

# Pitt Capsule

March Issue

University of Pittsburgh School of Pharmacy

## Dear Aspirin APhA-ASP EBoard



**Lots of pharmacy students my age are having a hard time finding internships. Do you still think Pharmacy is an up and coming profession today?**

- o Pharmacists are the hipsters of healthcare
- o The school keeps telling us it is so I'll believe them

**When a patient said 'you are not a doctor!' what would be the best response to that?**

- o 'I'm sorry, I can't hear you over my degree!' and then you hold up your doctorate right in front of them
- o You are right, I am a pharmacist
- o We can talk once you attempt and pass P2 fall
- o Show your value, don't tell

**I'm a huge fan of Qdoba, yet all my friends prefer Chipotle and we typically go there for lunch. Is Chipotle really better than Qdoba? Am I missing out on something? Qdoba has better selection and the lines are usually not as long. How do I get my friends to see my side?**

- o If you make friends at Qdoba, then you know your friends like Qdoba
- o Chipotle >>> Qdoba but Qdoba has better queso
- o Compare 1 month of money spent, time spent waiting in line for chipotle vs. qdoba and then show them the evidence

### **Pharmacy Weeks Recap Jessie Lewis, APhA-ASP Social Vice President**

What a wonderful few weeks we were able to enjoy during January and February to celebrate our profession! A big thank-you goes out to all of the students for both helping host and attending pharmacy weeks events, hope you were all able to enjoy these! Also, congratulations to the P1 class for finally being able to don a white coat – you're official now. To recap some of the exciting events that took place, if you were not able to attend, Pharmacy Weeks kicked off with stellar performances from our pharmacy guys in the Dr. Salk Hall competition. Congrats to Brett Milovac (P3) for being crowned Dr. Salk Hall this year!

## Highlights & Participating organizations

### Dr. Dustin Walsh in Men's Phashion

APhA-ASP  
Rho Chi  
SCCP  
AMCP  
PLS  
PPA

SNPhA  
SSHP  
CPNP  
LKS  
PDC  
KY

Better soak in those bragging rights over the next year! We also shared a classy evening at the Sheraton in Station Square at the Formal, with great food and dancing the night away. We also had some award winners that evening, including Class Rising Stars Lindsay Jablonski (P1), Emily Bobryzinski (P2), and Alyssa Kunkel (P3), Excellence in Patient Care going to Meera Vacchani (P3), Excellence in Policy/Advocacy to Sophie Yang (P3), and Excellence in Professionalism to Christina Xia (P3). Additionally, new faculty Dr. Lucas Berenbrok was awarded Faculty of the Year, and APhA-ASP President Mallory Wiersch (P3) was named Student of the Year. Congrats to all!

Some other noteworthy events included the First Annual "Pie a Kappa Psi" Event (very messy, very fun), the OTC Counseling Competition, the P&T Competition (congrats to P3's Brett Milovac, Jenn Baird, Janetta Geronian, and Vivian Nguyen), and the No-Talent Talent Show; Alyssa Kunkel won the "No Talent" portion for a rendition of a Sam Smith song, and Janetta Geronian took the first place in "Great Talent" for her stunning dance skills! We wrapped up Pharmacy Weeks with the ever-exciting PLS Charity Auction, at which students bid all-time record high amounts on some fantastic events to raise an outstanding amount of over \$14,100!

Hope you all were able to enjoy these great events, and you can continue to look forward to some social events in the Spring – look for more details regarding our Second Annual "Price is Right: Pharmacy Edition" to be held on Tuesday April 7th, 2015! This will be a classic Price is Right game, but you will be guessing the prices of....drugs! So start studying up and be ready to come out and participate in this fun event for later in the spring!



### **SSHP: New and Notable SSHP News** **Brendan Homanick, SSHP Business Manager**

SSHP started off the Spring Semester with two great meetings. In partnership with Rho Chi and Phi Lambda Sigma, SSHP presented the Annual ASHP Leadership Lecture with guest lecturer and independent pharmacy consultant Dr. Toni Fera. She delivered a very inspirational and moving talk about leadership as a professional obligation and the different styles of leadership. We were fortunate to have Dr. Fera take time out of her schedule to come speak with us!

