White saviorism is rooted in white supremacy and the premise that white is superior to non-white. There are many types of saviorism - cis saviorism, straight saviorism, western saviorism - but white saviorism is the most egregious. Saviorism can be seen in a simple example such as this: you see a blind person waiting at a crosswalk and you grab ahold of them to help them cross the street. You did not ask for permission - you simply assumed they needed saving. Saviorism has its roots in colonialism; white colonizers were driven by money, glory, and the desire to “save” native peoples. Western doctors, politicians, and military leaders imposed their ideas onto “under-developed, savage” nations. With this mindset of superiority, white colonizers made it seem like Indigenous peoples needed to be saved from their own ignorance or poverty and brought into the modern world of technology and medicine.

There were two narratives that white saviors/colonizers would spin. One claimed that an “aggressive” group of “savages” needed to be “civilized.” The other claimed that a “peaceful” community needed to be “saved” from “aggressive savages.” The former can be seen in New Zealand. For decades, a lie was taught in schools: before the Māori, there was another people called the Moriori that lived peacefully in New Zealand until the Māori arrived and killed and ate them all. This served as justification for the British crown to supplant the Māori. However, the Moriori still exist. They live in a separate island chain called the Chathams. It was made up to serve the purposes of colonization and cultural genocide. Generations of Māori children were taken from their families and raised in residential schools where they were forbidden from speaking their language or practicing their culture. This practice transitioned into a system of adoption and assimilation and is reflected in Australia, Canada, and the US. Many people may imagine these ideals have no impact on our current lives, however this is not the case. Think of what is expected to be worn in school, “neat” hair, what is defined as “well-spoken” - this same form of prisonment is still present in a world that shapes us today. How does the savior complex impact health? Aside from the influx of disease white colonizers plagued native peoples with, there is generational, economic, and psychological damage imposed. For example, Māori are more likely to be diagnosed with nearly every preventable disease: from cancers to diabetes to heart disease to mental health disorders (which often stem from loss of cultural identity).

How can we help these communities without attempting to “save” them? We must collaborate with members of the community and serve as advocates. We must identify community leaders and place them in charge of these projects. We must prioritize education and create opportunities for these leaders to take charge - to amplify their voices instead of raising our own. They know how to best fulfill their community’s needs. This is true from Aotearoa, to the Navajo nation, to Namibia, to Homewood. We need to view our patient populations as strong and capable of leading themselves into healthier futures and what we can do is help provide the tools necessary to make them successful.
This semester, CPNP started our election process at our first general body meeting that took place on January 27! This meeting included a discussion of available positions that were up for election - most executive board positions were held by current P3 students, so this election is a great opportunity for P1 and P2 students to get involved. CPNP Annual was also discussed at this meeting.

Voting will take place on February 10 for CPNP members only. We cannot wait to see who will comprise our new eBoard, and we cannot wait to begin the transition! Additionally, our annual pin and sticker sale started at the end of January and will run until mid-February. We are offering green ribbon pins for mental health awareness, as well as a semi-colon sticker and a "be kind to your mind" sticker. We are so excited to get the rest of the semester, including our planned events, underway!

SCCP: Student College of Clinical Pharmacy
Lisa Cahill (P3), Secretary

The Student Clinical College of Pharmacy (SCCP) hosted their annual Clinical Research Challenge on February 1 at 5pm via Zoom! The Clinical Research Challenge (CRC) is a national team-based competition that offers teams of 2-3 student pharmacists the chance to participate in an online journal club, and the opportunity to submit a letter of intent and a clinical research proposal if they proceed to the next round. The CRC is a novel competition that is geared towards P1 and P2 students. For students interested in clinical pharmacy, being able to critically evaluate and apply primary literature to a particular case/topic is an essential skill. The winner of the local competition, Deandra Cassel (P1), will have the opportunity to compete at the national level to represent Pitt Pharmacy at a later date!

Elections for executive board positions will be taking place at the end of this semester. This is a great opportunity for P1s and P2s to apply and get more experience working behind the scenes of a professional pharmacy organization. Look forward to more information about which positions will be open and how to run!

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Hello all! It has been quite a while since our last article in the Pitt Capsule. However, I can assure you that during this time the Raiders have been up to some pretty amazing things. We’ve had some volunteering, brotherly bonding, and fundraising events, and we’re excited to tell you all about them.

Despite COVID running rampant, our brothers have been able to accomplish so much in the past few weeks. This includes our Chipotle fundraiser, t-shirt sale, popcorn fundraiser, volunteering at COVID vaccine clinics, and much more. These are just a few of the things we have planned, and we have no plans on slowing down.

