

# The Pitt Capsule

*February 2019*

## **APhA-ASP: American Pharmacists Association Academy of Student Pharmacists**

**Danielle Weaver (P2), Membership VP**

Happy Pharmacy Weeks! Thank you to all who attended the various Pharmacy Weeks' events. We hope you all had a great time celebrating pharmacy and socializing together. Shout out to everyone who came to the Happy Hour! The manager and staff at Steel Cactus were impressed by how professional and polite we were. Great work representing Pitt Pharmacy well!

Following Pharmacy Weeks, APhA-ASP is excited to keep the fun and experiences rolling with several Dean's Theme, Operation, and social events. As mentioned previously, the Dean's Theme for this year is Operation Heart, and the Patient Care Committee has a lot of great events planned! Check out the

Patient Care Committee's Facebook page for more updates and information regarding the various events happening this semester. If you're interested in helping with any of the events or projects, we encourage you reach out to the Operation and project leaders.

In addition to Dean's Theme and other patient care events, stay on the look-out for more information regarding upcoming social events. Check out below for an overview of some of the fun ahead.

Another exciting event happening this semester is the APhA Annual Meeting! This year, the meeting will be held in Seattle, WA from March 22-25. It is a great way to network, grow professionally, and connect with fellow student pharmacists. Registration for Annual through the school closes on February 22<sup>nd</sup>.

Our next GBM will be on Wednesday, April 3<sup>rd</sup> during lunch in Salk 402. We look forward to seeing you there!

### Save the Date!

The Great Gatsby – Pittsburgh Ballet	Bowling Night at Arsenal Lanes	Spelling Bee during APhA-ASP GBM	Pirates Baseball Game (vs. Cardinals)	End of the Year Party at Hofbrauhaus
Friday, February 15 <sup>th</sup> at 8 PM	Monday, March 18 <sup>th</sup> at 7 PM	Wednesday, April 3 <sup>rd</sup> at 12 PM	Wednesday, April 3 <sup>rd</sup> at 7:05 PM	Friday, April 26 <sup>th</sup> at 5 PM

## CPNP: College of Psychiatric and Neurologic Pharmacists

### Catherine Pfendner (P3), Secretary

CPNP (College of Psychiatric & Neurologic Pharmacists) was present at Tobacco Free Allegheny event where we talked to patients about smoking cessation and behavioral health with Pitt's SNPhA chapter & Duquesne Pharmacy! We also held a Psychiatric Pharmacy Q & A where we had clinical pharmacists from UPMC. Drs. Marissa Cullen and Tiffany Reid (UPMC Western Psychiatric Hospital) and Dr. Ashley Mittereder (UPMC McKeesport) talk about their clinical experience as psychiatric pharmacists. CPNP participated in the January Back-to-School Picnic where we interacted with P1 and P2 students. We will also be at Kidapalooza on February 2<sup>nd</sup> from 12-2 PM to talk about stress on the heart; meet us there! Join our Facebook page to stay updated about our events. Our next meeting is on February 6<sup>th</sup> at 12 PM. Ask any member to learn more about CPNP!

## SSHP: Student Society of Health System Pharmacists

### Kiana Green (P3), Business Manager

Welcome back to the spring semester! SSHP has been very busy over the last few months. The Pitt SSHP Chapter and the School of Pharmacy were very well-represented at the ASHP Midyear Clinical Meeting held from December 2-6 in Anaheim, CA. Over 70 students traveled west to attend the largest pharmacy conference in the world! Some highlights from the conference include the Residency Showcase, Poster Presentations, and the Keynote Speech from Magic Johnson. One remarkable highlight from this trip was the ASHP Clinical Skills Competition, in which our own Meghan McLinden and Jordan Serio competed against teams from 134 other pharmacy schools. We congratulate them on a job well done, and we are so proud and thankful for all of the students that traveled to Anaheim. They did a great job representing our chapter, our school, and promoting the profession of pharmacy! We also held our first GBM on January 17<sup>th</sup> and were glad to see everyone back and ready to get involved this semester in SSHP!