Our second meeting was provided as a service to the younger members of our chapter to provide them information and feedback about internships, ARCOs, and CV/Letter of Intent writing. The current E-board members served as facilitators to share their knowledge and experiences while Dr. Schonder was the CV expert. We hope the P1s and P2s found this meeting beneficial since they are topics not addressed early in the curriculum.

Be on the lookout for information on our March General Body Meeting coming in the near future!

### **SCCP Update** **Ryann O'Neill, SCCP Secretary**

Like many other organizations in the School of Pharmacy, SCCP held its yearly elections in February. Some of the officers rolled over, and some are rising P1 stars. The new eboard is continuing to work hard to begin the chapter-wide project to organize information about each faculty member's research topics in one location. The hope is that this project will lead into a two-week shadowing program with clinical pharmacists to be held during the summer months.

So far this semester, SCCP collaborated with the Student Industry Organization and the Pitt student chapters of the Academy of Managed Care Pharmacists and the Pennsylvania Pharmacists Association on a donation to the PLS Auction. Each organization donated a caddy for a faculty golf outing. The item contributed to the successfully large donation to a great cause!

The school-wide competition for the ACCP Clinical Pharmacy Challenge is coming up in early April! The top scorers will become a team to compete in several rounds online and eventually at ACCP Annual.

The annual ACCP meeting is taking place in the beautiful San Francisco, CA, from October 17-21, 2015. This annual meeting is unique because it is a Global Conference on Clinical Pharmacy. Meeting events include interactive debates, panel discussions, and hands-on workshops that focus on a global issues and challenges facing clinical pharmacists. Additionally, leading researchers and practitioners will be presenting education programs.

### AMCP Updates

**Brent Milovac, AMCP Communications Chair**



With spring break approaching just as quickly as many of us have dreamed, AMCP is stealing the spotlight like Kanye at the Grammy Awards. We recently reeled in our new e-board members for the coming year—a solid group, to say the least. Shout-out to the future: President, Dylan Atkinson; P&T Chair, Cavan O'Reilly; P&T Chair Elect, Carley Mingone; Communications Chair, Alex Marshall; and Secretary, Ashley Lovas. On a similar note, many of our third-year students are pleased to report a plethora of awesome rotation placements in managed care, regulatory, and industrial settings.

On March 10<sup>th</sup>, a few of our members will be taking their Steel City lunch pails to Philadelphia for a collaborative event with Temple University's School of Pharmacy.

The night will feature casual networking opportunities—as well as a number of roundtable themed discussions—with some of the area's most buzz-worthy managed care celebs, including AMCP CEO Edith Rosato, who will be delivering a keynote speech for the event.

The upcoming conference in April will also be sporting a number of notable events for our chapter. For starters, two of our members have been selected to present their research projects at the annual poster session. Our local P&T Competition winners are also anxiously waiting to hear back from AMCP's Selection Committee regarding our status in the national competition. We are very hopeful that we will be one of the eight lucky teams.

### Rho Chi: Updates

**Meera Vachhani, Rho Chi Historian**

First off, all the members of Rho Chi would like to extend a big congratulation to all the P2s who have been invited to join Rho Chi! We hope you are as excited to become a part of this great organization as we are! New members will be inducted at the annual PLS/Rho Chi Initiation dinner on March 24<sup>th</sup>.

Looking forward, we have a few events from Rho Chi coming up! First off, everyone should mark their calendars for the Koch lecture on March 25<sup>th</sup> at noon. Our speaker this year will be Dr. Vanderveen, who is the dean of the USC School of Pharmacy and he will be focusing on advocacy and how provider status has changed pharmacy in California. Dress professionally, it's a lecture you won't want to miss!



Next, in conjunction with SCCP and APhA-ASP, we will be holding the first ever student "poster" session! This session will be a good way for P1s and P2s to talk to students who have done a number of various projects with various faculty members; the purpose is to help students understand how to get involved with a faculty member and see what kind of projects they have been able to do. The date is set tentatively for March 5, 2015 and we highly encourage everyone to stop by!