With the semester just getting started and midterms creeping up, our brothers also wanted to take a break from studying and relax a little bit. Some of us took a trip to TopGolf to blow off steam, making sure to follow social distancing guidelines, wearing masks, and sanitizing. We had a great time and it was a nice change of pace to bond with our brothers in person. Hopefully we can continue to find ways to hold these events and continue to strengthen our brotherhood!

It is still early in the semester, but the brothers 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!
Welcome back to a new semester and a New Year! I hope you all had a refreshing break! So many of our student pharmacists were involved in the COVID-19 vaccination efforts over their break, and APhA-ASP Operation Immunization is excited to help feature all student pharmacists that have been involved in vaccine administration. If you have been involved in any way, shape, or form, we would love to hear your story! The link to document your efforts can be found here: Capturing Student Interns Supporting COVID-19 Vaccination Response.

Operation Immunization is providing COVID-19 Vaccine Response email updates every Friday. Be sure to check out those emails every week to see the work PittPharmacy is doing and to learn how you can get involved!

Remember to like our Facebook page and follow us on Instagram (@pittaphaasp) for events and other chapter updates. Additionally, our Instagram will be highlighting vaccination efforts and busting myths associated with the COVID-19 vaccines, so keep an eye out for those. Our next General Body Meeting will be held on Wednesday, February 17 at 6 PM. Hope to see you there!
We hope everyone had a great start to the spring semester! SASP kicked off the semester with our Dean’s Theme general body meeting in January, where Jane Miller (P2) discussed how vaccinations play an important role in preventing the spread of disease, the importance of herd immunity and how this relates to a pharmacist’s role.

The executive board is well underway in planning more events for the remainder of the semester, including bringing in guest speakers from various specialty pharmacies and hosting journal clubs. Follow our social media (@PittSASP on both Facebook and Instagram) to stay up to date on upcoming meetings and events!
Welcome to 2021! PLS hopes you had a wonderful holiday and a happy New Year. With the new year comes lots of exciting PLS events to look forward to. We are currently in the process of interviewing our P1, P2, and P3 applicants, and we are looking forward to welcoming new faces in the coming weeks! Thank you to everyone who applied; your leadership and dedication to student organizations and the community have not gone unnoticed and are greatly appreciated. There were so many amazing applicants, and we are truly blown away by the dedication and leadership skills of the students at the University of Pittsburgh.

In place of the PLS Auction, we will be holding a Grace Lamsam Apparel Fundraiser! All proceeds will be donated to the Grace Lamsam Pharmacy Program, an organization that delivers pharmacy services to the homeless and low-income individuals at free primary care clinics and homeless shelters in the Pittsburgh community. This is a great way to give back and support those in need. Apparel will feature the design created by Amanda Kan, our winner of the design contest (see pictures).

Additionally, the Grace Lamsam Pharmacy Program EngagePitt crowdfunding website is now up and running! Online donations will be accepted until 3/18, so please consider donating to this noteworthy cause. Individuals who donate $10 or more will get a FREE mask with Amanda Kan’s design on it (see pictures). There will also be a contest between classes from February 1st until February 11th - students who share the donation page will receive one point for their class, and the class with the most points will win free white coat pins! All rules for the contest can be found on Facebook and via email. We thank you for your contributions and donations to the Grace Lamsam Pharmacy Program. It is truly an incredible organization that connects healthcare to those in our community who need it most.
Welcome back and happy 2021! SIO is back and we are really excited to share some of our upcoming events for this semester. First and foremost, we have officially announced our finalized dates for our Annual Symposium! This year, the event was held virtually from 6:30-8:30 PM on 2/4 and 2/5 and from 9:00 AM-2:00 PM on 2/6. We had over 30 planned speakers with experiences ranging in almost all fields of the pharmaceutical industry such as medical affairs, pharmacovigilance, HEOR, regulatory affairs, marketing, among others, scheduled for talks and networking. There was an opportunity for a long networking session on Saturday where participants had the opportunity to join breakout rooms and talk with our speakers. Even if you are unsure about your interests, we feel confidently that everyone could benefit from joining us for similar events in the future!