February is quite a full month for us! On the 2<sup>nd</sup>, we are participating at Kidapalooza to promote this year's Dean's Theme: Operation Heart. Coming up on February 14<sup>th</sup> is our second GBM and E-board elections. We will be providing lunch and raffling off prizes, and we hope to get a large turnout! For our elections, we are cleaning house, so every position is open! Our elected positions include Present Elect, Vice President, Business Manager, and Secretary. Our appointed positions include External Career Development, Internal Career Development, Project Chair Elect, Fundraising, and Dean's Theme. Those running for our elected positions will give a short, 3-minute speech at this GBM. Everyone who wants to run for a position will need to email us by 11:59 PM on February 7<sup>th</sup>. If you are interested in running for a position, or know you for sure are, send us an email at [pitt.sshp@gmail.com](mailto:pitt.sshp@gmail.com)! Also, February 18-22 is our Practice Advancement Initiative (PAI) Week. PAI is aimed at transforming how pharmacists care for patients and continuing to advance our profession. Be on the lookout for more information about the events to come!

We hope to see you on February 14<sup>th</sup> at our GBM!



*E-board members Funto Babalola, Britney Stottlemyer, and Caylee Sams present their poster at the Student Society Showcase at ASHP Midyear in Anaheim, CA.*

## ASCP: American Society of Consultant Pharmacists

Emily Kistler (P3), Secretary

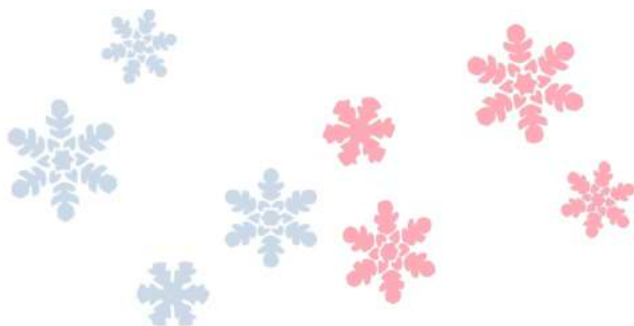
ASCP hopes everyone is having a great start to the semester! Our members started the semester off by participating in a health fair at Longwood at Oakmont Retirement Community on MLK Day. Some of the topics covered included COPD, fall prevention, BEERS criteria, stroke, and mental health.

Over winter break, ASCP members created fidget blankets to help with the behavioral symptoms of dementia. These blankets will be given to residents suffering from dementia. If you would like to learn more about dementia and how fidget blankets can help, come to our GBM on February 13<sup>th</sup>.

This semester, ASCP will be welcoming some speakers. Scott Stephens from RxPartners LTC Pharmacy will be coming on February 27<sup>th</sup> to talk about consulting and the services a long-term care pharmacy provides. We are also planning a St. Margaret's residency panel for the spring semester, so stay tuned!

We will be holding three more GBMs this semester on February 13<sup>th</sup>, March 21<sup>st</sup>, and April 18<sup>th</sup>. All will be at lunch in Salk 524. Hope to see you there!

If you are interested in learning more about our organization and events, please reach out to us at [pittascp@gmail.com](mailto:pittascp@gmail.com).



## NASP: National Association of Specialty Pharmacy

Damaris Szmaciasz (P3), Vice President

Last semester, NASP members toured Valeda Health, a specialty pharmacy located in Mt. Lebanon. NASP E-board members represented the organization at the Back-to-School Picnic in January hosted by APhA-ASP. NASP opened up the spring semester with a GBM on January 24<sup>th</sup>. On February 14<sup>th</sup>, we will be hosting a guest speaker, Mike Einodschofer, from Maxor National Pharmacy Service. Maxor was founded in 1926 in Amarillo, Texas. It is a national leader among retail and mail order pharmacies, pharmacy benefit management, pharmacy consulting and management, home infusion, specialty pharmacy, third-party administration services, pharmacy audit, and pharmacy technology. Lunch will be provided at this meeting! NASP will continue to seek out and provide more site visits and guest speakers throughout the spring semester.





## SNPhA: Student National Pharmaceutical Association

Kathy Monangai (P3), President

The Student National Pharmaceutical Association chapter has a busy month in store this February. First, we will be hosting our 2<sup>nd</sup> Annual Black History Cultural Showcase on Friday, February 15<sup>th</sup> in Scaife Hall Auditorium 6 from 6-8 PM. There will be several performances, food, and raffle tickets, and all proceeds from the event will be donated to a local Pittsburgh charity. The event is being co-sponsored by the Student National Medical Association, Student National Dental Association, Public Health's Minority Student Organization, and Nursing's VITAL. Additionally, SNPhA collaborated with Script Your Future representatives to put together an interprofessional health fair at the Homewood CEC, or Community Engagement Center. The health fair will be held on Saturday, February 16<sup>th</sup> from 10 AM - 2 PM. Some of the health professions in addition to pharmacy include medicine, nursing, dental medicine, and athletic training. This will be a great way for members of the community of Homewood to meet some of the local health student professionals from Pitt!

