Welcome back to school, and I hope everyone is finding ways to stay warm! With the start of a new semester, many exciting and new opportunities have come for our ASCP chapter. Last semester, we began coordinating with the undergraduate PittServes office to organize an event as part of Pitt’s Martin Luther King Jr. Day of Service. After spending many hours researching sites and activities, compiling materials, and assembling posters, we were able to see our hard work come to fruition on MLK Day. ASCP, along with SNPhA, RxPrep, and many undergraduate students, was able to educate over one hundred residents at Longwood at Oakmont Retirement Community on many topics, ranging from fall prevention to brain health to stroke and chronic kidney disease. The residents, many of whom are former physicians, professors, and even pharmacists, engaged us with many questions and expressed their gratitude for our presence and for the health fair. Thank you so much to everyone who made the event a success!

At the end of January we welcomed Deborah Milito, RPh, PharmD, BCGP, who serves as the Western Regional Director of the PA Chapter of ASCP, to speak about her role with ASCP and the impact of consultant pharmacists across the state. We will be welcoming residents from UPMC St. Margaret on March 22nd and Dr. Heather Sakely, the residency director at St. Margaret, on April 11th. Keep your eyes and schedules open for more senior outreach events as well, as we coordinate dates with both Riverview Towers and Heritage Place for the semester.

On February 7th, we will be hosting a SilverScripts Prep event to prepare the P1 students for their first SilverScripts visit. Students will rotate through different stations to practice their skills, including blood pressure screenings, MTM, and top drug knowledge. We look forward to seeing you there, P1s!

This semester, GBMs will be held on February 20th, March 20th, and April 10th. As always, if anyone is interested in learning more about our organization or getting more involved, feel free to email pittascp@gmail.com. Best of luck through the semester!

Pictured Above: The many students that participated in the MLK Day outreach event at Longwood at Oakmont Retirement Community, including members from ASCP, SNPhA, and RxPrep, as well as undergraduate students.
February is an important month for Student Industry Organization as we host some of our biggest events of the year! Executive board elections are underway and applications have been received. As a reminder, those selected this month will serve as elects until the fall semester and will be trained in that role by the current executive board. Looking forward to our main events for February, we are excited to announce that our Annual SIO Symposium will be February 23rd-24th! The Annual Pharmaceutical Industry Symposium, which began in the spring of 2016, invites Pitt alumni and other professionals in the pharmaceutical industry for an all-day networking event with current PharmD and PhD students. This event has been a great success for the past few years, and we are equally excited this year to bring back a number of distinguished guests, including alumni. Speakers and panelists for this year’s event include Mike Tortorici, PharmD, PhD; Margie Zak, PharmD; Rick Bertz, PhD; and many more! The event is hosted by the SIO executive board with Dean Patricia Kroboth and Dr. Samuel Poloyac.

On February 23rd, there will be a cocktail party networking event, location pending. This event is designed to network and get to know the panelists before the main event at 8:00 AM on the 24th. More details will be sent out on our event page. The main event will be held at the University Club and will feature catered breakfast and lunch. Students are encouraged to dress business casual (no white coats) and come prepared to ask questions and interact with the panelists. If you are looking to get involved in the pharmaceutical industry, this event is a great way to start!

Our next New Drug Series lecture is on February 1st in room 402 at noon and will be presented by Dr. Andy Lepisto, Executive Medical Science Liaison for Bristol-Myers Squibb. He covers the solid tumors division for the company, and he will talk with us about Opdivo (nivolumab). Food will be provided. Keep an eye out for emails regarding the event and our next journal club. As always, stay up to date with everything SIO on our Facebook page!

SIO members took an informative trip to one of Bayer’s facilities in Indianola, PA.
The Pitt SSHP Chapter and the School of Pharmacy were well represented at the ASHP Midyear Clinical Meeting held December 3rd-7th in Orlando, Florida. Over 70 students traveled south to attend the meeting for a variety of agendas. Several highlights from the conference include the Residency Showcase, Student Poster Presentations, Exhibition with many pharmaceutical product and service companies, and the Keynote Speech from former First Lady, Michelle Obama. One remarkable highlight from this trip was the ASHP Clinical Skills Competition, in which our own Lindsay Jablonski and Mary Grace Fitzmaurice competed against teams from 134 other pharmacy schools and won first place! We congratulate them, and we are so proud and thankful for all of the students that traveled to Orlando. They did a great job representing our school’s chapter and promoting the profession of pharmacy.