Looking ahead, we have a SIO/PPIP collaboration speaker event with Dr. Allen Potter on February 18 at 6 PM. Dr. Potter is a Pitt Pharmacy alumni whose current role is a combination of strategy consulting, finance, and business development. He will share with us his journey as well as tips he has built to land a non-conventional role with a PharmD degree. Also mark your calendar for March 3 at 6 PM where we have invited Dr. Greg Sylvester MD, MPh as the guest speaker for our Dean’s Theme event. This event is in collaboration with SCCP, and we are thrilled to hear from Dr. Sylvester who has extensive experience working with vaccines and preventative medicine in both the public health and policy setting as well as the pharmaceutical industry setting.

As always, you can find more information about any of our events on our Facebook page “Student Industry Organization” by searching @SIOpitt and on our Instagram @SIOpitt. Feel free to send us an email at studentindustryorg@gmail.com if you have any further questions or concerns!

Participants attending our Annual Symposium on February 6.
Welcome back, everyone! On behalf of SSHP, we hope you all had a healthy and safe holiday, and a wonderful New Year. The end of 2020 was a busy yet exciting time of year for SSHP! Our Pitt SSHP Chapter and the School of Pharmacy were well represented at the first ever ASHP Virtual Midyear Clinical Meeting. In these unprecedented times, Pitt students have made light of the situation by presenting excellent posters, taking part in a variety of clinical meetings, and even competing in the national clinical competition. We would like to extend an outstanding congratulations to Melanie Norris (P4) and Morgan Ostinowsky (P4) for placing first in the 2020 National ASHP Clinical Skills Competition!

February is going to be a busy month for our SSHP Chapter. In these next few weeks, we will be holding elections for our executive board. Please attend our February GBM on Tuesday, February 9 at 12 PM over Zoom to learn more options for leadership with SSHP! Our elected positions include: President 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 Chairs.

Additionally, SSHP will be hosting its annual Practice Advancement Initiative (PAI) Week towards the end of February. This week will be dedicated to advancing pharmacy practice through supporting pharmacists’ roles as direct patient care providers. Look out for interactive social media posts, informative events, and unique chances to win prizes! We hope to see you at our upcoming general body meeting and our many exciting events this month!

The winners of the 2020 National ASHP Clinical Skills Competition, Morgan Ostinowsky (left) and Melanie Norris (right).
SNPhA: Student National Pharmaceutical Association
Josephine Kim (P3), President

Our SNPhA chapter is really excited for the spring semester and we hope that everyone had a wonderful break! Our membership drive is still open, and dues are paid online at snpha.org in order to be a member.

At the end of the fall semester, our members participated in the virtual 2020 Pittsburgh Kidney Walk. We also collaborated with Duquesne SNPhA and hosted diabetes jeopardy!

Our recurring monthly book discussion (Medical Apartheid) discussing equity and racial inequality will be meeting in mid-February and we welcome anyone interested to join us. We hope to see you at our next GBM on March 3, 2021 via Zoom!

The SNPhA Joint Regional Virtual Meeting is from March 26-28, 2021 and this is a great opportunity for our members to attend a virtual conference!

To stay updated on SNPhA events follow us on Instagram (@pitt_snpha) and like our Facebook page (University of Pittsburgh SNPhA). If you have any questions, concerns, or ideas, please reach out to our executive board through our email (snpha.pitt@gmail.com).

SSCP: Student Society of Cannabis Pharmacists
Lex Casanova (P3), President and Ryan Sitko (P3), Patient Care Committee Head

Last semester, during our Cannabis Pharmacy 101 event, our Education Committee Leader, Michael Mast, gave a presentation overviewing the endocannabinoid system and various aspects of cannabis pharmacy that can be therapeutically useful in all fields of pharmacy. Specifically, we talked about the different cannabinoids, terpenes, and flavonoids that compose the cannabis plant, the differences between Indica, Sativa, and Hybrid strains, and the dosage forms by which cannabis can be administered. Mike also touched on cannabis legislation in PA and talked about the qualifying conditions for PA’s Medical Marijuana Program.

After Mike’s presentation, Dr. Holly Lang, a cannabis pharmacist at Cure in Phoenixville, PA, joined us to give a mock patient scenario. She discussed what the onboarding process is like, and then interviewed a patient who presented to the dispensary looking to treat his chronic pain. She provided insight for how to go about selecting the best strain and dosage form for this patient based on his preferences. Overall, the event was very informative and engaging.

This semester, we joined APhA and CPNP in discussing Pain Management During the Opioid Crisis. Opioid Use Disorder (OUD) is one of the qualifying conditions for medical cannabis use in PA. Dr. Pruskowski answered questions about cannabis as an alternative to opioids for pain management and its role in OUD. This event took place on February 4 at 12 PM.