In addition, Rho Chi members will be selling lab cards for your white coats again! These lab cards fit nicely and your white coat and are a great reference for practicums, SOAP notes, and, of course, rotations! Keep your eyes open for more information. Finally, Rho Chi members will also be holding extra practice for P1s for their standardized patient finals this semester! Dates will be finalized and sign-ups will be distributed for those who are interested in getting some extra practice.

### **SNPhA Updates**

**Tyler Halfhill, SNPhA President**

It is now February and SNPhA is in full swing with projects and volunteering opportunities. Over the weekend of February 20-22, the University of Pittsburgh had 4 student pharmacists represent our SNPhA chapter at the regional conference in Atlanta, Georgia. At the conference, we collaborated with several other schools of pharmacy to send two new by-laws to Nationals for voting! If they pass at the National Conference, they will be placed as a SNPhA National by-law, and represent SNPhA's view on a pharmacy-related topic.

Back in Pittsburgh, SNPhA is about to kick off an exciting new set of projects! We will be going to Family House on McKee Place in Oakland to volunteer by cooking food for the residents there. Family House offers low cost lodging and support for families of critically ill patients that are staying in Pittsburgh for treatment. Furthermore, starting in March we will officially begin our HPV project with our first educational program in Tower A!

Looking forward, SNPhA plans to go to Uniontown to host a brown-bag-themed Health Fair with senior citizens of the area. We also plan on going to Sam's Club on Monroeville for a diabetes management program. We will table inside of Sam's club and counsel shoppers who are interested in talking about their health.

### **PPA Mid-Year and More! Brittney Knass, PPA Communications Ambassador**

First off we would like to congratulate and welcome our new Policy VP, Jenn Fever and Policy VP-Elect, Brandon Barry! PPA is very lucky to have such great leaders take over for next year! And thank-you to Kelsey Moss and Aaron Devanathan for all of your hard work leading and advancing our chapter in countless ways over the past year!

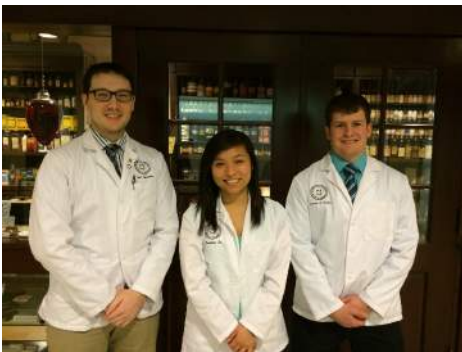
Next, we would like to thank all of the teams who participated in the Pitt OTC competition in February. And a special shout out to our winning team, Neal Sprissler, Dan Nelson, and Christina Xia, who did a great job representing Pitt at the PPA OTC competition at Mid-Year in Harrisburg! We are so proud of the representation Pitt had at the Mid-Year conference by having over 60 students attend and over 50 students presenting posters! We also want to congratulate Neal Sprissler, Aaron Devanathan, Dylan Atkinson, and Dan Nelson for their excellent efforts in competing in the Know Pain, Know Gain competition at the conference also! We hope everyone that attended the conference had a great time, and learned something new at one of the awesome student programming events or CE programs hosted.



Pitt Students at PPA Mid-Year



Finally, be sure to mark your calendars for PPA's last BIG event of the semester...**LEGISLATIVE DAY** which will take place on **Monday, April 13!** All students are welcome to attend and we highly encourage you to take advantage of this great opportunity to advocate and make a difference for our profession!



Left: Pitt OTC Competition Winners:  
Neal Sprissler,  
Christina Xia,  
Dan Nelson

Right: P3 Alyssa Kunkel presenting her poster at Mid-Year



Additionally, select members will be working to produce the patient-based newsletter for CPCDS. We are excited to announce that two of our members, Rebecca Campbell and Natalie Valentino, were selected for the CPNP Annual Meeting Student Travel Grant. We are looking forward to having four students represent our student chapter at the Annual Meeting in April for the first time.