On February 10th, we are participating in Kidapalooza at the David Lawrence Convention Center. This is a very large event for the community, and our chapter will present our Poison Prevention Project. We will be using Mr. Yuk activities to inform children about poisonous household products and inform parents about the Pittsburgh Poison Center. We are also in the middle of planning a Center for Organ Recovery & Education (CORE) event, in which we intend to educate the school on Transplant Pharmacy by bringing in CORE life. CORE is a nonprofit organization committed to organ transplant donation, education, and research. Be on the lookout for this event!

Elections will be held in February, so if you are interested in running for a position, please contact us at pitt.sshp@gmail.com.

Pictured Above:
Featured are some of our SSHP members presenting their poster on Poison Prevention Outreach at the ASHP Midyear Clinical Meeting in Orlando, FL.
Happy February everyone! The last time you heard from us was before the holidays, and we had many events going on during that time, including the holiday dinner at Buca di Beppo. We could not have asked for a better way to end the year than with amazing food and spending time with our wonderful LKS sisters. A few of our sisters attended ASHP’s Midyear Clinical Meeting and Exhibition in December, where some of them presented posters on their ongoing research projects. They did a fantastic job!

In the month of January, our chapter held the 6th Annual Doctor Salk Hall. With your help, we were able to raise over $1,300, which was donated to both our philanthropy, Project HOPE, and our winner Caleb Lynch’s charity of choice, St. Jude’s. We want to thank everyone who attended, and we hope you enjoyed the show. We also want to give a shout-out to Carly Gabriel and Casey Butrus for putting on an amazing show!

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

Hello all! During the time since our last article, the Raiders have been up to some pretty amazing things. We have done some volunteering, brotherly bonding, and one of our very own brothers brought home the Dr. Salk Hall crown! We also recently initiated our new brothers and are very glad to finally have them as full members of our fraternity.

Our biggest event recently was our annual trip to Gatlinburg, Tennessee. Over MLK day weekend, a group of 23 brothers made the long journey down south to the beautiful Gatlinburg Falls Resort and stayed in the illustrious Crown Jewel cabin. We met with many other chapters from around the country to get to know each other and learn how different pharmacy schools operate.

While it was a bit chilly, we still had a great time enjoying brotherly dinners together as well as watching (and getting angry during) the Steelers game.

Upon returning to Pittsburgh, we had four brothers enter the Dr. Salk Hall charity competition. Brothers Tommy Szeltner, Paul Stangl, Caleb Lynch, and Jarad Ickes competed for a chance to win. Brother Caleb came out as the grand victor and donated his $1000 reward to our beloved philanthropy, St. Jude’s.

It is still early in the semester, but as you can see, the boys of PDC have been keeping busy. There are many more events this semester, so keep on the lookout for the greatness to come!
The Brothers of Kappa Psi have had an exciting start to 2018! Our first weekend back was our annual ski trip in Deep Creek, Maryland, where we enjoyed brotherly bonding and Archie’s Barbecue. At Archie’s, two of our Brothers attempted and nearly completed the Mountain Man Challenge, which involves eating 1 full rack of ribs, 1 dozen wings, 1 Archie Deluxe Sandwich, 4 pieces of cornbread, 2 sides, and 1 soft drink, all within an hour. On January 18th, we initiated 26 new Brothers, and we are so glad to have them as part of our chapter! That same day, we attended Dr. Salk Hall to support our very own Brother, Rachel Young, who was the only female participant and represented us well! We are so proud of her for winning “Crowd Favorite” and nearly died of laughter when she used her Outcomes Document as her talent. During her introduction, we also laughed when she threw hot sauce into the crowd as “Formation” by Beyoncé played in the background. The week ended with the PIs receiving their white coats. The next week was the PLS auction, and we were eager to raffle off a night at the Escape Room for 8 students and faculty.

On February 8th, we will be holding elections and passing on our roles to the newest E-board members. Our annual Pies with Kappa Psi event is scheduled for February 15th, so we hope to see many professors and students there to support Birmingham Clinic by shoving pies in their friends’ faces. Last but not least, our Patient Care Committee is working on our Sun Safety project as part of the Dean’s Theme and getting ready to present their poster later this semester.

PPA: PENNSYLVANIA PHARMACISTS ASSOCIATION
Kelly Jenniches (P2), Communications Ambassador

PPA has a busy spring semester ahead of us! We are currently selling organ pins (brain, heart, lungs, and an eyeball) as a fundraiser for our organization. The deadline to purchase a pin is February 19th. Please help support PPA while adding flare to your white coat!