We will be hosting a two-part event surrounding racial injustice in cannabis policy and the ways in which we are working to improve those policies and eliminate disparities in the field. Racism in Cannabis: Historical Perspective (Part 1) will take place February 18 at 12 PM. Led by two student members, this will be a candid conversation about America’s racist history. Part 2 (date TBD) will feature representatives from Cresco Labs’ SEED (Social Equity and Educational Development). SEED Representatives will highlight the strides are being made towards achieving equity in 2021.
ASCP is excited to welcome everyone back for another great semester! While the holiday break seemed to fly by, we hope that everyone enjoyed their time off. In December, our Holiday Hygiene Drive was a great success as we collected over $100 worth of soaps, lotions, perfumes, and sanitizers for the residents of UPMC Cranberry. Each product was distributed with a handwritten holiday card that added a personalized touch that the residents really appreciated.

The first GBM of the semester was held on January 22 via zoom. At the meeting we discussed some of the fun events that we have planned for this semester, such as our upcoming Valentine Drive. We are hoping to make homemade Valentine’s Day cards to spread some love and make local long term care facility residents feel special. Be on the lookout for more details and dates regarding material dissemination as well as collection of your wonderful Valentine’s Day creations.

Our annual Fidget Blanket Drive is also in the works. Fidget blankets are lap-sized blankets with various objects, such as zippers, sewn on to them to provide sensory therapy for dementia and Alzheimer’s patients that may be experiencing anxiety or agitation. Patients are able to “fidget” with the objects on the blanket to alleviate anxiousness with the goal of reducing the need for pharmacologic therapy to treat these symptoms. Historically these blankets have been made in large group sessions; however, due to COVID-19 restrictions, grab bags of pre-sorted materials will be made available so that participants have everything that they need to make a fidget blanket at home. A Google Form was sent out in early January to gauge interest in helping make the blankets, but this form will be recirculated via email and Facebook. Look out for more information on grab bag pick up dates! If you have any questions, please contact Madi Everingham (MSE29@pitt.edu) or Grace Havens (grh35@pitt.edu).

With a new semester in full swing, ASCP is looking forward to many upcoming events and opportunities for students to engage and make a difference this semester. Reach out with any questions/concerns at pittascp@gmail.com, we love to hear from you! Don’t forget to follow us on Facebook (ASCP-Pitt Student Pharmacists) and Instagram (@ASCP_Pitt) for all things ASCP!
Kappa Psi is happy to be back for the spring semester and hopes everyone had a great winter break! Since the last Pitt Capsule edition, we have officially welcomed our wonderful pledges as Brothers into the Fraternity. We have also been hard at work with our philanthropic efforts after receiving a grant to distribute school supplies to local school districts in need. We will be writing letters to teachers to commend them for all their hard work, and supplying items like crayons, glue, notebooks, and more.

We are also hosting a food drive alongside the Community Health Services Food Pantry! The purpose of this campaign is to provide healthy food options for children and families who otherwise do not have access to food on the weekends. In line with our commitment to serving our community, we are actively working to conduct diversity and inclusion workshops that the whole school will be able to attend. Our first Diversity and Inclusion event will be held February 11 at 12 PM during the lunch hour. It will be led by Interim Dean Mario Browne! Finally, we are working on scheduling social events for our Brothers in order to enjoy ourselves outside of pharmacy school. We look forward to what this semester holds!

Photos from initiation night as we welcomed our newest Brothers!

Kappa Psi
Erika Thomas (P3), Corresponding Secretary
The Pittsburgh Pharmacy Investment Portfolio (PPIP) wrapped up our Biotech Investment Fantasy League (BIFL) competition at our annual Portfolio Presentations Event held via Zoom on December 2. BIFL is an organization-wide competition that allows members to build their own fantasy portfolio on a stock stimulator program, Investopedia, and compete for the highest-earning portfolio. By market close on October 9, all participants were required to have 50% of their $50,000 allowance invested in health care, biotechnology, or pharmaceutical stocks. The competition ran through December 1. The 10 top-earning portfolios were invited to present their portfolio selections and investment strategies to a panel of judges. Winners were decided based on the rationale of investments, rather than the financial outcome. Congratulations to first place winner Matthew Roth, second place winner Hyunwoo Kim, and third place winner Christopher Biser.