Early last month, we collaborated with ASCP and RxPrep for their 2<sup>nd</sup> Annual Martin Luther King Day of Service Health Fair. It was held at the Longwood at Oakmont Retirement Community. SNPhA was able to contribute several posters to the health fair including topics covering chronic kidney disease, mental health, and diabetes. The residents of the retirement community were very happy to have us there and were very receptive to the topics we discussed!

Lastly, hear more about our events at our next general body meeting on Wednesday, February 20<sup>th</sup> in Salk 402. If you have any questions, concerns, or ideas, please be sure to reach out to the executive board through our Facebook page (@SNPhA.Pitt) or email ([snpha.pitt@gmail.com](mailto:snpha.pitt@gmail.com)).

*Pictured above: PittServes' Martin Luther King Jr. Day of Service Health Fair at Longwood at Oakmont Retirement Community. Pictured with members from ASCP, SNPhA, RxPrep, NPHC fraternity and sorority members, and other PittServes volunteers.*

## SCCP: Student College of Clinical Pharmacy

Kathy Monangai (P3), Secretary

The Student College of Clinical Pharmacy chapter started off the spring semester with our annual Clinical Research Challenge, or CRC, on January 28<sup>th</sup>. The CRC is a national team-based competition that offers teams of three student pharmacists to participate in an online journal club and the opportunity to submit a letter of intent and a clinical research proposal. We had a team of current P2 students who even made it to the finals last year! We're also excited to start a new program called the Pharmacy Residency Shadowing Event Series. This will give interested students the opportunity to speak with current clinical pharmacy residents about how they got to the position they are in, their typical work day, and possibly even set a time to shadow them.

We have appointed new leaders for two of our projects: Project Self Care and Project Heart Health. If you're interested in being on a subcommittee or participating in an event for our other projects, please feel free to reach out to one of the project chairs. Reach out to Jessica Cercone for Project Heart Health, Christian Rosikiewicz for Project CMM (Comprehensive Medication Management), Gerald Taylor and Josephine Kim for Project Self Care, Nicole Hume for Project Pulmonology, and Kristina Murray and Nikitha Yagnala for Project CE (Continuing Education). If you have any questions, concerns, or ideas, please reach out to our executive board through our Facebook page (@universityofpittsburghscpc) or email ([pitt.accp.eboard@gmail.com](mailto:pitt.accp.eboard@gmail.com)).



## Kappa Psi

Melanie Umbaugh (P2), Secretary

2018 was a busy year for the Brothers of Kappa Psi, but we're already moving full steam ahead into 2019! We started the semester with our annual ski trip in Deep Creek, Maryland, a weekend of brotherly bonding and our traditional lunch at Archie's Barbecue. On January 17<sup>th</sup>, we celebrated the initiation of 31 new Brothers, and we are so excited to welcome them into our chapter! At the end of January, our very own regent, Nicole Farah, served as a MC for Dr. Salk Hall, and one of our new Brothers was a contestant!

Last year, our chapter was awarded a grant to support the National Kappa Psi Philanthropy, Reach Out and Read. We will be tabling about our Reach Out and Read initiative at Kidapalooza on February 2<sup>nd</sup>, and we look forward to planning events for children throughout the Pittsburgh area. We are also looking forward to the Spring Mountain East Province assembly, hosted this year by Duquesne's chapter from March 1-3. We cannot wait to welcome visiting Brothers to Pittsburgh and look forward to a weekend of networking and fellowship. We will be electing a province delegate to represent our chapter in policy discussion on February 14<sup>th</sup>. On February 21<sup>st</sup>, we will be holding chapter elections and passing the baton to the next generation of leaders for our chapter. Lastly, our Patient Care Committee is working on their Dean's Theme project and is getting ready to present their materials later in the semester.

*Pictured above: The newest Brother of Kappa Psi.*

## LKS: Lambda Kappa Sigma

Esther Hwang (P3), Corresponding Secretary

We hope everyone had a great start to the spring semester! Between the last *Pitt Capsule* article and now, the sisters of LKS had a delicious sisterhood holiday dinner at Buca di Beppo and enjoyed their winter break. We also had many of our sisters attend ASHP Midyear Clinical Meeting and Exhibition before break to meet with residency programs and present their research. Great job to all our sisters who attended!