Lastly, CPNP is selling mental health awareness lapel pins for \$2, so please reach out to a CPNP representative if you are interested in buying one. As student pharmacists, we are in a powerful position to support the fight to end stigma surrounding mental illness.

### CPNP Updates Rebecca Campbell, CPNP President

With the support of our new members, CPNP is off to a great start! We hosted a talk with Dr. Lucy Wilkening, the PGY2 resident at Western Psychiatric Institute and Clinic (WPIC), to discuss her career path at our February meeting. During our meeting on March 5th, Dr. Jessica Brennan and Dr. Justin Ellison will discuss their careers as psychiatric clinical pharmacists at WPIC.

Along with our expert speakers, we have many educational and community service events coming up. We will be hosting a mental health movie group, during which we will be discussing the depiction of mental illness in the cinema with our expert faculty members. Our first group will focus on the movie, *A Beautiful Mind*. We will also be offering opportunity for shadowing and medication education group participation at WPIC, Forbes Pharmacy, and the Center for Psychiatric and Chemical Dependency Services (CPCDS).

### SIO Updates Brian Terreri, SIO President

This month, Student Industry Organization was able to come together to learn a great deal about fellowships. These one to two year working and learning experiences have become a mainstay as a way for recent graduates to find a way into the pharmaceutical industry. Previously, Pitt students have not chosen to go down this route too often, however with a recent flux of students applying and accepting fellowship positions, many in our organization were interested in learning about the path. SIO was able to host a fellowship informational event including current fellows, and SIO founders, Joe Fiore and Sajid Ahmed, as well as recently accepted fellows Jonathan Wang, Allison Doherty and Jocelyn Hatfield.

Students were able to learn all about the application process to fellowships and the rigorous interview process both at mid-year and at a variety of on-site locations.

Afterwards, fellows talked about their daily activities and shared honestly and openly about their experiences as fellows and where they hope to see their careers in the future. Students left the meeting with a wealth of experience and contacts in order to learn more about a possible career in industry.

Be sure to join us on March 3rd at 3:30pm for our guest speaker Paul Skodny from Amgen Pharmaceuticals who will talk to us about Health Economics Outcomes Research!

### **PLS Auction Beats Previous Record! Lana Avshalumov, PLS Secretary**

The Annual PLS Auction, benefiting the Grace Lamsam charity was a huge success! Students and faculty bidders raised over \$14,000 for charity, which was \$2,000 more than last year! The highest grossing item, a night at the casino, was donated by the P3 class, and was purchased by Dr. Meyer for \$1300! Thank you to everyone that planned, attended, donated, and purchased items at this event. A special thank you to Dr. Drab, Dr. Pschirer, Jessie Lewis, Dylan Atkinson, and Keith Long for acting as auctioneers for the night. Looking ahead, PLS members are looking forward to planning a Pirates tailgate event in the spring for Dr. Pater and company, who contributed to purchasing this event!

Current members were also very excited to hand out the PLS acceptance letters earlier this month and welcome our new members! Congratulations to Cameron Ninos, Jennifer Baird, Daisy Zhu, Erica Wilson, Ingrid Pan, Jennifer Fever, Kerry Moore, Kyle Zacholski, Archita Achanta, Billy Wilkinson, Nayanika Basu, and Rebecca Wytiaz on your acceptance! New members will be inducted at the PLS/Rho Chi induction ceremony at the Pittsburgh Athletic Association on Tuesday, March 24<sup>th</sup>.



### **March Madness Aaron Devanathan, Class of 2016**

Looking at a calendar, you can see that February is over. Good riddance. Have you seen March yet? By the time you read this, you'll notice that we are at the halfway point and spring break is the marker of that. If you made it this far, you're good to go. But March isn't that bad, which is somewhat unsettling. My prognostication is that the weather will improve in March and we've weathered the elements all throughout February. Something I've noticed is that the week before spring break is always everything jam-packed into one week. Who thought that was a good idea?