To kick off the spring semester, all PPIP analysts are preparing for due diligence research. Participating analysts will use stock screeners to identify companies that meet investment criteria for our portfolio. Then, analysts will choose 2-3 companies of interest to complete a thorough due diligence. All analysts will present their due diligence findings. As a group, we will vote on whether or not we should invest in the company. At the end of the semester, all of the investments will be executed as decided upon by the group. There are monthly reports available reporting the financial results of investments.

Did you know that PPIP has a monthly blog? Learn about industry updates, investing tips, and more written exclusively by the PPIP Board of Directors. Check it out on LinkedIn: https://www.linkedin.com/company/pittsburgh-pharmacy-investment-portfolio/.
Welcome back to campus everyone! I hope you all had a safe and relaxing break and feel ready to tackle this new semester.

The lovely ladies of LKS had a pretty busy fall term with many professional and sisterhood events. I would like to shout out some of our wonderful sisters again for all of their hard work to make these events happen. Thank you to our professional event co-chairs Gianna Emmett and Alina Liang for inviting Dr. Tracey Conti to our chapter to speak about Racial Disparities in Health Care and for planning an awesome event. Thank you to our service chairs Alexis Jeschonnek and Janine Abate for organizing a donation drive for Hygiene for the Homeless, where we were able to collect clothing and hygiene items for the homeless population in the surrounding area. At the end of the semester, we had our Dean’s Theme event coordinated by Roisin Sabol and Jane Miller, where Dr. Brenda Cassidy was able to come and speak to us about the importance of HPV vaccination. With help from Danielle DiGiorgio and Bryn O’Mara, we were able to donate $355 to Project HOPE and hold a very successful Pitt Pharmacy clothing drive. Thank you to all of our sisters for the hard work you put into planning, attending, and promoting these events and fundraisers.

We are ready to see what this new semester will bring and ready to start planning more virtual events for our sisters and other students. We are also proud of our sisters for helping with the COVID-19 vaccination efforts - keep up the good work, ladies! Have a great semester, and continue to stay safe and healthy in the new year.

As always, you can stay up to date with the ladies of LKS by following our instagram (@lks_delta_chapter).
Rho Chi: Academic Honor Society in Pharmacy

Gianna Emmett (p3), Historian

The members of Rho Chi would like to welcome everyone back! Hopefully the break gave everyone some time to relax and reset. Now we are back in full swing for another jam-packed semester. As the spring semester begins, we are excited to invite members from the P2 class to join Rho Chi. We look forward to meeting the newest additions of the Alpha Omicron chapter.

The first event of the semester will be a Healthcare Improv Workshop with Dr. Cory Jenks. Dr. Jenks is both a licensed pharmacist and an improv comedian who uses his unique blend of experiences to bring a different perspective of communication, listening, and teamwork to the healthcare realm. The workshop will be held on March 2nd at 7PM, so keep an eye out for the announcement.

After holding a successful Professors, Posters, and Progress event in November, Rho Chi is excited to announce that our Students, Special Topics, and Scholarly Work event will be in mid-March. Sign-ups will be available on the Rho Chi Facebook page, as well as the date of the event, once it is confirmed. Similar to the Professors, Posters, and Progress event from last semester, this event showcases different research being done within the School of Pharmacy; however, it focuses on student accomplishments. Come to showcase your hard work or support your peers!

Rho Chi will continue to hold virtual ARC Talks for the Salvation Army Rehabilitation Center on the 8th of each month. February’s topic is cold & flu, and March focuses on high cholesterol. You do not need to be a member of Rho Chi to participate, and the events are IPPE approved, so if you are interested in attending please reach out!

Our tutoring chairs will be setting up more review sessions for P1 and P2 students throughout the semester. If you need additional help beyond the review sessions or have more specific questions, reach out to either the course coordinator or a member of Rho Chi so we can help you succeed.

Make sure to check our Facebook page to hear the latest news from Rho Chi! More information regarding our events and review sessions will be posted there throughout the semester. We wish all of Pitt Pharmacy a successful spring semester!

Here at Pitt Pharmacy we have a lot of organizations, and sometimes there are no new updates for the Pitt Capsule. In an effort to feature all organizations, here are the ones that did not have any updates this month:

AMCP: Academy of Managed Care Pharmacy
CPFI: Christian Pharmacists Fellowship International
ISPOR: International Society for Pharmacoeconomics and Outcomes Research

We are so excited to be able to showcase the accomplishments and events of all of our organizations in the School of Pharmacy! If anyone would like to reach out about writing an article for the next edition of the Pitt Capsule, please email either Hyunwoo Kim (HYK46@pitt.edu) or Elizabeth Donnelly (EAD85@pitt.edu) for more information.
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