eye out for emails and Facebook notifications regarding these events!

We are happy to introduce our special projects for the year, which serve as great opportunities for students to get involved in SIO and to get to know our executive board. P1 and P2 students can gain experience that will benefit them greatly if they want to apply to an executive board position next year! We have 4 project committees: SIO Pamphlet and Information, Biotech Investment Fantasy League, Symposium and Networking, and Internships/APPEs. The SIO pamphlet will be an informative resource that lays out the various roles and responsibilities of pharmacists in the pharmaceutical industry as well as the goals and mission of SIO. It will outline the events and speakers that we have and touch on explaining fellowships and the application process. The internship/APPEs project will focus on developing an understanding of which APPE rotations are available during the P4 year (applications, deadlines, etc) and of what internship experience SIO members have had (about the internship, what they did, how they got it, etc). The BIFL Projects include introduction to financial projection of pharma developments and investment, due diligence team and investment identification (2 teams of 2), and pharma consultancy development. Lastly, the Networking/Professional Development project deals with establishing new contacts in industry in order to build our network for future drug information sessions, symposium, and fellowship info sessions. It also includes setting up a LinkedIn workshop event for students and any professional development ideas the student may want to pursue (i.e. interview skills, CV review, etc.). We welcome students of all years to apply to be in these special projects. If you are interested in any of these, please send us an email at studentindustryorg@pitt.edu. As usual, look out for any future events and details on our Facebook page!

Continued from previous page:

One of our favorite events, the annual formal with LKS, is coming up in November. This is an amazing night where we get to show off our slick suits and spicy dance moves to these lovely ladies. Additionally, we will be attending the National Kidney Foundation Walk at the Oakland Zoo, where we offer our help in any way needed. Finally, we will be volunteering at the Ronald McDonald House where we will be preparing meals for kids who are less fortunate. All in all, despite the terrors that pharmacy school will bring in November, it will still be an action packed and great month for Phi Delta Chi!
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Letter from the Editor

Thank you to everyone who participated in American Pharmacists Month! As you can see, all of our student organizations were extremely busy throughout the month of October. As students, we have a unique opportunity to show our community how pharmacy and pharmacists can impact patient care.

SSHP members educated fellow students about vaccinations; CPNP members participated in the NAMI walk to raise awareness for mental health; SNPhA members educated parents and children about safe medication use at the Children’s Museum; and APhA-ASP members participated in National Prescription Drug Take Back Day.

Although American Pharmacists Month has come to a close, our year is just getting started. How will you choose to make a difference and show the value of pharmacy?

Mikhaila Rice
APhA-ASP Communications Vice President
Pitt Capsule Editor-in-Chief

Like to Write?
We accept independent student submissions for publication in the Pitt Capsule. If you have a personal project or article you would like to share with the school, feel free to send the article pitt.apha.communications@gmail.com. If you would like assistance in putting together an article for publication, let us know – we would be happy to help!