Several IPPE approved events are planned for the semester. The first event coming up this semester is Kid-a-palooza at the David Lawrence Convention Center on Saturday, February 10th. Giant Eagle is sponsoring this event and there will be thousands of kids and their families in attendance. Throughout the day, different student organizations will be presenting on their Dean’s Theme topic at a designated booth. PPA will be presenting on the Cold and Flu from 10 AM – 11:30 AM. Other opportunities include tabling at the Children’s Museum on March 3rd and April 7th from 11 AM – 2 AM. Additionally, we are planning blood pressure screening events that will be held at various locations on campus. These will occur in March and April. If you are interested in participating in any of these events, keep a lookout on your class pages for a sign-up sheet.

Lastly, PPA is excited to announce we are hosting our first Pitchers and Policy event on a Friday in late February. We will be discussing current legislative issues while enjoying drinks and appetizers at the Thirsty Scholar. This event is for students who are 21 and up, and it is free. We look forward to seeing everyone there! Our next general body meeting is TBA with more information to come next week.
WHY MENTAL HEALTH STATISTICS MATTER

Laura Sarknas, RPh
University of Pittsburgh School of Pharmacy Class of 1991

According to NAMI (The National Alliance on Mental Illness), 1 in 5 adults in the United States suffers from a mental illness. Roughly $193 billion is lost in earnings annually, and more than 41,000 individuals commit suicide each year.

How does this concern us as pharmacists? Often, patients are either too worried or too ashamed to ask questions when seeing their doctor, or many times the physician is too rushed to take the extra time needed. Either way, we are often the ones that patients come to for help.

So what can we do for the patient?

• Engage in conversation without judgment
• Explain why the prescribed medications are needed: I once counseled a woman who thought she was “strong enough” to fight through her depression and stopped taking her medications. I used diabetes as a comparison. A patient with diabetes that needs insulin due to insufficient production by the pancreas is no different than someone needing a boost in serotonin because his or her body does not produce the correct levels. I’m happy to say that she is faithfully taking her medication and is back to work.
• Explain the importance of being compliant with their medication regimen even when they start to feel better

Dealing with a loved one’s mental illness isn’t easy on family members either. We must acknowledge the difficulty and frustration they may face. We must also reinforce the fact the mental illness is real and their loved ones are not to blame.

Many resources and support groups (both nationally and locally) are available for both the patient and his/her family. As pharmacists, we should have this information readily available. We could quite literally save a life.

• NATIONAL SUICIDE PREVENTION HOTLINE: 1-800-273-8255
• CRISIS TEXT LINE: Text “START” to 741-741
• NAMI: 1-800-950-NAMI
• DBSA (Depression & Bipolar Support Alliance): 1-800-826-3632
• UPMC RESOLVE CRISIS SERVICES: 1-888-796-8226

For more information, visit the blog: www.thepharmacistonmentalhealth.com.
We had a very busy month of January! PLS interviews for the P1, P2, and P3 students were held during the second and third weeks of the semester. Thank you to all of the students who applied! Invitations to our new members will be distributed in February, and we are excited to welcome our new members into PLS!

The annual PLS Charity Auction was held on January 25th at the Wyndham hotel in Oakland and was a huge success! We were able to raise $10,741 for the Grace Lamsam Pharmacy Program, which provides medications and medical services to the underserved population of Pittsburgh. Thank you to all professors and student organizations for their awesome item donations, and we hope you all had a great time and are already looking forward to next year!

Welcome back, students! It is a brand-new semester full of new classes, exams in Scaife 6, and the opportunity to start attending a new club. That’s right, I’m talking to YOU! The Christian Pharmacists Fellowship International (CPFI) meets every Tuesday at lunch, and we would love to have you join us this year. Unlike many other organizations, CPFI does not require a minimum attendance per semester, so feel free to drop in every week or whenever you find yourself seeking encouragement, discussion, and a great group of pharmacy students looking to serve Christ and the world through the profession of pharmacy.

CPFI kicked off 2018 with an informational meeting, a new Bible study looking at the book of Daniel, and a game night full of fun and fellowship together.

Last semester, CPFI’s Dean’s Theme First-Aid Kit Drive fundraiser collected over 80 items thanks to all of our fellow pharmacy students! This semester, CPFI will be presenting a poster at the Giant Eagle Kid-a-Palooza Family Festival at the David L. Lawrence Convention Center, informing children on how to properly clean a wound, how to determine different kinds of wounds, and what goes into a first aid kit with all of the generous donations we received from you. At the end of the semester, CPFI will be donating our first aid kits to Urban Impact, a non-profit organization serving the Pittsburgh youth. Additionally, CPFI had a blast creating encouragement finals week bags full of candy and love for the pharmacy students last semester and delivering handwritten Christmas cards to the faculty and staff.