In January, we held our 7<sup>th</sup> annual Dr. Salk Hall. Last year, we raised over \$1,300 for our philanthropy, Project HOPE, and we hope to have raised even more this year! Stay tuned to find out how much we raised! Shout out to our sister, Casey Butrus, for organizing this event.

We are holding our annual White Coat Sale until February 8<sup>th</sup>. If your white coat is no longer white or if you just want a backup one, make sure you put in an order! They are sized differently from the white coats we got at the White Coat Ceremony, so make sure you go down to the University Store on Fifth to try one on before picking a size. Ask any sisters for the online order form!

As always, follow us on Facebook (@pittLKS) and on Instagram (@LKSDeltachapter) to stay up-to-date on all of our events.



*Pictured above: LKS Sisters at the 2018 Buca di Beppo Holiday Dinner.*

## CPFI: Christian Pharmacists Fellowship International

Damaris Szmaciasz (P3), Vice President

Welcome back to classes, student pharmacists! We hope everyone had a Merry Christmas and a very Happy New Year! This semester, CPFI is excited to announce that we have teamed up with Pitt's Christian Medical and Dental Association (CMDA) every Tuesday at lunch for an interprofessional time of fellowship together. We share the building with the dental students, so this is a great opportunity to get to meet and build relationships with students that pass us in the halls every day. We meet every Tuesday at 12 PM in Salk 417-A. Please join us if you have not already!

This past month, CPFI had guest speaker Dr. Smithburger come and share her testimony with the group. Dr. Smithburger is the program director for the Critical Care Residency and teaches various courses throughout the PharmD curriculum. Later this semester, members of CPFI and CMDA will be traveling to West Virginia for a service trip that will focus on community service, shadowing opportunities, and leading various workshops at Warm Hands Warm Hearts. Warm Hands Warm Hearts is an outreach ministry that serves to provide gloves, coats, hats, and socks to needy children and the homeless. The trip will take place April 5-7. If you are interested, please reach out to Allie Taylor ([amt122@pitt.edu](mailto:amt122@pitt.edu)) or Damaris Szmaciasz ([das273@pitt.edu](mailto:das273@pitt.edu)).

As always, if you're free Tuesdays at lunch, please stop by! We know pharmacy school is busy, but we encourage new students and current members to attend whenever they are free.

## PDC: Phi Delta Chi

Caleb Lynch (P3), Worthy  
Keeper of Records and Seals

Hello all! It has been quite a while since our last article in the *Pitt Capsule*. But I assure you that during this time, the Raiders have been up to some pretty amazing things. We've had some volunteering, some brotherly bonding, and some of our brothers competed for the Dr. Salk Hall crown. We also recently initiated our new brothers and are very glad to finally have them as official members of our fraternity!

Our biggest event in the recent months was our annual trip to Gatlinburg, Tennessee. Over MLK Day weekend, a group of 16 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 and got to know each other and how different pharmacy schools operate. While it was a bit chilly, we still had a great time having brotherly dinners together, watching the NFL playoffs, and many more activities.

Upon return to Pittsburgh, we had 4 brothers enter the Dr. Salk Hall competition for charity. Brothers Tommy Rust, Joe Mancini, Tsriztan Oliver, and Rish Arora competed for a chance to win, with the winner donating his \$1000 reward to our beloved philanthropy, St. Jude's.

It is still early in the semester, but the boys of PDC have been keeping busy. There are many more events to come this semester, so keep on the lookout for the greatness to come!

## PPA: Pennsylvania Pharmacists Association

Emily Dell (P2), Communications Ambassador

We hope everyone had a great break and is ready for this semester! The Pitt Chapter of PPA has a lot planned in the next few months. Last semester, we went to the Annual Conference in Lancaster, PA. Four of our students and PPA members, Spencer Schlecht, Katie Van Golen, Alyssa Lear and Julianna Slomer, won the Achieving Independence Competition. Please congratulate them!

We also recently attended the Midyear Conference in Gettysburg, PA. We had students from our school representing us in both the OTC competition and Know Pain Know Gain competition. Attending these conferences is not only important because we get to represent our school, but we also get to meet with pharmacists and student pharmacists from across the state with similar values and goals for the future of pharmacy.