My point is that the first week of March is brutal, at least for the P3s. We also have two weeks of spring break (we've certainly earned it), but then we come back to a week left in March. Where did the month go? It's unsettling to me, because I don't know if we are supposed to believe that March isn't really that bad. Is March the calm before the storm? I'm speaking on behalf of the P3s, but the other classes should take a look at their schedules, too. What do they look like?

We're halfway through the semester and it's a very interesting semester, in my opinion. I can personally see the light at the end of the tunnel as I move onto rotations. Like I said, if you made it to spring break, you're good to go. Congratulations on making this far. Now we just have to march on until the end of April. I do have to admit that the semester has gone by rather quickly, but I am excited for what the future has in store.

The halfway point is a great time to look back and see what you have done and what you have left to do. Ask yourself: did you accomplish what you wanted to by this point? What is there left to do? What do I need to do now before [insert date]? I suggested doing this in October, the halfway point of the fall semester. Try that now and make the necessary adjustments. Similar to sports teams making adjustments during halftime, you can make the necessary changes. Study harder or stay the course. Ensure that you're meeting deadlines. Use spring break to relax a little before coming back and making it through the home stretch. It'll be a fun rest of the ride. Enjoy it while it lasts.

## PHASION PHORUM WITH DR. WALSH

Jenn Fever, Pauline Hoang, Stephanie Tchen

### The Men's Edition (Part 2)

Dr. Dustin Walsh is not only interested in renal research, but also in a unique style with American made clothes. His professional style can be described by "the 3 C's": Classy, Clean, and Classic. To paint a nice picture of his style, when he dons his white coat, his outfit of choice would usually include a light blue oxford shirt, a contrasting dark gray or maroon tie, and a sleek tie clip to complete the ensemble. In his opinion, the four-in-hand is the only knot men need to make any tie look professional. As his philosophy in fashion is to wear clothes that fit your body type, he prefers wearing skinny ties instead of normal sized ones to match his body type. Suits from Band of Outsiders or Brooklyn Tailors, and shoes from Allen Edmonds or Alden are the perfect fit to Dr. Walsh's 3C's style.

Finding the right fit is the number one fashion tip from Dr. Walsh to all pharmacy students, especially the men out there. Suits, for instance, have to fit the shoulders. Everything else can be altered, but the shoulders must fit correctly. For shoulder fitting, make sure that the seam of the shoulders lies flat. You should not see any ripples or wrinkles in the sleeves or at the top of the jacket near the shoulder area. If you are confused about this, do not hesitate to ask a sales associate for assistance. With trousers, you can hem and even fix the crouch to tailor it to your shape. In addition to this, if you want to learn the best professional look for men, Dr. Walsh recommends watching Chris Nolan's movie, Inception.

Dr. Walsh shared details on his interesting perceptions on clothing items and style; however, my favorite answer was about his thoughts on acting professionally. For a pharmacist, professional behavior is expressing a responsibility for a patient's health, and respecting the profession of pharmacy itself. Let this be the reason to dress up professionally, even if no one else will see it.



### EDITOR'S CHOICE:

(Disclaimer: Opinions expressed in this section are the editor's alone.)



*Allen Edmonds Oak Street Cap-Toe Oxfords (\$325)*

Brown is the new black. They add a little vintage and class to any outfit.



*J. Crew Baracuta G9 Harrington Jacket (\$390)*

Dr. Walsh's item of choice for this upcoming (hopefully upcoming) spring season is the "baracuta" jacket. He likes to sport a similar one. Twinsies!



*Baldwin: The Ryan in Olive (\$189)*

When he's not professionally dressed, Dr. Walsh will be wearing his Baldwin Denim jeans. A little color never hurt anyone.



## LKS Excited for New Events in Spring! Lana Avshalumov, LKS Corresponding Secretary

LKS has had a very successful year through our efforts with professional projects, fundraising, and service events. Over the course of the last year, we have given our members the opportunity to get involved in the community by working with the Children's Institute, Family House, and Adopt-a-Block. In addition to these events, we are excited to announce our new, upcoming events that are set to take place throughout the remainder of this semester!