Follow us on Instagram @cpfipitt. We look forward to meeting you this semester!
Welcome back everyone! Hopefully everyone was able to enjoy their winter breaks and prepare for this semester. Looking back on the fall, we would like to extend our thanks to those who attended our Posters, Professors, and Progress event in November. We hope everyone got a chance to learn something new about the research that different faculty members are working on and even possibly get involved in a project.

Looking ahead, Rho Chi will be hosting the first blood drive of the semester on February 1st in the PCLC. We hope you consider donating! The chapter has also been preparing to head to the national Rho Chi meeting that will be taking place during the APhA Annual Meeting next month. For the third year in a row, the chapter has been chosen as a finalist for the Chapter Achievement award that will be presented during the national meeting. We are very excited to showcase all of the great things the chapter has accomplished for the school and for the profession of pharmacy as a whole.

As always, we would like to remind everyone that our chapter tutoring program is available if you are struggling with any courses. We will be holding a few different review sessions throughout the semester for both P1s and P2s, including topics such as Top Drugs and Infectious Disease. Feel free to reach out to any member at any time.

Once again, welcome back, and best of luck this semester!

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Once again, welcome back, and best of luck this semester!

We hope everyone is having a great semester so far! Thank you to everyone who came to the Steel Cactus Happy Hour. It was a huge success and the food was great! The APhA Annual Conference in Nashville, TN is quickly approaching. The conference is from March 16th-18th and is sure to be both informative and fun. If you are attending, we will be holding a mandatory meeting about the conference Wednesday, February 21st at lunch, so mark that on your calendar.

APhA-ASP will have a professional headshot fundraiser to raise money for the PharmPAC. The PharmPAC provides advice and consultation to enable politicians to defend and further the profession of pharmacy. Due to its success in the past few years, we are excited to offer this again! There will be time slots available during the weeks of February 12th and February 19th. An email was sent out with additional details and a google sign-up sheet.

Lastly, our APhA-ASP chapter is really excited for our new, incoming executive board that will be determined after the election process this month. We are ready to begin working with them to ensure that everyone has a great experience next school year!
SCCP has had an exciting start to 2018! On January 22nd, eight teams competed in the Clinical Research Challenge. At the end of an evening, P1s Shawn Meehl, Jake Winschel, and Juan Cervantes came out on top and will go on to represent our school in the national competition. If they make it past the next few rounds, they will be invited to compete at the 2018 ACCP Global Conference on Clinical Pharmacy in Seattle, WA.

We also hosted our first journal club of the year, which was led by SCCP Mentored Research Fellow, Vivian Tsai. The discussion centered on the use of anti-PD-L1 agents in treatment of lung cancer. A week later, Andy Lepisto of Bristol-Meyers Squibb visited to present on their anti-PD-L1 drug Opdivo® (nivolumab). Thank you to everyone who attended these events! Keep an eye out for an announcement introducing the next topic and dates — we hear there may even be coffee and biscotti at the next journal club!

Our SCCP chapter will be electing its newest executive board on February 14th. All members are strongly encouraged to attend, as this will be your opportunity to influence the future of our organization. If you are interested in running, please reach out to the current executive board members with any questions you may have. You can also reach by emailing the SCCP account (pitt.accp.ebaord@gmail.com).

Finally, we have many new and exciting events and projects planned for this semester. We will send out an email to all members with a google doc sign-up sheet. For more information and chapter updates, find us on Facebook.

Have a great semester!

~ ELECTIVE SPOTLIGHT ~

Cathy Dziuba (P1)

The Side Project

Dr. Ameer Ali leads the new elective called, “The Side Project: Building Value with Your Spare Time.” With a casual yet intellectual atmosphere, the cozy class of six sat around a single table in room 402. In some ways, it felt like the backstage pass of the Pharmacy Innovation elective, since all of the students were taking these two classes back to back.

Possibly due to the way the class is set up, it is naturally discussion-oriented. In the first portion, Dr. Ali gives theories of personal development, instructs on legal or societal issues associated with common paths of innovation, and business leadership advice. At many points, he engages students with various relevant questions pertaining to problem solving. In one class, the discussion barreled through countless topics from money-driven versus mission-driven pursuits, widget mills, Elon Musk, Ikigai, a pharmacy in space, maturity, to how to properly design a beta test.

In the second portion of the class, each student spoke about the personal projects they were currently working on or actively looking for. These projects ranged from writing papers to designing products, and both for-profit and non-profit based ideas were encouraged. People discussed progress as well as setbacks, receiving support from both the instructor and the students. If there would be one informal prerequisite, personal commitment to finding a project is key.