With our recent Tervis mug fundraiser, we were able to collect \$200 to donate to the PharmPAC, or Pharmacist Professional Advisory Committee. With this donation, we contributed to candidates running for office that support the interests of pharmacists and the advancement of the profession. We are working to get support for our two initiatives: Unfair Pharmacy Reimbursement and Provider Status for Pharmacists. Even as student pharmacists, the work we do through PPA can have a huge impact on our future careers.

One of our most important events this semester is Legislative Day in Harrisburg on Tuesday, April 9<sup>th</sup>. We will have the opportunity to talk with our state legislators about current happenings in the pharmacy world and ask some of our burning questions. Please contact us if you have any questions about this event or if you are interested in attending.

For any P1s that are interested in learning more about PPA or running for a position on our E-board for the next school year, please contact us. Membership in this organization is so important for both representation of our school and the future of our profession. Come join us at our next GBM on Tuesday, February 15<sup>th</sup>. To learn more about what we have going on, follow us on Facebook and Twitter. Have a great semester!

## PLS: Phi Lambda Sigma

### Katie Rudzik (P3), Secretary

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 PLS/Rho Chi Induction Ceremony will be held on Tuesday, March 19<sup>th</sup>! We look forward to seeing our new members then.

The annual PLS Charity Auction was held on January 31<sup>st</sup> at the Wyndham Hotel in Oakland, and it was a huge success! We were able to raise lots of money 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 donations, and we hope you all had a great time and are already looking forward to next year!



## Rho Chi

Taylor Conrad (P3), Historian

Rho Chi held its first meeting of the semester on January 17<sup>th</sup>, and we are planning many exciting events! We will be continuing the ARC Health Talks at the Salvation Army Rehab Center in South Side. The talks take place on the second Monday of every month; February's talk will be on the 11<sup>th</sup>, and the topic is HIV.

We are also in the midst of planning review sessions for the P1s and P2s, so please reach out if you have a particular class/exam in mind and you think a review session would be helpful to you and your classmates. We continue to offer one-on-one peer tutoring sessions. If you find you need extra help in any of your classes, reach out to a Rho Chi member, and we will be sure to put you in contact with a member who is able to help!

Last semester we had a successful Posters, Professors, and Progress Event, and we will be following it up with a student poster event this semester! We will be partnering with SCCP for this event and are very excited to get to know the research that students are working on! This is a great opportunity to practice your presentation skills or to gain ideas for what type of research/projects you are interested in. We are hoping to hold the event in March, so stay tuned for specifics! If you are interested in presenting a poster, please reach out to any member on the E-board (Jessica Cercone, Jen Jordan, Emily Novak, Erin Wasylson, or myself).

Incoming members of the P2 class will be receiving their invitations this semester, and the Induction Ceremony will be held on March 19<sup>th</sup> at the University Club. This is an event we hold every year in collaboration with the PLS Induction Ceremony, and we encourage you to keep this date open if you anticipate joining Rho Chi or PLS.

If you have questions about this semester's events or if you have any suggestions, please reach out to me and I will bring them up at our next meeting!



## Letter from the Editor



Another new year, another new start! As I read and went through all of the articles that were submitted for this issue of the *Pitt Capsule*, I was impressed by the amazing organizations that our School of Pharmacy has to offer.

If you have any questions about the organizations, please reach out to the E-Board members of the specific organization. Many of them have various leadership opportunities; make sure you check them out and even consider applying. You never know what you could learn by joining. Be sure you embrace your calling as a student pharmacist, and enjoy the new semester!

Ashley Yao (P2)  
The *Pitt Capsule* Editor-in-Chief  
APhA-ASP Communications Vice President

### Publication Chair

Julia Heo

### Special Features Editor

Cathy Dzuiba

### Writers

Caleb Lynch  
Catherine Pfindner  
Damaris Szmaciasz  
Danielle Weaver  
Emily Dell  
Emily Kistler

Esther Hwang  
Kathy Monangai  
Katie Rudzik  
Kiana Green  
Marisa Postava  
Melanie Umbaugh  
Taylor Conrad

## Do You Like to Write?

The APhA-ASP Communications Committee publishes six issues of the *Pitt Capsule* each school year. We would love to have new editors join our Publication Committee team! If you are interested, please email Julia at [jwh43@pitt.edu](mailto:jwh43@pitt.edu).

We will feature several articles written by students and professors in the *Pitt Capsule*. We welcome your contributions! Please submit articles to [pittcapsule@gmail.com](mailto:pittcapsule@gmail.com), and we will see how we can incorporate them.