Coming up on March 2<sup>nd</sup> from 4:30-8:30pm, we will be hosting a Fun in the Sun event for this year's Dean's Theme alongside members of SSHP. This event is focused on teaching undergraduate students on lower campus about sun safety and it's guaranteed to be an educational and very engaging event, held in the student union.



We are also busy preparing for Teal Tap, the fundraising event we will be hosting as part of our work with the National Ovarian Cancer Coalition, in the hopes of raising more funds for this outstanding organization. This event is scheduled to take place on March 27<sup>th</sup>, from 6:30-8:30pm at Carson City! We encourage all students to participate in this fun event and help us raise money for a very worthy cause.

Finally, several sisters have been working hard to set up a HOPE waLKS event to help raise money for our philanthropy, Project Hope. This event is scheduled for April 11<sup>th</sup>, and we will be sharing more event details throughout the upcoming weeks on how you can register to participate in this very special day!

## An Exciting Spring Semester for Kappa Psi! By Betsy Smith, Corresponding Secretary



Left:  
Dr. Jonkman  
and her nine  
delicious pies

Kappa Psi had a very successful 1<sup>st</sup> Annual "Pie a Kappa Psi" during pharmacy weeks! Students bid to pie each of the 12 willing brothers, including resident Dr. Chrissy Jordan and professor Dr. Pruskowski. Dr. Jonkman donated 9 delicious pies to raise even more money. Altogether, this even raised \$350 for the Birmingham Free Clinic! Everyone involved had a great time, and we are hoping for even more participation next year! In January, Kappa Psi hosted a mixer with dental students from the Delta Sigma Delta Fraternity. We mingled with the close to 30 dental students that attended and had a great time! We hope to have more events with them so we can interact with them when we pass in the halls of Salk.

Right: Keith Long  
being pied Taylor  
Buck. Check out that  
splatter!



Kappa Psi has been having success with our Dean's Theme project, Planet Pittness. So far, we have visited 3 residence halls on campus to discuss the topic of healthy weight and healthy lifestyle on campus with freshman. We have more presentations planned and hope to reach more students as we continue this project throughout the spring semester.



The brothers of Kappa Psi are looking forward to our formal in March, which will be held at the Carnegie Science Center! We are also excited about our upcoming philanthropy events including Poison Prevention week tabling, Family House, and Global Links, as well as Relay for Life in April!

**PDC Updates**  
**Brent Milovac, PDC Secretary**



As the end of yet another academic year draws closer, the Brothers of Phi Delta Chi are preparing to pass the leadership reigns to next year's brotastic executive board. You asked for more dudes, and you got 'em. Congratulations to all who were awarded positions; we couldn't ask for a more reliable core to continue our chapter's path of success.

Professionally, we've been very active with Jeffrey's Drug Store in Canonsburg. This past month, several Brothers delivered a disease state and medication presentation on diabetes due to demand being so high for an encore of Brother Nick Ruzzi's previous event. Our Chapter will be returning to the facility for a similar lecture devoted to hypertension.

We would also like to address how excited we are for the Annual Battle of the League of Extraordinary Gentlemen, aka the PDC/KY football game. It's bulking season, and baby do our boys know it. We've collaborated with Kappa Psi to hire top-notch security to ensure proper inflation standards are followed on both sides. It's certain to be a hard-fought effort on both sides, so show up and don't get yourself fined.

Also be sure to stay tuned for updates about our biweekly hoagie sale. Toss us five bucks and you'll be sinking your teeth into an expertly crafted stack of fine meats and succulent, fresh vegetables, all tucked gently into a plump, delicious Italian roll. Like we said...bulking season, right?

## From the Editor-in-chief

Thank you everyone for being our loyal audience! The Pitt Capsule wishes you a wonderful spring break!

The Communications Committee is recruiting new leaders for the upcoming school year. Please submit your intent to [pittcapsule@gmail.com](mailto:pittcapsule@gmail.com) if you are interested in being one of the Capsule Chairs (design/create your section in the Capsule)!

Yours,  
 Daisy Zhu  
 APhA-ASP Communications Vice  
 President

### Contributors:

Dear Aspirin  
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