Outside of the classroom, Dr. Ali is known as an adept businessman. It is not uncommon for him to be working on various business deals for UPMC, and the creation of this class is reflective of both his aims as a pharmacy mentor and the focused nature of his work outside of teaching. He says, “I always believed that someone not one hundred percent fulfilled in their work should be doing something else in their spare time that gives that.” In his opinion, “solving a problem that is causing pain to society” is among the best kinds of fulfillment, and he hopes that this class will help students become inspired to achieve just that.

What is in the future? If all goes as planned, Dr. Ali hopes to make this class available every spring, with an elective on entrepreneurship in the fall semester. Although he welcomes students to take both classes, either can be taken alone without prerequisites. In the more distant future, Dr. Ali hopes to open this class outside of the pharmacy school with the eventual goal of reaching a fifty-fifty ratio of pharmacy students to any non-pharmacy students.
Pharmacist Patient Care may have taught us how to interact with our first patients, but few classes go deeper into the philosophies of patient-professional interactions than Pitt Pharmacy’s new elective, “Literature and Film to understand Patient-Practitioner Experiences.” Coordinated by Dr. Meyer, this small discussion class explores these interactions with a more holistic approach, and in Dr. Meyer’s words, it teaches students to “remember the patient as a person.”

This elective looks at literature and film that makes students look through the lens of patients and society rather than that of a healthcare professional’s perspective. The first week, they looked at poems, and in the second class they discussed the movie, “The Doctor,” which provided valuable learning opportunities and facilitated discussion between students and faculty pertaining to breaches of ethics.

There is an entire handful of ideas that makes this class structure unconventional. For one, this class meets once every other week for two hours, which balances out the credit hours over the course of the semester. Second, this elective is open to students of other health professions; this semester, a dental student enrolled. Perhaps the most unusual aspect of this class is that the ratio of students to faculty is 4:5, with most of the faculty members participating as learners. These faculty members are from Nursing, Medicine, Pharmacy, Dental, and even the Office of Health Science Diversity. Through this diversity, people with vastly different life experiences and outlooks can sit together in a conference room and share thoughts amongst themselves and students.

There are four students in the class right now: three pharmacy students and one dental student, and the first impressions of the class were unanimously positive.

Sophia Cothrel, P3, says that “in undergrad I took literature and film for my Spanish minor,” and she took a liking to using media in her areas of interests.

For P2 Kathy Monangai, this class offers an interesting change to the day-to-day pharmacy classes.

From the other side of the fence, Brian Ferguson, a fourth-year dental student, holds similar sympathies, saying “there aren’t a lot of courses in the Dental School such as literature. There are a lot of topics in undergrad that we miss.”

This class was in the works as early as the 2015-2016 school year, when the class was called the Year of the Humanities. Then, fifteen interdisciplinary faculty members collaborated with the Office of the Senior Vice Chancellor to make various changes, and with that came the plan “Literature and Film to Understand Patient-Practitioner Experiences.” Through a grant, they were able to bring humanities to the health science students in ways that make a functional difference to practicing in the field.

Dr. Meyer hopes to have this class run every semester. When she helped plan the class, there was originally a longer list of literature and film, so she plans on using new materials each semester to keep the discussions fresh and attract new students to the class.

**Follow Along with the Literature and Film Class!**

**Literature:**
Gawande, Atul. *Being Mortal: Medicine and What Matters in the End.* In the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. The author offers examples of socially fulfilling models for assisting the infirm and dependent elderly to demonstrate that a person’s last weeks or months may be rich and dignified.

**Film:**
*Alive Inside.* An exploration of music’s capability to reawaken souls and uncover the deepest parts of humanity. Chronicles the experiences of individuals around the country whose minds have been revitalized and awakened by the simple act of listening to the music of their youth.

*The Doctor.* His own experience as a patient changes his outlook as a surgeon.
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GBM = general body meeting, all members welcome
LETTER FROM THE EDITOR

As 2017 became 2018, several of my friends shared videos in which they combined 365 1-2 second video clips from each day of the year. I was inspired by this idea, and for the first few weeks of 2018 I have remained committed to capturing a short moment from each day.

Our time in pharmacy school is a time of great transition and growth for many of us, and I think it is important we find ways to capture our journey. My fellow P3s have officially submitted preferences for APPE rotations, which will begin in May. It is hard for me to imagine not seeing the people I have seen nearly every day for the past two and a half years. It is strange to consider that after this year, I may not be in Pittsburgh again for an extended time. I am sure, though, that I will want to be able to look back. How will you spend this time? And when it’s all over, how will you look back?

Mikhaila Rice
Pitt Capsule Editor-in-Chief
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